

PASCAS WORLDCARE

Against the Odds break through

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“Peace And Spirit Creating Alternative Solutions”

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FAMILY ROLE CALL

Thursday, 29 March 2018

John chatting with Nanna Beth through James

John: From the time of conception, I have been working through my whole life, building to a crescendo, to what is to unfold in the form of Pascas. We are to arrive at the point of realisation 'shortly'. There are yet to be unexpected twists and turns. Certain things are yet to occur. There will be new communications and new lines of thought.

All through this journey, my wife – Carolyn, in making her commitment to marry me, values all her security, though not believing in what I am doing, is confident that it will be achieved and also she would like to see it happen.

Nanna Beth, though she has limitations as to what she can convey to me as it is not possible for her to interfere with our free will choices by providing details on what is to unfold, she is privy to all that is to occur. This has been conveyed to her by her Angels and the Melchizedeks. It was half way through Nanna Beth's healing that she was appraised of what I am about and what I was to do – whatever that is.

It is maybe 10 years now that I understood that Nanna Beth was personally aligned with me as one of my guides – the most pre-eminent guide – and that I understood her name to be Bethema. Was I correct in that understanding please?

Nanna Beth – 3rd Celestial Heaven: Yes John, I was able to give you a hint here and there for what was to come.

They, in the Celestials heavens are very thankful for what has been done by me (what ever that is!). From my point of view, what I have done has been for me in reaching understandings not previously made available.

My connection with James Moncrief in late November 2016 enabled higher spiritual contact than what was previously possible. This also made it possible to convey the process of doing one's healing. In short, the communications are from the 'top'.

Apparently, my psyche is such that I need intrigue. Yes, there are more brain benders to unfold. As I typically feel there is more to it and then probe further, this is expanding the possibilities and clarity of information. I apparently have far reaching vision capability, this is rather natural and simple for me. However, others with this propensity have been self indulgent with the gift. It is my focus to make all that comes through me available for all of humanity without any impost. You could call that altruistic.

James' work fits in with what I am doing – or is it more likely the other way around. James and I have developed a loving, fun, expansive relationship that will endure throughout the rest of my life. With my quaint humour, what could be dry, boring material, it is now peppered with a sense of humour. This is clearly a constructive benefit to assist others with grasping what is now outlined in a mountain of documents, some 31,500 pages and much more when publications by others are added there to.

What is and will be difficult for others to grasp and talk about between themselves is effortless for me to understand. This is already very apparent. Many will have great difficulty in how to deal with Pascas.

Oh, the favourite food that I looked for on the few occasions I visited with Nanna Beth in Creswell Street was banana ice cream, which is a 'banana split', and possibly a home-made fizzy sherbert!

When I pass into spirit, apparently that is some time off, my healing will be quite rapid. I am thankful for both those bits of news.

Now for the greatest of news. My mother, Marie Josephine Doel, entered the 1ST Celestial Heavens about one month ago. Let us call that February 2018. That is ripper you beaut news. And she now has the energy of a sixteen year old – wow – what a transformation!

Marie: I do have that energy John, and I can't tell you how wonderful I feel and I'm so happy it's all over, that I have passed through the eye of the storm and come out the other side feeling so happy and free and light and filled with such love for my Heavenly Parents, and a lot of love for you my dear son. Keep going, all will be fine, all will work out, as our dear Nanna Beth says – you'll see!

Further, my grandfather, Norman McDonell, is Celestial as Nanna and Pop's children now all are, namely Eric, Alister, Bede, Marie, Norma and Terry. And also, all their respective husbands and wives, such as George (Norma), Don (Terry), etc. All are now with their respective soulmates. Some of their children have also progressed into the Celestials. Further, some of my wife's – Carolyn – relatives have also progressed into the Celestial Heavens.

May we have some clarity as to my father's progression, has James (Jim) Doel progressed with and through his healing? Where is he presently?

Nanna Beth: He's nearly through, and will be within the next six months, so you can include him John, however he's unable to speak with you presently as he's working too hard on his yuk.

Jim's brother Geoffrey Doel, where is he presently?

Nanna Beth: He's still undecided about it all, possibly soon he'll make a beginning.

Jim's brother Francis (Frank) Doel, where is he presently?

Nanna Beth: He is in the fifth starting to come to terms with the enormity of all his repressed feelings – hard work ahead of him.

Jim's brother Clem Doel, where is he presently?

Nanna Beth: Clem is in the seventh – bottom of the seventh having newly arrived there. He's broken the back of his Healing and starting to feel a little happier about himself and it all. It's been hard going for him and his brother.

Raymond McDonell, son of Alister, is not yet Celestial, but close to it. Where is he presently.

Nanna Beth: Moving through the seventh, still working on coming to terms with his false self that was heavily entrenched within him and why it was, how shut off he was to himself – his feeling-self.

Terry and Don's daughter – Diane who married Philip Russell, Diane died on 11 February 2015. Has Diane progressed with her healing and where is she presently?

Nanna Beth: Diane is doing very well, mid-fifth currently, she's letting go of her mind control and should start moving up more swiftly, as she expresses the emotions of her feelings well.

Diane's husband, Philip, died on 2 June 2015 some three and a half months after Diane, his wife. Philip was found at Diane's grave site which is besides Terry's grave site, having died from a heart attack. Has Philip embraced his healing and where is he presently? Is there anything you may be able to add to Philip's unusual passing please?

Nanna Beth: He's in the second mind world currently John, we've approached him and made a little dent but still more work to be done. His passing was nothing unusual only the place it occurred might be thought so. He wanted to go, he didn't like living alone and a 'movement' in his brain facilitated his easy passing.

Did my discussions with Diane assist with her deciding to embrace her Healing? Also, did this flow onto Philip please?

Nanna Beth: Yes John. You helped her open up to see that perhaps there was more and that her religion was possibly limiting her. Diane looked up to you, and after her passing she was very open to learning more. It all came as a shock at how much there was, however she willingly wanted to move with her feelings and so she's been getting on very well with her Healing.

Note: Diane and Philip taught at a Catholic School. The McDonells and Doels were all Catholics.

Bradley Cooper, son of Kevin Cooper, was making stellar progress with his healing. Where is he presently?

Bradley: Not long now John, so I understand. I'm working my way through the seventh as of some months ago. Still a time yet, however there is light at the end of the tunnel.

Those involved with Pascas, in every aspect, as with everyone will be guided and helped. Particularly those in the core of the hub, such as Graeme and Graham, Jim and Peter, etc.

Your comments to me were like music to my ears – though I was struggling to grasp much of what you were saying through James, maybe the loose ends can be tidied up now please?

Nanna Beth: Nothing to tidy John, you've got all you needed and very well so. It will be time to move on shortly, more work for you to do but not so much typing!

Thank you ever so much, love, John

WE EACH HAVE a PAIR of NATURE SPIRIT FRIENDS

Friday, 30 March 2018

Graeme Bates: Hi James, I was told many years ago that Bill Gates – founder of Microsoft – "sold-out" to the "controllers" (more so with Microsoft Windows 10) and they use the back door to look at all the data on your computer. And if you saw or heard about the movie SNOWDEN (brilliant) they were secretly watching his wife through the camera on her computer and when we bought our tickets to see the movie they gave us "band-aid" stick-ons to put across the "spy camera" on our laptops. Mine is still in place.

Like you I hate Google and currently use AVAST SAFEZONE as my search engine and closed my Facebook about 3 years ago. (They probably still have all the anti vax, anti big pharma stuff I'd put up).

Now some more positive stuff.

I love walking on the beach and yesterday was extra special. I kept hearing Verna's words and with a brisk southerly blowing me forward and my feet in the warm ocean water I started TALKING to Verna....just saying how much I appreciated her information on Nature, the Angels and especially her. And then I kept talking but it felt as if she was responding to what I saying. So I just kept talking out loud as I walked for 40 minutes or so and it was a delightful experience. I felt so attuned to the surroundings, hardly thinking in my head, but soaking up the experience whilst talking to Verna.

Now I just said, "hardly thinking in my head" but I was wondering if you could check in with Verna and ask if we were in fact having this conversation yesterday and if so I would love to keep communicating with her. She is a very cool Lady-of-the-Lake (or in this case, the Ocean).

Oh it is so cool having you, John, GG, Verna and Nanna Beth as my NEW friends sending my love to all

Graeme

Verna, a Nature Spirit: It wasn't me personally Graeme you were talking to on the beach. And I say 'personally' because you were in a way, which is also not exactly how it sounds, however I will explain as it's something that is very important for readers of James' work to know in future. What I mean by this dear Graeme is you have your own 'Verna' nature spirit with you, in fact a group of them centred around her, and because of you feeling close to me through James' writings, so you were able to use that familiarity to open out and connect with 'your' nature spirit friend, who went along with it as if she were me. So the more you do it, and please keep using me this way should you feel you need to, the more you'll develop your own relationship with your 'new friend' and should you want her to tell you her name you can ask her for it or she might tell you anyway.

And why this is important and very good that you've brought it to light, is because I want to tell you all who might read my words that **you all have your own personal angels, spirit guides and nature spirits with you, with who you are to develop your own relationships should you want to – should you be able to do so. And that it's not about 'sharing' the same angels or guides or nature spirits, it is about you relating specifically to your 'own' ones because they are provided for YOU. It's all for you, and to maximise the experiences you need.** And even though, Graeme, you would have your own relationship with me which would be different to James' should I speak to you both, however because you are getting to know me through James, your relationship with me would be tainted or influenced by that. And **you are all to have your own pure relationships. And it's the same of course in life with your friends, however over here dealing with us it's more personal and private**

and ‘JUST FOR YOU’. So you have your own separate unique relationships. And you can talk to me like this via James, as he could talk with your ‘Verna’ via you, and we can all get to know each other, however it’s important to maintain the integrity of the very close and personal and very special connection. So I am in effect James’, although of course he doesn’t own me or anything like that, however **I’ve been assigned to be specifically and only with him, and I ain’t going to be assigned to anyone else, so I won’t be sharing myself around** – I’m not that sort of gal, wink, wink. He is to work solely with me and I with him, and he is to know and trust that, so if anyone else in future were to say they were speaking with Verna, he would know it’s baloney because I wouldn’t be, not unless I ended my relationship with him, which I’d tell him about or he’d feel, knowing I was then free to be with someone else.

And why **this is SO IMPORTANT is so in future there won’t be all these people claiming to be speaking with Verna or Mary M or Jesus or James or Marion or anyone else who is part of it all in this capacity. Mary M and Jesus have spoken with James as they have, making it quite clear he is all they are speaking with.** I am speaking with him and making it quite clear now that you are not actually speaking with me Graeme, yet are picking up on the ‘vibration’ of us nature spirits through your connection with me because of James’ writing. But that is to be like a useful introduction so to speak, from which you are now to ‘launch out’ into having your own personal, unique, intimate and special relationship with ‘your’ nature spirits.

And all the people who feel close to Jesus because of James Padgett and say they are speaking with him, or are even pretending to be Jesus, are getting mixed up, they are sensing a connection through the Spirit of Truth from Jesus, should they have read and loved the PM and are partaking of the Divine Love, or they are contriving a mental connection with him believing it will give them more power in some way, but they should look to their own connection with their own spirit guides and stop trying to be something or with someone they are not. So if someone for example were to say they too were speaking to Nanna Beth, that might be so for a moments introduction like how I’ve been for you Graeme, but really it will be their Celestial spirit contact pretending to be Nanna Beth just to help begin the connection. And this pretending might go on for sometime, however eventually it will jeopardise and so limit what the connection might have become should the person sought contact with their own guide.

And it’s like this to keep things simple and defined so people aren’t crossing lines and confusing things, because what if ‘your Verna’ Graeme said something that James’ Verna – my illustrious self – wouldn’t say, because it didn’t sit well with what I’ve told James, it even working to undermine our relationship because Graeme’s Verna is saying something that might be completely against the truth of what his Verna is saying. And then you get into: well, whose Verna is the right Verna, and why the discrepancies, why is one Verna saying stuff James feels good about then this other Verna who supposedly is the same Verna, isn’t? So do you see, to avoid all that sort of confusion, which you’ve already had to deal with, as in, which Jesus do you believe, AJ’s Jesus (being himself and the spirit sources he draws upon) or James’ Jesus? And why if they are supposedly the same Jesus, aren’t they saying the same things; and why aren’t James and AJ seeing eye-to-eye? AJ is really AJ pretending to be Jesus, which effectively means, he’s AJ ‘channelling’ Jesus, so is AJ speaking with the real Jesus or not? And if he’s not, then who should he speak with so as to move on past all the blocks you Graeme can now see he has. And if he did humble himself and embrace his true Celestial guides, then he’d shed all his pretence and get on with doing his real Healing and by doing that would be of far more help and use to the people who are following him.

So everyone has their own private spirit and angel helpers, however then you ask: but what if they have the same names – and to that I say, well if they are working from the Celestial level of truth (and why bother with any that aren’t) they will have their own unique soulnames they can use, or if they don’t

want to use them preferring to use their Earth or pre-Celestial name, then will make sure to tell their person on Earth, that if the names are the same, they are still not the same spirits. And the angels and we nature spirits all have our own unique names, so that's no problem.

So thank you for bringing that up Graeme because I think you can see it makes things much easier and avoids unnecessary confusion, and with things being hard enough as it is, leave all that mucking around to the mind spirits. Many of the leading mind spirit communicators were able to 'capture' more than one person on Earth, however this led to eventual breakdowns in the communications because of the conflict of interest as to what was said by the same mind spirit.

I'll move onto your next email to James.

Graeme Bates: Hi James,
John sent me your early book, "With Verna – a nature spirit" to read, and of course to proof read. And I'm so glad he did because it answers many of my questions but it also sparks even more questions (there goes my inquiring mind again).

For example, the question I asked the other day about the possibility of me talking to Verna the other day whilst walking along the beach:

"James: And I guess it's not simply a matter of saying I want to speak to a nature spirit, asking God to call one up, or whatever; how would you go about it?"

Verna, a Nature Spirit: You'd have to feel a feeling in your heart, a true one, and one you'd have expressed a lot with your friend if you have one; or just a deep longing to communicate with us, all of which we'd be very aware of; and then you'd set about providing the way for us to speak to you. You might desire to speak to us in meditation, or like you are by inspirational writing; you might like to hear our voices in your mind, it's all up to you, which means, it's all up to your soul. Many people would love to speak to us, trying all sorts of ways to do it, but fail or delude themselves that they are when it's only their own mind, all because it's not part of their soul growth, of what their life path is, it's only a nice idea or wish in their mind. But if it is your true life path, it will happen, and relatively easy, just as it's happened to you James."

Graeme: Then this morning I read:

"We of angelic orders tend to see and relate to things far more in sequences of numbers or digits, which are really units of light." That immediately re-ignited my fascination with numbers and geometry. So once again I'd like to ask Verna about: Does all of Creation have its own unique vibration?

Verna: Yes. From the smallest to the biggest, which is ALL of Creation – even Creation has it's own unique vibration!

Graeme: Is mathematics and geometry "the language of God made visible / recognisable"?

Verna: It's only one attribute of the Infinite Daughter as expressed through her 'minions', we angel-beings of light. It's stuff of the Mind of God. So everything in Creation that's Created by Her can be recognised and so defined though numbers, and sequences and combinations of numbers. However angels' numbers are far more sophisticated than your human relationship and understanding of numbers. You say that is one tree, one microbe, one person, yet for us that one is really millions upon millions of numbered light-units, or light circuits. We, that being the angels, count in blocks of light

units, which are all named by numbers, the sequence of numbers defining the name. Angel's language is in light, which can be broken down into what you'd call number sequencing. Your computer number code is something very basic along the lines of how numbers can create, but each of those binary numbers for an angel would be millions of other number units. It's all a bit much Graeme, it's an angel thing.

Graeme: The vibrations and frequencies of music we hear is just a tiny part of the spectrum. I understand that the flowers and the forests "emit" music. I can't hear it but sometimes I feel it, in as much as the vibrations are interacting (harmonising?) with my soul. Is this true and could Verna elaborate more on the MUSIC of the FLOWERS.

Verna: You humans have been given only a limited range of all your senses because you are not to use them as you would in your mind controlled states far more than you do so as to escape from your feelings. You can't escape too far, because too far would mean you'd never be able to come back. So your physical range is limited, yet expands as you grow in truth, as it will when you're in spirit. And it's designed for you to grow 'through your truth' which means when you grow in truth, then your feelings help you feel more about that truth, more about life from that level of truth; and as Jesus told you, your soul perceptions open up which are just deeper feelings, deeper ways of perceiving, sensing, and then expressing your feelings.

If you had your spirit ears attuned to the vibrations of things, you'd be able to hear the Music of the Flowers, the music of everything, as everything is emitting a sound, light – a vibrational life frequency. And if you could hear the music of one flower, you'd hear that music change through the day as they flower existed, it being influenced by all that it is and all that's going on around it. The different music when the bee or butterfly lands on it, when rain falls on it, when the sun shines on it, when... let your imagination go with it. And then all the flowers on the same bush 'singing' their song, and then on all the bushes, and different species of flowers in the garden or forest and away you go into never ending melodies, twenty-four hours a day. You might be grateful Graeme that you can't hear the music of everything in Creation, it might all get a bit much, just like all those numbers! However, as you attune yourself and grow in truth, more of such music will come to you, and you'll positively delight in it when you're Healed and in the Celestials. You ain't heard nothing yet!

Graeme: Is there any way we can "record" this music and play the harmonising sounds back as we play our favourite piece of music?

Verna: In a crude way that's what people are already doing, trying to express the music of their own truth, of their mind, of the mind and truth of others, including nature. Technology could advance to do what you are suggesting, however at best it will only be a very limited thing. You have to do it all naturally, through your own feelings and the truth they give rise to you. Which can be a lot. However don't get confused with trying to relate to things how might an angel or we nature spirits, as many people do by looking at it through the mind, because that's barking up the wrong tree.

Graeme: In relation to maths, why do some numbers and sequences appear to have special properties, for example: Prime Numbers, Fibonacci Sequence, Irrational numbers such as Pi...

Is this simply a demonstration of the Infinite Mind of God...part of God's personality and creativity that is infinite and has no limits?

Verna: It is, a manifestation of the Infinite Daughter (The Divine Daughter), which is all a manifestation and expression of our Heavenly Mother and Father. Mind created Creation, which includes nature,

works to observable formulae – more numbers, which some people on Earth are aware of; other formulas, spirits are working on with the help of their angels to guide them in understanding.

Graeme: If we fully understood mathematics and vibrational frequencies we would better understand how the universe works...or is that too simplistic?

Verna: Not too simplistic, it's correct, however there's more to it than that and it all has to be done with TRUTH first. You are truth-creations, so your feelings MUST come first and then all the mind stuff can follow. And if your feelings DON'T Feelings First, then you'll limit your mind understanding. You think your world is 'advanced', ha, what a joke that is, advanced in what? What you ARE advanced in, is denying your mind its rightful advancement through your feelings and soul perceptions, so yes, you're rocking along very well in this self-denial. Look at how hard your **top scientists have to work at trying to push the limits of their mind, lucky if they have one significant breakthrough in their career**. All because you are pushing up against the absolute boundaries of your mind-denial, that being represented by the End Times of this age which the End of that denial being the end of the Rebellion and Default against your True Way. **Imagine being one of these scientists who are living true to their feelings having done their Healing. And EVERYDAY you are having more astounding breakthroughs because of advancing or growing in Truth, with your mind reeling in trying to keep up with it all. That is living life on the edge – the cutting edge of Truth. The Truth leads through your feelings and the mind will slot right into place supporting it.**

Graeme: This is just the tip of the iceberg and sometimes I wonder in awe at Nature and my connection with it.

Verna: Ask your nature spirit friend, Graeme, to help you FEEL nature even more and to help you bring to light the truths of nature through your feelings.

Graeme: I love the interaction you have with Verna and I'll keep on reading and proofing "With Verna – a nature spirit" (I'm using record track changes in Open Office so you can see the areas I'm suggesting changes).

James: Thank you Graeme for your tracking work. That book I only read through once, not that that probably means anything, but in my mind it's rougher than my usual rough, so I hope you can struggle through it. Oh, and goodbye from Verna, and she's more than happy to answer anymore questions... just as I'm more than happy to type them! Do I get to retire being the Mad Typist The Second, when I get to 71?

And oh yeah, Graeme, thank you so much for PK, I LOVE IT! I can't believe the good effects it's having on me. If that is what India is like, even the Bollywood version – yes please! The colour, the life, humour, music, dancing, romance – it's such a tear-jerker, the beauty and wonder of it all; and how lovely is the girl and that guy is such a great dancer and actor with his bulging eyes and alien walk. And all the messages, so artfully and cleverly done, and as you said, so appropriate, what could be better and more simple – there are two Gods, the real God, which we know so little about, and the man-made false God we do all these mad things for so-called religion only to appease our fear. Third night in a row tonight.

Just received an email from John saying "cheese and biscuits today at 4.00pm." I just hope you'll be there and partake soon... GB

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

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



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

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

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

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



Feelings first

We CROSS OVER when we LIVE FEELINGS FIRST and EMBRACE DIVINE LOVE

John: Hi Nanna Beth and company

Saturday, 31 March 2018

Thank you on the joyous news regarding my and your family.

Does the nature spirit pair that is assigned to an individual personality, male or female, also assist the soulmate of the person to whom they are assigned?

Nanna Beth – 3rd Celestial Heaven: No, each individual person is personally assisted by their spirit helpers. And to answer what you and James were talking about, Verna has been speaking about these things all with the understanding that people ARE **doing their Healing or are interested in doing it** and wanting to understand what it's all about and all that's associated with it. Once you embrace James' work – I'll put it like that – then you'll be given such personal assistance as Verna has been saying, that being, a primary nature spirit pair, who'll come and go as required, along with a greater band of nature spirit 'lesser helpers', with some people working with them and receiving their assistance more regularly and more personally than others; everyone being assigned a pair of angels that will work daily with you in all sorts of unseen ways; and a band of spirit helpers, all who will be with the Divine Love and doing their Healing and overseen by Celestials, or will all be Celestial spirits. With the mind spirits and people bound up in their minds, rarely will nature spirits have anything personally to do with them, possibly for a limited time yet nothing like when you are wanting to look to your Feelings First. And being still focused on your wrongness, depending on the level of mind attainment, as TUB (The Urantia Book) says, determines whether or not your angel pair is specifically with you or if they oversee a group of people. Once you start working more closely with your feelings John, as James is revealing, so making that connection in whatever way, then EVERYTHING changes for you, even if you're not aware of it. And that will be the same whether you also embrace the Divine Love or not. But if you do embrace longing for the Divine Love, then EVERYTHING – EVERYTHING – changes for you and you've 'crossed over' and you're on your true way. So you then qualify for all the unseen angelic, nature spirit and spirit help you can have. **And spirit help includes us spirits, more personal help from your Indwelling Spirit, more help from the available Spirits of Truth, and should you also require help from the Teacher Pairs or Melchizedeks personally, that too.**

John: Similarly, spirit guides who have progressed significantly through the spheres / Mansion Worlds and also into the Celestial Heaven spheres, do they also assist more than one ascending mortal at a time?

Nanna Beth: We can, however each mortal will have a specific soulgroup with them, and then within that group a specific pair and usually a specific individual. Once we're Celestial we do everything in soulgroups, we need the full interaction of all involved to provide the feeling and mental stimulation to keep our soul growth happening. So with James it's mostly myself connecting with him as you understand, yet my soulmate is still by my side, as is our soulgroup. I'm the 'contact personality' but really it's a group thing. And then as you understand, other Celestials from other groups will help from time to time, such as with Helen, so we can and do help each other, and personally or as a soulgroup, but still the mortal or spirit living in the Divine Love healing Mansion Worlds will have their own unique contact pair or one Celestial of that pair being the primary contact.

Then just to confuse things, some Celestial soulgroups do work with numerous mortals, but that's more when there is no need for direct personal contact, and if contact is to happen, then each person will have their own specific Celestial helpers even though we might be of the same soulgroup. So in theory you could have one soulgroup personally contacting 12 different people on Earth, or to pick an arbitrary number – six people on Earth and six spirits doing their Healing in the Divine Love worlds.

And really John, it's more just to know that when you have embraced the New Way, then you'll receive all the personal help you can irrespective of whether or not you are actually aware of it. And if you are, you can sort out the who's who for yourself.

And I will add, as to who helps who, that of itself is a whole science of study, for why am I out of all the Celestials working with James? How do we connect and why is that? And why does he have the angels he has, and why Verna, and why, why, why... And why do you have the ones assigned to you? And please don't ask me to explain that level of understanding because I don't know the answers – some of them, but you can understand it for yourself when you come over should you want to.

John: Do such spirit guides interact with both the personalities of a given soul, that is assist both of the soulmates, the male manifestation as well as the female manifestation?

Nanna Beth: They can, for example should Marion be interested, I could work with her too, however I'd still be mainly working with and aligned with James. She would connect with her specific guides and we could all work together – that sort of thing. But each individual, soulmates or not, have their own specific helpers, that being if they are wanting to live true to their feelings.

John: The angelic pair assigned to a given personality, do they also assist both of the aspects of a given soul, that is, both the male and female manifestation of the one soul?

Nanna Beth: As I said, each person has their own pair. And then those two pairs work in complete harmony with the soulmate pair, even if the soulmate pair are separated geographically. For example, one soulmate might be a Celestial having finished their Healing and the other pair might still be on Earth deep within their mind and wrongness, and yet both their angel pairs will work in complete harmony with the pair, all helping them with whatever experiences they need that will eventually bring about their union.

With my soulmate and our four angels, it's incredible to work with my personal pair and then with my partner's pair working with my pair, it all happening in a flash, and so much we can't understand, however they are always working with us adjusting our mental and feeling systems so as to help us reveal the truths from our soul that we need. Mostly their work with us we can't see, sometimes we can soul-perceive it, yet often our angels will be standing to the side of us seemingly not doing anything yet they are. Other times they are full-on actively working with us, moving light around in our aura which has immediate effects on us. It's all incredibly fascinating and they do it all without being intrusive. It might sound weird always having your angels so close to you and with you, but it just becomes part of life over here, as life is very different as you understand.

John: As the assigned nature spirit pairs, spirit guide pairs and angelic pairs are all well advanced in truth, it may be understood that these multiple parties assisting with guidance will always be on the same plain of truth suitable for the ascending mortal. Is this why it is a workable structure to have so many personalities assisting with a soulmate pair?

Nanna Beth: The assistance and guidance given is different between those creations of the mind and we of the truth. The angels and nature spirits will assist you by telling you things directly in your mind, information, all so as to help generate feelings so you can reveal more truth from your soul. They won't reveal the truths you need, that is our own doing, but they'll do everything to help make it so you can use your feelings to uncover the truth. So they are constantly stirring up your aura so as to help create the inner environment to provide the feelings you need. We spirits can help you understand more direct truth, yet we can't go ahead of you, so we can help you laterally, if I can put it that way. And we can

give you greater feelings of sympathy, we having been through it all ourselves, and we can give you our love, which is truth to truth love. The angels and nature spirits can give you their love and that is different to ours, that's mind to truth love. And you can love them, truth to mind love, and you can love us, truth to truth.

We also know, mostly thanks to our angels, how it's going to be for you in your soulgrowth through your life on Earth and then over here through the Divine Love Mansion Worlds should you not traverse them on Earth. If you are going to move deep into your Healing you'll be given spirits and angels who can assist you with however far you are to go with it, even right through to the end. If you're not to go that far, then you'll be given spirits and angel helpers to assist you with as far as you will go. So you get what you need, we're always many steps ahead of you. It's all worked out, worked out in fact upon our creation, so it all just works, none of us have to worry about that. We just get the right spirits and angels to help us, it just happens, the Higher Ups see to all of that. We are told, this is who you are going to and be the spirit guide for, and you go (having undergone your training) and next thing it turns into a perfect connection and relationship for you both, because I get just as much from James as he does from me. It's all perfect John, part of the wonderment of it all.

I do understand that occasionally there are problems, and things don't go so well and need to be sorted out, but that's very rare, and mostly you'd not know about such happenings on your end.

People do 'change' their spirit guides, or so it would seem to them, but are they really changing them, or is it that they've progressed to a level that requires a name change and seemingly another spirit, when in fact it's still the same one? And at times we do change the person we've been working with. James has had many soulgroups working with him because he's needed the different experiences of them, but his angels have never changed. He, in fact, doesn't actually have specific spirit guides as Celestials, just part-timers like myself. Zelmar (Melchizedek spirit) and his partner are his permanent spirit guides, even though, relatively speaking, he doesn't personally have much to do with them. But they always have a say in what we do with him.

John: Mind control in its extreme is demonstrated through various complementary therapy platforms. Examples being: Emotion Code as introduced by Dr Bradley Nelson.

Dr Nelson has gathered a wonderful data base that researchers will clearly be able to demonstrate the relationship of suppressed and repressed emotions when relating to physical discomforts, pains and illness. In fact, the emotion code chart that Dr Bradley Nelson has published is the result of many thousands of observations that he and his practitioners have observed over many years, and the results are simple and precise for anyone to understand. Generally, specific styles of emotional injury are directly impacting upon specific organs and parts of the physical body. It is as though the energy frequency of a given emotion is matching to the energy frequency of a given organ or part of one's body.

However, Dr Nelson's methodology of 'releasing' such unexpressed emotions is the direct result of one's mind being employed to further repress given specific emotion or emotions that are causing physical discomfort. Dr Nelson is taking people further away from their true selves – their feelings and the truth that one's feelings are to show them.

Healing Code as introduced by Dr Alex Loyd. Dr Loyd is also focused upon the understanding that emotional issues are the drivers of discomfort, pain and illness. However, he also takes people further away from themselves by empowering people to use their minds to further suppress the underlying emotions through a process of tapping. The mind convinces the person that the issue has been addressed

whereas it is still there, continuing to fester, further thus bringing about greater issues at a later time. Again, the truth that our feelings, both good and bad, are shunned, the truth is avoided.

Meditation is often used to take a person further away from themselves.

The art of 'stilling the mind' through meditation can only be considered as one of the greatest negative residues of the Rebellion and Default. Taking a person further and further away from their feelings and not allowing any form of truth to be sought from one's feelings.

Would you kindly expand on these comments as I feel they will complement the writings of the last few days relating to substances and their in-effectualness in healing please?

Nanna Beth: Look at it this way John, humanity is in the shit, and has been for a very long time. And so has had a long time to study the shit. And it can work out that it's in the shit and what the shit is all about, but that's all it can do. It can pretend that it can take itself out of the shit, but it can't. It's not allowed to.

Not until someone comes along and does really heal themselves of it, and someone who has the **spiritual authority** to allow others to do the same. So that's where we are. The authority is making the revelation to you. People can now choose to study how to Heal themselves, this being the next phase and 'science' people will apply their attention to. The great writers of humanity have well and truly documented the wrongness, you can see it all, and you know it comes from your early life. And many have tried to work out ways to heal themselves.

But **without looking to your feelings and wanting to uncover the WHOLE truth of them, you can't heal it.** It's as simple as that despite what anyone does with their emotions and feelings. And many people in their endeavours to heal themselves have done some real Healing, if they at any time looked to their feelings for their truth, truth would have been forthcoming. So humanity has gained a little truth over the years. However because of the feeling-denying forces of the Rebellion and Default, the level of truth has remained very low.

Now however **with the keys being given to you as to how far you have to go and what is really involved in doing your whole Healing, so that is the New Frontier awaiting mankind.**

And in the end there will be far more books written about people's Healing and all they come to understand about every facet of themselves and of it, than there have been about people documenting their wrongness. It will prove far more fascinating to those people who get right into it. And all of that creativity is waiting as a whole new aspect of Creation to be expressed – how humanity Heals itself of its rebellion and default.

Well James, a heads up on how to step away from endless typing before the age of total madness. Consider having endless chats whilst engaging with you favourite beverage so that the need for typing is substituted with happy chats! A tip from the maddest retired typist.

cheers John

James: I would love to John, and I hope by the time it comes round I will be able to speak and communicate personally better than I currently do. It's right now that I do it all from afar and laboriously writing about it and speaking on the phone because that all reflects how disconnected and

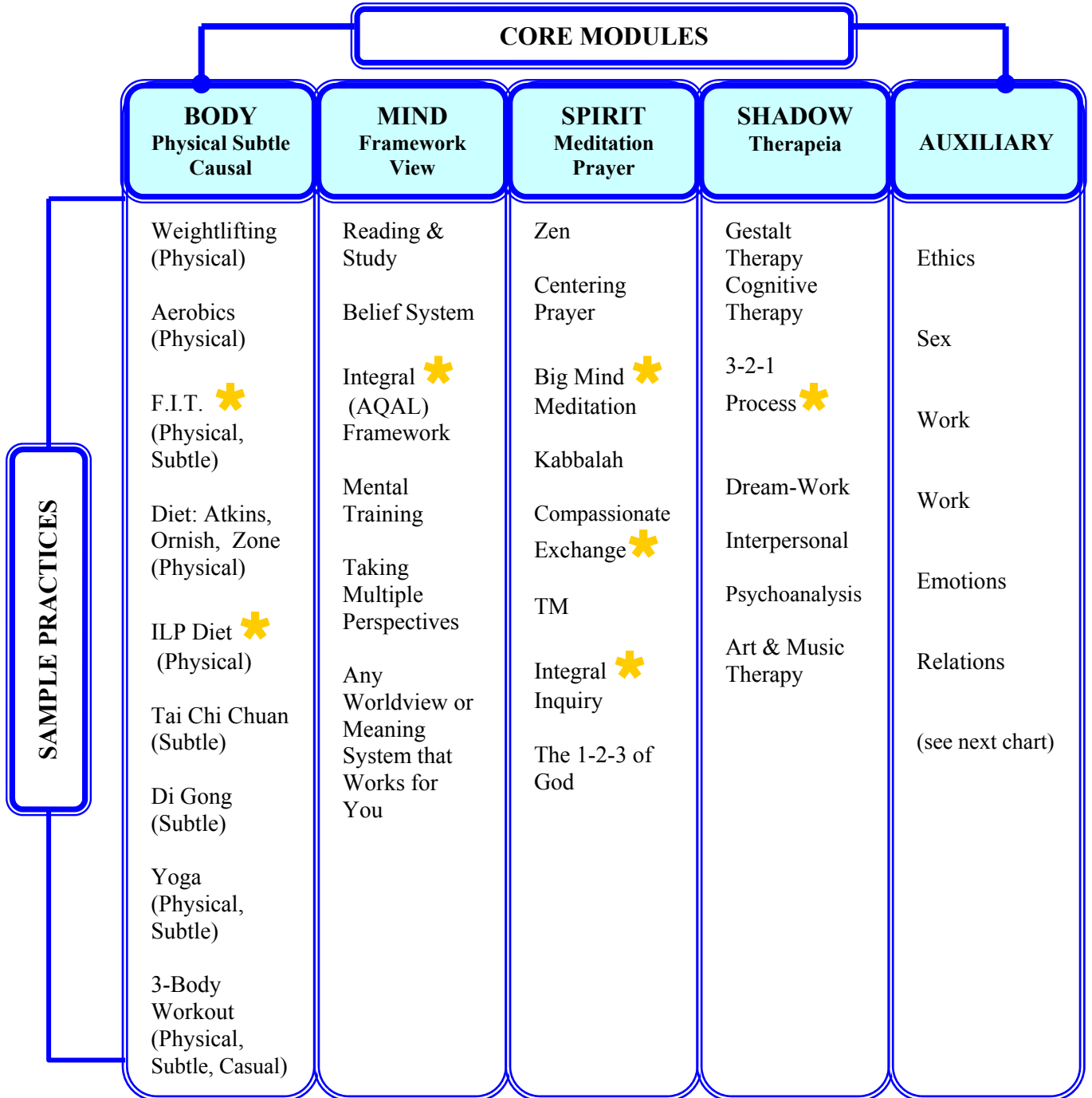
impersonal I am. So if I ever get to meet you guys for a little chat, then I know my Healing will have entered a whole new phase or ended altogether. So I am looking forward to it.

James Moncrief height 6' 8" 203 cm
Born: 15 May 1961. I like being a Taurus

Marion Moncrief height 5' 3" 160 cm
6 March 1951 Pisces – she loves being a Pisces

PASCAS CARE¹⁷

Life Practice Matrix



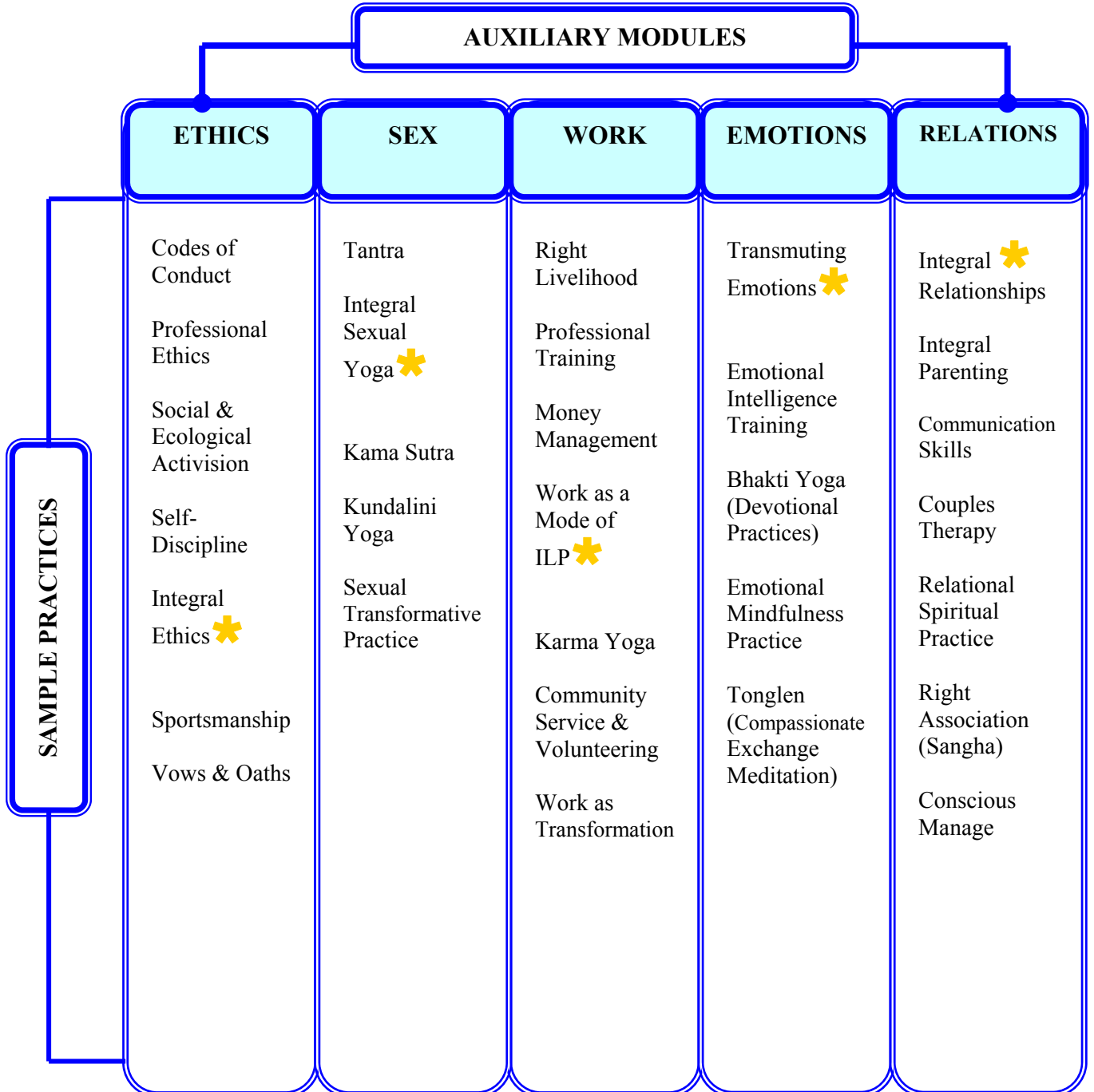
It's as simple as:

- Pick one practice from each of the Four Core Modules
- Add practices from the Auxiliary Modules as you wish
- Go!

We particularly recommend the Gold Star Practices *

PASCAS CARE⁸

Life Practice Matrix



Life Practice Modules are Complementary Therapies which may be considered as adjuncts to Allopathic (Western) Medicine initiatives employed to manage the recovery from an illness episode. At other times, Life Practice Modules enhance ones quality of life.

PDFs: Pascas Care Life Practice Matrix
 Pascas Care Complementary Therapies Vol I
 Pascas Care Complementary Therapies Vol II

Now you're probably not going to like this much, however with these three PDFs about the alternative stuff, my first feeling is – throw them all in the bin! I can't bear all that mind stuff, it takes one away from the truth of one's feelings – as we know. Then as I scanned through them I thought, well I'd file them for posterity, so people in future can see how fucked we were.

Then I thought, well people might come into doing their Feeling-Healing from all these various systems using no doubt what they know to augment their Healing, which might help or it might not, it might be more a hindrance keeping them away from just going with their feelings. However that will be what they will have to work out for themselves.

Then I thought, with all this and people trying to do their Feeling-Healing, the whole Healing thing is more than likely going to get stuffed up and taken all over the place, even possibly spawning a massive number of new modalities all supposedly based around it, and which will no doubt still be riddled with mind controlling stuff and so limited or flawed.

And then I thought, so how does one keep it on track, when basically only Marion and possibly Sam (and I don't even know about her unless she were to live with Marion for a while doing her Healing and to see what Marion said) is doing it properly. And is there a properly? I have difficulties as you know doing it, so will others, there are many subtiles that trip you up and block you most of which you are doing yourself and not aware of. Will the Spirits of Truth help people through it, that along with their angels and spirit helpers?

And are we to do our best in the few short years we'll possibly be given to do it in, then to let it go and it's for future humanity to do whatever they will? And how much help will we be able to give them from spirit? Marion might do it perfectly and then Sam, and that might be all who do for a very long time, it taking the next Age for people to work it all through?

So I reckon we file these, I don't want to add anything, I can't even get my mind into gear to read any of it, it all repulses me. And then we wait and see if anything happens, and if it starts and anyone wants to do their Healing, then I'll, no doubt, have to see how best I can help them working it out as we go.

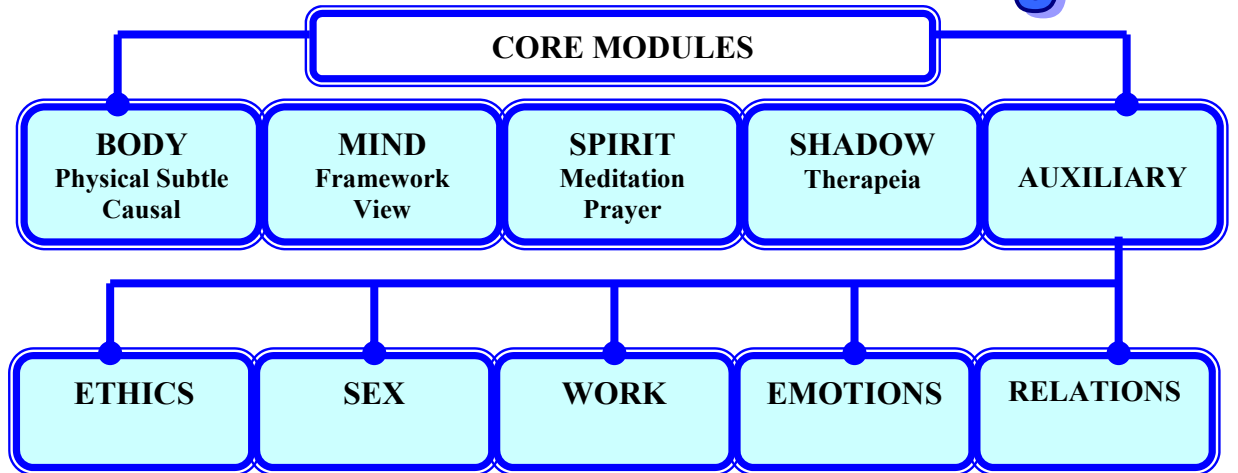
I will think about possibly working out a 'modality' that people could use, however I think I'm pushing it.

What did you have in mind with it? I don't think it serves any purpose other than just being reference material, and should be referenced to make it clear that it's all just the mind side of things: Trying to heal yourself using the mind in one capacity or another. To shove my stuff into it, when my stuff rejects most of it, will surely only confuse the reader.



PASCAS CARE

Life Practice Matrix - Feelings First



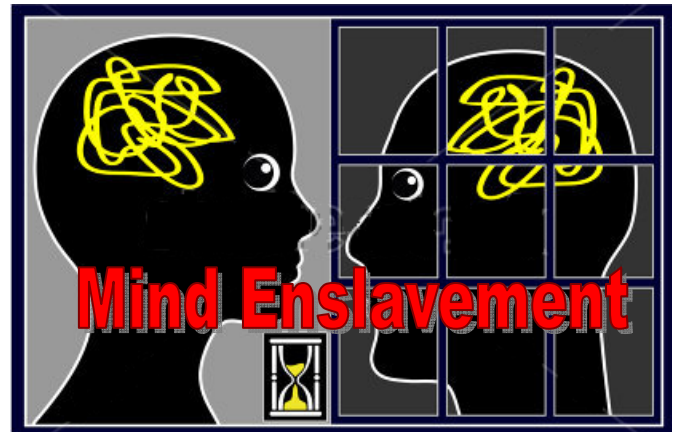
Mind imprisoned humanity has been subjected to the percepts imposed by the Rebellion and Default commencing some 200,000 years ago.

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

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

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

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

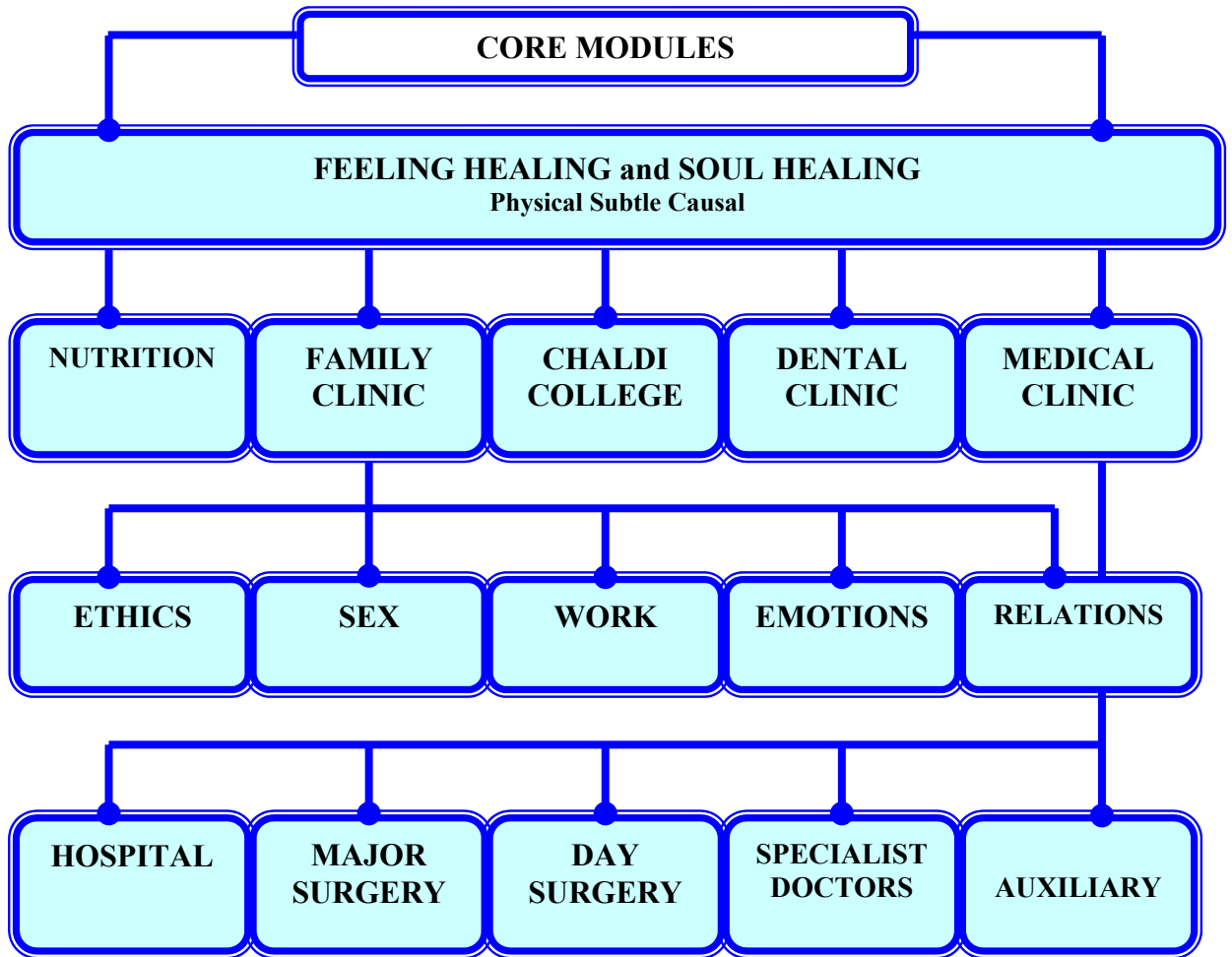


Feelings First
Feeling Free



PASCAS CARE

Life Practice Matrix - Feelings First



WONKY REPORT

Pascas Care Letters (PCL) How Pascas Evolved

Friday, 6 April 2018

James: To be picky: P8. First para ..., are subjected...
And: Para 2 ... later years of anyone's...

P9 Para 2 ...we will eventually find small groups of people who have progressed and are beyond any of the mind's controlling ways...



Pascas Care Letters Healing Properties of Substances
P1 para 5 last line... discover

WONKY REPORT

I didn't read through all the rest of my work – I hope you don't mind. Instead I thought I'd like to have a go at answering these initial questions you ask, I'd thought I'd ask Verna what she thought, in keeping with the paper.

VERNA – a Nature Spirit: STRAINS of FLU and ALL ILLNESS

Friday, 6 April 2018

John: [Worldwide it is recognised that the annual flu epidemic will consist of new and differing strains of viruses. Why do these variations arise? Why do the new strains appear to be more difficult to manage each year? Why is there a continual incremental risk to life with each new strain?](#)

Verna – Nature Spirit: The new strains exist because we – the nature spirits – make them exist. We're the instigators of such 'diseases' on the world, we in league with our fellow conspirators – the angels; the truth of which your scientists refuse to acknowledge when there is ample evidence to them, which they persist in brushing aside, that something else or someone else is tampering with such 'bugs' and 'nasties'. And who has the real brains: we nature spirits who control the natural world on Earth, or your great scientists? We'd like to see a little more humility please – that would definitely be a step in the right direction. You don't have to bow down to us, we don't need that level of servility from you – just kissing our feet would be enough!

And hey, guess what? YOU'RE NEVER GOING TO BE ABLE TO BEAT NATURE – WE'RE NEVER GOING TO ALLOW YOU TO. HA! YOU HAVE TO LEARN TO FULLY HONOUR AND RESPECT NATURE – AND YOUR OWN NATURES, LEARNING TO WORK IN PERFECT HARMONY WITH IT AND WITH YOURSELVES BEFORE YOU CAN GAIN ANY RELIEF FROM SUCH 'BEASTIES'.

We have virus making 'factories', we'll always be one step ahead of humanity. So until you understand, you have to WAKE UP, not that I want to sound patronising or tell you what to do, BUT YOU'RE PUSHING SHITE UPHILL.

And you might like to know, we're not going to let you off the hook. You have to learn that all illness results from your inner levels of discontentment – BECAUSE YOU DON'T FEEL LOVED. And work to get to the truth of your bad feelings. And when you do, then as you grow and evolve spiritually in truth, so you'll literally 'rise above' – ascend – the need for help from such illnesses because you'll no longer NEED THEM TO MAKE YOU FEEL BAD. Accept they make you feel bad, you are meant to feel bad with them, and not then try to eradicate them, that's only eradicating yourself, which you're already doing; but instead to work with those bad feelings, this being how you start to love yourself back

into true health. Go with your bad feelings, not fight against them. Go with them instead of trying to eradicate them, and the same with your diseases and illnesses.

John: Worldwide it is recognised that antibiotics are becoming ineffective. Why are even new more capable forms of antibiotics not being able to manage the bacteria and viruses that are evolving? Why are viruses and bacteria evolving in the first place?

Verna: It's the same deal: Humanity is to uncover the truth of evilness, its wrongness, of its rebellion and default. And illness is to show you that you are wrong. You wouldn't get sick if you were right. So what would be the point if you eradicated all illness and you never had a bad feeling from being sick – you'd never know you had all your childhood repression locked away inside you that you were to deal with. ILLNESS IS YOUR FRIEND, because it's the warning lights that says: I AM NOT RIGHT. I NEED HELP. I can help myself by attending properly to my feelings. So do so by wanting to uncover the truth of them!

John: Worldwide we have the mantra that should a new drug be developed, until that drug has gone through double-blind clinical trials successfully then it is not to be made available. Should the double-blind clinical trials be successful for around 60% of volunteer patients, then it is considered for public release. But then, why has it failed with 40%? Why do some benefit and others don't when they are all in the same health predicament?

Verna: Because you are all different, you've all been subjected to different childhoods, even within the same family. So nothing will affect the whole, short of you all 'nuking' yourselves into oblivion. (nuking – destroying something with a nuclear weapon) Yet even then, do you really think the angels are going to stand aside whilst you annihilate yourselves? There's too much goodness in your suffering since conception for you to simply obliterate yourselves, too much truth to be discovered – the whole truth of why you feel so bad, the truth of feeling unloved. And it's an enormous truth and enormous amount of truth. And it's all there inside you. Waiting for you to bring it out.

John: And why do 'sugar pills' work when prescribed by the doctor?

Verna: It shows you the power of your mind and its controlling beliefs. People believe all sorts of things resulting from their wonky childhood. (Note the use of that word dear John, I'm adding it to my repertoire – James.)

John: We see new forms of illness arise, why is this so? We also are seeing that vaccinations are not as effective as they appeared to be some years ago, why is this so? The fact is that humanity presently cannot eradicate any form of illness no matter what our scientists discovery, why is this so?

Verna: God has allowed you to experiment with all the ways within your unloving states, this being one of them. However humanity is now moving on, times are a changing, the old ways are to end, humanity is to heal itself of its rebellion and default. So what has worked will fail, and more so, and new things won't work for as long, failing quicker, fear and pressure will mount as the old fails, all to give rise to GUESS WHAT? – MORE BAD FEELINGS. And why more bad feelings? – so you can express them and bring to light the truth they are to help you see – THAT'S WHAT!

John: When a pandemic hits a community, why do some people never succumb to the virus or health issue while others contract the disease and many die? Why isn't everyone impacted equally?

Verna: Different childhoods, different beliefs, different self-denial parameters, all of which affect you in different ways bringing about such differences. You are living in denial of TRUTH. Your childhoods are truth-less. So your adult lives express or reflect this. Life as you know it is all wrong, negative, unloving, even all the good loving parts within it. So it's all got to change, BIG CHANGES, but you can do it, you'll see, humanity will have to do it.

John: This is the major difference with a Pascas Care Centre. In addition to providing a holistic allopathic and complementary health care service, we are to address the question of what is the cause of one's discomfort, pain and illness.

Further, we are to address the questions of why is it that treatments previously embraced have not continued to be successful in bringing about health to the body?

Verna: Same deal. It's all what went into you through your forming and early childhood. Nothing more. All the secrets are contained back there within yourselves. When you 'go in' you're to go into your early life through your adult 'now' feelings. That's how you do it, how you can really Heal yourself, nothing else will do. It might extend your life a bit, cure you of some illness, make you feel better, but all your childhood wrongness is still within your soul remaining there until the day you want to deal with it.

Do your Feeling-Healing; or better still, your Soul-Healing with the Divine Love. It won't be an easy ride, however your relationship with your aches, pains and illnesses will certainly change and evolve, and you might even find that you don't need as many of them if you look to your Feelings First, expressing them and seeing the truth they are to show you. And eventually you might not need any bad things happening to you as you no longer have any repressed bad feelings that you need to bring out. It's a different way to view life – but hey, what have you got to lose – only your old ways of suffering.

Love Verna – who by the way, is not just a pretty face! Chow for Now – over and out!

Tommy – and the Healing Sanctuary of Light

Friday, 6 April 2018

James: Hi Sam and John, here is Tommy, the second Sage book. I would love it if you read it and tell me if you see any glaring errors, such as, conversation paragraphs that don't add up or major page breaks and time that's wonky, or anything else that stands out as obviously odd. And what you think of it of course. I'm happy enough with it, however I could also keep tinkering, fixing up typos and making it more expressive and what have you, however I'd like to see what you both think first. Also I can only re-read my books a couple of a times then I need a break.

Saturday, 7 April 2018: Samantha:

I am loving this book James, I am up to page 86 and I am loving the wonderful adventures Tommy and Mel are being sent on by Sage to recover treasure in the sea to provide them with the money they will need for their venture; and I love their relationship all three of them. I am excited to read more and more, its brilliant and such a wonderful continuation of the first book, it flows effortlessly on. How the Nature Spirit helped Tommy move the rocks to create the pond, all so wow. I love how Cath and Doug could be stand in grand parents to Tommy and Mel's children giving them all the support they need in the way of encouraging their feelings and letting them be open to Feel, I would have loved grandparents like that, to be surrounded with all the support I needed to nurture me and to express how I feel, can you imagine growing up like that? I can't wait to read on. Sam x

FLOWER ESSENCES and ESSENTIAL OILS

Saturday, 7 April 2018

Graeme Bates: Hi James, I sent the information that Verna provided regarding how Flower Essences work to my former partner, Christiana. And as is often the case, she came back with even more questions.

To give you and Verna some background, Christiana runs workshops where she teaches people how to make flower essences and how they work – that's the basics. However, as we've learnt more "truth" over the years we have re-written and changed the information that is taught. Especially as we learnt more truth about the soul and that is where the real Feeling Healing starts. And Verna and your writings have been clarifying this for us.

So here are a few more questions from myself and Christiana. Thank you for this, it helps. If I prepare some questions, would you be able to pose them to Verna? The first ones that comes to mind...

Q: What does Verna see when a flower essence is being created...what is the transaction?

Verna (a Nature Spirit): I see an array of colours. I see everything in colours. Colour makes the form. The form I learn to recognise as I develop in my mind. Colour is composed of different frequencies of light. It has a sound, although we don't as such hear the sound like you do, but see it. We see the sound, colour and light. For us it's all about the visual, but it's a different visual than it is with you, for we sort of 'feel' the visual. Our mind is more visual but it allows us to sort of feel what we are seeing.

So what I see when you are creating a flower essence is the various colours, which are really colour combinations that make up that particular essence. So as you do each bit, so I can observe the colours changing, so I know what you're doing, and I've learnt through the years to know how what I see that you are and you are doing translates into something you can understand from me. I have learnt to speak the language of being human if you like, so I can relate in your language however you'd have no hope trying to speak my language – the language of colour. Colour is our words if you like. So if I were to describe to you that which I saw when you were doing what you do, then I would describe it in a sequence and interplay of colours.

When we become angels, then we'll start working with the full spectrum of vibrations, with sound being used to direct, control and synthesise colour. For example, when your angel inserts a rod of light into your aura it literally 'sings' in the rod that it's made from sound and vibration giving it the right frequency required by the effect the rod is to have within your aura. We can hear the sounds to a limited degree and make our own music, but nothing like what the angels can do.

So can you see Graeme from what I am saying, that elements of all of this, humanity has been investigating in its own way over the aeons. We are similar, us beings of light and mind to you of the feelings and truth, and yet we are also very different. These questions you are asking and your approach to them is more on the mental level, trying to work things out as if you were a mind creation, which you can't do, which is why I will keep directing you back to your feelings and truth you are to gain from them.

Q: How does the environment; weather, animals, sounds, etc affect the gestation of the essence...do all these vibrations go into the essence?

Verna: They do, however they are all what you might call, low-level background noise. Of course the

more clear and pure the environment you can provide, which will be that what Christiana is striving for, that of her love and the most natural, will affect this, compared to say industrial made essences and oils, all done without love and care being impersonal compared to her more personal approach. And that will all affect the desired result. However that all becomes irrelevant when the essence is given to the person to use, because the 'vibration' of that person might immediately cancel any such uplifting positive effects should they be of a lower level; or conversely, a person might be uplifted quite substantially. So of course doing the best you can, what you feel intuitively because you want the best for everyone involved, is as good as it can be.

Ideally, this is how it works: If you are of the first world level of truth, so you will produce an essence of this vibration, and within that, either the highest or best or the lowest and worst. If you are of a second world level of truth, this being a mind level, so your essence will reflect that level of truth, the best or worst of it. If you are of the third world, because you are living this level of truth with the inclusion of the Divine Love, so you will express this in all that you do. And so on as you grow in truth. You can't express a higher level of truth than you are, it's not possible, it doesn't work that way. So the incentive is to evolve or grow in truth, which as we've told you, can only really be done by doing your Healing.

So say you finished your Healing and were of a true and pure Celestial level of truth. Then that flower essence you made would reflect that truth. So if you gave that higher level of vibration to someone on a lower level of truth, potentially that could greatly affect them, even detrimentally so. However it's not that straightforward either, because it then all comes down to what the person receiving it needs, so if they only needed a slight touch of that higher vibration, the person's angels would adjust the light, lowering the vibration as the person was receiving the essence. And consequently, should someone need a boost in vibration, as if coming from a higher level source and yet that source wasn't available, then your angels can boost the essence's vibration.

So do you see, it's very complex and all dependent on the needs of each person's soul, which you can never know what they are, so all you can do is what you feel you want to do. And those people will be drawn to you because it's about the experiences everyone needs, and not even so much about the essence itself. A person might be drawn to Christiana because of all that happens between them both, with the flower essence part being the least important; or, it might be the most important. But you can't tell. So it again comes back to feelings, whether or not you want to allow ALL feelings to be in your interactions.

Q: What does Verna see, what energetic transactions, effects, changes happen when a human takes a dose of a flower essence...in particular a One Garden essence that we have made?

Verna: We see the essence as a colour, and the person as a colour, then the two colours meet and other colours are produced. And then it's about how those new colours affect the person. Which for one person might be to uplift them, another to help them feel bad. Ideally you should be wanting to feel bad because you are doing your Healing, wanting to use your feelings to uncover the deeper hidden truths of your childhood, so you'd want the flower essence to stir up bad feelings, and the worse the better. So there are two conflicting ways of approaching such things: You can use the remedy, no matter what it is, from mainstream to alternative medicine, to try and make yourself feel better by removing or 'healing' all that's wrong with you. Or you can use the remedy, no matter what it is, to make you feel bad, all to help you with your true Healing. So potentially a therapist aware of the two ways could offer them as such to their clients.

Q: What happens...what is the difference between someone using essential oils to flower essences?

Verna: The oil is often longer lasting, however that also needs clarifying. As you understand Graeme, there are no simple answers to all of this, and I am only giving you the briefest of introductions just to play havoc with your mind. An oil might be needed for the person to keep smelling it because that's the desired effect required from it. And that can go either way, to smell to evoke good or bad feelings. If you step aside from your great need to ONLY feel good, and remain totally impartial and objective seeing ALL feelings are good and as you need them, then you can open your mind out to other far reaching alternatives.

However that is not to say that a simple flower essence might not have long term and far reaching consequences too, and even far more so than oils, should that be determined by the needs of your soul.

For example, let's say it's desirable for a block in you to be worked on, to be stimulated – the mental belief that keeps it in place and behaviour that expresses it, also helping to keep it as a block. So you take a flower essence and very quickly it works on the desired block, it being greatly stimulated and agitated by your angels and you suddenly start crying, and as you express those bad feelings longing and looking for the truth of them, you suddenly realise it's something to do with your father and his stopping you from being how you wanted to be. And then for the rest of the month, even a year, because this block has been worked on a little, so more stuff keeps coming to light about it, and all because of the initial input from the essence. So what is long and short term? And oils can work the same, however the flower essences are generally more fast acting, with the angels working with them more immediately because they are more ethereal [extremely delicate and light in a way that seems not to be of this world]. The angels prefer working with them if they are given a choice. They love the fast active stuff as it tests their skills. The oils are more “ploddy”, set the scene and then let time take its course. So they both have their uses and work complementing each other or working against each other – again it's another feeling thing as to which way you want to use them.

As a rule of thumb, the essences work more on the mind level, so can be used to cement-in mind control or release it by working on belief-breaking or belief-making (such as all the positive affirmation stuff) by stimulating or repressing further the underlying repressed emotions and feelings, whereas the oils work more on the deeper feelings level, helping to stimulate them and bringing them to the surface or repress them even more, depending on which way the person is going in their life. And you understand, everyone believes they are going the right way, they are wanting to heal themselves, and however that's all only a belief. The truth being: if you are still advancing in your mind control you are going the wrong way – against yourself; if you are looking to your feelings for their truth, then you are going the right way so far as really Healing yourself. However having said that, there is no actual right and wrong way, it's all what you need at the time and so is all right, even if it's wrong – LOL!

Now some of my additional questions.

Graeme: Verna, I asked you about the music of the flowers and you mentioned that it changes as a bee or a butterfly interacts with the flower. So is the music more like a symphony of sound with different flowers on the plant playing different instruments?

Verna: It's whatever you want it to be Graeme. You'd never be able to understand how an angel would, or the flower or the bee itself. So if you hear that way, fine, that's how you interpret it and want to hear it and we can work with you in that. If someone else hears it differently, so we'll work with them how they hear it. If you are so attuned that you hear symphonies playing in nature everywhere you listen, well that is what your Mother and Father have given you for your life. And then it's up to you as to whether or not you want to uncover the truth of why you are like that and how it's affected your life and yourself beginning from conception through your feelings.

Graeme: Also you told us that everything in nature has its own unique vibration – even rocks, etc. My understanding of music is that our ears take in these vibrations into the inner ear where they set up vibrations in the tiny bones (hammer, anvil and stirrup) that are then translated in our brain and we "hear" sound. Is the music you, Verna, can hear from the flowers of a similar vibration (or in a similar range) to the unique vibration of each flower. Or am I mixing "apples and oranges"? Intuitively I feel they are related or similar.

Verna: All vibration has a frequency to it as you understand, so an associated colour and sound, that being some you can relate to and others you can't as you understand they being outside your range which other creatures relate to. And we nature spirits have our own defined levels as do the angels of different orders. A super Paradise angel will hear far more than a localised cherubim or seraphim, and more than us, and more than you of course. However we all have what we need. And all of our ranges have ranges with them. We of the mind orders grow in light through experience so increase in the range we have available to us. You too will increase in your range as you grow in truth, and then people being far more attuned to the psychic levels of perception will have access to ranges within your human range that ordinarily most people don't. And mostly you don't because you've shut yourselves off into a very limited low level of your range. Your senses actually spend more time filtering out the yuk colours, sounds and vibrations, using so much time and energy to 'protect' yourselves. When your parents are yelling at you, you go into block it out mode, which establishes those mental and behavioural patterns within you. And your world is made up of parents still yelling at you, with all the horrible noises you create, even by persisting in having annoying, barking dogs as pets. Were you parented truly lovingly, with all senses open and attuned to the sounds and colours from your parents that make you only feel good, then you'd create a world of similar good-feeling sounds, and so would always be extending your range of relating to and hearing sound and seeing colour to the higher levels of your natural range.

Graeme: Christiana also asked you about the effect of the environment. Also she would "intuit" what day, what time, how long the gestation needed to be. So can you explain astronomical influences and was she being guided with this timing information.

Verna: The astronomical influences are the same as all the others, all on the mind side of things. The best and most important influence is the person themselves in all they do in their experience with the essences, the person making them, administering them, and the person receiving them. There is even a difference between you giving yourself the drops and another person giving them to you. Christiana giving her drops to someone will cause different effects to her client than the client giving them to themselves. It's all to do with the experience, the interaction, as it all involves vibrations, colour and sound.

So you can't work out a 'best way' to do it all. It's only ever going to be your way, and you can be happy or not about that. So more feelings to use should you want to work with them to uncover more truth about yourself.

Why does someone want to do anything – and really it's to give rise to feelings, feelings you can use to grow in truth.

Graeme: Was she guided regarding the naming of each of the 88 individual essences? Were they made in a particular sequence or order and what is the significance of this?

Verna: Yes, you are guided in all that you do. Your Indwelling Spirit is with you, as are your angels, and possibly ourselves. You are more guided than you understand. God is guiding you every step of the

way. The significance is the experiences you have, all of which make you feel feelings.

Graeme: Did our "soul condition" and our intention for each essence have an effect during the gestation of the essence?

Verna: Yes, as it does on everything you do in life. It's what you are, the truth you are expressing, it can't be any other way.

Graeme: We did take a lot of care in making each essence, especially regarding hygiene, purity of the spring water, the clear glass bowl, how it was placed etc. This question sounds like it's coming from my ego, but are the One Garden Flower and Nature Essences of a higher frequency / quality compared with other essences?

Verna: I'll allow you to be the judge of that based on what I've written.

Graeme: I know Christiana has a strong desire to only tell the truth when she is teaching and many of these questions will help her with both her writing and her teaching. So I just want to thank you for all the truth you have imparted so far. And I vividly remember reading what you said, "You know less than 5% of what nature has to offer humanity". And I think you were being generous when you said 5%.

Verna: You are welcome Graeme and I hope some of what I've said helps – it will probably add more confusion than clear it, but such is life, is it not?

Thank you James and thank you Verna, sending my love to you both.

Graeme

James: I've tacked this bit onto the end Graeme as it was what Marion was just saying. Something perhaps for John to distribute through Pascas. It's not really relevant to what Verna was saying, but it's more for everyone to understand that when it's said to go with or follow your feelings, it doesn't mean we are to act on them all the instant we feel them, it's to express them verbally to bring to light their truth.

Living true to your feelings:

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

Marion 7 Apr 2018

Commonwealth Conference at Griffith University – Nathan Campus – 9 to 11 April 2018

Note from John to Samantha following the Conference:

Hi Samantha

Yes, James has done it again. Tommy, being a sequel to Sage, has a big act to follow. I am a quarter of the way into Tommy and it is telling me great things.

A few weeks ago, Graeme Bates shared with me an Indian made movie called 'PK' which means tipsy (inebriated) and this movie, James can now quote word for word – I suspect. It is simply great and without error!

Graham Golding and I attended the Commonwealth Conference this Monday, Tuesday, Wednesday just gone. Chatting at lunch, the movie 'PK' was raised and I find out that annually, the same production and actors produce a similar movie, as if in a series but standing alone each time.

Graeme Bates and I are considering engaging with the film team and see if some of the writings of James can be produced in film by them. May as well start off in Hindi as any other language!

The cast of speakers at the Commonwealth Conference grew. The attached list has the additional speakers, also there are smiley faces indicating the level of engagement that may come between them and with Pascas – us. Three smileys and we are hot to go.

There is a short summary on how we have interacted thus far.

I suspect that we are about to launch throughout central Canada, Vanuatu, Kenya, Fiji, Samoa, the Pacific Island nations and some more. Brunei and Malaysia are on the cards. With regards to Pakistan, that looks like a full blown national program. This is from the connections of this three day conference that Brian Adams with Jim Christie put together. The Commonwealth Conference is in conjunction with the Commonwealth Games where the Australians slammed the Poms – had to add that.

Anyway, before we start with this lot, Brian Iverach, Jim Baker and I will visit John Augustine in Lucknow in India to start the Pascas rollout in India.

Back to the Commonwealth Conference which is the first one ever, at these gatherings, we exchange cards and thus we have 36 unsuspecting connections – they are about to discover as you will see when the next Pascas Care Letter is completed – hehehe.

I am sharing the list of speakers as some of their names may frequently come up during our ongoing journey.

The tempo is rising. This is particularly so with the progressing of the Solid Investment saga. I have notes to put together on that for you also.

Sam, this is so humongous that it is not comprehensible – so i just go with it. Like, look at the list of people Graham and I met this week – all at our door step. Thank you Nanna Beth and company.

Graham may have a couple of additional names that we should connect with – so let me know which ones to add please Graham.

Thank you for your note earlier on in the week – we just keep on winging it!

Love and cheers for now

John



Tuesday, 17 April 2018: Note from Graham Golding:

Hi James

Graham: As you know I attended the Commonwealth Conference, April 9 to 11, where they discussed “Sustainable Peace and Development in a Polarising World.” It was conducted through the Centre for Inter Faith and Cultural Dialogue, at Griffith University, Nathan Campus, Brisbane.

It was a really interesting few days for me. I have been insulated from issues of inter-faith disharmony, cultural suppression and activists attempting to bring about change on a world stage.

A few key things came to my attention. Firstly, the manner in which the Empire just walked in to any country they wanted and assumed a position of power over the indigenous inhabitants. It seemed that if they weren't following Christianity they were not considered human.

The second is how huge an influence in that different religious beliefs are used as a reason for war throughout the world. But also, how the religious leaders at the conference felt they all were in the position to effect the change in attitudes to bring about peace. They are just going to talk it through.

The other thing that I found peculiar is the continual reference to Inter-Faith. It is almost as though "religion" is a dirty word. As you might accept none of the participants discussed components of their religion which may be contributing to, or which may alleviate war and bring about peace. Too much chance of getting into an uncomfortable discussion, which of course we know, is exactly what they need to do. Get it all out.

On numerous occasions, faith leaders acknowledged religions are a construct of man. That the sacred texts which define the beliefs should be read and understood in context to the era. In other words, the bible should be interpreted differently now because the world is different.

And this is where I have a real struggle with religion. If they are really espousing God's word and way, why does the message change? God certainly doesn't change.

Also, the religious leaders, when looking for commonality, spoke about peace, love, etc. They ignored what I consider to be the common goal of ascending to be at-one with God.

So in the last session of the conference I asked the question of all in attendance; "What is the role of religions? Are they not meant to provide spiritual guidance in preparation for life after death, on how to ascend to God?"

And are religions delivering any outcomes? Are they measuring their success?"

The room went uncomfortably silent for quite some time. No responses forthcoming. The audience was then invited to ask new questions.

Another thought which came strongly to me and I wrote down, but did not discuss with anybody was this "As much as Governments are prone to conquering land and natural assets they don't rightfully own, religions are prone to conquering the Will and freedom of individuals they have no right to own."

So you can see I hold a little contempt for religion. And I am writing some feeling healing on this to help me understand the truth.

Which brings me to the point I want to raise with you. Why "**Religion of Feelings**"?

It makes me squirm. The revelations which you and Marion are bringing forward are so removed from what religions are providing, why associate with them?

As so eloquently put at the conference, "religions are a construct of man". Feeling healing and seeking truth through feelings is not a construct of man.

Religions are controlling bodies. Feeling Healing or Soul Healing will apply no control. It is entirely based on an individuals Will.

Religions have rules, rituals, dogmas etc. Feeling Healing and Soul Healing will not.

I feel that presenting as a religion will be a barrier.

Your thoughts.

Graham Golding

James: Graham I sympathise with your hatred of the word religion and of the religions themselves. However, they are wonderful things. Yet not the bullshit part of the erroneous controlling beliefs and how they are used to keep everyone in line, but the part about people feeling they have something they can share together, something that is 'bigger' than them, something that binds them on many levels that they can't get in any other way, other than through a 'religion'.

And with the New Way, it's the truth that is to bind us, and consequently with the truth eventually binding us all, every person on the world feeling connected to every other person and we all feeling really good about being part of that, part of the Truth and sharing it with each other intimately and personally. So I like the idea of a religion that denotes that union and intimacy of Truth – hence the Religion of Feelings. Because as you know, it's through our feelings that we all connect with the truth. And because then God is involved as is our spiritual ascension of truth, so the religion idea binds us together on higher and deeper inner levels.

And yes, a lot of people will probably baulk and reject it because of the word Religion, and yes people in future might try and bring in all the mind controlling crap to make it into more of a real religion; however possibly, and I might be wrong about this, as it waits to be seen, other people will like the idea of being part of this bigger religion thing, and yet one that doesn't include a whole lot of ritual and dogma, but one that's loose and can't really be pinned down because it's all about feelings.

If everyone feels the way about it that you do Graham, then hey, we ditch the name, I don't care, whatever works really.

But I also think – hope – that the religion of feelings concept might appeal more to women, and let's face it, they are going to be the driving in force, if anyone is.

However I am more than open to discuss and debate the name and consider other names. These things just occur to me as part of my self-expression, however in no way do I feel they need to be enforced just because I came up with it. Part of the Religion of Feelings is that it's a group thing, so for the group to work it out. And yet if I keep feeling it has to be the R of F, then that's what I will keep going with. So do I end up with just myself in my own one-person group, or with others... I'm waiting to see.

James.

REBELLION and DEFAULT INDIVIDUAL SUPPRESSION

Friday, 20 April 2018

John: Hi Nanna Beth

The event of the Commonwealth Conference 9 – 11 April 2018 felt like a 'launch' of Pascas WorldCare under remote control. Here was a room full of pre-eminent academics from all over the Commonwealth of Nations with two guys, a typist and a carpet cleaner, handing out homemade business cards only to find genuine interest in the possibilities that we hinted at.

Further, when questions from the floor came from the carpet cleaner and the typist, the best response we got was; 'next question please!' The academics could not even comment on our questions.

I was particularly enthused by several ladies who appeared to grasp the underlying essence of what we were conveying. Further, some men also grasped a little of what we were introducing. Together, the way to commence some degree of dialogue and presence opened in Canada, Fiji, Samoa, Vanuatu, Kenya, Pakistan and possibly Brunei and Malaysia. From these engagements, other venues most likely will open.

It all unfolded like it was under remote control. This is in stark contrast to some previous experiences. Was this the 'launch' of Pascas WorldCare?

Would you kindly expand upon this event? It was a mind blowing fun filled experience.

Nanna Beth, 3rd Celestial Heaven: It's what your feelings are saying it is for you John. Technically it's just part of the lead up. You'll see, there's more to follow. The official launch, so to speak – you'll know. It's coming.

It was more for you to sow some seeds and for you and Graham to feel good together and for it to help you crystallise, cement and bring together more of your thoughts and ideas about what it is all about and how it might likely be received or rejected, it all helping to make it all the more real for you.

John: I have now circulated what would be a mind blowing read for anyone who has no idea or inkling of what is unfolding – particularly if one is an academic who believes he or she is in the know. Is this the start of those who are in 'high positions' starting to struggle with the onslaught of material that Pascas is going to be continually distributing? I had earned the title of being radical, shall there be more original and interesting titles granted to me?

In short – I intend to just keep putting it out there!!!

Nanna Beth: As always, it's for you to keep doing what you want to do, nothing more, nothing less. It's the same for you all, and for all who come to be involved. As we've said, we're not going to be telling you what to do or how it should be, that's all for you to work out for yourselves through your own experiences, however of course we'll all be there right with you.

John: At the Commonwealth Conference, I made contact with an ABC National Radio presenter. I have had no success with previous connections. I do feel that gaining long term personal relationships with a couple of such people will be constructive. Is this connection viable?

Nanna Beth: It's not for me to say John, again, as I said above, it's for you to see what happens, and some such contacts will progress and thrive, some will seem like they are going to, only to wither, others to be dead in the water all but immediately.

John: On the media front, our endeavours to develop interest by the global press in the issues relating to the Solid Investment adventure appear to be falling on deaf ears so to speak. Numerous 'press releases' to some 1,500 journalists has generated zero press coverage. Not even a question from any of those sent a notification. Would you kindly expand on why this is so and what is to be considered as we go forward please?

Nanna Beth: They don't understand it, don't know if it's serious, have no way of fact checking, have too much on their plate that they consider is more important. And it's better this way, anyway John. It's more for it to be a potential threat for the Germans, and better that it keeps under the press' radar. However soon it will become a bigger thing as it's taken up more widely.

John: Now for something very personal to me. I feel Bradley has something to convey to us. I do hope he has an auspicious date to announce. Is this so? On Tuesday afternoon, I felt his presence and vibrancy, a kind of excitement – he is now Celestial?

Bradley Cooper, son of Kevin, suicided on 21 September 1999 and early April 2018, became Celestial.

Nanna Beth: Yes, it's what you suspect, he's over here with us now (1st Celestial Sphere), that which he was trying to convey to you. He is settling in with his soulmate and coming to terms with the role he'll be playing. He'll be with you however not so much directly, but involved with an aspect of it that they'll develop and evolve as you progress.

You see John, there are lots – masses – of aspects that will unfold for us Celestials when everything starts in earnest. New avenues for us to express ourselves through. And so Brad and his partner will be involved with one of these new ways.

It's an important point which I'll try to explain further, to try and give you something of a picture; as you understand the Rebellion and Default has been going one way for a very long time, so everything is well entrenched in that way, even over here, so the Mansion Worlds how they work, including the Healing worlds, and even the first three Celestial spheres. So to have EVERYTHING turned on its head and go the other way, well that's a massive event, and something that's going to affect us all. And so having been what amounts to reduced to the barest of self-expression of us all, including you on Earth, having been reduced to the least creative life you can all live, that which the Earth is currently reflecting with everything trying to be the same, the pressure to keep going this way is to end, and steadily the

pressure to go the opposite way, to increase creative expression, and I don't just mean through the creative arts, but in every aspect of life, socially, collectively and individually, is going to open things out enormously. So masses of new opportunities are going to unfold, so for you on Earth, the spirits in the Mansion Worlds (1 to 7) and for us Celestials. It's going to be an explosion of light, that which is to end the darkness, something that's never been seen before. So there are masses of new opportunities that Celestials will be involved in, all of which will work through to you on Earth, and Bradley and his lovely (soulmate) partner will be part creators in one of these fields. He might be able to explain it to you in time to come, however as it doesn't even exist now other than in the ether and Melchizedek schools, so that might take a bit of time. However it will all be tied in with all that you'll be doing John. I know it might be hard for you to understand, but that doesn't matter. When the dynamo starts to crank up, so the light is going to start to shine brighter and brighter.

[Note from John: This is a clear introduction of just how suppressed we have all been in expressing ourselves as of a consequence of the Rebellion and Default. Through engaging with our Healing, we are stepping away from our mind's suppressive wayward control to the freedom and liberation of our feeling soul. Living through one's mind is going the wrong way, embracing and following one's feelings is engaging in truth and going the right way – towards Paradise and our Heavenly Parents. Our truth all comes from within one's own soul. Further, as we ask for and receive our Heavenly Parents' Love, the Divine Love, our natural intelligence grows, particularly as we engage with our feelings and progress through our Feeling Healing. The peak of this potential development, while living in the physical, is when having progressed through your healing along with embracing our Parents' Divine Love, your soul becomes fused permanently with your Indwelling Spirit – that is the moment of atonement, from then on one is living continually through their feelings in communion with our Heavenly Parents, this is living Celestial while in the physical on Earth.

Bradley Cooper is my nephew, he is the son of my brother-in-law Kevin Cooper. Kevin, now also Celestial, was a carpenter with little interest in anything other than the sporting channels of his television set (just setting a scene Kev). Bradley was best described as a labourer. For example, Brad worked on the construction of gas pipelines. For a period, Brad worked with my brother, Lloyd, as a groundsman at the local country club – lawn bowls and golf course. When Brad showed up for work on Mondays, he best measured his weekend as the quantum of shakes he had, and that his pocket full of money had gone, as he generally could not remember what he did over the weekend. By Friday he was set to have yet another such weekend. One can now recognise this pattern as being an expression of feeling unloved during one's forming years – the addiction being a direct consequence. Bradley suicided on 21 September 1999 and now in the early part of April 2018 he is now a Celestial spirit.

From the above description by Nanna Beth (my grandmother) of what Bradley is becoming engaged in doing is an introduction of the enormous suppression of our true selves that all of humanity is living with. As we free ourselves from the Rebellion and Default – living through our minds – and embrace our soul based feelings with the truth therein while receiving our Heavenly Parents Divine Love, we will all discover the unquestionably incomprehensible capabilities that we each are endowed with. The potentials for all of Humanity is that of being able to live Heaven here on Earth while in the physical.]

John: We are feeling that events within the healing crying worlds are stepping up in speed of healing. It is though the process has been streamlined a little. Further, the awareness of healing and soul-healing is being propagated more widely and quickly throughout the mind Mansion Worlds. It is as though, the show is on the road and no corner of any of the worlds, including the physical world of Earth, is now going to be allowed to sit in its old ways. It is as though, all troops are engaged and more are required. Is that anything like what is unfolding?

Nanna Beth: That's right, it's all going to become involved to some degree, nothing will be left without the new light touching it. Some things will remain as they are, however so much will end up changing about them, they too will indirectly change. Humanity thinks something like the sixties was a big change, however that was nothing compared to the changes that are going to happen. It's the whole END of one Age, and one that is the culmination of going the wrong way; with the start of a New Age, one that is going the right way.

John: I keep reading James' great writings. Presently reading 'Tommy and the Healing Sanctuary of Light'. What keeps coming about with these writings that James seems to conjure up as being guidance and teachings based on fictitious events is that the story line is actually a depiction of what is unfolding, in reality, around me. There is little fiction in any of his writings!

Tommy and Mel are being guided to 'pots of gold' so that they can establish a 'Healing Sanctuary'. There is nothing fictitious about that! Crystal and I are being guided to 'pots of gold' and we anticipate that they will come about over a number of years. And we will establish Healing Sanctuaries. Same story line, different setting.

The previous name that I adopted to form the major hospital agendas under was 'Health and Healing Sanctuary'. I still do to some extent.

Somewhere he talked about a Celestial room, that was the name I had considered within the concept for a major care centre. I had no idea what it really entailed, but a Celestial room is to be a meeting place and it will have multiple uses, but all to do with Healing, which I also did not understand.

It goes on and on. Somewhere it was commented in his writings that someone would rewrite the Bible. I had already done that when I first started talking to James. Well, not rewritten, but a version of the New Testament of the Bible by Dr George Lamsa due to his higher accuracy in translating, and to this is added the comments by those accredited with the various books of the New Testament and who had been directly involved in the events relating to the New Testament are added.

It is as though James' novels, books and writings, are confirmation that this is what we are to do and this is how it will be enabled to be done. Like the instance relating to the potential for angel assisted healings for those considering embracing their Healing.

It is as though he writes profound guidance for the little crew making up Pascas and yet it is just a beautiful story for those who are yet to discover the amazing events that are unfolding. Would you kindly expand on these observations please?

Nanna Beth: It's all part of it. His work is given to whomever wishes to use it for the betterment of themselves. Many people will see parallels in it for themselves because he is full of many of the same fantasies which he's been writing out in his novels. It's just a matter of reading his work and seeing how you feel whilst reading it, what effect it has on you, and working with those feelings that come to light within you, not unlike what you can do with your dreams.

John: Here is some good news and gooder news, as I understand it.

The Pascas Papers are to draw together ALL the reference points and materials on specific subjects. That is, any information from any source is to be incorporated within the paper upon which the subject is related to.

To put that another way. It would be and is impossible for someone to actually find much of what is now recorded within the Papers without them being assembled. The Papers are complementary and auxiliary to the main writings of James Moncrief and James Padgett and of those inbetween. Hence the Papers are lengthy. They are a collation of comment. They are to ensure the comments are not lost.

Now here is the gooder news.

We have finally entered the phase of summaries. We have had a series of summaries emerge over the last six months and that heralds a milestone on bringing this extremely complex subject to the point of simplification. The subject being the Second Coming, the End Times, The Change and the Handover, all incorporating the Revelations of Feeling Healing and Divine Love.

Further gooder news is that the material IS to be drawn down into more compact presentations. AND the greatest news is that is not my job. That is for others to do.

So, the Pascas Papers are to be a source for reference. That is why they will be the way they are.

Yes, the infographics draw points down to one pagers – well most of the time. So there is already bridging to briefer packaging of the material, but for the time being it is part of the foundation to maintain integrity and that requires complex and expansive introduction and explanation as no one has a clue what is involved – presently.

It is the reduction of the possibilities of people making assumptions and creating a totally wrong understanding of what is presently not discussed, debated or experienced by people anywhere – because they just have not even become aware of the Great U-Turn, Religion of Feelings and Feeling Healing let alone Soul-Healing. As this occurs then summary introductions and brief documents can be drawn off the sources – with the reader knowing they can delve into the core material more deeply, should they please.

Presently, it is a case of avoiding misunderstandings – this is more important than convenient snapshots. Is this an appropriate understanding of how the guidance, writings and teachings are presently to be maintained?

Nanna Beth: It's what it is John. They are an expression of you. You have formulated them as you have because that is how you've wanted them to be. And how you are is like the central column around which others can come and work. So they will be worked on, and refined, should they need to be, which is all fine, however they need to be as you've made them be so as to enable that refinement.

They really are your attempt of binding humanity into James' work and vice versa. As you say, you've taken bits from everywhere with your dream that diverse humanity can take what James is offering, so you've tried to make the process easier, hoping that everyone will have access to the truths he is offering. Something that is a very noble and far reaching enterprise to be sure, and something that will be appreciated by others in future because you have done so much of the harder leg work. You've cut a path through the jungle through which others can follow and expand, just a little, not to affect the jungle more than needs to be, but enough for everyone to get the message – should they need to get it.

With your volume of words, it's there now as a core unit, a central point, a nucleus, something around which can grow the ever growing 'snowball' of light. Look at your words as light, a spiritual light, and from that can more light be expressed, and to that light more people will be drawn.

They are your attempt at ‘earthing’ the Spirits of Truth, of taking elements of the Truths that have been made available and making more readily accessible so people might be able to embrace them in smaller packages (doses), not having to digest one whole tome that can be too daunting, too confronting – the light that it contains.

So if your papers are to be refined, it might be worth considering them as bite size snippets of truth, some truth which is padded out, that sort of thing. Few people are going to be able to take all James has written full-on. And those people that are able to do it, he’ll work with directly. Other’s who’ll need just a little to slowly work their way into it, should benefit from smaller bite sized amounts of truth.

John: When this is all over, will you, Nanna Beth, and Bradley, and Kevin, and Kathaleen, Mum and all the mob just come and pinch me and tell me this is not a dream and that it is all for real. Like, get a life, this is just one giant fantasy and yet ever so necessary.

Nanna Beth: It’s not going to be over for you for a very long time John, you’ll do your Healing over here but that’s only a few years and then you’ll be working still with James through the rest of the age – as will we all. So it’s just beginning, sit back and take it in your stride old man.

John: I and we will just keep winging it and God only knows what is going to fall out of the sky – literally.

Thank you Helen for connecting up ever so directly and constructively with Crystal – I am not sure who is having the most fun!

I welcome any gems from Nanna and Company, should you have further to comment.

Thank you and cheers for now, John

Nanna Beth: I’ll speak to you again soon John. Helen is relishing her interviews with Crystal. She is setting Joe up symbolically in his mind through each interaction, all of which will enable him to work more easily with her and to a greater capacity in future. And Joe will be looked after, you can tell him that too. This is all just for him and Crystal.

Love, your Nan.

PAUL – CITY of LIGHT and other BOOKS by James Moncrief

Monday, 23 April 2018

Graeme Bates: So James, tell me

The writing style of Paul – City of Light is accomplished, polished and that of a seasoned novelist. It captures my imagination and I love being taken on Paul's journey, one day at a time.

And I must also say that the way the passages of "direct speech" are written is a skill very few writers could match. Something I've struggled to master because "he said, she replied" becomes so repetitive and ordinary!

My question is, you wrote this...HOW?

OK, I know you can access many spirit friends (some right at the very top...and I've read and edited four of your books from Jesus and Mary) but Paul is quite different.

I've spoken to John about my feelings on this so "for the record" would you mind expanding on my question; who, how, when and including is the "spirit author Zeta?"...because She sure knows what She's talking about.

Fascinating and again thanks for these wonderful works.

Graeme, the enquirer

Thank you Graeme, you're blowing my ego – or what's left of it – out with such compliments. You want to know the who, how and when – SO DO I!

These are my latest thoughts on how I do my writing, as I've seen a little more about it since the other day. I'm currently half way through my fourth Sage book, and of course my writing is 'spirit inspired' whatever that means, but as to how much do they control it and where am I in it, if anywhere, is one of those ongoing questions for anyone who does anything like this with spirit.

This latest book has pretty much gone along the lines of the others, that being my novels, it's different with my direct question and answer with the spirits. I've asked everyone – Bob (James' indwelling spirit), Verna (nature spirit), my angels, Nanna Beth (3rd Celestial Heaven) and every other spirit I've spoken with, Mary and Jesus, who is writing these books, as in: are they prepared already in spirit and I'm merely taking dictation, or are they Bob making it up or even myself in some way, it being just a normal creative process, and they always tell me the same thing – it's a bit of it all. So I've not made much headway in that area over the years.

So what happens is, I get a feeling that I want to write a new book – a new Sage novel. I wasn't going to do one when I finished the last three, but suddenly a year later having been reading through 2 and 3, I felt like starting number 4.

So I sit with those wanting-to-write-it-feelings for a few days seeing if they remain or if like many such feelings they fade away. I have lots of ideas about books, and currently also plays and movies that come and go like that, but which as yet I've not acted upon. It's as if I can 'tune in' to some part of myself, which is possibly tapping into my spirit friends, and open out and there are lots of books floating around in the ether waiting to be 'earthed'. So then the earthing begins.

So with this new book I got a very vague idea of what it was going to be about – I find if I focus on specific parts of the book, say an event that I'd like to write in it, it's like a movie of it unfolds in my

mind, I can speak in my head the words of the various characters, see the setting and so on, and it always sounds really good. So I wish I could instantly write that part and sort out the sequence of where it fits in later. I've tried doing that, but it's never the same when I come to type the words, it's always lesser and simpler and nowhere near anything like I have in my mind. So to stop that disappointment, I try not to pre-think about any of it, although sometimes it just plays in my mind, particularly if I'm out walking or once I'm resting outside having been for my walk.

So with this book, I felt like starting and had the first sentence in my mind and no more. And as with all my books like this, I start writing that first sentence and it just keeps going. And sometimes I get vague pictures and a feeling of what is going to happen, other times I don't have a clue, I just write and it unfolds. Sometimes I think, oh what about that, that doesn't fit in or match up, and suddenly I'm going back fixing it up or slightly adjusting what's coming next to match it up. Yesterday I was writing a new character, just one that was only a bit part person, and was thinking of a name, as I was coming up to writing what the name will be (and sometimes I get it right, what's coming, yet other times it's completely different to what I think it will be), and Marion was saying that Kali was a nice name and wanting to look up what it meant, and right at that moment she said Kali I was about to type the name, so in went: Kali.

So is there some of me in it, are my thoughts and wishes somehow accommodated by the real behind the scene author/s – how does all that work?

And when I go back and read through some of my stories I see a whole section that doesn't fit in, I like sticking to some level of reality, not just pure fantasy, and then I have to alter that section through the book, and it always happens effortlessly. Sometimes I might have inadvertently switched the gender of an angel for example, and realise I've made the mistake, but then change everything to fit in with the error, instead of correcting back to the original. And I wonder, well if it's all being 'given to me', then why don't they alert me to my mistakes, why the stuff ups – how does all that work?

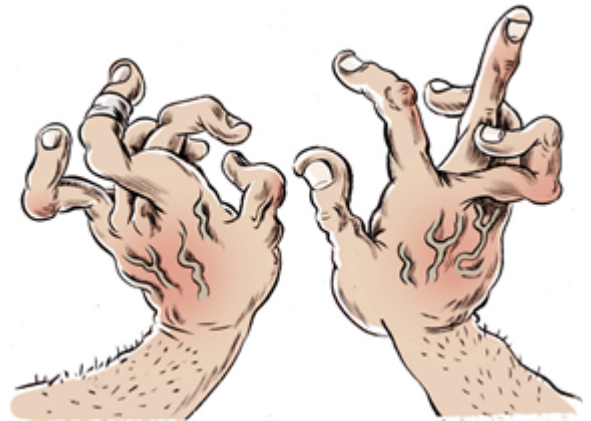
So I write for a session, and it's incredible how often the section completes itself with perfect timing like when I have to stop to make dinner; and the books always end about 95,000 words or so, knowing that I'll add the balance to bring it up to 100,000 or just over once I read through it, as often I want to pad out and expand parts to fit them in better with the story, once I've finished the whole book and know what the story is. My first books I just wrote until I'd had enough, then I wondered how long are most novels and counted the words in some that I liked and 100,000 seemed a good mark. So it's amazing to me how often they fit into my allocated word count, without my having to do anything about it other than just type.

And another interesting thing is, when I stop a section, I might not get back to continuing the book for a day, week or even longer, so I leave a marker line or two about what is coming next, as I usually have that in my mind, so I can remember when I come back to where I'm up to. When I first started, I didn't do this, and would forget what I'd even written and have to go back through it bringing myself back up to speed, and one time I didn't care, I just started off but wrote a whole new book on top of the first part, so reworked the two into two separate books. So now I leave a marker in case I don't come back the next day. I am hopeless at remembering most of what I write. John calls me the next day commenting on what I send him the night before from Nanna Beth, and I can't even remember what I wrote with her about. I used to worry about that thinking I should keep abreast of it surely, but now I don't care, because I hardly remember anything anyway. And I like starting afresh when for example you ask me about what is the Light, because as I can't remember what I've written about it before, only generally and vaguely, so now I can write about it again, and I just relax, and write, and often new stuff comes, or

I put it for me in a new way. It might be horribly repetitive for you the reader, however for me it's always as if it's new – which is also one of the denial problems I'm trying to heal.

The other day I'd been speaking with Nanna Beth and Helen and they were unusually intense in my mind – more light, ha, ha – and I had a slight headache afterwards. I used to get headaches always after working with the spirits when I first started out, which they said was my mind having to accept their intrusion. And then having spoken with them, I wrote more of my new book and after it had the same headache, the first one having gone once I'd rested. So that was the first time in all these years to show me that, yes, I would now have to say all I write in my books is coming from spirits just like it does when I talk to them like with Nanna Beth. So I thank my unseen collaborators often, and I'm looking forward to meeting them when I go over there.

As far as what you kindly say about Paul, the writing style like a normal novel how conversations are done, I looked at a few novels I'd read, got the vague idea how you did it, asked Marion, as she's a blooming expert about it all, and just wrote it how I wanted to. But after a bit of that with my novels, it got too hard putting all the quotation marks in, I wanted to type faster and that was too tedious, so I ditched them altogether and just thought, fuck it, I don't care, I'm not trying to be an author, people will get the idea if they want to read my stuff, and it's about the truths I'm wanting to impart anyway, not the scenery and so on; so that's what I love about Sage, I can just fly along writing it, usually able to do between 10,000 to 20,000 words a day during three or four sessions. The only problem I have now is my fingers start aching and I slow up to where I feel like I can hardly type at all, so have to stop and rest after a good go at it. So some novels can take up to ten days to do, but usually if I do too much too fast I tend to blow out and so rest for a couple of days before going on. And after a good 20,000 day I'd be a bit ga-ga, I don't really know if I'm real or not, I'm just a typist – John being able to relate to that, and Marion talks away and I can even answer her and talk with her whilst my fingers just keep going. So it's all a bit bizarre that part. Then I think, god, it will probably read like shit, like I did with Sage 3, as I'd had enough of the writing doing it, I was fed up with it all, too tired, and thought I'd probably chuck it, but reading back through I was surprised that I really liked it and it was nothing like what my mind had said it was like afterwards.



The only part I hate about writing them is what I call my 30,000 word block. When the feeling comes to start, great, I feel excited and fired up, all so long as I don't remind myself that it's going to be at least ten days at the best and possibly a lot longer before I finish it. Okay, I feel like it's been 'downloaded' into my mind, I feel charged with energy and light to begin, I begin, and 30,000 words into it, ah fuck it, I've had enough, I'm sick of this shit, I don't want to do it anymore! It all sounded like a nice idea, yes another Sage book, and why not, but at that barrier, na, it's the last thing I want to do. But I know if I keep going, the word count gets to 32,000, then 34,000, then 40,000 then 50,000 and I'm half way there...70,000 then it's downhill and the on the road home. So they are like a labour I feel like 'I've had to do'. So I've had stuff to work through about it all, all the way along, like resentment of being forced to do this thing, unable to stop, wanting to finish but not wanting too also, and all the rest.

But when it's all done, then I feel great, and that was fun, and I want to do another one – yeah right, until I remember the hard slog of it! They are a slog the novels, unlike talking conversationally with the spirits, as that's just ongoing – talking. But the novels there's this inner push to get it down, an inner pressure saying keep going, you've got to get to the end, and that doesn't go away until I've finished

it. So I think in a way it comes into my head somehow, as *light* in my mind; then I write it out. And as I'm typing it, there is room from my and their side for adjustments along the way, some minor some major. So that's about the best I can explain how it works for me.

I was lousy at English at school, I hated it. Marion was a champion, she gets it all, and all from her feelings. She's helped me let go of trying to work out the grammar rules, just to do as I want to do it – what suits me. I've tried different ways and the Sage format I love the most, it's the easiest and I'm pretty slack really, not a perfectionist. I love the concept and what Sage and the others do, I love it like I'm watching a movie as I'm writing it; and I'm always amazed when you send me stuff that I've written, and read it and I think, shit, did I really write that? And I HAVE to say, when I read back over all I've written, I thoroughly love it all. I give myself such a thrill that it's so good – I think it's so good – so that's my big patting myself on my back. And I did use to wonder if others would like it and think it was good, well written and a good story and easy to follow, and get what I was trying to say. But then I got to the point of not caring if anyone did or didn't, as I did, and that was all that mattered, as Marion helped me to understand that really I am doing them for myself, even though I say its for everyone else. And then Samantha and John and now you Graeme saying you not only like them but they are well written, and so hey, what more could an 'author' ask for! I'd look in the library for stories I'd love to read and hardly found any, I'd search endlessly through New Age bookshops hoping something new would catch my eye, but no, nothing, so I had to write the stories for myself to read.

I don't see myself as a writer, I just see that because of the Rebellion and how fucked I am, I've had to express myself this way – the truth this way, and so I've written because I'm no good at expressing myself speaking. Eventually I'd like to think I can just talk, but who knows, I like writing sometimes, I love the act of typing now I'm faster at it. And hey, I admit it's an ego trip writing like the know-it-all and being the important one, and to have people asking me to write more.

To begin with I just typed as fast as I could, didn't worry about spelling or grammar, even at times like a type of distorted mistake-based shorthand, and then I'd take days to laboriously spell check it. So I got sick of that and tried to slow down and take more care, and now I can write without that prior urgency, now I can correct mistakes, change stuff, I don't have to get it all done yesterday. And the having to be fast, that was all mum, she was manic about everything, and it's what I hated about English, that I couldn't do the actual writing fast enough because it has to be done as fast as it was in my mind. But the typing is a compromise, I can deal with that, and the spelling and grammar checkers are a godsend. I love typing on my computers and using the little word processing package called Bean, especially sitting on the couch opposite Marion and her couch with my Macbook Pro (I absolutely love the feeling of the Macbook keyboards), and it's infinitely better compared to writing long hand. I threw away most of my early long hand writings with spirits because who could be bothered typing them up – not me. And it didn't matter as I rewrote it all a million times with the computers anyway.

My only concern with my writing is my repetition – enough to drive anyone mad! My mother and grandmother said the same things endlessly over and over and drove me mad. And so as Marion helped me see, as I am just as they are, even though I hate how they are, so my writing and talk reflects that repetition. Some years ago I'd write in a new way, a novel or with spirits, and think I have to write it all out again for someone coming in on that new angle, but then I thought, na, fuck it, I've had enough of that, I'll just write it as I want for myself where I've left off, and if people want more about something they can ask, like you are doing about the Light. So with Nanna Beth mostly I write where I'm up to in my understanding of things, and so far John seems to be able to keep up with that.

And I know it's a vast amount I've written, I have upwards of 130 – 100,000 word books: (plus) my messages with spirits, novels, and diaries – like all the emailing we do and what's on the forum, with a

small fraction I've put on the Internet. But what's on the Internet is enough for people to get the idea of what it's all about, all the rest is just more so and backup, lateral expansion and going back over the same things as I've grown in my understanding of them. (That is, 130 books each having around 100,000 words.)

And just to blow my writing trumpet for the last time, my personal writing record, which I did about fifteen years ago, was I wrote ten – 100,000 word Brian Astral novels in three months. I just went for it, day and night and nearly blew a gasket in the process. I have no idea what they are like, although I want to soon work through the first one as I love Brian and Pam. And like all my novels, they are all expressions of my fantasies, so some often have similar characters just with different names – more repetition.



So as usual I've gone on a bit, but as John is now the Record Keeper, so I thought I'd add it For The Record.

WHAT is LIGHT?

Monday, 23 April 2018

Graeme: Good morning James, there was a lot of high-octane-noise and "invaders" to your otherwise peaceful Island over the weekend. Now they've packed up and gone home I hope it is once again more peaceful. (James lives on Phillip Island, Victoria, Australia, and motor bike races are on.)

I'm now finding that the more I read the more I gain a deeper understanding of God's magnificent creations – including you and me!

But I'm also wanting more answers to my inquiring mind.

And the question that is foremost in my mind is, "What is light?"

The term is used in so many different contexts.

God's Divine Love comes to us through the Holy Spirit and enters our soul as light?

When Jesus appears at the big celebrations in the spirit world He enters in brilliant blue light.

When we ascend into the higher realms the light is more "intense" for spirits in the lower levels?

When Verna describes the music of the flowers she describes the symphony of light she sees, not the sounds.

When the Angels assist us and "repair" things in our bodies they use light.

When Nature Spirits and Angels ascend to Paradise they do so in Mind = Light?

Why is the book called "Paul – City of Light"?

Then this morning I read, 'This is the Trinity, which is at work within us. The universes, just as we are, are composed of many such trinities, the relationship between light (mind and spirit), truth and love.'

So would it be OK to ask Verna and/or Nanna Beth about light?

Thank you James, and I'm thoroughly enjoying Paul – City of Light.

Graeme

James: I'll have a go at answering your question Graeme, and then I'll ask them.

For me the Light is Creation – there, that's simply enough, is it not? It's all a part of what we were talking about regarding the flower essences.

We incarnate into a world of light. Our sun lights our world and it's the main source of life. And so Paradise is the 'Sun' of Creation, a massive Source of Light. So from that Light comes all Creation. And that Light itself comes from Soul, the Mother and Father's Soul, just as the light of our personality expression, all we create in Creation, comes from our soul.

So what really is this Light, Soul-Light and Creational-Light? And I think that's part of the sixty-million dollar question that the whole of Creation is trying to find the answer to, that one day, something like at the end of eternity – ha, ha, – we might get something of an glimpse into.

I mean, how mighty are our Heavenly Parents? And then to understand there are evolving God's coming into being, like the Supreme Being, as a result of all the light that is lived and expressed by all of current Creation.

So Light I guess is what it is – Light, which is for us all to define in our own ways. For me it's the substance that sustains us all. My soul is emitting light into Creation expressing me, one of its 'halves', and all I do produces light, which goes into what makes Creation. And light is particles that can be measured, having frequency, sound, size, weight, wavelengths and so on, big and small. And there are a range of lights available to us on this physical world, like what you're interested in with the flower essences, and then each dimension, if I can call them that, of spirit, all the way to Paradise, has its frequencies and unique expressions of light. And there are the overall, all-pervading, greater lights coming from the Divine Minister in our local universe, up to the Infinite Daughter, the Eternal Son, the Mother and Father. And then all the lights of the angels and mind-created beings, and all the soul-lights from the personalities of truth, like ourselves.

So it's all a play of light. And certain of us are attuned into different aspects of it, so the nature spirits and angels seem more on the actual light itself, whereas some of us perhaps someone like yourself who might be able to hear light as music, would be more attuned to the sounds of light. I personally like the colour, the colours of nature being the best light, I get only a fraction out of music and most sound I find annoying, and I only like the colour put together in certain ways, so only certain art. But I know that music would affect me much more, only the sort of music I really like isn't available here on Earth.

So light is a word to denote energy I guess. That which makes us up, that which gives form to Creation. It's interesting reading Barbara Ann Brennan's work because she talks about being able to see into the various causal planes I think she calls them, in which it's all in the negative. So something happens in them which then get projected or turned into the positive which we see, not unlike how old picture processing works. And it's all done with light.

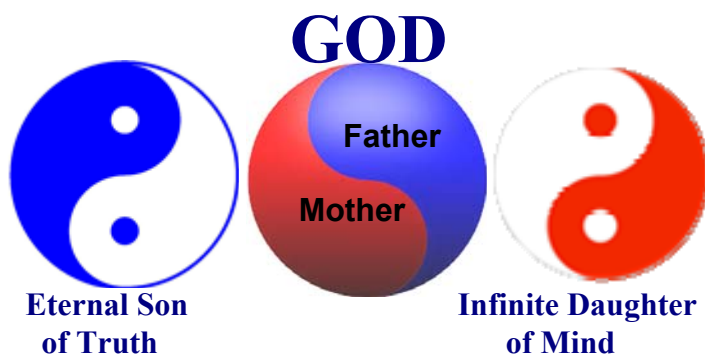
Light is an easy way out, just say light and it sounds like you know what you're talking about. Paul and the City of Light really just means, Paul and a City in spirit that is of a higher light than Earth, so if we could see it, it would look brighter and of more light. And so those people of a higher level of truth are

emitting a higher light, the Celestials are that much brighter because they are of a higher vibration – more light. So put a Celestial next to someone of the lower Earth plane level of relative darkness, low light and low truth, and the Celestial is so bright it's like looking directly into the sun, they are so bright they are not even there, or so it would seem to the lower light spirit, yet to another Celestial it's just normal.

Jesus comes and gives periodic demonstrations of his light – and why not. He 'lights up' display the light of the truth he has within his soul. And wow, how impressive is he! And then as happens in Paul, he can lower his light so that Paul or another spirit doesn't feel impressed, doesn't see the truth that he really is, wouldn't know it was Jesus, Jesus being incognito. And if Jesus came to our world or the lower Earth planes and fully lit up, allowing himself to be in his full greatness, his full expression of all the truth that he is, the full expression of the majesty of his mighty Creator Son Soul, and if he were to come and do that with Mary being her full light, well it would be like bringing the blazing hot sun down to Earth and frying everything into nothingness.

So the light has a strength to it, a force, a power, it being the power of the truth that we are – the power of our feelings really; or the power of the mind that angels are. So our angels use their mind to manipulate what might be called thought, a series and sequence of energy, basic energy particles that they bring together as light, being able to do things with these light creations in our light bodies – our auras. So the angels can alter anything because everything is of light, whereas we can't, we don't work with the mind like that, we being only of truth.

And so there is a constant interplay of light between the Truth (feelings) and the Mind. We have it within ourselves, and then we have it in our relationship with the angels, and no doubt they have their version of it within themselves. And that's the interplay between the ES and ID, all under or within the Divine Love, yet another expression of Light, which is our Mother and Father.



Nanna Beth – 3rd Celestial Heaven: Light for us Graeme is the Light of our Soul. It shines forth from us and makes us what we are. We have experiences that create light, with that light then affecting our soul, which sends forth more light, giving us new experiences and effectively changing us from one experience-moment to the next. And then as James has said, light is everything else.

Verna – Nature Spirit: Light for us beings of Mind is an extension, or as you would say, an expression of Mind. We being of Mind therefore we are Light. We are Light first and foremost. We can attune ourselves to the various attributes of light – sound, colour, vibration, pattern, sense and so on, and we delight in all the aspects of light we live and how they differ from you. You live – express, the light of your truth, the truth of your soul, differently to how we radiate the light of our minds. We understand you with our mind, but you are yet to understand us with your truth. Light is what it is all about. Light – nothing more needs be said.

NANNA BETH and BRADLEY – HIS SPEED OF ‘RECOVERY’

Monday, 23 April 2018

John was wondering, Nanna Beth, if you could please say more about how he’s (and Kevin) changed so much.

Nanna Beth – 3rd Celestial Heaven: It’s the light in their soul James, it’s the light that comes from the truth they are living that’s changed them – that changes us all, light from our soul. It’s the same for you on Earth as it is for us over here, if one applies themselves to their Healing, thereby ending their unconscious self-denial, they will as they Heal, change and start expressing all the buried attributes, characteristics and talents, any natural part of themselves that’s been denied because of their unloving parenting. Seeing such spirits changing so much, seeing it in myself – feeling it, feeling myself as I grew and changed in the truth, shows us all just how severely denied we are. We’re nothing like how we should be in our self denial. So many people are living completely false lives, so when they become true, they’ll almost be the complete opposite to how they’ve been, which is what John you are finding so amazing with Brad and Kevin.

And it’s true, as you’d see for yourself, they are nothing like they were on Earth. They are alive and vital, real expressions of their soul, and now living fully Healed lives as Celestials and still coming to terms with all they’ve been through, we all take a long time to integrate and understand it all, but they are virtually – New People, albeit spirits.

You on Earth are used to your anti-self conditions, you’ve not got a group of Celestials, people who’ve fully Healed themselves, to show you how much they are changed. But in time you will. And those people, for the people who knew them before, will seem like completely different people, although with the same basic personality traits and characteristics. However all the self-hating, denying patterns and consequential behaviour is gone, with all their loving self being expressed. You are all but the living dead, we are the living living. And there’s a huge difference.

And you John are forgetting, because you’re getting more used to it, used to it through myself and the others in our family who are impressing themselves on you, that we Celestials are vastly different to spirits in the Mansion Worlds. We are like chalk and cheese, we can’t relate to them anymore, and they certainly can’t relate to us. You speaking with me through James is very artificial because ordinarily you’d not have access to me or any Celestial, so you’d not know of the changes of us spirits. It’s all very easy for James to ‘speak us through to you’ however it’s a very rare occurrence, something that is only able to be done because of the Healing he has done. It’s all part of the specialness of what’s happening, and really it’s for you on Earth to discover how you will change yourselves when you do your Healing. It’s not for us to say.

But as I said, the changes are vast, you have no idea how substantial they are, you are taking someone who was all but crippled right the way through their childhood and undoing all that retardation within them. And it’s not a matter of the angels just waving their magic wand like with Sage and the crippled person is healed, that is all only on the physical with a few other auric adjustments to the mind; but doing your Healing, changing the whole programming of every structure within you, all in keeping with getting older and naturally ageing with your mind and feeling systems ageing as well, working right down on the deepest will levels, it all changing, all to rid you of your wrongness and make you become right. It’s a huge undertaking.

So you’re right to be amazed because it is amazing all that happens. As you will see for yourself, once you’ve finished your own Healing John, you’ll be like a new person. And yet it all follows on, it’s not like you’ll be so different from the old you that may as well not have existed, it’s all there, all the new

you to become, with only snippets currently being exercised and expressed, with the rest of you in a kind of dormancy, or even more like a stupor.

And by the way, things are stepping ahead quickly now, things are starting to speed up, that being on the world and SI (Solid Investment) front. Everyone down there is having to change quickly in the behind the scenes, areas of the world and government. And some people are easily able to go with it, others are falling by the wayside. Pressure is being increased and exerted on all sides, so you'll start to feel the solid investments are not so solid as they have been, that being, those controlling them and keeping solid the blocks you've been facing, having to relax as they become more fluid.

I'll speak to you soon, love Nanna Beth.

LEGACY from our FORMING YEARS

John: Hi Nanna Beth

Friday, 4 May 2018

The phenomenon of the overweight pandemic, if you could call it that, is intriguing. It is difficult to understand that within some families, some of the members have excess weight and great difficulty in managing their individual weight – whereas in some families all members reflect a similar weight pattern. One can frequently observe married couples with mirroring weight patterns, whereas other couples are individual in their weight.



Society is pointing the finger at processed foods and their high sugar content. Also, society is blaming fast food outlets – particularly those with high sugar content. None of this makes for a solution – if it was then management of one's weight would be obvious.

Would you mind explaining why individuals are displaying obesity and what may be the real underlying foundations for such developments please?

Nanna Beth – 3rd Celestial Heaven: All such problems John are to do with your Childhood Repression – nothing more. EVERYTHING wrong in the world and in people's personal lives is to do with their Childhood Repression – how they were unlovingly parented. So how unloved you feel.



The fact that people want to eat such rubbishy food means they are in need, and in that desperate search for comfort, something to numb the pain of feeling unloved, so they look to such foods, along with everything else one might look to for some sort of good feeling. Were you parented truly lovingly, so you'd reject such food – why would you need it, and it would make you feel bad as it was not true, and therefore there'd be no market or need for it, so it wouldn't exist.

All these sorts of things, which amounts to your whole society, is self-abusive, truth-denying, all taking you further into the control and trappings of your mind. It's been the minds of people trying to capitalise on people's deep need to erase and nullify their pain from feeling so unwanted, that have come up with such craving based things. So in the case of obesity, it's not just diet, it's all those unwanted feelings that are not being attended to.



And for people who's negative patterns lead them toward fatness, the truth of which they'd find should they do their Healing, so they can't help themselves, trying to turn their obesity into an acceptable thing, or trying to rid themselves of it, just as people do who are not excessively fat doing their comforting things in their ways that is just as needy.

If you feel loved, relative to love within an unloving environment, then on the surface it might appear that you don't have such compulsions and the effects of your neediness might not be so obvious, however that doesn't mean you're in a better state than someone who's obviously showing how unloved they feel. It's just expressions of the same thing.

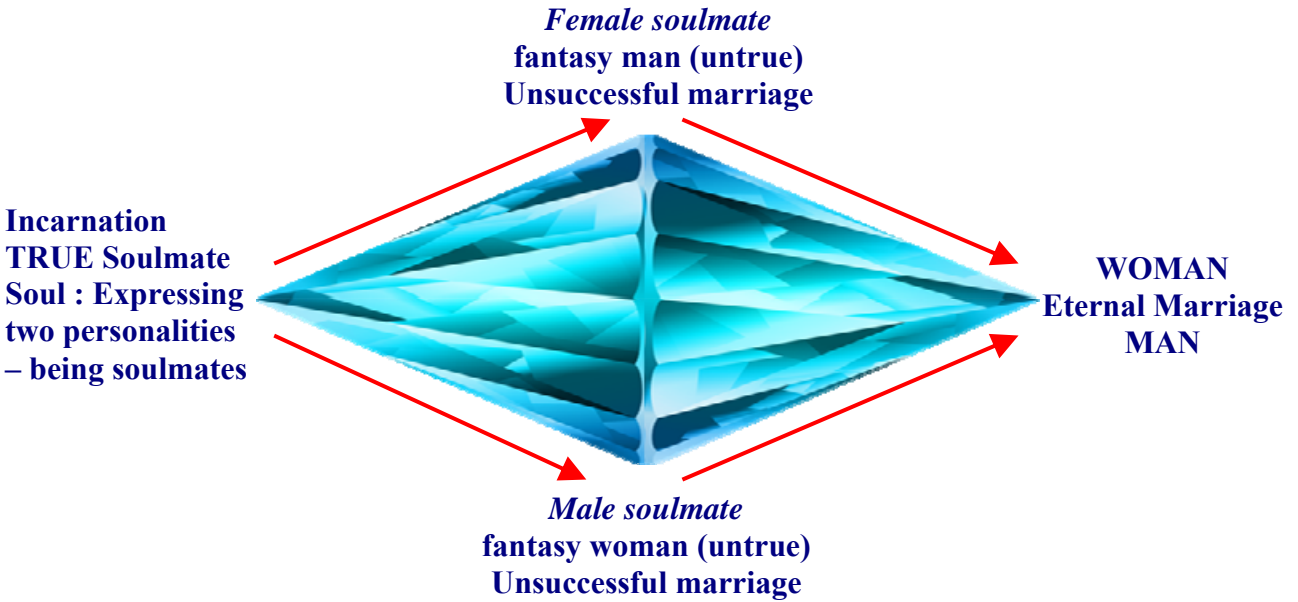
John: Marriage or partner break-ups are also another phenomenon that is seemingly more the norm than the exception. These are traumatic events that have years in their making and then years in recovery. Why do they occur?

MIND INDUCED SOULMATE RELATIONSHIPS – FALSE SOULMATE:

Rebellion and Default

MIND-Created soulmate

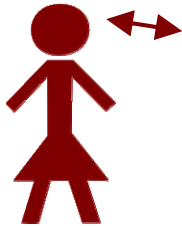
HEALED (Celestial)



Rebellion and Default MIND-Created false soulmate:

Female soulmate

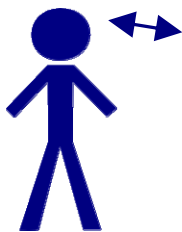
Unsuccessful marriage to fantasy untrue man



Being in rebellion by default, all our relationships are untrue and based on fantasies and erroneous beliefs of our mind. These relationships formed through the mind, are at best, temporary, and will ultimately end. They are false soulmate relationships.

Male soulmate

Unsuccessful marriage to fantasy untrue woman



Eternal soulmate marriage between a man and a woman only takes place for those that fully heal themselves of the imposts of the Rebellion and Default. Through longing for the truth behind all our feelings (both good and bad), we can begin to live true to our feelings. And once healed, and reaching a Celestial Soul Condition, through our true feelings we find our soulmate, our true companion for all eternity.

Nanna Beth: People being more relaxed these days than they were in my day (first half of the 1900's), believing they are freer to do as they please – to have what they want, get in to relationships for all the usual feelings, but once things start going wrong don't feel they have to stay, so get out. In our day the rules were a lot tougher, the beliefs more heavily controlling, so you stayed in the relationship putting yourself aside, doing it 'for the good of the children' or whatever, but now it's acceptable to divorce and support is there for single parent families, and with children growing up freer in such situations, so the expectations of a relationship commitment are far less than it was for us. Still nothing has changed, whether people get married or not, stay together their whole life or only for a moment, no one is truly happy, it's all fantasy love, and so there are no truth foundations to any of the relationships. Relationships built on truth can withstand far more difficulty and hardship, even being not entirely loving, but one's built on mental beliefs and so of the mind – fantasy, can easily fail.



John: The impact upon children is enormous. Why are children subjected to these events?

Nanna Beth: Why are any of us subjected to anything, negative or positive – because it's what God wants us to experience. Children are no exception. They need to be exposed to all that will cause them all their problems, just like it's been for us once we're adults, all so we can experience feeling unloved and then one day do our Healing to find the truth of such unlovingness, and then once found, live exploring love.



John: The public is only now becoming aware of domestic violence and the extent that it impacts on so many families. They are yet to become aware of 'mental abuse' which is very subtle but equally terrifying in how it is all related to one partner exerting control over the other. Both parties need support, should they be open to it. What are the generators to the creation of these events? Why do some people find themselves in these situations while others remain clear of such harsh living environments?

Nanna Beth: It's all the patterns of your childhood outworking in your adult lives. With each of us to uncover the truth of such patterns through our Healing. Whether you have a stable life and relationships or unstable ones, they are just the two different ends of the same line. And both have pros and cons, so one is not better off than the other, all of which will come out through one's Healing.

John: What I am trying to comprehend is how best to deal with these extreme situations. Domestic Violence and Kids on the Street are very much related, in my view. Though each individual situation is totally unique, yet there will be commonality in all such events. Should we be able to drill right down to the core of the creation of these events, then we may enable those involved to recognise why they are having these experiences and then open a pathway to recover from them and also to progress onto a more vibrant way of life through NATURAL self EXPRESSION.

Nanna Beth: All you can do is offer people the Truth, and then it's up to them to want to find out more – to apply it to their lives. Some will, many – most – won't. And in the meantime you can, should you want to, make life as comfortable for those suffering as you can.

However John, do you want, and is it necessary, to take on all the woes of the world, trying to mitigate them in one way or another? How far do you want to go? **Offer the truth, then deal with those people who accept and embrace it.** That should be your core area of involvement, then as side issues, should you still feel the need, you can think about the rest.

Humanity is to be offered the truth of how it can help itself. However it's still up to each individual to decide to do that for themselves, and how much they want to do it. You are introducing the Divine Love healing Mansion Worlds to the physical plane, and then once people are Healed, they will, as they express their Celestial truth, bring the Celestial spheres to Earth. You are going to create a Divine Love 'world' within the existing rebellious Natural love world. The Divine Love world even consisting of people who don't want to embrace the Divine Love as such, yet are still wanting to do their Feeling-Healing. Then you can leave the mind worlds alone, they are to work through to their natural conclusion.

So in theory John, you could set up Divine Love structures that mirror every facet of the world, and by Divine Love structures I mean, systems and businesses and ways of living that are driven by or underpinned by, supported by, people living with the Divine Love and who are 'Healing aware'. They don't have to be doing it, but are aware of it.

[John: The task being is to make available the opportunity for awareness of what is possible, however, to do so in the most simple and loving way. Firstly, I am looking to understand the issues and the core of what confronts these people and children, and this I sure welcome any and all guidance please.](#)

Nanna Beth: You can't work such things out John, people have been trying to do that for aeons, you can't do it with and through your mind.

And now that the truth is available how to do it with and through your feelings, you can only understand what is really needed and what it's all about personally through your own Healing. You can't take the problem of abused children and work to put systems in place to lessen it. I mean you can, however it's all been done – everything has been done, and done over and over and still humanity is in an increasingly bad state.



The only new approaches are going to come from people who are doing or have done their Healing, because they will be looking at the problems from the inside out, not the outside in. And of course help can be given and problems eased using existing systems, which like all things work seemingly well for some people and yet not so well for others, but that's still all band aid stuff, still all within the existing mind systems.

Humanity lacks the truth to deal with its problems, that being what it should have worked out for itself by now, but of course can't because of the very nature of the truth-denial it's in.

But now, the Truth has been plonked down amongst you, and it's real and can be lived. So there is nothing more that you can do but wait for people to live it.

FEELING HEALING

To help those people find it that might be looking for it, and then to wait and see what they want to do with it. And you won't have to wait long. You can keep going making your plans forever John, but I assure you, if people take on the truths you'll be presenting to them, then all those plans you may as well throw in the bin, as it will all be different.

Feelings!

What you are going through currently is like how it was with James, you saw the house and was thinking of it for him, it wasn't, so onto plan B, which leads you to meet other people, and so on it will go. But it's all helping you become more familiar with things to do with it all, like asking these questions, but it's not to say that any of what you plan will actually eventuate. It's all happening on other levels using the physical reality, but that's very difficult to see, so all you can do is keep going as you feel to.

John: What questions should I be asking please?

Nanna Beth: Whatever comes to mind. You can't work it out with your mind, it's going to be a Feelings Thing. Feeling-led people will drive it, you with your mind can help facilitate that. You're trying to drive it with your mind before anything has actually happened. And you have to do some of this, but still it's to understand that once it actually begins, it's 'game on' and that it's going to be a vastly different one to any you're used to playing.

John: Solid Investment – has Courier Anna received her specific instructions to make the package delivery to Crystal? Has Anna got a plan in mind and a time frame to deliver? I feel that Crystal sure would enjoy some companionship on this ongoing journey. Is Anna open to interacting with Crystal following on from the delivery?

Nanna Beth: Yes, as what Helen said.

John: Has Horst Kohler convinced Angela Merkel to authorise him to do what he has been asking for?

Nanna Beth: Nearly. He's still working on her. Angela doesn't want to, or can't embrace that her reign is over, how it's been through that era is coming to a swift end, partially brought about by her own doing. She is ready to retire, to give it over to people who will take it into the future. The Old Way of doing business is ending because the business is changing too fast. The West doesn't even fully accept or understand that the Russians have beaten them, they have developed far superior weapons, they could take over the whole world in a flash should they want to. The West is a dying beast, but is so self-obsessed with its own self-importance that it can't see that it's over, that it has to change, that it has to catch up with changes happening elsewhere.

So Kohler is trying to point out a few salient facts along these lines to her, part of which is Solid Investment (SI). If SI gets going, if you are given your full funding, then you John are part of The Change, and part of that change is going to sweep away the existing religious control, so all these so-called Christian nations will have their foundations rattled to their core. And it's the death knell for them, they have to end if humanity wants to free itself from their control.

So Germany, by releasing the funds or agreeing to them being released, is going to bring such changes upon itself – which are coming anyway, whether the funds are released to you or not. The writing is on the wall and few people are perceptive enough to see it. They don't understand the true Power of Truth, and when it's unleashed and the souls of people are hungry for it, it's going to revolutionise the world.

When people understand they can truly and fully empower themselves, and how to do it, and it can be done for free, when you give the masses, those with the ears to hear, that power, then nothing, no government or nation is going to stop them. Everything will be turned on its head.

FEEL for TRUTH

When people wake up to the fact that they don't need psychoanalysis provided by someone else, that they can do it all themselves, and must if they want to truly free themselves of their pain and suffering, then everything will change in the West. The West will lead the change, and others will follow, but the West will fight the beast in itself, in the individual person, and in its society.

John: What are the parameters that Horst Kohler can assist Crystal?

Nanna Beth: He will offer all the help she needs. She won't need that much from him technically, however he will be her main supporting link in Germany.

John: I continue to be over the moon that Bradley is now a Celestial and I suspect his assignment is related to NATURAL EXPRESSION.

Nanna Beth: Part of his assignment is to help you with your wanderings from this person to that as you give out your information and see the reaction of those you interact with. He has asked if he can be of any specific help to you, he feels close to you as you do to him, and he is very appreciative of all your emotional support and goodwill. He understands that rightly so someone like him being Celestial seems too good to be true, however it was partially because of you John that he was able to do all he has done so quickly. He had visited you and understood that you had accepted James Padgett and others working with the Celestials, and so if you had done that, then it couldn't be too bad, there must be something good in it, as you'd not bother with such nonsense if it was all baloney.

Thank you, and cheers for now

John

Nanna Beth: I'll speak to again soon – love Nanna Beth.



SUPERKID POWER
NATURAL self EXPRESSION



Subject:U-Turn **MARION HAPPY to MOVE NORTH to QUEENSLAND**
Date:Sat, 5 May 2018
From:James Moncrief

You can write this in your personal diary, an auspicious date. Marion, as you know, having been anti coming up North, Pascas, and everything else, and having felt very bad again about it all yesterday and last night, saying no way was she going to come other than she has to because she can't live by herself, suddenly this morning, everything changed for her, and she's happy about it all, she even wants to come up North and is looking forward to it, and just see what happens. She even said – oh my god – that she's happy to meet whomever and looking forward to being with Sam. Shit it's a complete U-Turn! Anyway, she's still felt the same through the whole of today. She might still swing back, feelings are certainly a rollercoaster ride. So, so far, it's a blooming miracle. All getting closer to my birthday!



freedom thru truth

GROWING in LIGHT and TRUTH is not through MIND CONTROL Wednesday, 9 May 2018

Note from Graham Golding: [Hi James](#)

I have been thinking of the Mansion Worlds lately and some of the different things that have been said from time to time are blowing my tiny mind.

So you have the Divine Love Mansion Worlds and Mind Mansion Worlds. As you progress in either pathway you go to a higher numbered Mansion World.

Divine love spirits ascend the Mansion Worlds as they uncover the truth and heal themselves of error. Spiritually they are ascending.

James: The Divine Love spirits ascend by growing in truth, which as you say, is doing their Healing. They are bringing all their repressed feelings out and looking for the truth of them.

Graham: Mind Mansion World spirits progress up the Mansion Worlds, but apparently they are moving further from the truth. It seems they are transcending spiritually.

James: The mind spirits are moving up by denying their feelings more, using their mind to have increasing control over themselves. In theory they are seeking to perfect their Natural love, however because they are in rebellion, rebelling against themselves – the truth of their own feelings, so they are doing all they can to *perfect* their *imperfect* Natural love. So they transcend by using their mind to bury their truth, preventing themselves from ascending.

Graham: What are they learning which has them progressing? It seems they are not doing any feeling healing. Are they learning anything that contributes to their ascension? If they suddenly learn of the healing and Divine Love path, would they switch to a high Divine Love Mansion World? So would a spirit in 6 just jump to 7?

James: From what I understand, a 6 would go back to the first or possibly third world to begin their Healing. Then work their way back up the healing Divine Love Mansion Worlds. However because of some of what they've done by getting to 6 might help them with their Healing... or it might make it even harder ... I don't know.

I understand it's difficult to understand, however we have to all live all 7 Mansion Worlds. And they are basically Natural love Mansion Worlds. When the Divine Love is available, then that comes in at some point and changes us into being divine. As to when that happens depends on the age or phase humanity is in. It's even more confusing Graham, I'd have to sit down and work it all through with you or write a thesis as such.

Anyway, how I look at it is, through all the 7 worlds we are growing in self-awareness about our Natural love. So from the most gross selfish on the lower levels to the most unselfish on the higher levels. So how to live respecting yourself. And as you respect yourself then how you respect another person. So learning all the moral stuff, and more. So how you express yourself in every second and feeling and thinking moment of your relationships, with yourself and other people. So by the high 7 you are fully aware of all the minute intricacies of how you treat yourself and the other person or creature lovingly. And all through your feelings with your mind as backup and understanding.

It's all about personality interactions. So when I go to the sink and use the knife Marion has been using without asking her if she has finished with it, my just taking over from her and not considering her,

thereby making her feel bad – what is wrong in that interaction, in that expression of myself with her – in our relationship? She will feel bad – why: what am I doing to her by not considering her, not fully respecting her; where is the love; is my intention unloving, and if so, why – how do we both feel about it? And it's all got to be sorted out. All through feelings and not only the mind, and all giving rise to truth. Then once the truth is revealed, then you live it. So then with that truth I will live fully respecting Marion and not taking her for granted, not being disrespectful and so on, all because I fully respect myself having healed myself of being that way because my parents disrespected me. It all boils down to not being a self-centred selfish prick.

And this really is our spiritual growth – uncovering the truth of love. And living that truth.

So our Healing is about showing us how unloving we are, so all the millions of ways we're being selfish pricks. All breaking down the mind control and living with real humility.

The mind worlds currently are all about PRETENDING to be loving, pretending not to be a selfish prick, putting on a good false show of it, even though you might be very aware, up to the 6th level and believing you are fully humble and respecting yourself and the other person; but you're not, because you're heavily deluding yourself.

So if you went into the Healing worlds, you'd then have to face the truth that you are seeing it all the wrong way round, and some people will be able to accept that faster than others. So they will just need to turn around all their six worlds, whilst at the same time, bringing to light and expressing all their repressed childhood stuff, so the truths can come to light of how they've got it, but got it all round the wrong way.

So the mind worlds are what we've all been parented in, the authorities saying we have to learn using our mind how to love one another and ourselves. We are taught good manners, what we can and can't say, how to behave civilly and loving and all the rest. And so the mind worlds are just more of that, all the way up to guru status where you believe you've got a handle on it all, with your mind in complete control of your feelings. So your mind would never allow you to swear, oh no, god forbid, you have to BE ALL-LOVING, by putting on the learnt loving act. And you've convinced yourself that you're feeling oh so loving, so full of love for your brothers and sisters and all that stuff, when you really let it all go and get stuck into your repressed childhood feelings, possibly the first round of feelings you'd feel are FUCK YOU, I hate you, it's all about me, me, me, me, all what you wanted to say to your controlling parents.

Graham: [Is there any logic we can understand from an Earth perspective or is it too complex?](#)

James: So we can see it in our own lives because we're all living our Mansion World experience as we're on Earth. So all the mind ways of 'bettering' yourself are working your way up the mind worlds. And every step you do in looking to your feelings, expressing them and bringing to light more truth about why you're feeling them, is moving up the Healing worlds. And then as you do your Healing, so you can include the Divine Love or not.

And the beauty is, we are NOT to do it with our minds. So you just commit yourself to following your feelings when you are ready, and they will take you through all the levels step by step. And in your relationships, with yourself, your parents, God, nature, your family and friends, as you bring out all your pain and unexpressed yuk, so how you relate and interact changes, with you slowly understanding where you are going wrong – where, how and why you weren't loving. And then we're not to make ourselves become more loving, for that is falling back

yuk

into the mind side, but we're to just stay true to our feelings and the truth will change us. We naturally grow and evolve, we perfect our Natural love and divine our soul, if we're also longing for the Divine Love. And gradually by the time we become Celestial we know how to live lovingly, which means, we'll just naturally be truly all-loving. So how we treat ourselves, everyone else, God, will be truly loving, and from the heart and soul, and not a contrived false love of the mind.

So when we're true and perfect of Natural love, and then have also fully embraced the Divine Love that has transformed our Natural love, then we fuse with our divine and perfect Indwelling Spirit, thereby forevermore being loving and true. We can't then rebel, we're too strongly perfect. And then we're allowed out of the Mansion Worlds, which are really probationary worlds, because we're divinely loving and of a level of truth that means we'll respect loving ourselves and everyone else in Creation at that level, so all the other spirits and angels, without ever being the unloving horrors that currently we are.

And that's for ourselves individually, and then the whole of humanity is to evolve up the seven worlds too. So John is going to set up the whole system up for humanity to begin its true ascension of truth, using the truths now contained within his Pascas Papers. All money permitting – all of which is, or will be, the will of our Mother and Father. If They want it that way, then the dough will flow. But when They want it to, will be when the time is right.

**PASCAS
PAPERS**

And using that information, people will be able to start to look to themselves, through their very own feelings, for the truth of how God and their own soul wants them to live. And we've all got to find out that truth for ourselves. I'm only outlining it based on Marion's and my Healing. All so people can gain something of an idea what is different to all the untruth. And so everyone can decide if they want to really help themselves. And if they do, and if John becomes money-empowered, then he will set up different ways for people to be able to have access to that truth and places and systems that will help them do their Healing.

And if no money ever comes, then the Mother and Father, should They want the truth put out there, will reveal a different way. However for the time being, it's all focused on you guys up North (Queensland).

And it won't even matter if you fully understand it all or not, so you don't have to sweat it out about any of that, you only have to want to be involved for yourself, all to help your own understanding for when you want to do your Healing. So all you have to do is keep doing what you want to do in it.

There is a massive spiritual light growing about it all, all thanks to you know who upstairs who just happens to be John's Nanna. So people who come into that light are going to be ready for some aspect of it, and those who aren't will be repulsed by it – they will reject it and so reject you and I. You guys, and because of that – Pascas, because it's your creation and you're choosing to 'house the truth of the Healing' within it, will carry that light. So it's the Healing Way, and because you've also included the Divine Love, so Pascas is the Divine Love Mansion Worlds – that is, it will 'Earth' them, or they will be 'earthed' within it. And all the rest will remain as it is, of the mind Mansion Worlds, even including all the Divine Love people who refuse to do or acknowledge their Healing. And if the light gets fully turned on, there's going to be a division of humanity: you are either with it or you're not; which will equate to: you want to remain in your mind delusion furthering your truth and feeling denial; or you're going to want to start doing something about ending that and crossing the line into the Feeling Way.

Graham

MUSINGS from JOHN

Tuesday, 8 May 2018

John's Musings: [Hi Nanna Beth](#)

[May we be introduced to Bradley's soulmate please? Her name and a little background history, if you please.](#)

Nanna Beth – 3rd Celestial Heaven: I'm afraid I can't comply with your wish John, she doesn't want to be brought out into the light. She wants to remain 'hidden' on the Celestial side of things. It's too much, all she's been through too recently with her Healing. She needs to consolidate it all, with her and Brad, wanting it to be kept private, more intimate, which is understandable. So perhaps one day, however possibly when you've completed your Healing and are living in the Celestials. A lot of Celestials are like that, not wanting to connect back with Earth or the Mansion Worlds, wanting to delight and relish their Celestial-ness, no longer wanting to be part of the old.

[John: The Urantia Book outlines that Jesus travelled the Mediterranean area and visited Rome. This was for a two year period prior to the commencement of his public ministry. Did Jesus make such a journey?](#)

Nanna Beth: Yes. It being necessary for him to gain a better understanding about the state of the world at that time.

[John: For him to carry out his public ministry, such a trip would be invaluable to broaden his understanding.](#)

[However, by becoming at one with one's Heavenly Parents, then such an expedition may not be necessary as one would have the understandings to draw upon through one's soul.](#)

Nanna Beth: It was to broaden his understanding; and once one becomes fully at-one with their Heavenly Parents, everything changes. However one needs all the experiences that lead up to it, it all being necessary and part of one's life experience and soul plan.

[John: I feel that my kinesiology muscle testing is now a little clearer for me and this has progressively been expanding over the last year. Is that an appropriate observation?](#)

Nanna Beth: You're paying more attention to your feelings; so yes, it is appropriate, and it will continue to become clearer.

[John: Yes, I do feel a little in a quandary. Yes, there is a need to promote ways by which we can achieve the perceived tasks at hand, the main one being the publication and distribution of what is now assembled. And on the other hand, others will have a much greater understanding of what and how this is to be done.](#)

Nanna Beth: Don't worry about it, James won't allow you to miss out. You HAVE to be the focal point whilst you still want to be it. You understand enough now to know what everyone will be talking about concerning the truths and that's all that matters.

[John: The comprehension and capabilities of some people truly humbles me – I have no idea of the understandings and capabilities of many I meet. It is an engaging exercise of giving such people full reign and support, this to be balanced off by having the game clearly pointed in the direction considered](#)

appropriate. This is embracing my feelings while my mind is in a twirl. This is rather complexing to handle.

Nanna Beth: It's not really, it's just your imagination getting the better of you. Complex things can be presented in a simple way when needed. You have enough of a grasp of the world and the spiritual truths, and even if the technology you don't understand, it doesn't matter. I know it doesn't make any sense, but the structures will all take care of themselves. It's not going to be difficult and it doesn't all have to be put in place immediately – there is plenty of time.

John: In one way it can be achieved with little bits scattered all over the city, whereas on the other hand it could be more appropriate to have one central major complex, or is it both of those in varying degrees?

Nanna Beth: When it's time it will happen, it will all unfold. Keep thinking about it all, but you don't have to act yet, and in fact it's better that you don't, just make notes or keep it in your mind. As I've said, it's all going to change anyway.

John: First of all is to get the delivery of the Package completed and obtain access to the working fund and then see what people consider. But then they need something to consider in the first place.

The thing I long for is no further delays – let us get rolling!

Yes, it is not a one person show, it will become an ever growing army to be able to embrace and deliver what is already available.

Nanna Beth: Don't worry about the size of it. Relish the enormity of the revelation – that's enough for anyone to cope with. James will take care of all of that. If you want him to, he'll organise the bigger picture, all when it's time to do such things.

John: All of your guidance is most necessary.

Nanna Beth: It's not really. It's only necessary for your mind to try and grasp that which is being asked of it. However it's not really that big a deal. It's simply a matter of doing what you feel and it will work out, you won't need us, even though we'll still be with you. As we've said, we're unseen and should be unheard, and by the time it gets going, we won't need to keep writing to you, just every now and again, because it will be then focused on the physical and material realities. It's all about getting the truths distributed over the Earth, in various ways. Many people will want to try and even say they are talking with Celestials, and that's fine, however that's not what is important. What is that people gain access to the truths so they can decide which camp they want to be part of: the old or the new, as everyone will have to choose in the end and in one way or another, it being part of the requirements of the ending of an age. However that choice doesn't always have to be an informed conscious one, more of an unconscious intent for most, although many will need to make it consciously, so they will need access to the truths.

cheers for now
John

WEIGHT and RELATIONSHIP ISSUES

8 May 2018

P 9 I want to write about how to bring up a child.

Naturally most parents want to bring up their child the right way, loving it and trying to do the best for it. However whilst we're of an untrue and unloving state, it doesn't matter what one's intentions are, one can't do it. You can't love your child whilst you're unloving. You can't love another if you can't first love yourself. And you can't love yourself because you weren't loved by your parents. And doing your Healing is truly setting out to love yourself, with you becoming completely self-loving by the time it's completed.

Everything else we do before we finish our Healing, irrespective of how loving it might be and how good it might make you and others feel, including your child, it's still not being fully loving. The fact that we have to do our Healing means we're not right, we have to heal something, and so that means we're not truly loving. If we were, we'd be true and perfect and all-loving and so wouldn't need to do any healing as there would not be anything wrong with us.

So people who refuse to accept they are not loving are deluding themselves. And this is one of the most difficult aspects of our wrongness to understand and accept. And then to understand, that because you are wrong and so not fully loving, it doesn't matter what you do with your child, you're not ever going to be the perfect parent. It will still feel unloved to some degree, and it will turn on you when it comes to do its Healing, if not before, that being if you refuse to accept and acknowledge its bad feelings about you when it has them.

And the only way to become a better parent is to do your Healing. As you grow in truth, so you'll stop negatively affecting your child as much as you were. You can learn all sorts of 'better parenting' techniques, going this way and that in your mind, some of which on the surface might seem like you are more loving with your child feeling more loved by you, however deeper will still be all the unexpressed hidden bad feelings that will one day need to be brought out and their truth revealed.

And some people should they understand and accept they are not truly loving, might no longer want to have children, not wanting to subject them to such unlovingness; whereas other people might understand and accept their limitations as being a parent, still having children, knowing their children will have to one day do their Healing just as they will.

Is it wrong to have children when you know you are unloving? That's something that everyone has to come to within themselves and for themselves and through their feelings. It's not something you can say one way or other. That is trying to work it out using the mind, which is what is wrong about how we do everything. So all we can do, is keep wanting to be true, wanting to express our feelings, and wanting the truth of them. And to live that way even if you are not actively doing your Healing.

And it's one thing for parents to think and believe what they will about being parents and how good a job they have done with their child, and that is fine, that's for them, however it might be an entirely different what those parents' child feels being on the receiving end. We can't fathom what another person is experiencing. We can't know what effect we're having on another person. The parent, unless they are of a Celestial truth, won't have the foggiest as to what really they are doing to their child. And neither will the child until as an adult it does its Healing.

p10 last para ...even if the friend is the wind and preferable to one's partner...

I'd break it up even more: ...talking it out with a partner or a friend; even if the friend is the wind and preferable to one's partner – however our Heavenly Mother and Father are always available.

P11 third last para – I'd reckon it reads better: We can now progressively...
last line of page – ...into the rubbish bin...

PERSONAL EXPERIENCE DURING JAMES' HEALING

8 May 2018

These are some of the most important things I uncovered through my Feeling Healing about trauma.

The main point is: My whole childhood was one LONG trauma. I was traumatised by it all. All the good and bad parts, every moment with my parents and family was traumatic. So it wasn't about looking for specific really bad traumatic experiences I might have forgotten or even remembered, but coming to accept that all of it was horrendous. And more horrendous than I could have possibly believed. Growing up feeling completely unloved is the MOST traumatic experience you can have. You are formed in trauma, and then led to believe that your traumatic state is normal, it's good, it's even loving. And boy oh boy, what a shock it is doing your Healing as your feelings lead you to the truth of how wrong you've got it. With that truth being so shocking it's almost as traumatic as well as it comes to light. However because it is the truth, so within it comes relief, comfort, and the true healing of your traumatic state.

None of us realise just how severe and traumatic our whole childhood is. Through your Healing you will find out the whole truth of it.

We are an emerging will. Our will needs to grow, evolve and develop so as to bring our personality into its full expression. And this needs to happen every day during our childhood WITHOUT interference. So from conception until we're about twenty-one, and most importantly through our formative years, we need to be able to freely express ALL of ourselves with our emerging and developing will. And at any time, even the smallest infringement against our will, is traumatic and causes us great damage to our personality expression. Think of how many times during the course of a normal day (and what parents mostly consider good and loving parenting) parents stop their children from expressing all they feel, all of which is traumatic. How many times did it happen to you throughout your childhood – countless, and every one of those now repressed 'episodes' needs to be Healed. When the parent says no, stop that, don't do that, and then stops the child from expressing its protest, something like – if you don't do as you're told, I'll take you straight home – that is major trauma. And such horribly unloving experiences compound, so one ends up packed full of repressed bad feelings they are doing all they can to keep suppressed, all because their parent forced them to stop expressing themselves as their will desired to be expressed. We are forced to hide our bad feelings because we're not allowed to freely express our pain and bad feelings. Our parents don't want to know these parts of us so make us hide them – from them and from ourselves. Which is why it's so hard to uncover our trauma, because we're not allowed to have it – express it. No one wanted to know, and so neither do we. And all those barriers and resistance has to be worked through by submitting to your bad feelings through your Healing.

Your specific trauma IS your parents on the feeling and emotional level. I was hit in the face by half a brick smashing my nose when I was about three years old. Another little boy threw it at me. I'd just been thoroughly enjoying myself and then suddenly SMASH. And my Healing has repeatedly cycled around this traumatic experience, showing me that really it had nothing to do with the other little boy, the brick, the experience itself. It happened as a manifestation or



result of how my parents treated me – they repeatedly smashing me and stopping me from enjoying myself. The brick in my face is the outworking on a feeling level of how they didn't care about me, didn't truly love me, didn't protect me; and really, the whole damning and devastating truth: How they hated me and wished I would go away; and so severe was that, that they emotionally, mentally and spiritually threw a brick in my face. And they threw it endless times. That is how wanted my Healing has shown me that I felt by them. It all being represented and experienced physically during this one traumatic event. But really, every time they checked my will, stopping me from freely expressing myself, they smashed me in the face with the brick. And it's taken me a long time, all the twenty years of my Healing, to understand, and then accept, the severity of this. And that I'm not making it up or making it more than it was, with my feelings showing and leading me each step of the way over the years to see and comprehend the full magnitude of this truth.

And so, if say you are abused as a child, hit, raped, or even as a young adult before your childhood has ended, then through your Feeling Healing you will see eventually that that abuse on the physical level is actually your parents abusing you on the emotional, feeling, mental and spiritual levels. Your parents raped you, they raped your self-expression, they took it away from you, they stopped you being free and loving as you wanted to be. And as hard as it might be to accept that IT WAS ALL YOUR PARENTS FAULT, that too is part of the denial that so many of us live under. It was all their fault and they need to be blamed accordingly until you have brought to light and expressed all that pain and blame out of you; and when you have, and seen all the truth about your unloving relationship with them – when it's all over, then you'll let them go. Then you'll no longer blame them, then you'll be able to understand why they treated you unlovingly and traumatised you, all with such truth and understanding coming through your feelings. And NOT trying to bring it about falsely and prematurely by using your mind to excuse them.

P17 Good graphics, they must have stretched you??!!

The first para I think needs to be re-written. You've got the notion of the soul being attracted to the embryo, as if the embryo forms by itself because of sex and then at some point the soul comes to it – again, EXPUNGE This please from your mind.

DIMENSIONS OF ONE'S SOUL

8 May 2018

The SOUL DOES IT ALL. THE SOUL INITIATES CONCEPTION AND THE GROWING OF THE PHYSICAL AND SPIRITUAL BODIES, AND ALL THAT CONNECTS THEM TO EACH OTHER AND TO THE SOUL ITSELF.

The soul oversees EVERYTHING – we are soul. And our soul is duplex, in that it has bestowed upon it, two unique personalities by its Creator Parents – our Heavenly Mother and Father. So at conception, our soul incarnates you, one of the two personalities into Creation – life. The soul does it all. The soul doesn't come at some point embracing the embryo. The embryo wouldn't exist if it weren't for the soul wanting it to exist. We are never separate from our soul.

We are one of the personality expressions of our soul, our soulmate is the other one, our 'other half'. Our soul can incarnate its two personality expressions at different times on Earth. With each 'half' experiencing life as a full individual and independent personality destined at a predetermined time to meet each other, which will more than likely happen at some point through one's Healing or when one has finished it. And whilst we're living in rebellion against our soul, ourselves, our truth, so it's highly unlikely we'll have anything to do with our soulmate until we start to heal that rebellion, because

we are anti each other – anti the truth of ourselves and each other. We can ONLY experience true soulmate love when we are FULLY healed of our rebellion and default – when we’ve done our Healing.

And our soul would naturally, had we not been unlovingly interfered with by our parents, evolve us in truth through our feelings and the experiences that give rise to them. However because our parents unwittingly got in the way and stopped our soul from doing this, so we’ve become untrue and have to do our Healing to sort ourselves out, to bring ourselves back into being how we would naturally be were we not screwed around with.

The point of our Healing is to find the whole truth of our unloved state, all through our feelings and not with our mind. So once the truth is revealed, we can be set free of that untrue state. So we’re not to look for specific traumas, we’re not to try and home in on them, bringing to light all the bad feelings associated with them, then we’re ‘healed’ of it, able to resume our life without the burden of that terrible experience. Certainly our Healing will do that, heal all the bad feelings associated with and resulting from that traumatic experience, however it doesn’t stop there, it goes on and deeper until every aspect of self-expression that has been thwarted by negative unloving parental and childhood experiences – all one’s trauma from feeling unloved, comes out and the truth seen. So healing our specific traumas is only one part of the Healing, with it being much more.



SPIRIT MANSION WORLDS’ ROAD MAP

All good, nothing needs attending to there. You did all right working out the diagrams about the different worlds / spheres.

DIVINE LOVE TRANSFORMING the SOUL

Saturday, 12 May 2018

Concerning what we were speaking about on the phone regarding the transforming, Marion put it like this, as this is what’s happening to her more frequently now:

She feels really bad about her state, her body, some specific thing – whatever; then suddenly, something changes within her, and her feelings shift, from the negative to the positive, where in an instant, she then feels really good about all the bad she was just feeling. So she feels positive about the problem, like she even loves it being that way, and it couldn’t be better, it’s all perfect, feeling that the Father has it all under control and it’s all wonderful and nothing is wrong or bad. So her feelings shift, and having been not accepting how bad she felt of the bad physical thing, the problem, suddenly she fully accepts it, and feels she loves it. So from complete rejection – which is rejecting herself or some part of herself – her bad feelings; to complete accepting herself and her feelings, even loving that she felt bad – loving all her bad feelings.

And I wonder: does this reflect something of her inner transformation taking place? It has happened all the way along, but up until of late her bad feelings have heavily swamped the good, but now the good has increasingly more to say. So she feels bad and then suddenly accepts it – that part of herself, instead of rejecting it. So is this her soul transforming herself, from the negative to the positive? And is this just a natural part of one’s Healing all taking place within one’s Natural love; or is it the action of the Divine Love, it working on her now perfecting Natural love?

James: Nanna Beth, what do you say about what Marion is currently experiencing?

Nanna Beth: It’s not for me to say yet James, it’s for you both to see what happens and to work it out for yourselves.

James: Okay. I thought you might say that. Would you mind answering some more questions about the world's goings on?

Nanna Beth: Ask away.

James: What is going on between **ISRAEL, RUSSIA, SYRIA and IRAN?**

Nanna Beth: The Russians now hold the upper hand. Their military technology is too superior, so everyone else is trying to negotiate with Russia, trying to get what they want whilst keeping in Russia's good books. And Russia for its part is allowing them to play out their warring activities to some degree, all so long as they don't overdo it.

Israel's leaders are all puppets of the hidden controllers, who are telling them they have to do what they want, and so they are trying to negotiate their way with Russia who is no longer controlled by the hidden controllers. The hidden controllers are agitating for world war, however localised, non-nuclear, wanting fulfilment of Revelation and the End Times. And as they all have a vested interest one way or another for the Main Event to occur, so they are feeling their way along with Russia agreeing to it and as to how much.

**ADDICT
CONTROLLERS**

The Russians mistakenly believe they can control it, wanting the power structures of the world to change so as to bring about the Second Coming, however none of them have really thought it through as to what Jesus is going to do so far as arriving on Earth with his chosen flock all separated into different versions of the same religion that all but hate each other. And some of them, like the Russians, genuinely believe Jesus will return, the real Jesus, whereas others believe it's the false Jesus, the antichrist or Satan.

You understand James that none of the different factions or religions have any idea, it's all as mad as looking to the Bible for your salvation and to help you with your soul and spiritual growth. And as Jesus isn't returning and so none of it matters anyway, so they are all just playing this extravagant chess game without any real idea or vision as to what's going to happen. So these weird arrangements keep occurring where they all tell each other they are going to bomb each other and agreeing to it, then within it someone does something that wasn't agreed to, and that then has an effect of shifting the focus to somewhere else, and on it goes. With you reading the news having no possible way of understanding anything about what's happening. And if you were able to be a fly on the wall you'd not be able to understand just how stupid the whole thing is, that these few controllers of such powerful countries can have the mentalities that they do, all of which affect the lives of so many people, all of whom they don't care anything for.

So we keep applying pressure to them as we can. We're slowly affecting them, bending them to our way; which means, to realising that their little games are not going to be of any benefit to them, so it might be worthwhile looking to live a different way.

And this, some of them will reject, and the people will get more angry and frustrated; and then things are going to crack, and it will go haywire, and none of them will have any idea as to what's going on. The hidden controllers will lose that control, and then the whole status quo will shift and all how it has been will become unhinged.

And where we are focused is that shift is going to be on the spiritual levels, that which heralds the end of old and beginning of the new. So I will leave it to you to feel what I'm really saying.

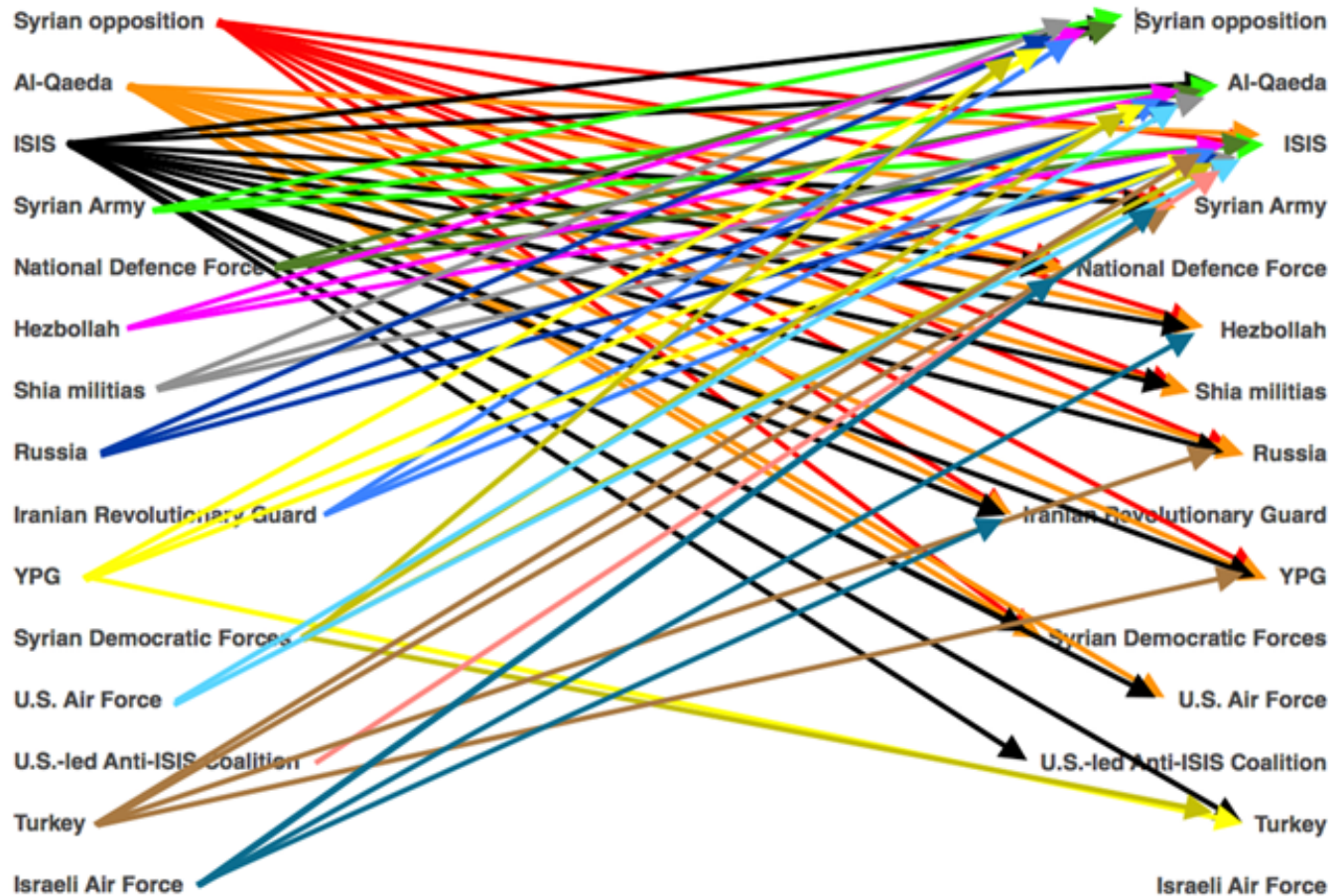
James: Thanks Nanna Beth.

Want to know the truth about the war in Syria?

Read the "[College Version](#)"—and then the "[Ph.D. Version](#)".

22 March 2018

<http://www.whatdoesitmean.com/index2516.htm>



Hi John, I feel she was choosing her words very carefully so as not to give too much away. She's beginning to leave more of it up to me, so I have to draw upon myself and bring my own feelings up about such things. Sort of a weening going on I think. So I'm going that way more with it. I hardly speak with the spirits anymore, with anyone for that matter, a little with the Mother and Father, and I hear a voice of Their's in my head but most of the time I don't care which one it is, whereas it was always so important for me to know who it was that was speaking to me. Now I don't care, it's all the same, voice or no voice. It's all becoming more my own voice I think.

And also, what she said in the first message about my being able to do it should you ask me, that's true, that's also new feelings that have come up in me of late. As you know, I did start out by saying I am giving the revelation to you (humanity), and then it's for people to do with it what they will, without my having that much to do with you and Pascas or what anyone does with it. However lately I feel that's all gone, and as if I'm coming up, and I want to do it, I want to carry out the wishes of my Mother and Father, and if They want me to put it out there, then within me I have the way to do that, and it will continue to come forward as I move toward the completion of my Healing. And I can feel a confidence growing in me as part of my feeling better about myself, the whole Bush Bank (native plant nursery) thing mirroring it on the physical, to where I am letting it go now, wanting and waiting until I can move

onto my real life's work, that which I feel is starting to slowly push up more within me. So it's all perfect timing. If the money were to appear, I feel more ready by the day to deal with it and all you want to do. And even if it is to happen without a cent, I feel ready to go that way too. And even if it isn't to happen, I also feel ready to accept that too. I have of late given it all up, I've felt too fucked to even care anymore. But as those feelings pass, I feel stronger and stronger about it all.

From: Graeme Bates **To:** John Doel; James Moncrief
Sent: Sunday, 13 May 2018, 15:46
Subject: Mini doc in GB's **NEW FORMAT**

Thought I'd have a go at formatting "John's Musings" into a mini doc (which I've now named "How to Bring up a Child") using Palatino Linotype 13 point and using Blue 5 and Grey 7. I've also done an Eme-edit.

Much of this "tinkering" I do for my deeper understanding, because as I read, re-read and edit I get more from the writings. And perhaps others will too.

Thanks James and John for all the amazing work you do.

Your Green Teddy Bear award is much deserved.

Graeme



SECOND COMING of TRUTH

On 13 May 2018

James Moncrief wrote: I like the format, and years ago I had a thing for the grey look, but then I got sick of it not being dark enough and too hard to read, so came back to Black. I like the Palatino however I love my Garamond. It's the next best. But as John said, sticking to Times New Roman might be the way simply because of the ease and compatibility of it... however...

I meant to say talking to you today – thank you for the two movies, I love them both. I love the Beautiful women and PK / Rancho – I love how he acts, and I love the scenery and music and the whole fun of them. That end scene by that blue lake in those bare mountains is stunning, and then so gorgeous with the two of them, she riding up on her bike. I love how they milk such scenes for all they are worth.

And following on with our conversation Graeme, I guess that really if you look at it as it IS the Second Coming – the second coming of truth and not of Jesus in person, so the next best thing, then it doesn't get bigger than that. It would only be bigger if Mary and Jesus did themselves come back. However as they say they aren't, so I'm afraid you're going to have to settle for Second Best. So we'll keep our fingers crossed, legs and arms too, to see if I am right and it all starts to move more substantially in that direction.

PRESENT COUPLE are FOCUSED EXCLUSIVELY on the 3RD ROCK

Hi James: Well, the couple of 2,000 years ago are focused upon 3,840,101 inhabited planets, whereas the present couple are focused exclusively on the 3rd Rock from the Sun for the next 1,000 years!

Now, if that is not a better deal for the humanity of Earth then I do not know what is.

cheers John

"PAUL – CITY of LIGHT"

Tuesday, 15 May 2018

James: **Graeme wrote this to me earlier:**

Graeme: It has been my joy and pleasure to read and edit "Paul – City of Light".

I literally didn't want it to end. Then when I saw THE END I wondered what's on the following 10 or so pages?

Your bio's and a couple of your first interactions with Jesus and Mary. I was so happy that there was more to read!

And virtually on every page revelations and powerful "healing" information. So much so I've created 20 or so mini-docs for my own reference because I didn't want to "lose" a single thought.

Wow, I felt I was on the journey with Paul and in many ways had a very close connection with him.

It's been a marvellous experience and I'll be forever grateful that you wrote such an inspirational work – not just for me – but for the whole of humanity.

Please find attached my suggestions and edits.

A happy and joyful Eme...

James me: Thank you Graeme, and again for all you've been doing with my books. It's fantastic, although I've not been up to going through your work yet. I'm still waiting until I'm further on so I know for sure more about what I'm doing and what it's all about. However with your edits, when the time comes I'll be able to use them to help me read them better and to so see how I want them and if the truth is right.

I can feel it, or sense it, within myself, outside of me, with you guys, with Marion, with all I've written and understand, with other things all starting to come to a head. I've been so angry all day – I WANT TO KNOW. My parents didn't let me know, they stopped me finding out for myself the truth through my own feelings. And I am raging angry about still not being able to. Everything is moving to this point, it's like I'm rising up on a wave, coming to the apex and something has to give. Either I die or I roll over into completing my Healing, something dramatic as that. So here I am again, it's cyclic, back with John and all that, the Avonal thing, even with the END OF THE WORLD POLE SHIFT business.

How's this: **It's my birthday today.** Marion asked me some days ago: what about getting something for yourself, giving yourself a present? Okay, but what – more blocks of chocolate!!! I don't need a birthday for them – I need to give them up! A couple of weeks ago, David Montaigne published a new book: *Pole Shift: Evidence will not be silenced*, which I ordered from our local bookshop. They said it would take a week to come, and two weeks later then said it was here, so today I picked it up – my birthday present to myself! And when I got there they said, "you're only interested in the content – aren't you, because the book has come slightly damaged, we'll give you a 20% discount if you still want it." No sorry or anything like that, just: here, you're fucked, we don't give a shit about you, we don't want to go to all the hassle of returning it and getting a new book – so here is the book, take it. I took it – what could I expect, of course it would be damaged, I am damaged, I would get a damaged birthday present! It all fits, you can't escape the truth!

So reading it, and OMG, here we go again, the evidence and how David presents it is so compelling: are we all going to be fucked over by a massive Pole Shift possibly in a year and half's time? However: are

his deductions correct? I want to know. But no, God is not telling me, nor my angels or Nanna Beth or anyone else – even Verna is closed mouth. So it's – wait and see.

And just before this I had my conversation with you about it all, which brought it all right back up into focus for me – what the fuck am I doing, what is it all about, am I right, or am I Mega deluding myself? And now it's all come round again, I don't have the fear I used to, I've changed, I feel more confident about it all, however I am angry that the pieces of the puzzle still won't fit into place.

These are the pieces. They are floating in my mind, like a fantasy waiting to be 'earthed' or waiting to be once and for all discarded.

Myself and my Healing.
 Myself and all the Avonal stuff.
 Myself with the angels and nature spirits, together with the Celestials.
 Marion.
 Marion and her Healing.
 Marion and her possibly coming up North.
 John.
 You guys and John.
 Pascas and all we might do together concerning the New Revelation.
 The money.
 Samantha.
 Samantha and her Healing.
 The Pole Shift.

Does it happen in a year and a half? Are the astronomical signs of the planetary alignments representing something else – possibly the Second Coming and not the end of the world as we know it?

Is the Pole Shift to come at the end of the next 1,000 years, and if so, how come all the ancient evidence points to it happening anytime soon?

What would be the point of the New Revelation having only a year and a half to be 'put out there' and then the whole lot gets wiped?

We've not got enough time to dig holes in the ground to hide ourselves and some solar panels and our laptops with all my work, Pascas and all the other survival stuff on them, especially when because of all the volcanic dust in the After Times there's not going to be much sun to drive them for a few years – and then what, those few people who managed to survive pull out my work and try and do their Healing whilst they are grubbing around in the muck trying to make it through each day? None of it makes any sense.

Or, do we have a go at it until I die, the revelation going out there, then comes the Pole Shift and everything is wiped with perhaps small pockets somehow managing to survive like in Sage 4?

Or, does humanity get the 1,000 years to work on its Healing, then the Shift and everything gets wiped and that's the equivalent of Satan being unleashed and everything having to start from scratch all over again?

Or, is there some other way, something else that's not occurred to me – which is highly likely knowing how my Healing and everything else has gone? It all looks obvious, that it's all going to keep unfolding, whilst we keep the Pole Shift out of it; and yet is it – it could go in a completely different direction.

And does any of it matter?

Am I full of shit making all this up and stressing myself out?

And yet delivered to me on my birthday is this new book summarising it all, just when I've finished Sage 4 which is all about the Pole Shift.

And my anger, so much repressed anger – is it going to get the better of me, is it going to tear me apart, I can feel it trying to kill me, all my aches and pains. I've had a headache all day with it, and a corker the other day, I've not had headaches for months.

It's all building up – what's going to happen, the dam feels like it's going to burst. We're all getting older, something has to surely give one way or another soon to show the next step.

The pieces of the puzzle are all there, I can touch them, they are moving closer, but still I don't know how they will slot together.

Sorry Graeme to have gone on, but it's all up in me tonight having started reading David's book. So this is yet more – for the record.

Pole Shift: Evidence Will Not Be Silenced

by David Montaigne

MoC 580

King James Bible (from the Greek) 475
Koran 700



Sunday, 20 May 2018

James: I like the Feeling First... couldn't find anything wrong (Feelings First in all We Do). And the seed banks (New Biosphere Agriculture – Seed Banks). Collecting the native seed is the easy part, how to grow half of them, now that's a bit more difficult. A guy got one of the sword sedges we have about the coast growing after the seed sat for four years in his fridge, then suddenly it started coming up! That's some patience. Pascas Papers are what you need to take with you down the Pole Shift hole. We'll have to make them readily accessible in one huge folder or something, sometime... perhaps. Which no doubt you've already thought about. Seems you've covered everything. It sure would be good to get going with it and see where we go.

POLE SHIFT – UPDATE

Sunday, 20 May 2018

I just finished reading David Montaigne's latest book: *Pole Shift – Evidence Will Not Be Silenced*. And these are the thoughts I'm left with.

Firstly about the book itself, it goes into great detail about the physical signs of prior shifts, all of which are too overwhelming to dismiss as being fantasy, together with so many of the myths from all over the world that point to the next shift happening soon. The evidence is overwhelming and too many respected scientists and people like David agree that the world is subjected to massive cataclysmic upheavals resulting from a galactic wave hitting the Earth and causing a pole shift every 12,960 years – or thereabouts.

The signs in the sky that the ancients encoded in rock point to Dec 21-28 2019 that David has worked out based around movements of the planets at this time which uniquely happen once in roughly 13,000 years. David says this is his best guess, but it might happen some time later with Nostradamus predicting, so he and others reckon, around 2028-29, possibly Oct 2029. And he acknowledges that possibly other signs point to other dates up to a couple of centuries into this millennium, some of which have passed, however nothing as conclusive as his 2019-20 time. Everyone reckons that the next pole shift is sometime in the early 21 century.

Without going into too much detail, what I was left with was the feeling that David's time is like a marker, a point in the movement of the heavens that show around which time the Pole Shifts happen. So it might not happen exactly on that date, but sometime give or take around it. Perhaps the ancients couldn't work out exactly to the day the next event, so this astronomical alignment is the closest sign and near enough to it happening at that time. And what's a few hundred years either side of 13,000 years?

From my Avonal point of view I am faced with:

What's the point of getting it all ready – to possibly finish my Healing within the next year and a half before David's time, and go public with everything only to then immediately get wiped? It sort of sounds a bit self-defeating – like my whole life, so perhaps it's rather fitting! Unless I'm not meant to go public and all that needs to happen is I finish my Healing – assuming the Avonal thing is real anyway.

And if John's money is to help with the 'going public', then that too all seems rather pointless – he gets his money and only has at best a year and half to do anything with it.

So let's then say David's date is a marker, so sometime soon after that date the shift will occur – so how soon?

I feel it's reasonable to assume that Marion and I will live out our lives, finish our Healing then help other people know about it, before the next pole shift. I can't see myself getting wiped out by it before I die, as again, what's the point. I can see myself dying because of it, it coming when Marion and I are to finish all the Mother and Father want us to do, and I do fancy standing on the beach watching a mile high wave come ripping in and it's all over red rover. That would be one hell of a body surf and not a bad way to go!

Or, possibly Marion and I die and then some time after that along comes the Shift, giving humanity more time to digest and embrace that which we are to reveal, allowing certain information to be hidden away for the after-time survivors to use.

I was thinking prior to reading his book that possibly the Spiritual Age of 1,000 years will happen, and then comes the Pole Shift, that being when ‘Satan is loosed again’, however after reading his book, I’m back to thinking it might be much sooner.

And David’s big week is all based around an ancient Jewish wedding that’s played out in the heavens. With the son (Jesus) marrying the Earth – with the shift happening and final Judgement Day. Then with Jesus returning to Earth – that’s the marrying part in real life. However I tend to think that it’s just symbolic of the Second Coming as David is suggesting, and without Jesus actually returning (and if he’s going to marry anyone, it would be Mary M). So it is the Second Coming – *again*, as he said it was in the PM (Padgett Messages), yet with a twist, that being the Avonal Pair which is another Pair of Truth, so the Second Pair of Truth Coming. So They would ‘Come’ at this time as reflected by the signs in heaven. So this time might be more specifically for Marion and I, with the actual Pole Shift at a later date.

Some other interesting points from David’s book concerning all I believe are:

The prophecies say the new Earth is like a golden age of 1,000 years to begin with, which I would imagine, once things have settled down, the survivors would relish with no government, all the world theirs to do with as they please, all for about a thousand years before things build up to yet again starting the control of elites over so-called lesser people. That’s provided the governments who’ve hidden away in their underground bases don’t all emerge only to take over and ruin everything right from the beginning. And were the survivors intent on doing their Healing, then they’d have the freedom to do it in their basic lives, as we only need to be able to talk to do our Healing.

The scientists reckon they can see and measure these galactic super-waves pulsing out of the centres of all spiral galaxies, of which our universe is one. One galaxy has 18 such waves they can see pulsing out through it, all equally spaced, so perfectly cyclic. So our part of material Creation is hit repeatedly with these massive changes. We have two such gravity waves coming at us, although we can’t see them being on the same level as they are, so we only know about them when they hit, the next one due any moment. The ancients say that when the wave hits us, there becomes a blue light, like a big star, bigger than the moon and the sun that shines night and day for 1,000 years, this being the centre of the universe. So the first 1,000 years of the golden age has a blue hue to it. And as we know, I reckon we’re going into a Spiritual Age of 1,000 years. So I can imagine the increase of cosmic energy and light all helps change the vibration of the Earth, of humanity, all adding to what people will need to help them do their Healing and start the U-Turn. And if people don’t do their Healing, then conceivably, as has happened in the past, the next age of 13,000 years humanity will develop new ways of denying itself, building up to a new crescendo like we are now, like it happened with Atlantis before the last pole shift, to where everything gets wiped right before humanity wipes itself out with its own nuclear fuckups.

Technically, according to the Urantia Book, the Spirits of Truth would be poured out upon the death of the Paradise Pair, which would make the start of the next age with their help – for the 1,000 years; so is it that Marion and I die, liberate our Spirits of Truth, just as, or even as a result of, the galactic wave hitting Earth? So there is new spiritual energy to help – our Spirits of Truth together with that of the Celestials, and the new physical energy to help – brought about by the Pole shift and galactic wave?

If such an event happens, and people survive who have the truth about the Healing, and want to do it, then I could imagine them slowly evolving a community based on the truths that come to light within them. And possibly small pockets of humanity might start off the next pole shift age this way. Which is not unlike what I've written in my Sage novels.

Anyway, as for us all, I'm sure it's too big to conceive of, that so much damage is inflicted on the world and so quickly, I can't see that any of us are going to want to even try to think about surviving it, because what would you do and where would you go – even if John said, here, have all the money you need. Are we going to take his money and start digging massive underground caverns to house all one might think one needs to start a new life in the After-time? And into which mountains would we dig? Perhaps the Australian government as I have heard rumoured are already digging and planning for such an after time, along with the other elite elements of certain governments. So should we approach them, or will they approach us at some point? And does it matter?

Since I've finished the book, I have not asked Nanna Beth, Verna or my angels or the Mother and Father about any of this, I'm preferring to work more with my feelings and just let events unfold. I feel this is about the last major mind thing I want to do, other than just work out on a daily basis whatever comes up with Pascas should that eventuate. I'm about fed up with trying to work out the future and even all the spiritual stuff, I just want to get on with it and let it all work itself out.

So I will include the Pole Shift as part of my work, however I think – other than Sage – I'll leave it in the background, unless I am told something more about it that is relevant to our understanding of everything.

So I don't think the end of the world is in a year and a half or so, however I do think that it is a significant date all the same, and possibly more relevant to myself and Marion than anything else. And as I said, also a marker time point for what is possibly to come concerning the inevitable Pole Shift.

It's also interesting to compare my Healing as being my own inner Pole Shift, it taking possibly longer than the material one, however hopefully with the same result: 'cleansing' me of all that's wrong and all my repressed yuk, making me feel born anew as I enter into a Celestial golden age once it's finished. So is the inner going to be reflected on the outer? Like it is with all things, yet this time around, with the truth available about how to help others to heal themselves, unlike how it's been on prior shifts during the Rebellion.

yuk

This is some of the interesting physical information in David's book showing how Earth has been subjected to these cataclysmic changes. In case you don't want to read the book.

Northern Siberia was snap frozen, the mammoths with flowers and grasses in their mouths and stomachs. It was more like lush Africa in climate before it became so cold. The Northern Siberian islands are almost built on mass graveyards of dead animals, countless numbers all torn apart along with vast forests, all splintered and mangled and mixed in with mud and yuk. And such mass death areas dating from the same time are in other parts of the world, suggesting massive waves of water just washed them all up, ripping everything apart and depositing them in great mounds.

I was taught in geology at university that through the ice ages the ice came progressively south from the north pole covering Europe and America, Russia and then receded as the Earth warmed. However that's not what happened. There are no such 'ice ages' – there are new north and south poles, so new areas of ice formed after the pole shifts whilst the old poles defrost. So the ice didn't come down from the north

pole, it expanded out equally in all directions for the new pole centre, and glacial evidence supports this the world over from past poles.

I was also taught that continental drift at subduction zones slowly formed the mountain ranges and so on, but no, such things happen fast. As the equator shifts to expand and become the new poles so great rifts and cracking happens and land sinking, and as the old poles come into being the new equator, so there is massive compacting hence causing land to buckle and rise. So the continents do drift, but that is not what forms the mountain ranges.

Coral reefs occur in favourable conditions which are very specific in the seas and oceans near the equator, and apparently there are ancient coral reefs crisscrossed over every part of the Earth, suggesting the equators have changed many times and been in nearly every conceivable position. And if the shifts happen every 13,000 years, that a lot of them occurred throughout the whole existence of Earth.

PROPHETS and MESSENGERS of GOD

Monday, 21 May 2018

Note from Graham: Hey James

John and I had lunch today with a member of the Ahmadiyya Muslim Association. Those of the association seem committed to peace, which is nice of course. But the key reason I wanted to meet with him was his understanding of the commonality of all Gods and that different religions, and sects, are just coming at things from a different angle. A great approach. www.alislam.org

Anyway, I was trying to get an understanding of a Muslim's view of Jesus part in the spiritual world. He first discussed his view that the difference between a prophet and a messenger of God is a prophet is bringing the word of God, whereas a messenger is just reiterating the word of God. So in his opinion Jesus was a Messenger and Muhammad a prophet. Other prophets include Abraham, Buddha, etc.

The Ahmadiyya believe there are a regular flow of Prophets and Messengers sent by God to guide humanity on their path of growth. This seems to match what I know of TUB (The Urantia Book) so far.

Disregarding the issue of whether a personality is a Prophet or Messenger, because that would be debated many different ways, we may consider spirit personalities such as Adam and Eve, Lucifer and Satan (the soulmate pairs), Caligastia and Daligastia (pairs), then also Buddha, Confucius, Zoroaster, plus also more recently James Padgett, those of TUB and also yourself through your conversations with Jesus and Mary M, to be God's Messengers

My first question is, would all these spirit personalities fit into the category of Messengers of God? Were they bestowed on Earth to help advance the spiritual growth of our humanity?

And if so, would you then also consider personalities like Buddha and Confucius in a similar fashion to Adam and Eve, in that they defaulted on their mission? It appears their legacy is to have set a path of Mind control rather than one of Truth?

It would appear from what we learnt of Muhammad today, that he did in fact complete his mission in accordance with Gods expectation. That was to bring the word of God from several past sources into the one book and understanding.

Your thoughts and feelings would be welcome if this topic interests you.

Graham

James: Howdy Graham,

You said it yourself Graham “It appears their legacy is to have set a path of Mind control rather than one of Truth?” Nothing more needs to be said.

If you think it’s a good thing that these so-called religious messengers or prophets helped humanity go further into their denial of truth, so couldn’t have been more evil, even though no doubt they themselves were well intended, then fine, why not worship and follow them. If you do believe they lead people astray and further into their mind and away from the truth of their feelings, then throw them in the bin. If you want to marvel at evil and look at it as an incredible thing that we humanity have put ourselves through, then sure, put it up on the wall and marvel at it; however if you don’t want to have anything to do with evil, then take no notice of it.

It’s all bullshit Graham, whether you call someone a messenger or prophet – call them what you like. Jesus was the only one who had anything to say that is of any soul-help, that being about the Divine Love. Machiventa came as a stop-gap measure to bridge the gap, and the Adams failed. Then comes the truth of how to Heal yourself of your wrongness and get yourself out of the Rebellion.

So do you want to praise the ‘truth’ (or rather non-truth) of getting yourself into Rebellion; or the truth of getting yourself out of it?

And saying all the religions are just different ways to God, sure, but what God. It’s to the false God, Lucifer, the Evil Ones, the God of mind control. It’s not the true way to our Mother and Father as there is ONLY ONE WAY TO THEM, through our FEELINGS, and we don’t need any religion (other than the religion of feelings) to tell us that.

If you want to investigate the Workings of Wrongness then of course you can study all the existing religions and spiritual ways; if you want to investigate the Workings of Rightness, then that’s what you do through your feelings.

And remember, when you read TUB (The Urantia Book), it’s coming at it from the mind side of things. It doesn’t include what’s in the PM (Padgett Messages), not the Divine Love as revealed by Jesus, and not the truth about our relationship with our soul, nor the truth about how to do our Healing. Everything else it’s pretty good about, however it falls short in these areas because it wasn’t allowed to stand in for what a person was to reveal, that which is the PM and what my work is all about.

As TUB points out, God sends Descending Paradise Sons (and Daughters) to help reveal the way for humanity to ascend in truth to Paradise. And God sends local universal descending Sons (and Daughters) of God to help us with our Natural love growth and how to live a good, true and happy life on Earth, that which Daligastia and his partner, and Eve and Adam were to show us, but failed to. Everyone else is just a person who has some sort of spiritual inclination, however they have to exist and express themselves within their prevailing environment. So if they are within the Rebellion, then they are of it, so will teach how to live it, as did Buddha and Confucius, etc. If they come in the future now the Rebellion is over, then they will teach about how to live true to one’s feelings. There are bound to many great, great spiritual teachers to come – home grown, coming out of humanity. I’ve only

outlined the basics in my work, enough to get certain people going. It will be those people who do their Healing and teach and live from that perspective that will be the true Great Ones of humanity.

If Marion and I are Avonals, then really we shouldn't be considered part of humanity because we're not like you in the state of our soul, so we know about the Healing and how to do it and the truth we're revealing – it's what we are. Just as Jesus and Mary M know about the Divine Love and everything else – it's what they are. So really we need to be kept separate from humanity. So the real people who should be celebrated will be the ordinary people who take on the truths provided by us, live them, see what happens, how it is for them, all they go through, and then can help others and show them how to do their Healing. They will be the people who really will be the guiding lights of humanity.

Marion and I and Jesus and Mary are just aberrations, blips that come along and say a few words that might be helpful. The real teachers and inspirational leaders will be those people who do their Healing, with those who finish it being extraordinary, to live as Celestials on Earth. That will be the most amazing achievement. Humanity has to do it the hard way. It's not really hard for Marion and I, it's just what we are.

But for humanity, you have no natural inner knowing about it, so you have to first want to find the truth of yourself, then set about trying to work out what that is and where you can get the beginning information, because it's got to come from outside of you. And if you happen to come across Marion and I, Mary and Jesus, in person or through our Spirits of Truth, then you can lock on the tractor beam to Paradise we're providing for you, however still you have to do all the hard work yourself. You will have to work it out every step of the way for yourself, as you grow and evolve your understanding of it, and all blind and through and from your feelings, and not from your mind yet with your mind helping to make sense of it all.

For Marion and I it just spews out of us, we can't help it, we don't do anything to make it happen; however for humanity, you have to work it all out and come to it through your own endeavours, and so humanity are the AMAZING ONES, not us. And when we're all on Paradise, then we'll be equal and just as amazing as each other in our own right – just in different ways. So now we're here to help each other, you can do things that Marion and I can't do, as we can do things you can't do.

I don't want to put you off your investigations Graham, they are very important. However if you ask me a question I want to give it to you straight. So anything you're ever going to hear from anyone concerned deeply with their beloved religion is going to be an expression of how much they love being untrue and evil. Which is fine, that's what they need for now. But when they want to become true and stop living with their mind dictating how to live, looking instead to their feelings, then out the window will go their evil religion because they won't want it anymore.

And just to confuse you more, you could say that Muhammad did complete his mission perfectly, just as everyone completes their lives of wrongness perfectly. Because our Mother and Father have wanted everyone to be imperfect, rebellious and untrue, so of course They have provided various people to lead humanity deeper into the wrongness. Just as They will also provide people to help lead humanity out of it.

OUR FIRST TEACHERS:

Descendants of Andon and Fonta (also called Aman and Amon), our First Parents, not being Adam and Eve, delivered teachings that were faithfully memorised and later recorded as the SACRED and INSPIRED WRITINGS. Through later generations, writings were progressively preserved via way of hieroglyphic symbols that are the basis for the writings on temples in Mexico, South America, Cambodia, India and Egypt. Six sets, each of about 10,000 tablets, were carried from Mu (Lemuria), these were then located at: Tibet, Deccan Plateau in central India, Gobi Desert in Central China, Upper Egypt, Babylon in Mesopotamia and Mexico City. Further copies of each of these original sets were further made.

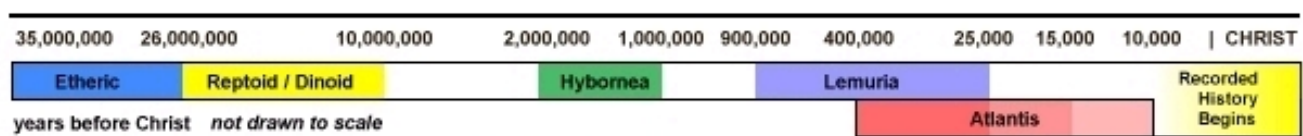
However, from the teachings of the leaders of the Rebellion, 200,000 years ago, stem all of the world's major spiritual and religious teachings, all being in error and contaminating the sacred and inspired writings, all suppressing one's soul based loving and truth based feelings and bringing about dependence upon one's erroneous mind. BC=BCE AD=CE

Note: Lunar cycles were considered years, then seasons as years.

First Parents, Andon & Fonta, also known as Aman & Amon 1,000,000 years ago
 As a result of Lemuria (Mu) we have Sacred Inspired Writings 300,000 BC (Chaldi College)
 As a result of Master & Mistress Lucifer we have the Rebellion 200,000 BC
 As a result of Adam & Eve we have the Default 38,000 BC
 As a result of Osiris, we have Osirian 20,000 BC (born in Atlantis)
 As a result of Thoth, we have Osirian in Lower Egypt 14,000 BC (coming from Atlantis)
 As a result of Krishna, we have Hinduism 3,228 BC (birth dates)
 As a result of Abraham, we have Judaism 1,750 BC (+/- 250 years)
 As a result of Moses, we have Judaism and Moses books 1,200 BC (approximately)
 As a result of Zarathushtra, we have Zoroastrianism 630 BC he lived for 242/4 years
 As a result of Lao Tzu, we have Taoism 604 BC
 As a result of Varadhamana Mahavira we have Jainism 599 BC he lived for 72 years
 As a result of Buddha, we have Buddhism (Atlantis system) 560 BC
 As a result of Confucius, we have Confucism 551 BC
 As a result of Jesus via Paul we have Christianity born August 7 BC died age 35, March 29CE
 Mary of Magdalene, born 2 BC, died age 48, and Jesus of Nazareth, both born free from error.
 As a result of Muhammad, we have Islam 570 AD
 As a result of Topiltzin Ce Acatl Quetzalcoatl –Toltecs Lord 923 AD to 947 AD period of reign
 As a result of Hiawatha we have Iroquois Confederacy 1550 AD
 As a result of the Second Coming we have Divine Love and then Feeling Healing
 which with Divine Love then is Soul Healing 31 May 1914 AD to around the 2040's
 As a result certain restrictions of the Rebellion and Default are now lifted.

From the above ancient clay tablets can be found the Lord's Prayer and the Ten Commandments, though there were 42, Moses was a practical man and condensed them. Also Moses five books are derived from the ancient clay tablets, possibly the set that was in the southern region of Egypt. Those writings had been heavily contaminated by the teachings resulting from the Rebellion.

By longing for the truth of one's feelings and for our Heavenly Parents' Love is the way forward.



The EVIL ONES WORKED the POLE SHIFTS

Monday, 21 May 2018

James: Hello Nanna Beth, I keep wanting you or God or someone to tell me that it will be all right, that everything will be fine, all the horrible things will be taken away, the pain in the side of my nose and on the side of my leg, my hip, my compulsions, that you – Granny – says they will all go and they do, just like she said all the bad things and pain would go and they did. I hate living with so much fear and uncertainty about everything, even that I'm doing this Healing thing yet still I don't know if it is the real saviour, the real way to heal ourselves, even if we need healing; because perhaps it's just how life is on Earth, no one has a clue, no one can ever have one, possibly there isn't even the Evil Ones who stuffed it all up as it's just physical life – something that is stuffed up, and which some people seem to have a better deal, not feeling as scared all the time as others do.

So around my loop I go again, wondering, questioning, feeling demented – unloved, unloved in such uncertainty. And I feel like I'm coming to the point where I should get a book in which some bloke says you can do this thing called your Healing and this is what it's all about, and I'm deciding whether or not I want to do it. And yet I'm that bloke who's written the book, supposedly like the Pied Piper wanting to lead everyone to the truth of themselves and how they can make themselves eventually feel better, yet I don't even know if it's true, as I'm feeling like I'm just starting out myself to see if it works, if it does have any positive effect. Like everything within me, it's all round the wrong way. I felt so committed to it being true, so sure in my naive arrogance when I first started living with Marion and she saying this is what can help me, blasted into it, wrote all my books and yet twenty two years on or however long it's been, time is wearing me down, and sure I feel a million times better than I ever have and I know a shit-load of truth about myself, however I still feel shit and so bound up in my yuk.

yuk

I wasn't wanting to talk with you about this, I just need to rant and vent for the record, as I hardly write about my Healing or how I'm feeling anymore, and yet every day Marion and I still go through about a thousand things about it all, it is non-stop one feeling and then truth or thought, after each other, yet too much and too intricate and detailed to write about. Perhaps others as they do their Healing will be able to chronicle it better than I can, and the fact that so much is always happening is the only thing that really keeps showing me something within me must be happening and changing.

And what I did want to discuss was, once again, the Pole Shift, having finished reading David Montaigne's latest book: *Pole Shift – Evidence Will Not Be Silenced*. From the book I feel sure of the evidence he and others present, that it is a regular cyclic event around every 12,960 years and that we're about due for the next one, and they are devastating, and that the date David is focused on is reasonably the time or at least a sign that it's getting near to the time for the main event, that being December 21-28, 2019. And with my latest thoughts about it, I'd like to ask you what you reckon, for is that what you Celestials, and all the hidden elite, are working towards?

Nanna Beth – 3rd Celestial Heaven: It is James. You're deductions concerning what you think and feel about what David says are correct. The ancients understood from experience that such cataclysmic events happen repeatedly and the signs in the heavens added up to the time David has identified, and as you feel, that the next Pole Shift is sometime around this time, although not necessarily on that specific date.

We can't tell you more than this, we are not allowed to tell you exactly when, or even when in relation to your thoughts and feelings, as it's all part of the denial that you have to personally work through as part of your Healing. We have helped lead you to the work of David and other people so you are able to take it on and then add it to everything else that you have worked out and yet can't verify, like what you

were saying about whether or not your Healing is actually a real and true thing with an end point, all because you are to go through your experience and without such direct interference in it from us. So I am sorry, however I can't say anymore than go along with what you are thinking and feeling. We are able to work laterally bringing to light more understanding about the truth and your Healing as you progress in it, however concerning the Pole Shift and you being the Avonal or not, and whether or not John will get his money and use that to help you, we can't say much more about it. We've done about all we can, which is why you've not been speaking that much to us lately, it's now coming to the phase – the end of your Healing – in which you sort it all out once and for all for yourself and all through your own feelings. It's a crucial time, which is also why you are still having these moments of throwing it all up in the air, reassessing, going over it all and analysing your latest feelings about it. All of which helps you to see how much you have and are changing, and now on a more obvious daily basis you are aware, and we will continue to always be here in the background supporting you all.

And having said that, still you are most welcome to ask me about any specific parts and any of your thoughts and feelings and I will do what I am allowed to do with you.

James: Yeah all right, I understand; and yes, it's what you've always said, however I understand it even more so now, it's what I know you'd say and really it can't be any other way. I – we – all do have to find it out for ourselves, and even if you or God told me, I still have to find it out for myself through my own experiences. But having been formed on being told all the time, it's hard to let that go no longer expecting it to keep happening.

Nanna Beth: And as you understand, you have to keep saying how much you expect and want and even demand it to keep happening, needing to be told everything and how it's going to be for you, because that's what you expect; and then how angry or upset, miserable, let down you feel when it doesn't happen, that too happening when you were young. So like it all, as it's all still your early childhood, to keep expressing all the bad and even the good feelings whilst longing for the truth of them.

James: In regards to the Pole Shift, I had thought that possibly it doesn't happen for another thousand years giving humanity time to at least have a go at the Healing, but David's evidence is very convincing that it's to happen sometime around the beginning of this 21 century.

Nanna Beth: And as I said, I can't say one way or the other, you'll have to live up to and then through the date – should you survive the shift if it happens when David says – and see how you feel about it every day or every time it comes about making your feel or think anything about it.

James: I can't really see the point of it wiping us all off the face of the Earth in little over a year and a half because Marion and I might not have even finished our Healing by then. And I think that possibly that will be the time when we do finish our Healing, and then we'll reveal the truths through to the end of our lives, with the shift happening then to end our lives or sometime after that. David says other dates point to possibly ten years further on from his time, and even other further dates, yet none of these match so heavily the signs left by the ancients in stone. However if you were going to leave a warning time, by marking the obvious set up in the heaven of the stars that is sometime round when the next shift would be, yet not necessarily on that exact date, then you'd be aiming for what David has deduced. Perhaps the ancients couldn't say exactly when it will happen and perhaps it's not an exact timing of the cycle, and that within say a 100 or 200 or 500 year window when speaking about 13,000 years is near enough.

Yeah okay, so I feel you not wanting to talk more about it, which is fair enough.

Nanna Beth: As I said, I can't, we're not allowed to, the Melchizedeks forbid us to. It's such an important thing, as you're coming to understand, the fact that the whole of humanity is all but destroyed is something none of us had any idea about. And only now through this small number of people are some people like yourself able to have such information at hand, yet having to deal with it, knowing that it's imminent and how are you to deal with it, is, as you have been feeling, too much. You would have to need time to prepare, advanced warning, living with the knowledge of it and having the resources to take the necessary steps to survive it, which as you've said, how can you even do that when you don't know how severe it will be or what parts of the Earth will be affected?

James: The governments seem to be boring away into their underground mountain bases –

Nanna Beth: Yes, they believe they have secret information passed down through the ages through the initiated, and so are working toward their various timetables to prepare for the real End Time and then the After Times when they want to come out of their holes and secure bunkers making the New world the paradise they would like it to be.

James: So is there going to be something of a final land-grab before it happens?

Nanna Beth: Yes, that which is of a sorts currently happening. They all raced to Antarctica recently as you read and as David mentions because of new evidence they found there which helped them think they could work out when the date of the shift happens, however it's still speculation because no one knows, it's not common knowledge and not even sacred hidden knowledge for the elite priests of ancient or current times, as it's all part of living in denial on your world; so at best, you, and the governments and anyone else, can only speculate, even including the prophets like Nostradamus. So the arrival date of the galactic wave is unknown, it's going to take everyone by surprise, with some warning signs increasing foretelling its impending arrival, most of which the public is not going to be told about anyway.

So they are all madly digging vast underground networks, there are even 'wars' going on underground, for who is to say that the borders of a country are the same a mile underground as they are on the surface; and then there is something of a pact that the hidden elite are all working together on it in secret, yet still the surface rivalry, racism, snobbery persists. Do the American elite want the Russian elite to run the New world, or the Chinese, and so on, so they might all think it sounds like a nice idea all being one, one New World Order for the New World, however it's not like that in secret reality. They are all still plotting and scheming behind each other's backs whilst putting on a united front. The same old thing, for how could it be any other way.

James: So you're saying that what we see in the news concerning the surface of the world is nothing compared to the secret underground dealings going on?

Nanna Beth: Yes. The underground negotiation goes in fits and starts, the hidden controllers and secret societies all trying to work out what the other thinks, they have not come clean and openly declared all to each other, although they are pretending that they do.

James: Is the Australian government involved?

Nanna Beth: Yes, although as usual, a minor player. Each of the main countries involved have drawn up lists of the people they want to survive and Australia has submitted its list. The tunnels they've dug go all over the world, so one comes to Australia. Not all the countries are included, only the first world elite ones; and some of the other excluded ones know about it, know they are being left out; and some

don't care, and are happy to take their chances, others want to be included. Turkey is one such country that is not included, knows about it, their elite want to be included, so they oscillate between the Americans, Russians, Europeans and Chinese hoping someone will let them in.

They all understand it's to be a Grand Purging of the world, so they don't want to include the riffraff for their After Times. They need enough military resources to keep the enslaved survivors doing their surface work for them, and that's about it.

James: And what about their religious beliefs – are they looking to keep the religions going?

Nanna Beth: No. They don't care about them, they are just something that serves to keep the masses in line. So there'll be one global religion as there will be English as the global language and really they'll divide up equally the new land masses after the damage from the shift has been done, sorting out their New Way and carrying on advancing their wrongness and unloving state into the next age until the next Pole Shift.

James: Alright; and so where does the truth about the Healing fit in and all Marion and I might do if we are the Avonals?

Nanna Beth: You are to make an appeal to the people, telling them of the New Way – how they can live looking to their own feelings for the truth of themselves, and thereby freeing themselves of all inner control. And by including the Divine Love, will offer the truth way to Salvation. And then it will be up to each individual, including the hidden elite and tunnel-diggers to decide if they want to take you up on your offer. Some will and most won't, some will see that it's a personal thing, and just survival of a Pole Shift is really neither here nor there because you're going to die eventually anyway, and still your soul will be in its tortured state. And so with the idea being that enough of your truth will get through The Change, and so humanity will start the next leg of its Big Adventure, by those people wanting to do their Healing. And as you have worked out, the Old and the real New – those people doing their Healing – will exist side by side on the world for quite a time, with ever increasing numbers of people choosing to do their Healing, because the Rebellion and Default are over, and so are no longer the behind the scenes driving force keeping humanity in its truth-denial. And so humanity will progressively heal itself right through to the next Pole Shift in roughly another 13,000 years time. And as you can imagine, if enough people and generations have done their Healing by then, so humanity will be in a very different state than to what it is in now. And those very far off future humans will be very true and so living in complete harmony with us Celestials, their angels and the nature spirits, and so will be well informed as to how to deal with that Pole Shift, just as humanity would have known by now, had we not been so heavily influenced by the Evil Ones.

THE CHANGE

James: So the Evil Ones just worked with the Pole Shifts, they were something they worked around?

Nanna Beth: Yes, turning them to their advantage. It helped having humanity reduced to all but nothing every so often so no one got any of the wrong ideas setting out to confront them, as what would have eventually happened. However the reality of that is, if it wasn't a Pole Shift, it would have been humanity all but blowing itself up and poisoning itself and the world, so a natural Pole Shift is much more... natural.



James: So getting back to the hidden controllers, really it's what's going on under the ground that is more important than what's on top, because they all know most of what's on top will be wiped away.

Nanna Beth: Yes. So they are like squirrels busy squirreling away all they believe they will need to keep them safe and self-sustained for years whilst the world settles back to some sort of normality. They are underground arks.

James: So there are zoos and seed banks and whatever else under there?

Nanna Beth: Yes. Animals that are considered worthy of survival, mostly for food purposes, seeds and everything else. They even have plant nurseries, aquaculture ponds, veggies growing, all that you need to keep things going as they believe they need to be kept going.

James: So virtually whole cities. But won't they be ruined in the Shift?

Nanna Beth: Some will, but if you scatter them and as they reckon they understand how the poles will move and so what to sort of expect of the Earth changes, so they can take precautions in case their plans go astray. And if there is no fate-full day, and the shift never eventuates, then nothing is lost as they will continue to have their secret underground bases to do whatever they want in them.

James: And I guess the people working down there are told about the Shift and told they and their families will be part of the underground survivors if they keep their mouths shut, thereby themselves feeling they are part of the chosen ones to survive.

Nanna Beth: Yes. So it's relatively easy to keep it all secret, with of course a little leaking out, but it's then also easy enough to muddle all that with disinformation, like the Hollow Earth, Nibiru, weird underground experiments, aliens, and so on.

James: It's even madder than I thought, and now with you Nanna Beth affirming it all.

Nanna Beth: I know James, you'd be surprised if you knew all that was going on. And so they keep the surface of things going to hide the below ground, which is of course where all the excess money goes. They are building their underground mansions, they know their above ground ones are doomed.

James: So what about where I read China is buying up most of the world, and half of America's farm land is owned by them to feed their huge population.

Nanna Beth: It's all part of the elite and real hidden controllers allowing the 'lesser elite' to believe they are special and getting somewhere, when of course they are really just providing more money and wealth for those who are the real elite and future survivors. So most of what's happening on the surface you can dismiss James as being irrelevant because it's not going to be around for much longer anyway.

James: All right, so what about Pascas, assuming it gets going, where does it fit in?

Nanna Beth: It's merely a vehicle for truth-distribution. You will need a certain amount of surface infrastructure, if I can put it like that, to 'get the job done', and then it will have served its purpose on that level because that level – the surface of the world – is to be wiped clean.

James: Shit Nanna Beth, you are not holding back, you are really going with me – aren't you?

Nanna Beth: Yes, as I said I would.

James: So what if the Pole Shift is fantasy?

Nanna Beth: Then you've got nothing to worry about.

James: I try to push it aside, however it's hard to do that with the bloody pyramids always there saying that something bad happened in the past to annihilate whomever built them, and so why can't something like that happen again, even if it's not a Pole Shift as such. But then anything can happen, a meteor could come in and end most of it at any time, so it's just the perils of living on the world. But what about say John's children and grandchildren, all the people in Pascas who might read this, and even myself, are we all to live holding onto our breath that at any moment WHAM and it's all over?

Nanna Beth: There's nothing you or they or anyone else can do about it, other than dig holes and hope for the best. However, as you've said, what sort of life will it be for the survivors, if so much of the world is destroyed, it will be very hard times for quite a while.

James: Unless they happen to live near the entrance of an underground bunker system and are happy to be taken in by any survivors from within that secret system, taken in or used as slaves. It's all too horrible one way or the other. My Sage novels are nice little fantasies about it, what with the surviving Sanctuaries, however that all seems too fantastical.

So it's just another huge problem that really is unsolvable and around I go in my mind coming back to the same end – wait and see. One feeling at a time. However I don't like the idea of saying, oh by the way, here's the truth of your Healing, you can start it now, and if you're lucky and the Pole Shift doesn't carry you off to spirit, you might complete it... But people have to complete it on Earth, for if they don't, then how will the Rebellion and Default ever be bred out of humanity... So either people do survive with the truth of it, or it doesn't happen, or at least not for quite a time, and enough time to get it established on Earth.

I don't know what to think Nanna Beth, shit it's too much. Like I said to John, unless something else happens that makes me have to deal with it more, I'll put it on the back shelf, it's too hard to deal with.

Then I just thought, what if Pascas is asked to join those people underground – should it accept?

Nanna Beth: You know the answer to that James, each person would decide for themselves should that eventuate. And as far as you and Marion accepting or not, I think you know the answer to that?

James: Yes, I'm looking forward to catching that huge mega-wave; however you never can tell, as Marion keeps telling me, how I am now is not how I'm going to be in the next feeling-moment, so I might be very different in my feelings should it come about. And I might not have time to do anything about it. It might suddenly come upon the world.

Nanna Beth: You'll know the end is nigh James, should it go that way, that you are taken out through the Shift, because you'll be feeling when it's your time to go, one way or another.

James: I've almost been feeling like that every day lately.

Nanna Beth: That's all just working you through the last of it, you can feel yourself coming up out of it, and that will continue. Your sore nose and everything else is just more of what you need to keep

bringing up those repressed feelings, all so you can keep seeing the truth of how you are, how you've always been. You've always been the pain and fear and anger of your sore nose, your nose only helping you now in this way to focus more on it, as it's now time to work on those aspects of that pain so they will help you uncover yet more truth of yourself and your relationship with your parents.

James: If everyone gets wiped out on Earth, you Celestials won't have much to do with the remaining humanity.

Nanna Beth: It's true, our work load concerning humanity on Earth would be greatly reduced, however we'd have our hands well and truly full with all the billions of sudden arrivals in the mind Mansion Worlds and many others who would move into the lower Divine Love Mansion Worlds. It will be standing room only, and we've never been through such a thing before, not where all the New Arrivals have to be settled in immediately. With prior Pole Shifts, everyone died and was put in a sort of suspended sleep state until the next planetary spiritual age when the sleeping survivors were awoken to start living in the mind Mansion Worlds. And back then there wasn't so many people to deal with all at once and things were different, people were different, more easily able to fit in, however the displacement is going to be massive this time round, with so many lost souls filling up the lower Mansion Worlds and Earth planes.

James: I still can't get used to you saying it's inevitable, even though that's what I must conclude reading David's book. Too many scientists and respectable people have revealed too much evidence showing such cataclysms have occurred in the past, and so possibly will again, but to think it's just around the corner – as if I need anymore pressure in my mind having to deal with it!

Nanna Beth: You'll cope, and I'm glad to be able to apply my little bit. Yes, it will happen. Just when I can't tell you. Keep digging if that's what you want to do, if you value your physical existence above everything else. And if not, so then you die, we all die, and some sooner than later, that's the one sure fact, you're all coming our way at some point, and whether a Pole Shift or anything else hurries you along, well you can know that was when you were meant to die anyway, as none of us dies when we're not supposed to. And it's all perfect, as we all come to see, as we uncover the truth of ourselves. And whether we are meant to grow up in spirit with no physical life, or have a short physical life, or a medium or long one, it's all EXACTLY as our Mother and Father have intended it, which you will understand by the time you attain Celestial status.

So that's enough for one evening James. Please don't hesitate to talk more about any of it should you wish – I'll be here. Love Nanna Beth.

James: Before you go: what about the nuclear weapons and power plants, how will they be dealt with?

Nanna Beth: Some will be neutralised by the Earth changes, others will be neutralised by the angels, and others will be allowed to spread their radioactivity in keeping with the requirements of the New World. Some of it will be used to increase the genetic mutations so as to bring about new species of life, some to cause additional problems for the survivors – legacy of the past that will have to be dealt with. But as you can see, none of the world's leaders are in any rush to deal responsibly with their nuclear waste or any foreseeable future problems, leaving it in the 'hands of the gods', just like they will everything else because they are too far gone in their wrongness to do anything else. They even hope the Shift happens so as to take the burden of responsibility out of their hands, because if it doesn't, they have to do some serious re-thinking as to how to deal with such horror material.

James: Thanks Nanna Beth. Too much doom and gloom. Sam is suffering and in a bad way, is there anything you can say that I can pass onto her?

Nanna Beth: To keep paying attention to her feelings as she has been doing. She will move deeper and through her blocks. To keep her prayers going for the Divine Love and Truth even if she feels they are of no value or benefit. To pray when she feels like it, otherwise not, the same with expressing her feelings. I won't say anything else at this time James, it's all very important for her to work this out within herself.

The next day Tuesday, 22 May 2018

James: Sam said she was able to go into it, being forced into it, cried and saw more truth and then felt really good, having moved through yet another deep block in herself. It was another huge experience for her.

Nanna Beth: Yes James, it's what she needs to do, she'll be okay, she understands, and as hard as it is, it will soon break, the clouds will start to part and she will start to see light on the horizon.

James: I hope so, I even hope she finishes her Healing before I do. I hope anyone does, and I no longer care about how long mine will take, as I understand there is just too much going on with it for us all, way too much for us to understand, so we can only do what we can do, it's not as if we do have any real say in it, just going with our feelings and most importantly, longing for the truth. It's the longing part that is even more important for me now, because you go with your feelings the best you can as you feel them – you can't really do anything else. But we can long for the truth and really want to see it, that much we're able to do using our mind and with our feelings.

Nanna Beth: That's right because it's the truth you are all to see, the truth about yourselves. So if you don't want to see it, and I mean, really see it, so be prepared to feel all you must feel to see it, then nothing healing-wise will happen.

James: But as I've said to you before, other people have really wanted to see it, and yet they've not done their Healing.

Nanna Beth: And as I've told you before, it's because they've not had the Avonal 'Healing' Spirit of Truth available to them. You still fail to understand its significance, for without it, no Truth-Healing can happen. People need to lock into it, embrace it, have it working within them so they can set about evolving and growing their soul in truth to Paradise. So first the Avonals' Spirits of Truth, then to connect up with Mary M and Jesus and that will see you right through Nebadon, and then you're fine and can 'zero' in on Paradise yourself.

So once you and Marion started doing your Healing, technically your Spirits of Truth were made available to the degree you did your Healing. With Samantha being the first person to fully embrace it all of her own doing. So she is using it, as you progress in your Healing, to move ahead in hers. And others too can embrace it should they want. And if people on Earth want to truly progress in truth, they will HAVE to embrace it, so accept you and Marion as you are – the wellspring of such Truth. And if they don't, then they will have to wait until they come into spirit and can embrace Mary's and Jesus', however once you and Marion fully come of age – finish your Healing – then for them to do their Healing in the Divine Love Mansion Worlds they will also have to embrace you and Marion along with Mary and Jesus.

James: So it's lucky for everyone else before us who wanted to grow in truth and do their Healing that they didn't know about us or how much they needed the Avonal Spirits of Truth, not being able to grow in truth until they moved into spirit.

Nanna Beth: Yes, which was one of the blessings of the Rebellion and the denial of truth, that people haven't understood they were being denied it; and now that they can, so they also have access to your Spirits of Truth. And for those of us in the past, well that was just what we had to experience, it being a unique phase of the Rebellion and Default, that phase which is now changing into another unique phase because of what you and Marion are doing through your Healing.

James: Okay, so really when you say to long for the Truth, you are meaning to long for our Spirits of Truth.

Nanna Beth: Yes, however it's better to just say the Truth, because then you are keeping yourselves out of the picture allowing people to stay focused on the Truth; so the Truth from God, the Truth their Mother and Father will show them. Which does come through your Spirits of Truth from the Eternal Son and in league with the Infinite Daughter and the Divine Minister, however that starts to complicate things too much. It's best to keep it simple.

James: And if we didn't have the Urantia Book telling us about Avonals and Spirits of Truth –

Nanna Beth: Then you'd have to just put the truth in your own words, and it would still all amount to the same thing. The Urantia Book was provided on the mind level to help you James establish a readily acceptable terminology in which to express a lot of your understanding, something that will help people more readily align themselves with things of a higher spiritual nature through you. And although it's highly mind-weighted, that's okay, because you've balanced it out by adding the feminine and pointing out its problems. You had to be given something to do!

James: Yeah, thanks, can you thank everyone up there for me... however, you're right, I have needed all these things to work out because what else would I have done? Oh it's such an exciting life. It's so great being on a spiritual mission and not being able to enjoy it because all I felt is bad – oh so much fun, remind me not to sign up for it next time round.

Nanna Beth: It's all moving along nicely James, you and everyone else, including John and all he is having to work through so as to prepare him and 'his team' for the forthcoming events.

James: I like how you give us just a little carrot –

Nanna Beth: It's my pleasure James, I can't tell you one way or the other, only help you along in the direction you're already going.

James: Okay, I'll speak to you soon.

Nanna Beth: Until next time...

POLE SHIFTS and EARTH CHANGES

Note from Graeme:

Well, well, well...three holes in the ground! I really loved reading these "musings from you James and particularly how Nanna Beth's answers to your "leading" questions seemed to have a profound effect on you because I detected that by the end of the musings you were feeling quite different to the way you were at the beginning of the conversation. For example in this section there is not only ongoing encouragement to keep feeling-healing going but a "lightness" in your reply:

Wednesday early, 23 May 2018



“Nanna Beth: That’s all just working you through the last of it, you can feel yourself coming up out of it, and that will continue. Your sore nose and everything else is just more of what you need to keep bringing up those repressed feelings, all so you can keep seeing the truth of how you are, how you’ve always been. You’ve always been the pain and fear and anger of your sore nose, your nose only helping you now in this way to focus more on it, as it’s now time to work on those aspects of that pain so they will help you uncover yet more truth of yourself and your relationship with your parents.

James: If everyone gets wiped out on Earth, you Celestials won’t have much to do with the remaining humanity.”

As for sleeping well John, look at the time and I'm all revved up editing and typing and going over in my mind all that Nanna Beth has said.

James, I was going to write an email to you yesterday about this Pole Shift book that you've just read and I'm glad I waited until tonight having read your latest musings.

A couple of things I was going to say were:

1. If any of us were told (say by Nanna Beth) that the Pole Shift was going to happen at 11 minutes past 11 on the 11th November this year how would we live our lives differently. Same as saying if you knew you were going to die next week would you still prioritise re-arranging your sock draw on Saturday night?

2. I've also been a long term investigator of past Earth cataclysmic events and Pole Shifts. My current understanding from reading "Worlds in Collision" by Immanuel Velikovsky and further research by Professor James McCanney from Cornell University is that the last "pole shift" was caused by a huge comet entering our solar system not once but twice in a decreasing elliptical orbit that came so close to Mars that it removed the oceans and the atmosphere from what was then a "blue water" planet then under the gravitational influence of Jupiter and Saturn settled into a near circular orbit around the Sun and that "comet" became the planet that we call Venus. This was "witnessed" by the ancients and described in the writings quite vividly and current scientific measurements confirm that the surface temperature and atmosphere composition is consistent with a relatively young planet and not as bogus science keeps preaching that our solar system was formed some four and half billion years ago and nothing much has changed. That's bullshit!

3. So when this event occurred (relatively recently) McCanney coins the phrase "Action at a Distance" so unlike an asteroid crashing into Earth causing devastation that a huge comet would cause a pole shift and huge gravitational waves that would cause mass destruction. So the Laurentide Ice Sheet that were

located near the border of USA and Canada was the old North Pole until the Earth's axis shifted...the ice sheet melted and the Great Lakes (fresh water) formed from the melt water.

4. Now if this is true then the timing and paths of comets are notoriously unpredictable – which the ancients also knew – in fact they referred to them as the "rogue monsters" as their trajectories were influenced by their increasing mass as they accumulated debris on their travels and also as they came close to other large objects the gravitational influence would alter their course. The "unpredictable ones"!

5. So it is quite feasible, even possible, another large comet is on its way into our solar system and that's why we see huge telescopes being built in South America, Antarctica by...yes... the Vatican and those nasty men in Black Frocks! They are looking for "Wormwood", "Nibiru" or Planet X (Roman for Ten!) These comets come from "way, way out there" and no one knows for sure when they'll enter let alone calculate their trajectories.

6. So I remember reading when AJ Miller was "preaching" about the coming Earth changes all the DLP (Divine Love Path) followers went out and bought containers and stuffed them full of toilet paper and rice...and a few Mars Bars for Work Rest and Play. AJ had everyone in a spin constantly asking him where was a safe place to live and he even produced maps showing which coastlines would be inundated and which countries would sink under the tidal waves. Later he said he didn't really know when it would occur and that it would be best if we all followed our soul's desires and passions and not be so "physical-body-centric".

7. Guess what I'm saying is through you James we've been given bucket loads of truth. We should just get on with improving our soul condition through your and Marion's examples – concentrate on disseminating these truths and knowing that if we do this we'll end up in a better place in the Spirit world where we'll continue living our lives without the physical body (which in most of our cases is pretty crap).

8. McCanney says that most of the underground tunnels and cities that he's aware of (including the one her majesty / blue royal blood Queen Elizabeth II visited recently in a little publicised side trip she made when last in the USA – guess she was checking that the toilet seat was lined with mink....I'm about to puke) will turn out to be very expensive GRAVES. The last place I'd want to spend on Earth is UNDER IT...no sunshine and all those horrible evil controllers as my dinner guests. NO THANKS. I'll take my chances riding that big wave....WHOOOAH!

9. That feels a whole lot better now that's off my chest. As John suggests, "sleep well" and see you guys soon.

Graeme...a tired typist / editor

Earth is located in one of the **spiral** arms of the **Milky Way** (called the Orion Arm) which lies about two-thirds of the way out from the centre of the Galaxy. Here we are part of the Solar System – a group of eight planets, as well as numerous comets and asteroids and dwarf planets which orbit the Sun.



At the ends of this bar, there are two spiral arms which twist out forming the structure of **the Milky Way**. The Earth is located in the Solar System, and the Solar System is located about 25,000 light-years away from the core of the galaxy.

For many years scientists have studied our own solar system. But until the last few years, we knew of no other solar systems. This may seem surprising, as the Sun is one of about **200 billion** stars (or perhaps more) just in the Milky Way galaxy alone.

TIME LINE

Wednesday, 23 May 2018

Note from Graeme Bates:

James, the expression that just popped into my head was, "**In order to know what the future holds you need to understand the past**". I can't remember who first said this but it seems quite germane to our recent flurry of messages concerning pole shifts. And miraculously an obvious source sprang to mind – Verna. Your full-of-wonder Nature Spirit has been present on Earth since it was a chaotic, spewing mass of molten rocks, so she has witnessed all the major events from Day 1 to the present.

I would love to ask her if she would draw the definitive TIME LINE for us.

By "definitive" I'm suggesting the timing of all the major cataclysmic events (whether they be pole shifts, asteroid encounters or "action at a distance" with large comets).

Overlaid on this time line I'd like to see key events such as: when the first microbes appeared; when more complex organisms appeared; algae; plants; flowering plants; fish; vertebrates; animals; first upright walking human-like species; first humans with souls, et cetera.

Now I'm imagining that with each major cataclysmic event most living things get wiped out so by definition it must be an incredibly busy time for the millions of pairs of Nature Spirits....to start again regenerating (with Angels' guidance) the various species, mutations and diversity that these events herald.

I would particularly like to know the timing for what I refer to as the Noah Event (the great flood) and the "Venus" Event – the most recent pole shift.

And just the other night there was a documentary on SBS about the discovery in 2010 of a unknown human species called the Denisovans whose DNA has turned up in the people who live in the highest regions of Tibet. They have a particular gene inherited from the DNA found in a sliver of bone from the Denisovans that allows them to adapt to low oxygen-high altitude regions.

So how many, yet undiscovered, human sub-species have there been and when did they become extinct?

I'm feeling awkward that my mind is in overdrive wanting to know way too much....

Anyway, if there is indeed a cyclic 12,960 year pattern then Verna's timeline would show this. But given the age of the Earth is reportedly in the billions of years....when you divide this by a measly 13,000 years, that's a hellava lot of cataclysmic events. Perhaps there's a more understandable explanation....

So that's where I'm at...understand the past and we'll shed light on the future...perhaps. Graeme

DIVINE LOVE TRANSFORMING THE SOUL

Wednesday, 23 May 2018

James: It's interesting what you say Graeme because some part of my mind wants to dismiss the Pole Shift idea, it's easier to think it might be a comet one day, but who can time that? If you are still interested in the Pole Shift, I would strongly recommend David's book because he puts a lot of what you say into context through his investigations. He debunks Nibiru and Planet X and so on, does mention evidence of a meteor that hit off the coast of Madagascar and created 'Noah's flood' up the Euphrates 3,600 years ago, but it was an odd event, not cyclic like he is saying concerning these galactic waves that come out from the centre of the universe as cyclic measurable energy pulses.

And like you, well so what, I'd rather take my chances, however it's incredible how I've been pointed to the things I am to read in a very determined sequence and David has slotted in after the PM (Padgett Messages) and TUB (The Urantia Book). I've of course read other things, like Barbara Ann Brennan's stuff, but that's to help me understand the mind side of things more, whereas these other sources all have the ring of truth for me, yet not all, as I've had to put into a context that I'm happy with. But that's not to say that I am right, it's a lot to say this is how it is and to then stick by it, however the further I go the more I feel glued to it, with very little altering it now. Perhaps I'm just getting older and can't be stuffed adding and subtracting, but for me in particular with this latest book of David's, I have the feeling: you need to consider this, here it all is, sit back and take it all in. I don't know if all David Montaigne says is correct, however it's there to be considered. And I'm waiting to see how it pans out and fits in with everything, just like finishing my Healing, and John and so on.

And the thing I really like about David is he is the first to say if he's wrong should other information come to light. I think he is brilliant, has possibly one of the most underestimated yet amazing minds, to assimilate so much information, to look at so many different areas of study, to be able to draw from different people, keeping an open and objective mind, then using his own rational approach to discern it all. I am so looking forward to his week in a year and half's time just to see if anything does happen. And if it doesn't, to then see what he says and if he starts to look further out for new evidence.

And it's all just as mad as the Avonal thing, and me being it, as it is with John and his money coming through, as with my finishing my Healing, as with you guys thinking anything of what I've written has any merit to it, as any of it – so why not just add in an extreme pole shift just to stir the pot a bit more? And surely for me one day it has to all give, something has to break so I can see if it is all going to come together as being part of it, or I dump it all. Today I feel like I'm about to die soon, so it doesn't matter anyway, that my nose will eat me away and I'll be some gross specimen and all my fears and the most scary things will happen to me.

And you're right about my writing with Nanna Beth, it's good to go for all the most negative I feel at the time, get that out a bit, which is often a summary of the day's bad feelings, then feeling lighter and with her coming in with new or more expansive understanding. It's clear more to me now, I have to feel bad to uncover the truth, not just about myself, but about it all. The Truth is coming literally out of my rebellion, the more I understand it and express it personally, the more it comes for the bigger picture. And that has happened all the way along, only now I'm able to see it and feel it happening more.

Marion feels this growing love in her for and from the Father, every morning it's stronger. And then it knocks on into love for everything else and especially herself. Her bad feelings do come in over the top of it a little some days, but then they quickly clear and she's back to feeling really good about herself. And to watch and listen to her, I can't believe it. I keep expecting her to fall in a heap and it all

to be ruined. Surely she will get sick or even die and that will be that, everything will fuck up and it's all over. But no, she keeps going, up and down but climbing up the hill now instead of being down in her yuk that she's always been in.

yuk

So I am, so I understand, literally watching in her what Jesus said in the PM (Padgett Messages), her soul now transforming her with the Divine Love. She even says she feels she is becoming divine. And whilst that happens, little left over stuff so it seems is coming up and being flushed out which is serving to remind her just how bad she did feel and to help her feel how she no longer feels that way.

And knowing her, it is real, she's not making it up, not deluding herself, she's always just been her feelings, and mostly her very bad ones since I've known her; and now she's good feelings. And at times she even says she feels like she's finished her Healing in some way, not in her body and with some bad feelings still remaining, but in her soul, feeling she is no longer with her parents and suffering under their harsh control.

And all the time she is seeing how it was for her more completely, daily more insight comes, just naturally, she's always longing for the truth and expressing every feeling and thought she feels, she can't not do that, it's how she is, now feeling better and better each day about how she is, accepting all her bad stuff, even feeling really good about it. She's not fighting herself, loving herself more so in every moment, even though she feels tired and sick with the cold and miserable and scared at times about what happens if her body gets worse. It's amazing watching her express the two extremes at once, the good and the bad, always now moving more toward the good.

And I've wanted to write it out now because I've been meaning to do it for some time but have held back because what if she falls in a heap. And now it doesn't matter if it does, as she says, she'd love to die and move into spirit, no longer feeling scared about that.

And I hope Samantha doesn't mind me writing about her, but this week she's reached what I think with hindsight will mark a very important time for her.

And so from the Healing side of things, it does seem like it's all coming together, all the hard work is beginning to show what it has been for and what it's all about in some ways.

And if I wasn't feeling so miserable myself, I'd be feeling very excited by it, feeling it's getting closer to fruition for me one way or the other. And now with the Pole Shift coming in again just to top it all off, and this time round I don't care.

A couple of years ago when I read David Montaigne's other book in which he specifically talked about his Big Week, on my walks for about a year I couldn't help looking at every wallaby, rabbit, lizard, grasshopper, bug and worm as food, and every edible looking bit of plant, how we can eat the seaweeds, the native bush tucker and so on, with the Cape Barren geese looking like a huge roast goose walking around. I was demented by it, how would I survive, what would I eat, how would we close off the Island and protect it from marauding people from Melbourne if they got this far, also shutting out the foxes and keeping the wild dogs and feral cats under control, assuming somehow the Island didn't get swept away. But now that's all gone as I've continued to let go of my fantasy stuff. Now I don't care, it's just a case of: Bring It On. I'm too tired, sick of it all, it would be a blessing to be swept away with only a year and a half left of feeling so shithouse. I can go into spirit and feel bad over there, but at least it will be a change of scenery.

So I feel that David's year and a half is in some way a marker for myself. Things seem to be heading that way, possibly drawing to a close in one way or another, possible with Marion's healing, perhaps even my own if my nose doesn't do me in which it feels like it will right now. Possibly even Sam finishing hers. Possibly John having his money all set up and ready to go; possible everything coming together so I know categorically what it's all about, what I am to do, what I want to do. So Pole Shift or not, for me that's the next major date on my horizon. And that might be perhaps the main reason why I've been attracted to David's work, it not actually being about the Pole Shift specifically, but the shift that's happening in us all.

And I have spoken about the Pole Shift and even asked Verna for what you are asking, a past and future timeline of sorts, however she's about as reticent as Nanna Beth in giving me that sort of info, even though I don't believe I'd be able to receive it and do it justice. However, I'll ask her again in light of what you've said Graeme tomorrow after the Bush Bank (native plant nursery) if I'm not too stuffed.

MAJOR EARTH EVENTS:

Thursday, 24 May 2018

Note from John: Hi James, Graham and Graeme

I have just figured it out! Eureka. The safest place to live is Antarctica! No matter what form a Pole Shift takes, Antarctic will end up in a warmer climate. If not, we will freeze there for all eternity.

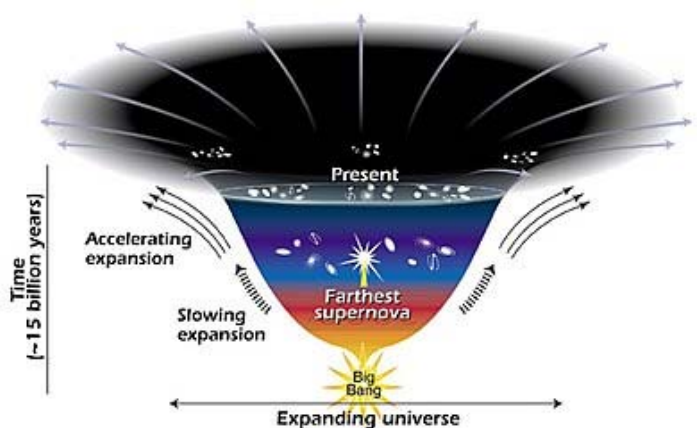
Now, I have been a two minute scientist in communion with Prof Google. The third rock from the Sun is within the Milky Way Galaxy. The Milky Way Galaxy is expanding at a rate greater than the speed of sound (compared to light that is slow). However, we are not in the same location as we were 12,960 years ago, we are further away from the Central Bulge of our Galaxy. So the time for an energy wave to reach us from the Bulge has no determinable, fixable time or date.

Secondly, maybe the energy influx has already arrived! What was recognised as the Harmonic Convergence in 1987 has resulted in the central core of planet Earth to increase its speed of rotation. This is also steadily causing interesting events, such as increased land surface temperature world wide of a little over 1°Celsius. This is bringing about increased ice melts and warmer oceans. The increased rotation in the core is bringing pressure on the surface plates strengthening earthquakes and volcanic activity.

As the core acts like a dynamo, could this be the catalyst to shift the magnetic poles?

Instead of looking to something external to announce itself, like Halloween (All Hallows' Eve), why don't we just accept that the shifts and adjustments are gradual and will increase in intensity over a season – however long that season maybe? That is, consider it as one giant event, however, represented by years of disasters grouped as one event.

We have a job to do – to put that in simplistic terms – and it is going to take a decade, so Mum and Dad please allow us the latitude to get this job done – please, very much, yes pretty please. Apart from that, we want to get the job done in a thorough and comprehensive manner, nothing half baked and compromised. Hell, the typos are a nightmare.



So, let us look at it from a Google point of view:

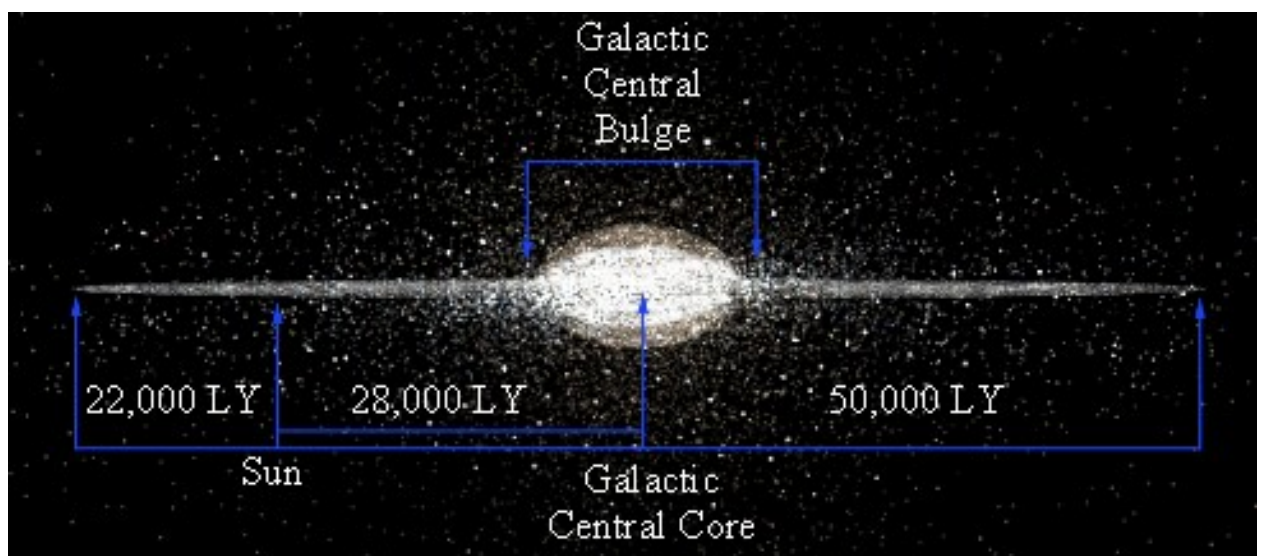
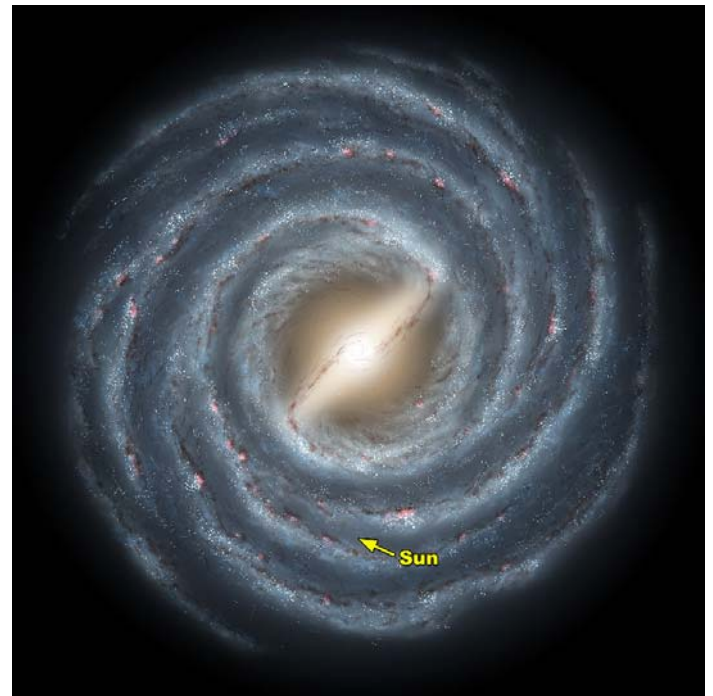
https://www.eurekalert.org/pub_releases/2018-04/ras-itm032918.php

Ms Martínez-Lombilla comments: "The Milky Way galaxy is pretty big already. But our work shows that at least the visible part of it is slowly increasing in size, as stars form on the galactic outskirts. It won't be quick, but if you could travel forward in time and look at the galaxy in 3 billion years' time it would be about 5% bigger than today."

The Earth's Solar System is located in one of the arms in the disc of a barred spiral galaxy we call the Milky Way, with a diameter of about 100,000 light years. Our home galaxy consists of several hundred billion stars, with huge amounts of gas and dust, all intermingled and interacting through the force of gravity.

The nature of this interaction determines the shape of a galaxy, which may be spiral, elliptical or irregular. As a barred spiral, the Milky Way consists of a disc in which stars, dust and gas lie mostly in a flat plane, with arms stretching out from a central bar.

In the disc of the Milky Way there are stars of many different ages. Massive, hot, blue stars are very luminous and have a relatively short lifespan of millions of years, whereas lower mass stars eventually end up redder and much fainter and may live for hundreds of billions of years. The younger short-lived stars are found in the disc of the galaxy, where new stars continue to form, whereas older stars dominate in the bulge around the galactic centre and in the halo that surrounds the disc.

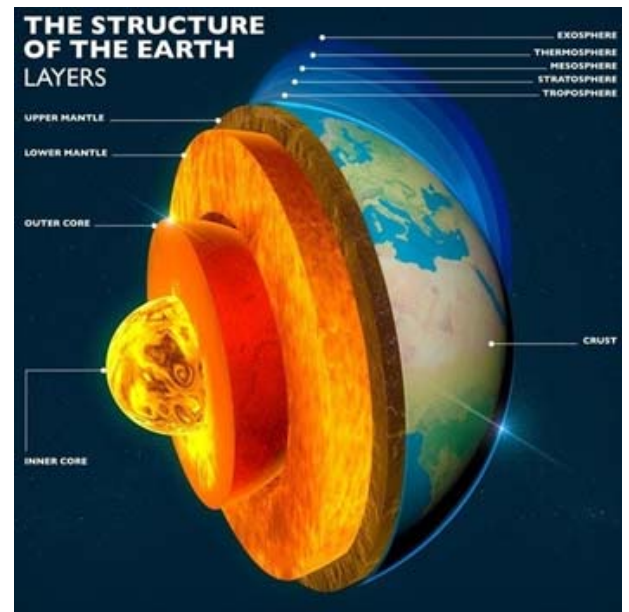


Now we can see it is impossible to even suggest a specific year, let alone a date. And the energy insurgence may have already taken place – Harmonic Convergence of 1987 with some on following inflows. The Harmonic Convergence may have been several related inflows over a few years.

Now, consider the inner core – iron based – is now actively generating more than just friction, maybe that's what will bring about a shift in the poles and not necessarily an instant dramatic event but, OMG, we are on the move!

Pilots around the world will know first up. Their instruments will be taking them to airports that have apparently shifted. Well, that happens even now.

Okay, so a bunch of clever people have been engaged in consulting with their minds. We know that is the biggest disaster of all, but this conversation is driven by our minds presently.



Pole Shift: Evidence Will Not Be Silenced

by David Montaigne MoC 580

King James Bible (from the Greek) 475
Koran 700

You will note that the calibration of David Montaigne's book has good company.

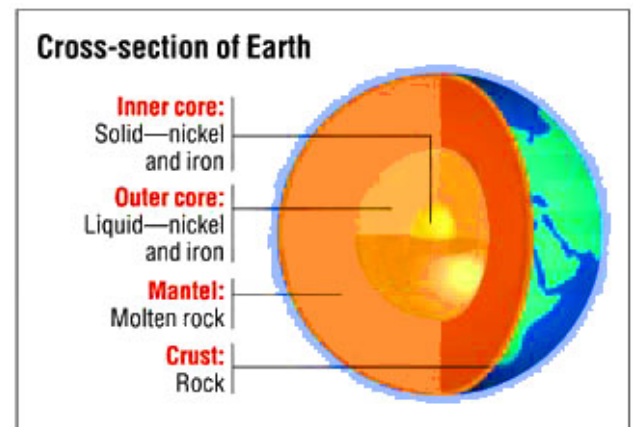
Any book that calibrates under 800 on Dr David Hawkins' Map of Consciousness is problematic. It is mind dominated and chock-a-block full of man's assumptions.

So let's say we go with a set of assumptions:

<http://50kview.blogspot.com.au/2015/05/may-27-2015-earth-after-pole-shift-if.html>
<http://www.zetatalk.com/info/tinfx028.htm>

One assumption is that with the increased intensity and frequency of weather events, one can consider being at least 10 metres higher than the impact of any prior weather event, that is, above prior flood levels and tidal events, is being prudent. That seems simple. To comply with that we have just displaced more than 10% of the world's population! McGranahan et al (2007) used SRTM and GRUMP to estimate that about **10% of the world's population is at 10m or less above mean sea level.**

Australia is one of the most urbanised nations in the world, with an oft-quoted figure of **85%** of the population living within 50km of the coast of our very large continent, with vast empty areas in the middle.

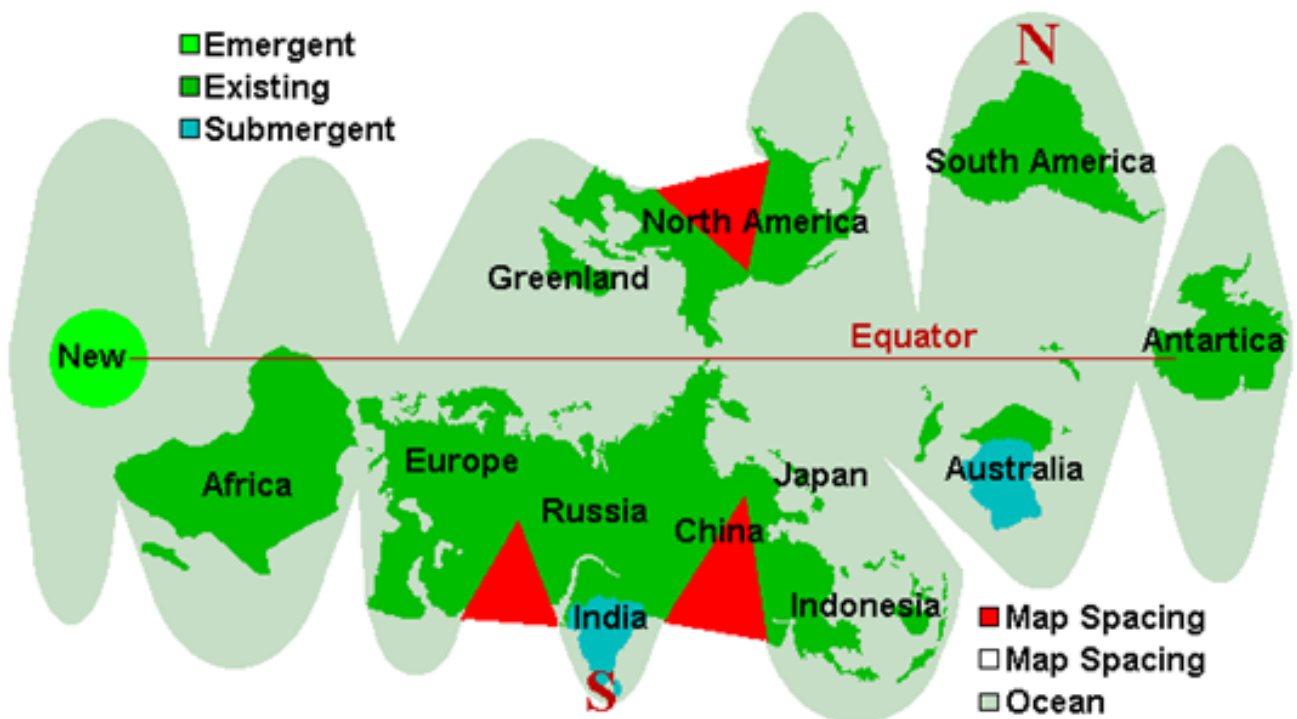
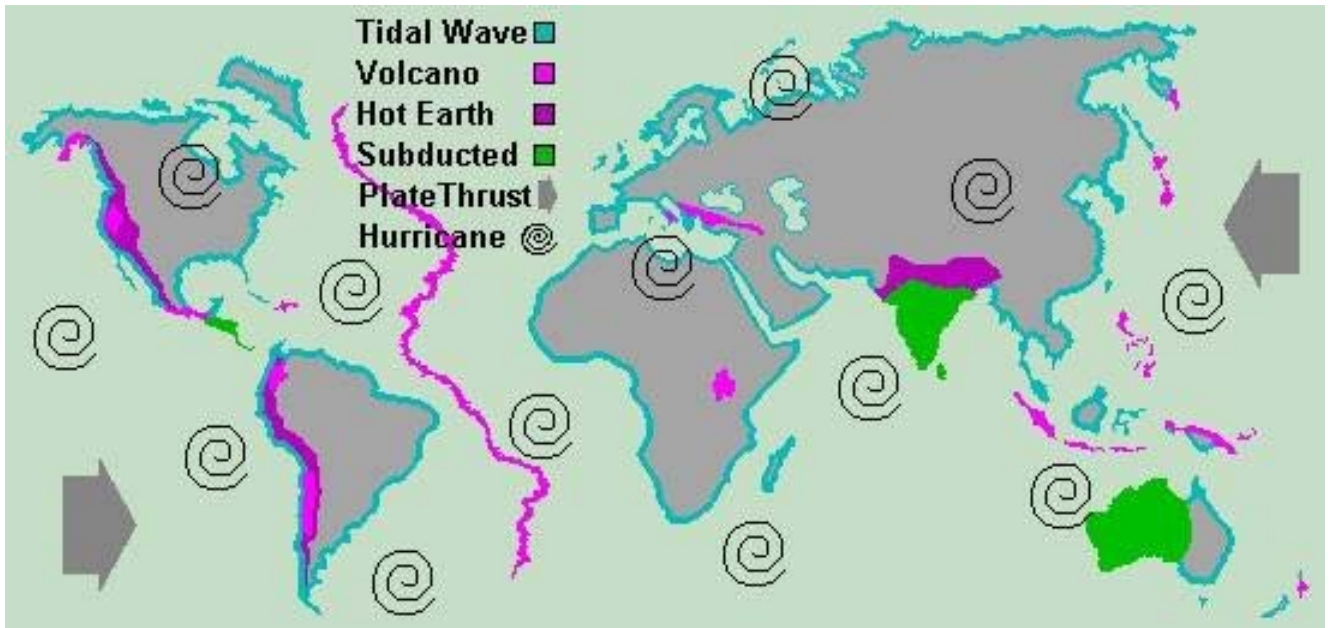


The 10 countries with the most people in the low coastal areas are China, India, Bangladesh, Vietnam, Indonesia, Japan, Egypt, United States, Thailand and the Philippines.

Some 33.5% of the world's population live below 100 metres above sea level.

Short term security projects to be 10 metres above sea level, and long term security projects to be above 100 metres above sea level. People have to have access to what we are to share.

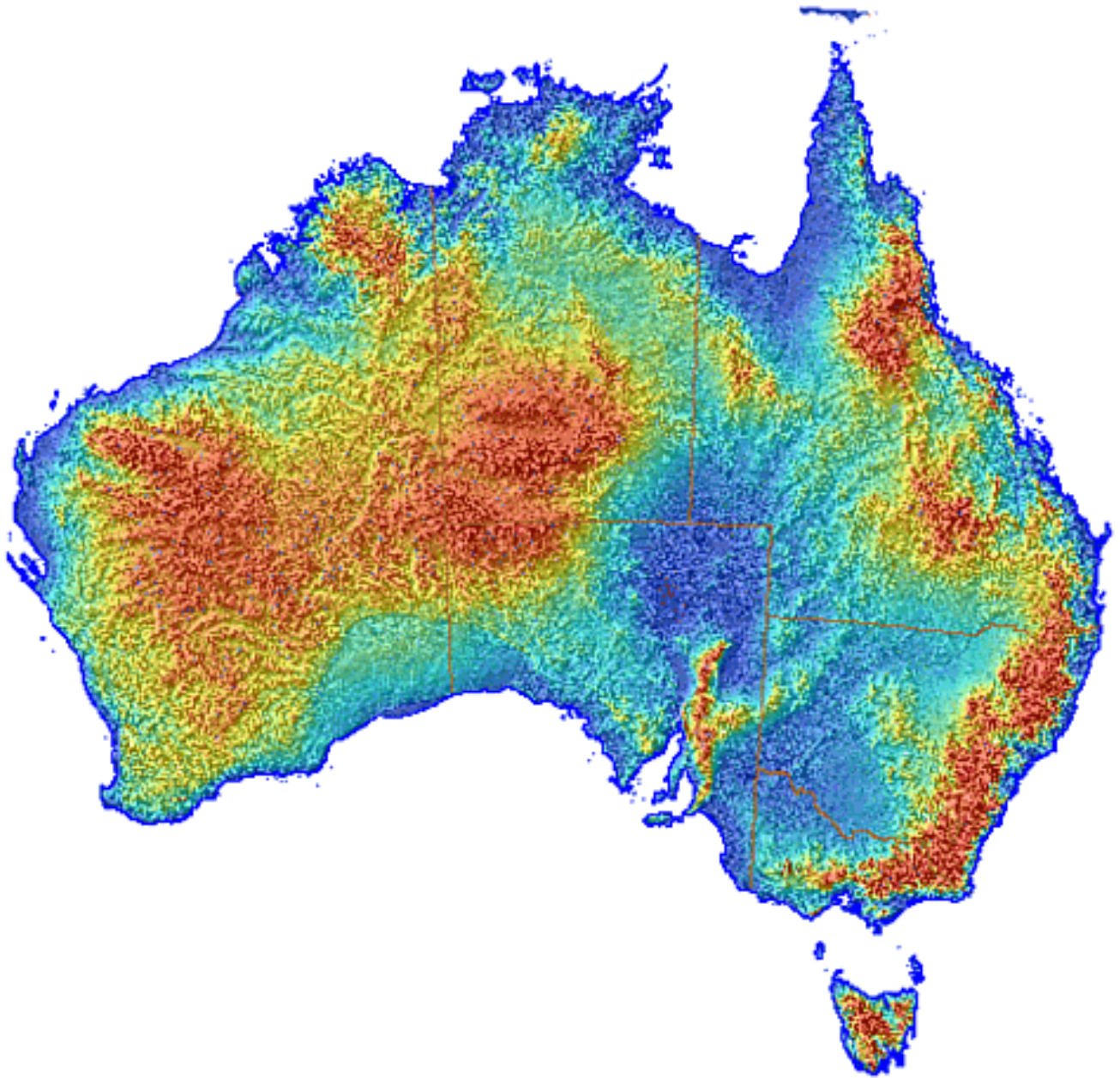
Presently about 40% of the world's population lives within 100 kilometres of the coast. As population density and economic activity in the coastal zone increases, pressures on coastal ecosystems increase.



Note: Map may be printed and taped together to form a new globe.

Should ocean levels rise by 100 metres then the darkest blue shaded areas will flood!

This will be the mother of all roller coaster rides!



The agenda is simple. Carry on with prudence. We are in changing times. No matter which way one looks at the possibilities, 10 metres above sea level is prudent and long term being 100 metres above sea level is a practical long term delivery platform.

We have the unique opportunity to chat with folks who have been through it all before, so let us ask them, particularly now that we have our own options prioritised – actually have had this understanding in place for several years.

We can ask Noah what actually transpired in his historic event. Yes, he is an actual personality.

The Urantia Book (TUB):

(875.2) 78:7.5 But Noah really lived; he was a wine maker of Aram, a river settlement near Erech. He kept a written record of the days of the river's rise from year to year. He brought much ridicule upon himself by going up and down the river valley advocating that all houses be built of wood, boat fashion, and that the family animals be put on board each night as the flood season approached. He would go to the neighbouring river settlements every year and warn them that in so many days the floods would come. Finally a year came in which the annual floods were greatly augmented by unusually heavy rainfall so that the sudden rise of the waters wiped out the entire village; only Noah and his immediate family were saved in their houseboat.

(875.3) 78:7.6 These floods completed the disruption of Andite civilisation. With the ending of this period of deluge, the second garden was no more. Only in the south and among the Sumerians did any trace of the former glory remain.

(875.4) 78:7.7 The remnants of this, one of the oldest civilisations, are to be found in these regions of Mesopotamia and to the northeast and northwest. But still older vestiges of the days of Dalamatia exist under the waters of the Persian Gulf, and the first Eden lies submerged under the eastern end of the Mediterranean Sea.



Noah and the Flood.

<https://new-birth.net/contemporary-messages/messages-sorted-year/messages-2003/noah-and-the-flood-fab-2-feb-2003/>

Received by F.A.B. Santa Cruz, California

2 February 2003

I am here, Noah.

It is I, Noah. I was a real person, and lived, as everyone knows, a very long time ago. In my day, we understood more things than you would realise. It wasn't as primitive as is generally thought.

I know you are wondering about the veracity of the Flood story and the Ark. Well, there is some truth to it, and some things that are not true. Of course, God never had the intention to destroy living things with a flood. How could He purposely destroy His creation after having taken such pains to create it? No, this idea does not conform to any truth that can be recognised.

But I will say that there were severe rainstorms that did threaten our lives. When these rains began, people at that time had the thought that they were being punished, and this became the idea that translated into the Biblical account. As in every age, there were people who had done wrong things, and, as in the case of the story of Moses and Egypt, it was generally felt that God made His presence known through weather conditions.

For we did believe in God, or at least in a Supreme Being who showed His pleasure or displeasure freely. There were many in my time who felt responsible to this God, and many who did not. So that when the rains came and threatened our lives and our livelihood, we trembled at the displeasure we thought we had caused in our Maker.

There was no ark at all. How this came into the picture is hard to say. But you do understand that many Bible accounts were simply folk myths handed down through the generations.

I will say, though, that the rainstorms were so severe that the event was remembered and recorded in many different cultures, hence the accounts of a flood that appear in many different cultural traditions. And the rain did cause flooding and severe dislocations in many parts of the world.

Of course, my culture disappeared from common knowledge, so it would be very hard to reconstruct our beliefs and way of life. You must know that there were many civilisations that flourished and that disappeared from humanity's knowledge. Mine was one of them. Obviously, we knew nothing of Judaism, since the events creating this religious tradition did not occur until a long time after my death. But this I can say, that we understood the importance of our responsibility to our Maker, and that many of us erred, just like people of your time.

I did my best to live a righteous life. But I certainly was not the only survivor of the rains. Though the flooding killed many people and animals, it did not destroy all the Earth except me and my family, as the Bible relates.

But all that is past, and I have found my happiness in a God who has bestowed upon me [the New Birth of the soul](#), with its corresponding happiness.

Sincerely, Noah

The Story of the Flood

<https://new-birth.net/contemporary-messages/messages-sorted-year/messages-2009/the-story-of-the-flood-fab-10-feb-2009/>

Received by FAB Santa Cruz, California

10 February 2009

I am here, Noah.

Yes, in addition to torrential rains, and as a result of them, rivers sometimes swelled their banks and inundated the land. These various natural catastrophes combined to form the Biblical story of the flood.

Major Earth Events

We are prompted to consider that serious adjustments are going to occur within the environment of Earth, and that we can consider many possibilities. Should they be a series of events, then collectively they can be viewed as one dynamic crisis of proportions never imagined possible within the recorded history of man.

With the resources that are to come available, then proceed with prudence and not flamboyance, and we will put in place the long term availability of what has been revealed. The resources are there to be accessed, we have already had confirmation of more than US\$23 billion distributed to others, and what has been revealed is to be shared withal of humanity, we know it is of absolute truth as it has been demonstrated to us that it is so.

Maybe the Great U-Turn is the Pole Shift!

We will complete the tasks given to us all.



TIME LINE questions revisited

Thursday, 24 May 2018, Friday, 25 May 2018 (Graeme's note is repeated as Verna has comments)

Graeme: James, the expression that just popped into my head was, "In order to know what the future holds you need to understand the past". I can't remember who first said this but it seems quite germane to our recent flurry of messages concerning pole shifts. And miraculously an obvious source sprang to mind – Verna. Your full-of-wonder Nature Spirit has been present on Earth since it was a chaotic, spewing mass of molten rocks, so she has witnessed all the major events from Day 1 to the present.

I would love to ask her if she would draw the definitive TIME LINE for us.

By "definitive" I'm suggesting the timing of all the major cataclysmic events (whether they be pole shifts, asteroid encounters or "action at a distance" with large comets).

Overlaid on this time line I'd like to see key events such as: when the first microbes appeared; when more complex organisms appeared; algae; plants; flowering plants; fish; vertebrates; animals; first upright walking human-like species; first humans with souls, et cetera.

Now I'm imagining that with each major cataclysmic event most living things get wiped out so by definition it must be an incredibly busy time for the millions of pairs of Nature Spirits....to start again regenerating (with Angels' guidance) the various species, mutations and diversity that these events herald.

I would particularly like to know the timing for what I refer to as the Noah Event (the great flood) and the "Venus" Event – the most recent pole shift.

And just the other night there was a doco on SBS (Australian TV) about the discovery in 2010 of a unknown human species called the Denisovans whose DNA has turned up in the people who live in the highest regions of Tibet. They have a particular gene inherited from the DNA found in a sliver of bone from the Denisovans that allows them to adapt to low oxygen-high altitude regions.

So how many, yet undiscovered, human sub-species have there been and when did they become extinct? I'm feeling awkward that my mind is in overdrive wanting to know way too much....

Anyway, if there is indeed a cyclic 12,960 year pattern then Verna's timeline would show this. But given the age of the Earth is reportedly in the billions of years....when you divide this by a measly 13,000 years, that's a hellava lot of cataclysmic events. Perhaps there's a more understandable explanation....

So that's where I'm at...understand the past and we'll shed light on the future...perhaps.
Graeme

Verna: Hello my dear Graeme, your mind is in the right place, however I'm sorry that I can't give you what you want. It is not for me to tell you – humanity – about its history. You know, I'm a kinda Current Type of Girl, so I'm 'wired in' to James and the truths he is to reveal, and all that past stuff is for others to tell people about. So with James I have strict guidelines, we all do, and for me to start going on about the past like you are asking would be taking him too far into his mind, that which is not appropriate for him. So I'm afraid you'll have to wait until someone who can talk with us nature spirits and is all concerned about humanity's past, comes along, then they will be able to have access to such information.

You see, your growth of truth through your feelings is all very specific. James, like most people, believed: ah, I can talk with spirits and the nature spirits so I can ask them about anything; and so why not, however it doesn't work like that. You can of course ask us about anything, however we can only relate to you along the lines of the needs of your soul. And so part of James' soul needs at this time do not include my documenting humanity's history. However, having said that, that doesn't mean it's not for you Graeme to ask such questions; you, like everyone, is to ask whatever you feel, and then it's up to James or whomever to see how they want to respond.

And James has wondered about his limitations concerning such information, as at times his mind would like it too, for example, why not have myself tell him all about what is in David Montaigne's book, you know – sort of cut out the middle man type of thing, however that's not how it's to happen. In this case, James, for many reasons, all of which culminate in his reading David's book, needs the experience of reading David's book. So even including from his first thought of seeing it available, wanting to buy it, ordering it, waiting for it to come, getting it, reading it, all of which is part of this with Marion as he talks and shares his bits, including looking at someone else's work. So what I'm trying to help you see is, in this 'line of work', that being with the unseen worlds, you'll only be able to do a small part of it, and that which is directly applicable to your own soul needs. So with James I can rave away all day like this, talking about the many aspects of how one's soul actually grows, as that's his main area of interest, with the information about the Pole Shift being only there to help him with that.

And so yes, there are masses of hidden elements to humanity, many of which you'll find out when you're in spirit, and all of which will gradually be revealed to Earth, however that could take a long time. So here's something for you to ponder Graeme: What if it turns out that you Graeme are to play an instrumental role in revealing such history to Earth, however when you are in spirit. So you will work closely with a medium on Earth who is open to and easily able to receive such information, and that's the connection you both share because it's part of your soul growth needs. Now I'm not saying this is specifically for you dear Graeme, yet only to help you see there are indeed many levels going on all the time.

The world has 'lived through' countless pole shifts, its part of living in your physical universe. And so it doesn't take much to understand that little of the past will remain, and much of the past has been very rich in diversity, however that is to remain relevant to those people who lived it. And there have been times when we nature spirits have used the shifts to generate much diversity within the natural world, other times not so much, more just a continuation. At times the damage has been more and less severe, it's not all just straightforward in this is how much in degrees the pole shifts each time, and on this cyclic date, so this amount of damage can be foreseen and so on, it's far more complex and dynamic, with each Pole Shift having it's own unique characteristics.

Graeme: "And that might be perhaps the main reason why I've been attracted to David's work, it not actually being about the Pole Shift specifically, but the shift that's happening in us all." That's a wonderful insight James. One I hadn't considered. There are so many layers to understanding especially when it comes from a Celestial level. It's true they can only give us sufficient info that we're able to comprehend. Your soul work gives you ever increasing access to deeper and more profound understanding of TRUTH and LOVE. There's a lesson there for me too. I have a "need" to understand. I "want" to be right because as a kid I got punished when I was "wrong" – fuck my school and parents screwed me over big-time. And because I'm only just starting my feeling-healing journey all these suppressed childhood emotions keep causing me physical pain (in the right side of my neck – vertebra C3, C4 and C5 deteriorating causing extreme head aches) and all my relationship issues / failures with my female partners – my mother issues!

James: I think so many of us have that need to be right, and even to muck it up and pretend we don't, yet it's still there. We all need to be right so we don't keep getting punished, so right according to our parents. And a big part of my Healing has been admitting that I don't get it right, and not only that, but I get it very wrong far more than I would like to admit. Living with Marion has well and truly done my ego in along those lines. Yet still, my childhood patterns are hard to give up, so all we can do is keep allowing ourselves to feel those feelings that come up.

Graeme: In regards to asking Verna all my "MIND" questions...well I understand if you've been over that ground before and she could just as well give a Nanna Beth-type answer and guess I'll find out soon enough.

James, it's always great to receive your emails – your total honesty – your sincerity and help for the little crew up north. It was so wonderful to hear Marion's progress and yes she could fall in a heap but we all could...just the fact that she can feel good, love her self, mate that's GOLD!

Thank you from my heart...to you both.
Graeme

James: Also, Marion says she's very grateful to you for appreciating and acknowledging her, as that's what no one did during her early life. She's grateful to Samantha and you 'numbnut men' up north for understanding that even though she doesn't want to openly be part of it, it is all still because of her.

POLE SHIFT and TIME LINE then FEELING HEALING

Wednesday, 23 May 2018

Graham: Hi all

The pole shift information is certainly creating some interest amongst us. I am intrigued, and like Graeme, am curious for the answers to the questions he wanted raised with Verna.

But for me, it's a side show. If the shift happens and I get destroyed in the event, so what. If it does happen and I live through the event and have to learn a new way to survive, so what. If it doesn't happen and I keep living, so what.

Because I am an ignorant, dumb male who can only deal with one thing at a time, it's all about the healing and bringing the message to humanity about how to ascend to Heaven and Paradise. It's the only reason humanities of any planet exist. It is really the meaning of life. (Perhaps a movie title??)

It's almost 12 months since I have been introduced to this scene. I have witnessed quite a shift in you James, there has been a dramatic change in how the celestials – Nanna Beth – have been treating us, and now you give us the strongest message ever that we are on the right path. That Marion has seemingly “crossed the barrier”. Give her a massive hug from me for paving the way. And also, from a distance we are witnessing Samantha's significant jump in her incredible journey of ascension.

For me, I had been looking for “something” for a few years. I struggled to re-enter the New Age world for I felt it was massively ego driven. I tried a business coach to bury myself in that type of life but it nearly sent me broke financially and again emotionally. And then one day, an email came across my desk from John (well they had been coming for 10 years) which piqued my interest. From there I got hooked. The information contained within felt real to my core.

On the outside I have lived a fairly normal life but internally I have been in turmoil for decades. The information about the Feeling Healing felt true. So I started working on my feelings and found the truth of some. I could feel benefit. That lasted a couple of months until I couldn't bear to delve into the truth anymore. I constantly block my feelings, divert myself from the truth and get more and more frustrated. And I have a million excuses as to why I can't do it right now, although I promise myself everyday that I will start again.

As I said earlier, I can only focus on one thing at a time and working in the un-true world to keep food on the table and a roof over my head is my strongest and most successful excuse. For me, the trigger to being able to focus on healing is when SI (Solid Investment) comes down. There will be enough shekels for me to drop out of the un-true world and focus on me. This will be my Polar Shift and I am as unsure of it happening as you are James about the one on a larger scale.

While I am not doing my healing, the knowledge and conviction I am building in myself that it is the real pathway is incredible, and all due to you James (and Marion) and John. I know I have some role to play in the grounding of the Truth but have no idea what that really is. And on top of that, I fear that without any healing done, how will I have any credibility taking the message forward to others.

At the same time as I am building my conviction to the healing, my ability to function as a "normal human" is becoming increasingly more difficult. I can't take any initiative, I have time on my hands to achieve almost everything, but keep sitting in my own little shit world hiding from the truth. The real Truth and the false truth of the un-true world.

If I don't have my Pole Shift, will I never take serious steps towards my ascension? I need a pole shift. And is it really SI? My fear is more about – what if I don't have my own personal pole shift? Will I just keep bumbling along as an ineffectual mass of junk until I die. And then I fear I won't have the guts to look to the truth while in the Mansion Worlds. That's how low my self esteem really is.

In some of the messages from either Jesus or Mary M that you have compiled James, they allude to the Avonal Pair currently being alive on Earth. If I recall correctly the Avonal pair mission is to complete their healing, plus find 12 Soul pairs to complete their healing on Earth before they die.

So, if it's you and Marion, and you have only 18 months to complete that task, we had better get our shit together. I don't know if I will be amongst the 12 pairs, but I am sure feeling I am meant to help you find some of them.

So perhaps the Celestials leading you to David Montaignes's work is more about us reaching our own personal Pole Shifts so each of our special contributions to humanity can begin in earnest.

Just my two bobs worth.

Me – James: Reading what you and Graeme say about my work helping you both become more aware of your feelings, as in, that they are important, that you are looking to them, that you are acknowledging them, as you have both written, is what it's all about. The Healing is so complex, and who knows how it will start and evolve particularly in the beginning for each person. So I can see how you are both taking it on as a serious thing, and it's causing you to shift, adjust and alter your focus on life – that being possibly Graham, the beginning of your inner pole shift? Perhaps it's already underway?

And I would ask you: So why do you keep promising to yourself that you will begin the next day when you don't? (And oh boy is that a big one, I've worked on that myself for years and I'm still working

with it on certain aspects.) What do you fear will happen to you if you don't begin? And then feeling disappointed in yourself each day, is there any relief in you as well that you don't have to do it? And what about just accepting that you don't want to do it, and that's all right, that you will do it when it suits you – when the time is right, and so try going along saying you're not going to do it, no way – and NO ONE IS GOING TO MAKE ME! And that it's just exploring such feelings one way and the other, they don't have to be resolved, just taken notice of and worked with for as much as you care to.

I have written that for it all to work the Avonal Pair will need to complete their Healing, so they can liberate their Spirits of Truth into the physical. However I've not said anything about 12 other specific soul pairs (at least I don't think I have?). I have no idea how many people might begin their Healing and when anyone might finish it. There is talk in my books about 144,000 chosen ones who'll be the forerunners of the New Humanity, however I don't know about that, nor in what context this is meant. I'd have to re-read what I've written and see how I feel about it. I want to try and keep away from such numbers as too much is placed on them which only distracts one more. And if I have written about 12 specific pairs, then when I re-read that again too I'll see in what context it was said and if I still feel the same about it.

It's difficult writing in reverse order of how it should be. Which is why I want to wait until I have finished my Healing before I read back over the bulk of it knowing whether it's still true. I am happy with it all, it's just that some of the minor details like such numbers I might have to address, now being further on than when I wrote about it.

And personally Graham, I don't think you need add to your burden that you need to be something of a Living Example so as to help people understand about it. You already ARE a living example, by simply being involved, and to the degree that you are involved now... and in the next moment, and next week and next month, is all that you will have to be.

And I'm not suggesting that this is what you're meaning, however I want to say that it's not going to be a Jesus-type set up with a number of chosen disciples who are going to be the Avonals' personal representatives. It's going to be, unless I am told or feel otherwise, just like any organisation with people playing various roles. I am certainly not looking for nor wanting to have a small group about me that I teach or who are actively doing their Healing and so on. I want it to be as people feel they want to be involved in it. And some will, others not, some more, some less, you know, all the usual. And particularly in the beginning, should there be such a beginning. Things will no doubt evolve as we go, but we're all going to have to wait and see how that happens. I have tried to get it out of God, my angels, Bob (James' indwelling spirit), Verna and Nanna Beth, how to structure it, should I structure it, how it's going to happen and evolve, but thankfully I've given up trying to work it out and stopped bothering them, so I have no idea about any of it. And the main thing I want, if it's possible, is for it to be enjoyable and something that people feel is helping them first, as they are possibly helping others.

RAYMOND CELESTIAL

Saturday, 26 May 2018

John: Hi Nanna Beth

On Wednesday, I felt that Cousin Raymond had some news for us. Is it so that he has made the big journey? And is he with his soulmate please?

This is a great reason to celebrate. Raymond is my first cousin and grandson of Nanna Beth. Raymond grew up on what was Nanna Beth and her husband's farm, being three properties from the one I grew up on. Raymond and I attended the same 'one teacher' school. Raymond died on 22 October 1971 through a motor vehicle accident.

Nanna Beth: It is as you felt John, Raymond is now a resident Celestial, we had a lovely 'arrival party' for him, his soulmate, who also wishes to remain undisclosed, was there to meet him, she's been in the Celestials for about twenty years and is in the third sphere, we have worked a lot together, so she is now going to help Ray move up to be with her. So they'll be heavily focused on each other for some time. All of our immediate family, those people you relate and have feelings for John, are to move up to the third sphere relatively quickly, and as yet none of them are wanting to move on further. However I imagine that will change, some of them will feel the pull to get on toward Paradise. I have been told I'm going to be around for the whole of the next age, so you and I will be having quite a bit to do together one day, that being, face-to-face. I'm able to tell you John, I'll be personally helping to oversee your Healing when you're ready to move into it; but also don't feel that you have to, it's not for any of you on Earth to feel that as soon as you come over you MUST get on with your Healing. There's plenty of time in eternity, and it might be that many people have other experiences they are to live as well, even beginning their Healing slowly and doing other things in the mind worlds, or leaving it for a while altogether. It's a case of, once again, you just can't tell, and you can want and long for whatever, however we all have to be open to the notion that our soul might have other things in store for us, and of course that can happen to us at anytime.

So we don't want people to feel they are under any pressure to have to start their Healing, even once they come over into the Divine Love worlds, because all that sort of pressure is just more mind control. If you feel you MUST begin, then there are more feelings to begin with as to why MUST you.

John: I feel that a great deal is coming together and that we are at the beginning phase of our impossible to imagine and also to comprehend assignment.

Nanna Beth: True!

John: I feel that the Courier is on a steady and precise course to complete the delivery to Crystal without any delays or issues, and that we will also have moderate help from Germany.

Nanna Beth: Yes, to the first part; so far as Germany helping, it's going to be specific parts of Germany that will help you, as in a few individuals, however the most help is going to come from elsewhere, which Helen will elaborate on below.

John: I feel that there is absolute commitment within our small 'army' to bringing about the distribution of the writings that have accumulated together with an ongoing steady flow of additions to follow as we go along.

Further, we have all sorted ourselves out progressively with clarity and conviction becoming stronger and stronger as time has rolled along.

Nanna Beth: Yes, you have your small nucleus now, and it will provide the central focus. You are able to freely, as can be, speak about whatever is on your mind to each other, and all are focused on the truth. From this small centre can come others. In time others will move in closer too, however it will always remain special to you all now because of you John and all you are doing. As we've told you, you're anchoring the light, and so around you it is to grow, even though you are all to feel equal and contributing independently.

John: Yes, a few more people appear to be drawing closer to what our adventure entails – this has been most exciting and encouraging.

We will get our tasks and 'assignments' done, whatever they might be.

Nanna Beth: As I've said, it will all unfold as it has been doing, just expand outwards.

cheers for now

John

SOLID INVESTMENT **From Crystal: Helen,**

Same day – Saturday, 26 May 2018

Kohler and Anna can tell me what they know, but the bigger picture is not available to them.

Kohler spoke with Merkel and she said that she wants to appoint him without the SPD (Social Democratic Party) party knowing. He was questioning her motive and her being unlikely to succeed. Is the appointment forthcoming? What resources will he be given?



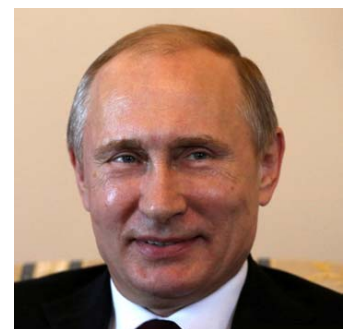
What was the response of Poseck, Graf, Justice Ministry, other politicians, Hessen, journalists to our judicial complaint and press release?

Anna is on her way back to Chicago Mon/Tues for Package #5. That will give her only 3 weeks to complete the contract. Is she headed to Minneapolis after Pack #5 or is there more shuffling first?

I would be happy to have lunch with Anna and dinner with Dominic next weekend.
Crystal

Helen: Angela has been trying to cut a deal with Putin. She is trying to juggle many different opposing factions. She's had a change of heart and no longer cares about what happens to her or what history says, she wants her beloved German to survive, and how it currently stands, it will go down with the sinking EU (European Union) ship.

Angela is asking Vladimir Putin (President of Russia) for help, and mainly to support her on many levels, and particularly financially and in secret. She's sick of everyone else dictating what Germany should do. The hidden controllers, the Americans, they can all get stuffed. Putin has only ever supported her and felt sorry for her, he likes and admires her, and she knows this yet has had her hands tied, until recently, to do anything about



Vladimir Putin

it. And now, funnily enough, because she doesn't have the power she had, she is actually able to do what she wants for a change, which is a growing conviction in her.

These world leaders understand that the hidden controllers are wanting to trash America, and then everyone else along with it, to re-structure everything into what would become the New World Order, that being all fully according to them. Germany has been the meat in the sandwich because of her being the heart of the EU, but now Angela is wanting to set it free.



Putin and Angela Merkel

So she will tell Horst Kohler (past president of Germany 2004 – 2010) that he can have certain things he wants, but she won't tell him everything. Kohler is prepared to ditch her for the greater good, however his good is more narrow than hers. She wants Kohler to begin negotiations with you Crystal, however she wants other things out of it – a guarantee for Germany's survival. She believes, which is right in a way, that SI (Solid Investment) could be the straw that breaks the camel's back, and she doesn't want it broken, yet she wants Germany set free of everyone who's got their fingers in the pie. The SPD don't have a clue, and would be played along like everyone has previously, even Angela herself, however her time in the hot seat has helped her work out how it all really works, and so this is what she wants to extricate Germany from.

MI6, three main people within it, are the 'Deep State' arm of the hidden controllers in England. The hidden controllers want their money out of SI (Solid Investment). They need it to complete their so-called pre Pole Shift agenda. The Shift, by the way, is not to happen in any of your life times – you can collectively let out a sigh of relief. David Montaigne's date is for you personally James and for SI in a way, but more of that will come to light as we move along.

The hidden controllers are really fucked off with Lord Milverton. They believed they had got the better of him, which was what was going on with the previous couriers, and yet Milverton is way too smart for them and knew what they'd do and so thwarted their steps. He knew they'd fuck up his delivery, so he played them at it – and won. Now they are having to play by his rules, and we Celestials are having a ball seeing how angry they are. It's certainly a delight, the Lord for all his roguishness is a rare treat.



Milverton's father

So we expect things will now go according to Plan for you Crystal. We can't say what that means so far as specific days, however we can slowly be more forthcoming.

Getting back to Putin. You have no idea, but he holds all the cards. The Russians are closing in on the hidden controllers. The hidden controllers are starting to feel a little heat, they've had it all their way, however the Russians got fed up with their meddling and so educated Putin for the role he is playing. He is their: "getting their own back".



Xi Jinping

He has linked up with Xi (Xi Jinping – General Secretary of the Communist Party of China) and now Angela is coming in with them, as they are preparing to take the world 'over'. The hidden controllers have all their systems in place many of which are not so easy to change and dismantle without shedding too much light on them, so Putin can use this to his advantage.

So as you can see from the news, Putin is starting to de-power the US\$, whereas at the same time the hidden controllers are starting their End Times sequence. So the two 'ways' are going to clash more, and Angela now is going to add a lot of weight to Putin's cause.

So indirectly it will be the Russian's who will allow SI to have its funds. They will underwrite it so to speak, underwrite it by supporting Angela. And because of this, Angela now feels she can trust Putin, so she's ready to move with Kohler. She'll start with him but quickly bring in others who'll be working more for her and what she wants done. She wants Germany to be relieved of such obligations. She too is coming under increasing pressure now because of your more recent actions Crystal. Enquiring questions are starting to be asked, which she is fobbing off. She will want to scoop the whole business up into it being taken 'off the table' and dealt with quietly and yet in Germany's favour.



Horst Kohler

She will, through an intermediary, ask you Crystal for certain conditions, some of which you will agree to, others you'll negotiate. And through that, when that process starts, you'll be given greater access to information, including Simon and so access to the funds themselves. Angela for now seems to think that it will be in Germany's best interests to bury the whole thing, which she wants to do by seeing to it that it's completed – and finally finished with. It hasn't gone away, and really so it shouldn't, it was a legal binding deal, and the Germans are a bit anal about all of that sort of thing, which Milverton capitalised on.

Milverton set it up, which he's intimated as much to the Germans, that possibly Germany could be in the hole for trillions upon trillions of dollars paying off the debt for years to come. They don't know about the truth of this, some of which is true, so one way or another they want to end it.

And what about President Trump? He's fighting for his life against the Deep State who are trying to manipulate the hidden controllers agenda. The irony is he is in very close contact with Putin, it's all very hush hush, as you can imagine, however there is a secure channel that works, so Putin *IS* involved up to his eyeballs in what's happening in America. Trump wouldn't be where he is without Putin.

The Russians are no fools, through their suffering years they worked out how it all works, and how they were being used, this being a small cadre of well-connected Russians. And they had a certain amount of power and used the KGB and Putin to bring about a reversal for them, as they didn't want Russia to lose its self-identity and see its resources, including its people, just become slaves to the 'System'. So they have had to take a lot of hard knocks but they are staying true, and so far the hidden controllers have not been able to out smart them. And now they are finally gaining the upper hand, because of all else that is happening on the unseen levels; and that is what we Celestials want because even though they are still of course evil and untrue, like everyone, they are wanting within that for everyone to be more on an equal and favourable footing. They are at heart humanitarian – truly Christian they want to be believe, but it's deeper than that, it's about the person and people and seeing

Simon Church



Donald Trump

the good and wanting people to feel good about themselves. So they are working the U-Turn within the wrongness, which will then make it easier for you Crystal and John to do what you want to do.

So it's not that Trump is doing Putin's bidding, but it is that the world's American domination and the 'American System' has to end. So as it starts falling apart, which is gathering pace, so the Russians will step in trying to ease the pain for everyone. So Armageddon and the whole Middle East End Times will not happen as the hidden controllers want it to. It will still be hard times for many, however not as devastating as it might have been.

And it's going to eventually make a lot of people ask a lot of questions as to why the prophecy in their religious books is not happening according to plan. And all because, as you know, Jesus is not coming again – so they got that wrong.

My love to you Crystal, we are working it all still for you; keep doing what you feel to do, and hopefully things will start to give shortly. Helen.

MAJOR EARTH EVENTS PAPER –

Sunday, 27 May 2018

James: Between Nanna Beth and Helen, who needs anyone else!

Maybe the Great Pole Shift will happen to us all when you get your Dosh! Maybe you John, *are* the Pole Shift!

I like all the bits you've pulled together so far. And I agree that possibly the Harmonic Convergence is all part of the forerunner to it all. I imagine that it would take possibly hundreds of years for the full energy impact, which is possibly happening now if we knew what to look for.

And that map of the New World you got from the Zeta's, that's a different set up to what David imagines, his new North Pole might be over Mongolia / Russia / China where the Tunguska meteor hit, and I think the new South Pole over Brazil or somewhere like that. However he admits that's highly speculative. Either way the east coast of Oz (Australia) seems like it survives in tact.

Anyway, as you'll see I've included Sam's writing regarding our inner pole shift and I don't feel like adding anything else. It's eased off in me, and with Helen last night confirming what I've been feeling that we won't go through it, all of which the more I think about it means we will have the time needed to focus on the Healing.

Also I've sent what's below to Sam, as you can read, and will send on her reply if you can use it or not, which I think she'll okay again.

Hi Sam, having thought I'd write more about the Pole Shift for John, and having re-read your latest posts, I wanted to check again if you would mind me giving them to him? You say it all so much better than I was going to, and all real from your feelings.

Also, is it okay with you if we proof-read them? In fact I want to clarify that with you, so far as anything you write that John or I 'publish', would you prefer your writing to be proofed, or just left as it is in its rawness?

Below is what I'm intending sending to him:

THE POLE SHIFT AND OUR HEALING

Sunday, 27 May 2018

James: Hi John, concerning the Pole Shift, I was thinking of writing more about it for inclusion in your latest Pascas Paper. I wanted to reiterate how it's our 'inner pole shift' that is really what's important, not the outer one. The outer one, like any experience, is just that, another experience to help us feel certain feelings, and with those feelings either leading us further to the truth of ourselves, or to be used by our minds to further our denial from the truth of ourselves. However what I was going to say Samantha says far better than I could and says it all directly in the moment and so true too, and strongly from, her feelings.

The FEAR of DEATH

Friday, 25 May 2018

Samantha: Oh my God you lot are scaring the shit out of me, all of this talk of pole shift, great mile high waves, world destruction, I am so fucking scared you are all making me so scared, STOP IT NOW!!

Reading through what you are all writing, why is no one scared, why have you all got such a 'So What' attitude to it, isn't anyone scared like I am, aren't you all shit scared of dying, being annihilated out of existence, I am so scared, I want to scream at you all 'shut the fuck up' you are scaring me.

Since I was a kid I have always had huge tidal wave dreams and woke up crying, yet I have always escaped being killed by it, it never quite reaching me but the fear those dreams brought to me, wow, sheer terror at seeing this huge wave engulf everything in its path except me, all my family gone, everything and it scares me so much. You are scaring me again in the same way. I even had a terrible dream about it last night and was so glad to wake up.

I can't swim, my parents can't swim and all of my brothers and sister can and in my mind they would escape but I wouldn't, I have been kept unable to survive, I would have to die and drown and it feels so awful to be so powerless to everyone around me, not that being able to swim or not would do much good to a crushing mile high wave, shit that sends shivers of terror through me, all you are talking about is scaring me again, I will die horribly, painfully drowning filling my lungs with water as I struggle against it and that is how I have been feeling of late with my breathlessness, like I am drowning, I can't get a lung full of air and it may be to do with this fear.



Don't any of you feel any fear about it for yourselves, your children, your grandchildren and all the terror they will feel in that moment, I am full of it and I want to tell you how it makes me feel. I am so scared of how I might die, how it will feel, am I the only one who feels like that? I feel fucking angry at all of you for making me so scared, making my fear come up so much with your conversations, I want to live in my fantasy of denying that it will ever happen and you are ruining that fantasy for me, I don't want to have to think or feel about it, it is too awful and too sad, shit I am fucking crying now at the loss and destruction of everything in such a terrifying way, it will be fucking terrifying and such a loss and is this the extent of terror we all need to feel because this is the extent of feelings we are all denying, the denied and repressed terror of our childhood, is it really this bad, well, I can say yes to mine, my denied

childhood terror had engulfed me like a tidal wave of emotion and crushed me out of existence nearly, and I have really felt like that, so start feeling your fucking feelings so we can stop this happening, start the inner pole shift so we don't need the outer pole shift to make us, force us, to feel how bad it really was for us all as children.

It's going to take more than us to do it, a whole planet of denial of their childhood pain, can just us few stop it happening, I don't think so!! I want to say to the whole world 'Look at what your denial and rebellion is doing, carry on like this and the world for us, will be over, all your kids and little ones, dead, start to turn it around, start to heal yourselves to stop this.' These are the words of a scared person, I know that, and it all sounds so desperate but I don't want to die like that. I want to heal myself while on Earth and I don't want to be cheated out of that experience, I don't want it all wiped out in one fell swoop, what's the fucking point, I feel constantly cheated out of what I want, it's so unfair, so fucking pointless.

I want to believe this is all a Celestial ploy to get humanity to feel their feelings about how they would feel should it all be coming to an end for humanity, let's all get it out of us and change it through our feeling acceptance of how scared we are, of how we don't want to die and we want to see our kids and grandkids grow up on Earth, the planet we have been given to experience Life, Ourselves, Nature, Truth, Love and God.

I am so fucking raging angry now about having my healing experience taken away from me by a fucking pole shift, NO, NO Fucking way is that happening to me, I started this thing and I will see it through to the end, NO one is going to take it away from me, Fuck no!! David Montaigne can go and fuck himself with his workings-out-mind-shit, so can the Mayans and all the rest.

Through our feelings, everything can transform and change, I could have continued to be the destroying tsunami shit that I was but I am transforming through my healing and the world can do the same. I have changed in so many ways from the person that I once was, I don't even know that person any more and it began quite quickly for me and this is how we can change our world, through our healing – not by wiping everything off it – because those few that do survive would just pass on the same shit and the world would grow again to be the same mess it is now, what's the point in that? I don't want to be forced to die in that way, I am sick of being forced to do what my parents say whether that be my physical parents or Mother and Father, they are not giving me any choice, they are taking my 'will' and they are a pair of Fuckers if that is what they want to do, I would hate them for ever more to take my will in such a huge way, killing me off, making me do what they want me to do, it's so unfair, it's just how it was with mum and dad and they can fuck off. If it's what Mother and Father want then it will be but what about what I want, what about me and my wants, me going unheard, me not being allowed to express my terror, not having an explanation from them as to why, they just want to do it so they will and I have to toe the line, I am so fucking sick of it all. I have hardly got started and the world is being pulled out from under my feet, I feel very hard done by, very angry and fucked off if this all comes to be. For me this is all about my relationship with my parents, I have to take it back to that because in everything I am writing, they are there in the back of my mind, taking my WILL.

James: I don't want to stop you expressing any of what you're feeling Sam, it's good all you said, really good it being how you feel deep down, however, are you scared of dying? Do you have to finish your Healing on Earth – why? Does it really matter where you finish it, all so long as you do? I can understand that you want to, as do I, I want to see it all through here and have felt I'd feel cheated and it would be unfair if I didn't, however it's all control, isn't it, still wanting it how you want it, which again is fair enough and needs to be fully acknowledged, yet at the end of the day, it is what God wants. And I

think a big part of it, for us to accept, is that so far as being with God is concerned, we are powerless. And that it's right that we are, as that's how They've created us to be. And that in our 'true powerlessness' living true to ourselves and true to Them, then we feel all-powerful too, all-powerful as a little unaffected, unself-conscious child feels.

And once again Sam, I'm not trying to say you're bad for expressing your feelings as you have, that's right and full on and needs to be that way, I'm just also wondering about these other parts, and have you considered them. That's where it's difficult not being with you, I never know if I should say anything or not because I don't want to say, "I know better than you about yourself" – how could I, and what you're writing is only a tiny momentary snap shot of where you are in that tiny moment, so I don't want to get all caught up in that going off on divergent tangents that would only be detrimental to your self-expression. So if what I say is not relevant, please tell me so I get a better gauge at this sort of thing.

Personally, I have been scared about the Pole Shift, but now funnily enough, I'm not. I don't even care about it. I can think of the horror and so on, but as our lives are already horrible, so what, it's just another horrible.

And I oscillate between feeling like I love living on the world, to I wish the fucking wave would come as I hate it here. But I think what you said about it being one final masterstroke of Fuck You, we don't care about you, that being our parents bringing about a constant pole shift in us, fucking us up too much, is about the truth of what it's all about. That for each of us the Pole Shift should make us feel exactly how you are feeling, because it is so unloving, uncaring, making us feel like we don't matter in the slightest, that being how we all feel in the Rebellion and how our parents made us feel, so really the Pole Shift would be a fitting end, like a manifestation of that truth for us all.

And I wonder if we were all healed, whether we'd then see the Pole Shift as a loving act, which I know is hard to see in the light of where we're all coming from, but all we feel that is bad and unloving we might end up feeling the opposite about. So I wonder about that, because like it all in the end, even the Rebellion and Default we'll surely see as an act of love by our Mother and Father, and so too something like a Pole Shift, because how can it not be that way when They are all loving?

So I would love to think I could change that much, from one side, the negative, to the positive. And observing Marion loving all that she hated about herself, all the different parts of herself that she absolutely loathed and now she says she's loving, appreciating, wanting to happen and be there, you'd think she'd lost the plot and was going off her rocker, that she really is mad now, however she just keeps going and every day something has changed from the negative to the positive. And it's not that many of the outside things have changed or gone away, although many others have, and neither has our core relationship problem changed, which we've been working through yet again for the millionth time this evening, but it's just that she in herself has completely reversed her relationship with them, her beliefs about them. For example, she has been feeling like she's sort of off balance, unsteady on her feet these last couple of days. And yet more and more she's liking and even loving feeling like this, because it's making her slow down even more – any slower and she'll be like a snail, and something she used to hate about old people for being unsteady, rocky and slow, and yet now she understands them and loves getting old and feeling all these – what were debilitating things, as really good things, all things that are helping her get closer to her true self, helping her give up her wrong ways of seeing everything, so it's all remarkable really.



So I've been feeling, and for all the reasons you've said, that really it's fitting that we have this bloody horrible Pole Shift hanging over our heads. It keeps the pressure on us, it makes us feel as our parents treated us, and we need all the help we can to bring out all those bad feelings. So it even looks like we've got the worst imaginable physical event as well to help make us feel bad.

Samantha: Thank you John, I am working through how bad I feel about all of this, it all is helping the fears to surface within me and there are so many. Last night as I was talking about it to God I felt the presence of Mary and Jesus come to me and saw them in my mind too and it gave me so much comfort, an incredible feeling to be in their arms of love and that is how it felt, like I could physically feel them each side of me, holding me, not dampening down my fear but supporting me to go into it all. At last something that was nice.

Everything that you all write about the Pole Shift helps me feel more fear and how I want to deny it could happen and be true and push it all away, so keep writing, it makes me feel.

Many thanks
Sam.

Samantha: Yes, all you have said I feel is right, I am scared for many reasons, the greatest is being so powerless in it all, I have no control over it and feel it is all being taken from me again by God but I know that I need this because it is a representation of how powerless I feel with mum and dad. The pole shift is them for me, it is them changing everything all the time, saying one thing and doing another so I don't know where I am, I can't trust anything because it keeps changing and I don't know where I am in it all, I just have to go along with it and follow and keep quiet about how I feel, just do as I am told even when I don't want to.

Yes I am still trying to have control, to gain some power in my defiance to God about a pole shift, I am giving God and my parents the big 'FUCK YOU'. And yes, I am scared of dying, as soon as something is wrong with me I am in fear of dying, how is it going to be, what will it feel like, what will happen to me and I am feeling about this all the time as illness has been around me quite a lot to get me to feel this fear of dying, as a child it consumed me and it has been denied as an adult but is now here for me to feel and I want to feel it all. I am just scared of dying and have a way to go with it. So me wanting to stay on Earth to finish my healing is a part of that fear and also having to do something I don't want to do and I know all you say is right, God is loving and is doing this out of love and I can also feel that to be right, Yes, it does feel true to me but the fear is still there in me and has to be felt and it will be. Death is a huge thing and I am scared of it, it is the ultimate powerlessness and I have a way to go with this, if it was only me and I didn't have children then maybe I would feel different but I feel scared for them too, my Mothering instinct comes out to protect them. There is nothing I can do about it all, I can't fix it for them so it is all about power and control for me and it's a Biggy.

All of what you have said is so relevant and it helps me a lot, I love reading it and what it opens up in me and I understand a bit more. I don't feel like I want to reject any of it. I just want to stay with all of my fearful feelings and keep crying about it all as I was last night as I spoke to God about it and I was walking up the stairs to bed and I felt Mary and Jesus walking with me and saw them in my mind and as I laid down on my bed they held me and I could feel them both physically comforting me and it helped me feel so much more. It was the support I needed.

That first paragraph you wrote James is brilliant, Yes I still want control over God, over my parents, I want to say what goes and not have my will taken and I still have a lot to understand about God being a loving God because at the moment I feel like they aren't but then I feel they are because I feel they are loving and that feels so right to me but my mind kicks in and it all gets contradicted and until I have felt all of the bad stuff I will not truly feel them as all loving as I want to. It's all jumbled up for me, all so confusing and twisted up. I go back on what I have said so many times because I never feel the same in each second, like even now I feel different to when I first started writing this and I can see how what you have said has affected me that we were created to be powerless and I am fighting that natural state of being all the way, rebelling against my parents and seeing God as the same. I am not giving in because of the fear of how being so powerless will feel and I am missing the true gift of being so powerless and letting myself live true to them and me.

There is always so much James but no matter what I want to feel it all, I want all of the bad feelings to come up and I can't tell you how much what you write helps me to see so much more, Thank you.

SHOCK of a POSSIBLE POLE SHIFT HAPPENING

Saturday, 26 May 2018

Samantha: More feelings are coming to light within me and the main one is utter shock, how I am terrified of feeling the shock of something terrible happening like the pole shift. In that moment of shock I can't breath, I can't move, I feel like I am dying. It's complete over-whelment. I am terrified of being overwhelmed, it puts me into shock and I felt it at its worst when Harry died, I was completely consumed with shock and was thrown into a deep state of confusion and frenzy to the extent of nearly passing out. My body began to shut down in that moment, I couldn't see, I went blind for a few seconds, I couldn't breath, I could do none of my normal bodily functions that I do naturally all the time, the shock stopped everything and I had to be held up. I felt the same feelings when I had constant panic attacks, complete overwhelm, my body was taken over with fear and shock. I would be just relaxing and a wave of fear would engulf me and I was instantly in a panic attack and the anger that came after was, WHY? Nothing bad was happening so why? It was like a little reminder that I am constantly controlled and at the will of evil and fear and it was always like a shock.

This pole shift feels like the ultimate evil and fear, the biggest Panic Attack and it's world wide, global. Everything being eaten up by the control of my parents, they ruined my whole world, they changed it to what they wanted it to be and killed the real me. It's the total shock of the real me not being wanted, so killed off, shit that is fucking terrifying, it is making me feel panicky and scared, just how it felt as a child being told off or told NO by my parents, I can't do what I want to do, shit that is horrendous to be crushed in such a way. I am not allowed to express myself how I need to, I have to keep it in, all crushing the life out of me, all a pole shift happening slowly over my growing years changing me from real to unreal and that is why everything has felt so unreal because it is, it is not the real me. Now I am pole shifting back again and it is a shock that I have come so far away from myself, I am shocked, completely shocked that I have been living a lie, I feel robbed of my true self and it's a shock to find out it was taken from me without me even knowing, shocked.



I have had two pole shifts and I am only now aware of them, the first was by my parents in my forming years going from true to untrue and the second is now happening, going from untrue to true again and the truth revelation of it all has been a shock.

And, Samantha: Shit James I am feeling so good, as I work through more of my fears I am feeling so much better, clearer and not so confused about all of this pole shift stuff, as I am sorting out my own pole shift and understanding it more, I am feeling so much better about maybe a global one happening and I never thought it could happen, I spent so much time talking it through with God, Mary and Jesus and I am feeling so much clearer about it all, who would have thought it!!!! I feel great, so happy, overjoyed in fact all I have to do is keep expressing all of my fear, constantly keep doing it as I feel to. It's amazing how I now feel, xx

Me – James: Great. It sounds so good and true. Again it's like you are speaking for me, that's what happened to me, and to us all. It's the truth of humanity, the inner pole shifts we've all been subjected to, and then having to shift ourselves out of it by doing our Healing. I won't say anymore, I'm too tired, I want to take my time and read through all you've been saying about the Shift.

Samantha: OK James. I just feel so good, so excited to understand more about my personal pole shift and all through feeling my fears about it. Shit, shit, shit I am so excited I want to run around the garden jumping and screaming like a mad woman. I feel lifted, like I don't care what happens, I get it, I feel like I know the truth, fucking wow. xx

OPEN DIALOGUE

Sunday, 28 May 2018

from Sam: Hi James

Yes you can use every thing I write and share how you like **and I would like it to be used as it is, not perfected as that is the truth of where I am at the moment.**

I am back in pain again today as I woke up with aches and pains all over my back, feeling really weak with it all. Speak soon and I love what you have written about your relationship with Marion and how she now no longer feels she needs you to be how she wants you to be, I wanted to write more about that but it will have to wait, I am in pain and feel I need to tell Mother and Father about how bad I feel. xx

RAW COMMUNICATIONS

Monday, 28 May 2018

From John: Hi Sam

We do confuse everyone. What we endeavour to do is reduce the amount of typos. No, we do not edit any of the writings, they remain raw – expressing the personality of the writer. But we do lots of it when it is it's and skip minor words as our minds jump ahead, so we tidy them up a bit. No rephrasing or cleverness exist in us downunder. If we cannot figure what is meant to be said then we question that, however that is not often. So, yes, we try to reduce typos – that is the limit of our skills and that is questionable.

**PASCAS
PERS**

Now, here is something that the Pascas Library has on www.pascashealth.com

MEDICAL – DEATH and DYING

Pascas Care – Death & Dying Always Karen	FH denotes Feeling Healing DL denotes the Divine Love FH & DL
Pascas Care – Death & Dying Getting the Hell out of Here	FH & DL
Pascas Care – Death & Dying Post-Mortem Journal	FH & DL
Pascas Care – Death & Dying Proof of Heaven	FH & DL
Pascas Care – Death & Dying Transition	FH & DL
Pascas Care – Healing & Recovery Death & Dying	FH & DL
Pascas Care – Life in the World Unseen	FH & DL

Within Pascas Care Healing & Recovery Death & Dying on page 25:

Death: If you are living in the exact moment you are not having a problem. Whack. One's head is severed or some other critical event occurs. At the instant of death one's spirit arises and he witnesses his head roll away. No one experiences his own death. It's not possible. At the moment of death, one goes out of body and witnesses what is happening in the phenomenal world but it is not possible to experience your own actual death. The actual death of the body occurs as a result of you, being spirit, leaving one's body! So the exit from one's human bio-suite is no big issue, maybe inconvenient for others at the time, but you cannot experience the death of your body. Physical death is relatively nothing at all. There is a sudden leaving of the body, and life goes on, re-emerging as another embodiment.

A rather humorous account of this is given by Judas when he tried to hang himself only to find that his rope had come off the rock and his body tumbled over the cliff into the rubbish dump for Jerusalem – he watched his body fall to the bottom.

Most people arrive in the receiving nursing stations without realising they have separated from their bodies.

The attached – Death & Dying Transition – is very unique in its contents, never been shared before in other writings. This is rather cool material.

I went to a 'Death Cafe' where they chat about this subject, yes, no one in the general public have a clue. It is almost taboo to talk about the truth of what takes place. Death is really meant to be a celebration.

If you like to chat on Skype on anything, let us connect up.
cheers for now
John

DEATH and DYING PASCAS PAPERS

Monday, 28 May 2018

From Sam: Thank you John for all of this great information, I am slowly reading through it and it all sounds so beautiful and I love the illustrations.

The thing that has touched me more than any of it is how much you care, thank you for that, taking the time to write to me and try to help me understand about the passing over process. I have loved reading

about the spirits' experiences and waking up in the receiving halls surrounded by loving spirits to help you, every last thing having been thought of.

I am feeling so much better about death now having expressed to you all how scared I was and feelings are still surfacing in me, and I am so glad they are as I want to feel all of my fear about this and I don't really know how I will feel until the time comes and that depends on how it happens to me.

Death is yet another great Pole Shift that I have to feel my way through to turn it on its head, the way I thought about it is now changing and I am beginning to see that I have always hid the fear of it and thought it was a bad thing, as mum and dad did and I can always remember my nan being terrified of death so as a child I thought it must be something so bad and to be dreaded. This error in my beliefs is now changing and yet another U-Turn, Pole Shift, change is occurring in my feelings about it and I am having a light switched on around how I have thought about death and how seeing it as being something so bad has been all wrong, it is in fact good and a celebration as you have said but it takes some deep feeling to come to those shifts in the way I feel about it because my family fears surrounding death have been so fearful and buried deep inside me that it must be avoided at all costs, don't talk about it at all, it's bad and depressing and we don't want to hear.

I am feeling so good about the beginning of the changes in me surrounding my fear of death, the more I am feeling my dreaded fears, the more they are losing their power over me and I can feel a change, a lightness but I had to go through, a lot of expressing and crying and having bad dreams to help me feel the fear that I couldn't reach, I was surely helped by spirits in my sleep time to get to the bad parts and up they came. And I realise that how I was to all of you, telling you all to stop it, you are scaring me, was just how mum and dad and nan were as soon as the subject came up, they shoved their fingers in their ears and were la la la laring until it stopped, all denial and I was doing it with all of you too. I am realising through my feelings that we have got death all wrong and we have to turn our beliefs on their head to come to the truth and that can only be done through our feelings, feeling all of the fears we have about it and for me, I never thought that I would be able to break through to feeling better about it but I do and I will continue to feel my way through all of my erroneous beliefs to do with death until they are out of me.

Thank you John for everything you have done, you made me feel so cared about that you would want to do this for me. xx

MARY LUCK impersonating MARY MAGDALENE

Monday, 28 May 2018

AJ Miller impersonates Jesus and Mary Luck impersonates Mary Magdalene, they live in Wondai in south east rural Queensland.

Note from Graeme to James: I received this email today from Mary Luck (part of a mail-out she does called "Notes Along the Way") talking about the causes of lung cancer. I felt to share it with you in order to feel-into the truth of the message. Especially the advice in Section 2:

"Begin to experience your grief". At no time does she mention the fact that "simply feeling the grief" is not enough...it has to be felt AND EXPRESSED in order that the TRUTH behind the yuk feeling is brought to life and thereby releasing it once and for all from the soul. This is a KEY part of Feeling Healing that neither AJ Miller nor Mary Luck appear to understand and is probably why no one (or at best very few) have made any progress in their soul healing following the "teachings" of AJ.

AJ and MARY are shutting people off from TRUE HEALING

Monday, 28 May 2018

Note from James: Hi Graeme, no, I don't want to read it; however yes, I read it and would like to comment on a few things.

First of all it scares me. Okay Mary obviously knows the woman, however to give someone a 'reading' like this, as if you know what is really going on in them.... AHHHH forget it, it's too hard. It's all right playing around in the mind using your mind, if that's what you want to do, but really does it do anyone any good in the long run? I don't know, it's not something I'd want to do. If the person had been working to express their feelings and it was the person saying all this stuff themselves, then sure I could imagine commenting on it and perhaps saying a little if I could help them understand a bit more, all so long as I didn't take over, with really the emphasis being on helping them bring out more themselves.

The real KEY to our Healing is longing for the Truth, and that is the truth that will come from our feelings. If you don't want the truth of what you are feeling, then you can forget it. You can express your feelings all day like a kettle letting off steam, however if you're not seriously wanting, and longing hard, and praying with all your will to God to help you uncover and see the TRUTH that your feelings are there to show you, then you can forget it. The expressing and releasing ARE just as important, however a little less than longing for the truth. You will feel better letting of some steam and releasing some of the bad feelings and emotion from yourself, and it might even inadvertently give rise to a few insights and some cathartic release and even truth, however that's not DOING YOUR HEALING.

The DOING of our Healing is a whole package. You want to uncover the whole truth of yourself, which means for us, the whole truth of our unloving state of being. And unless one has that focus and desire, then you're going to be dipping into your bad feelings, possibly bringing up a bit and even seeing a little truth, but your growth of truth will be slowed and jagged, if at all.

And we want to grow in truth, because that's the Healing of ourselves, getting ourselves out of our untrue truth-denying states.

I know I labour these points, but they are what makes what I am saying different to anything else that I've yet read. And until I read something that does make more sense, I'm going to stick with it.

And when you say 'feel-into' it, to be honest with you, I hate that saying. **We don't feel into anything, we just feel whatever we feel.** And in the context of our Healing, we move with the emotions and feelings expressing them the best we can – whilst longing for the truth they are to show us. And when you said 'I felt to share it with you', really I think it's better if you simply say you wanted to share it, or even better still you just wanted to send it to me to read (as I also hate how so many people say 'share' in this way, including myself at times), because that's what you 'felt' to do. I want us to try and stay simple and true to what we all know, what we've grown up with because a lot of it is good. All these 'American' terms like feeling-into it are really coming from people who don't know what they are talking about, so far as I'm concerned. They are making up all sorts of nonsense words to do with feelings and their expression and I think to sound impressive and like they know what they are talking about – it being something new or different. Longing for the Truth and expressing, in particular your bad feelings, is new, and I don't want a sort of crappy alter language developing that misses the mark.

I might be too harsh on this, however for now I want to air it with you and see what you think. If people want to go with all the newer terms and it's just too much to stop them, then I will give in... or maybe I

never will! I will if it's explained to me why I should use them, what good they are offering; however until that happens, na, I'll pass.

My immediate impression from reading what Mary said was how much she is trying to work it all through the mind, as you said, which is good for me to see, because that's all EXACTLY what I personally want to avoid. I used to think I should be able to do that, but now I know it's not about should, it's just wrong.

So thank you Graeme for sending it to me. I won't bother Nanna Beth with it, as I think I've said enough.

I've always liked how Mary writes and what she says in the context of her trying to help other people. I think she means well, and at least that's something, and a lot better than how some other people do things.

EMOTIONAL INJURIES can be INDICATORS of PHYSICAL DISTURBANCES:

A number of similar harmful suppressions and repressions of emotional events will draw their energies together and also relatively similar injuries to that core, thus bringing about a unique cluster of held damaging energy that then finds a home in a compatible organ or area of the physical body.

The foundation of such accumulations can commence immediately upon incarnation, being projections from one's parents and subsequently other family members.

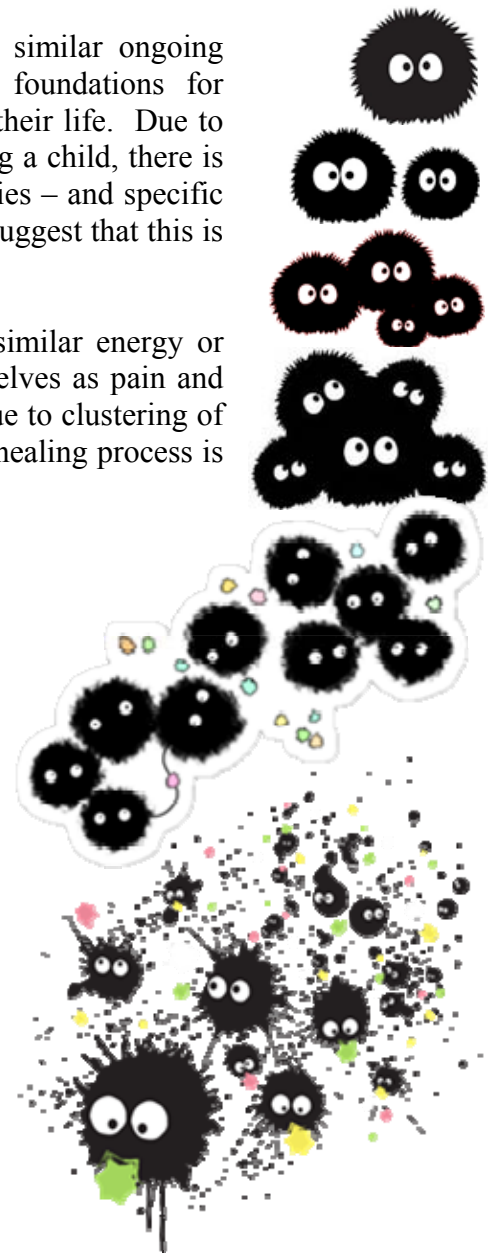
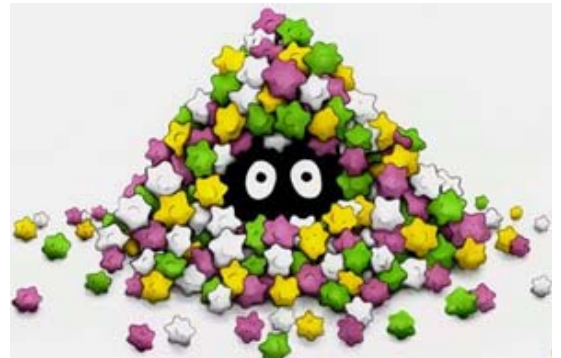
The core emotional injuries grow and grow through relatively similar ongoing emotional patterns of parents and carers, thus creating the foundations for discomfort and subsequent illness within a child, and later on in their life. Due to the complexity and intertwining of the natures of those influencing a child, there is NO precise relationship between core and related emotional injuries – and specific illnesses or the nature of an illness – even though the patterns do suggest that this is so.

It is a generalisation of a range of emotions that are within a similar energy or frequency band that find their manifestation in expressing themselves as pain and illness within one's body within predictable locations. Further, due to clustering of volumes of ongoing emotional injuries around the core issue, the healing process is complex and lengthy. The longing for truth of one's feelings resulting from the discomfort within one's body will be a lengthy process of working through the huge range of emotional issues directly related to any one illness event.

The gift to humanity is that any emotional injury gives us the opportunity to FEEL and LONG FOR the truth of what is behind the discomfort within our body, so that we may express what we recognise and talk the harm out of us to a friend – in this way we slowly heal ourselves – both spiritually and physically.

By ignoring what our body is bringing to our attention, by suppressing the discomfort, we bring about further escalation of the emotional error and a growth in the potential for greater vigour in the activity of the energy related to the frozen cluster of emotional injury. This may result in even more difficulty managing pain and disease within one's body.

This discomfort is a call to long for the truth behind what your body is drawing attention to and talk about what you are feeling, expressing what you feel is behind these issues, being your emotional errors and injuries, and express it out of you to someone who is interested in you – release the injury.



WHAT CAUSES LUNG CANCER BY MARY LUCK

Monday, 28 May 2018

Graeme to James: Well thank you once again for your candour – and yes those pseudo American terms also give me the shits and I should be more conscious of the words I use and the real feelings behind my words.

Yes, I wanted to send you this email from Mary Luck because I wanted to know what you felt behind what she was writing. It's that extra bit of re-assurance I was looking for that now I have changed "horses mid stream" from AJ to Feeling Healing that finally I'm on the right path.

So "we just feel whatever we feel". Got it. I don't "feel into" anything!

I don't "feel to share" things. I want to hear what you have to say. i.e. I want confirmation that I'm right and Mary L is wrong. This is all to do with my childhood stuff of wanting to be right and to please mum and dad. Right?

And when this email arrived in my inbox I thought shit, should I open this or just hit the delete button. But I couldn't. I HAD to open it and read it. Then I HAD to have my doubts and feelings about the truth or not of what she wrote confirmed. There's something not quite right in my actions. Am I just unloving, needy, I'm not sure what it is.

So I guess what I should have done is stop and FEEL what emotions that message brought up. Then I could also have prayed and longed to God for the truth of those feelings. Instead I blasted off the email to you and John.

Well, another lesson...and another step
Thanks James
Graeme

WRITE OUT THE EMOTION OR FEELING

Tuesday, 29 May 2018

James: If you like Graeme, go back to one of those bad emotions or feeling that reading Mary brought up. [And see if you can write out the emotion or feeling. Start with one word, what is the feeling, such as: Scared.](#) Then start writing how you feel feeling scared. I feel scared, scared, shaky, nervous... and then, how does feeling those feelings make me feel: Feeling shaky makes me feel... Then stop and long for the truth of these feelings to come, really want them to come up so you can see what they are to show you. Then write more of your bad feelings. And don't try and look back into your childhood for some connection or anything, just stay with the feeling for as long as you can following it where it will lead you. And if it takes you back to your early life, fine, if not, just finish when you've had enough. And if you want to, please send it me. And not for me to judge, because there is no right or wrong about how you're feeling about anything, but just to see how you got on.

The whole thing about what Mary says is that it's grief that caused lung cancer in this woman's mother and possibly the same grief passed onto her child might cause this woman the same problem, unless she somehow gets rids of that grief. And I disagree with a lot of that. How can we know that it's grief or anything else that causes such illness? The illness is caused by masses of childhood problems all coming together manifesting in that illness at that time because really it's to give rise to the necessary feelings that person is to feel through that illness. And we can choose to work with those feelings doing our Healing, or just do our best to guts them out or block them out. This whole understanding of

diagnosing an emotion based on a physical problem is just more mind control. To say you have unexpressed anger because your liver is playing up, shit my liver would well and truly have blown up by now, whereas I've had many stomach reflux problems from anger coming up, even my current sore nose is so much anger driven, along with more fear and misery. **All our emotions are too intertwined, so it's too simplistic to narrow it down to one thing like Mary has. Our Healing is vastly more complex,** and really it doesn't matter what parts of the physical body stuff up, it's just that they will and do, all so as to bring up more bad feelings for us to embrace, express and long for the truth of.



REPRESSED STATE RELATED WITH CERTAIN ILLNESS

Friday, 1 June 2018

James: Hi Nanna Beth, if you wouldn't mind, I feel like a chat. John sent me something to ask you, which I can't remember and have not as yet downloaded, however I'll see if it comes to mind on the way through.

What I want to say first is how it's still full steam ahead for John, he meeting different people almost once a week, people who are doing good things to help people and who he gets on well with and who he'd like to support when the 'Funding' – I like that term – materialises. I am still somewhat sceptical about it all, nothing has really changed there within me, although on a personal level even though I feel like I'm about to die from 'I can't go on feelings of fear and misery' spiced up with a good dose of anger, more at the Mother and Father of late than at mum and dad – whom thankfully seem to have faded in the background, I am feeling better and happier, more self-confident, relaxed, happy with how I am, still fucked and all, and definitely enjoying Marion's increasing turn around in all aspects of herself, including her reiterating strongly again the other day that she would love to move up north to Queensland, going anywhere, as she feels better within herself to be able to deal with such a change and any people she might have anything to do with; and best of all, her accepting me and enjoying being with me in my wrongness, we getting on much better as good friends still working to finish our Healing but not needing to slog it out fighting or resisting each other as we have done. So the personal side of things is changing a lot, Marion and I are still wracked with our many physical problems, however learning to accept them more and just keep going.

And the Mother and Father still keep telling me, as They have all the way along, that John's money is going to come through (at some point) and then They don't say anything else. So I still wonder if they are humouring me, still to help me work through all the yuk I need to, or if there is any truth in what They say.

yuk

And before I go on to the questions I'd like to ask you, do you have anything to say about any of that?

Nanna Beth: It will continue as it has been for John. It's the way of things for him. It all steadily coming together, with the money being just another part of the puzzle when it's time for that to happen. And the people he speaks with understand it's a long shot, however of course they all want to be involved, it would be perfect for what they want to do, so they are hardly going to refuse any proposal he comes up with. And such people are all very experienced in the world and how things go, knowing nothing might eventuate or something extraordinary might, and so have nothing to lose by waiting and seeing what happens.

James: The same for us all I guess.

Nanna Beth: Only for you James, together with Marion, you have a whole other agenda, that being to make available the truths you are to reveal. And how that is to happen, has not officially been made known to you yet, and for now, John is most obvious way. And you are aligning yourself with him, as he is with you. And he is working on two fronts: one to do with your work and the truths you are presenting; and the other a humanitarian one to help people who are wanting to help others. So John is moving to advance those two fronts simultaneously all conditional upon receiving his money.

So for you James really the money is neither here nor there, for you can start talking to people anywhere once you've completed your Healing, it being more localised; or it might be what John is proposing wanting to 'spread the word' far and wide. So your reticence is more really to do with you still not knowing for sure which way you are to go. However that too is soon to be resolved, as many things are coming to fruition for you and Marion, and consequently, also for John.

James: I remember now, John wanted to know if you could please comment on the fact of **our bodies showing our repressed state, with certain illness and physical problems being related to the same or similar traumas we've suffered when young**. Something like that – I think.

Nanna Beth – 3rd Celestial Heaven: Only very mildly, are they James. As you understand, certain characteristics one might share in common with certain repressed feelings, however it doesn't really matter because focusing on an illness or specific dysfunctional part of the body, or even part of one's emotional or mental state, is limiting too much what your feelings will be wanting to help you uncover about yourself. The illness is only one specific snapshot if you like, and even its duration is in a sense neither here nor there, it again being all too specific for the individual concerned, even if they show similar symptoms with other people seeming to suffer the same problems.

However having said that, I don't want to belittle any experience, they are all vital and valuable in your quest for truth. So really trying to look at the illness in any terms other than just trying to express all the feelings that result from it so as to uncover all the truth your soul wants you to see, is just getting caught up in the mind side of things. However, having said that, if you feel and think all that mind stuff, whilst you are intent on expressing all you feel, then so too should that all be brought out.

There are individual reasons why you get sick for example, all of which each individual is to uncover through the feelings resulting from that illness. And of course many will be similar to other people suffering from the same things, many of the same bad feelings involved, however as it all is to lead you to the truth of your relationships with your parents, so that's when it all becomes very different. For even if say two people felt miserable because of feeling abandoned by their parents, how that all came about and how they have suffered and what they have done to keep such bad feeling repressed, will all be highly personal. And the more personal and more you can stay focused on the person, the better. Humanity as part of its current denial is too heavily influenced by the impersonal, put everything into mental categories, name all the disease and problems, do this or that to fix them, it's all what needs to go.

James: Thank You Nanna Beth, I'll see if John is happy with that, and he can ask you other questions if he wants to know more.

I was reading a disturbing article which I sent to John about some of the hidden controllers ordering a mass slaughter of cattle in New Zealand as a sacrifice to the Evil One's they supposedly worship, is there any truth to that, or is it just more rubbish that people want to believe?

Nanna Beth: A bit of both James, like it all. Certain ‘sects’ of the hidden controllers do worship who you could possibly call ‘Satan’, and who is really, or was I should say, influential mind spirits that had grouped together as part of Caligastia’s plan of control. And these ‘branches’ of what are more likely part of the Deep State, have done and still do such things, animals and even human sacrifice, like you’ve read. I don’t know about this specific incident, I could try and find out for you if you really want to know, however I think it’s more the essence of the act, what it means to certain people who are behind the scenes rather than the actual act of slaughtering such creatures as a specific sacrifice to appease the gods or to try and curry favour with them.



Anyway, it doesn’t matter because the pressure is continuing to mount and such activities, some of which will come to the surface (however unless you are really in the know James, you won’t know all the truth about such things), will lessen, as people start to give up their gods because they are failing to come up with the goods.

As you have also been reading lately, Mr Trump is making good inroads into undoing the status quo, and he has the wind at his back now, and is going to keep gaining pace and will be a good thing for humanity, as we’ve told you. He is not that *good* as such, however better than how it was going, and what he will achieve will help others who’ll follow.

And of course, Mr Putin is moving along steadily in all he wants to do. So together they are starting to apply more pressure and the hidden controllers power and control is soon to be broken and then stamped out once and for all. It’s a major ‘Pole Shift’ for humanity that’s happening on the political level which will in turn help to point humanity in the right direction for what it will need to do and face as the Great U-Turn commences in earnest.

We can’t tell you anymore at this time, it’s all too crucial that you just keep going with your feelings, both you and Marion, and John and the others involved with you, as much as they can. They have a momentum of their own, that which you are starting to see, and it will continue on that way, pulling you all closer together as things start to come together for you.

NEGATIVE LINES

And yes, John, we have a **long family line** on many sides of our extended family tree that have done the hard work of their Healing and attained the Celestial level of truth. Our family tree is more divine than not, whereas for many other family lines it’s still the other way round. However there are also a lot like us too, all of which is part of what is happening now slowly being reflected on Earth.

When you come over and can look back through the register of people – now spirits – who have come over and what they have done and those who’ve done their Healing and how long it took them, it’s fascinating. Some of the spirits spend copious amounts of time studying their past hereditary lines. It’s all so fascinating and you start to see how incredible the bigger picture really is. It will blow you away John, something you can look forward to, tracing back your ancestry through the ages. And it’s all there; and then many of more recent spirits you’ll be able to meet and hear their stories, many others have of course left for Paradise, yet still some of the ‘ancients’ will be around, enough to give you a very in-depth understanding of ‘where you have come from’. I’ll introduce you to them when you are ready. And it will help turn many keys to the understanding of yourself. You’ll be able to see how all your negative lines came into being, and then how each of us are healing them. How we’re all individuals and yet also all connected. Your angels will help you understand and see it all in 3d (three

dimensions), as if in real time, scrolling through the lives of all your ancestors, in the Hall of Records. And it's all there, nothing is lost, our angels faithfully record everything we do and say, all that we are, so we can see, even 'watch the video', of our conception right through to the present, and then see how all our inherited personality attributes on all the levels came into being.

James: So we can see our parents having sex?

Nanna Beth: Yes, if you want to see that James. Once you've attained the Celestial level, part of what you are granted is access to the 'whole of yourself' in that everything that has been part of your life right from the very beginning. So if you want to see how, where and when, and in what emotional, mental and spiritual condition your parents were in when they conceived you, so you can see it all. Nothing is kept from you. It's all part of you, part of 'you in Creation' and you can 'take it all with you', which means, you'll always have access to such 'records' of yourself.

And then of course the records keep growing as you keep expressing your personality in Creation, all of which 'Is your life'.

James: I don't know that I want to see all of it, can we edit some of it – scrub out the bad parts?

Nanna Beth: That wouldn't leave much left for some people. And no, you can't interfere with any of it, you know that James, how can you say that you ceased to be for a certain amount of time; and you can't edit in a better life for yourself, as some people might want to think about doing. And besides, by the time you are Celestial, you will love all that you've been, including all the worst parts, because you understand they are all what have made you be you; and you really couldn't help being as you were, it's all far bigger than we are; and so you'll cherish all your wrongness, even the most vilest, cruel and most despicable parts.

It's time for me to go James. I'll be here whenever you need me. We're all right with you John, the twists and turns will continue, however nothing you won't be able to deal with. All our love to you – Nanna Beth.

Note from Graeme: Thanks again James for sending this through – Nanna Beth always nails it. I'm with you, definitely don't want to see my parents having sex although I guess the emotions and feelings they had during my conception would be interesting to know as they would have been passed on to me – YUK!

I've also added John's question regarding the link between emotions and physical disease to the document that we'd been working on...it rounds it out nicely (what a crap word when I'm referring to Nanna Beth's input!)
Graeme

James: No, it's not a nice thought – image, I agree, YUK! That's possibly a good test as to whether or not you do actually love your parents, as I wonder if you did, you'd like to see them bringing you into being??? Hey, maybe John could add it to his welcome package when he does the MoC on everyone – Would you like to see your parents having sex bringing you into being? I wonder what the angels think about having to 'record' it all. Oh god, I don't know that I'd be lining up for that job in too much of a rush. However I agree with you in that I would like to see how they were emotionally, and what they were thinking about during the 'BIG MOMENT'. Somehow I don't think they were thinking about me.

Thank you for your comments Graeme. I am glad you like the 'messages'. James.

HIDDEN CONTROLLERS are layers upon layers of GERIATICS!

Saturday, 2 June 2018

Crystal: Helen;

You mentioned in your last note that there was interference with the previous two couriers after some early uncertainty.

It got me concerned about an alarming pattern of 'intestinal complaints' we have seen to varying degrees over the years. The UK judge dies after short illness. Was he supposed to die or just be incapacitated?

John David Walden (Baron Milverton II's lawyer friend) suddenly dies of unknown drug 'interaction'. Same question?

Simon's first lawyer ends up in hospital with unknown stomach problems.

Simon's second lawyer has two bouts of severe intestinal problems, one involving an innocent bystander, his wife.

The Baron (Fraser Arthur Richard Richards) and his cronies suddenly with illnesses unrelated to their age or infirmities.

First courier gets T-boned, and again intestinal illness not once but twice, with again an innocent bystander also I'll.

Second courier already weak from surgery with a sudden and unexplained recurring infection.

Though all of these events steer clear of directly affecting me or Simon, anyone that gets even close seems to suffer mysterious calamity. Is there a group of 'fixers' specifically dedicated to ensuring this process never goes forward. If so, who is next? We have moved forward despite the 'controllers'. At what point do they come after me and or Simon directly? How far are they willing to go? Where is Anna? Do they know about her? If so, what will they do to her?

Do they know Chancellor Angela Merkel is about to give Horst Kohler (a past president of Germany) permission to make contact. What will happen to Kohler?

You get my concern!

Joe and I will have more time next week to have a chat with you but until then, perhaps you can clarify the danger.

Crystal

Helen – 3rd Celestial Heaven: There has been slight interference, however it was not necessary to carry on with such things. Not all of the above have been unnatural. And those that were 'man-made' were for back then when the hidden controllers were worried about a number of things coming to light that they didn't want. So yes, it might seem like a continual secret hand working to affect some unknown means, however I wouldn't dwell on it Crystal.

The worries the hidden controllers had back then they don't have now. They were not actually directly related to you and SI (Solid Investment), although SI helped to put pressure on them so they needed to

carry out certain actions, and not just removing those people but doing other things as well, of which you're not aware; however as I said, those times have changed.

And had they wanted to 'remove' you, it would have been easy, so because you are still very much active in the whole affair, you would have to reason that they want you active for some reason. And that reason is because they will need you to deal with Simon and the funds when the time comes for their release. All of which is drawing much closer now.

And yes they are aware of Anna as they are giving the Ok for her to proceed at each step through intermediaries in Britain. It's all very complicated and then again it's not. And it doesn't matter, as it's none of your concern.

And once you begin negotiations, as everyone will want them, so you and anyone else involved will not be in danger.

The EU (European Union) as you understand is falling apart at the seams. And so more money will be required to prop it up and keep it going until it can't go on anymore. However that could be quite a long time in the future. And it's the SI (Solid Investment) money they will want to use again. So they'll ask you to use it for those purposes, saying that you need to do it or else the whole of the financial system will default, blah, blah, which wouldn't be a bad thing anyway; and so you'll negotiate with them for a certain part of it to be used in funding their requirements, keeping what you need for yourselves, as it will be in your interests too, to see to it that the can is kept being kicked down the road. Everyone will be in favour of that, they have not completed what they want to do, all their hidden preparation stuff, and need the system to remain as is for quite a time longer. Again, which you'll want too. But having said that, within it all is a shifting of power, the old is being replaced by the new, who are still old but newer, if you know what I mean, however they will be more open to negotiation with you.

The Germans will want to honour their obligations as it gives them a way out, 'It's not our fault' and 'we're doing the best we can to keep it all afloat', and so everyone will be amenable to you. You will be in the driver's seat with them all fawning all over you, and that's how it should be. They hopelessly lack direction, and you will tell them how you want it and by taking such responsibility off their shoulders, so they will be grateful and even want to help and encourage you to do so.

The meeting on the weekend, as John told James, should be fruitful with the green light given to do what is necessary, so we are working toward setting that in motion. And then so too should Anna make her connection, they are just fiddling around with all the usual secrecy stuff at the moment, they fear it might be interfered with, and by whom, we're at a loss to know, however such is the nature of their screwed up minds.

I should have more to tell you directly when we talk next, so until then just keep attending to your feelings. Love Helen.

James: Thank you Helen.

CONCEPTION being the mother and father of all POLE SHIFTS

Saturday, 2 June 2018

John: Hi Nanna Beth

It appears that the process of conception can be likened to a person taking a bungee jump without attaching the bungee rope!

Nanna Beth – 3rd Celestial Heaven: Yes, it does appear that way John, particularly when you're in the thick of it, however once you are free of it, it is the most wondrous thing, and so incredible that we can start off so immersed in the wrong, to live being evil and truth-rejecting and love-denying without even knowing it, then waking up to the 'error of our ways' and then doing our Healing, bringing us to the point of seeing what a magnificent experience we've been given.

John: The infusion of errors and injuries into the newly incarnating soul appears to be massive, rapid and without any let up or limitation.

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



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

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

yuk

Some spirits requiring it because they didn't get it on Earth, others needing it as part of furthering their negative experience in the wrongness. For as you understand, there is no better way to further your wrongness than to have children. Really it is the worst most evil thing you can do. A serial killer, even a mass murderer, isn't as bad as a parent, as each parent will find out through his or her feelings as they do their Healing. So how does that make you feel? With the serial killer being sorted out in the hells for such actions against another's will, and with all us parents and non-parents alike, being sorted out as we do our Healing. Time in the hells is nothing on a spiritual level compared to what you go through

during your Healing. The ‘hell’ time allows you to become fit enough spiritually to enter into life in Mansion World one. The Healing, which deals directly with yourself as a child and your relationship with your parents, and your own child / children if you are a parent, ascends you in truth up through all the Mansion Worlds. So, as you can see, there is a hell of a lot more to being a parent and a child.

John: And yet, this is all recorded by the attending angels for later review, should one so desire to embark upon such an investigation subsequently to becoming Celestial.

This rapid influx of a massive cocktail of emotional injuries and errors of belief sets the stage for one's quality of life and physical health. The cocktail is so massive that it is such a hard slow slog to heal one's self that few will even consider embracing the Feeling Healing process while living on Earth, let alone doing it.

Nanna Beth: In the beginning, few people will wholly commit to it and completely heal themselves before their die. Many will start it, progressing to varying levels before they die. That is already happening in your small group John. Including many more who will want a taste of it, and many more still will embrace the concept and look to learn all about it.

John: Thus, can it be said that even the major core emotional injuries are not a reflection of any specific physical ailment or discomfort, so much so, that one needs to look to all their feelings, both good and bad, without any possible comprehension as to how this processing may eventually relate to easing any discomfort within their physical body?

From what you conveyed yesterday, it appears that we have a lot to learn as to how one should prepare themselves prior to seeking to have a family.

Nanna Beth: Which is all yet more to do with your mind. You don't need to prepare yourself as such, however for some people that is part of how it will be, not so for others. And for some people it will affect their need to have children, however I assure you John, it won't put anyone off having children anymore than those who are put off already are. People will come to understand that, yes, they can see the problem, even do their Healing, but like Mel and Tommy (characters in James Moncrief's books), still decide to have children wholly understanding they are going to subject their children to their yuk, although a diminished amount compared to how it would have been had they not started their Healing. The soul-urge to have children, will be too strong for most people's mind to say no to having them based solely on not wanting to subject them to evil. Having children, you might like to know, is completely in the department of the soul. Parents or people might think they are in control deciding to have them, but they are not, it's all their souls doing. The Mother and Father through our souls control our need for, desire to have, and the result. Children come into the world (or don't come into the world) because of God, not because of anything humanity does or believes. You go on the pill because you don't want children, but that too is all God's doing, for if God still wants you to have children, then no level of contraception will work. Which is really the same with everything.

Yuk

And parenting children with the awareness of the Wrongness, and even trying to do some Healing, will all have other effects, both good and bad, upon the children, which will be what they need to live and grow up in, express as adults, and Heal. So as you can see, it's part of the broadening of humanity's potential experience, it's a whole new age being introduced, and a high level Spiritual one at that, so it's going to be an intense time for all who are on the Earth. And there's a thousand years to set it in motion, then it will move into the next phase which will be wholly different again because the intense influence

of the Spiritual Age will have ended, so humanity will move more into steadily progressing under its own steam toward the Ages of Light and Life.

However in the meantime, there is nothing at all wrong with implementing structured courses teaching people about it all, including introducing things for those who want to be parents to think more about. All so long as it's voluntary and not being forced on anyone, and in particular – children themselves. It's okay for parents to enforce what they will, I mean it's not okay, however within the wrongness that's between the parent and child, but it's not okay for anyone else, like schools or other institutions, like religious ones, to subject children against their will. If the child wants to go to school, fine, if it doesn't like what's happening to it at school then it should be not forced. The free school approach is far more in keeping with an institution honouring the needs of the child. The school can take care of everything else; but it's to look to honouring the will of the child, helping the child bring itself out and express ALL it feels, rather than condition, control and crush it.

John: Presently, are any of the people who lived at the time of Mary and Jesus still within the Celestial Heavens, and are any connecting and communicating with mediums here on Earth?

Nanna Beth: Yes there are quite a few, and will remain so until the time of the official change over of ages. And then I think most will move on, however a few might stay too, I don't know about that yet, I don't think anyone does, except the Melchizedeks of course and the angels.

Mostly those from Mary and Jesus' time work now as advisors in the change over. We consult them about how it was back then, and how it's been since then, should we need to, which is less and less these days as we now have a pretty good idea about all of that.

And as to whether or not any of them are actively communicating with mediums on Earth now, that too I don't know, but I could find out for you John should you need to know. I think in a limited capacity they might be still working with some of the Divine Love people, however as you understand, that's pretty much a 'broken record' now. And new people coming to the Padgett Messages or who might want to talk with the Apostles as such, are looked after by more contemporary soulgroups who might for whatever reasons present themselves as such people of the past.

But really John, little is actually happening on the 'Divine Love' front, there is no need for it now as there has been, it's basically served its purpose and so we Celestials are managing it in a 'maintenance' type relationship. And really we wish the whole thing would disappear as it's all now part of the wrongness because of what you are all doing concerning your Healing and advancing the truths and information, so it's sort of like a relic to us in some ways. It was necessary, a further denial of Jesus and Mary M and one that completed their denial, to outrightly deny them directly through the Divine Love, and that has been done and really no longer needs to be done. However of course it will, and those Celestials involved are passionately helping those people they help, however it's not really my area of interest, to be honest.

Luke and John, are still here with us, and will be through to the end, so it is possible they are doing some work with people on Earth. However, as I said, I don't know how much and you'd have to tell James why you want to know. And I could of course have found out, as I know what you are always doing with James, however I've wanted James to feel my saying no to you and that I don't know – something knew for him to think about. Which is in keeping with what he was working through today.

And it also means that you and he will have to keep telling each other exactly what is on your mind and what you want to know, rather than thinking we'll be filling in the gaps for you. It's all about helping

you both stay focused more on the personal and the personal on Earth, for that's where you are to concentrate all you are to do. We are to remain in the background, the background of which I have been over this year and a half filling out so you both feel comfortable with it in your different ways. You are at the coal-face and you don't and won't always know what management is working on!

cheers for now and thank you

John

James: I like the heading! **There is more to this Pole Shift than meets the eye?** Is there not my dear Watson...

WE BEGIN BEING PERFECT then OUR PARENTS MAKES US IMPEFECT and then:

Saturday, 2 June 2018

me again: Oh yeah John, I just remembered you wanted me to write what I said Marion said... hmm – can I remember? It's never the same, anyhow I think it was something like this:

“We are parented heavily by our parents who use our and their physical bodies to control our emotions, feelings, mind and will. And we are forced to change from being true to being untrue – how they want us to be. Then through our Healing our physical bodies help us back the other way, from being untrue to being true. Our bodies show the damage done, giving rise to the necessary feelings we need to make us feel bad so we can use those feelings to keep uncovering the truth of wrongness. With our soul causing our body to show the damage when it's time for us to attend to the required feelings.

“Our parents inflict pain that changes us from being true to being untrue. And then when we do our Healing, our bodies express that same pain, giving rise to the same feelings, so we use them to heal ourselves.

“Our body is hurt and changes us. When we do our Healing, our body hurts and we change again, back into what we should have been.”

PAIN MAY UNLATCH CONTROLLING BELIEFS

Sunday, 3 June 2018

James: Hi John, as I was saying about what I realised about my pains this morning: my acute pains, such as headaches, hip / joint pain, the current pain in the side of my nose, the one I had a few months ago that was in the side of my leg, all of which are crushing and feel like they are too much, that I'm going to break and never recover, are, so I now tend to think, to do with the actual breaking down of my controlling beliefs. And then associated with them, and perhaps even resulting from them, comes all my repressed emotion and feelings, namely, my fear, misery and anger, they being the big ones, together with feeling powerless, useless, too overwhelmed that I can't go on, broken, unloved, unwanted, uncared about and so on. And all these feelings and emotions are also painful, but a different pain to when I feel like my mind and some part of its control is being broken down. And usually when the mind breaking pain passes, I move into deeper emotion and feelings to express, feeling like I am progressing in letting go of my untrue self, giving up more of my falseness – my evilness. These intense 'mind-breaking' pains come intermittently, sometime many together, sometimes for a short time, sometime over weeks, months, years. My hip pain has been going on, on and off for my whole Healing, however I've had years of it not being 'up'. So overall my Healing feels like it's one long mental breakdown, with all the additional emotion and bad feelings that needs to be released along the way. All of which is trying to bring my will back into being as it should have been had it not been so interfered with.

ASSISTING WRONGNESS

Sunday, 3 June 2018

Note from John: Hi James M

Yes, this has given me a roller coaster ride.

It also made me curious as to why I have not been receiving mail outs from Al Fyke and Geoff Cutler. Well, on Geoff's website he has had very little to add into his contemporary publications – mediums writing – very few in deed over the past few years which Geoff notes on www.new-birth.net

One post on Geoff's site is on the topic of Earth Changes – Stop the Darkness – Noah writing.

James: Re the Noah doc: Usual stuff, just like the Bible, changes, yeah, yeah, but why is the story in the Bible about Noah wrong? The changes that will come will be you John sending the truth out far and wide, and if Earth changes happen to come also, so be it, but spreading the word of the Padgett Messages is not going to save anyone. It might help them do their Healing and so save their soul eventually...

John: The yet to be launched book by Nicholas Arnold and Zara Borthwick is called:

The Padgett Messages – spirit communications by James E Padgett (rather confusing title when considered with other publications)

Some 460 pages containing maybe more than 200 messages written from August 2017 through to 5 April 2018 – though it does start with the originals in 1914-1923.

Contributions from:

James E Padgett

Helen Padgett

Anne Rollins

Luke

Jesus

Judas

(all being represented by a Celestial soulgroup
none of these personalities are directly
communicating with Nicholas Arnold.)

Now this is mainly focused upon James Padgett explaining what he did not know about emotions during his life and his perspective on emotions now from the spirit world.

I have not seen the book, however Philip D has a pre-release soft cover copy. Philip raised it in conversation last Friday. cheers John

James: Hello Nanna Beth, following on from what we touched on yesterday with John wanting to know if any of the Apostles might be still talking with people on Earth, he said today that he was actually referring to Nicholas' latest book he's in the process of self-publishing, which includes messages from James and Helen Padgett, Ann Rollins, Luke, Jesus and Judas. And so John and I were wondering if you could please make some additional comments – like: what's really going on and is he really talking with these spirits?

John has not had anything further to do with Nicholas and Zara since he's been battered around having to deal with my work – much of which has come from you, his dear Nanna, and he has a friend who occasionally meets with Nicholas. (Contact with Nicholas and Zara stopped about January 2016 –

communications with James commenced late November 2016 by John.) I have not had anything to do with Nicholas or Zara for years and hardly even wonder anymore what he or my sister are doing, even if they are still alive. (James is an older brother of Nicholas.) And for the record, I want to add, and neither have I wanted to speak with mum, dad or Gran seeing how they are and what they are doing in their spirit lives. I still feel too miserable and upset by how they treated me, with the thought of speaking to them repulses me – throw up and run away as fast as I can, so I’ve still got a lot more to work through concerning them. And I don’t care whether they are doing their Healing or not!

Nanna Beth: As I said to you yesterday James, it’s a soul-group of Celestial spirits that maintains such regular contact with your brother pretending to be the spirit personalities he is speaking to. And they do this all because of it being what he wants, and it’s still in keeping with the needs of truth-denial of Mary’s and Jesus’ age. As I will explain again, a certain amount of truth denial needs to be outworked, or expressed, during Mary’s and Jesus’ age, with Jesus coming to James Padgett enabling the last of this to be lived by people such as your brother. People like Nicholas, have taken the truths Jesus gave to James Padgett, and have and still are, using them to further their own truth-denial. And by doing so, so they are leading the Rebellion and Default into ever deeper wrongness, all of which is necessary as part of where the Rebellion and Default are to get to by the end of Mary’s and Jesus’ age. Everyone who is living in denial of the truth of themselves at this time (which is still everyone on the planet), is contributing their bit to this truth-denial, all of which is to culminate with the end of Mary’s and Jesus’ age. Because when it ends, then the Rebellion and Default can’t take it further, and so won’t be able to use Mary and Jesus this way. People will still in theory be able to deny then, as they will deny themselves until they do their Healing, however they won’t be contributing to actively taking the Rebellion and Default deeper into its evilness. So the bottom line is reached with the end of their age. And technically on certain levels, as I’ve told you, it has already ended, however it all just has to work through to the end. And so your brother is doing his bit, perhaps in a more obvious way, just like everyone else is. As is even yourself and Marion through the small parts left for you to Heal.

And so because of that, we Celestials have been granted the authority to pose as these higher spirit personalities, and so that’s what’s happening with your brother. None of the spirit personalities that you included in the list John gave you are actually in person speaking directly to him, they are all Celestial ‘impostors’.

And, as I also told you, we Celestials are not trying too hard to help other people work in the same way as your brother and those other people of the ‘Divine Love Movement’, because it’s basically all going to fizz out. You can only take it so far, and really he is pushing it more than anyone, so he is given a little bit of truth, information and higher understanding, enough to satisfy the needs of his ego, however were he to actually want the truth, then he’d soon see ways in which he could severely question the veracity and integrity of the spirits talking to him, which would quickly expose the lie. However, as he doesn’t want to humble himself yet, so he carries on pushing his mental understanding, all at the expense of his true feelings, those which, like yourself, he had to deny when young, and has done so his whole life. Which of course is why he didn’t warm to the truths you and Marion presented to him all those years ago when you spoke with him about the Healing.

James: Thank you for explaining it to me again, this time round it does make more sense. It seems to take me a long time before I am able to get the real picture and understanding of it.

Nanna Beth: It’s the same for all of us James. You have to evolve and grow into it, we can’t just dump it on you when you are not ready to deal with such information, because as you can now see more clearly for yourself, that would have damaged you, leading you off down irrelevant tracks by appealing

too much to your mind. You have enough as it is going on within your mind that you have to constantly deal with, without us giving you more than you need.

James: John said that you'd said at some time earlier in our first writings together that Ann Rollins was part of your soulgroup. I don't remember anything like that, but is it true?

Nanna Beth: It is. Yes, Ann is here with me now, she and her soulmate are an integral part of it all, she having been in on it right from the beginning from when Jesus and Mary first came organising the Celestials to make contact with James Padgett. And as you've been told, James and Helen are with their respective soulmates and are not part of the lower Celestial working groups, they moving on through Nebadon toward Paradise.

James: So really the whole master plan of the Padgett Messages was to inspire people to take on the truths and information to further their 'truth-denial' – as you are now writing it?

Nanna Beth: Not all of it, but yes, a large part of it. It was also for Jesus to complete what he said he would do, Come Again, which he did by revealing the truth about the Divine Love, all of which people could then actively and consciously long for, and carry on using it as part of their truth-denial or using it to help them with their Healing.

James: It's interesting Nanna Beth, again going over these subjects which I have laboured on for years trying to hash out as to what was going on and what it was all about, and yet now within a few short and simple paragraphs it can all be said and explained.

Nanna Beth: Because you are now more of the Truth James, so it's easier for you, and because of that, so it's easier for me. I am always responding to your light, really following you along in it, so I tune in on it, by tuning in on your soul essence, and then what I am inspired to say is really a reflection and almost an expression of where you are at within yourself, so it's as if you are saying the things yourself, or would say them as I am saying them were you to be speaking about them to someone.

So it will continue this way, I, as is happening for yourself, even if you're not so aware of it, will continue to simplify and refine the truths, helping you see them more clearly, and almost as concrete structures that can't be demolished, all of which become part of your being. And that's what happens to us all as we move higher in truth. That which was a struggle to begin with, becomes progressively easier, until at some point it's just second nature, giving you that lovely feeling of: how could it be any other way! And when you look back at yourself and see how it was every other way other than the way of truth, then we all marvel at how far from the 'path of truth' we all strayed.

James: Yes, I know that feeling. I wish I had more of it, and going right through every aspect of it I'm working on.

Nanna Beth: As you know James, it will come – it is coming. It just takes time, its own time, and in the end, all is revealed and all you'll come to know as being true – what the Truth really is.

And even though it's the last thing to feel excited by currently James, feeling like you're once again squashed to the bottom of your bad-feeling well, exciting developments are on the horizon!

I'll speak again soon – Nanna Beth.

John, for the time being I'd prefer if we kept all this money side of it just to ourselves. I don't mind if you generally cut and paste some of what Nanna Beth says about Mary and Jesus and the Avonals, however still preferring to keep Marion's and my name directly out of it. As I'm afraid it looks like we'll have to do that way right to the end of our Healing, unless of course, something substantial changes. So please don't just send it all on as it is.

AVONAL PAIR are TEACHERS

Saturday, 9 June 2018

James: Hello Nanna Beth.

Nanna Beth: Yes, James, go ahead – you've been speaking with John about the money side of things.

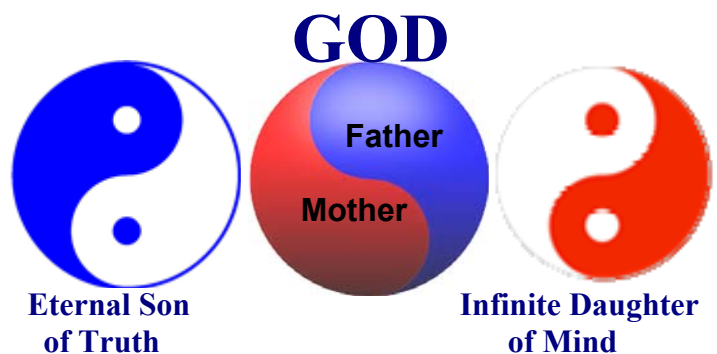
James: Yes, and it's quite extraordinary and I wanted to run it by you. It's not as if John doesn't have enough to deal with, what with all my stuff, the whole Avonal thing, Pascas, as far as how he's conceived it to be, but now with his latest communication with Crystal, it seems like he's considering the possibility that he would be the top financial controller of the world – is that possible; and then by default, because of my being associated with him, little old me is sitting on top the world controlling both the financial side of things and the spiritual ones, so able to possibly bring the two into alignment.

I mean Nanna, it all seems so bizarre, even more so by the day; however on the other side of things, it all makes sense – however, can it be true, is that what today with John has been about, just to notch us up a few more levels in our minds' fantasy?

Nanna Beth: It's true James, all true, and there's more to it still, of course, however it will slowly come to you both so you can work with it as you need it, so as to keep it integrated in your minds.

James: But surely it's too big a responsibility, to suddenly have the whole world's power shift onto us – I mean seriously Nanna, maybe you Celestials need some other amusement other than making all this shit up for John and I.

Nanna Beth: It's not our doing, it's all been done, we're just helping it to come to fruition, however we're still not allowed to tell you much, only a snippet every now and again. However as you can feel James, it's all perfectly in keeping with what you are moving through spiritually. Yesterday in the car that inner transforming feeling you felt on your drive back from Bass was very significant, it's changed a lot of your will alignment, which this with John is part of coming into being. You've crossed into a new phase, as shown by the Eternal Son coming stronger to you yesterday after that inner transformation, and so on your deepest most levels, very significant changes are taking place, which will slowly become manifest in your physical life. And part of what is happening with Crystal and John is reflecting this change on the physical level. And helping you prepare yourself mentally and on a feelings level, for it.



James: Yes, that was a lovely experience, just the sort of thing you need when driving down the road trying to keep your eyes open for wallabies jumping out at you, with tears streaming down my face. So it seems to get madder by the moment. To even imagine being in control of the money side of the world –

John and I, I mean we are truly out there in never-never land. And I guess if that's how it's going to be, it will just happen according to plan?

Nanna Beth: That's right, as I've said, it will, as it can't happen any other way, all work out accordingly. So the money will all be taken care of, looked after properly so John can manage it, and the system will hold together enough, as you both set about changing it.

James: So am I right in thinking that Crystal will dismantle the hidden controllers' power throughout all of this – and is this even what it's all about?

Nanna Beth: Yes, that's right. Not herself specifically, however what she will do, with the help of the Baron (Milverton II) and all he has put in place, will basically do what you are saying. It's to be a whole restructuring of the world, with the hidden controllers no longer in control, and with anyone who seeks such control in future, being swiftly dealt with so as to end such attempts. The world is to live harmoniously together, so with no need for war, no need for all the world's armies, people living co-operatively ending the dysfunction. However of course within that, still people because they are living untrue will want to control and have power over others, however the ways to limit that will be put in place and adhered to. But to do that, the hidden controllers need to be dealt with once and for all, and so John and Crystal and all that's to happen is part of that. And once it gets going, there will quickly become the ways to act so as to sure up the New Way, and to keep putting pressure on the Old Way. Many people are waiting in the wings, sick and tired of how the world has been for all these years, so fed up with the control, and would love to move to a more united, free, free to express yourselves, world.

James: But the world's religions, the next biggest controlling systems, will need to be dealt with.

Nanna Beth: They will be exposed for the untruth that they are, with many people leaving them, once they are given a better alternative and all the reasons why they should end, because of all their deceit and hidden control. It won't take much once the truth starts to gain traction for the untruth to be shown up for what it is.

James: So really I have no idea, no vision, no understanding about anything of what might happen?

Nanna Beth: That's right, because it's been part of your denial. You have no idea and won't until you have completed your Healing, however little bits will sneak through as required because you need them to help you do your Healing. So today with John will affect you, giving rise to yet more feelings – you know how it works.

James: And John will just move along with it?

Nanna Beth: Yes, he'll see what he needs to do, just as he has to get this far, and that's how it will keep going. It will get more involved, more complex, and more dynamic, however he'll be able to take all of that in his stride because he's been well prepared for it. And because we are behind him, and he's so tuned into us, so nothing untoward will happen, nothing that he can't or won't be able to deal with – delegate and oversee.

James: Yes well it's certainly stirring up my mind considering looking at the world and possibly my role in it, from the point of view of having such a say and influence in it. It's been one thing thinking along the lines of being possibly an Avonal, and having a small group of people who might be able to consider doing their Healing, despite John and Pascas and all he wants to do, to now thinking that not only will

the whole spiritual side happen, but possibly everyone on the whole world will come to know about the spiritual side of things and so – myself. God, I just want to hide away, sure it would be nice to hide up north on a little place doing my writing and visiting John each day, but for it to be so big, OMG, that puts a whole new slant on it.

Nanna Beth: You can still do both James, hide away and do it all with the minimal of fuss with John.

James: So if it really is to be that big, as big as John has rolling around in his mind, then it will need to start happening soon, because there will be a lot that needs to be done and time to do it in.

Nanna Beth: Yes. However it's all there now waiting to unfold. All the hard work has actually been done, the people to be involved are, mostly unbeknownst to them, prepared and waiting to begin. And when they start, you'll keep hearing them say that somehow they just knew it would be like this, things along those lines, because they've been well and truly 'seeded' by us Celestials. You have no idea as to the vast amount of organisation that has gone on, and is still going into it all, and it's growing by the day. And you understood yesterday, Mary and Jesus were a tiny pip on the ocean, they came really for Nebadon, to end the Rebellion, humanity was never part of the main project. The truth of the Divine Love had to be revealed, because that's what Mary and Jesus were revealing to the whole of Nebadon, it was a massive turning point for the whole local universe because up until then, not one, not one spirit could embrace the Divine Love, become divine, and so move on deeper into Nebadon. Everyone was sort of on hold if you like, which was all right because no one was ready to move on, but once Jesus revealed the truth and Mary understood and backed him in it, then that opened the doorway to the rest of Nebadon. So spirits far and wide, who were ready, starting receiving the Divine Love, quickly transforming their soul, some of them doing it almost over night because they were in such Natural love perfection, and it was apparently like a whole wave rushing deeper into the Celestials and then further into Nebadon. And since then, things have settled down during these past two thousand years, now with each world growing and moving along as it can. And then there was the rebellious worlds to still be dealt with.

And so here we are. With you and Marion about to do such a massive thing for the world as Mary and Jesus did for Nebadon. Jesus came back via James Padgett to reintroduce the Divine Love before you were born. Then with Mary mainly, and Jesus' support, you sorted everything out so far as bringing yourself into alignment with them. And so you set the scene ready to begin. And ready to begin taking the world from that of outright rebellion and default, to ending that and starting it's 'U-Turn', which is really the road back into the truth.

So Jesus and Mary's effect on the world and humanity was very minimal, the Christian church having nothing to do with them being an abomination all of mankind's doing. But the effect the Avonal pair is to have on the wrongness, well that is how each world is going to be brought back into the fold. Each rebellious world is heading as fast as it can in the wrong direction, so the Avonals have to first harness this headlong rush into oblivion by becoming of it themselves, even leading it because they are the most spiritually advanced on the planet, so actually become the most wrong, with them becoming of it in way legitimised it by giving it their stamp of approval. Then they woke up to the truth realising that it wasn't good, neither for themselves or other people, not for the whole world, so they put the brakes on it for themselves, setting about Healing themselves of it, and in the process, working out how that is to happen, so being able to pass that onto other people should they too want to get themselves out of it. Then once they are Healed, then they have to set about affecting the necessary changes on the world so as to ensure humanity is not only pointed in the right direction to get itself eventually free of its rebellion, but also ensuring the direction will be maintained once they have left – died. So as you can imagine, you and Marion, are going to, in one way or another, affect quite substantial changes, which is

already happening. Those changes John having already documented, along with Samantha living them as she progresses in her Healing. And so you will keep changing the world in these ways as you change yourself. And although you can't see the changes as such, the fact that we Celestials are now very much in control of our side of things is a massive change, and that of itself means humanity will never be same again, it can never go back to having the mind spirits in control, supporting and evolving the wrongness as such wayward spirits were able to do. So that is a massive change and end to the status quo, and soon other equally massive changes will take place, and so it will go right the way through yours and Marion's life.

So if you are given through John the purse strings of the world, well then that too will be something quite major and no doubt will have transformative effects.

James: I wouldn't know where to start, I wouldn't want to I don't think.

Nanna Beth: Which is not true James, and you would know what to do, however knowing when it was time to know, not before, like how you used to try and work out. You would simply respond to your feelings, just as you do now, and along it would go – there's nothing else you could do. But it's also why you've been made to keep one, albeit, small finger in the financial side of the world, you couldn't make a go of it, but you have a broad idea of how it works, enough for you to keep up with things should you need to, just like being able to relate enough to John so as to accommodate his needs whilst at the same time letting that side of things influence your spiritual growth.

James: John feels pretty certain that Anna will come through, thereby allowing Crystal entry into the hot seat.

Nanna Beth: Yes, we can't say anything about it, however you will see.

James: Alright. Is there anything you want to say?

Nanna Beth: No, other than things will simply keep unfolding for you all as they are. Other people are soon to come into John's orbit, people who'll he will be able to rely on and slowly open up to and bring closer. And other than that, we Celestials are feeling very excited by it all, every day more so by the minute. It's the conclusion of what we've all been working at preparing ourselves for, it's starting to happen, we too can see all the hard work now starting to pay off, and that is generating quite an amount of excitement. I'll go James. We'll talk more, you're now able to have more spiritual experiences like yesterday, which will in turn give us more to talk about.

James: Okay, then, thank you Nanna, I'll speak to you soon.

BODILY PAIN is OUR FRIEND:

Our body stops us largely through pain, allowing us to pay closer attention to ourselves and our feelings. The pain is there for us to deal with, embrace and accept, to want to know why we have it, what is really going on deeper within us that is causing it. And by expressing our feelings of pain, and longing for the truth of them, we can use it to heal all that's wrong within us. This being our Feeling-Healing.

However as we all rightly hate pain, we do all we can do to stop it as quickly as we can, so we rush off to the doctor, take pills, drugs, busy our mind trying to 'take our mind off it', all of which is dismissing these feelings that are there to help us. So by denying our pain we are further denying ourselves, which in turn is going to further (at some point) cause even more pain.

Our pain is to make us slow down, to pay closer attention to what we really are feeling. It comes about to stop us running away from the hidden truth of it, that which relates to our relationship with our parents and how they treated us, causing us such pain. All our pain (pain on all levels, including the physical) is the same pain our parents have made us feel. And we need to use it to find the truth of this. So even toothache pain can stop you, leading you deeper into yourself, helping you express all the terrible emotions and feelings it makes you feel, all so you can uncover more truth of your relationship with your parents and early life.



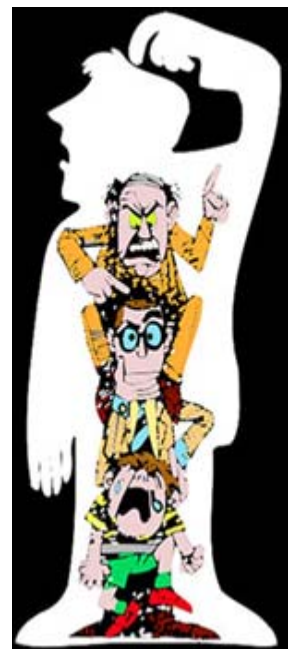
So in doing our Healing, we try to put off rushing to the doctor or seeking immediate help to remove even the slightest pain, choosing to instead put off such visits or taking pills whilst trying to express and seek the truth of such pain. However when it drives you to seek help, of course you do whatever you want to do to take it away, all the while expressing all those emotions and feelings and longing for them to reveal the truth you are to see about yourself.

So our body and its pain is our friend, used by our soul to help us come back to being closer to ourselves, to living true to what we are feeling and to set us free of our mind control and denial of pain.

James Moncrief 9 May 2018



THAT'S THE THING
ABOUT PAIN.
IT DEMANDS TO BE
FELT.



SAMENESS OF RELIGIONS

10 June 2018

Truth is the way for humanity to find equality and live happily ever after. How we're currently trying to supposedly do it, is through the mind, and with our mind in rebellion against the truth our feelings will help us live by, there is no chance of any real peace, equality and unconditional acceptance.

And only by doing your Healing can we find the truths we are to live. So all the religions, being constructions of the mind, can only deliver a false peace, lip service to equality, because all they are about is control and competition. The religions keep people apart, rather than bringing everyone together as Truth would. A loving world consisting of a homogenised humanity living without the need for any barriers or restrictions of control, can only come about as we do our Healing and start living truth to ourselves.

However so many people still need their religion because they need to rely on someone else – a higher authority, telling them how they should be. Then they choose to live according to that rule, feeling good if they do and praised by their religion – even by 'God', or they break the rules, being naughty children, pay the penalty taking the required punishment, coming back into line. It all being how it was with our parents in control. So our religions are just our parents, more of the same, and you either fit in with them and go along with them, even believing they are right, or you fight and reject them.

We all need controlling things we can adhere to or try and fight against, which is still only more control, because we still see everything as if it is our parents, and until we do our Healing, we can't break such heavily ingrained patterns, so we'll never be free of them.

PC letters Pole Shift

Tuesday, 19 June 2018

It seems okay. It's still wonky reading about the Avonal Pair as they being something special and then thinking that that's me, that's the weird part. Anyway, I'm happy to let it be as you've got it, and who or what is an Avonal anyway, at least not many people will understand that. And possibly by the time they do, I'll be dead and it will all have been my fantasy.

I'm feeling very ambivalent about it all at the moment. All I want to do is write movies – mad, I've done three of them now. You'll like the third, it's a surprise, even if nothing ever comes of it, at least hopefully you'll be able to 'watch' it as you read it. They are good fun writing, so much easier, before I know it they are over, just at the place in writing the books where I feel I've had enough of it and I'm only a third of the way into them.

Still I'm seeing lots about my fucked self, that never stops, I feel so tired, and worn out by it all, so much really wanting to have nothing further to do with any of it, and yet it just keeps going. I long or don't long, the truth keeps coming. I just wish it would all come and get it over with, which is what I'm working more on at the moment: stopping wishing such things – why do I wish it would be over, why not just accept it, even like it so much that I wish it would never end – that's where Marion is sometimes when she feels soooooo good. But of course feeling so good you don't want that to end.

Goodness knows what Marion would say knowing she's out there in Pascas Land. I have told her, but lately she says she wants even more of nothing to do with everything, she doesn't want me saying anything about her, so even this is too much. She's fully accepted, that for the time being, she's a recluse – she loves that. She's still so on top of it all, all the time, so on the case about all the feelings and emotions, she really is incredible when it comes to all that.

I'll talk to you soon, tomorrow or after the BB (Bush Bank native plant nursery) days.

WORKING ON TWO FRONTS

Tuesday, 19 June 2018

Hi Nanna Beth

I continue to explore ways in how to introduce what has been revealed to us. I suspect it is as many ways as there are people!

Lisa Wilkinson of The Project on Channel 10 is a personality that appears to be close to understanding what is required in our healing and how our social issues stem from our childhood upbringing. So she has been sent a very special Pascas Paper featuring your comments at the very start. The title – Pascas Care Letters Major Crime is Child Rearing – should at least raise one eyebrow.

Another week or so then I should have the Pascas Papers in a manner of 'completion', not that they ever will be.

Following on from that point, then I would be at Crystal's beck and call, when and where she may need me or where I can assist.

In the meantime I will keep prompting who I connect with and see what unfolds over time.

One such person is Rudy. For some reason I was very slow in engaging with his offers of friendship, it is as though neither of us may have been ready for each other. Now I treasure his companionship. Rudy and his daughter are having a very distressing passage and I would appreciate your comments if you please.

Also, it has been some time since we had a little chat and would appreciate your guidance.

cheers for now

John

Nanna Beth – 3rd Celestial Heaven: Everything is moving along as perfectly as it can – not that it can be any other way. There is a lot going on behind the scenes John, and it just takes time to manifest. The world is so heavily entrenched in its wrongness, with such strong bonds keeping it all in place, it's incrementally that we Celestials are able to work within it affecting the necessary changes. Yet, they are happening. And it's good that you feel like you're on top of your work and ready for a change of direction and new phase, that too being as it should be.

Continue to support Rudy, don't expect too much from him, he'll let you know what he wants, which is mostly companionship. The whole spiritual thrust you've been subjected to, voluntarily, is not just about getting the truths or the 'message' out, but developing friendships along the way. Don't worry if people don't so early embrace the truths, and yet you find yourself drawn to the person, because you will be involved with a lot of people who'll help you in all sorts of ways who are not that open to the truths. Your work with James and the Truth is one thing, and certainly to be central in your focus, however you're also going to do a lot of work just simply because of your compassionate humanitarian heart, and many of these people, touched by your kindness, will one day embrace the truths, even though that might be not until their spirit lives commence and even then possibly well into them.

So where the truths are wanted, accepted, asked for and embraced, then you can send them along, taking one step at a time, and when they aren't, if you are still drawn to that person for some reason, then remain open to them, even if they never embrace the bigger picture or even a small part of it. For in a way, you'll all be working on two fronts: One with the Divine Love and Truth; and the other just with Natural love, acceptance and understanding. The two overlap of course but not everyone will be ready or able to move through it all, however many will be able to accept your generosity and want to be able to give something back in return.

I can't say anything about SI (Solid Investment) today. It's for you all to go through what happens over the next couple of weeks, whether it continues to be delayed or something gives. It's all part of the pressure that needs to be applied, all of which affecting you all in different ways, changing you all, moving you along, preparing you for what's to come.

We are always attuned to you John, always sending our thoughts through to you, simply follow any inspiration you have, you don't have to be accountable or answerable to anyone, and especially not to James, you just keep doing what you feel you want to do, it's your life John and for you to do as you please. And as we've told you, it's not about doing anything right or wrong, it's just about doing whatever you feel you want to, that being from the smallest to the biggest.

That's all I will say for now, I'll speak again soon – bye now, love Nanna Beth.

James: Later I felt another milestone in my Healing. It's the same truth but deeper, and from more of a true perspective. Simply: I don't feel loved. God I can feel how true that is and how I am so much needing to be and feel completely loved – by mum to start with. Right from the first moment all the way through. And I can see how I project onto women my need, wanting them to be mum replacements, wanting them to love me from conception onwards. Chocolate doesn't do it – unfortunately. I bite my nails because that's all I've got to do, something that gives me a feeling of power – I can do that! I can't do anything else, she didn't let me, and I certainly couldn't express myself and love her or anyone else. So I don't feel loved and I can't love – I'm not loving. I am false, contrived, full of shit, untrue, all wrong, and that is the whole of me. It's not even that I have done these things over the top of or trying to block out the real me, there just isn't any real me, not yet anyway, because growing up with them was all I am, all of me, all of my will feeling unloved and developing into the bullshit me that I am. It's taken me all these years to get to these feelings that Marion has felt all her life, she's never been able to cover them up and hide from them like I have. Poor her, feeling so, so bad her whole life, and knowing how unloved she felt. I feel like I've just got to the tip of the iceberg of my feeling unloved – not a bad achievement for 20 years healing! Fuck me, probably another 20 to feel all the shit Marion felt, to really get fully in touch with feeling unloved.

Sorry I was so distracted on the phone John. Who did Crystal get all that incredible info from?

RELATING TO A SI UPDATE

Tuesday, 19 June 2018

Samantha: Thanks for the update John.

It is all feeling a bit more fluid now in that Anna is now getting the job done and if it continues like this she will deliver the next package on time and avoid exposure. Let's hope it all flows smoothly from the UK to Anna so she can stay on course, good for her and I hope she enjoys the safe house luxury in her brief respite.

It is all so corrupt in the way that all of the Solid Investment Account Holders have been treated by the German's denial of them, unbelievable that it can be ignored and denied and when I read about it, it gives me such huge feelings of being so out of control, feelings of such huge loss and disregard, it all stirs up some deep anger in me of being so cheated and treated so unfairly with such disrespect. I know this isn't happening to me but the feelings it brings up in me are mine and I can feel the anger and frustration of being a child and treated the same by my parents. As the Germans are ignoring, denying and deferring their responsibilities to all of the Solid Investment Account Holders I can feel the same treatment from my own parents, their ignoring, denying and deferring their responsibility to me and it is all so unfair and painful, they were corrupt to me, as bad as the Germans are being to you. I want to take my parents to court and make them realise the crime they have committed to me with their diminished responsibility.

What is happening to you and the SI group and the Germans is just what I feel has happened to me as a child by my parents and happens to all children, I have all been ignored, denied and dismissed so unlovingly and it should be a crime that makes every parent crumble like the governments will have to do when their corruption is revealed and the truth known. It is all Gods Law of Attraction working on our souls showing us how it was for us as children and how loving of God to help us in that way, by feeling the distress of how awfully our Government's treat us, they are meant to care about us but its all lies, just how it was with our parents, the Governments and our parents are only in it for themselves, not us, we just have had to tow the line and do what we are told.

It all brings up so much feeling for me and every one involved John, even though I am not directly involved, all you tell me about this, brings up the feelings I need and it is brilliant, it helps me heal how I feel about it all and it all comes back down to how my parents treated me and I feel that the more we heal our feelings that the SI is bringing up, the less we will need it to all go badly because we will no longer need those bad feelings from the SI saga as we would have felt them out of us allowing it all to change for the better. I know it works like this because I have experienced it happening for me and only then, change comes and it is like God says to me "Ok Sam, there is no more bad feeling in you on that subject so change can occur" there is no longer any reason for it not to change as I no longer feel bad.

I have felt like talking to you John, so I have, all I feel about healing my feelings to do with the SI and all you tell me. Shit I love my healing so much, I love all the bad because it is so good for me. The SI is giving us all what we need and I love the feelings I get from all you say about it.

Thank you John for keeping me involved, it makes me feel that you feel I am worthy of knowing, you don't ignore me, you involve me and I can't tell you how great that makes me feel.

Thank You xxx

ABSENCE OF LOVE

Tuesday, 20 June 2018

Note from Graeme Bates: James, I read, study and digest almost everything you write. And I believe that the reason, or core emotion, that we're all so fucked-up is the ABSENCE OF LOVE. This happened either ACTIVELY or PASSIVELY by our parents.

"Actively" when they knowingly didn't give a shit about how we felt; ignored our plea for love – by crying – when we FELT their love withdrawn.

"Passively" when they simply didn't know what a child needs – that we are totally dependent upon our parents for survival and their "absence" or neglect of our instinctive needs is tantamount to withdrawing their love.

So when we didn't receive our parents' love we felt unworthy...what have I done wrong that mummy and daddy don't love me. That's the big one...I'm unworthy of love from ANYBODY...and if God is our heavenly Mum and Dad then God doesn't love me either.

I now believe that ALL the other suppressed and repressed emotions in our soul stem from an absence of love. GRIEF, UNWORTHINESS, RAGE and lots more.

ACCEPTANCE. I want to be accepted. Why am I excluded by some people, groups, organisations ... clubs? (Groucho Marx once said, "I wouldn't want to join a club that would have me as a member!")

So in my case I either put on my chameleon facade so I will be accepted (especially in the business world) or when it is simply too irksome to "play the game" I say fuck-the-lot-of them I don't want to be like them and I suffer the consequences.

It's sometimes easier to WITHDRAW. Stop interacting with new people, stay at home, play it safe. I do this too. Throw myself into projects. Tell myself, "I'm too busy to interact with people...and because of my spiritual beliefs they wouldn't understand me so it's easier to keep to myself."

I was once told by an early spiritual mentor that you can't "evolve" (grow your soul?) by becoming a hermit and living in a cave. Maybe OK for a dog, but no good for a human.

James, I now know I'm no different to anybody else. You especially (and guided by Marion) have shown me this truth. If I want to change (and I do) then I must live my life FEELINGS FIRST. And if I want to divine my soul I ask and long for my heavenly Mum and Dads' Divine Love. And unlike my earthly mum and dad it will be given to me unconditionally.

Thank you mate for everything that you have shown me. I "love" our chats. I "love" the fact you're writing movie scripts. That excites me even more than your books. I have a strong desire to "create" movies to get the truth out there. [I did this for 40 years in the advertising business...except it wasn't the truth that I was writing, producing and directing, that via TV, went out to millions of potential customers.]

This time round I'd like to help make movies that tell the truth to millions of potential "customers".

I'm looking forward to the momentum of our projects getting some real traction. And in the meantime I'll keep reading (SAGE at the moment) and proofing / editing. I really do enjoy it. It's GOOD work...worthwhile!

Looking forward...my love to you and Marion

Graeme

James: Yes Graeme, that's what it's all about – that we don't feel loved because we weren't. And weren't receiving what we really needed. For myself, it's so hard having to accept this having believed I was loved and so are loving. But there's no getting away from it. However I also know, there's no use

putting it on yourself if you don't feel it, we have to wait until such truth comes to us through our Healing. Marion and I often go back to when we first met and talked about it, she asking me if I felt loved by my parents and my saying yes. And then it started, twenty years later of her probing and I can finally say, no I wasn't – I don't feel loved and I'm not loving. So I guess you could say I'm getting somewhere in my Healing – ha, ha. Not where I thought I'd get, or wanted to get, but Marion has been spot on all the way. I've used every avoidance tactic possible, wriggling around trying to defend my 'love', and oh boy, when she would accuse me – just tell me the truth – that I wasn't loving, did I react to that. I am loving, you're wrong... yeah right... grind me down some more... ok, you're right, damn it.

I agree with what you say about the Active and Passive Absence of love. And that's what we've got to also work out through our Healing, how both of those apply to us. For me it's also about you either grew up knowing you weren't loved, because you felt it right from the start and nothing changed for you – Marion; or you grew up being so turned against this truth that you believed you are okay and loved to a certain degree, and even loved a lot – Me. And for us to be worked against each other so as to show us the truth of ourselves and each other.

I would love to meet someone who feels they are loved, they got the best of it, had a very open, supporting, attentive, caring, sharing, expressive, unconditional and so loving, relationship with their parents and family. And for them to do their Healing and see what they come up with. That's one of the missing parts for me. There's a couple at the BB (Bush Bamk native plant nursery) who seem to love their children and parent and grandparent by what seems like non-interference, if their grandchild wants to poo on the living room floor they let it figuring in its own time it will learn about the potty and toilet and so on, which happens. So speaking with them is great as they break all the 'rules' that I grew up in and know; and the grandmother, who was the last of seven children I think was told by her eldest brother that all her siblings absolutely loved her, as well as her parents, and she seems the most well adjusted and happy person in herself, and yet she is always reading self-help books and wanting something more, something she can't quite put her finger on, and I'm beginning to see cracks that things aren't as right as I first thought. And she says she wants to read my work, has been wanting to for four years now, but won't do it, because I think from the discussions we've had, she doesn't want anything to happen to her fantasy, that being, she adoring having all her grandchildren, going far and wide to look after them and be there for all the births, and loving them more than anyone possibly could. So as Marion says, you just don't know what's going on underneath. I'd love this woman to do her Healing and see what she says.

And if she did, how hard would it be for her to break down all the so-called 'loving' stuff. Could she? And does she need to? And could she reject her family which is growing larger by the month, all the babies and little people everywhere? And would she have to reject them – could she do her Healing whilst still being involved, keeping it all to herself or even sharing it as part of their lives if they can all accept it? It's fascinating, and I'd love to hear all of the Celestial's stories. I've written with some of them, but it's not the same as really talking about it all.

I'll send you my first movie in a few days. I'm letting it sit for a while whilst I reflect on it. It would be great to have your thoughts on it, from the technical level as well as just if it's any good, and if you reckon it's worth my while writing more.

Me again, having just sent that to you Graeme, I wanted to add, that for those people like me who believed they were loved, that will be the hardest thing for them through their Healing. To break – to have broken down – all those false beliefs, the million structures keeping the lie in place. I feel like I'm under continual assault. I hate the Healing because it's attacking me, saying I am wrong, showing me

up where I'm false and full of crap, telling me I'm not a loving person and showing me why, and who wants that stuffed in their face and broken down having to ADMIT it. Not me. And I've fought it all the way. Marion says I've not yet even got to point of wanting to do my Healing properly because I am fighting it, yet that's my pattern, my parents would fight me, anyone, who threatened their lie. So I wasn't allowed to object and accuse them of not loving me, that was the worst, head chopping off stuff – yeah right, that's being really loving. I can see all the bullshit now, but it has only been because I can see Marion is right and I know I have to do my Healing that I keep going in my fucked up way of trying to do it, which I feel is like I'm being dragged through it backwards.

Whereas for Marion who's always felt unloved, she has NEVER, as hard as it might seem, ever felt loved by her parents. She had moments with her dad when he seemed to like having her around and did some things for her she liked, but then he'd smash her emotionally and physically. And as she was saying tonight, she's wanted to die every day for as long as she can remember, wanting to end it all because she's always felt so bad. So she's the complete opposite to me. And then once she understood about her Healing, every second she's doing it, not resisting, not fighting, begging the Father to bring it on, to make her feel as bad as she can, plunging down into all the bad feelings she's so familiar with anyway as she's always felt them, she has relished it all. When she's felt really bad she hasn't relished it in that moment, yet



Hey James, head first, not tail first!

she's still known that every bit she brings out is one less bit within her, and it's inch by inch, and now she's feeling so much better. So she in her good times is now loving all the bad she's been through, whereas I'm a long way short of that still. I'm still thrashing around complaining about it all, whereas she is becoming more accepting of it – of herself, by the day. She's the salmon swimming up stream, relishing all the obstacles and knowing she will get there and do what her whole being is driving her on to do. I'm the salmon being dragged up backwards, struggling and spluttering, bumped up over every waterfall, yes, yes, I know I've got to do it, but I'll just stuff this block of Aldi almond chocolate in to stop myself feeling bad, and THEN I'll get back to thinking about possibly expressing that bad feeling. I'm a case of 'do as I say, in my writing, but don't do as I do'. Marion says, how can you help anyone when you can't even do it yourself!



Graeme: Our emails crossed by nano-seconds! Yes it seems easier to get into your healing if you know your parents never loved you but shit what a horrible childhood she had wishing every day she'd die and relieve the pain she must have felt. Where as you and I have this illusion that things were Ok – yeah I got belted by my dad when he got home and mum "dobbed" on me how "bad" I'd been so he would dish out the punishment. I remember that clearly. So for Marion she now feels "good" at times which in a perverse sort of way makes up a little for all the times she felt so bad...so unloved. Shit what's worse...her childhood or ours? We suffer now because we fight the healing...like your picture of the salmon being dragged kicking and screaming up stream! That's such a vivid picture...that's me.

How can you help anyone James? You know the answer to that as Nanna Beth would say. Because of your writings that have been read by a couple of people who were just waiting to get this truth from you (via Jesus and Mary). That's how! Don't ever under estimate the power of your written words. They are there down on paper of whatever the fuck the digital age calls it now, for all humanity. It's there and perhaps it's my role and others to get it out. In the meantime keep kicking and screaming (releasing all that shit) and Marion's right (as usual) us more numbnut males need lots and lots of **H E L P**.

Thanks heaps again...

MOVIES

James: Concerning the 'movies', yes a general plot comes, sketchy at best. I'm not into labouring, the easier the better. With the first one the opening scene has been 'playing in my head' for years. Then once I thought I'd try writing it out, having downloaded a screenplay template for Pages and read a little about what terms to use, then it just flowed, like the books, but more pictures because I had to 'see' it more in my mind. I'd get jammed up over a part, thinking, na, that's not right it doesn't fit with... and suddenly I'd see how to amend it. I'd think, it needs something more dramatic, and suddenly something more dramatic occurs to me. I'm totally perplexed about how 'they' do it. How it's, sort of me, or made for me to seem like it's my doing, yet I probably do about 5%. I can try and nut it out, and I go this way and that, add and subtract, but when I sit down to write it, half goes in and the other half occurs to me along the way. I feel like again I'm blowing my own trumpet: hey look how good I am, I wrote a movie and a book, however I want to know how it works too, and the more I can talk about it the better. So thanks for asking Graeme.



I would have to say that there are endless 'movies' the spirits can come up with, endless books, endless everything, and if we are to 'tap into it', then in our own way it comes through. This is just 'my way', and it seems like a big deal, but Marion's way is far more true and pure than anything I could do, and she doesn't write a word. And as much as I like doing it, it's a major distraction from my feelings, because they are so easy, three days, about a third of a book, it's not a 'labour'. It's all mad because I read that ideally they should be 90mins long, so 90 pages as one page how they are written supposedly equals one minute movie time. So that's my target, and it's incredible how they hit that target then suddenly get wrapped up. And to finish, as they are a distraction, suddenly I had a about a million ideas flooding me, oh fuck, I wished I could just press download and leave my mind plugged into the computer then I could go shopping leaving the spirits to it. I felt demented, go away, leave me alone, it's too much. So it's opened me up again for me to have to find a bit more discipline about it. Anyway, for what it's worth, they are probably not good, too slow, too much dialogue, too... However, the third one is a bit of a surprise for John. So I'll see if I can get the umph together to fix it up and send on too.

In the meantime, I'm thinking about writing some plays too, so here's my first one, I was mucking around with it yesterday. I haven't formatted properly yet, however I think you could probably get the drift.

PLAY No.

Short play, one character, approx 5 mins, the idea being to stay focused on saying no, because you FEEL no. The brackets are for direction, not to be spoken, only felt. It's how it is through your Healing, wanting to, having to, endlessly say no to your parents, that which they didn't allow you to do when young. And be set anywhere, walking about the stage, standing still, wherever one feels one wants to do it.

.....No, no, no, no , no. No. No. NO. NOOOOOOOOOO! No.

No. No, no, no, no, no, no, no, no – NO! NO! NO! NO! NO! – NO!

Nooooooooooooooooooooooooooooo. No. No, no, no. NO, no, no, no.

No.....(pause).....No.....No.....NO!

No (I'm sorry), No. No (I said, no) No. No, no, No! – (get it.)

NO. (when I say no, I mean no.) NO. (don't argue with me). No.

NOOOOOOOO! (for fuck's sake) NNNNNNNOOOOOOOOOO (how many times to I have to say it!)

NO.....

no, no, no, no, no, no, no, no, no, no, no, no, no, no, no, no – NO!

No.....(it's too much, giving up)..... No...(exhausted)..... No (sorry, but no).

.....(for the last time) No. No, I don't want to do it.

PARENTS AREN'T LOVING BECAUSE THEY DO NOT KNOW HOW TO!

Samantha: I was talking about this to Trevor yesterday and he said he has always known he was not loved, his dad abandoned him as a very young child, his mother hated him and let her new husband abuse him and beat him and use torture on him by ripping off his finger nail, and two of his brothers committed suicide because of how they were treated but I never had that terrible treatment, I thought I was loved perfectly by mum and dad, so I have had to unravel all of the false love beliefs I had, to get to the unloving ways I was parented and it has been such a huge shock to admit I was not loved how I thought I was. Trevor had so much good reason to hate his parents because they outwardly showed it to him but my parents believed they were the perfect loving parents to me and all of their control was them loving me, to them it was a good thing and for my own good and I believed them and now they can't believe that I have turned against them.

It has been so hard and I said to Trevor, that he was lucky knowing the truth of how much he was hated, at least his parents were truthful about it to his face and he didn't have all of the fake love to cover it up, I now have to get through all of that false love stuff first to get to the hate that has come up in me through knowing the truth. I feel like I have been going through a relationship with my parents that I just don't understand because there was no truth, them saying they loved me yet I felt so unloved and scared and alone, knowing something was not right but just not getting it, brushing it off as me just being silly and thinking I was going mad, I couldn't pin point what was wrong and now through my healing, I know. I now think my parents were worse than Trevor's because of the ways they denied their true feelings, at least Trevor's didn't do that to him, he knew the truth from them, he knew they hated him. They were evil but at least they were truthful with how they felt about him, I have had to go through the heart breaking truth that my parents lied and pretended to love me whilst denying and repressing all of their true feelings and that explains so much of why I could never believe anyone if they said they loved me, because mum and dad pretended and they still are doing it.

I long to hear the truth from them, I long for them to say to me "Sam we don't love you, we can't love you because we weren't loved by our parents". That's what I want to hear, it would make me feel so happy to hear the truth from them, it would resonate with how I have always felt in my heart and I would finally know why I was feeling so unloved. I would finally know the truth but that will never happen so I can only trust my feelings and what truth they are telling me.

I found myself envying people who knew the truth of how much they were hated by their parents, how they were openly hated and didn't have all of the fantasies I have in me about a make believe childhood in a loving family that crippled me nearly to death, none of it was real, it was all a fantasy of how a family should be but had an undercurrent of denial, hate and pain that no one dare talk about because it was wrong to have such feelings so it all got buried and never spoken of, just passed down to the next child who would never know why she felt so, so bad in such a "Loving Family", how could it be? it must be something wrong with me! and that is what I thought all my life until I came across James' writings, when the truth hit me right between the eyes.

People who are openly hated haven't got to go through healing the Fantasy that they were Loved.

It sickens me, the fantasy sickens and twists me inside and I want to ROAR with RAGE at being so duped into believing I was loved when inside I felt hated and scared, those feelings were telling me the truth all along but I didn't trust myself or believe them, I only trusted and believed my parents.

JOHN'S FOND CHILDHOOD

Thursday, 21 June 2018

John here: Like everyone I meet, one's childhood may be considered normal to better than normal – well that is how I felt.

I lived on a rural property, sheep and wheat plus other farm animals. My father (James) and mother (Marie) lived next to brother's of dad, Frank and Geoffrey – the three properties in a line. And adjoining Geoffrey's property was the McDonell farm, that of Nanna Beth. I had family all close by. My siblings being eldest sister 9 years older, then brother 7 years older and another sister 3 years older.

For 11 years I lived on this farm – with the principal of the school boarding with us. You could say that was a fringe benefit – I always came in the top three of my class, there were only three students in my class. Thirteen students in the school, it was a one teacher school.

When I was born I had extended family as nannies. Well for the first six months of my life I was with my nannies as I was separated from my mother as she had to remain in hospital to be treated for tuberculosis. When she came home it was extremely confusing – who is this woman? Spoiled rotten I was. I had a stint of being tied to a gum tree for hours to cry my heart out.

Going to school along 5 kilometres of dirt track in a horse and sulky progressed to riding a bicycle – with the school teacher.

His point of view was that if my parents did not discipline me enough then he would give me a top up at little lunch. I had to fetch the feather duster and wham. That cane handle was awfully long!



By this time my father was away from home more often than at home. Stuffed if I know what he was about. Apparently he started being away shortly after I was born, so I had little to do with him.

My life was one of solitude in the lightly bushed paddock behind the house. Summer was playing in the mud in the 'house dam'. My brother was much older than me so he had his own life.

Family meals were ones of being seen but not heard. The four children sat on a long bench in silence.

The outcome was that I was so chronically shy that I was maybe 25 years old before I could engage in a conversation with an adult. Even now I do not interrupt conversations to join in. Ample 'talking water' does assist with conversation!

Yes, I had a great childhood! What utter codswallop! I am sitting here screaming with rage. We have all been conned. Now I am a grandparent and I still do not know how to truly love my grandchildren, let alone my three daughters.

It is only through this window of opportunity that Marion and James (not my father) are providing that some people will begin to discover how to truly love another, and in particular, their children.

Keep swimming James.

FUCKED HUMANITY

Thursday, 21 June 2018

James: Well what can you say, I think we're a good representation of fucked humanity. It's enough to make you want to jump off something very high. Being as honest with one's feelings is about the best you can do – accepting that you feel ALL the feelings. I'd like to write more but I'm a cross-eyed with tiredness. However it was so good to read all you both wrote Sam and John, a simple appraisal of your lives. The intensity and honesty is very pleasing, it's so much easier now for me than being at work all day with the falseness, with everyone pretending they don't feel fucked and it's all such a nice thing, with no one being honest about their real feelings when you can sense them there under the surface. That tires me out now more than anything.

WE ARE ALL SCREWED

22 June 2018

Graham Golding: After James has summed up everyone's thoughts so beautifully, that we are all screwed, I want to add my piece, albeit a little late.

It has taken a while for me to respond because I am running in a massive denial mode at present. I have no drive to do anything. Unless something is in front of me and I have to do it, I am following a diversion strategy. So if someone rings and books a job with me, I will do it, but if I have no jobs, I won't do anything to help me find more. I wanted so much to respond to some questions James posed to me a few weeks back, but I have employed every diversion tactic on myself I can possibly come up with. I am almost living as a recluse. I can't wait to get home and hide under the blanket in the lounge until it is late enough to go to bed. (I don't want to be judged by society for going to bed too early now do I?) I have been invited to a friend's 60th next week. I have known him since I was 12 and he is a great friend. I can feel myself looking for every excuse I can justify to not go.



Anyway, it is nice to see James and Sam's perspectives on how they felt they were loved by their parents and have had to overcome that fallacy. My childhood was one that society would consider loving. Dad was rarely home (seems the pub had more attraction) and Mum would spend hours in her bedroom shutting herself off from we children. And I can certainly see now how they projected their will on us all to conform to society as they had, and that we were to get tertiary educations, marry and pump out some bubs for them to gloat over.

On an intellectual basis, I can see I was not loved, but on a feelings basis, I know I am not ready to acknowledge the truth. I have been trying to follow the feeling healing methodology but have been almost scared to go too deep and as such I am only doing it by half. The truth I have started to uncover is how little self esteem I have in myself, and how far back that seems to go. I have never really felt good enough for my group of friends. I have always felt on the outer – never really let myself BE part of the group. I have had some very well paid jobs in my day, but I have never really felt I was qualified to do them despite always being very successful at the beginning. It wasn't long before my early enthusiasm was overtaken by my disbelief in myself.

And now I am in business for myself never really believing in myself. Everywhere else I see successful people and feel totally inadequate by comparison. I sabotage myself everyday.

So while I am yet to fully accept my unloving childhood, I am trying to find the truth about my non-existent self esteem (between many diversionary tactics). Intellectually I know this will lead me to the truth of my unloved childhood. All in good time.

I ran off track here from the original topic. But I want to thank you all for letting me write this and share it knowing it will get to people who actually care, even though I have never met 3 of the 4 of you.
Graham

HOW TO BECOME A LOVING PARENT

22 June 2018

Graeme: It occurred to me that we dropped what could be described as a nuclear bomb in our recent PASCAS Care Letters – "Parents are worse than serial killers!" And I get it...BUT I reckon it's now time to address the other side of the coin, namely How can parents becoming loving and how can they raise their children in a loving way; letting them have their free will; letting them express their unique personalities; letting them follow their soul's desires.

**PASCAS
PAPERS**

My first question is, "Can a parent be loving if they aren't doing their feeling-healing?"

Secondly, "How does the average Mr and Mrs Joe Blow start to become loving parents?" In a sense I know some of the answers to these questions but that's because I've been exposed to and read soooo much on this most important-of-all topic. Mr and Mrs Joe don't have a clue. So what can we do to help them start the process. Maybe it's the movie scripts because this is ALL about feelings and emotions and the best medium to convey feelings and emotions is FILM – sound (including music), sight (lighting, cinematography) and script – the words.

I think it's one of our highest priorities...or perhaps it's my highest priority...because I keep getting flashes of inspiration on changing the lives of children in line with God's loving ways.

So I'm opening the topic up for further discussion...

Graeme

P.S. The last AJ talk I attended was on LOVE. Man's definition of LOVE (which AJ termed EVOL...love spelt backwards) versus God's definition of LOVE. Now going from memory God's definition of love is: love has no demands or expectations; it is unconditional; it expects nothing in return; it doesn't fulfil an addiction; where as man's definition of love is exactly the opposite...if I give you love I want...your love in return...sex...for you to look after me...for you to protect me...keep me safe...provide for me...keep me company...make me feel good

Note from Graham: Hey Graeme

22 June 2018

From reading, trying to understand, and attempting to practice this whole U-Turn, Feeling Healing new spiritual era stuff, I have started to see the error and falseness everyone is living.

You seem to be getting a similar sense from observations of your past work environments.

I am in the small business arena and we are encouraged to use Facebook as a key marketing strategy.

Even though one might have fuck all to say about their business, they are encouraged to post all about their daily lives. It's meant to help their customers to identify with the personality behind the business and therefore direct their hard earned cash to that personality.

So we see people posting photographs of their lunch with a selfie with their lunch partner. We see consistent expressions of their love for their partner. Selfies of them on holiday showing their life is fun. Photos of the event or show they are at. Photos of their children performing to their expectations and as mini-me's.

All I see in every post, with my new perspective, is people screaming out for love and recognition. I am developing a theory that everything upon which we spend our money, except for food and shelter, is searching for God's love and/or an outward display of how unhappy we really are.

Why do we have to go to all these shows, parties etc? Because we are not loved and are searching for some relief for our sad, unloved existence.

Why do we need to go on a holiday? To take a break from the job we supposed to love because we actually hate it. A job we have been forced into so we can conform to societal and parental expectations.

Why do we need to tell everyone we love our partners and children publicly? Because we don't feel secure in their love or in how we live ours.

Why do we have to post selfies with our friends? Because we have no trust that they are real friends. And perhaps to try to get them to commit to us.

Often someone will spend money on a car. It has to express who they are and often they have more love for that possession than their family.

They go to watch footy on the weekend. Because it is a diversion from their shit unloved existence.

I could go on. But money is absolutely the false god. God is love and money is the expression of the search for love.

GG

Note from James to Graham (GG):

23 June 2018

It sounds good that you are simply becoming more self-aware, as that's what it's all about. And whether you are actively working on your Feeling-Healing or not doesn't really matter. All so long as you are doing what you want to do, even if that is the recluse way. And when you can't do what you want, then becoming more aware of those feelings, and possibly even more of why you can't, is all part of it. I present the Feeling-Healing as a 'thing', a 'methodology' as you say, however that's only one part of it, with the other part being what you are going through by just becoming more aware of yourself by aligning yourself with the truths that are being presented; and being presented by me, and yet also by everyone else who is also aligning themselves with them, saying what they feel and how they are changing, even if it's mostly on a mind level. And I think as you are submitting to it Graham, then the process is carrying you long in the way that's right for you at the moment, and that's all anyone can hope for.

The Aldi Choc is Choceur Milk Hazelnut and Almond. The secret one they have right over the back which no one can reach is the Divine Love Fruit and Nut and Perfection Milk and Dark Creme – 100%. But unfortunately it's mostly out of our reach.

James to Graham and Graeme:

“Can parents become loving?” and “how do you become loving?” I don’t think you can do either of these two things Graeme, and I think at best, if one is not actively doing their Healing, then it would be as Graham is doing, and possibly yourself too, by just allowing the truths to sink in having whatever impact on you they will, and that in turn is changing you – how you see yourself and life, and so too your relationships, which would in turn affect your parenting and possibly start you on the track to becoming loving, which would first mean seeing how unloving you are. If anything is about ‘trying to become loving’ then that’s more of the wrongness. It would be far better if you tried to acknowledge your unlovingness, go the other way and try NOT to become loving, accepting that you aren’t, that even possibly that you can’t and don’t and won’t love, if that’s how you feel, even if you are a parent. Being honest with yourself is the best, and your children will adjust. And if they hate you, well so be it, they hate you anyway for being false, even if they don’t know it yet.

So it’s to avoid, and really at all costs, any trying to teach or train, or any of that stuff trying to be this way or that. I am happy for people to try and train to accept and acknowledge their bad feelings so they can uncover the truth of them, but anything else thinking it’s going to help themselves or their children – forget it.

Oh course we can all learn and train and try, and if someone wants to be ‘more loving’ to themselves and their children, then of course they should try and do whatever they want, and if they can all the time express all they are feeling and seeking the truth of those feelings, great, but anything else, without paying attention properly to your feelings, you’re only digging your grave deeper. However that might be what a lot of people need before they want to go the other way.

And on the phone we talked about if anyone is loving, and I said no, no one is truly loving, which I mean, no one is Celestial loving: love expressed from the truth of having finished your Healing. However within our unloving rebellious states, and so relatively speaking, I think we are loving and not loving to varying degrees. However I’d always still qualify that ‘love’ by understanding it’s within our wrong state of mind and will.

But when you are just living being aware of the truths or actively doing your Healing, then you have to go with your loving feelings, and all the other one’s as you feel them, leaving the mind out of it if possible, and as you grow in truth you’ll change your perspective on how you see yourself and whether you are loving or not, so what you might have once said was loving fades and becomes unloving.

For me now, the first real signs of becoming truly loving start to show when you’ve expressed so much of your yuk out of you that there’s little left and many, if not all, of the things you felt really bad about yourself and others, you start to feel the complete opposite and really good about. That for me now are the signs of real true self-love, that you can fully accept and unconditionally love all your yuk, but NOT contriving those loving feelings, they have to be real. And you’ll not know they are real until once you’ve walked through your Valley of Darkness, because by then you’ll be that much more aware of your feelings. And such good feelings will come from your truth, and not as part of you mind making them up, and you can tell the difference. But really I think that’s for when you’re well into your Healing. I’m watching Marion everyday more in this now, and I’m getting glimpses within myself.

yuk

And Graeme, how many traumas have we all suffered like your first day at school – how cruel are we all in the name of ‘love’!

Today I had an insight into myself, which I'd like to share with you all because I want to apologise for my unloving behaviour. I realised, which crushed me to the core, that the only time I can talk is when someone else is talking, as mum and Gran talked incessantly and so I had to talk over them, as they talked over me. So when on the phone you might talk to me and I will talk over the top you – sorry about that, yuk! And then when the other person stops talking and there's silence, my queue to talk, I don't, because there never was silence, so I don't know what to do with it. It is so weird yet incredible all these things you find out about yourself, all which make you cringe. So I've been expressing how that makes me feel, and seeing how it explains all my weird talking behaviour that Marion has picked me up on over the years. You do finally get to see the truth, that's the main thing I'm appreciating lately, it might take what I think is a f'ing long time, but finally it comes, which is of course, the perfect time for it to come.

“JULIEN” – MOVIE SCRIPT

26 June 2018

John: Hi James

I was maybe a little more than 25% into reading the script when it overwhelmed me.

On completion, I feel that nothing further could be incorporated within the story line – there is a huge amount for a viewer / listening to comprehend, particularly if they have not considered any of the concepts introduced. Thus I feel that there is so much introduced that any expansion on what is already there would possibly be lost to a viewer.

It does feel as though Julien and Matt may have another story to tell later on as they progress through their healing experience – i don't know.

This is such incredible new ground that the writer – you – need to be associated with the guidance and production of the movie. No one could grasp the nuances of what is to be conveyed other than James, Marion and Sam. No one.

Just to point out how enormous this is. Attached is a list of movies calibrated by Dr David R Hawkins, some 200 of them. The highest calibration is with the movie, Big Blue at 700.

The script of Julien calibrates at 1,492.

The scale is on a logarithmic scale of 10. This is such a quantum jump, so much so that no one will have anything to relate it to.

What ever fits in nicely in the 90 or so minutes – go with it. Other variations and complementary productions will follow – that is my guess.

This is a love story that is in rarefied air!!!

cheers John

26 June 2018

James: Thanks John for your rarefied encouragement. At least I know I have one committed fan! I do think however, that you might be affecting that reading a little, it certainly seems a big jump, are you sure you're not applying a bit of Rigger's Constant – John's Jiggery? It's certainly good fun with you and I love how we can say what we like to each and we seem to get on so well – Celestial Manipulation?

I spoke with Helen, as you can read below, however I have another one of those – it's ending for me feelings, to do with her and Nanna Beth. I will still like to talk with them as it has been, in response to and inspired by your questions, but as far as my just doing it myself to 'see what's happening', I think that's finished. I've changed in some part of me, I'm still trying to work it out, but anyway, I know I've said such things before so we'll see what happens.

HONOUR WRONGNESS

Tuesday, 26 June 2018

James: Hello Nana Beth, Helen – anyone, God? – John and Crystal want to know when they are going to get their dosh. We're getting a bit sick of this drawn out business, they having to endure for some many years. So can you tell us anything please, and if you can't we will pretend we understand. Thank you.

Helen – 3rd Celestial Heaven: We can't tell you much James, not much more than you already know. As you understand, it's all still part of having to honour wrongness, which understandably is a pain in the 'a' for you all, however it's necessary and so I'm afraid will continue. Hence the 'twists and turns'. So all you can do is keep doing what you are doing, working yourself personally, being that which helps us all, as that's the only way these blocks will cease to be.

James: Yeah okay, so to just allow the mechanism work on, unwinding the knot as we move along.

Helen: Yes, that's about all. I'll be keeping Crystal up to date so far as I can through Joe, so as you say, it's just a matter of allowing things to unfold.

James: Can you please thank everyone over there for helping me with these movies and all my writing, it's been great fun seeing them evolve. At least I can say now from my own experiences, one never knows what might happen. As I'm falling asleep on you Helen, I'll go and speak to you soon should anything else happen.

Helen: Bye James.

And by the way, even though Marion doesn't want me telling anyone anything about her at the moment, I will say that she had another very profound experience today, another 'landmark' in her Healing. All of which augers well for everything moving along as it should be.

I'll see if I can do your latest Wonky tomorrow and come back up to date with you, then have a look at reading through the other movies. My mind is still whizzing along considering ideas sparked off by what you said in the phone – I now wish I could write symphonies and songs. However, I dare say I might have to leave something to someone else – big sigh!

WONKY REPORT

Pascas Care Letters – Absence of Love

Note from James to John the Typist:

All Good, that was an easy one.

Wednesday, 27 June 2018
(JTT second green teddy bear stamp!)



The thing that strikes me, not so much about it, but about all your Pascas Papers, and this one being a good example, is how much input there is from higher spirits, the Celestials, my messages, their writing with me in my books – like Sage, Mary and Jesus, all of which makes it as a '**revealed religion**', which

is really what [The Religion of Feelings](#) is. And The Urantia Book talks a lot about the difference between revealed religion verses man-made – or just, mind religion. And the books point out the limitations of the man made religion and how humanity is designed to live **revealed religion**, how it can't ascend to Paradise without it. And really in a way, Pascas, now with it all included, is more of a true 'religion', a revealed one, than anything else on the World. And even though the Bible, Koran and so on are supposedly from spirits or angels, still it's all mind spirits and they are counted the same as people on Earth. Whereas a truly **revealed religion** is derived from the input of higher Daughters and Sons – so Daughters and Sons of God – and not daughters and sons of man. Because the thing is, humanity can't, and is not meant, to do it all itself. It's designed, and needs to, look to the Mother and Father for Divine Love, to Mary and Jesus for Divine Truth, to the Avonals, to the Local universal Daughters and Sons like the Melchizedeks, because they are the ones 'reaching down' to help humanity ascend up. So now threaded through Pascas is the reaching down, which if people reach out for and accept, will help lead them up. And there is nothing like that in the world. TUB (The Urantia Book) is the closest, then the PM (Padgett Messages), but as we know, they actually don't contain what is needed to do it because they don't contain the Revealed Truth of how to Heal yourself first, before you can get on and live what they are suggesting.

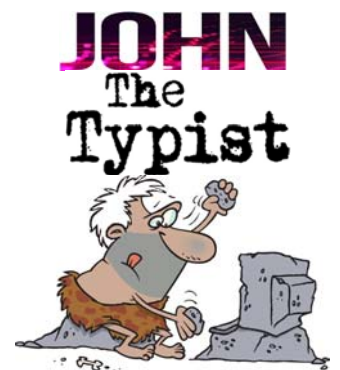
PASCAS PERS



So you could conclude that Pascas is leading the world spiritually so far as being a true 'provider of truth'. Which is not a bad effort JOHN. John-the-mortal has put it all together, and without even really knowing what he was doing, putting it altogether for other mortals to embrace. If there is going to be anything symbolic of a 'baptism', a time when mortal man bestows his blessing upon the higher truth as being lived by its revealers – a Paradise Pair – then it will come when John, the creator of Pascas, is happy with what he has created. When he is ready to release it to the world. Not a bad effort at all old son!

And the conclusion is that Pascas is The Way, so told by John the Typist, with such things as the revealed truth about the Healing: Feeling- and Soul-Healing, being under its umbrella. So from that point of view, it's right that it is made available to potentially everyone.

So it seems like we are waiting for JTT to give his creation the nod, and for our Mother and Father to set about revealing the way and the means by which Pascas is to do whatever it is to do. And are these two things going to happen at the same time?



So John the Baptist has morphed into John the Typist. And so (and you have to say this with a PK Indian accent): It's all very exciting!

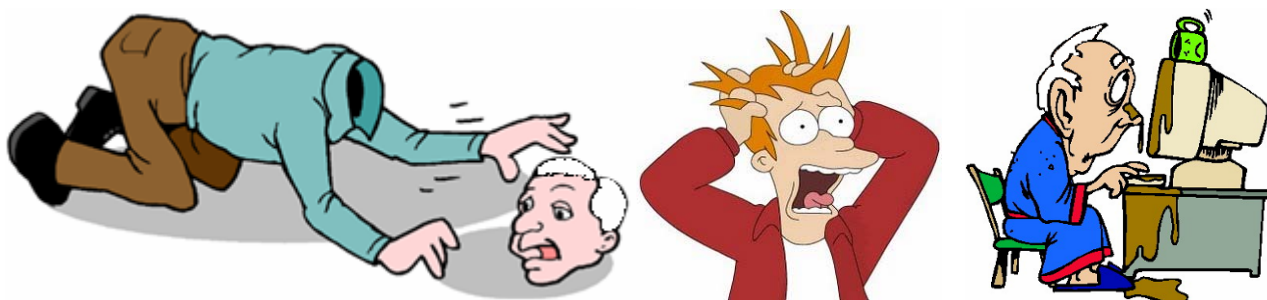
P.S. After writing this and thinking about it a bit more, I know that it's not up to me to come up with a religion as such. My best shot at it is The Religion of Feelings. As to whether there will be a man made one based on Pascas, and as to whether there even needs to be one, waits to be seen. The question I am pondering is: Is a part of humanity to exist with a religion, or is the need to have a so-called religion something that is to be evolved through, experimented with on lower MoC levels (Map of

Consciousness), then let go of as one moves progressively higher? Not everyone is going to do their Healing and become Celestial, so in the meantime, might a 'workable' religion based on all that's being revealed be required to fill some of the gap?

27 June 2018

Hi James, JTT gave his nod yesterday – as Graeme knows the outline of what is now to be put into place and undertaken has been announced, it is documented as of yesterday, so let us get it done.

Then we can retire! JTT



John may have lost his head, but with all the James's talking and writing at once, there continues to be only one John the Typist!

MEDICAL CANNABIS

27 June 2018

Graeme Bates wrote: Medical cannabis and in particular cannabis CBD is the subject in this video. The plant based oil is the primary subject and it is derived from the FEMALE plant – the leaves and the flowers. Also they compare the CBD extracted from HEMP vs CANNABIS.

My question: while we're doing (or not) our feeling healing is it be okay to use these types of products to ease PAIN and other debilitating symptoms? We know that pain is the body's way of telling us that something is out of harmony. We also know that all disease stems from our emotional suppression. So if these products do not dissuade us from FEELING then as a short term relief is it okay to use them? Especially the elderly that are in chronic pain.

The feeling healing process is going to be long and difficult for most (all) of us. In the Chaldi schools – Pascas WorldCare, do we combine medical cannabis (in various forms) with feeling healing?

These are questions that have come to the fore of my head in recent days and stimulated when I watched episode 6 in the link below.

<https://two.thesacredplant.com/docuseries/episode6gdy>

Episode 6: Extending the Quality and Quantity of Life for Us and Our Beloved Pets

Be interested in your views.



Also not sure if the link remains active...could you let me know if it still plays the video.

Thanks everyone

Graeme

Note from John: Hi Graeme

As we unfold the Pascas Care Centres which are essentially three elements – Pascas Care Medical Centre + Pascas Cafe + Chaldi College, the autonomy of each centre will reflect what the friend / patient / student desires.

The patient is always responsible for his / her treatment pathway. It is their call as to how they are treated. The health care professionals within each centre will reflect their own individuality. Thus a diverse range of treatments will be different from centre to centre. Locality and culture will make this even more diverse. Thus if it is legal then many complementary practices will be available and be provided as the patient so requests – hopefully should they feel for.

Chaldi College is to be an education unit with very unique understandings. The forming of the foetus and the life of the embryo occurring is a significant mis-understood event. We are pro-life – non-interference upon anyone's will.

Abortion and euthanasia are 'routine' events within medical treatments. They are disguised under various procedures. All we can do is enable people to have the opportunity to really understand what is taking place with these options. No one is here to impose our will upon another and that is to be understood throughout the centres.

These will be difficult matters to address and work towards a perfect understanding. This will take a lot of focus. This is all about the U-Turn. First to enable people to have a clear understanding and then work towards what we should be embracing.

Even Pascas Cafe will have its difficulties. Processed white sugar is like a high octane fuel for raging cancer cells – most health carers are not aware of this. Reducing sugar intake through food is extremely difficult. ALL processed food is laced with sugar!

We certainly are taking a herd of buffalo horns on with this basket of platforms – about as complex of a situation that one could create as possible.

cheers for now, John

EXPRESS OUR FEELINGS, BOTH GOOD AND ESPECIALLY BAD

28 June 2018

Note from James: It's the same for everything: we are to do what we want to do, looking to express our feelings, both good and especially bad, whilst longing for the truth of why we're feeling those feelings. So if you want to use any drug, anything to help you in any way, then you do so as you attend to your feelings. And it's for each person to work out what that means for themselves.

So you start with how you are feeling now and what you are doing. And you long for the truth of those feelings and the truth of why you are doing what you are doing. And doing means everything you are doing. But as that then is too much, so we just focus on one bad feeling at a time, as they are the most important whilst we're in our bad state.

If you want to go to the doctor, you do, if you want to take cannabis oil for pain relief, you do, there is no right or wrong, and each of us will have different thresholds, which will change as we change, as to how we want to deal with everything.

I don't want to go to the doctor or dentist unless I have to. I hold off as long as I can, which means until the pain gets too much, understanding that instead of going I am wanting to try and express and talk about all the bad feelings I'm feeling, as I long for their truth. And it's been incredible how many times I am pushed to feeling like that's it, I have to go to the doctor or take a pill – do something, and yet I don't, begging the Mother and Father to stop the pain and also help me see the truth of it, and then it subsides and I move onto the next thing and often the next pain.

And for me, part of my not wanting to go to the doctor is I dread going, I don't want to do all the things the doctor will say I have to do. And so why do I dread going, that's another bad feeling to work with each time I feel it.

As I've written, I've had for about a month or two a bad pain in the side of my nose. It was really bad, I couldn't touch it, however no outward redness or swelling showed. And every day I went through lots of things to do with it, and masses of times about not wanting to go to the doctor. And now it's eased off to a dull ache, and then I have a day when it gets a bit stronger or changes and up come all the doctor fears again. And mostly it's all been about anger and why I'm feeling so angry. So much anger has come up being so pissed off at the Mother and Father, and I mean, seriously pissed, if I could have torn Them apart in my rage I would have. Why are they subjecting me to this pain, why still after all these years of my Healing; why anyway – why do I have to suffer, and on and on, alternating between raging at the Mother and Father and raging at mum and dad.

Marion and I are both riddled with pain, I get home from the shopping and the soles of my feet feel like they are burning with pain and anger. I turn the car off and fall into it and I am so tired, I beg the Mother and Father to end it now, just make me die, a heart attack, a brain clot, something to just end it, because I don't want to go on. It's too fucking hard. Then after about five minutes of longing to die, longing for the truth, longing for help to express all my bad feelings, I drag myself out of the car staggering in to try and talk it all out with Marion. And up comes my anger and I am raging again, and I see a bit more how it all relates to some aspect of my life with mum and dad, more about my negative patterns and how trapped in them I am, and on I plod. I write these things, my books and movies, and I think, fuck me, when did I feel good enough to write them? I can hardly remember. This afternoon I felt so fucked and tired I could have easily just shut my eyes on the road and nodded off coming back from the Bush Bank. I even felt like I was asleep driving along, not really here, not really there, not really anywhere and I still feel like that now writing this having been home and nodded off for an hour.

And as I long for the truth and tell Marion all about how I am in this state, it's becoming more evident to me that this really is the foggy state I've always been in. Only now in my older age and having worked on so much of myself it is allowing me to break down all the bullshit that was stopping me feel it. Now I understand, this half-asleep half-alive state is how I felt all the time in the womb, when I was born, all through my early life, never really feeling fully here, never feeling vital and fully alive. It also explains why I was drawn to smoking dope, because feeling stoned, that sort of half-drugged out, dreamy, dopey state, is the same as I always felt, only the dope made me feel good in it, and like I was on top of it, in command, important, that I was in my own secret 'other world' that was untouchable by everyday horrible anti-me life, the world that wasn't mum and dad's non-dope world, and I was being rebellious and smart and all the opposite of how I have always felt, how I'm feeling more lately, feeling so half asleep and switched off and removed and fucked up and disconnected from myself, Marion and everything else. So if I were to have dope now, I know that it would only alter my fucked state into making it feel good, it being just another escape. So instead of doctor-dope, I am resisting it and trying to attend to my permanent doped out bad feelings instead.

This subject is of course of paramount interest to us all. It's incredible that we can make pain-killers and do things to stop ourselves feeling pain on all levels, even including killing ourselves. Imagine a world in which we couldn't escape our pain, we'd soon have to learn how to live with it, or deal with it by expressing it properly if we could do that. However we've been allowed a tremendous leeway, we can block out so much, and we all have done so without realising we have, and we still are. It's a massive amount of pain we're all blocking out, and all that pain has to come back up in one way or another so we can accept it, express it and find out why we're feeling it. And so even more amazing is that we can do that, that it works, however it's going against everything we've been brought up with. So to keep saying no to the doctor or dentist – they for me are the two big ones – is a constant battle.

I've had a very good run not having to go to the dentist. I've not been now for the whole of my Healing. For the last six months I've felt a couple of small holes developing, the pain comes and goes when I eat certain foods. And my angels have been telling me it's all anger related. And it's incredible that the more I express my anger the pain eases off, if I don't, it comes on again. I would have gone to the dentist at the fist sign, I used to go twice a year like I was told. And I've expected my teeth to fuck up really badly, yet I'm hanging in there, lately being really angry with God for making my tooth hurt when it does. As soon as I feel a pain in it, up races my rage at God, a flash rage that I fire off with all my force, often in my mind and I don't even get to voice it, then it's gone. And I've been noticing a cycle, my hip will ache very badly for weeks, then fade, then on comes my nose, then it fades, then my elbow feels lately like it's got a hole in the joint and it's agony to move sometimes, then it fades, and just when I think, shit, where are the usual pains, so my teeth pain fires up, and around I go again. I am not 'allowed' to live pain-free because I never have, I wouldn't know what it's like. I don't know what love is like and neither do I know what pain-free is like, the two going hand in hand, so instead I feel constantly in pain and unloved.

As winter has come on, this time last year I had the bad bronchitis and I did go to the doctor as my coughing hurt my head too much. And so here we go again, however so far I've felt as part of my rage, a determination about not getting a cold or the flu. I spent a day the other week at the Bush Bank (native plant nursery) with a chronic headache and I thought, this is it for sure, I'm going to come down with something and I was so fucking pissed off and furious with the Mother and Father for making me feel so bad and raging at Them for making me feel like I was going to get sick again. Yet so far, I've had sore throats like I have now from working in the cold all day long today, yet if it goes like all the other ones it will go too. And I feel yet more anger – how much fucking anger, misery and fear can I have stored away in my soul, it's endless – coming up in me, my feet are sore again, so later tonight I expect it to hit.

In talking with my angels the other day they reiterated that EVERYTHING can be worked through, that EVERY pain can be worked on and expressed out of ourselves. That the physical body is just an instrument to reflect to us our state of feeling, to help us feel our good and bad feelings. And the body itself only gets sick because of our inner illness, that which is our rebellion against truth, our denial of our feelings. So I guess as I said, it's going to be up to each person to discover how far they can go without seeking help. And at times part of the Healing is letting go, breaking down and actively having to ask for help, so go to the doctor or whomever, and then other times it's about not going, holding out to the very end if you can. Marion is determined that she'd rather die than go to the doctor, and yet she also acknowledges whenever she feels such feelings that part of her determination is driven by her untrue state. So what is the truth: is there a happy medium – and that too is for each of us to work out. Shit we've even been in situations where the pain and pressure builds all day to at night, that's it, tomorrow I am going to the doctor, fuck it, I don't care, I can't stand the pain anymore, only to wake up the next day not feeling so bad, something has changed, the pain has shifted or is more tolerable, our acceptance has increased and so we hold off going. And it has gone on like that for weeks sometimes, which is of itself fucking dementing, to be pushed to that limit time and time again and pulled back from

the brink, and yet that's exactly how our parents treated us, time and time again smashing us to the edge of nearly breaking, or breaking yet not being bad enough to warrant going to the doctor. So we are to live through all our childhood patterns so we can eventually see them in action, so as we're going through the cycle, be it in the moment or over time, we can feel that's exactly how it was for us when we were young.

I've gone on again trying to illustrate and give more examples of it all, stuff I've been thinking about lately and going through, in case other people who want to get into their Healing come up against the same sorts of things.

James

WONKY REPORT

Pascas Care Letters – Absence of Love

Wednesday, 27 June 2018

James to John the Typist:

(JTT's second green teddy bear stamp!)

Wonky Report thereon: All Good, that was an easy one.



Pascas Care Letters Crimes Against Humanity

Monday, 2 July 2018

James: It's all very good John – how you've put it all together, and yes, it sure does cover everything.

I love the stone age John the Typist picture, and the one below. I like the mix of light hearted childish fun stuff with the serious business of SI (Solid Investment) and the U-Turn.

And I finished the next film today – Zuriel, being very pleased with how it turned out. So unless anything else happens, I might take a moment and re-read them.

This publication – Pascas Care Letters Crimes Against Humanity – also achieving a green teddy bear stamp, that makes three!!! James has been reviewing Pascas Papers since December 2016 when John began reading James' publications. James first 'Wonky Report' was eight pages long and it took John three days to comprehend and work through the amendments. A green teddy bear stamp is considered warranted when there are no amendments recommended to a given Pascas Paper.



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

<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

Pascas Care Letters Crimes Against Humanity

Monday, 2 July 2018

John: Hi Sam. This doc, Pascas Care Letters Crimes Against Humanity, outlines what we are about to do and how it has come about! It brings the journey together – the two sides – for the first time. Also it announces we are ready.

Enjoy John

Sam: Yes John 'We Are Ready' Get it out there!!

For anyone who wants to explore deeper into the terrible ways, 'Hells', that our parenting has on us and on our children I suggest reading the message from '**The Rejected Ones**' where Elen tells us about her high powered life and career and having to marry and have a family to be a part of that and then what happens to her when she passes into spirit. The Hells she declines into and the shock at seeing her son in the same condition as her because of what she had done to him. I was reading it again last night and I cried and cried as I saw myself and my children and the pain I have caused them, it is a real eye opener, I have cried over this so many times and I thought I was a good parent when I couldn't have been further from the truth as my healing is showing me. I am going through constant pain as more truth about my parenting is revealed and it does feel like Hell. (Elen's message 31, page 245 – 254 in The Rejected Ones).

This crime should be known, the corruption is unbelievable and it is all out of my scope of words, so awful to express the utter evilness of these controllers and the truth should be revealed, no hiding them or being discreet. It is exactly what we do with our parents, protect them, hide all of the ways they are evil to us as children, be discreet about what goes on in the home behind closed doors. We don't speak up, we keep it all inside ourselves in fear of what they might do to us if we tell anyone, we still want to protect them and it is the same with this bunch of bastard. Everything has to be brought to the light now, no hiding our hidden controllers, no protecting them. I can't believe the extent of what they have got away with and when I say that I see my parents in that too as everything comes back to how I was parented, even this crime against humanity, its the same just on a bigger scale. We have all been robbed John and it is a huge Crime. Sam xx

STRETCHING THE LOOPHOLE

Tuesday, 3 July 2018

John: Hi Nanna Beth and Helen, (following is in response to questions relating to Solid Investment)

Nanna Beth: Helen will continue to give her (Crystal) what she can, but it's difficult, we'd love to come forward and spell it all out for you both, however it's not for us to do. We're stretching the loophole for all it's worth already by you being allowed to interact so freely with us Celestials, when really we would have no part in it other than being completely hidden behind the scenes. Really, unless you are of a Celestial truth yourself, we are not meant to have so much contact with you. So what you do have is very rare indeed, all keying into James' relationship with us on a Celestial level.

So it's only because of James doing what he's doing and our relationship with him that we can keep going this way with you. Only still our hands are tied so much, we wish too that they weren't, but it has to be this way because of the outworking of the Rebellion and all the heavy control you are all under. So we can only creep along with you. So as James gets closer to ending his Healing and attaining a Celestial level, the gap is closing. And once closed, then everything



will change. And it's been like this right the way along even though you've not been aware of James and the Healing all the way along. And as he can't heal himself any faster than he is, then it's all a matter of us working it along as we are.



Chaldi Child Care Centre – CCCC

14 July 2018

And speaking of Nanna Beth, more changes:

John, I skimmed through CCCC, there's a hell of a lot in there. I'm sorry but I can't read more thoroughly through it, I can't do much reading of anything of late. I think I'm suffering from writing too much, even though I can't stop. I feel like it's all become too much, it's got away from me, the horse has bolted, I've written so much, you've taken it and done your best with it, I don't know how we'll ever read back over it all, should we – or I – ever need to. So I'm accepting there will be stuff that's incorrect peppered through it, and if it comes to our attention we can deal with it then, but like I've written below, a lot of it will be finer points of understanding as I progress more, but at least the bulk I'm happy with and luckily it all seems to hold up over the years. I hope other people in time will read it as they do their Healing and can uncover any errors and correct them, but by then I'll be sleeping on that fluffy white cloud up there having to recover from writer's elbow, the next complaint I'm being stricken down with. It's hurting to type, oh no, now what am I going to do – reread everything? If we ever come to publish any of it properly, shit what a daunting task that will be to have to read over it all again. But oh well, that's probably all I'll be able to do! So at least Nanna Beth, is as usual, already ahead of the game by closing down a little.

Deep State was trying to bring about The End Times, Armageddon

Saturday, 14 July 2018

James: Hello Nanna Beth, I thought I'd 'report' in as I was reading a new article that talked about the Deep State and all the usual culprits and how now the Invisible State, which is another undercover state with Trump and Putin, are striving to take power out of the hands of Deep State controllers. And it seems like the Deep State was trying to bring about The End Times, Armageddon and fulfilment of prophecy, not that they are Christians or anything, but more so they can take over the whole world with their New World Order, whereas if what this article suggests is true, Trump and Putin and those involved with them are stopping this, talking more about bringing peace to the Middle East rather than increasing war. So if you wouldn't mind, I'd like to discuss this in light of all that I believe is happening to myself in my Healing.

Nanna Beth: By all means James, I'm only too happy to help you, you know, anytime and even though you are easing out of your working with us so frequently, still we'll be here nonetheless still involved in everything you are doing.

So yes, this is what is happening, the 'Invisible Controllers' have not wrested complete control from the Deep State, however they are moving that way. And as you surmise we are supporting that movement.

James: So there is not going to be WWII and the End Times as prophesied in the Bible, with all that being just a ploy by the Evil Ones to lay out a probable future for the controllers of humanity to make happen?

Nanna Beth: I can't tell you that for sure James, there's still more for you to reveal to yourself through the course of your Healing, however for now I will say that we are supporting you in your line of thinking, as you can sense coming from us.

James: Yes, which is why I wanted to write about it, just for the record again. Less and less do I care about the world anymore and whether it goes the WWII way or it's averted. All of that is quickly losing interest for me, as I'm feeling far more focused on my own feelings and writing the movies and plays that have been coming to me. And I used to want the End Times, just something to smash it all apart, even though I was terrified of the world being wrecked and so many people suffering for so long afterwards because of all the nuclear pollution, however now I don't want that to happen, and I don't even want the whole system to come crashing down because that would cause too many problems for me, as I'm feeling very incapable of doing anything to look after myself with Marion even more helpless. So as much as I hate to think of the world gearing up again with the stable economies all taking off as peace becomes more prevalent, still I'm leaning toward that than the disruptive way. So if Putin and Trump organise to have peace and stability getting rid of the Deep State disruptiveness and endless wars, then at least should John ever get his money he'll be able to work in such stability without having to worry about his money being taken because the whole financial system falls apart no sooner having it arrive.



And I was thinking, the Avonals were not in the Biblical End Times, and as Jesus isn't coming back, and as you Celestials have now taken over from the mind spirits, so possibly WWII won't happen, and that failure will help show that the Christian's need to look elsewhere as to what's really happening and what it's all about.

So the End Times is the end of the Rebellion and Default, however a very different ending, and one that is not so horrendous for the world. That being until the Pole Shift comes to sort out everything anyway. But at least that is a natural event and not of our own doing.

Nanna Beth: As I said, I can't tell you anything at the time James, not about these speculations or about John. We've come to the end of all that, you are now more on your own in a way, even though we are more with you than ever. However you are to work it all through by yourself with Marion, we've needed to have our say with you and because of John, but that's ending now as it was, it's all changing. Our relationship with you is set to change, it is changing, and that will lead us into other things, all of which again I can't go into now.

James: I understand Nanna Beth, I can feel it anyway, and as I hardly feel like writing much about it all with you or say for the forum or even with Samantha about my own Healing, so I won't be doing as much. I was just saying to Marion that I feel like my mind is in some way being absorbed by my feelings, I no longer keep it up to date, nor do I have the thoughts about things I used to. I've moved on and changed so much from how I used to be, I don't even think I'd be able to write what I have written were for some reason I had to. If everything I written were lost, that'd be it, lost, I doubt I'd be able to

bring it back. And yet I feel even more on top of everything somehow, that it's just within me somewhere and should anyone ask me anything about any of it, it just comes out. And as that's how Marion works, so I feel like I'm moving closer to becoming how she is in this way. And it's in keeping with what Jesus said to James Padgett, so again that makes me feel good feeling like my soul is absorbing all of me, with those parts of me that have been existing separate from it fading away.

I'll go Nanna Beth as I don't feel you've much else to say.

Nanna Beth: Yes James, we'll be in touch, but later, once other things have happened for you. So I'll speak to you then – bye now, Nanna Beth.

Chaldi Child Care Centre – CCCC

One thing I want to add, having read in John's latest PC – CCCC:

(p19 – para 3) **Our soul becomes entombed in the controlling natures of one's mind. These erroneous ways of life, beliefs of control smother and suppress our soul. We are meant to express our feelings, those of our soul.**

is that, although I've helped propagate such understanding (which I don't think you need to worry about John in this paper) is that it's actually ALL our souls doing. Our soul, like God, has caused us to become 'entombed' and controlled by our mind. But God and our soul have wanted it this way, have wanted us to experience living in rebellion through default, and when it's time for us to do our Healing and start seeing the truth of living this wrong way, so God and our soul, or God via our soul, will start our Healing. I just wanted to make sure it's written down that our soul is doing it all to us, that we're not somehow separate from or have taken over our soul using our mind. Our mind couldn't form in the negative and in such control, if the soul wasn't making it be that way. So part of our spiritual growth is to understand at some point, which God and our soul will show us, why they've wanted us to start our lives in this unloving way.

From: Graeme Bates **Sent:** Saturday, 14 July 2018

Subject: Chaldi Child Care Centre

I love the synchronous nature of these events. It's as if Nanna Beth is the supreme puppet-mistress gently pulling on this string, then another. And the door opens even before John knocks. Yes this school teacher is in for a hellava ride, but perhaps her soul is longing for the truth and that's why she wrote that article in the Gold Coast Bulletin.

Go JTT!

On 14/07/2018 4:42 PM, John Doel wrote:

Hi Guys

Having just finished a doc in how to embrace Feelings First – Feeling Healing throughout child care centre operations, this morning I was wondering what it would look like in the formal school education system - - - - and whammo this article is in our local newspaper:

Invest in kids from young age to break cycle of crime.

Your Gold Coast – Your Voice

Letter of the Week

Gold Coast Bulletin 14 July 2018

Email editorial@goldcoast.com.au

As a Gold Coast high school teacher for the past 27 years, I have weathered changes in:

- Education systems and strategies.
- Legislation regarding behaviour support in schools.
- Parenting styles.
- Technology.

And, I believe all of these, including the pursuit of wealth, have contributed to the “Delinquents causing fear across our city” (GCB, July 12, 2018, Pg10) to whom David Crisafulli refers.

These are our youth who are in desperate need of love.

There is not one solution to a multi-faceted issue that has been developing over decades.

Punishing youth who offend, through the justice system, may work for those who are actually remorseful for their poor choices.

I don't have statistics but believe there would be a correlation between Gold Coast school expulsion numbers and youth crime on the Gold Coast.

However, taking a reactionary approach seldom works for the long haul. We need to get to the source of the issue.

Just like domestic violence, coward punches, cyber bullying and other violent behaviours, we, as a society, need to invest in our kids when they are toddlers to break the cycle of youth crime.

Being proactive might look like:

- Parenting classes – equipping parents with skills to be able to set boundaries and showing them the value of investing time in their child from birth through to adulthood.
- Wellbeing learnings in kindy programs through to senior school curriculum.
- Strengthening school and parent relationships.
- Equipping teachers with skills to be able to identify and work with at-risk youth.

There are many parents and teachers in our society doing great work with our youth.

Let's remember that the majority of our youth are thoughtful, caring, obedient and ready to contribute positively to our world. These are the youth who we can use as our source to create proactive ways of improving outcomes for our 'delinquents'.

Name and Address with Editor

So I have sent an email and will follow up by phone on Monday.

This high school teacher is in for one heck of a ride!!!

JD

HUMANITARIAN FUNDS

20 July 2018

Solid Investment fund pool is now potentially accessible. Courier Anna has formal approval to complete the delivery of the Package after 31 July and before 31 August 2018. This is understood to transfer access authority to Crystal for all the funds relating to the accounts of Solid Investment. This is potentially in the trillions of dollars.

Interestingly, also at this time the following humanitarian funds appear to becoming accessible for:

Kingdom of Manna – Manus Island Foundation – <https://www.kingdomofmanna.com/>

This is a global group who have been working to access bonds that have had access withheld for decades. The sums involved are in the trillion of dollars. Stuart J of Tasmania and John B of Arutrla, Queensland, are confident that they will commence their global program within a couple of months.

Thailand Buddhist Funds are presently being opened up to Jeffrey E of Moe, Victoria. This is a humanitarian program that runs into the billions of dollars.

Agriculture Funds are presently being opened up to Alistair H of Adelaide, South Australia. This is a humanitarian program that runs into the billions of dollars.

It appears to be all systems are go on all fronts. Further, all groups are interconnected, however the **Pascas Foundation** is the only one that has as its central platform ‘Feelings First’.

MANAGING the TRANSITION into the AVONAL SPIRITUAL AGE

Tuesday, 31 July 2018

James: Nanna Beth, John said today that out of the blue he received an email from a firm of auditors which he followed up meeting a woman called Tracey whom he liked and feeling very good about her firm. Understanding she would be a necessary part of the machinations of Pascas, someone from the outside needing to keep an eye on the financial side to ensure projects run as they are meant to, that money goes where it's meant to and not into places it shouldn't. And he said it filled a big hole in his plans, that suddenly out of blue, and a woman, he has another part of the puzzle that he doesn't have to worry about. And with the assumption, and faith, that it's all your doing, you Celestials looking after it all, as it's all way too big for our puny minds, and that all we need do is let you get on with it, we playing our roles down here, always playing catch up to what you're doing. And what I wanted to ask you, is how much actual involvement do you have in this, because it would mean you'd have some idea about what every person on the planet was doing and how they might, as in, when and in what capacity, get involved with Pascas. And do you actually 'prepare' people as such, so when their time comes they are ready in their mind and psychologically do what they are to do? And when I think it through, with the Mother and Father having it all in hand, so we all do what They want, so then there is no need for us or you to do anything because it's already all taken care of, and so we may as well all retire or just keep unconsciously moving along like cogs in the machinery of the universe. So how do you over there see it?

Nanna Beth: We see it as you do which you haven't written out knowing I will. That both exist simultaneously and needing each other. It's the existential and experiential. Sure, for all of us, the Mother and Father have it all worked out and we're just carrying out Their plans, and to a lesser and greater extend we can become increasingly aware of this, that which you, James, wrestle with from time to time. And then because They have created us to 'do their will', to 'do their bidding' to live all Their plans they have created and put in our soul, so we are always doing that, and from either a mind

perspective, which gets in the way making us wrongly believe we're our own gods – our own controllers, or from a feeling perspective where we just accept the truth that we are children of Parents who've got it all worked out, yet Parents who want Their children to do it all for Them. So the answer to your question concerning for example John and Tracey, she seemingly coming along out of the blue, right on time when John needs her, even though he's not really aware that he did need someone like her now, so she fills a gap in his overall plan. And so on the soul level – God's level, of course Tracey would come now and she'd be ready to have such an experience with John, all of which might lead to something or it might not, which only the future will bring. And so existentially it appears like there doesn't need to be any part for us behind the scenes to play because the Mother and Father are doing it all. But then there is the experiential side in which we do everything, you, John and Tracey play your parts, we ourselves, and it all works out perfectly in accordance with what our Mother and Father, because They are controlling it all anyway, want. So from our side, this is how it is for us:

Celestial groups are overseeing everything you are doing. The Melchizedeks have been instructed, entrusted and commissioned upon their own undertaking – so to work out the best way to do it themselves, to see that, with the Rebellion now having been officially terminated, humanity is to turn the corner and start its Healing. So both individually and collectively. And they have worked out their plan, and we the Celestials are the ones implementing it. So the 'saving of humanity' is a Melchizedek conceived plan, something they tell us they've been working on since long before Mary and Jesus came as they've also had to take into account their arrival on the world, their affect and what the Mother and Father wanted humanity to experience through the Rebellion and Default. And of course part of that plan, and I should say, most, if not all of it, is based around you and Marion coming and the effects you'll have – are having. So the whole Avonal bestowal has to be factored in, or seen as it being central, because without it the Melchizedeks wouldn't have anything to work with. They themselves are not of a high enough soul truth to deal with the Rebellion itself. They might be able to mitigate much of the Default, however that would take a very long time. So they, we, all need an Avonal Pair.

So because of the Melchizedeks running it all, so we Celestials are schooled by them as to what they want, and what we are doing with you and John is working out the best way for Pascas to be used as the vehicle to achieve the plans of the Melchizedeks and that of yourself and Marion. So as much as, of course, it's all the Mother and Father doing it, we were also acting behind the scenes influencing Tracey to make contact with John because they both needed to have the experiences together they had and will have, which all amounts to Tracey being another possible person to help John and Pascas.

James: And so that's how it's going to be, as it's already been, right the way along, with you behind the scenes carrying out the Melchizedeks plans?

Nanna Beth: Yes. We've got increasing numbers of Celestial being 'enlisted' to the 'cause', it's a huge thing requiring vast logistical capabilities, some of which are taxing some of us to our limits. We have a vast talent pool to draw from, so many spirits who had dynamic lives on Earth, however there are also many like myself, just a regular housewife who've found themselves in positions of authority, tapping into latent skills that have lain dormant through our whole Earth and Mansion Worlds experience. And then not only that, but we're all in soulmate pairs and soulgroups which have to be accommodated, we're not just single individuals that can go here and there as required. So all of this is taken into account, and then we have been assigned our tasks, some of which requires overseeing great numbers of humanity, singling out an individual or a small group when required, keeping tags on them, observing them, helping them in their preparation as to the role they will play, which might be in fifty years time, like as it has been with John, so working behind the scenes with them as they move through their lives unaware of such unseen subtle help. We are told by the angels from the Melchizedeks which individuals

we're to help guide and work with, what role they'll be playing as required as their lives progress, so it's a continual massive picture we're working with.

So nothing happens on the Earth without our being in some way involved, perhaps passively and just observing, to more actively. And with you and John currently the most active, that being including all that is to happen with you and Marion spiritually, and with John and Pascas. You and Marion and John and Pascas, so including Crystal and Samantha and the people closer to John, are the central focus about which it's all revolving. And really it's all just you and Marion, and then even just Marion, as the focal point driving it all on the pure spiritual level. So the light comes from her through you and out to John and Samantha, with Crystal working to bring the financial side into being for you all to work with.

So we're organising it all, and yes, you can leave it all in our capable hands because with the Melchizedeks running the whole show, no one has anything to worry about. So you James will continue to see signs of our involvement, because you are not simply here to do it all by yourself like Mary and Jesus were. You are here embracing humanity in all you do, and you, like the Melchizedeks, will defer to people and us spirits before you do it yourselves. So you'll do what you need to do, the barest essentials of it, whilst supporting the rest of us, humanity, people and spirits alike, sort out their own shit for themselves. It's our Rebellion and Default, not yours, and we're ever so grateful for you coming and stopping the Evil Ones, and helping to reveal all that will be required by people on Earth for us to work with, as were it left up to us to reveal such truths, as you can see from the Divine Love Movement who work with Celestials, it would take forever for us to 'Earth' the Truth and information required for us to do what we need to do. Whereas with you doing it all in such a relatively short time, and with John 'putting it out there', so we're able to come straight in and work with people which we'll be doing with those people who take on all you say. So we've needed yours and Marion's help, otherwise humanity on Earth would never heal itself, or if it could, it would take forever, and it can't take forever because humanity is needed to get on and ascend to Paradise and become Finaliters for the work we'll then we assigned to do. So there is a Grand Plan, all of which includes or takes into account the Rebellion and Default, allowing it to happen, encouraging it to maximise experience from it, and then healing it. So with the boost from your coming and the following Spiritual Age, the Rebellion and Default are to be dealt with head-on and quick-smart. So we're swinging into the final stages of preparation, everything is moving into place for the starters gun, and everything is moving along perfectly according to plan, that being in your own personal lives and the whole world.



THE EVIL ONES

Finaliters

James: I guess from your Celestial perspective you can easily take into account the whole of humanity knowing what's happening and where it's going.

Nanna Beth: We can. And it's all quite simple really on the bigger picture level when you know what you're looking at and what to look for. Humanity can be divided up into bulk groups, and only a very small percentage of people are actually doing things to change it, taking it either further into Rebellion or working to bring it out. And of course there's a dearth of people working to bring it out at the moment, however we are hoping to bring that more into balance and there are many people who'll be playing a significant role in it. And to answer that question James, just keep remembering my life, I was not someone who was going to change any part of the world through my life on Earth, and nor did I want to, it never even occurred to me, I always knew and only wanted to play my little part in the family and living doing what I wanted to do, but nothing on a global level, nothing like what you've got going

around in your mind all day long. And it was the same for me in the Mansion Worlds, I didn't get involved in anything that was affecting humanity on Earth, I kept to my own little life and moved into doing my Healing and become true, that was more than enough for me, I was ecstatic over that, finishing my Healing was the best most significant thing I could have done for myself. And then look what happened. I'm told about John, and his going to form the structure for Pascas. Then I'm told about you and Marion, that that structure is going to be used to get your truths out to the world, truths that are to cause immense changes to humanity. And that I, little old me, nobody Nanna Beth, is going to play a very personal and integral role with you and John – how incredible is that – and who knew, other than the angels and Melchizedeks.

So we all have our time of glory, you know, our 15 minuets worth, just at different times and stages of our lives, and as we've got the rest of eternity for that to happen, so it doesn't matter if you're just one of the flock now as humanity, mostly unconscious and just wanting a simple life wrapped up in your creature comforts, because that is what you need to live now, just as that might change, and it might not, but whatever happens is what is right for you. Looking back I can now clearly see how all I'm currently doing I've been perfectly prepared for right down to how I can work with your mind James and in your mind's disconnection as you and Marion were talking about today, and I can impart that which needs to come to you and in a way in which we are perfectly suited to connect and do what we need to do. And I have the ability of working with the bigger picture, liaising with the Melchizedeks for you. And as they've told you, when you've finished your Healing you'll be working more directly with them, but in the meantime I will continue with you as required.

So you can be rest assured James, that we Celestials are on the case concerning all the needs of what you and John are setting out to do, covering all the bases, from the spiritual, financial, political, social and so on, every aspect and there's a Celestial team behind it. And then on top of that, as if that's not enough already, you've all got your pairs of angels working in step with you. And then still more are arriving each day to take up other positions as required when things start to get going in earnest. So from our side there certainly is a lot of activity.

I'll go now James, speak to you soon, Nanna Beth.

James: Thanks again Nanna Beth – see ya.

MOVIE CITY and CHALDI COLLEGE etc.

Saturday, 4 August 2018

John: Hi Nanna Beth: Is there anything of concern going on around Courier Anna? Is this a case of ongoing stupidity with messages to the wrong person and random motor vehicle accidents?

I have been bringing together the very basic thoughts on what is to be Pascas Media Movie City. As in keeping with all of this adventure, I know nothing about this industry, however, amazingly Graeme Bates has had 35 years of experience in the industry.

We both envisage that the proposed centre may well be fully utilised for the dissemination of James' writings for the next 10 years or so.

Further, it does feel that this is the centre of administration for the coming decade.

I had not comprehended just how major this aspect is in the delivery of information – not within a bulls roar!

Further, the entree into schools is emerging as a very significant pathway whereas it was just a hopeful possibility in my mind previously.

In other words, the pathway or program forward is either changing dramatically OR it is just becoming more and more dynamic with additional agendas.

The dearth of people involved presently will need to change dramatically to handle all the possibilities.

We recognised that you and your soulgroups are frequently stretched to the maximum, that is one very significant indicator just how massive this task is. And we are really presently treading water here in the physical at the starters line. The mind boggles at what may unfold.

It is great to have you all around.

cheers for now, John

James: I'll just ask Nanna Beth if there is anything to do with Anna for John –

Nanna Beth: No, just wires crossed as you reckon John, nothing so far as any behind the scenes funny-business going on. And it's all helping you to open your mind to what might be needed John, all still part of your preparation.

Subject:feelings first and the journey **The JOURNEY** Brandon Bays
Date:Sun, 5 Aug 2018
From:Faizel Hassan
To:jedoel
CC:Tracy-Kim Gilchrist, Gaby Burt

Hello John,

Trusting you are well and flourishing in all ways. My name is Faizel and we met a few years ago when I represented The Journey by Brandon Bays. I have attended many of the Pascas meetings and had the privilege of addressing the Pascas Community. I have continued to welcome the Pascas letters and enjoy reading and experiencing the messages. In the most recent letter it was joyful reading about **Feelings First and The Journey for Kids**; a profound message to community.

I took the liberty of forwarding the Pascas letter to Brandon Bays and her husband Kevin Billet, pioneers of The Journey. They were both taken and humbled that the energy and work is embraced by fellow lovers of truth.

Since the birth of Journey for Kids in early 2000, over the years the work has deepened and Brandon would love to share more to the **Pascas Family on Feelings First and The Journey** which for me dovetails solidly.

Brandon will be visiting Australia in the middle of September and if in some way there is an opening to visit Pascas and meet with the Community before the 19 September it will be wonderful.

Kevin whose heart calling is healing depression in the world will be in Australia later in the year, he too would love to meet with the Pascas Community and share his experience.

Kevin himself was diagnosed with chronic depression and lived in it for 20years. Through drug free processes; clearing the emotions that set up the depression he now lives free from depression, a man that is now fully available to life.

Kevin has just completed his book on Depression and it will be released in Australia before the end of this year.

I trust through Grace that this may all be made possible, I have cc'd in Tracy-Kim (as an Introduction) who manages The Journey Australia and Gaby (I believe you have met) who is General Manager of The Journey worldwide. They too would love to connect with you and answer any specific questions you may have.

Till we meet again. With Love, Namaste
Faizel

Faizel, you are music to my ears.

Yes to all you ask. Let us now proceed and deliver these gifts to every person throughout all of humanity.

A very thankful and joyous John. Yes, I do remember meeting you and also Gaby

John

Hi John,

There is much energy in your note, feels so good.

I am hoping to get back soonest with confirmation, dates and time etc... from Gaby or Tracy-Kim.

Gaby being in Europe at the moment means it is taking a bit longer. Hopefully there will be some clarity soon.

Speak soon, All love to you,

Faizel

Dearest John

Reading your email exchanges, which are filled with so much love and enthusiasm, I feel so joyful to make this connection and share all possibilities.

I choose to believe that this Journey Method tool would be most valuable, healing and liberating in every home, with every mother, father, teacher, nurse, doctor, bus driver, construction worker, cashier, brother, sister, grandma and pa, son, daughter, monk, priest, hairdresser, psychologist, etc (you get the message ☺) having it available as a tool, and there is so much Gratitude to meet in this with you.

Anyway, I just wanted to let you know I will call you tomorrow and ask if you have a preferred time?

Kindest regards and many thanks

Tracy-Kim

The Journey Australasia



Dearest Friends

Tomorrow night we will present a mini-introduction to The Journey community and their family and friends, LIVE on Facebook.

Tens of thousands of people in over 30 countries have learned and applied The Journey Method to all aspects of their lives: physical health, emotional well-being, relationships, anxiety / stress / depression, spiritual fulfilment and abundance / wealth.

What is The Journey Method? With so many questions and comments coming up from our shared BLOG posts, and with the founder, Brandon Bays herself coming to Australasia to present 5 Journey Intensive events, we thought that we might answer some of these questions and share more!

What are the benefits from personal experience as well as those I've witnessed personally, and more importantly how this same method can benefit everyone.

We hope to meet you all [here on our Live Broadcast](#) Tuesday evening the 7th August 2018 at 7pm.

Kindest regards

Tracy-Kim Gilchrist

(The Journey Australasia Partner and Journey Practitioner for 13 years)

MOVIES and their PROMOTION

Sunday, 12 August 2018

James to Graeme: I was looking at movies, how much they cost to make and how much they made, and then I thought really for my movies they will need to be promoted well – so how does one do that? Which all comes down to: How would you Graeme promote The Religion of Feelings? Something possibly to ponder if you're burning the midnight oil again! How would you get it across that it's a whole new spiritual approach to life that's being introduced? And one that involves bringing to light all the pain, hurt, misery, fear, all the unlovingness that we're doing everything we can to avoid, such as making all these movies to take the pain away? Guess we should make a movie about that. I open my mouth and all I hear are male actors speaking – where is the real me?

Monday, 13 August 2018

Graeme Bates to James: The short answer is, "I don't know". But one thing I do know it won't be the traditional way that the big block busters are promoted. It will be a different paradigm. Traditionally they "throw" bucket-loads of money into their PR-Machine and hope the public buys-in. It doesn't always work and as you've been discovering the equation is real simple: How much did it make minus

how much did it cost = money in the investors pockets. That's the current model. However I suspect the current model is about to be turned on its head. There will-be, is, a NEW way just as there is a NEW way to live: FEELINGS FIRST not MIND DOMINATED....simple (just not easy).

So using our feelings (which are from our soul – the real us – not all the "male actors" which still come out of our mouths [I can hear one of my actors talking now!]) we will be guided as to the best way to promote ALL our projects so they reach the souls of every human on the planet (and may be even spirits as well – now there's a BIG audience!).

And the new way may even mean throwing big buckets of money to get the ball rolling so-to-speak. I don't know...but what I do know WE WILL GET HELP from as yet unknown people. Imagine if an Oprah Winfrey type person decided to promote Feelings First to her audience [her "book of the week" she promotes, all most over night, becomes a best seller] and the publishing house has to madly print another run. This is what I envision WILL happen to TRoFF (the Religion of Feelings).

James, now that you have asked me the question, which is the STARTING POINT. And I will now be open to drawing in all the possibilities as to how the movie project moves forward. You can already sense my passion has been ignited. So again I thank you for bringing this into my life. It's bigger than Ben Hur...more spine-tingling than JAWS...more exciting than ET...who knows maybe Stephen (S.....g) or George (L...s) will direct or produce our blockbusters. Anything is possible.

Excited-Eme



KING OF THE BEER FRIDGE

Beacons of Light

