

PASCAS WORLDCARE

Against the Odds

... contact and launch

22 April 2019 - 18 June 2019

Volume II

CONTACT

AND



“Peace And Spirit Creating Alternative Solutions”

PASCAS WORLDCARE Ltd
Pascas Health Sanctuary & Pascas Care Centre
11 Crenshaw Court
Park Wood 4214 Queensland Australia

Bs 61 7 5594 0479

Em: info@financefacilities.com
www.pascasworldcare.com www.pascashealth.com





In a way each person's Indwelling Spirit, which is really God, is contracting out the work needed to be done with you to other agencies, so to us spirits, the angels, the nature spirits, other elements under the Divine Minister's control, even other non-humanity spirits, all of which end up doing increasingly more amounts of what your Indwelling Spirit does. And this 'out sourcing' is to affect greater personality interaction, increasing your experiences so they are maximised through interaction with different personalities rather than just relying solely on God. We are overall to become increasingly at-one with God, but we are to do that by becoming increasingly immersed in the experience of being with others.

Nanna Beth – 3rd Celestial Heaven: 25 December 2018



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

Pascas Finance Khazarian Banksters Control Humanity

Monday, 22 April 2019

James: Hi John, sorry I didn't return your call, out walking and then too much yuk again trying to work through it all as usual.

Yuk

I read your Khazarian Banksters paper, god it makes me so angry, such a heartless bunch and so much shit they've put everyone through. There must be countless numbers of spirits who are so pissed off with them when they find out how they needlessly died. I'm going to talk to Nanna Beth and Helen more about it.

Also, which I want to talk to you more about too, could you please remove page 189 if you're going to put this Pascas Paper out for public viewing. Really I want all this about Marion and I kept secret for the time being, it's for the inner circle only as I've said, it's okay if you write it up for future publication if indeed it all comes to pass and we do ever manage to finish our Healing; but in the meantime, this is just for me personally to work through it all, working through what it's all about, and I don't even know for sure yet if the Law of Compensation is going to be earthed as surmised. So I don't want all that going out there getting people's hopes up and whatever they might think, I want to keep it just between ourselves – okay?

And really I don't want any mention of Marion in it at all. She is more adamant than ever that she's not part of it, isn't an Avonal, and that I'm mad. So I don't want to make her feel worse about it than she already does. It's hard enough talking with you and writing about as if I am and all the rest, which I'm only doing so I can work through all the shit that keeps coming up in me, which might be in the end only all part of my fantasy. It doesn't matter whether you or anyone else believes me, it's all only between Marion and I that matters and so I don't want you talking about us as the Avonals and telling everyone and all the rest. So if you can please put it on hold, and I will keep sending you stuff all so long as we can keep it between ourselves, really just Sam, the two G's and yourself, and Jim if he's interested and I guess Peter S too. But as far as all the other people go, if you wouldn't mind cooling everyone down about it. And if it is all true, there will come a time when you can go full steam ahead with it, but for the time being, it's better keeping it under wraps as I don't want to stir up any shit that I'd have to deal with before I can categorically say one way or the other. And we need my Healing to finish for that to happen.

I'll talk more about it with you when we speak next if I need to. Otherwise it's another great Paper including all the other bits you added.

Khazarian Banksters Control Humanity

Tuesday, 23 April 2019

James: Hello Nanna Beth, John sent more goodies which I want to discuss with you. He sent some great summaries about the hidden controllers, and first of all, are all the summaries attributed to them, true? Because if so, they've basically been the ones these past two hundred years that have made everything a hell of a lot more miserable for a lot of people than it possibly might have been without their underhanded, uncaring, sadistic influence always manipulating people to their ends?

Nanna Beth – 3rd Celestial Heaven: It's pretty much right. Enough to give you the idea of what you're up against. And giving you a picture of their all-pervasive hidden control.

James: Yes, I can see why you call them 'hidden controllers'. And so they are basically the ones the Caligastias and Daligastias (Lanonandeks) have used to control everyone?

Nanna Beth: Yes, in preparation for the Daligastias return to Earth, that's what it's really all about. The Evil Ones believe that once they overthrow – again, having first done it when they rebelled – the influences of Mary and Jesus having come to Earth, then the Daligastias would be able to materialise again, being the gods-of-all, taking their Chosen Ones into their life of paradise, milk and honey. All of which they've been working to bring about this time in accordance with the signs in the Bible and other religious works, not that they are religious, however you use what you can to get your agenda across.



So they believe, although they are not very clear about it and are attributing the wrong names to the wrong Evil Ones, that they are to bring about the demise of the global religions all so their One World Religion, which is not comprised of all the world's religions by the way, comes into being, which is really the religion of them being the elite on Earth with all their slaves and minions busy working away for them.

However as you understand, they have got it more wrong than they can possibly imagine – they don't have very far reaching imaginations, as instead of getting the Daligastias, who they believe are Lucifer and or Satan, they are getting you, the Avonals. But they are not personally getting you, as they believe they are getting Lucifer, however the world is. And as, by the time you complete your Healing, you won't be an evil one, no longer being of the Rebellion anymore, so their plans are going to be dashed, which will mark in this sense, the end of the Rebellion and Default.

They believe, when the time is right, they will hold their usual rituals and say all their secret mantras and before their very eyes will materialise Lucifer, or Baal, as you were reading, who would really be Daligastia – the him Daligastia, and not a her one as well as him. However were that to happen, he was soon to put them right about a number of things, and then they'd willingly accept both Mr and Mrs Daligastia and everything would be sweet, their work complete, they'd be very well rewarded, that being with 'eternal life' so they'd no longer have any fear of dying. And they can live happily ever after and without a worry in the world, with everyone doing what they say, everyone working to make them even richer than they are, with the whole world belonging to them, as they own all the land, they own everyone and everything.



And everything had been working smoothly to that end, until more recent times, when as we've been telling you, things haven't been working out so well, no longer with the ease of times gone by.

FOR 200,000 years ALL SCRIPTURES are the WORK of the REBELLIOUS LANONANDEKS:

The rebellious Lanonandeks from within our local universe are these soulmate pairs:

THE EVIL ONES



Lucifer pair

Arrested and imprisoned 26 CE



Satan pair



Caligastia pair

Arrested and imprisoned early 1990s CE

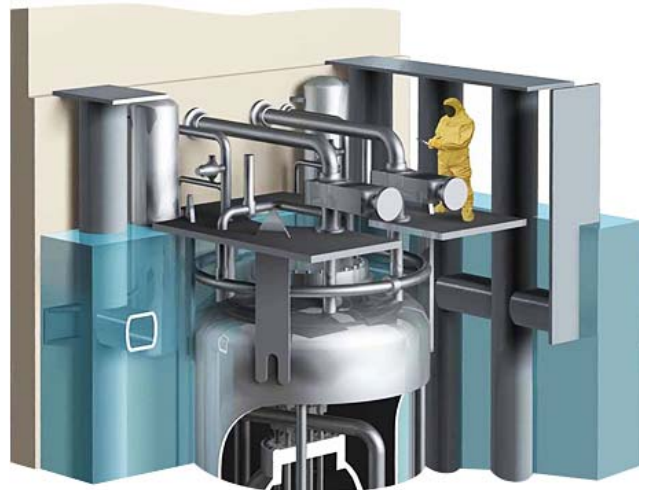


Daligastia pair

And they believe, as they were told by the overseeing mortal mind spirits that were working for the Caligastias and Daligastias over the years, that they were to build a place – Israel – which would be the symbolic 'earthing' place of Lucifer when he was to come, however really that is all just preparation to suck the Jews in who might cause trouble for them, getting them all into one location, or enough of them, all so they can bring about their final destruction when they unleash the Islamic hordes upon them. And when America comes to Israel's rescue, so they bring down the Church, smash the Vatican and kill as many Christians as they can. And everyone who's left over, then becomes enslaved to them, with it being relatively easy to get rid of the remaining religions by simply banning them, anyone who believes in them is killed. And they all live in Europe and America waiting to go down their holes to wait out the Pole Shift, then to reappear and set up the New World all to their liking.

James: John was saying that so much underground digging would be hard to hide, let alone deal with the drain on the power grid?

Nanna Beth: They have it all worked out. They have built nuclear reactors underground that supply the power they need. They have teams of people working for them all in secrecy. And they are very strict about what happens if you open your mouth, your life and your families end. Little bits of information sneak out of course, so you have something of an idea that it's going on, however as to the size of what they are undertaking no one has any idea. The various governments and their militaries involved to help carry out their plans all believe they too will be looked after when the time comes and in the After Times, so it's in their interests to keep it all secret.



James: Okay, so what's going to happen? I know you can't tell me exactly, Graham Golding was saying that the one thing he learnt was that whilst the angels and mind created beings might have access to the future, we feelings-based truth souls don't, so we can never know the future, not unless for some reason an angel were to tell us.

Nanna Beth: And that's true, and so the same for us James. We never know what the future holds for ourselves, and only can we 'see into it' should we be told by angels. And they are often granted permission to reveal quite a bit of it, so we sort of do know something about it and what to expect. And then in our communicating with you, basically all that we're told by the angels concerning the future, we don't pass on, just telling you what we know based on our own deductions and soul perceptions.

So on that basis, what is going to happen is what I can't tell you, only that you are working your way steadily now toward it coming to fruition along the lines that have been revealed to you. All the pieces of the puzzle are coming together, even including all what Marion was just talking to you about, how she only wants someone who she can really connect with in the moment, connecting with everything, and not someone who's off in his mind dealing with all this abstract stuff that she doesn't even believe is real or going to happen. She needing to express her side of the Rebellion and Default, her whole negative outlook and view of herself, all of which there is nothing for her, nothing to look forward to, nothing of any meaning, nothing that will ever make her feel good, nothing changing from how it's always been. She being then one piece of the puzzle as are all the other parts, as you both have to become aware of the truth of your full unloved feelings. And as you can see now clearly for yourself, it's all coming together, and so from your point of view, so you can see it all, from her most negative and nothing side, to your most positive, hopeful fantasy side.



And all this needs to happen, whilst at the same time, the hidden controllers believe all their plans are now finally coming to fruition, and that for them and you, it won't be long now, any moment in fact, when the final cap-stone is put in place. When you complete your Healing, and for them, when they conqueror the world.

And so the two extremes are to exist briefly side by side on the world, and then will come John's Tipping Point, and the Great U-Turn will begin in earnest. And only a handful of people on the world are going to be privy to all of this, that being part of the outstanding condition of the Rebellion.

The Rebellion is to come to completion, that being what the hidden controllers are working toward on their level. There are other levels as well, the most important being the psychological level of humanity's denial. And then so the opposite is to come so as to take over once the rebellious completion is complete. Because then when the Rebellion is complete, it ends, it's complete, it can't go any further, unlike what the hidden controllers believe, and humanity will be ready for and so presented with, the true spiritual New Way. That which is no longer Their Evil Untrue Way, but God's Loving True Way.

James: It's all amazing Nanna Beth, John and I just laugh at the incredibility of it, with so many things linking up. And he says he's feeling that he's getting further and further away from the average person, looking at the gulf widening and wondering how the hell it's going to be bridged. It will need a lot of movies!

Nanna Beth: It's nothing to worry about James. The bridges, links and connections will be easily built, and as Graham was saying, really a New Way is being set up 'outside' the existing systems, yet whilst using them.



John.

James: And I know I've asked you this before, so much I forget that we talk about, but if the hidden controllers do control everything, then how is John going to be able to get his money from them to begin with, and then to keep it and use it without their interference. They might for some reason give it to him, but then as they do according to the material he sent me, they will work out ways to get it all back?

Nanna Beth: That's all going to be taken care of James, systems will be created that will work to protect it and you all, just as angel protection will oversee you all on a personal level. Nothing bad will happen because that's what you're Healing, and once Healed, you'll be immune to the actions of the hidden controllers. And so much so, that you will Earth the Law of Compensation which will finish them off once and for all.

Law of Compensation

James: Yes, earthing the Law, I'm slowly seeing that it is the only way things could really change in a major way, however it seems like such a big thing to do.

SPIRITUAL UNIVERSE CAMPS



Nanna Beth: Extreme measures need to be taken James. With the Rebellion ending and the Default soon to be confronted as people start work on Healing themselves, so a safety net needs to be provided for them. Were the Rebellion to end and there being nothing put in place like the Law of Compensation to underpin it, people would just spin off into oblivion unable to deal with all their problems. Even though the system is currently highly corrupt, people can find something of a security and place within it, even if that is a false security. But if that controlling system were just to suddenly end, and there was nothing to stop people from falling deeper into their self-made abyss, then the psychic stress would be too great and the world would fall into localised 'tribal' anarchy, with masses of small controllers trying to enforce their rule. And there would be no place and no peace, no stability for anyone who wanted to try and live a different way and true to their feelings. You'd be better off keeping the hidden controllers' power circuits for at least some people could do their Healing within it as Samantha is showing. However the Rebellion is ending, and ending swiftly. It's not going to be dragged out over hundreds of

thousands of years with people trying to do their Healing and slowly passing on that truth to their children and slowly the world changes, because if that were to be the case, you'd find that sooner or later the hidden controllers would get wise to what it was all about and set about killing everyone doing their Healing.

The Rebellion has to end quickly because of the Avonal Pair coming. When they come and complete their Healing, it's all over. That's just how it is. It was all over for the Lucifers and Satans and so now it's all over for the Caligastias and Daligastias, and so all over for the hidden controllers and anyone else who is asserting such control over other people against their will.

And because of the coming of the Paradise Pairs, other spiritual changes happen, you being aware of what happened in the Mansion Worlds with Mary and Jesus coming, and so now too with the Avonal Pair, more changes in the Mansion Worlds and this time also on Earth. So the Law of Compensation will be increased in the Mansion Worlds, so no one will avoid it who is in the worlds, and then it will be to the same degree applied or brought to bear on the people of Earth, so when they die they won't have to be subject to it, they having worked through it all in the physical. There will be a crossover time as not everyone will be able to work through all their will infringement on Earth before they die, and so they will complete it in spirit, however in a short time everyone will be able to work through it on the physical level and so there will be no need for the two Earth Hell Planes in spirit.

And as you surmise, there will be a starting date when it will be earthed, however we can't tell you that. And it will be another part of the end of the old and the beginning of the new.

As Graham was saying to you, he thinks people should be given their basic needs, life be provided so they can survive well enough on the world, giving them then time and the resources needed to work on themselves doing their Healing. And that is what will need to happen. And so by earthing the Law of Compensation, it's the same thing, it will give people the peace of mind to be able to focus more on themselves, they won't have to worry about what might happen to them from outside, allowing them to concentrate on Healing their dysfunction.

James: I think we believe that were the likes of the hidden controllers suddenly to vanish, then humanity being free of such tyranny would settle down into making a good, happy life for everyone, it being of course what we all want. However obviously without that hidden control over us, as you said, we'd all break out into other controllers seeking to assert themselves, everything possibly being even worse in many ways than it is now with our relative peace and sophistication. So from that point of view, the Law being earthed would be needed to help us all stay on the right path. Which even though it would still be a mind one and going against ourselves, still we'd all be nice about it to one another?

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

Law of Compensation

how the mind spirits are because of the Law. The Lucifers and Satans didn't want to do their Healing. So something has to happen to help stop you and awaken you to a higher spiritual awareness.

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

James: Will people need to be made aware of what it's about and the effect it will have on them?

Nanna Beth: It's not a necessity. It can be just instigated without anyone knowing, anything spiritual can happen like that. The mind spirits had no idea, Jesus didn't warn them or tell them it was going to happen. However that's how experiential life is. And as to how many people you might tell and whether or not they understand what you're saying, waits to be seen as it's not up to me to tell you.

James: When thinking along the lines of the Law being introduced, suddenly nothing else matters, not even the Pole Shift, as it's in many ways much bigger than the Shift, it underpins everyone, it changes Earth from being how it's been to being how it is in the First Mansion World. So really Earth becomes a physical Mansion World, which is what you've said, isn't it?

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

James: It sure sounds good Nanna Beth, too good to be true. I will be amazed if it happens as you say, and Marion even more so.

Nanna Beth: We'll just keep going James. You are accelerating your growth as you now become fully aware of your unloving state, and as Marion becomes just as true to hers. You are different every week now, I haven't heard you complaining lately about being as bored as you were.

James: True. I'm still fed up with feeling so bad all the time, but as you say, I don't feel as crushed and demented by it all, it's gone way beyond any of the control I was trying to have over it. It's just carrying me along now. I still feel mad, madder by the day the more in touch I become with how fucked I am, it's incredible just how distorted I am in everything. It's a pity I don't feel good about seeing it all like I am, still then I wouldn't keep feeling bad and so wouldn't work to express all those feelings. So I am enjoying being carried along more and not trying to have that control.

Nanna Beth: As you should James, it's the best way to be. I'll speak to you soon. There's nothing to add to what I've told John, things will keep moving along for him – for you all. Things all falling into place. Bye now.



SANCTUARY COMMUNITY LIVING

Tuesday, 23 April 2019

Graham: Thanks again James

I have felt, since around 2006 that all world systems will collapse, that we would need to live in small groups close to nature, much as we discussed yesterday. I had many, many discussions with my late friend Gary Hickey about how things would unfold. And how we would live.

Much of what I have understood to be likely, from what we have been learning from you James, and through Nanna Beth and Verna, seems to have been on the money. I am sounding a little arrogant.

I have also felt that the collapse would bring anarchy as humanity tried to learn how to live without all the structures of money and commerce. Let's face it, very few people know how to find, hunt or grow their food. Let alone build shelter and clothe themselves. All I have been able to see is theft, violence and the imposition of control by those struggling to survive.

SI (Solid Investment) was around then also. Locked up, "soon to be released" and still offering a good lump sum on which to live. However, I really felt that the freeing of the SI funds would coincide with the collapse. In other words, I would have a "fist full of fifties" which would be worthless. The cruel irony of it all. I would have the funds to buy land for me and my family upon which to settle. But with anarchy reigning, we would have to fight for it every day. I couldn't see how peace would find a way through in any reasonable time frame. And besides, land ownership would be something of the past and therefore not defensible.

What I didn't have any idea about is why this would happen to humanity and mother Earth. There was a background understanding that there would be some spiritual shift – a new age. But it was really just fluffy New Age spiritual mumbo jumbo. A mass jumble of confusion with as many different views as new age spiritualists. All expounding their view as incontrovertible fact. Somehow our vibration would raise and we would be suddenly Christ Conscious (whatever that meant).

But now James, having been introduced by John to your writings, channelling, the Padgett Messages and TUB (The Urantia Book), the whole purpose is becoming more clear, and in the complexity of it all, really quite simple.

It is all about ascension – something New Age has never been able to put its finger on. Ascending in truth by uncovering the truth of our soul through healing our suppressed and repressed feelings.

Understanding there is a Rebellion and Default that needs to be brought to its end makes it very clear. Very few people have been introduced to our world this way, yet it feels so right and makes such logical sense. There is a purpose for the collapse.

Understanding from you and Nanna Beth about the Law of Compensation and how that will mitigate against an anarchic shit fight has provided an amazing perspective and brought serenity to me about the future.



Law of Compensation

And the money. I now understand why the shift of the loot will move from evil to truth, but more importantly what role it will play in the transition. So what's the difference between the Hidden Controllers holding all the cash and Pascas holding it? Well, as John has often said, Pascas will be an upside down organisation. Everything will feed down and out, not up and in.

There are large pools there, and they will last just long enough for Pascas to oversee the enabling of the reduction of humanity's stress and for individuals to find the time to do their healing. And when the tipping point has been achieved, then it will be likely gone, worthless and unnecessary.

For me, the challenge for those guiding Pascas, will be continually trying to determine how to operate outside the tenets of the Rebellion and Default. After all, it's all we know. It's all we have to forget.

I feel incredibly relaxed about the coming upheaval. Albeit a little impatient.

GG

Thursday, 25 April 2019

James: In reading your summary Graham I find nothing that conflicts with my feelings, it making me feel as excited as I felt with you saying some of those things over the phone. And if it is all to come to fruition as you are saying, wow, what a ride! And I love this part: "So what's the difference between the Hidden Controllers holding all the cash and Pascas holding it." Do you know if John happens to have a huge vault dug in the ground under his bed – not that you'd want to tell anyone if he does? It makes me laugh because it all sounds so fantastical, with my doubts always plaguing me, although of late seeming to be drying up as I'm taken too far beyond it all into the realm of why not, perhaps it's such an incredible fantasy there might even be some truth and reality to it! I always thought that as I got closer to the end of my Healing the unreal would disappear and so I'd be left with the real, and because of that I've half expected all the Avonal, Pole Shift stuff, the End Times, and now the Law of Compensation, to lessen its grip on me and fade away. However with just about everything to do with my Healing, I've got it wrong thinking how it will go, with the grip increasing not decreasing. So thanks for supporting me and adding to it Graham!

EDITING

23 – 24 April 2019

Graeme: James, "So I am enjoying being carried along more and not trying to have that control."

Isn't that wonderful news, and thanks for this amazing update from Nanna Beth...eme-edit attached ... in case John's going to drop it into one of his docs...sometime in the future...

James Moncrief: Thank you again for the edit, however what happens when I don't agree with your edits? For example, I understand you capitalising Mansion Worlds, but I never have. I don't know why, I just never gave them that much importance. So to keep the continuity of my writing, I don't. I suppose I could but then I've have to change them all. Which I guess I could.

And Hell Planes, I don't think I've capitalised them either.

And that dash, you do a long one, I've never known how to do that. The program used to put them in but they were always too long for my liking, so I've just stuck to the short one. I can't see a long one on the keyboard. Is there any difference between the long and short? I know the short is really to join two words, so as it's not about joining words, is the long one usually used?

Graeme: Hi James, I'm glad you raised these questions because I've been going along merrily editing your writings and sometimes I've wondered "Does James agree with all my corrections?"

So firstly they are your writings and you have the final say.

Secondly I'm not an authority on grammar – many times I go to Google and research things to make sure what I'm changing is correct but not always.

Sometimes writing is a matter of "taste" for the writer – made up words (YUK) and my favourite FUCKEDNESS.

YUK

Capital letters are tricky sometimes and once "we" agree on when and where for consistency we should stay with that.

FUCKEDNESS

My rule of thumb is Proper Nouns are capitalised: people's names and places such as Earth (as opposed to the ground or earth).

I think realms such as the Celestial Planes should be with a capital letter and so for consistency the Mansion Worlds are designated planes in the Spirit Worlds so I put a capital letter. To be honest I'm not sure about Hell Planes but going on the logic I just expressed they are also designated areas associated with Earth so I put capital letters.

Now the EN RULE and the EM RULE...Dashes are longer than hyphens. The two main types of dash are the en dash (roughly the width of the letter *n*) and the em dash (roughly the width of the letter *m*). How to type them:

Hold down one of the Alt keys and type on the numeric keypad: 0150 for an **en dash** or 0151 for an **em dash**. The **dash** appears when you release the Alt key.

I never do this...I force the long dash by typing "I want - a long dash" and after I type this I use the back space after I've typed "a" all the way back to the "t" and retype t – a then I hit the space bar and

miraculously the em rule (long dash) appears. Very tedious but once I have a long dash in the text I simply copy and paste it next time I want to use it.

Now, John has spent countless hours going back over docs correcting the hyphens and replacing them with em rules or long dashes. It's grammatically correct and some type faces the em rule is really long others about the width of the letter "m".

John believes it takes 5 different readers to pick up almost all the necessary corrections.

Almost all published books I've read I see "typos" or incorrect grammar and they are professionally read by "proof readers" and many times by editors and writers.

We just do our best and in the end does it really matter? Yes I guess it does because your writings will last for a thousand years. But we don't wish to be "The Controllers" of all things written and "punishing" kids when they hand in their essays and the big red pen comes out and then the humiliating comment at the bottom of the page: **"Graeme, I've deducted marks for your poor spelling and grammar."**

James: Thanks for explaining all of that. So far I've been more than happy with your edits, as mostly they are just typos, spelling and grammar; and as you don't interfere with the truth by doing those things, so I've been happy to accept them all.

And like you say, how far does one want to take it whilst also allowing for freedom of expression? I think that's always going to be subjective and based on the level of truth the person and people involved are at. As you know truth strives toward wanting everything to be perfect, and as we've all grown up being taught an artificial perfection, so what really is perfection? For me I'm happy to keep trying to make my English as best as I can in accordance with the English I grew up with, which I was never much good at. And then a lot of the Americanisms I've accepted without even knowing until Marion points them out. So it's all very confusing, and I guess we will just come to some sort of agreement should we ever take anything to a professional publication level.

And so working toward that goal, I will do as you suggest with the Proper Nouns, amending then as they come up, however with one like the 'hidden controllers' as Nanna Beth relates to them, I want to keep them lower case as she's trying to convey that they shouldn't be given the acknowledgement of capital letters. Graeme: **Agree 100%**

Concerning the dash thing, I'll see if I can work out an easier way on my computer, but the thing is, I don't actually like the bigger dash, so I've never tried to work out how to use it. But if that's going to cause publication problems not conforming to the standard way of doing things, then I guess I will have to comply. I don't mind, I might get used to it, so I'll see if I can use it and give it a go. And if it's such an important thing, why don't they give it a specific place on the keyboard? I'll Google it for Mac and see if there is shortcut or something.

Graeme: **I know if you go to "symbols" in your "tools" you'll find a long dash and usually it indicates a short cut ...ctrl, alt, or shift and something...once I have a long dash I just copy and paste it when I next need it.**

I do like having an 'English teacher', one who seems to like what I write, a huge change from my old school days. Thank you again for everything, and mostly your support. You two G's, John and Sam, along with all the others you talk about who are supporting me are doing so much for me, helping me

change in so many ways. Everyday something more comes to me regarding how much I've needed it, how you are 'replacing' all the shit from my unsupportive parents.

Graeme: I really benefit when I read and edit your writings too...it makes me more "aware" of what I'm reading rather than just "skipping along" hardly taking in the message being conveyed so there is "an upside" for me as well. And John suggested to me yesterday that once we collectively agree on some "standards" we (probably me) should write them all down for easy reference for everyone that is reading / proofing your writing and especially for the FINAL PROOF READING before publishing. I like your expression "Truth strives toward wanting everything perfect" and of course so much of the writing is about truth and love.

David Montaigne's new book: **Pole Shift – Evidence Will Not Be Silenced.**

<http://dlscr.freeforums.net/thread/90/times-2019-david-montaigne-nibiru?page=2>

May 20, 2018

James: I much preferred reading this book, I liked all his other ones too, however this one just suited me more as to what sort of information about the Pole Shift I am looking for. It summed up all the material he has painstakingly researched. He goes into all the other stuff about pole shifts I've read over the years on the Internet, sorting it all out, refuting it, saying which parts he likes and that add up and which don't, all of which has helped me to understand that he's got his finger on the pulse of it all and should he come across anything that contradicts his current understanding, he'll pass that on. He seems to be the first person who will admit to being wrong, which I find very refreshing. I don't think he would like just to get his point across or make money. If he doesn't feel right about something he says, even if he includes it.

I found it much easier to relate to all the physical evidence of prior pole shifts he records compared to the more complex stone writings left by ancient people trying to possibly warn of us of future shifts. I was left in no doubt that catastrophic Pole Shifts do happen roughly every 12,960 years, all mainly due to an incoming galactic superwave of energy emitted cyclically from the centre of our universe. And the next one is due. David says according to his research it's Dec 21, 2019 for a week, then the Earth is scrubbed clean and the new world emerges. However he does concede that other information points to it possibly happening ten years later 2028 – even October 2029 or later. However, the signs in the sky, so far as he is concerned, all point to this week in just over a year and a half. And it is incredible and fascinating how he and everyone else he draws from has put it altogether.

The feelings and thoughts I was left with are that I think this week he's focused on is a time marker of sorts, a point at which the astronomical signs say it's time for it to happen, however it might still be a few years after – and possibly even after I've died, as I can't see it happening along with everything else that I've been told concerning the spiritual side of things.

Still, as the spirits and my Mother and Father refuse to say anything about it, so it's for me to get on attending to my feelings and not worrying about such future speculation.

What the ancients do say, as it's also said in the Bible, is if a larger than the moon blue star starts to appear in the sky, night and day, then that's the sign of the centre of the universe's next gravity wave that's to hit us bringing about the pole shift and cataclysmic world altering events. It really will be the End Time for most people on the world.

Read more: <http://dlscr.freeforums.net/thread/90/times-2019-david-montaigne-nibiru?page=2#ixzz5mCNs33hL>

Thursday, 25 April 2019

James: I want to work through one of David Montaigne's latest articles because he covers a lot of what I think gets in the way of what's really going on. I intend posting this on my forum and possibly sending him a link to it, so I'm writing it with him in mind. (In the end I didn't inform him I'd commented on his post, as I'm not wanting to 'reach out' to anyone for the time being.)

[Easter and Jesus as Described by Chan Thomas](#)

POSTED BY DAVID MONTAIGNE · APRIL 21, 2019

endtimesand2019.wordpress.com/2019/04/21/easter-and-jesus-as-described-by-chan-thomas/

Chan Thomas' first claim to fame may have been his 1963 book: *The Adam and Eve Story*. In that book he describes his theories of what happened to Adam and Eve and the Garden of Eden approximately 12,000 years ago – a catastrophic pole shift.

Me James: From *The Urantia Book* we understand it was further back than that – 34 - 36,000? years ago – so possibly three shifts ago. With the Garden of Eden sinking after Eve and Adam Defaulted, the sinking of Eden being the symbolic and physical expression of the devastation they brought upon themselves and the whole of humanity by Defaulting. The Rebellion and Default being covered in these Papers:

www.urantia.org/urantia-book-standardized/paper-53-lucifer-rebellion?term=GOd%20of%20Urantia#search-jump-result-0

Paper 53 – The Lucifer Rebellion
 Paper 54 – Problems of the Lucifer Rebellion
 Paper 66 – The Planetary Prince of Urantia
 Paper 67 – The Planetary Rebellion
 Paper 73 – The Garden of Eden
 Paper 74 – Adam and Eve
 Paper 75 – The Default of Adam and Eve
 Paper 76 – The Second Garden

His book was the central part of a file the CIA “partially declassified and sanitized for public view” 50 years later and has been an internet sensation ever since, with millions of us wondering what parts were NOT declassified and why it was ever classified in the first place. I am currently researching Chan Thomas in detail and will have a lot more to say about him soon.

Chan Thomas was also a Christian with some unusual interpretations of what we are told through the Bible. For example, Matthew 27:46 describes something Jesus said just before dying on the cross: “About the ninth hour Jesus cried out with a loud voice, saying, “ELI, ELI, LAMA SABACHTHANI?” that is, “MY GOD, MY GOD, WHY HAVE YOU FORSAKEN ME?”

Thomas points out this makes zero sense in light of Jesus' role, wisdom, and knowledge. He would never say that. But sometimes biblical figures take something they saw or heard and put it in the context of their own language. This is understandable, but makes things difficult for us to understand and interpret. Of course they were confused in the first century too – it wasn't their fault. For example, John said he saw the 666 symbol on the forehead of men who would behead faithful Christians in the end times.

We can't blame John for interpreting what he saw in a spiritual vision (the bismallah) in his own language's symbols.

Likewise, when Jesus was on the cross and he cried out: “Eli, eli la-ma sa-back tha-ni” – what if this phrase was really from another language Jesus studied between the ages of 18 and 30, when he was missing from ancient Israel, but obviously gaining great wisdom somewhere? In India, they claim Jesus was there. Chan Thomas notes that Matthew and Mark both put a question mark after Jesus' quote and interpret it for us adding phrases like: “which means” and “that is to say” – because there were no such words in Hebrew or Aramaic, and the apostles did the best they could interpreting what were almost nonsense words to them.

Thomas explains that in the ancient language he calls Naga, the unfamiliar phrase simply means: “I am fainting, I am fainting, darkness is overcoming me.” He was letting us know the end of mortal life was arriving fast. I find this interpretation credible and fascinating – but not as intriguing as Thomas’ views on angels and UFOs.

Me James: This part about Jesus I have no problems with, agreeing that I don’t think he said on the cross what the Bible says he did, because being the Creator Son he’s hardly likely to accuse God of treating him so badly when he understood completely why he was to die on the cross.

If Jesus happened to be of the Rebellion and Default, and for example doing his Healing when he was put on the cross, then I could image he said something like that, however as he was Perfect with no need to do his Healing, then I think he would have said something else.

Possible if he did actually say these words then they would have been in the context of illustrating some truth to us, which were we to apply to how we feel in our unloving truth-less evil states, then sure, if we still have any feelings for God, then we’d be very angry with Him for forsaking us, that which we go through countless times in our Healing. I am not lovingly happy with God in my fucked state feeling as shit as I do, I hate God, I’m ragingly furious with Him for fucking me up and giving me such a shit life; however at the same time I can also understand why He’s subjecting me to an unloving life, and being grateful to Him and loving Him for it. Always the two conflicting extremes – the mind verses the feelings, whilst we’re in our confused states with them.

Jesus is the Living Truth – The Son of Truth, and being so, is being the truth to us all. So his Death on the Cross is again he showing us the truth of ourselves through his own life. The truth being for us he wanted us to see: that we are dying on the cross of un-love and untruth, it being us who are really suffering which we refuse to see, not himself suffering. We are conceived onto the cross of hatred, our parents parenting us unlovingly and untruly, thereby keeping us nailed to the cross and all the pain of that. I doubt if adults weren’t hate-filled parents, and instead were wholly loving ones, we’d have subjected the Son of Truth and Love to such unloving agony, which refusing to accept the truth of what we actually did by seeing that evilness in ourselves.

On page 47 of *Aftermath* (of *The Adam and Eve Story*) a chapter begins titled “Angels and UFOs.” Thomas describes the events after the crucifixion as described four different ways by Matthew, Mark, Luke, and John – not to mention Mary Magdelene and the other women at the sepulchre. His conclusions after comparing the various commentaries: “The angels looked like men, in fact they must have been men.” (page 53) Far stranger is the comment on the next page: “We must conclude that these men, these angels, came to Earth in their space vehicle.” I want to emphasize: Chan Thomas believes aliens are extraterrestrials coming to Earth from another planet in spaceships – and he believes they are human. For UFO pilots to be human – either our ancestors came from their planet – or the pilots of UFOs have ancestors that started here on Earth.

Me James: It’s this part about aliens and angels that I really wanted to comment on. Chan Thomas and David Montaigne are both Christians, and perhaps because of that, possibly fail seeing other parts to the puzzle because of not wanting to consider other non-Christian spiritual sources like *The Urantia Book*. Which is unfortunate, because were they to, then I think much of the confusion and misunderstanding about UFOs, aliens and angels would be cleared up. And it’s not that I think *The Urantia Book* is the be all to end all, it’s just that if what it says is true, then it adds to, rather than subtracts from, all people like David are trying to do.

So David, might I suggest you read the Papers in TUB about the Rebellion and Default as mentioned

above, as these are crucial in helping us see the bigger picture as to what on a spiritual level humanity has been subjected to. So to understand (Daligastia on Earth in the TUB Papers referred to above) that humanity has always had a relationship with higher spirits and their associated angels, which was meant to help humanity evolve and grow in truth, but with that all being corrupted by the rebellious higher spirits – the Evil Ones: Lucifer, Satan, Caligastia, Daligastia and their un-revealed partners.

So from TUB we understand that long ago the Daligastias materialised on the Earth (as did Eve and Adam), they being for all intents and purposes – Superbeings on Earth. And being so advanced that the local tribes of unevolved humanity would have been in awe of them, no doubt wanting to worship them as gods.

And then came the Rebellion and the Daligastias were removed from the Earth; then later with Eve and Adam materialising in the Garden of Eden to try and carry out their genetic breeding program with humanity to uplift the genes of mankind, only to fail bringing about the Default and subsequent destruction of Eden and all the rest they suffered because of their major transgression.

And to understand that all the way along angels that exist in the spirit realms could at times present themselves to people delivering ‘messages from God’, and either working to help assist humanity during the pre-Rebellion days to grow and evolve positively on all levels, and then with the Fallen Angels who sided with the Evil Ones or had to, being used to negatively influence humanity in order to help the Rebellion and Default.

And as we understand, the angels can show themselves to us in any form they choose, so it would be nothing for an angel to pretend to be a person, to come in human form, or to be a talking as a burning bush or any of the creatures on Earth or anything else. And possibly even coming pretending to be UFOs.

The thing about our being in rebellion means we are cut off, isolated, from all other evolving worlds like Earth, and mostly also cut off from the angels and nature spirits, along with those people from Earth who die going into the Mansion Worlds to live as spirits. So I can’t see that we’d be allowed to have aliens coming and going, doing things with people and all the rest that is attributed to them. I think the alien thing is a distraction. I think there possibly could be UFOs as in people from other worlds visiting us, however because of the Rebellion and Default they’d be forbidden to communicate directly with us, which they would understand were they evolved enough to have created UFOs.

[Myths from around the world describe angels and gods that come and go from the skies and are able to interbreed with human women.](#)

Me James: With these myths being perfectly explained in TUB. Which is in part why I think the book was given to us. To help us understand a little more about the origin of such myths. And although it might be hard to swallow the fact that certain higher spirits at different times did actually manifest and did interbreed with humanity, it’s no more of a stretch to imagine how Chan Thomas and David Montaigne talk about it. And the thing is, the story given to us by TUB actually makes far more sense and fits in with the picture of the ancient ways of life that people like David are helping to reveal.

[Aliens with different genetics could not do this, nor would vastly different aliens want to – any more than our astronauts would want to mate with alien animals. But if the beings that come down from the sky are not “alien astronauts” but off-world descendants of our very advanced ancestors – they would be very likely to come home to Earth to teach, guide, and interact with us. Perhaps humanity has been technologically advanced in the past – advanced enough to establish human colonies on other planets.](#)

Alleged whistle-blowers like Corey Goode say there are multiple “breakaway human civilizations” started through ancient secret space programs run by our distant ancestors in civilizations destroyed long ago, probably in regularly occurring pole shifts.

Me James: And so what about this notion of breakaway human civilisation and advanced technology in the past? As I now understand it, during each successive Pole Shift or perhaps spanning a number of them, certain systems of energy have been available to humanity to develop: that being pre-Rebellion, to evolve lovingly; and post-Rebellion, to evolve unlovingly, that which we’re still doing today.

So in the past as we look about the remnants of past civilisations it’s easy to see that there was indeed other forms of energy or ways of doing things at humanity’s disposal. And so it’s conceivable that some of that technology, which is very different from what we know as technology today, took people off the world and into space, and possibly even being able to establish some sort of civilisation on other planets. However humanity on those planets was still existing under the same energy laws of those on Earth, so when the Pole Shift came that signalled an end to that energy regime and the introduction of another, so those ‘off world’ would have suffered accordingly. And in keeping with the restrictions imposed on them by the spiritual Rebellion, such off world colonies wouldn’t have then been able to keep existing independent of Earth, so I don’t think there are aliens from Earth who might one day return, but just possibly remnants structures like on Earth of those past civilisations.

The changes of the energy requirements is as drastic as the Pole Shifts themselves, so we see not only humanity suddenly ending one way of existing with the technology they’d developed and having to start afresh with another, just as we see it also being reflected in nature with the ending of so many species and bringing into being of new ones.

So I tend to see humanity as existing in various stages, with the stages being very diverse. And I can imagine that the energy systems we’ll have in the next Pole Shift age will possibly be the same energy regime currently available to us. And I think in times to come, after perhaps more Shifts, then possibly other energy systems will be reintroduced, even perhaps bringing back the old ones or possibly combing the two. I did used to think that the new Spiritual Age would mean we could all tap into Orgone energy or something like that, the universal free natural energy, ending the need for how our energy systems exist now, however the further I go the less I’m sure about that, tending to think more lately that it will be the same as what we’re used to, just all under a very different spiritual regime owing to the complete ending of the Rebellion and Default.

So for us now, the more immediate things to occupy us will be the bringing of the Rebellion and Default to its head and conclusion, that being what the End Times is all about; along with the changing of the Spiritual Age that is possibly to coincide with the Pole Shift.

Pages 65 and 66 are a short chapter titled Jesus and Cataclysms. Thomas gives ten biblical quotes supportive of pole shifts. The first nine are not the most impressive choices. When I provide such a list in my books my favourites include:

Isaiah 13:13 “I will make the heavens tremble, and the Earth will be shaken from its place.”

Isaiah 24:1 “Behold, the Lord lays the Earth waste, devastates it, distorts its surface and scatters its inhabitants.”

Job 9:5-6 “It is God who removes the mountains, they know not how, When He overturns them in His anger; Who shakes the Earth out of its place, And its pillars tremble.”

Psalms 46:2 “though the Earth should change and though the mountains slip into the heart of the sea.”

Haggai 2:6 “For thus says the LORD of hosts, ‘Once more in a little while, I am going to shake the

Heavens and the Earth, the sea also and the dry land.”

Revelation 6:14 “The sky was split apart like a scroll when it is rolled up, and every mountain and island were moved out of their places.”

Revelation 21:1 “Then I saw a new Heaven and a new Earth; for the first Heaven and the first Earth passed away...”

Me James: All of which portrays God as an angry Wrathful God, which He's not. We're projecting our anger and wrath onto God, instead of directing it to our parents. God is however currently subjecting us to the unlovingness of Rebellion and Default, for reasons He will make known to us, and helping us to understand that part of the natural cycle of the Earth and possibly the whole Universe, includes these Pole Shifts of varying intensity and destruction, with the last one being a whopper.

But Thomas' tenth and final Bible quote is very important to take note of. Mark 13:26 “And then he shall send his angels, and shall gather together his elect from the four winds, from the uttermost part of the Earth to the uttermost part of Heaven.” Thomas doesn't capitalise he or his or Earth as I would expect, but that isn't the important part. He has already told us that in his opinion, angels are space-faring humans, coming to our planet in spaceships.

Me James: To me this is just what it says, that God will gather his elect, those he intends 'saving' from the Pole Shift with the help of his angels. However I don't think 'elect' is correct in that those saved on Earth are necessarily more important than those He kills sending into the Marion Worlds. I think that if anything the word elect might refer to those people who are intent on living the New Way, wanting to fully Heal themselves of their rebellious ways by doing their Healing. As one would imagine, it will be those people who'll be needed the most on Earth post Shift so as to ensure the continued introduction of the New Way. However as to whether or not those people will feel they are special having to live through and deal with the aftermath of a severe Pole Shift, waits to be seen.

The angels can do anything asked of them by God. So if they are to protect a certain amount of humanity and nature from the destruction of the Pole Shift, they will. They can protect a person, creature, a whole nation should it be required, from the raging seas and wild winds. They can easily transport people, animals and plants from one place on Earth to another. They can easily move huge blocks of rock about and change the face of the Earth. And they can if necessary materialise food, water, shelter and even reintroduce plants and animals back onto Earth should that be called for too. It's all planned as to what effect each Pole Shift has, and how each civilisation survives. Everyone will be living where they are meant to be at the time of the Shift, just as we do now and at any time, and what will happen to us, will, just as it does anyway. And when you take away the need of having to remain on Earth in the physical at all costs, that there is life after death in the spirit Marion Worlds, and that we are to ascend in Truth all the way to Paradise, so what happens on Earth becomes just one of the steps along the way.

Chan Thomas is telling us that in his opinion on the rapture – when the pole shift comes, UFOs are going to come to take away a select group of human survivors. Immediately after quoting Mark 13:26, he wrote: “Bear this verse in mind when you read Postlude.” In this case he means a one page chapter on page 73 of Aftermath, not the Postlude that was published in 1971 as pages 58-91 added onto the 57 page original version of The Adam and Eve Story. I will revisit this important reminder to keep Mark 13:26 in mind soon – but this particular blog post is already too long.

Me James: I don't know what David or Chan are referring to here, however I don't see UFO's coming to take the select few away. I think many will be taken from the Earth dying and reawakening in the first Mansion World, and these people might feel blessed that they've been spared having to stay behind and

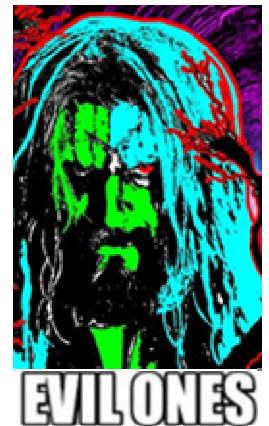
experience the horrors of the Shift and its aftermath. I think the whole being special and saved is confused and relates to a couple of things that I'll write more about below.

For now I will just emphasize that Chan Thomas expects the tribulation to come as a pole shift cataclysm, and the rapture (not that he uses the word rapture) will involve angels who are humans (presumably from a previously advanced Earth civilisation) piloting UFOs and using telepathic communication when they arrive at the last minute to save some of us. He never says how many but perhaps the biblical suggestion of 144,000 is as good a number as any. Others not taken will also survive to tell the tale.

Chan Thomas' ideas are definitely some of the most fascinating you will find from any pole shift authors... And I will have more to tell you about him soon. (please comment and let me know what readers are most interested to learn more about!)

Me James: First of all I wouldn't be surprised if the supposed 144,000 is as I've surmised previously, it actually referring to the number of people who fully embrace their Healing. And they might even be the number of people who manage to complete it, thereby becoming of a Celestial level of truth on Earth, and so those people looking to take humanity into the next Spiritual Age.

The whole notion of the elect and special 144,000 people being chosen to survive and possibly be taken to a new world to live happily ever after I think has been part of the fantasy given by the Evil Ones to those who have been wanting to do their dirty work, so as a possible reward for their service. It's one thing to say we will give you the Earth and it will be a paradise, like Heaven on Earth, after the next Pole Shift as a reward for all you've done; and an even greater gift for the very special and elect to be told: we'll give you a whole new world that's like Paradise and one with only you on it, so you won't even have to bother with all the surviving riff-raff and worrying about having to keep your slaves in order as you remake the world in your image after the Shift, as everything will be on tap, as we'll be seeing to your every need.



So what better way to get people to do your dirty work than to dangle this carrot of future paradise and all the riches and eternal health that go with it?

So if you imagine being the Evil Spirits and having to set up a new humanity to do your bidding and carry on the Rebellion and Default because the last Pole Shift wiped off the world most people, its quite easy to see they looked to single out a 'race' of people and call them the Chosen Ones, from which they pick a further elite who they help control the world behind the scenes, all in preparation for the move into the next Pole Shift age making their Chosen Ones believe they will be able to rule supreme having asserted their domination and control over the world.

And everything was going well with this plan until Jesus came and put a spanner in the Evil Ones works. Jesus by his coming stopped the Lucifers and Satans and depowered the Caligastias and Daligastias, thereby causing a change in plans for the Cs and Ds to instigate.

They had to now somehow combat Jesus' teachings, discredit him, and make sure that all he said that was going to help people deal with the Rebellion and Default, got mucked up and mixed up into even more confusing ways of seeing things.

So they set up the Christian religion, which I'm sure David Montaigne and Chan Thomas wouldn't like

hearing, all to sort of seem like it was adhering to what Jesus said, yet craftily leading those who are a part of it, off further into their rebellion and default.

And then they have worked to engineer it so that at the end of this Pole Shift age we have Armageddon, a time when the leading world's religions can all destroy each other, or at least have them drastically depowered, so the likes of their hidden controllers manipulating things behind the scenes can then go underground surviving the Pole Shift, and reemerging in the New World, thereby able to establish it to their liking and fully under their control, that being the gift from their Hidden Spirit Controllers.

So along the way, all the 'good ones' are Raptured off the world, they being the good Christians presumably who stayed true to the Word, that all being part of the plan of Evil Ones, thereby leaving their hidden controllers, the real hidden elite of the world who are not religious and who have at best only pretended to belong to or be part of a religion, with the cleansed world at their disposal.

That new Earth, which they don't as yet understand, also including the real Chosen Ones, those people who are doing or have done their Healing, who are to establish their higher truth on the world ensuring the likes of the hidden controllers never gain such a controlling hold over humanity ever again. And to support these higher spiritual people who will be living a Celestial level of truth, so the spiritual Law of Compensation will back them, doing most of the work for them, all to ensure humanity doesn't slip back into its old nefarious ways.



So currently so far as these hidden controllers are concerned, or should be concerned, if their days really are numbered and their paradise will amount to only a dream and nothing more than a far off fantasy which they fail to bring to fruition, then they'd better make the most of it now, as this is as far as they will get.

So we wait to see the next move by the hidden controllers. Are they now going to bring about the Final Big One with the conflagration in the Middle East designed to bring down the major power-seeking religions of the world, the Jews, Muslims and Christians, hoping to bring about the conditions that will fulfil their secret prophecies that

their Emperor and High Spiritual Leader Daligastia (who they call Lucifer, Satan or Baal) will once again materialise on Earth? Then to gather up his followers, rewarding them with untold riches and giving them the Earth whilst protecting them from the next Shift. With the only trouble about this being, Caligastia and Daligastia are no longer free at large in the spirit worlds, they having recently been banished to join Lucifer and Satan, so the hidden controllers' Spiritual Master doesn't actually exist for them anymore, so what are they going to do when they bring about the End Times and yet their Long Awaited One, doesn't arrive?

And so too, none of the other long awaited messiahs of the religions will arrive. So will these religions contrive such 'arrivals' in the hope of convincing themselves and their followers that it all hasn't been in vain and nothing more than a waste of time? And will Armageddon as in a major conflagration actually need to happen now that the real hidden spirit controllers, the Caligastias and Daligastias, have had their reign terminated? Perhaps humanity doesn't need to come to such an awful conclusion at the end of this Pole Shift age, perhaps we can all just go through the Shift and deal with the aftertimes, those who survive, all living subjected to new spiritual laws that prohibit the continuation through the next Pole Shift age of yet more of the Rebellion and Default.

If it's true that the Rebellion and Default are over and will end around the time or possibly before the

next Shift, then the next age post Shift, if indeed it is to happen any time soon, will be one of peace on Earth as humanity sets about re-establishing itself with the help of the higher spiritual people who've done their Healing and the supportive Law of Compensation, and without the negative influence of the hidden controllers.

Read more: <http://dlscr.freeforums.net/thread/90/times-2019-david-montaigne-nibiru?page=2#ixzz5mEqDRdad>

BRETTON WOODS CONFERENCE 1944 Masquerade:

What is Bretton Woods Conference:

- The Bretton Woods Conference was held from the 1st to 22nd of July, 1944 .
- Contained 730 delegates from all 44 Allied nations in Bretton Woods
- To regulate the international monetary and financial order after the conclusion of World War II.
- Created two major institutions:
 - World bank : (long term loan for distressed economy and member countries)
 - IMF : (grants the short term loans to develop the cyclical disturbance in economy.)



Conclusion of the Bretton Woods Conference

- There were two great objectives Roosevelt was trying to accomplish with the Bretton Woods System:
- 1) to free more than half the world's population from the British, French, Dutch, Belgian, and Portuguese Empires, and
- 2) to unleash global economic reconstruction and development, that is, to "reconstruct" shattered Europe's and Japan's economies and to "develop" the former colonial sector, eliminating enforced underdevelopment (this is where the World Bank's name came from).

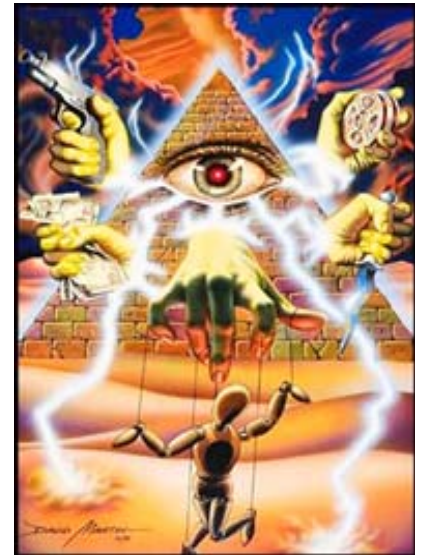


WHAT BRETTON WOODS CONFERENCE did for the HIDDEN CONTROLLERS

Bretton Woods' agreements, formally known as the United Nations Monetary and Financial Conference, greatly advanced the hidden controllers capabilities to implement their one world order – global domination – and the long term ending of major religions to enable the introduction of their own while exterminating their enemies.

In the late 1700s Mayor Amschel Rothschild announced: “Let me issue and control a nation’s money and I care not who writes the laws.”

Bretton Woods handed the Rothschilds the ultimate of money making systems. By the time of Bretton Woods Conference in 1944, the Rothschilds had direct or indirect control of almost all of the central banks of the World. They also controlled many of the major international and domestic banks, particularly in Europe. They also profit from war by funding both sides – so they propagate such events!



The creation of the International Monetary Fund and the World Bank through the Bretton Woods resolutions centralised their global banking dominance. They already controlled the Bank for International Settlements (1930) with 60 central banks as members – being their banks.

It was envisaged through the Bretton Woods system that half of the profits generated through the issue of governmental bonds that thus funds would go to emerging countries to provide them with liquidity to grow world trade as they were and are struggling for US dollars to pay for their needs. A number of banks were licensed to cut and trade fresh bonds. Of the eight banks it will be found that at least five are owned or controlled by the Rothschilds! The humanitarian aspect has never materialised.

Back in 1944 bond trading activity may have been moderate at the best compared to how computerised generation of fresh cut bonds are now processed. But let us explore a live and current example:

‘Solid Investment’, with 35,000 account holders, in the middle of 2007 held five managed bank accounts, each with US\$60 billion. That amounted to US\$300 billion in CASH! Possibly the largest cash pool on Earth. Cash can be leveraged 30 fold. That is, under the bond trading system now established this core asset could underpin and enable a bond trade with a face value of US\$9 Trillion. The profit for the cash holder and leveraging facilitation is a mere 1%. A single trade of this nature can generate a profit of US\$90 billion. That is a yield of 30% on the core cash pool. Do you want to play?

The time to actually execute all of this is well short of 20 minutes. Then you can run the process again. Say 20 banking days a month, that may generate US\$1.8 Trillion! Now that is being very unproductive.

What was required was a funding of US\$6 trillion to US\$8 trillion in a month to underwrite the European Bailout in 2012 through the Agreement to Facilitate Payments – and it was fulfilled by one man!!! More than one trade can be accommodated per banking day – golf on the weekend!

And who oversaw this massive generation of money out of nothing? None other than one of the three gatekeepers of the Rothschilds' dynasty – a British baron, also being a bishop of a church, hijacked the cash pool and in conjunction with the then minister of finance of Germany created the funding!.

Whatever funds are required can be manufactured at one's whim and it has been the exclusive domain of the Rothschilds at an ever increasing rate for more than 200 years. They have a world domination plan and it is called the One World Order – their plan and it is diabolical.



Library Download at www.pascashealth.com and scroll down to Corporate Foundation Documents and download the PDF titled:

Pascas Finance Khazarian Banksters Control Humanity or click on link

<https://www.pascashealth.com/index.php/library.html?file=files/onsauce/Downloads/CORPORATE%20FOUNDATION%20DOCUMENTS/Pascas%20Finance%20Khazarian%20Banksters%20Control%20Humanity.pdf>

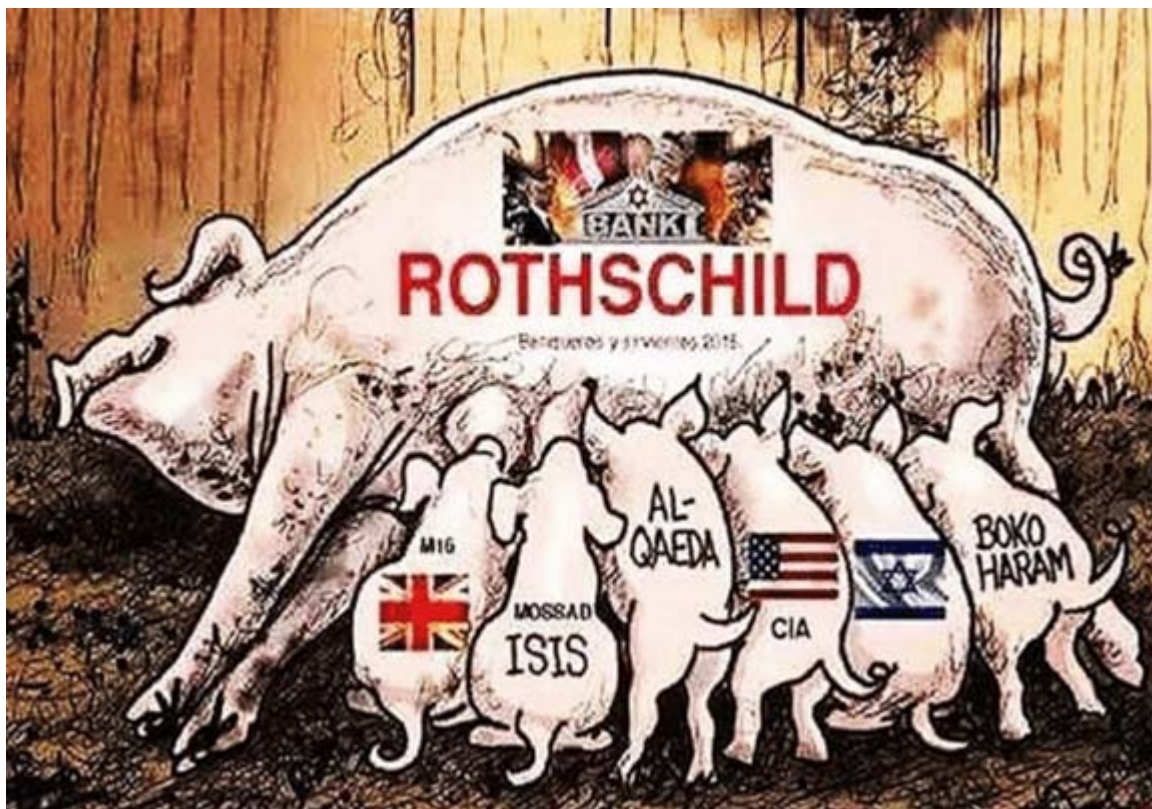
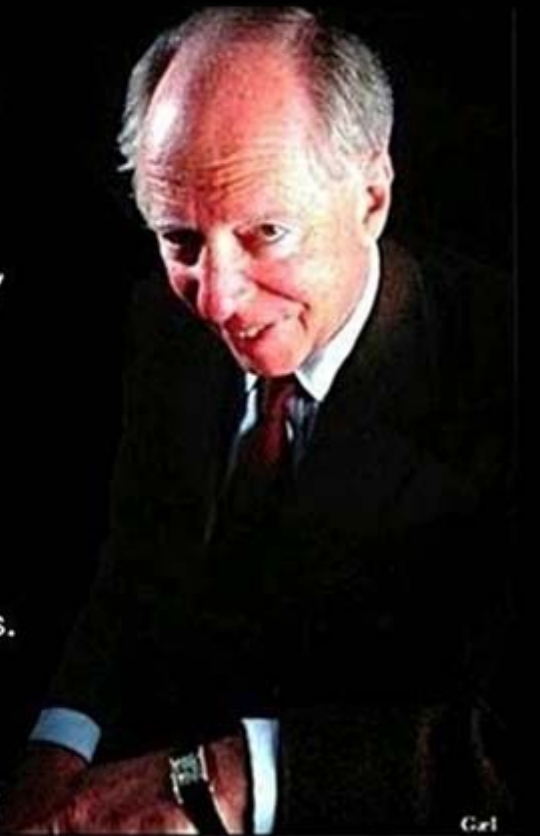
**THEY ARE
JUST USING
US • WE ARE
ALL SLAVES**

Hello my name is Jacob Rothschild and my family is worth 500 trillion dollars. I am the vatican banker, the richest corporation on planet earth. We own nearly every central bank in the world and have financed every war since Napoleon.

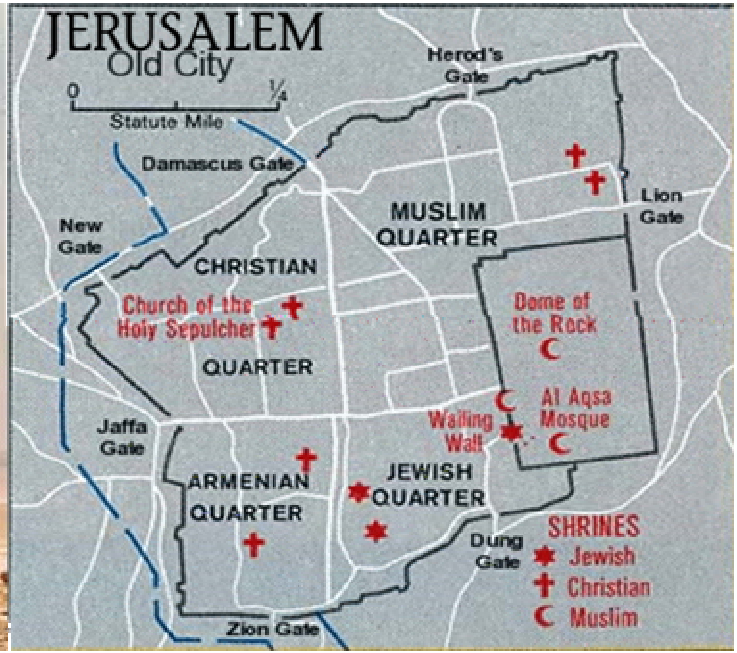
We own your news, the media, your oil, and your government. The crowned heads of Europe pimp their daughters to my sons.

I have Angela Merkel and Obama on speed dial awaiting their orders. The intellectually challenged believe policy is made in Washington.

You have probably never heard of me



World War III Will it Begin in the Middle East?



BRETTON WOODS resolutions initiated the creation of the State of Israel. As of 2019 the population of Israel has passed 8.5 million.

Although the origin of the term Khazar and the early history of the Khazar people are obscure, it is fairly certain that the Khazars were originally located in the northern **Caucasus** region and were part of the western Turkic empire (in Turkistan), now Georgia – not Israel!

DISAPPEARING PALESTINE



5 million Palestinians are classified as refugees by the UN

100-800 AD – an incredibly Evil Society Emerged in Khazaria:

Khazarians develop into a nation ruled by an evil king, who had ancient Babylonian black arts, occult oligarchs serving as his court. During this time, Khazarians become known to surrounding countries as thieves, murderers, road bandits and for assuming the identities of those travellers they murdered as a normal occupational practice and way of life.

800 AD – The Ultimatum is delivered by Russia and other surrounding nations:

The leaders of the surrounding nations, especially Russia, have had so many years of complaints by their citizens that, as a group, they delivered an ultimatum to the Khazarian king. They sent a communique to the Khazarian king that he must choose one of the three Abrahamic religions for his people, and make it his official state religion and require all Khazarian citizens to practice it, and socialise all Khazarian children to practice that faith.

The Khazarian king was given a choice between Islam, Christianity and Judaism. The Khazarian king chose Judaism and promised to stay within the requirements laid out by the surrounding confederacy of nations led by the Russian Czar. Despite his agreement and promise, the Khazarian king and his inner circle of oligarchs kept practising ancient Babylonian black-magic, also known as Secret Satanism. This Secret Satanism involved occult ceremonies featuring child sacrifice, after “bleeding them out”, drinking their blood and eating their hearts.

Moving on – 2018: Recent peer-reviewed Johns Hopkins genetic research by a respected Judaic MD shows that 97.5% of Jews living in Israel have absolutely no ancient Hebrew DNA, are therefore not Semites, and have no ancient blood ties to the land of Palestine at all. By contrast, 80% of Palestinians carry ancient Hebrew DNA and thus are real Semites, and have ancient blood ties to Palestinian Land. This means that the real anti-Semites are the Israelis who are stealing Palestinian lands in order to build Israeli settlements, and it is the Israelis who are the ones tyrannising and mass-murdering innocent Palestinians.

The ‘Khazarian Jews’ are not Jews. However they are the hidden controllers of the World masquerading as Jews – Khazarian mafia!

The third world war is to be played out by stirring up hatred of the Muslim world for the purposes of playing the Islamic world and the political Zionists off against one another. Whilst this is going on, the remaining nations would be forced to fight themselves into a state of mental, physical, spiritual and economic exhaustion. Meanwhile the hidden controllers, led by the Rothschilds, are to fund all sides of the war and facilitate its expansion to religious centres of significance, such as Rome and elsewhere. The hidden controllers being mainly Khazarian mafia, despise the Jews and welcome their termination – and now a large number are herded into one location thanks to the Brenton Woods’ resolutions!



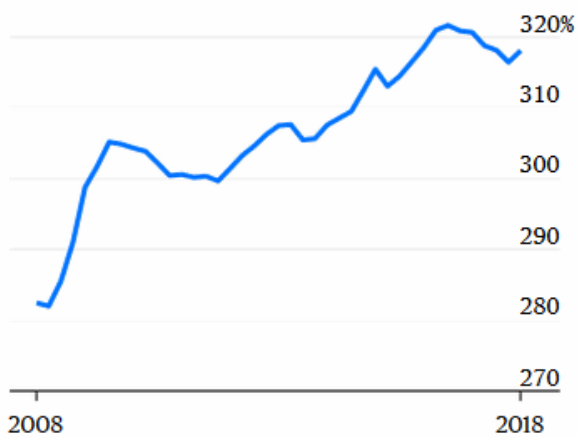
The World is US\$250 Trillion in Debt

Gross World Trade per the World Bank (2017) \$80 trillion US \$80,683,787,000,000
 Gross World Trade per the IMF (2017) US \$79,865,481,000,000
[https://en.wikipedia.org/wiki/List_of_countries_by_GDP_\(nominal\)](https://en.wikipedia.org/wiki/List_of_countries_by_GDP_(nominal))

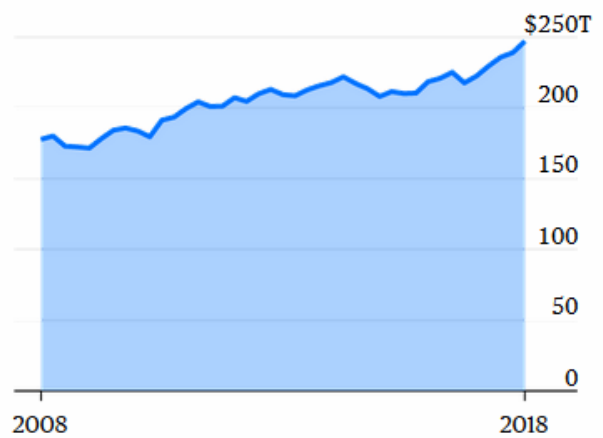
Global debt has hit another high, climbing to **\$247 trillion** in the first quarter of 2018. Of that figure, the non-financial sector accounted for \$186 trillion. The debt-to-GDP ratio has exceeded 318%.
<https://www.cnn.com/2018/07/11/global-debt-hits-a-new-record-at-247-trillion.html>

The World's \$250 Trillion Debt

Debt as a percentage of GDP

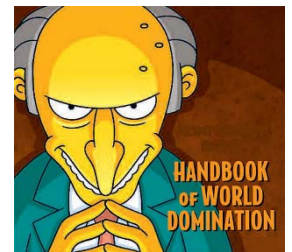


Nominal debt



Debt 2018 by	Governments	US\$67 Trillion
	Financial Corporations	US\$61 Trillion
	Non-Financial Corporations	US\$74 Trillion
	Households	US\$47 Trillion

China is now saddled with almost US\$40 trillion of debt, compared with less than US\$30 trillion for all other emerging markets combined.
<https://www.bloomberg.com/graphics/2018-lehman-debt/?srnd=premium>



Total Student Loan Debt: US\$1.52 trillion within USA with an average debt of nearly US\$40,000. In comparison, nearly 2.5 million people owed the Australian government almost AU\$49 billion in HELP debts in 2015-16. The Australian average student debt in 2016-17 had risen to AU\$19,100 (US\$13,500), and generally takes almost nine years to repay.



Who Rules the World



Through the control of the issue of currency throughout the world, the hidden controllers avoid taxations while funding and maintaining an all encompassing network through the global secret societies with themselves in the ‘emperor’s chairs’ and at all times corrupting, bribing, incriminating and sacrificing puppets to maintain their anonymity and impunity. They have their stooges in all the high authoritative positions in every government and institution that they require capitulation from!

The earth is given into the hand of the **WICKED**

Secret Societies <ul style="list-style-type: none"> Opus Dei Rosicrucians Freemasonry Skull & Bones Bohemian Club 	Political <ul style="list-style-type: none"> CFR Trilateral Commission Governmental Leaders U.S. Supreme Court Electoral College NATO EU & EEC United Nations Bilderberg Group Club of Rome 	Intelligence <ul style="list-style-type: none"> MI-5 CIA FBI NSA KGB Interpol MOSSAD Drug Cartels Homeland Security Military Intelligence 	Research Institutions <ul style="list-style-type: none"> Institute for Policy Studies Stanford Research Institute Brooklyn Institute Tavistock Institute
Financial <ul style="list-style-type: none"> BIA IMF World Bank Central Banks Federal Reserve 			Educational <ul style="list-style-type: none"> UNESCO Lucis Trust Esalen Institute Media Establishment World Federalist Assc. UNICEF

KNOW YOUR ENEMY THESE MEN RULE THE WORLD!



Heads of The World Order

- 1) Lord Jacob de Rothschild. 2) His son Nathaniel. 3) Baron John de Rothschild 4) Sir Evelyn de Rothschild 5) David Rockefeller 6) Nathan Warburg 7) Henry Kissinger 8) George Soros 9) Paul Volcker 10) Larry Summers 11) Lloyd Blankfein 12) Ben Shalom



What did Jesus say on the cross?

Dr David Hawkins research: Of obvious practical value is the application of the calibration of the levels of consciousness as per Dr David R Hawkins' Map of Consciousness using kinesiology muscle testing, especially to the differences between the calibration levels of an avatar, a saint, or a sage and their alleged scriptures or canonised holy books. If there is a wide discrepancy between the teachers and the available teachings, this is indicative of error, meaning that much was lost in translation, in transmission, or in misinterpretation. This can be observed most strikingly in dissimilar quotations of Christ's words on the cross between the King James and the Lamsa versions of the Bible, i.e., it makes a world of difference whether Jesus said, "Father, why has thou forsaken me." (King James Version) versus "My father, thou has not forsaken me. From this I have been spared" (Lamsa Translation). Upon reflection, the incongruence of the first quotation is indicated by the fact that an incarnated, fully Enlightened Master who is united with the Oneness of Divinity would unlikely feel deserted by the very source of that Realisation within.

Highly interesting data and important information are provided in the brilliantly clear exposition in the first few pages of the Introduction in the Lamsa Bible, which is a translation from the original Aramaic Peshitta manuscripts that were taken to Constantinople and that constitute the foundation of the scripture of the Eastern Orthodox Church. In the Lamsa Bible's Introduction, comparison is made to the King James Version, which came from the Greek (and calibrates lower).

If all of the Books that calibrate below the credible level of truth at 200 are removed from either the King James or Lamsa versions of the Bible, the overall calibration level increases markedly. This is even more pronounced if the Old Testament, with the exception of Genesis, Psalms, and Proverbs, is removed, along with the Book of Revelation in the New Testament.

Revelation 50: The words supposedly uttered by Jesus on the cross.

<https://new-birth.net/samuels-messages/53-revelations/revelation-50-the-words-supposedly-uttered-by-jesus-on-the-cross/>

Received by Dr Samuels Washington D.C. October 18th, 1954. February 3rd, 1955, March 7th, 1955

I am here, Jesus.

I am here tonight to explain some material in the New Testament dealing with a subject that is quite unpleasant to me, for it deals with my crucifixion and is one which I would fain forget, or at least not to recall it when there exists no reason for recalling it. But I would like to say a few words concerning the circumstances surrounding it, and first of all I would like to say that I did no talking while on the cross because of the pain and exhaustion of my body physically.

And while it is true that there were [two others who were crucified with me](#), one on each side, yet they did no talking to me, and neither did one mock me, nor did the other seek any pardon from me or seek the Kingdom of God from me, nor did I tell him that that night [he would be in Paradise with me](#). For it is obvious that I had no authority to forgive sin as it is stated in various passages of the New Testament, and the only way for man to achieve forgiveness of sins is through the obtaining of the Divine Love or through purification of the natural love, a long and tedious process that fits the individual soul for a place in the Sixth Sphere.

So you can readily see that the account of the sinner who supposedly went with me to Paradise is entirely false and merely the result of the active imagination of the writer who recopied the original account.

Another incident which I wish to clear up is the story of the words which I am supposed to have uttered while on the cross, and the first of these was, "[My God, my God, why have you forsaken me?](#)" This sentence is the first sentence, or opening lines, of a [Psalm, the Twenty-Second](#), which is indeed messianic in substance, for it deals with the sufferings of the afflicted. But I did not say these words in order to fulfil the prophecy embodied in that Psalm, nor did I say, "[thirst,](#)" because that, too, is found [in the Psalm](#) and is also a fulfilment. Nor did I say what are supposed to be my last words on Earth: "[Into Thy Hands I commend my spirit,](#)" found in the [Thirty-First Psalm](#), in order to fulfil the saying contained in it, for I never said any of these words or sentences, or sayings, at all.

The truth of the matter is that after my death the copyists searching the Scriptures found these passages within the Psalms and therefore decided that I must have said them so that these Psalms would be fulfilled. Thus they wrote the account of my crucifixion with these additions, in order to show that I had done or said things which would fulfil the Scriptures. But again, these accounts are false and entirely without foundation. They should be eliminated from the New Testament and the reason for their existence as I have explained.

Note: The Celestial spirits who wrote through Dr Daniel Samuels did so with authority on behalf of Jesus. Jesus did not directly write through Dr Samuels.

TREE of LIFE

Saturday, 27 April 2019

Graham Golding: Hi James

I have been reading some TUB (The Urantia Book). As I understand it, there are a number of "assistants" who will materialise / mortalise onto an inhabited world to assist the humanity in their spiritual evolution.

For example, Adam and Eve were to spend a full 1,000 years on Earth boosting our genetic stock. (My understanding is the 1,000 years is referred to as the tree of life). Of course the Default put a halt to that.

I read of other assistants who were to stay 90 generations or 1,000 years to effect the change they were to bring.

It seems the next spiritual age is set in play for 1,000 years.

Firstly, are all spiritual ages over a similar period?

Secondly, if an Avonal Pair were to bestow on a non-rebellious world, would they normally impart their knowledge and guidance over 1,000 years while in the physical rather than in spirit?

GG

James: I like that word 'mortalise' – was that in TUB or is it you're own devising?

I can't remember the details of it all now, it's been years since I read most of TUB, however my understanding is that really Eve and Adam should remain on the world forevermore once they begin their 'mortalisation'. They being the true spiritual leaders of the physical realm. So we as humanity would have them as our first guide to show us there is something more, something beyond the physical, and life after death, with our wanting to first be like – emulate – Eve and Adam, they being the first 'gods' that we're exposed to. Humanity is meant to start with them, move through the Avonals and then on through Mary and Jesus to Paradise.

And yes, they were to have 1,000 children between them, and them ONLY, and their children 'breeding' with each other, not breeding with the locals which brought about their Default, but I don't remember that their breeding time was to be of a 1,000 years. It might be, and if so, pretty amazing going, one child, unless Eve can have twins or more, each year. You'd have to be Super-mortal to achieve something like that! And then because they defaulted, I bemoan the fact they are still not on Earth and living in their Garden of Eden and being fully supported by the Daligastias and other Evil Ones (who wouldn't be evil). They would have by now made the whole Earth a paradise and we'd not be in the mess that we are, and what a lovely world it would be. I think that in some way the people who do their Healing and those who support them, should they set up something like Sanctuaries, will in a small way be trying to emulate Eden and living as Eve and Adam did and were meant to keep doing. I always have that in the back of my mind when I think about John and the money and setting up places to help people live a higher truth. Each Sanctuary, no matter how big or small is like a mini Eden. I always see them lush with food plants, fully sustainable, integrating the local flora and fauna in with all the exotic, just taking all of what Earth has to offer and living with nature first and true to our feelings in it, which I imagine will be with as minimal impact as possible as everything is more intent on ascending in truth than doing anything else.

The thing about a Spiritual Age, which should come up Graham if you specifically search for it in TUB, is that it is specifically an intense time spiritually for the humanity involved. And TUB says Earth hasn't as yet had a specific Spiritual Age that runs for 1,000 years. So it fits in nicely with having one because of the so-called coming of the Avonals and the injection of truth to help people move ahead spiritually and out of the Rebellion darkness.

I don't remember reading about the other assistants living for 90 generations and 1,000 years – is that concerning the time of the Daligastias being on Earth?

I don't know about the 1,000 years being referred to as the Tree of Life, however TUB tells us that there is a specific tree that gets earthed from the first Celestial sphere on a physical world which the Supermortals eat thereby sustaining them on the earth-world – hence the Tree of Life, life for the Superbeings, not for mortals as apparently it does nothing supernatural were we to eat it. So I think the Knowledge of the Tree of Life has got a bit mixed up.

The fruit from the Tree keeps all their spiritual circuits going, keeping them connected to spirit whilst they are materialised on Earth. And it should still be on Earth, in the Paradise Central Court of Eden helping Eve and Adam to remain on Earth in flesh and as full spirits – in their full spirit (spiritual) status, but it has gone because of the Default. Every morning when we eat our avocados for breakfast I think of it. I image the avocado tree being something similar to how the Tree of Life is described in TUB – perhaps the physical version of it? I wish I could eat one avo and that's all I need to eat. If you read the saga of Van, who protected the Tree of Life from the rebels for 200,000 years so Eve and Adam could use it, and all he went through staying true and withstanding all approaches by the Evil Ones, then you have to think that perhaps doing our Healing in a few short years is nothing to complain about.

My understanding is a full Avonal bestowal so far as the actual Avonals are concerned is only for the duration of a standard physical life, however, as to how long that life might be would depend on the stage of evolution of the world. Our world currently is about 90 years, whereas on other worlds and possibly in 'days of old' it was about 900 – 1,000 years.

The bestowal Avonals coming to non-rebellion worlds, happen, so I understand, when that world has evolved to a level of Natural love perfection equivalent to the sixth Mansion World level. The people would be perfect, as there isn't a rebellion, yet it would still take a long time, so I imagine for the world to evolve in that perfection up from its primitive state to that of the sixth world level. And then the Avonals bestowing themselves is to make available the truth of the Divine Love, as Jesus did for us when he and Mary came to Earth. So the people of that world could then embrace longing for the Love and transform their soul into being divine and doing that through the last Mansion World so they can fuse with their Indwelling Spirits and become Celestial.

So in that light, you can see how mucked up we are, with Jesus (and Mary) revealing the truth of the Divine Love way ahead of time, and when no one has even completed their Healing and perfected their Natural love to the sixth or seventh level. So the Avonals are required to shed the truth on how to perfect one's Natural love – do one's Healing, and then bringing that into alignment with Jesus' truths about the Divine Love.

JAMES on the SOUL and HEALING

And because this ties in with what John sent regarding Jesus talking to Dr Samuels: "For it is obvious that I had no authority to forgive sin as it is stated in various passages of the New Testament, and the only way for man to achieve forgiveness of sins is through the obtaining of the Divine Love or through

purification of the natural love, a long and tedious process that fits the individual soul for a place in the Sixth Sphere.”, I hope you don’t mind but I’ll go on a bit more.

Reading this again and discussing it with Marion has made us wonder if in fact we are doing our Healing the “long and tedious” way, and that we’re just actually perfecting our Natural love through our Healing, and are as yet to, as she says for herself, even partake of the Divine Love, or as I’m sure I have, wait until it starts its transformation of me. I’ve written lots about this, asking the spirits and Mary and Jesus how they say it is, but now again it’s all being thrown up in the air for reassessment.

Because for all I know, Marion and I might be doing our Healing with the Divine Love, and although we are sick of it and think it’s long and tedious, it might actually be relatively short compared to how long it would be just doing your Feeling-Healing without the Divine Love.

And what if we’ve been longing for the Truth, and because of that it has led us to do our Healing to the sixth world truth perfection, and that at some time, presumably when we’ve attained that perfection, then we’ll be able to or feel inspired to long for the Divine Love and begin our soul transformation. What if we could have even longed for the Divine Love and given the Truth part the flick? However that doesn’t fit too well because I did do that to begin with, and thought I was progressing quite well, until I felt like I wasn’t and was going down a hole which started me longing for the truth of why I wasn’t having my sins and errors transformed out of me and why I was feeling shit more so each day and with all my sins and errors gaining the upper hand if anything, and then Marion came into my life telling me that I had to attend to my feelings.

So I don’t know, I’ll have to think it all through again and see what comes of Marion and I talking more about it, but what I do know is I don’t want to keep asking the spirits and having to go over it all again. I want to live it and see what happens for myself. And I need time for other people to live it too to see how it’s to be for them. All I’ve got so far is Sam doing her Healing and her difficulties with longing for and receiving the Love as part of that, and the ‘Divine Love’ people and supposedly AJ, assuming he too longs, to go on, and I can’t see that if they are just longing for the Love that they are experiencing anything that I think would amount to having all your sins and errors taken away.

So as usual I go around in a loop ending up where I begin. I think we can long for the Divine Love because of Jesus’ coming, and that’s out of context with our perfecting our Natural love. So our Healing can include longing for the Love, but really it is about perfecting our Natural love because we’re so fucked up in it. And so it will take us longer because it’s more difficult doing it in the physical than for spirits in the Divine Love worlds, and that’s just how it is. So I expect once I have Healed or perfected my Natural love, which I am doing by uncovering the truth of through my feelings, then the Divine Love will ‘click in’ and I should be able to feel my soul finally being transformed into a Celestial state of divinity.

So if I’m right in sensing that my Healing is getting nearer to the end, then at some point all the Divine Love should begin, so I’ll be wholly focused on that, longing for it, feeling it coming into me and transforming my soul, and along with that I imagine – and hope, should I be an Avonal, will get confirmed, my Divine heritage within my soul coming to the fore; or should it all be a fantasy, then any pretense of my being an Avonal will dissolve away as part of my inner transformation. And the same for Marion, she will either be proven right in her feelings and belief that she’s not an Avonal; or, her Avonality will get ‘turned on’ because suddenly she can long for the Divine Love and it transforms her out of her solely Natural love state.

I want to also add, going over it all again, and seeing that Jesus wasn't wrong as such by misleading us, it's just that he was complying with the Rebellion mandates and because of that possibly wasn't as forthcoming as he might liked to have been, all of which for me has added yet more seemingly endless amounts of confusion to something that was already in a highly confused state.

And that frankly, I've had enough. I don't want to try and unravel it anymore. I feel like I've done my best, I'm physically, emotionally, mentally, and spiritually exhausted. I can't go on. I've come to the end, it's just too hard trying to drag myself along by using my mind to look into it anymore. I'm, another or those delightful Americanism: 'Over It!'

I don't want to go to the spirits and Mary and Jesus or anyone else, not even to God, asking them questions seeking the answers through my mind. There are already too many pages of it, John likes the big number, but who in the hell is ever going to bother with it, and why should anyone anyway?

I want to live it now. I want to meet the spirits in person, I want to engage in face-to-face experiences with people and the spirits in some way, I want my Healing to either keep going as it is, or ideally, end and change, but not on a mental level, on a real level. My whole life has been in my head, I want out of it. I want to connect with people and the spirits in a real way, through feelings and all that results from that.

So I don't want to 'work it out' anymore, I want to live it!

I want to add here about the soul from the other day, Marion says she feels she is her soul, and doesn't understand how someone like me relates to it in a more impersonal way – which I do. I agree too that I am my soul, however unlike her, often I feel like me the personality of it is at odds with it and what it's doing to me, so I feel disconnected from it in a way – if that makes any sense.

HIDDEN CONTROLLERS
May Day BBQ CHAT

Wednesday, 1 May 2019



John: Hello

Kathaleen & Kevin

The last few weeks have been extra-ordinary for the unravelling and revealing how humanity is so absolutely and totally controlled by hidden controllers whose family focus has extended for more than 200 years in developing their steel grip on every facet of control in every segment of society within every nation worldwide.

I had not an inkling of how comprehensive the Emperor of the World's control is. If this head of the family is in anyway confronted, the retaliation can come from many different avenues and levels. They control global finances with such impunity that they have the heads of all secret societies in their pockets. Through these secret societies they plant their stooges in all governments and institutions.

They even control the major economic research and think tanks through their 'generosity' – control by being the dominant source of funds.

Education is stymied by the pyramid of peer group review – no free thinking and development can evolve – the education system is in a stupor as is all of humanity so that we are to continue as slaves to these few families with their self-anointed god-like chairman.

The hidden controllers' plans for world domination have been meticulously unfolding for generation after generation so that they can even manage the number of people on the planet. They consider there are populations that are surplus to their needs!!! Their plans for the eradication of who they despise as well as of those who are surplus are diabolical.

They gloat at their success in making money from war. They fund all sides and after the warring factions have annihilated their people and nations then they are enslaved to the hidden controllers to pay the debts entered into under harsh terms. Meanwhile the hidden controllers have produced the money from thin air – they own their money printing presses – they control the central banks of the world.

I feel that they are the manifestation of the most evil of all humanity – that is they are representative of the Evil Ones, the Lucifers, Satans, Caligastias and Daligastias. The hidden controllers are recognised as worshippers of Lucifer! Are they the final outworking of the Rebellion and Default? That is, are they the absolute pinnacle of the evilness that is representative of Lucifer and thus the collapse of the hidden controllers will mark the end of Lucifer's reign in the physical?.

We have those who are impersonating Jesus and Mary in the physical. Have we now recognised the hidden controllers as being the impersonators of the evil Lanonandeks of which Lucifer is the paramount leader?

Now, do we of the Solid Investment community directly involve ourselves in their toppling? We have a great many records that clearly demonstrate what they do to their 'slaves' – us! – and how they do it!

The investigative authorities in Germany and Great Britain have both done what they can to wash their hands of the crimes against humanity through the events called Solid Investment. We can pursue the presentation of more and more material. Are we to do this or is this underway through other channels which will eventually involve the records of Solid Investment?

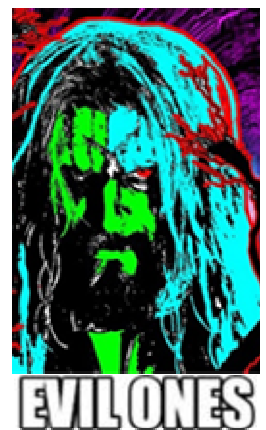
It is clear who the hidden controllers are and how they work through the secret societies around the world. It is clear how they have hijacked the printing of money for their own ends and avoided their obligations to all governments. It is also clear how they intend to abuse all of humanity through their ongoing operations.

We have our primary goals and that is our focus. How best are we to understand our pathways?

Cheers John

Kevin – 1st Celestial Heaven: Hi John, it's me, Kev. What you've said comparing the hidden controllers to the Evil Ones is correct, with the most important part being they are both hidden. Humanity has been largely kept in the dark about the Evil Ones, the real Hidden Controllers, and so because of this, it's been natural, and what you might expect, that those representing the Hidden Controller spirits, choose themselves to remain so secretive and hidden.

Were the spirit Hidden Controllers completely out there, as in everyone on Earth knew of them, then you could imagine the hidden controllers on Earth being the same, completely out there as some rulers have been. However as both the Hidden Controllers and hidden controllers know, when you are seen then you are more easily a target for those people not wanting to be controlled and dominated by you,



so it becomes harder to maintain that control. So doing it all covertly makes far more sense, and working so it's very hard for anyone to actually see what's really going on – that is the mastery in all of this.

So you on Earth are blind to both the hidden controllers and Hidden Controllers, whereas we here in the Celestials see it all. And I can tell you John, it sure is an eye-opener as to how both levels have worked to manipulate humanity into doing what they want.

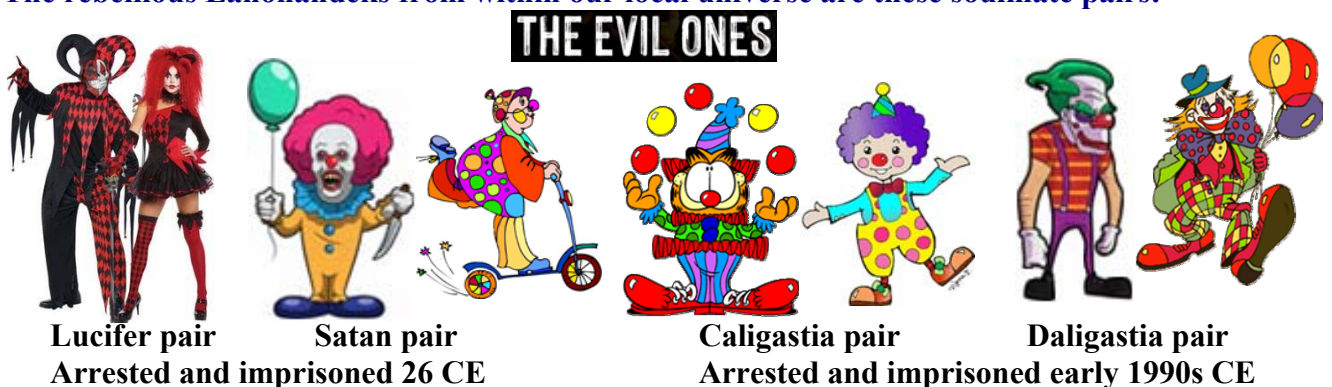
The current hidden controllers on Earth are only for the short term, and it's incredible how much control they now have, whereas the Hidden Controllers being over so many years and so many different ages is amazing. And with their control evolving. That's the part Kathaleen and I are currently studying.



(Note previously from Nanna Beth – 20 November 2017 – relating to a ‘museum’ at Jerusem on the 1st Celestial Heaven: “And as far as concerning where The First Parents are now, they have moved on with the old guard, having been released from such duties that being The First Parents required. You can see and even in a sense ‘meet’ with them when you come into the first Celestial sphere, we have a museum sort of arrangement, it's massive and highly complex and covers every aspect of humanity's history on Earth and in the Mansion Worlds. And you can sort of interact with the exhibits – if I can crudely call them that. You literally walk into say the Atlantean times and explore using your mind for whatever aspect of such times you care to. You can even in a sort of holographic way meet with people from those times, speak with them in a sense, although it's all automated, it's not the real person who is now a spirit, although the whole experience being so real and amazing makes your mind believe it is the real person or spirit. So we can even talk to Mary and Jesus like this, which a lot of Celestials do when they first arrive, it all helping them to get to know them better and know what they were all about. It's a massive learning centre and contains all the knowledge of humanity's experience, so anything and everything is kept there like ‘living’ archives.” (Thus you can see all of history is recorded and can be studied.))

FOR 200,000 years ALL SCRIPTURES are the WORK of the REBELLIOUS LANONANDEKS:

The rebellious Lanonandeks from within our local universe are these soulmate pairs:



Lucifer pair
Arrested and imprisoned 26 CE

Satan pair

Caligastia pair

Daligastia pair
Arrested and imprisoned early 1990s CE

You might think the Lucifers and the others had it all under control when they first rebelled, however they didn't have a clue as to how it was all going to unfold and what they were going to do. So it's taken them all these different ages on Earth and on the other rebellious worlds to perfect their control, to

gain mastery over the physical and Mansion World levels. So what you are studying John, how your home-grown hidden controllers exert their control, and how it's come up and evolved so strongly in such a short time, is all because of the expertise gained by the Evil Ones enabling them to select a 'race' of people for the job, to streamline their bloodlines, to instil in them the necessary beliefs so as to ensure it's all passed on generation to generation, and then to provide them with the vision to fulfil. It's incredible looking at what they have achieved, not that that makes you feel any better being stuck in the thick of it.

However it's still part of humanity, everyone is influenced and negatively affected by it in some way. You are all controllers keeping so much of that control hidden from yourselves, so by studying the hidden controllers you can also learn a lot about yourself, because were you all given the same stimulation and incentives as the hidden controllers have, so you'd possibly end up being like them. And it's not that I want to let them off the hook by making you feel even perhaps sorry for them in that they had no way to not become as they are, all of which is going to be very difficult for them to heal when their time comes to account for being so controlling, still looking at the facts for what they are, I think you can appreciate just how incredible this time in humanity's history is, especially if you look at it solely in the terms of those behind the scene exerting their control, and you unaware of them, living your lives believing you are free to largely do as you please, and yet you are completely trapped within their machine.

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And for everyone doing their Healing, they are going to have to understand just how controlled they are, by their parents and also by the hidden controllers, and then how they've taken that control themselves, becoming effectively as the parent also a hidden controller, because how parents parent is mostly all hidden from the child, and even in many cases, hidden also from the parent themselves. Most people don't have a clue why they do what they do, why they react as they do, as all that control is hidden within them, just as it's hidden on the global sense.

So can you see where I'm going with this, am I being too 'hidden' and obtuse – what I want to say is all that you as adult individuals and particularly being parents, is all that the hidden controllers are, because they are adults and parents too. So as within so without. So naturally as humanity is, what is going on hidden within, is what is going on hidden personally and globally, and what is going on on the outside, is what's going on on the outside personally and globally.

So humanity is the parents' controlling the child, it's the controlling parent; as it's also the controlled child. It's the perpetrator of pain; as it's the victim feeling so hurt. It's unloving and feels unloved. You and the hidden controllers are one. You're all the same, just different aspects being expressed at different times by different people. So by looking to uncover the truth of your own hidden control, so too can you uncover the truth of the hidden controllers.

So as humanity breaks down its own personal control, so it will break it down and end it in the world sense. And that's what is going to happen, which is part of what your focus will be John, with Pascas. You are to shed light on the untruth, point out all that is wrong, introduce new ways to look at

yourselves and the whole world. Introducing a higher spiritual understanding, and also as a way to contain and then deal with the damage, both personally and globally, by people becoming more aware of what's really going on, and then by them also doing their Healing and bringing to light their truth.

All you are writing John, and your whole personal focus, is to collate the information so it can be presented and digested by people. And there's been a vast amount for you to bring together, and to do it relatively quickly when you realised you had to also include all James' work. And as you now understand, that work is what it will all revolve around, so how do you offer it, introduce it, give it, tell people about it, inform them so they can make up their own minds about it, all so they have their own experiences with it and see the truth it contains for themselves. We all have to come to the truth through our own experiences, irrespective of what we are told. So how do you do all of that? And that's really what you are asking of us spirits, however that's not to come from us.

You are going to do it all yourself, everyone who gets involved in whatever way will be doing it. And that's how it's going to get done. And so really until it actually begins and people start to come wanting to be involved, you can't know or work out how it will happen, which is why you feel quite hopeless at times and with nothing tangible to hold onto, nothing to focus on concerning 'getting the job done'.

However the fact is, you've all been heavily conditioned to try and work it all out in your minds before you begin. However a baby and young child doesn't try to work out in its mind all how its life will be before it can walk and talk. Its parents might, but as you know, that only screws it up more. And so Pascas is to be 'born', all but helpless and yet primed with a whole New Way of looking at life. And as Pascas grows, so it will come to understand what it wants to do with that New Way. And as it struggles to try and live it itself, so other people will want to know about it, and it can struggle trying to work out how best to tell and show them what's involved. But the thing is, it will all happen, it will all unfold, because it's time for it to start as humanity is changing and people are sick of the old way and are desperate for positive change.

Yet their difficulty currently is, change into what, they are feeling like they've done it all before, and where else is there to go? Technology is becoming irrelevant because people are seeing, yes, it's a fun toy, and it can help us in many ways, yet still we feel bad, even worse in a lot of cases, so it hasn't really done what we hoped it would – and it never will. Even if technology took everyone's physical illness, aches and pains away, still you're left with all your spirit aches and pains, and even if people worked out like the mind spirits do, how to take those problems away, you are still left with your soul aches and pains. And you're never going to be able to remove them, not until you do your Healing and live the New Way, which is really the Way of Truth, which leads into the True Way Of Love. Humanity is to become loving, however to become loving it first has to uncover and embrace the whole truth of it being unloving. So part of your 'mission' John, is to help humanity wake up to just how unloving it is.

And currently you are focused on the hidden controllers, just how unloving they are in their constant domination and by applying all the restrictions on life they do, for the majority to be subjected to the whims of the minority, for the few to have it all their way with the mass having to have it all the hidden controllers' way too. The hidden controllers are the parents, the rest of you sheeple their children. However children can grow up and empower themselves with the truth of their own soul, thereby breaking free of anyone else's control.



I SEE SHEEPL



A big baseball bat, for lack of a better image, is soon to be taken to humanity, and more importantly, to the foundations of these hidden controllers, and to the control everyone has that interferes heavily with another person. And you John will play a role in this, which both scares the shit out of you, and greatly pleases you, for you to have the say and control rather than being the controlled... and well, why not! Can there be control for the good, instead of control for the bad? And does it really matter? Is there required to be an equal amount of control for the good to combat the control of the bad? Are you to take them on?

And there will be those people who do. And there will be those people who don't want to, wanting to instead remove themselves from it all so they can just get on with working on ending all the mind control within themselves – hence the need for you John to support such people providing the means for them to do that.

So perhaps Pascas will be threefold:

1. Working to saturate the world with the offering of the New Way. Which of itself is standing up to and confronting the hidden control.
2. Helping to provide the resources and environment for those people intent on 'opting out' and working solely on themselves by doing their Healing.
3. Unknown. It's not for you to know just yet John. However, it will be done in conjunction with Pascas and all you are doing.



I hope I've been of some help. Love Kevin.

James (having had a lunch break): While I'm at it, I thought I'd ask Kathaleen about the latest to do with President Donald Trump of USA, as from what I read it seems like he's starting to reveal his secret agenda, that being very close to Israel and starting to pressure Iran, with the intent, so I think, to start Armageddon. So Kathaleen, do you have anything to add, and am I on the right track?

Kathaleen – soulmate of Kevin: You are James, we inspire such thoughts in you, as much as you have them yourself. And it is as you suspect, Trump, together with those supporting him, are starting to implement their plans. They have allowed the Democrats to all but hang themselves and now will continue applying pressure to them.

James: I was wondering, it seems like the hidden controllers worked with the Left anti-religious to get the world to where it is so they can now bring in the Right, that which is going to start all the religious wars; and what I was wondering, are the Left aware of that and their role in it so will keep fighting Trump as all part of the plan, or have they been legged over and are just used thoroughly by the hidden controllers?



(**Rightist – Right-wing** are those who use religion in politics. **Leftist – Left-wing** politics are political positions or activities that accept or support social equality, often in opposition to social hierarchy and social inequality. It typically involves a concern for those in society whom its adherents perceive as disadvantaged relative to others as well as a belief that there are unjustified inequalities that need to be reduced or abolished.)

Kathaleen: They've been 'played', and are still being played by the hidden controllers. They are still being made to believe they can win, defeat Trump and his lot, and regain the power and upper hand they've lost. Some of them have woken up realising that all they are throwing at Trump is like water off a duck's back, and so why is that, he should have been showing signs of weakness and falling off his seat by now. So these people are waking up realising they've been had, although the ego of the American is so strong it's going to take a lot of them a long time before they fully accept they've been worked over.

James: So it's just more of the usual hidden controllers antics?

Kathaleen: Yes. They are feeling well positioned now, despite having to work against all the Left and Liberal stuff they inspired, bringing in the more hard-lined religious Right. And that works in your favour, because although the religionists will feel more happy and stronger being supported by Trump, still those of the Left who've left their religions will not want to get back into them. So many of these very disgruntled people will find all John is going to offer, very appealing. However it will of course lead them into having to deal with issues within themselves they thought they could avoid, and many will reject The Truth, it being too confrontational, but others will work through those barriers within themselves and move into seeing the error of their ways and how in fact their true liberation lies within attending to their own feelings and bring the truth of themselves to light.

James: So you are happily working to support Trump to bring about the End Times?

Kathaleen: Yes, just as we're happy working to support those who are against him. We have our own agenda: we are working to set up these two opposing forces so the aftermath of the 'Great Confrontation' will leave people looking for a New Way. The Western world is largely divided now into two camps, those clinging to their religious beliefs about how life should be lived, and those who have a host of alternative beliefs that are religion-free, yet still which are full of how life should be lived. And the two opposing forces are basically what you are seeing in the Left verses Right, only the Left being without the moral support of their religion, are more crooked, as they are more in it for themselves, or delude themselves about some noble cause: saving the world, the environment or something, but not necessarily about living a higher moralistic life in which they are answerable to God, they being only concerned with being answerable to themselves, they being god, which of course means their minds can make up whatever they want about themselves. The religionists want to live the higher virtuous morals of their religion, the non-religionists or the self-made personal religionist wants to live free of having to be answerable to some 'higher power' that's always looking over your shoulder. The religionists can't live without the controlling, overseeing order of the 'higher authority', the god in their religion. They need their parents – god – to keep telling them how to be. The non-religious are rebelling against that, wanting to do it all themselves, leaving that god-control, leaving their parents, breaking it all up, turning it on its head, and be free. Only they don't understand they can't actually be free, they can only be as their parents have made them feel they are. However being free of the controlling religion is a step in the right direction, so they believe, in being totally free.

And you want to be free James, only not rudderless, you want to live true to the Truth, that really which God is, so you want to take the best of what both systems offer (although not much), and move away

and out of both of them, so completely out of your parental control. And that's what the New Way will be offering. A way to live without Religion and without Non-religion – the True Spiritual Way.

So for now the Religionists are gaining the upper hand, with the Zionists and the American Christians (some of them anyway, Trump supporters) wanting to say we've had enough of these socialistic liberal policies, and look what they are doing, look at all the homeless sitting on the streets in the liberal cities, look at all the mass immigration that is going unchecked and threatening to take our jobs and security away, and where is it all going to end, particularly if they take away our guns. So this so-called freedom, scares them to death, and rightly so, because were it to run to its conclusion, it'd be anarchy, with the first people crying out for help being the very ones who brought the situation about. Such liberal people have no vision, they exist more emotionally in the moment, coming up with ideas that should be instantly put into place, whereas at least the religious right has years of history and many bad experiences to draw from. So one is more irrational and the other more rational, and yet both are as controlling as each other. And when one wakes up to this, without another option, what are you to do? So John is to help introduce that other option. And you can see, people who understand what that option is, what the New Way is, would be able to target people who'd be open to it, being able to use the failure of the existing systems to their advantage. (Zionism is the nationalist movement of the Jewish people that supports the re-establishment of a Jewish homeland in the territory defined as the historic Land of Israel.)

James: So really it would be best for Russia and Trump's America to unite, bringing their Christian ideals closer together?

Kathaleen: On paper, possibly, however the reality is Trump's Christianity is business and control, having little in reality to do with real faith and giving yourself to God, your country or your religion like the Russians do. The Russian conviction is true; the American is false, the Americans *believe* they are good Christians; whereas the Russians know they are. So the empty and often hypocritical American Christianity is scared of being shown up for what it really is by the Russian way, and as Russia gains more confidence, which is happening every day, so should the Americans fear Her. Mother Russia is starting to stand up to Father bullshit, which is what you see in some of these Russian articles you read. Russia has far superior war technology now, and really it's more about how to work within the tantrums of the Americans to keep moving toward organising a new world that is not American dominated. So the Russians are moving closer to the Chinese, yet still understanding they could never completely trust them because they are god-less.

The Russians are watching closely to see if the Anglo-Zionists start making their moves toward the End Times. Because although it would be horrible for the whole world, Russia also understands that in many ways it has to happen so the air can finally be cleared. For nearly two thousand years there's been this Revelation Prophecy to deal with, and you can pretend it is meaningless and get on with it, like the Liberals try to do, or you take it into consideration and deal with it, like the Russians do.

The hidden controllers are having to 'stick with the plan' as they don't have the unseen backup they used to have. And they still don't fully understand that. More time needs to happen for them to see that their control is slipping and cracks are appearing and for them to start wondering why. So they are unconsciously locking down their plan and looking to carry them out, which means they aren't as open to flowing



with the changes that are happening, as there is always an unpredictableness to humanity. And so because they are not adapting and evolving as others have done, so others observing them can start to see what their plan is, it's becoming more obvious. So more people feel emboldened to stand up to them, to push a bit more against them and see what happens. And what happens is not as bad as what used to happen, so they push a bit harder.

So as you can see, the hidden controllers will end up 'doing themselves in' and this is as it has to be, as it's expected to be, with rebellion imploding and eventually destroying itself, that which Mary and Jesus have always advocated. That you can go against the Laws and Love of Creation – against our Mother and Father – for only so long, but in the end you'll come up against too many obstacles from the Truth, and it will end. The Evil Ones would have seen this happen much sooner had there not been the Pole Shifts that damaged civilisation so frequently, taking it back so many times to all but starting over again. Had the Rebellion been free of such sudden catastrophic changes, it would have reached its peak long ago and imploded destroying itself, just as you've seen in the Roman times, and now are witnessing in the American times. The Americans will screw it up for themselves, and they already have to some degree, only they are still to catch up with the truth of themselves. To wake up to having been played by the hidden controllers, and then to want revenge. The truly enlightened American who fully understands and has embraced The New Way will still be a force to be reckoned with, and even more so the more aware they become of how far astray they've been led.

Trump is soon going to unleash a shock wave against his enemies, he has to sort them out once and for all, and that's going to change the psyche of America, for the good and bad, yet still it will start to break how it has been, freeing things up in many way, with a backlash, back to more of a normality getting rid of all the over-controlling political correctness that is taking things too far away from the personal into the absurd. To not be able to express yourself, to not be able to freely say someone is black or white then they are black or white, to just say it how it is, to screw the language up so much that you can't even use it, all of that needs to be brought to its senses, again something which Pascas will be able to help with as it won't indulge in all the Americanisms as it strives to allow and encourage people to really have their say. To be able to have it out, to provide areas and avenues where people can, and to help them know that it is good, and to understand that you don't have to end up physically fighting each other, but there is nothing wrong with a war of words PROVIDED both parties are looking for the truth of themselves. If both parties are not, then it's just more of the yuk with nothing being gained other than power-plays and trying to get one over the other person, which really would be better for them to just slog it out.

YUK

Bye James, I've said enough.

James: Thank you Kathaleen, and you too, Kevin.

Kevin died 10 August 2012, upon completing his healing he entered the 1st Celestial Heaven on 7 August 2017 – he was a carpenter and John's brother-in-law. Nanna Beth of 3rd Celestial Heaven would be Kevin's grandmother-in-law as she is John's grandmother. Kathaleen and Kevin are soulmates.



HEALING EXPANDS WRONGNESS!

Abridged

Sunday, 24 March 2019

Nanna Beth – 3rd Celestial Heaven: the Healing is not quite as you had understood, it being more inclusive and involved, which you're moving into understanding now. Understanding that it's about you understanding the whole truth of your rebellion and truth-denial, so with your Healing helping you to work it all through, to bring it all to fruition so you can see what it's all about.

James: When I started my Healing it was because I'd come to the end of my being fucked and I wanted to fix myself, so, 'Heal' myself. And I thought that as I brought to light all that was repressed and wrong within me I'd be fixing myself, ending being untrue and progressively becoming true. So my untrue and wrongness would be diminishing over these past twenty or so years bringing me to the point when there is nothing else to heal and it would finish and I'd become a true Celestial. And yet now I also understand, that is sort of happening, however so is something else, which my Healing is helping me bring out and achieve.

Nanna Beth: It's helping you understand that all the wrongness you are, has had to have time to come into being, to evolve into its full expression, for you to fully become it, and that it's required your Healing to help you do this. So even though to some degree your Healing has been doing as you thought it was, that being ending much of your wrongness, at the same time it's been also helping you expand it, some parts of it more so than others, so you can further understand it, understanding that you've always been as you are, only were refusing to see it.

James: Yes, so the notion that through my Healing I have actually been making myself seem worse, yet understanding as Marion says, that it's not really worse, it's just, as you said, bringing to light how I really am, how I've always been, and so these parts of myself I kept hidden and have been unable to see about myself. So for example, I thought my compulsions would lessen, and then finally go away, as I brought to light the truth of why I need them, along with all the bad feelings locked up in them. And yet lately I've been what seems like expanding and falling helplessly into the grip of my compulsions, being less able to control or have a say in them, and with them seeming to get even stronger.

Nanna Beth: However you understand they've always been that strong, only not until now, not until and because of all the Healing you have done on yourself, have you allowed yourself to acknowledge the severe control they have over you. You've needed to increase your perceptual awareness of yourself, which you've done through your Healing, so you can perceive and so work within these compulsive behaviours, all of which you couldn't have done had you not done so much 'healing work' on yourself.

James: So it seems like I've made things worse for myself by doing my Healing, now being subjected to increased control and severity of my compulsive behaviour and fucked state; I feel so fucked, so bound up in it, completely unable to say no to any part of it, feeling I am hopelessly of the Rebellion and Default and with no way of seeing how I could ever remove myself from it.

Nanna Beth: That is how it seems on the surface, but the truth is, as Marion said, it's how you've always been, only as part of your repressed state you've never allowed yourself, because you were not allowed, to express these parts of you. So your fantasy life is gaining ground, they are growing bigger rather than receding, like you believed they would. And that's all only because you are freeing up within yourself, becoming more feeling and emotional and even mentally expressive, all of which is freeing up your imagination as you are connecting with these otherwise hidden parts of yourself. So you've been steadily 'outworking' your negative state, growing into it, bringing it to maturity, to fruition in its fullness, all of which seems to be moving contrary to what you've believed your Healing would do for you.

James: Yes, however I can understand what you are saying. So I understand, if, as you've told me, I have seven Mansion Worlds worth of wrongness in me, then surely I am to express all of those levels. And so it's taken my Healing to ascend up through each of those worlds helping me express all that's been repressed in me, thoroughly exploring each level within each world. So by the time I actually reach the top of the seventh world and the potential of or real end to my Healing, being ready to move into a Celestial level of truth, I will also have become my full yuk self, the most yuk, revolting, corrupt and wrong that I am.

YUK

Nanna Beth: And that's what you are doing James, however it's actually 'in the truth of it', which means you are actually seeing through your feelings the truth of this, the truth of really how bad, fucked, perverted, distorted and corrupt you are, that which you've always been yet been unable to see about yourself until now because you've been unable to express such levels of it, you've not been in a feeling awareness, emotional capacity with the mental ability to do it. All these levels having been evolved to fruition because of you advancing in your Healing. So with Marion pointing it all out to you all these years, all the juicy horrible parts that you are, so you've gradually evolved into allowing yourself to be as you are. You were it at conception, only it's taken you all this time, and including all you've gone through in your Healing, to become that fully rebellious person living true your rebellious default state.

James: So if I hadn't done my Healing, I might not have been able to bring out all of my yuk, doing it only up to and inclusive of the sixth world – is that right?

Nanna Beth: In theory, however not in practise, because you could only achieve a disjointed inclusion of the first world, second, fourth and sixth, without being able to have access to the third, fifth and seventh because of Mary's and Jesus' coming. Had they not come and 'interfered' with the normal Mansion World set up, in your rebellious state you'd have been able to do as you said, but because of their coming, so one on Earth or in spirit, needs to do their Healing so as to traverse or ascend all the worlds.

James: So, I'm coming to understand, the bizarre thing about all of this is that we actually have to do our Healing to complete our rebellion by default!

Nanna Beth: Yes, as weird as it sounds. And that's what you've had to find out for yourself, we've not been allowed to tell you about it.

James: So I've actually been fighting myself all the way through my Healing, believing it was wrong submitting to my compulsions and with them gaining more control over me, it being very difficult to let go and give in allowing them to consume me, and yet they have won, they have broken down my resistance and now well and truly have the upper hand.

Nanna Beth: And your fighting it was all part of your self-denial because your parents, as part of their unloving package they forced on you, didn't allow yourself to indulge in your misery showing how addicted to food you were because it was the only good thing they gave you and the only thing that gave you a little comfort as they denied you it all from themselves. So you couldn't grow into an enormous fat blimp, continually uncontrollable, compulsively stuffing food in, as that would have reflected badly on them. And yet, as you are now allowing yourself to find out, that's really as you are, it's what's in you, it's how you want to be, which is of course still all wrong and part of your unloving state, but now you're bringing it to it's conclusion by bringing it out and ending the repression of it, you are stopping yourself from suppressing it, you are giving into and fully acknowledging your controlling needs and their associated beliefs, allowing yourself to behave as you really want to in your fucked state, and in this way, stuffing it in. And now your body is starting to protest, however it's a true brick wall saying

no you can't keep going this way, and not an artificial controlling mind one imposed on you by your parents, and yet you keep bashing yourself against it unable to end it and say no and stop yourself.

James: So what is going to happen?

Nanna Beth: The answer to which we can't tell you, you have to live it. And that will bring you to the conclusion of your Healing. So the **'End of your Healing'** is when you fully become the untruth that you are, and by becoming it, so you can see and understand and connect with the whole truth of it. Which is what you've said: that you have to become true to your untruth, and now you can add, to achieve that, you also have to become it wholly.

James: Okay, so what about if someone has as one of their needy compulsions the need to keep hurting someone else, would they have to keep hurting people right the way through their Healing, even getting better at it, relishing it more as they submit to their need to do it – what happens to that person with those problems?

Law of Compensation

Nanna Beth: They won't literally keep doing the bad thing hurting others, as they will have been subjected to the Laws of Compensation and Forgiveness, so they will have healed their need to actually hurt another person, they will have stopped doing such harm, however as their need is still within them to be fully explored, brought out and the truth seen, so they will feel like they want to hurt and harm, imagine they doing so, perfecting their untrue, fucked up, criminal way in their minds, all of which will keep making them feel repulsed by themselves, yet at the same time as they work to accept it by expressing all the bad feelings they feel seeking their truth, just as you are finding with your compulsions, 'enjoying' them more because you are allowing yourself to be them.

Law of Forgiveness

So for you to do your Healing, to have to be dragged back into your past through your feelings, is going against all that you're programmed to do, and so you've all but been dragged by Marion and your soul kicking and screaming along in your Healing. And now you are having to realise that you haven't in fact been working to divest yourself of all your sins and errors like you believed you were doing, but you've instead been bringing them to full expression, you've worked them up through all the seven worlds and now you're expressing them the best and truest in your untrue and unloving state that you can. And when you are fully expressing them, that's when you'll no longer need them and the needs driving them, so it will all dissolve away, and you will change into the Celestial truth you are longing to live.

But first we all have to become the full untruth that we are. And we don't necessarily have to keep doing all the bad things we have done, but we do have to keep expressing and living true to the truth of such horror that we are, working to bring to light the truth of why we have such unloving needs within us. We have to keep allowing ourselves to be them, to accept that we are that way, and no longer fighting it. So it's all about uncovering the whole truth of ourselves, so the whole truth of our negative unloving rebellious self-destructive state, which we can only do by allowing ourselves to become fully what we are.

And time will tell James. And it's all for us to see that within our 'fucked' (as you say) states of untruth, what will remain and what will go. For surely some must remain, as if it were all to go, then we'd be a different person.

Kevin – 1st Celestial Heaven, 26 March 2019: You are right James in that our Healing takes us to the limits of our Wrongness in the sense of having to understand it on all levels and how we're living it. And once fully expressed it can end, and then more time is given to coming to terms with the severity of it all. Life on Earth, from conception to death and doing your Healing, is very stressful because it's all going against us, it's so peaceful for us now, and it will take us, so we are told, some time to settle into this newfound peace of our soul. I feel like from conception to becoming a Celestial was like being shot out of a cannon, whereas now I am walking on clouds – gentle, loving, reassuring and adjusting to a new time. Our time, the time we take to do things, and which things are important to us, are changing all the time as we're getting used to being our new way, so our time is very different to yours. We will say soon and soon is whenever it comes about, and we love every moment of the adventure, whereas you want soon to come about quickly because most of how you currently are you don't like, so you want a better picture sooner rather than later, all of which reflects, and is a function of your dysfunction.

James – 1 April 2019: I'm floating even further away into my madness than I already have, which as Marion keeps assuring me, is still just my becoming more in tune with it, in tune with the madness my parents subjected me to.

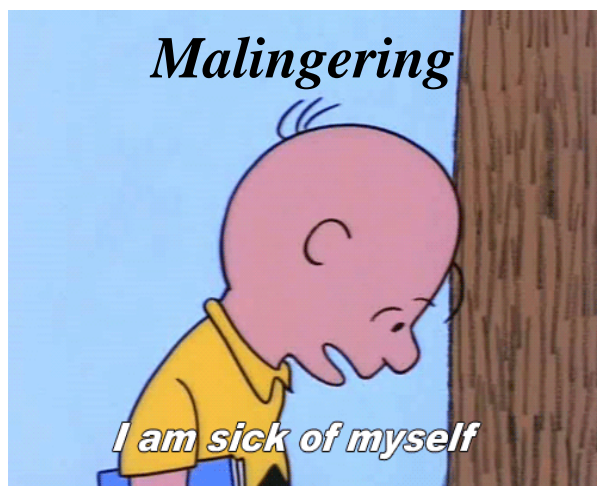
So with my personal Healing and 'The Healing' I am seeing and understanding more that it's not actually about setting out to 'fix' myself, to heal myself of all my wrongness, afflictions, and compulsive needs, it's just about accepting that I am as I am, that I am fucked in all these millions of different ways; and all how being so fucked, makes me feel; and expressing all those fucked up repressed feelings that I've kept in from day dot not being allowed to bring them out.

I am now more resigned than ever to my doomed fate of fuckedness. I can't change myself 'for the better', and what the fuck is for the better anyway, I can only keep going trying to 'bring it all out', which is still trying to 'bring myself out', the true fucked me that I am; and in doing so, slowly an increased acceptance comes and I lessen my fight against it – against myself, accepting that I am as I am because God wants me to be this way, and it's not wrong as such, as how can anything God wants be wrong; although just to confuse everything, it is wrong, it's very wrong being a fucked up expression of the Rebellion by Default; and it all makes me feel bad and I still hate it, not having got to the level of self-acceptance to love it – yet that Marion is at and more so each day... and will I ever get there?

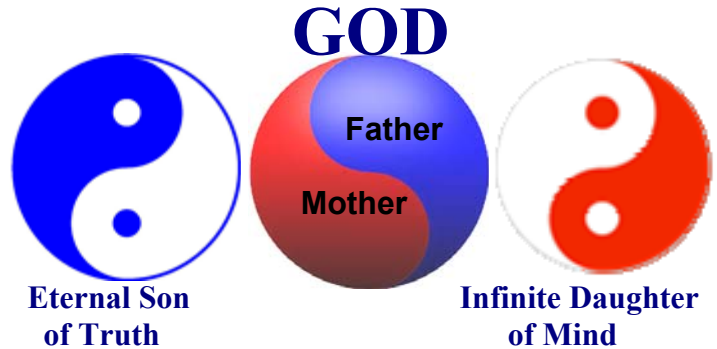
So I am 'going with the flow' more, no longer fighting myself so much, feeling still completely bored and fucked off with everything.

Nanna Beth 2 April 2019: In the context of all of this, it's a valid point James, to which I will counter by saying she will not come to you in that light. Firstly, being Healed, you will not feel the same fanciful attraction to such women; and secondly, she wouldn't get a foot in the door, because once you and Marion are fully Healed, then you both personally have 'lowered the Law of Compensation', so it is instantly applied; which means, should anyone seek to even contemplate harming you, let alone the physical destruction of you, then that person or persons will be 'struck down' by the Law of Compensation hardly able to function anymore as all the pain of that harm they were wishing to inflict on you would become inflicted instead on them, with their angels making it happen, leaving them in no

FUCKEDNESS



condition to approach you, to seduce you with any feminine charms, or to plot blowing you up from afar. And then, as we've talked about, that personal relationship with the Law of Compensation, because through your Healing you have fully settled it within yourselves, will be imposed on humanity when the time is right, by you and Marion carrying out the dictates of the Eternal Son and Infinite Daughter. And when that happens, there goes all the plans of the Evil Ones, all the Jewish control and anyone else seeking any sort of control over nature or anyone else. And as we talked about yesterday, then it will be like a 'blanket from heaven' will descend over the whole world – the whole of humanity, and a spiritual blanket – bringing with it a sense of peace as everyone instantly becomes subjected to the Law of Compensation to the level of the first Mansion World. However up until that time, so the plans of the Rebellion will move toward fruition, with we Celestials mitigating some of them, those we're allowed to interfere with as you and Marion progress in your Healing.



Nanna Beth – 2 April 2019: The spiritual power the Avonal pair are going to bring to bear is mighty, to 'Earth' those levels of the Law of Compensation is far greater than anything humanity could ever come up with so far as 'destroying ones enemies'. And yet no people or no person is their enemy, they are here solely for humanity, to help everyone, even the worst most controlling person, to help them end being helplessly and hopelessly trapped within their wrongness, even if they can't see it nor believe they want to end it. So in the short term they might not get any thanks for what they will do – what they are doing now – however everyone will come to understand and be grateful to them both for 'turning it around', for turning them around, for stopping them continuing on in their mad rebellious rush to oblivion.

THE TURNAROUND

Nanna Beth – 9 April 2019: So all the hopeless frustration you are feeling James is exactly how you are meant to feel – there is nothing else to feel! And as you are coming to understand, you are leaving all the good feelings, leaving any chance of becoming Celestial, leaving the nice thought that as you progress, progressively you will change from being and feeling bad to being right and good and feeling happy and loving. Put all of that on the shelf and knuckle down into uncovering the truth of how you really do feel, which is the truth of your rebellious self; see that first, and with nothing in the way of it, no fantasy that you are changing, that you are getting closer to becoming Healed and a Celestial, just try and face and allow yourself to be the cold hard truth of how you are – unloved and unloving and with no hope and no way of being anything else. Because that is the truth of the Rebellion and Default.

REBELLION & DEFAULT

They are a closed system and once you're of it, that's that, you're of it, as we've all come to understand. And so we will be of it until God through our soul decides otherwise, which as you intellectually understand is when you've seen the whole truth of how fucked you are, when you've seen it, and more importantly, FELT it all and felt how it all makes you feel. And that part you are still to experience. However to cling onto it hoping you are getting closer to it and wondering why you can't see any

positive signs of change in you, is only putting your mind onto other things and the future and so using it to keep you from feeling the full horror of your bad feelings.

James: Marion was saying that it's about becoming absolutely true, true to ourselves, true to what we are feeling, and when we are, then we'll feel good, as being true makes you feel good. And I was saying but what about still being in my fucked rebellious state, and she was saying that it wasn't about which state I was, rebellious or not, it was only about feeling good if that's what I felt, and being true, staying with those good feelings. And until I achieve or reach that state, then I have more to bring out and express of my bad feelings.

So the notion of being able to feel good, irrespective of whether I'm in a wrong or right state is new, in that up until now I've always thought: that if I feel good and condone the bad state, then I'm feeling good about being evil, and that's fucked – isn't it? But as she points out, it's not about the state, that's all just mind, it's about my feelings, you feel good or bad, and if you are true you will feel good, even if you are true to being in a bad state. So I am now 'positioning my mind' to see if I can ever get to just feeling good, and feeling happy feeling good because I am true, even if I am still in my rebellious state, focusing solely on the truth and not worrying about which side of the right or wrong fence I'm on. And if I get to the point of feeling good, even if I am still bad, well hey, as she says, you'll feel good, so, what would be your problem! And then I wonder, well in that state I'd be more how I was as a child and how the creatures and nature are, just true to whatever state I'm in, and then it's up to God via my soul as to whether or not I remain in my bad rebellious state or move perhaps into a good Celestial one, one that will allow me to match my good true feelings with the state I'm in. So that's where I am currently Nanna Beth.

Nanna Beth: Which is perfect James, as that's how it is. I know with your mind it can be hard to understand, however Marion is not looking at it with or from her mind, so she can and does cut through all of that staying wholly focused on her feelings. So she feels what she feels, irrespective of the state she is in, wanting to be true to those feelings. And if anything interferes with that, which hers and all of our minds are so heavily conditioned to do, so she will work to express that interference, which really is all her bringing up and expressing her bad feelings.

James: Yeah, I can see what you mean, and that is exactly how she's always been, and how she can keep going day after day just paying attention to all she feels, whereas I'm all over the place in my mind working out how I think it might be, should be, is going to be.

Nanna Beth: All of which you've needed to do James, there's nothing wrong with it as that's how you are and how you've been made, just as how she is how she's been made, and both ways can help each other get to the truth and to live true and to end up expressing feelings with the mind coming along behind putting all the feelings into their right context.

James – 8 April 2019: I want to add this as an extra note from something Marion is saying. I have written that we're to express all our repressed feelings out of us, and once gone, we are free of them and all their associated problems. However she is saying that we're meant to have the feelings, which is why we're feeling them, so we're meant to have all our bad feelings, and that our Healing really is just our allowing ourselves to feel them fully, all so we can uncover the truth of them; so it's not about trying to express them out of ourselves to get rid of them, as that in a way is just denying them yet again, but instead to embrace them fully, to fully allow ourselves to feel and be them, to fully experience them whilst we want to know why we are feeling them, what happened to us to make us feel this way; and as we do that, as we see the truth and come to know why we're feeling it, then the feeling moves on, leaves us, and in the case of our bad ones, we're naturally free of them.

DAWNING OF A NEW SPIRITUAL AGE

3 May 2019

John: May we explore what this entails please – **control over nature**:

Nanna Beth – 2 April 2019: In the context of all of this, it's a valid point James, to which I will counter by saying she will not come to you in that light (alluring, seductive woman). Firstly, being Healed, you will not feel the same fanciful attraction to such women; and secondly, she wouldn't get a foot in the door, because once you and Marion are fully Healed, then you both personally have 'lowered the Law of Compensation', so it is instantly applied; which means, should anyone seek to even contemplate harming you, let alone the physical destruction of you, then that person or persons will be 'struck down' by the Law of Compensation hardly able to function anymore as all the pain of that harm they were wishing to inflict on you would become inflicted instead on them, with their angels making it happen, leaving them in no condition to approach you, to seduce you with any feminine charms, or to plot blowing you up from afar. And then, as we've talked about, that personal relationship with the Law of Compensation, because through your Healing you have fully settled it within yourselves, will be imposed on humanity when the time is right, by you and Marion carrying out the dictates of the Eternal Son and Infinite Daughter. And when that happens, there goes all the plans of the Evil Ones, all the Jewish control and anyone else seeking any sort of **control over nature** or anyone else.

And as we talked about yesterday, then it will be like a 'blanket from heaven' will descend over the whole world – the whole of humanity, and a spiritual blanket – bringing with it a sense of peace as everyone instantly becomes subjected to the Law of Compensation to the level of the first Mansion World. However up until that time, so the plans of the Rebellion will move toward fruition, with we Celestials mitigating some of them, those we're allowed to interfere with as you and Marion progress in your Healing.

James: I don't know what you are asking John, what do you mean: what it entails – control over nature? Do you know Nanna Beth?

Nanna Beth – 3rd Celestial Heaven: It means James that things are going to be very different on Earth than how they have been. And in fact, so different that no one can possibly imagine. The dawning of a Spiritual Age is a MAJOR event; they don't occur that often, they have the effect of supercharging spiritual growth. So anyone who embraces the New Way and wants to do their Healing will feel completely empowered to do so, fully supported, whereas anyone who wants to carry on in their Wrongness is going to feel it harder and harder to get anywhere in life.

Whole new conditions will apply to life. Humanity is to evolve quickly to the level that's currently lived in the first Mansion World. Mansion World spirit life is coming to Earth. It's a whole new ball game John, so every part of humanity will be affected. Nothing will end up remaining the same. So you can look out into the world, look out into your own life, and nothing is going to be as it is, that being on a spiritual level, which means in how people relate to themselves, each other and nature, and then to God. You still might live in the same houses going to work and doing the same things, however the mental behavioural parameters as to what is acceptable and what is not will have changed.

And it will be a sudden, overnight change, just the same as it is for everyone who currently dies and wakes up in the First Mansion World. And just as people when they die often need a time of awakening and readjustment because of their New Life they've awakened into, so it will be the same for people on Earth. So it will be something akin to a Spiritual Pole Shift, with many people feeling as if the world has somehow shifted under their feet, but it will all be within them.

The New Age (community) goes on about a shift into a fifth dimension, that which they know nothing about, however what they really mean is what I am talking about, however it's not that anyone will be going anywhere, it's just that most of the bad stuff that people were able to do with impunity, won't be able to be done anymore. And so those people are going to be 'hit' the hardest, whereas people who are basically good-hearted and caring, even whilst unloving and part of the truth-denying rebellious state, will largely feel like nothing really has changed, only about them all the bad stuff they were perhaps frightened of, will end.

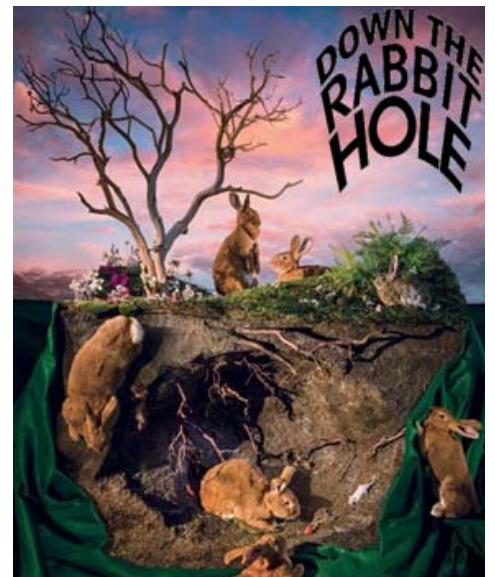
Imagine a world with no war, so with no Military Complex, with hardly even the need for a gun. Imagine that suddenly everyone wakes up and that way of life is all over, passed, consigned to an age gone by. Which I know is hard to imagine, and will take time for those in such control positions to get used to, but all the military hardware will be scrapped and recycled and put to good use, all in keeping with the 'new feeling' of the world.

James: It's the same old shit Nanna Beth, you're saying to imagine something like paradise on Earth compared to how it currently is, but it's all just more future speculation at this stage, and I'm about done-in by always looking to the future with the really good thing that's always going to happen at any moment – Soon, always it's going to happen – soon.

Nanna Beth: I understand and sympathise with you James, however as you also understand, it's all part of your pattern. So we key right into it. John wants to know because he too is always looking to a better future, and so we can give it to you. And in time you will see if we were right or if we are merely all part of your delusion, however I have to write the prophecy out with you so at least it's been put down for the record.

James: So don't for god's sake John, send this sort of stuff further afield than the 'inner circle'. I don't want to get others revered about it – I don't want to rev myself up about it. It's taking it all now into the fairy world: this wonderful thing is going to happen and everyone will be able to live happily ever after.

Nanna Beth: Not happily every after James, happier, yes, that's true, however still heavily within their deluded truth-denying states. And in some ways, by making the Earth more like the First Mansion World, although everyone might feel relieved that all the horror is over, it really just takes the denial into another higher level, because people will learn to use their minds to make themselves better and avoid the Law of Compensation being applied to them, just as the spirits do in the Mind Mansion Worlds. And yet this is still all highly soul-destroying, reflective of the bad state people are in, so instead of blowing each other up with bombs and raping and pillaging and using children to fulfil your sexual fantasies, whilst you use and abuse nature, people will be working to move more into their mind's control by consciously being able to work the necessary changes within themselves so as to avoid any bad feelings brought about by the Law.



So highly deluding themselves, still severely running away from and hiding their repressed feelings from themselves, and that they still have to do their Healing. However that can't be avoided and it too will have to be worked with as people understand that it might be paradise of the mind on Earth, but it's not the Paradise of the Soul one is striving to attain.

Still, having said that, it will be a lot safer and life with far less fear, so you have some pluses with the negatives, just like everything in life for you.

James: Yeah, I understand what you're saying and I'd much prefer to live in a First Mansion World state than the current free-for-all we live in now. At least I think I would. Although I don't like the idea of my mind having even more control and say over how I am, not that I'd be aware of it doing that were I in such a nice feeling mind-controlling state.

And I understand that things have to one day change. I was thinking today in the car that really if we could allow the Rebellion to completely run its course, that as civilisation matured, less and less people would want children, no longer wanting to subject them to the horror they see all about them, as I don't think in such civilised states we'd all agree to live peacefully together, more would become gay and so not have children anyway, being expressive of how untrue our relationships are because of how badly our parents treated us, and gradually humanity would die out as it lived true to its unloving state. That being the natural end of the Rebellion, there simply being no one born to continue it.

Dawning of a New **Spiritual Age**

Nanna Beth: It's true, however it's not going to be allowed to go that way because as people died and the population severely shrunk, it would also decrease the amount of experience required by everyone.

James: But supposedly the Pole Shift will kill so many off and decrease the experience.

Nanna Beth: Yes, however all those people will still go into the Mansion Worlds to carry on with their experience. And although a Pole Shift will drastically reduce the population, it will quickly re-establish itself. However with what you are suggesting, the population continues to decline with fewer and fewer people arriving in spirit, and so overall the decrease in potential experience gained from the Rebellion. And although the Pole Shifts periodically set back the population numbers of humanity, they are required to start afresh on many levels so as to allow the maximisation of experience to happen, so the new civilisations will quickly flourish and numbers increase and all under new conditions, thereby adding a vast new amount of experience to be had in the Rebellion. Whereas if there were not Shifts and people live as you were thinking about, humanity would reach a peak and then decline to eventually fade away like you are suggesting. And presumably because of that, it would also struggle to 'make babies' dragging it out until there was no one left who could do it.

James: So if that rebellion experience is so valuable, why stop it now or slow it down with all you are saying with it ending?

Nanna Beth: True, however it has to at some point end. Of course it could go on forever and until a time when it dies out, however there would also come a time when the amount of spiritual experience gained from it would become less and less, it all having been experienced by successive civilisations, the psychology of the denial of truth being expressed to the full, and so the same thing happens, the amount of new experience becomes exhausted thereby defeating the purpose of having it. And as we've told you, the end of the Rebellion also has to fit into other Universal happenings, so there's always a trade off, only so much can be gained at any one time, and then things have to change. However in future in other universes James there will be other Rebellions which will enable other experiences to be had. The Supreme Being requires a fixed amount of experience to come into Being. And although it's a colossal and unfathomable amount of experience, still when it's all done, that this part of Creation required to

bring He/She into Being will be complete, and everything will be moving onto the next levels of Evolutionary / Experiential Deity Creation.

James: Yeah alright Nanna Beth, there are I guess always a finite number of grains on the beach, of microbes on Earth, of us mortal souls in Creation, and so on.

Nanna Beth: You get the picture James. It just is what it is, which you are coming to understand and accept through your own Healing. That we have a mind however it's not to be used in the false and incorrect way we've all been lead to believe it is. And so with your mind now being forced to comply with the dictates and demands of Truth, of a Creation based on Truth and not Untruth, so you're having to adjust, just as will those people have to adjust when the Law is earthed.

I'll speak to you soon James – bye now, Nanna Beth.



SPIRITUAL
AGE *of the* SOUL

Aronal AGE

Sunday, 5 May 2019
Graham Golding: Hey All

Friday, 3 May 2019

I was listening to the stupidity of the current election. Political correctness gone absolutely mad to the degree, if anyone expresses their opinion then they are cast from the fold.

I'll agree, some of the opinions are un-loving, racist, bigoted, etc, but the control is so strong now, that no one cannot say anything which may potentially, possibly, upset anyone else. FFS (for fucks sake).

And so it came to me as I was driving today, will the LoC (Law of Compensation) be earthed at the very lowest and seemingly innocuous of actions against others, rather than at the world leaders / controllers who are merrily commanding the killing and extermination of humanity all over.

We have always thought that things have to come from the top down. The culture of the organisation is a result of the management. Right? That to get a nice harmonious (if not truthful) world, then the top has to topple.

But what if John is right. Pascas will see everything go upside down. What if we stopped people being nasty to our children, neighbours, community, etc. People won't have to retaliate to get the upper hand of control. If that stops, then perhaps there will be time to have a discussion about peace. Perhaps people no longer living in fear will be able to look to themselves to undertake their healing.

And bugger me, if Kathaleen and Kevin didn't touch on the subject also.

Blood weird if you ask me. (Which of course all you are. Haha) GG

James: If the LoC (Law of Compensation) is to be introduced it will apply across the board. So it doesn't matter who you are or in what level of society, if you are Crossing The Line, you're going to feel the pain you are causing and to the degree (of the First Mansion World) you are causing it. It being what happens when we all arrive in the First Mansion World, irrespective from where in the stratum of humanity we come from.



However the reality is, I think most people being relatively well-meaning even in their Wrongness won't be unduly affected. Whereas those people obviously crossing the line will. So some areas of life will stop altogether, whereas others will have ripples moving through them as individuals are affected, and others won't see any significant change at all.

So for example, within say a political party, if enough of the members are deeply affected by it being corrupt and abusive, the party will fail, same with a corporation, household and so on. If only a few, they will be exposed or simply will be 'unfit for work', unable to continue. And possibly if people didn't know it was the LoC happening, they might just think the person is suddenly having some sort of mental, emotional or inner crisis that's affecting their normal function. And I imagine some people will feel intense guilt for the error of their ways as the truth of such errors is brought to bear on them, whereas other people might just feel debilitated in some way yet still largely unaware of what's going on, with a slow awakening to the horror of their actions coming over a number of years.

And I think it will apply to all adult situations in life, children of a certain age, perhaps to sexual maturity, will not be affected until they reach that age. And as to how much damage parents can keep

doing to their children I don't think will be directly interfered with, as that abuse is to be dealt with mostly when one does one's Healing and through the Law of Forgiveness. A certain amount of understanding that perhaps you haven't been as loving as you might have thought you were and seeing the damage you've done to your children can be seen, just like it is now, and perhaps with the Law in operation it will help parents see it more, should they want to; however as the whole of society would be changing and evolving more into a 'loving mind way' of being, so that of itself I imagine would affect parents, perhaps changing so me of how they are and how they see parenting.

Law of Forgiveness

And I think some people being heavily ingrained in their hatred and unloving way of being will repeatedly do things causing them problems as they bang up against the Law over and over and until they finally get the message.

And you wouldn't be able to retaliate, or you could, however you yourself would then suffer the consequences of the Law. So there would have to be some readjustment on all levels for some people, and possibly only minor changes for others.

RELIGION of FEELINGS – The NEW WAY, FEELINGS FIRST SPIRITUALITY

Sunday, 5 May 2019

John: Hi Guys

This feels as though the question is about identifying what this is and also what we are.

We are saying we are a religion and we are not a religion – well I fuck'n hope not!

Are we an ideology? Ideology is a system of ideas and ideals, especially one which forms the basis of economic or political theory and policy.

We are certainly exposing a way of life – of living.

What are we and what is this all about?

Who are we?

Do we fit into a box – even if it is a new box?

It is time to settle this unknown – we have certainly handled more unknowns than what all of humanity has done so to date so one to go!

What say you all? JD

James Moncrief wrote: I'm grateful again for your input. It's helped me realise a few things this morning about myself, and about it all.

I now understand concerning myself, I've just written what I have over the years as I've gone along and with a vague notion that it is to 'Become Something', something which other people might like to follow and do. (And having written that, I now feel happy about saying there are: 'Followers' – people who want to follow the Truth looking into it, believing it's right and testing the waters concerning their Healing; and then there are 'Doers' – people who are actively doing their Healing.) So I've given it various names at different stages in my coming to understand it all, all of which for me have signified where I was up to and the core elements I was trying to display in a Title at that time.

Ideally I'd love to be able to say, I want it called... however the reality is, it doesn't have a name, it's not to actually have a title (unless that all changes in me were I to finish my Healing), that there is no need for a title because we're all just wanting to live true to ourselves and so would be doing that by properly attending to our feelings and truth would come up within us naturally, which we'd then live. It's life, however true or the right life, and not the mind-distorted thing we're all in.

So as we are in a mind-distorted way of looking at everything, so a Label will be necessary, however I don't know if it's for me to provide. And the difficulty I have with it all, is being fucked still and not true, I don't have the inner feelings supporting the truth I know I am to live, so I don't know what I feel about most of it, and I fluctuate all over the place most days, so I am hesitant at trying to work it all out before I am fully Healed. And yet I also understand, a certain amount of working out needs to happen before my Healing ends (it being part of my Healing), should it even ever end, because it does seem like

it's going to involve other people to such a degree that it's not just me standing up on my soapbox saying I'm the Avonal and declaring the Truth whether people are interested in it or not.

And as you three are the 'other people' and the feedback I get is the word 'Religion' is the hard part, then I am happy to move it down to the back end of it all. If anything, perhaps it should be written 'Religion' of Feelings, it being a religion but not a religion in the sense we know it, it being where we religiously attend to our feelings, our religion is worshipping our feelings and praying for the truth of ourselves they will give rise to, and then including the Divine Love and all the rest, but that's all too difficult to explain when someone knows nothing about any of it.

The spirits as you might have noticed have been pushing for it to be called The New Way, and I'm happy to go ahead with that:

The New Way
Feelings First Spirituality
Uncover the truth of yourself through your Feelings

(And I feel better about saying The New Way rather than A New Way.)

THE New Way, Feelings First Spirituality **Uncover the Truth of yourself through your Feelings**

So keeping it more neutral, introducing the fact that it's The New Way, sounding all very important, and that it's about spirituality in some way, and stating what the guts of it is about.

If I was to include: Live True To Yourself; True To Your Feelings, or something like that, so many people say they do that, Melania Trump says it, that she tries to do what she feels is right, tries to be true to herself, honest with herself and what she feels; I hear many people saying that, however that's all very well and is right were you not all fucked up in the Rebellion. So really she is saying: I am living true to my rebellious state, I do what feels right within it – and yet that is all based on how it was for her during her fucked up childhood. So by her feeling it's right how she sees things and what she feels, were she to do her Healing, she might start to see and feel very differently about it. And, she might also feel even stronger about being right, so she might be right as she is now; and it's too difficult to tell which way is right or not until one has completed their Healing. So saying it's about Living True To Oneself I can see is a bit tricky because people might say: oh I'm already doing that, and move on.

Also I don't like 'non-religion', I think that's possibly another bullshit American distortion. I'd prefer: of no religion, not a part of any religion, non-religious.

It's all mad, I am non-religion, I don't consider myself being religious or living with any level of Faith, and yet I am obsessive about 'working on myself', praying for the Divine Love, wanting to be at-one with God, Longing for the Truth, wanting to live a true spiritual life, wanting to live true to my feelings having Healed myself of all my rebellious untruth. And I think of myself as only vaguely being 'spiritual', and definitely not like all the New Age spiritual people. I just see myself as being normal – fucked, and trying to unfuck myself, and doing it all with God and God's Divine Love, wanting to become Celestial. When I'm asked: Are you spiritual – I don't know what to say. I am in conflict – yes and no. And I don't want to try and explain the differences. And when I'm asked: Am I religious, again, it's too hard saying: no, in the sense you are asking me; and yes, in my own personal sense. About the best I can lamely manage is: I do believe in God. So much for 'being the Avonal'!

So really I guess it's actually about whether or not we want to go down the religion road or just stay away from it altogether? So what do you reckon? If there ever needs to be any reference to it or call for it being a 'religion' then perhaps the title Religion of Feelings can float about more unofficially.

Or do we want to present it as a religion, only one very different from the ones most people are familiar with? In which all the subheadings presented by you all will be used to help describe the differences. However, is that making it far more complicated than is necessary?

Another thought it makes me have, is: how much do I want to 'take on' the other religions; and if I do, then have 'my religion' to fight their religions? Or do I want to just appeal to people who are religious or not, appealing to them through their feelings and the truth, thereby sort of overlooking the religions and New Age altogether? Do I say up front things like: All the religions are wrong because they are all a product of the Rebellion; or put that further down hidden in the fine print?

How do you guys feel about it, as you're going to be in the thick of it with me, I guess?

Jesus was about presenting the Truth, End of Story, and the limited part of it that he could. He knew we'd never get what he was saying because he wasn't allowed to reveal too much about it, and he knew that until we'd done our Healing, no one could live the truths he was revealing. So he hit the religions and beliefs of the day full-on and they hit back. But are we to go down that road? And it's not necessary this time round with the Truth, because we are able to present the whole truth which people can take and pull apart and make up their minds about. So how hard do we need to go?

And for myself, I don't know, it's still all speculation, things for me to 'consider' as I will have to wait until I am Healed before I feel connected enough with myself and what the Mother and Father want.

So please keep telling me what you think and feel about any of it.

Then whilst making lunch it occurred to me to ask you all: how would you like it, you 'speaking on behalf of humanity', not that you can of course speak for all of humanity, however, as I have only been given a handful of the population to discuss these things with – would you like the Avonal to come, stand up, and say this is how it's going to be, then laying down the Law; or, would you like to discuss the fate of humanity the Avonal is to bring down upon you, possibly even having a say in how it's all to come about? It is after-all 'your world' and what right do I being the Avonal and not technically of the world, have in telling you how it's going to be? And is God willing to listen to humanity as to how you'd like it, offering you a New Way should you want it; or is God just going to do what God wants – do we have a say? Would you like me to tell you what to do; or would you prefer we all have an equal say working it out together as we go? And if we have an equal say, how far do we extend that, how many people are to become included in that process; and, are I to choose them, or are you, or are we all, or do we just see what happens going by our feelings along the way? How much do we try and work out in our minds beforehand?

Marion says to me: you've got nothing to worry about, you are either the Avonal or you're not; John's money will either come or it won't; you'll either finish your Healing or you won't. And as there's nothing you can do about any of it anyway, why get yourself into such a state about it all?

Graeme: Of course Marion is correct but that doesn't really help us right now because we're in "pre-production" – planning so when it happens we're not sitting around on our bums saying, "well if we knew

for sure it was kicking off today we'd have prepared ourselves. We're doing stuff everyday as if 1. James you finish your healing; 2. You are an Avonal 3. John's money comes through and the show gets on the road. We're all being good boy scouts: "Be Prepared".

And it's all very well for her but she isn't about 'trying to work it out' whereas that's all I am. And the more I try to not work it out and be as she is, the more comes to try and work out.

And I jump between working it out and not bothering and waiting until something definite happens, and then I'm suck in trying to work out how much I should be caught between the two opposing states.

So, what do you all want of me?

Graeme: **Firstly, be my friend as you have been since we first spoke all those months ago**

Could each of you please tell me? How do you see me and where I fit in, and where you fit in with me, assuming I am the Avonal?

Graeme: **If you are the Avonal then you are the boss and I would be guided by you and I'd hope that we'd continue to discuss things that's related to what each of us wants to do.**

And if I am the Avonal and all the Avonal things are to happen that I've talked about, how do you see yourselves in relation to them?

Graeme: **This feels weird saying this but I trust you and what you have written. It's the truth as far as I can tell in my fuckedness. Until "something" tells me it's all bullshit and I've been gullible and conned then I'm in it for the long haul.**

I know I put a lot on John, you John being the central figure so far as having all the contacts and possibly getting this huge amount of money, however is that fair of me doing that to you? Should I step up more and say if the money is to come we're going to do this and that; or are you going to say I think we should do this and that and ask me to approve it or not, or what I think; or is it, and how do you want it – to be a mixture of it all? **That somehow we might actually be able to sit down together and discuss it all, working it out between ourselves what we want to do and where the focus should be.**

Graeme: **This is what I would love to happen and be a part of all the key discussions**

I have seen myself staying more with just the spiritual side of things in Pascas, helping people understand the Healing, helping with their Healing, looking into something like setting up some sort of Sanctuary, while John does all the other things like his medical centres and open university stuff and so on; but what do you want, do you want it all to be just about the spiritual side and to not worry about the other parts and so with me more fully involved; or would you like to do all the different parts and with me more involved in them? Or again, are we jumping the gun and getting to far ahead of ourselves, as should the money come and John doles (ha, ha!) it out, we all split never to be seen of again!

Graeme: **I've been waiting for the play on words = doled out by Doel...glad you said it James! I have no idea how anyone could manage such a huge amount of money...surely you's need Celestial guidance or help from an Avonal!**

We don't have a door bell!?!?

THE New Way – FEELINGS FIRST SPIRITUALITY

6 May 2019

John: Hello Marion and James (and Samantha)

Over the two and half years that I have been interacting with you both, I have been amazed that the need or desire to meet with you in person has never arisen. Even if I was in your area, I do not know where to find you – your post office box is not adequate housing.

Yes, I have communicated with James significantly more frequently than with you Marion, however you have always been in the conversation.

What I am trying to highlight here is that James' writings are so incredibly personal and complete that what is now in print is adequate to connect with anyone on this planet – and apparently beyond!. James is able to express himself, on behalf of you both, in a manner that is profound and unique in all that is offered. It is amazing to us that the connection is complete in all that is appropriate and what could be considered as being required. The communications are universal and will stand the test of time.

Even if everything stopped at this moment, humanity now has THE New Way – Feelings First Spirituality. Nothing further is required. Further dialogue will be bonuses.

None of us understand or appreciate what we have in capabilities and we are all in this blindness – so we do not understand what we see or don't see in the mirror – that is a bloody good thing. However, each one of us is continually doing the impossible without even recognising that.

Some years ago I decided I had had enough of all this never, neverland stuff – time to move back into the real world of commerce or whatever. Yeh, well you try telling God YOUR plans. I found myself imprisoned, or so it felt, within the casing of a giant steel wrecking ball. I banged my head on it for three days, I could not even get out of our house, I could not even move! I surrendered – fuck you – and I have been back at my desk going at it like the clappers and it has all unfolded with much more to come. So nothing to worry about – just do what you are told and the day will see your tasks attended to.

I met with teacher Joanne for three and a half hours last Saturday. Eighteen months ago she gave up her Arts teaching position within the mainstream education system in England. She then worked privately in Shanghai, China – maybe a year – then Bali in Indonesia for six months. About two weeks ago, now on the north side of Brisbane she ordered an Uber taxi and met the driver, Dennis Bobongie who was previously a school teacher. They chatted and the next thing Dennis is on the phone to me – he then introduces Joanne – she gives me her email address and I send her the Pascas Health website details. Joanne has started to teach children to live through their feelings. Joanne reviews some of the material on the website and also the Library Download section. She is taken back by the term 'Religion of Feelings' and when she meets me she gives me a hard time which brings about this debate on what the hell is this thing we have on the table – is it a religion? Hell no. The reason why Joanne was able to meet with me on Saturday is that she is 'house sitting' about fifteen minutes drive from my home on the Gold Coast and the owner lent her a car for the day! Now, if that was not orchestrated by our Celestial Friends and company then this getting together would never have happened.

To me, we are not to go down the religion road BUT we are to support those who want to form a congregation or gathering to bring about mutual support for each other to be able to embrace Feelings First Spirituality and even commence their healing. You might call that a foot in both camps. If other people want to assemble structures – go right ahead – we will do what we can – we will all discover as we go along.

As far as taking on the other religions – well that is already peppered throughout the Pascas Papers. It is not as direct within James, your writings. The James Padgett Messages with Dr Daniel Samuels Revelations and then Hans Radax writings from Judas literally annihilate the foundations of the Catholic Church and the whole of Christianity. None of the cannon laws, creeds, dogmas, rituals and bible publications survive – their credibility is removed – item by item. That being understood then the fact that behind the writings of all religious institutions is the simple fact that Lucifer is the source – everyone is worshipping what they call the devil. No James, Pascas is in the fire on this subject, you have revealed THE New Way and stayed clear of that – thank you ever so much!

I tried to consider that the existing religions could bridge across. They cannot, the void is diametrically opposed, the platforms are totally opposed to each other. And then what is the cruncher is that once you start your healing, religions have no further part to play, it is all THE New Way, that is, there is ONLY one way – there are no options, no plan b or options.

As far as the guys making up the Pascas mob having a say, that is certainly a case of understanding the capacity to do something or not, in this way we have a say. In understanding what is being considered then we have a say so that we come to understand what is being put on the table so that we become at one with the proposition. But I will guarantee you that we do not want to take you one micro dot away from the Truth that you are introducing and that is to be shared – not even a hint of that – we have demonstrated that for the past two and a half years.

We stand firmly with you, beside you, behind you and in front of you both in what you are bringing about for all of humanity to grow from. No one else has been able to do it, not one person these past one million years – who could put up with the boredom?

As far as working it out – there is nothing to work out. The Melchizedeks have been slaving over this even flat out for 200 years. When the time comes, some invisible personality will hit one of us over the head with a baseball bat and say what is next to be done. I have got 1,600 pages of writings peppered with broken baseball bats these past two and half years. Yes, and hundreds more before hand when I did not have an iota of what the hell was going on and what I was supposed to do – Graham can testify to that!

What do I want of you, James and Marion? Bugger all to nothing. Few understand what Pascas is. People are to tell Pascas what Pascas is to do for them. Within the ambit of Pascas' objectives it is to support those who are passionate about their desires of what they want to provide for others. This does take a lot to grasp. Pascas is back to front. It is a crazy idea to say the least. Most people will not push forward with their asking because they will not type up and identify what is to be delivered. But, hell James you type so damn fast that Pascas will have its bottom to the ground for now on to eternity – well for the next 1,000 years apparently – without long service leave.



How do I see you and where do you fit in? This goes for Marion and James. Never has anyone given me such clarity and purpose in life. I anticipated that my so-called retirement years would be petering off into boredom and loneliness – instead it is more exciting and meaningful than all my better days of life before – yes I am 72! All I can do is give it my best shot and then some more and make sure that others can draw upon what has been revealed. No one has been more of a friend to me than you two. No one has given me what I wanted for myself and others and this I share without limitations. No one has ever questioned my motives as little as you two have – you never have questioned my motives. You

have made my geriatric years to be my golden years even though I am still a typist! Where do you fit in – well you sit nicely in the centre of my heart – both of you. Yep – that is about right.

And if you are some kind of alien or freak of nature, well that is just a bit more fun to poke at you. As we are a bit wacky up here in banana country then you both fit in nicely. We do not relate to normal – boring! So what if you are – could you help being who you are? – could you change that? – would you want to anyway? – try telling God your plans – we are all stuffed in being what we are. Anyway, I like chocolate also.

Have you put a lot onto John? Huh. I have been on these tram tracks since conception, always heading to this point. I had an enormous amount of preparation work done for whatever I do not know and then you answered my phone call in late November 2016, two and a half years ago. Then you foolishly undertook to review a Pascas Paper – you sent me eight pages of corrections and it took me three days to work through and amend, let alone comprehend what the hell you were saying. And you kept at it, you must have thought that I was away with the pixies – if so then you are correct. No, my whole life has been to provide the assistance that is now possible – so be it. We both should have words with Mum and Dad about this. James and Marion need an army, not a typist!

Well when MY money is finally released to me, and if it goes the full way that we think it could then there will be annual releases for a good number of years to come, we will have interesting times. Generally it will be very simple. In the manner we have been connecting, we are keeping you appraised with everything that is unfolding. That is, you will be aware of all parameters and possibilities. From that will come priorities. Then it will be the case of what financial resources we have. What we have within a bank or two or three or more will be a certainty. Then we will prioritise what is to be done. Then we will do it. It will be general consensus and common sense or close to it.

Now here are some interesting points to grasp – in addition to telling Pascas what it is to do for you. Once MY money is put into Pascas as a gift it is no longer my money – I do not have control. It is Pascas' money. In fact after the initial payout, the ongoing annual payouts may be paid directly to Pascas as the entity being entitled to the funds. I do not know how that will unfold.

Further, you all have a problem. The cheque book is in Carolyn's desk, not mine, so go figure that one.

Yes, I will probably dictate how the first few programs are initiated so that we have precedents and a pattern to follow. It is to go something like this – eventually. About a dozen people will form the crux of the administration – no head. Any three of these people will then be able to work through the process to authorise the initiation and allocation of funds. The benefiting project will never know who are the authorising parties, they will be notified by a young lass from within Pascas on their behalf. No way for intimidation and lobbying. If it is a major matter then half or all of the twelve may need to be involved in the approval process.

No one is to have a title. However, by law the Foundation needs Directors. The Directors may or may not be part of the administration dozen or so. Being a Director has onerous obligations, thus professional people are required for these duties within an organisation like Pascas.

An interesting approach for all key people is that when they go on a holiday break they are not to be contacted. For this to be achievable they must always have others that can continue with their programs during their absence – we must make ourselves redundant at all times! Absence is not to cause delays.

We have evolved to have two Councils of Elders. Nanna Beth, Helen, Kathaleen and Kevin are our conduits to our Celestial Council of Elders – our invisible friends.

In the physical, those who make up the Council of Elders are envisaged to be those who have or are close to completing their Feeling Healing. The potential numbers are a little light on presently but as time goes on it will grow in number. Such people would possibly maintain the openness of the channels to the Celestial Council of Elders. Those in the physical would not have any obligatory duties, it will be their free will as to what they want to involve themselves in. They are to be informed of events and should they want to contribute or involve themselves that is for them to consider. It is the responsibility of Pascas to brief them in an appropriate manner. You could say that they each can stick their noses into anything as, when and how they please, they are of the Council of Elders and their input will be respected. There is to be no recourse to them regarding responsibility.

In short, somehow we might actually be able to sit down together and discuss it all, working it out between ourselves what we want to do and where the focus should be.

But no, there is to be no obligations, requirements or restrictions placed on participants of the Council of Elders or even if they are recognised or recognisable. Eventually, this is what we may predominantly strive to qualify for. What a cool Council it will be!

Yes, I see James and Samantha staying more with just the spiritual side of things in Pascas, helping people understand the Healing, helping with their Healing, looking into something like setting up some sort of Sanctuary(ies) in various parts of the world.

It will be for Pascas people to deliver what is to be THE New Way and that is Feelings First Spirituality through many schools, higher education including university, medical care centres and numerous other possibilities of demonstration of what Living Feelings First is. With the earthing of the Law of Compensation, this will require unique support through the Pascas Care Centres.

When the financial support is released into our control then it will be absolutely necessary for us all to meet and start to rationalise what is to be implemented and commence the delivery.

What Pascas is: it is the introduction of THE New Way of living – Feelings First Spirituality.

That being said, kindly preference the following banners: hehe

John

Religion of Feelings banners pdf

It's very difficult to 'correct' someone else's work, because how much do you change it thereby changing how they are???? All I can do is say it how I would, however am I right in doing this, and is there even a 'right'. I just go on what I feel, not using Grammar Rules like EME. I know I've said this before, so here's my 'corrections' for what they are worth.

P1 para 2 I don't know if it's better, however I'd possibly put it like this: Yes, I have communicated with James significantly, and more frequently than with you Marion, however you have always been in the conversation.

Para 4. I'm sorry but I don't actually like THE New Way, as it puts too heavy a focus on THE, which is meaningless. If anything the New Way needs more emphasis, however I like the three words to be equal. So as I've included below, I just write it The New Way, or THE NEW WAY

para 8 second sentence delete 'e' - ...her... And midway down she gives me her email address

para 9 I've always imagined calling such places Paradise Houses (...support those who want to form a congregation or gathering to bring about mutual support for each other to be able to embrace Feelings First Spirituality and even commence their healing.)

P2. para1 I'd change It is not as direct within James, your writings.

To possibly: It is not as direct within James' writings.

Or: It is not as direct within your writings James.

I might change this too: That being understood then the fact that behind the writings of all religious institutions is the simple fact that Lucifer is the source – everyone is worshipping what they call is the devil.

To possibly: It being understood that behind the writings of all religious institutions is the fact that Lucifer is the source – everyone is worshipping what they call is the devil!

para 2. This needs something else: I tried to consider that the existing religions could bridge across.

What about: I tried to consider if the gulf between Pascas and the existing religions could be bridged. It cannot, the void is too big, the platforms geometrically oppose to each other. And the cruncher is, that once you start your Healing, religions have no further part to play, it is all The New Way, that's it, there is ONLY one way – there are no other options, no plan B.

Para 3 I don't if this makes sense: As far as the guys making up the Pascas mob having a say, that is certainly a case of understanding the capacity to do something or not, in this way we have a say.

Perhaps?: James, as far as having a say, we the guys making up the Pascas mob, do have a say as we understand the capacity to do something or not. And the next sentence: We want to understand and be at one with the proposition – that is our say.

The last para is very touching. And thank you again for everything.

P3, para3 I think you should stick in a James ...and then you, James, answered my phone call in late November 2016,

All very good. The basic layout sounds great.

Of course looking at your banners inspired me (made me want to show off more like) and so I've taken what I liked and added a few others. They are endless, and perhaps they can be worked into various parts of Pascas, added here and there???

(Garamond)

The New Way

FEELINGS FIRST SPIRITUALITY

uncover the truth of yourself through your feelings
 uncovering the truth of yourself through your feelings

(Which do you prefer – Uncover or Uncovering? And which font?)

(Times New Roman)

The New Way

FEELINGS FIRST SPIRITUALITY

uncover the truth of yourself through your feelings
 uncovering the truth of yourself through your feelings

Unlock your Truth through your feelings
 Unlocking your Truth through your feelings

(Garamond)

Feelings First Spirituality

Discovering your true-self through your feelings

Looking to your feelings for your true self

Looking to your feelings for the truth of yourself

Expressing yourself through your feelings

Finding the truth of yourself through your feelings

Uncovering the truth of yourself through your feelings

Your feelings are The Way

You Are Your Feelings

Your destiny lies within your feelings

Follow your feelings

Your Feelings are far more important than your thoughts

Feelings First, not your mind

Feelings before Mind

Feelings before thoughts

Attend to your Feelings

Honouring your Feelings

Stay true to your Feelings

Live Life Through Your Feelings

My Feelings are Me

I am my Feelings

I love ALL my Feelings

Don't deny one feeling!

Banishing feelings is banishing yourself

Kill your feelings and you're killing yourself

Deny your feelings and you're denying yourself

Are you in denial? You are if you're denying your feelings
 Feelings are the way to true happiness
 Feelings are The Way
 Your Feelings are the expression of your soul
 It is with feelings that you love
 It is with feelings that you feel loved
 Feelings lead you to God
 Finding God through your Feelings
 God responds to Feelings, not thoughts
 Is your religion or spiritual system helping you deny yourself by encouraging you to
 deny your Feelings?
 Live True to your Feelings and Long for God's Divine Love
 Long and pray for God's Divine Love with feeling
 Want to be with God through your feelings
 The Way To God is THROUGH your Feelings
 If you try to get to God using your mind, you will fail
 Mind prayer falls on deaf ears; feeling prayer is responded to
 Strive to Feel ALL your Feelings
 Allow yourself to feel ALL your feelings
 Don't push your feelings away
 Ignoring your feelings is ignoring yourself
 Not allowing yourself to feel is limiting your self-expression
 If you don't express ALL your feelings you'll get sick
 We get ill because of unexpressed feelings
 Illness comes because we are not expressing ALL our feelings
 Reject your Feelings and you Reject yourself
 Reject someone else's feelings and you are rejecting them
 Reject your child's feelings and you are rejecting your child
 Rejecting feelings is unloving
 Block your feelings and you are blocking yourself
 Rejecting your feelings is hurting yourself
 Rejecting your feelings is being mean to yourself
 Rejecting your feelings is uncaring
 Rejecting feelings is cruel
 Feeling Rejection is abuse
 Self-Hatred is the rejection of your feelings
LET YOUR FEELINGS HAVE THEIR SAY!
 Express what you feel
 Put your Feelings First
 Do yourself a favour and allow yourself to FEEL
 Deny one feeling and you are denying yourself
 Feelings First, then your mind
 You can only Find Yourself through your feelings
 Open the door to your feelings and let yourself out
 The child feels deeply – you are still that child

To honour the child within is to honour All your feelings
 True Women's Liberation is expressing ALL feelings
 Men feel too, be a man and express All your feelings
 The Best Relationships are based on Feelings
 Share ALL Feelings with each other
 Connect through Feelings
 Feel!
 Emote your Feelings
 Bring your Feelings OUT!
 Bring yourself out by bringing out your feelings
 Long for the Truth of your Feelings
 Want to know why you are feeling what you are feeling
 Look into your feelings to find out why you are the way you are
 Your feelings will show you the truth of yourself – if you want them to
 When visiting your therapist, also long hard for the truth of your feelings
 Bring out ALL your feelings
 Your Repressed Feelings will lead you into your
 Childhood Repression
 Consider doing your Feeling-Healing

THE NEW WAY
 A Religion of Feelings
 a non-religion

The New Way
 FEELINGS FIRST SPIRITUALITY

The New Way
 Uncover the Truth of yourself through your Feelings

The New Way Spirituality
Feelings First
Truth through Feelings

The New Way
 Divine Love Spirituality
 Paradise House

The New Way
PARADISE HOUSE

THE NEW WAY
SPIRITUALITY
PARADISE HOUSE

MAREE and James

Tuesday, 7 May 2019

John, I hope this is all right for Jim. What if it's not actually Maree? I never used to question such things, but now being more in tune with my feelings, I'm dabbling in areas that I'm not so sure about. I've felt Maree 'about' for a couple of days, and have been wondering should I write with her.

I loved writing with her, it was easy, as if she were standing next to me telling me what to type, and even better than that, it was as if she was doing more of the typing herself. I've only read it though once, although having finished it, she's asked me to make three small amendments, which were just ways she said something. A part comes into my mind, I remember the words I typed for her, then I 'hear' the corrections and have to sit down and find the place to put them in. I hope she's happy with it now. (She says: I am. Thank you James.)

MAREE BAKER reporting in – passed over 2 May 2019

Tuesday, 7 May 2019



A celebration for Maree Baker

Friday, 10th May at 11am
Coolibah Downs
41 Mt Nathan Rd, Mt Nathan

We'd love for our family and friends to join us for this special celebration of her life. Please let us know if you are able to make it and please wear your bright colours to celebrate her life.

♥ ♥ ♥ ♥ ♥ ♥ ♥

In lieu of flowers, we would appreciate you to consider donating to the Blue Care Nurses who were outstanding in their care of Maree in her final weeks. More information at www.bluecare.org.au

Maree Baker died around 5.00am on Thursday 2 May 2019:

James: Maree, how are you – you want to have a word?

Maree: Yes James, if you don't mind, I would like that very much. I am well, all things considered, and well what can I say, I am still in a state of shock – A GOOD SHOCK!, A GREAT SHOCK – THE BEST OF ALL SHOCKS, still getting my bearings.

Secretly I was hoping you might avail yourself to me for my being able to come and talk with you and to especially tell my lovely husband Jim that I am very well, you needn't worry about me, it is as we have wanted to believe, even better, there is life after death, and WOW, how incredible the whole experience has been, I'm still blown away by it.

And I feel so excited to be able to send you this message Jim through James, I understand it is quite taxing for him to do, and I would love to talk on and on about all that's happened to me since 'my passing' – isn't that quaint... since I died, so I will try and be brief.

I want you to know Jim that on Friday at my 'Celebration' I'll be standing with you every step of the way. I'll be there, there's a lot of us over here who will be there, many of our family and friends, I've been meeting some of them these past days and WOW again!

So I will try to 'impress' myself and my love for you my dear man on you, I don't know if you'll be able to sense me, my light is not very bright yet, I've been learning about it, along with about all the other million and one things – there is SO much to learn, it keeps raining in on me, things keep occurring to me, they tell me it's the spiritual light, and as I am 'Adjusting', which means, waking up to and getting used to my New Spiritual Life, My Life In The Spirit Worlds, so my system processes it, it all helping to orientate me to my New Beginning.

And that's what it feels like Jim, I know we read about Jesus' being Born Anew, but it's not like that, it's a lovely feeling of – That it's all over now (my Earth life), and I am starting out again – Again, can you imagine, we get another go at it, or as we understand Jim, it simply carries on, however when you were as sick as I was, and now I'm fully healed – in an INSTANT, it changes you. I feel like it's all new and yet in other ways it's not so new, it's actually what I was expecting, although I darn't have got my expectations up too much, because what if there wasn't anything and all we believed about coming to spirit was wrong. However it's not, and now I sound like one of the many spirits we read about telling us all back on Earth: Hello, you down there (because you do seem to be 'down' there), there is Life After Death, there really IS. It is right what we read and what so many people believe, and I believed it, we both did Jim, but it's so incredibly amazing to 'Cross Over' and experience it.

So here I am, I finally Crossed Over and I want to apologise for putting you all through my suffering, and I know you'd say there's nothing to apologise for, however that's how I feel so I want to say it. Feelings have been rippling through me and I can hardly keep up with them. It's funny having a body like this, my spirit body, I can touch and feel it, it feels in some ways just as hard as my physical did, and yet I also know it's so different to the physical body. Don't ask me how I know, you just sort of know things, which is another amazing part of it all being over here.

And you know what Jim, I've met my Spirit Guide, and what a laugh that's turned out to be, because it's a whole bunch of my ancestors starting with my grandmother on mum's side. James is not very good with names (Eliene, or Ilene – that's what he hears, but it doesn't matter). And she's been telling me most about how it all works over here.

When I died I can't tell you Jim how much of a relief it was. It was a zillion times better than going to sleep, it blanked out everything, I remember slipping away, knowing I was dying, I felt no fear, only a nice warm sense of happiness, glad it was finally over – glad for us all. And then I felt a stirring as if I was having a dream, groggy sort of and someone gently calling my name, which turned out to be my Granny (I'm just using words in James' mind, it's actually quite easy to do, however I can't exactly express myself as I'd like to, so it's a bit of a compromise, but I hope Jim you can sense that it REALLY IS ME speaking to you – and how amazing is that!)

I awoke in a spirit hospital, a very nice Arrival Room so I've since been told, and almost immediately after my death, it apparently doesn't take our angels long to 'bring us over', and it took a while before my mind, I guess, came to the realisation that I was not dead after all, that I was still very much alive. I'm still blown away by it, but I am told the whole experience settles in as being normal, like everything else over here, and that we adjust to our new surroundings and way of life very easily, as everything is geared that way for us to do so – which makes sense.

Anyway Jim, I'm getting the wind up call, I'm here with another spirit, still in a part of the Arrival Hall,

it's massive this place, and we're in what seems like a sort of small conference room with a large screen and I can see James sitting on his couch (Hi James, nice to finally 'meet' you, I'm waving at him – don't wave back, keep typing) typing what I impress on his mind, which I do by simply 'thinking what I want to say to him', which is really just like me speaking out loud but doing it in my mind instead.

I have so many things that I want to say, I'd love to be able to say something to everyone Jim, but as I have limited time, so I will stay with you.

I want to thank you so much for all you did for me through our marriage, I loved every moment of being with you, I feel all overwhelmed and weepy with love for you Jim, I feel a bit overcome again, it's this New Light, it's quite intense and it seems to amplify all the good feelings.

I know your time is soon to come, I don't know exactly when and I've not asked, I don't want to know yet, I was told that there's plenty of time for that, and when it comes I will be waiting for you, being there to meet you when you wake up. I'm looking forward to that. And between now and then, I know I will possibly change a lot – who knows, but as to how I feel now, I'll be waiting for you and we will have much to talk about when we're back together again. I know this might sound a bit harsh, but presently I can't say that I am actually missing you, I don't miss all the pain and grief I was causing you so I feel so happy that we've both been released from that. And I able to visit you, which I've already done, so in a way I guess it's easier for us over here, and we get a whole new start, than it is for you.

I'd love to be able to say words that would take some of your misery and hurt away, that great sense of loss, however I don't think there is anything and I feel now that it's what you are meant to go through, which is why I had to leave first. I know we've talked about all of this on and off, and I know you in a way had a better natural understanding of it all than I did, you sort of lived it all more with faith, whereas I needed more proof in a sort of way, something which I would never get and something that you never needed, so now I'm getting more of that proof and it's all pretty much along the lines as I expected (says she, the wise-one who's only been in spirit a few days. But it's like Light, it does strange things to you Jim!)

Really Jim, I have to say I am ecstatically happy, I've never felt happier, that it's over, that I don't have to worry anymore, about myself, you, the children, our grandchildren, the state of the world, it's all suddenly been taken out of my hands and I'm no longer part of it. I can come and go but I can't change it, I can't influence you or the children or anyone else. And I feel really good about that, that I've been given back my life in a way, if that makes any sense, and I hope you don't take this the wrong way either, but it's as if in a way I was living a lot of my life for everyone else, and yes, I knew that, but did I really ever fully admit it to myself, and then what was I to do – try and live it more for myself? My life wasn't about 'just me', it was about us, and it still is Jim, nothing has changed in that regard within me, you and I are still one in the sense of how we were, so death hasn't changed that for me, and even though I was unhappy and upset at times by all the difficulties and our not being able to work it out as to what it was all about properly, still I can't complain, and I think I'm dathering a bit (my made-up word), so I'd better take a breath and try and gather my senses. I'm possibly still a bit delirious – After Shock!

Yes, so, I'll be there on Friday, you can tell everyone I'll be coming and I'm looking forward to it and I hope you can be happy to know that at least I am feeling much better and not just physically. I am, so you don't have to worry about me.

I have to go now. I hope I've said enough Jim, this is all very strange, there are other things I want to say and possibly even to say what I have said in other ways, however I'll leave it be. I'll read it over James' shoulder so to speak when he re-reads it and add or subtract should I need to.

I am showering you with my love Jim, continually. Now how that actually happens is I can feel my love for you bubbling up in my heart whenever I think of you, which is often, and I know we've read about this sort of thing, so I guess it must be true, but I can sort of sense or feel the energy of that love, because I am sincere in it, going to you. I don't know if you can feel it from me, and I can feel your love still for me, which makes me love you even more. It is all very remarkable, but I have to end, I don't want to end, I want to keep going, I want to come and hug you and hold you and tell you it's going to be all right for you, and I'm with you in spirit, and at times you might feel or sense me actually being with you, with these times increasing the more accustomed to the Light I become and the more I adjust to my new life. For the time being and for a few weeks yet, I'll make it to see you on Friday and I try to come each night when you are going to sleep, but that's about all I can do, however I intend to spend more time with you once I gain my footing.

So Jim, thank you again for everything you did for me during our harrowing ending together, and throughout my life with you. You are dear to me and I hold you in my heart and send my love to you.

Possibly I might be able to speak again once I've settled in more, I don't know about that and my spirit companion is not giving anything away. So until then should it come about, keep your senses and heart open to me and I'll be with you on Friday. Whenever you think of me, I'll be right by your side.

Goodbye Jim, all my love to you my dear man. And thank you James. I will go now Maree Baker – a newly arrived spirit. (I've always imagined saying something like that Jim, were I ever to give a 'message' to Earth.) And goodbye to all my lovely children and grandchildren, I love you all.



SPIRITS OF TRUTH INTERCONNECTIVITY

19 May 2019

James: This email to John came from a woman Joanne he recently met and talked about concerning, goodness knows what – ‘The spiritual stuff’ as I call it. He sent her my book *The Rejected Ones*. And because of her saying she so easily spoke with Mary M, I want to take the opportunity to ‘catch up with Mary’ having not spoken to her for ages and ask her about her speaking with people in regards to what she’s previously said to me.

Note from Joanne: Hi John

8 May 2019

This morning I had a lovely experience while walking on the beach. I had become a bit confused with everything that I had to do and I just prayed to God that I could feel divine guidance. Then after meeting with a lady I know who is a healer I went for a walk. I asked for help from Jesus and Mary Magdalene. When I did this I felt Mary Magdalene talking to me – it felt so beautiful I cried and laughed all at once while walking along and luckily not too many people to notice the tears. So it seems like now I can hear her in my heart – she is very loving. So I came home and started to read this and it makes the most sense to me over everything else. I have been very tired after all the emotional stuff shifting so I am resting now. I just wanted to share that with you. Hope you are doing fine today.

Jo

James: Hello Mary?

9 May 2019

Mary M: Yes, James, I’m here.

James: Thank you for responding to my ‘call’. It’s been a while since we talked last, so I hope you don’t mind if I take this opportunity to speak with you?

Mary M: Not at all James, you know, Jesus and I are always on hand for you, so call any times.

James: I know you’ve told me that, but as I’m changing so much with all these odd things called feelings that I’m not having to take into account, I feel like I’m having to start out all over again with everything so having to work out where I stand, based on my newfound feelings, in everything.

Mary M: I understand and we’ve been with you all the way and will continue to do so. It’s all still perfect all you and Marion and everyone associated with you are going through, you are making good progress toward that which you want as you discover feelings are the Way.

James: So concerning Joanne speaking with you, how does that happen, and is it really you – can you go over it again, as I’ve come to understand other things about it since the last time we spoke.

Mary M: It’s not me in person James. It’s the ‘Spirit of Me’ you could say. It’s relating to me through my Spirit of Truth, and when someone does, truly and earnestly as Jo did, then the various spirit agencies at her disposal can manifest me to her, so as she experienced, she felt like it really was me speaking with her, and that’s how one is meant to experience it.

And although it wasn’t myself in person, I hadn’t descended the spirit spheres, as Jesus and I are currently in Salvington, to talk to her in person, nor did I use the **reflectivity channels** like I am with you James. It was a function of the Divine Minister authorising on behalf of me, Jo’s Indwelling Spirit along with her Angels and other spirit agencies to ‘make it seem like’ it was me. And for all intents and purposes, it was me, even though it wasn’t, if that makes sense. It wasn’t me in person, as I can’t come

and be with everyone who reaches out to me, it's physically impossible, so I provide my Spirit of Truth to sort of represent me in Nebadon, so anyone who might want to speak to me and attune themselves to me like Jo did and Sam does often, is connecting with my Spirit of Truth.

However because it is my Spirit of Truth, that being a complete truthful expression of me, so these spirit agencies are able to use my Spirit to be me to Jo and Sam and to anyone else in Nebadon who needs to connect directly with me. So in this I can, via my Spirit, speak at the same time to Jo and Sam and anyone else, and should I wish to know who is 'accessing' my Spirit at anyone time, I can tune in and sort of follow it to the person or spirit. However mostly there would have to be a very specific reason for me to do this.

And then were I to, and then specifically tune in with and connect with that person or spirit, I can access the **reflectively channels** and personalise the communication with them more, or I could even descend the spirit levels to be literally 'by their side' speaking to them. However that sort of communication is very limited these days as mostly Jesus and I are too busy with the dealings of our Universe for us to move within it visiting specific people or spirits. We do move around, and still quite often in a relative sense to how often we visit other worlds, come to Earth, into the Celestial spheres, but mostly to talk with the Melchizedeks and perhaps one or two other spirits as required.

But the thing is, from Jo's perspective, she is to understand that it was me, and that it's irrelevant in a way whether or not it actually is me in person being with her at that time, and that were I physically able to be present to everyone who calls me, then as I was with Jo that other day and as I am with Sam is exactly how I would be with them in person. So really there is no difference, and that's what I want you to understand, so all I am telling you James is the technical side of it, so as to help you understand what's going on. As Jesus and I have told you, we won't be coming directly in person to anyone on Earth or in the Mansion Worlds until after you and Marion have completed your lives and returned to spirit. We are not to personally interfere with your work, which would happen should we come and advise and have anything personally to do with anyone on Earth or in the Mansion Worlds during your time. Our time with Earth in that sense, has finished as we've both told you, however still Jesus' and my Spirits of Truth will remain active and readily accessible, so people like Jo and Sam can readily talk with us via their Indwelling Spirits and the other spirits and spirit agencies affecting such inner communication.

James: I understand Mary, that helps explain it even more. So people like Jo and Sam who feel they are talking directly with you, are, even though specifically they aren't, and so how am I to deal with that? Should I try to explain to them and others who will no doubt also reach out and connect with you via your Spirit of Truth that it's not really you, even though for intents and purposes, it is? It gets a bit confusing. And I sound like a conceited dick saying Mary only speaks directly to me, to everyone else she's speaking via her Spirits of Truth. So should I just say nothing, and should they ever happen to read this message from you, they can think what they like? Or should I tell them what you've just told me so they can sort it out in their minds and not get carried away with the fact that it is you, because what happens when they set their heart on that, and then discover at some point that you speak to so many people and spirits and how can you do it all at the same time, and so perhaps they weren't so special after all? There are lots of issues that come up about it, and I don't want to dissuade anyone or diminish their experience of being with you. Sam has worked through it and understands it, yet she's doing her Healing and can work it out for herself, but not everyone will be doing their Healing who makes contact with you via your Spirit of Truth, like Jo did. And the other thing is, if people can so easily contact you and Jesus this way, then that could possibly interfere with them reaching out to and connecting with their Mother and Father.

Mary M: I understand your concerns James, and there's nothing you personally can do about them other than keep expressing all you feel about it all. People and spirits will have to work it through for themselves; and so regarding yourself, then it will be whatever comes between you and them. You have helped Sam work it through and she's happy with it, and I have at times, as both Jesus and I have, come to her personally, and we will continue to do so, just to complicate things even more for you James, however that's because of her doing her Healing, and that she needs a bit of our personal help at times because she's doing it all by herself, doing a magnificent job, and it is very hard to do. So when we come to visit the Celestials we can make ourselves available to her personally, sometimes we do in her mind or through her feelings, and other times in her dreams, and we have on occasion actually come to be as close to her as we can, being in the first Earth plane, just so she can feel our light and feel that we are with her in her pain. But mostly we send our love and 'presence' to her from one of the three Celestial spheres, depending on what we're doing. And it's possible that as other people do their Healing, we might be able to move closer and be more personal with them too, it all depending on the state of affairs at the time. We have been able to come to Sam without interfering with your work James, because you sanction it, you wouldn't deny Samantha the experience knowing it is all part of what she needs to go through to help her uncover the whole truth of herself through her feelings. Whereas when people connect with our Spirits of Truth and they aren't doing their Healing, it's still on a mind level, and so all the usual limitations and restrictions occur depending on the state of the Rebellion and your relationship with it.

James: Okay, I understand that too.

Mary M: And all of it will change again once you and Marion finish your Healing, as once that happens it marks the official complete end of the Rebellion, then Jesus and I can be more straightforward with you and everyone else through our Spirits of Truth, we won't need to have some of the Celestials 'pretending' to be us as we've talked about previously. And we will also be able to have a more expansive relationship with people on Earth and in the Mansion Worlds via our Spirits of Truth, and even be able to come more directly (in person) to people and spirits because we wouldn't be interfering with yours and Marion's work. And when that all happens, you'll feel the changes within you James and will be able to explain them should you need to.

As you felt the other day, things aren't fixed in the spirit worlds. Everything changes, even everything that is perfect. And some changes happen frequently, whereas others might seem to take eternity to happen, however change does happen because we all require the necessary experiences to grow in truth.

So with the big change coming about because of the end of Jesus' and my Age and the beginning of the new Spiritual Age, so a lot of what has been told you to about spirit / mortal communication will change again.

James: Yeah, I've been thinking about that more lately. I realised the other day, something that I'd read from spirits speaking through a medium early last century and thinking that made sense and that's still how it is, isn't like that anymore, that that was how it was back then and for that time, but as so much as changed since then, so that no longer applies. So possibly even some of what I've written with you and Jesus and the other spirits early on might have since changed too.

Mary M: Which is why you've wanted to wait for as long as you can before you read back over that work, all so you can bring it up to date should that be necessary.

James: And so far as telling people about all of this as to how you and Jesus might relate to them, it's for me to work out as I go?

Mary M: Yes. Jesus and I are not going to say anything about how you should be and what you should do, other than encouraging you and everyone to keep longing for our Mother and Father's Divine Love. That's the most important truth we revealed. That is all for you to work out. We are not going to lay down any Laws or Truths, they are already in place and you will come to them for yourself as you attend to your feelings and long for the Truth.

James: Alright. Is there anything else you'd like to tell me – I think I've asked you everything I wanted to?

Mary M: Only to tell you that all that applies concerning Jesus' and my Spirits of Truth will apply to you too James concerning yours and Marion's Spirits of Truth. So when you are dead and people reach out wanting to connect with you, you'll be able to 'speak' to them just as easily as Jesus and I can, as if you are right there with them in person. All that you are in each moment 'goes into', and so constitutes, your Spirit of Truth. So all that you've been and become up until you complete your Healing (and then after), will go into your Spirit of Truth. So it will reflect the Truth that you are and have been at each stage of your journey, as it will also reflect your personality. So people will know it is you, which means, that it is *your* Spirit of Truth, the Spirit of You James, that they are connecting with, and so through that communication can gain something of a feeling for, the truth of, you. So they will reach out to you, as you reach out to them through your Spirit of Truth, they will be longing for the truth of themselves, the truth of their spirit, so will reach out to connect with the Truth of your Spirit, or your Spirit of Truth. So the connection is made, spirit to Spirit, truth to Truth. And that's what happens with Jesus and I too.

And as you were also thinking more about this morning, many people, and in particular women, however a lot of men too, will be reaching out to me for the comfort my Spirit of Truth will give them, just as Jo said she did in her email to John. I am missing, so the comfort from my Spirit, from the Truth that I am, is also missing. And it needs to come and balance Jesus, just as the true Jesus needs to be connected with through his Spirit of Truth, and not the false mind-contrived Jesus so many people and Mansion World spirits are trying to connect with.

And it will be the same more when you have died and come into spirit, more people then will reach out wanting to connect with Marion and her Spirit of Truth. She is a lot like me in that we were both heavily denied, compared to how it was for you and Jesus. You have been heavily denied a lot of your self-expression James, however you've still been free, as was Jesus, to be a presence in the world in which people can get to know and relate personally to. However for Marion and myself, we were largely denied this, and she even more so on the personal level than I, because I still felt loved and retained my perfection, whereas she has felt every bit of feeling unloved one can feel.

And although Marion will enjoy a more limited range of personal connections once she is Healed, still her legacy will remain and grow stronger once she has left the world with her Spirit of Truth being very strong from spirit. She will prefer to work with and have in her life mostly people who are intent on and well advanced in or have done their Healing. She won't have much to do with the rest of the world, whereas you will potentially have more to do with it, having more of an outward interaction with people from all spiritual walks of life.

I will go now. I can't tell you anything about what is to come, either on the personal level or the impersonal. Jesus sends his love, he's here at my side and following our conversation James, and we are always tuned into you. So again we say to you, please call us any time you want, you won't be interfering with anything, and we will give you all the time you need. It's all too important the work you are doing for us to deny you any of our time should you require it, and once you have completed your

Healing, like everything in yourself and in your life, so too will your relationship with Jesus and myself change, with us feeling far more connected with each other and with us all having much more personally to do with each other. So we've not gone away, we're waiting for you to finish what you need to do, then we can set about having the true relationship together we're meant to have and not one that's been so jeopardised by the Rebellion.

Goodbye for now James, and all my love and blessings to you both – Mary M.

THE NEW WAY, FEELINGS FIRST SPIRITUALITY

Saturday, 18 May 2019

Graeme: I've been playing with:

Feelings First Spirituality...lighting the way...

This works for me on a number of levels.

Firstly the top line clearly states what we're about in three simple to understand words.

The second line gives a "benefit" i.e. it illuminates the path plus we've recently been learning more about the role of light in relation to the soul so it all seems to tie in rather neatly.

The typography is my choice: Gill sans serif top line and palatino for the second line with my signature three dots to lead in and also to conclude.

I also like the cadence or the way it rolls off the tongue...and I'll leave it with you to ponder...

John: Hi Guys

This doc has been reworked a few times.

A few things being the dynamics of the title.

Feelings First Spirituality is unique and stands alone.

The New Way – do you look under T for the, or do you look under N for new with other new ways.

Feelings First Spirituality, The New Way is a complete title and message in itself.

What we are also trying to do is now have to explain ourselves after someone having read it – is it a spiritual way of living that is new or is it a religion?

please consider this version all the way through.

Oh, the presentation, font, format, etc of the Pascas Papers is intended to be second cousin to a higher quality presentation of James writings.

The PPs to be auxiliary or complement to James' publications. Thus the style and fonts are to be different – no cartoons in one lot!

something like that!

You may notice that this file has a title that is different to prior versions.

John

James: Firstly, Yes Graeme I like Gill Sans and Palatino as you've written them. Gill Sans is softer looking and I like that, however on the Mac it comes up in slightly bold which is I think why I'd not used it before myself. But it does give a good feel to it.

Secondly, this trying to work out how to put it, what to call it, is pushing me into further having to take more responsibility for myself, all of which is new to me and hard to do. I want to write about my latest thoughts on it all, however like all of this, it's all subject to and so conditional upon my being fucked and so might all change should I ever manage to Heal myself. So for what's it's worth again, and as 'part of the process' – whatever that is, I'm sorry should I say things that make you feel bad John, however we know what we're to do with those bad feelings, should we want to.

And this is a big change in me, being prepared and even happy with possibly making other people feel bad, because we all do at times, instead of trying to please and placate everyone, knowing that it's just what I think and feel about things and of course not everyone is going to agree, and we can all talk about it and if we feel bad, deal with those feelings wanting to understand the deeper reasons why we're feeling them. So that's a big positive change in me, no longer feeling responsible for other people's feelings and accepting that we all have to be responsible for our own, because no doubt should it all happen as I would like, I'm going to piss off a lot of people.

Now the thing about why I want to call it **The New Way** is because of being an Avonal, it's a major part or platform upon which the Avonal is to come and reveal the truths required by the people on the world of their bestowal. They are to reveal **The New and Living Way**, which really means, **The New Way** that can be lived by those people who want to follow the Avonal Pair.

And although there are lots of other 'New Ways' I can't help that because if I am going to stand up and say that I'm the Avonal I will be saying that I have come to present **The New Way**, which is the Way out of the Rebellion, assuming it will be me saying it and not both Marion and I.

(And were Marion to want to stand up and equally have her say, then it might all be different anyway. Currently she is not interested in anything like that, and it seems like all the technical stuff revolves around me, however that's still whilst we're fucked, so that might all change should we finish our Healing.)

And also, **The New Way** is twofold: It addresses Natural love, as in how one can perfect their Natural love by doing their Healing, hence Feeling First Spirituality; and it also includes the Divine Love. Which is why I've said we can do both our Feeling-Healing, and our Soul-Healing, which is our Feeling-Healing with the Divine Love.

So the New Way is to include both the Natural love and Divine Love aspects, so to lead with just Feelings First Spirituality is still denying the Divine Love part – that's how I see it anyway.

And really the Divine Love part should be put first, as that's honouring Mary and Jesus who revealed the truth of it, however as we can't really benefit directly from the Divine Love UNTIL we've completed our Healing, so we have to put the Feelings First Part or Natural love part first.

And the Avonals coming specifically to a fucked world that's still so heavily entrenched in the Default, reveal the truth of how to heal the Default and then how to end the Rebellion, the two being the same in many ways, but really with the Default healing being done through attending to our Feelings, the ending of the Rebellion being more about the Divine Love, coming back in alignment with Mary and Jesus and their divine perfection and our Divine Heavenly Parents.

I have also been pondering should Mary's and Jesus' current age end and the Avonal Age begin then it means everyone on Earth has to then follow the Avonal Pair leading them to Mary and Jesus, without being able to skip or jump over the Avonal Pair by going straight to Mary and Jesus. The Avonal is to stand up knowing that 'The World is His' (and Her's, but I'm only focusing this on myself). It's sort of like I now 'own' the world, the 'world is mine'. And of course it's not, as it's the Mother and Father's and not mine personally, I am not going to be taking it over like the Lucifer's did declaring that it's their's, but technically it's what it amounts to and I have to accept this within myself. So the World is mine and how then do I want it to be? And how I want it to be is how our Mother and Father want it to be. I have all these mocks running through my mind about how I'd want to change the world, all to make it suit me better, end this and start that, but then I stop that and give it all over to the Mother and Father. So I don't want to get into trying to control anything, to say whether this is right or wrong, which then becomes difficult with you John and Pascas should you get all the money and the power that will bring, that would enable myself through or alongside you, trying to work out what is right and what is wrong – is it actually right that we do all you want Pascas to do so far as helping people; is that just what you or I or anyone else want based on our fucked states, or is it truly what God wants? And I won't know the answer to that until I am Healed.

Because for all we know, God might not want us, or myself, to interfere with the normal proceedings of things. You John might be able to carry on implementing all of your Pascas ideas, yet I would not be part of any of that, as it's not for me to get tangled up in it. So I would, what?, and how would I relate to you John, and Pascas. It seems of course obvious that you support that man on the Island making those prosthetic hands, and yet is that the right thing to do from my point of view being the Avonal? Am I to be involved directly in such things or should I just concern myself with the Truth and the spiritual side of things? And I don't know. All I do know is that I have to be open to move either way, to be involved with Pascas or even to stand removed from it, being able to do all the Spiritual work I am to do without it. And perhaps I am to be open to other charities for their help, what if other people offered me help along the lines of what you are John, what if a lot of people want me to be involved with them because they believe I would legitimise their endeavours? And I don't know, these things have been coming up in me the last few days to consider.

The overall effect such thoughts and feelings have been having on me is helping to make me feel more independent, that I don't actually need a Pascas as such, I don't even need other people supporting me in any way. Having 'been given' Sam who daily shows me someone can take what I have said and live it, someone can embrace The New Way and become the Living Truth of it, is all I've needed, it can be done, and so in effect, I've done what I came here to do, and so do I actually need to do anything else?

Over these past couple of months I've been feeling like all my will, all my mind wanting to have its say, all my control believing that I should and need to be in control, is being ground out of me. I feel deep within me this subtle shifting going on, I am letting go and giving over to God. It's not my will but Your Will my Mother and Father. I want to apply my will to live Your Will, Your will being expressed through my feelings. So every time I come to a point being able to see that I'm trying to control it, I want to end that control and allow God to take over. And as God is doing it anyway, I want to get my

mind out of the way and just allow that to naturally happen, all of which is a result of my doing my Healing.

So I've been questioning whether or not I am to even be involved directly with Pascas or something like it. And if I am, how much involvement should I have? Should I say, it has to be headed: The New Way... or do I let it go and allow it to be whatever you John or anyone else wants it to be?

And part of my acceptance is that because I will die and then all I will have left behind will be there for anyone to do with as they like, it's possible that well-meaning people like yourself John will take my work and make it into whatever or however they see it. So I will end up being used by those people who aren't doing their Healing just as all Mary and Jesus said has been used. It's unavoidable, and knowing that, how hard should I work to try and prevent or limit this from happening – or should I even bother at all?

I want it as The New Way because for now that's how it is within me, and yet that could change tomorrow. So when you John want it with Feelings First Spirituality, I don't feel right with it, it's not me, so I want to distance myself from it, and is this the right reaction for me to have or the wrong one, and as I'm still fucked, so I don't know and I'm just trying to go with the feelings that come up, talking them over with Marion and seeing how I feel about it then. And I'm constantly changing now, I can feel the changes on some levels, my compulsions aren't leaving me, unfortunately, however these other changes are happening.

So do I 'lay down the law' and say it has to be this way because that's how I want it, that it's my thing, that I am possessive of it; or do I just let it go and people can do as they please, and I have as much to do with them as I feel I want to, which really will end up probably doing my own thing, which might be nothing more than standing up and declaring myself to someone at some point and nothing more.

So how involved with Pascas am I to be – how involved do I want to be? How involved should I be? How much do I want to direct and influence it? And do I want to be involved at all?

The other difficulty is that really all of what you want to do with Pascas John that doesn't directly include the spiritual stuff, is just more of the same, more of the Rebellion, it's supporting the Rebellion albeit possibly lessening the pain, trials and difficulties some people might have in it. And yes of course, I'm all for lessening the suffering and pain and difficulties in life, and yet is it my place to actually work to do so? And is it my place to work to do it through the likes of Pascas, or am I to stick to my spiritual version of it working with my angels as they perform possible angelic healings on people? Or can I do both? Do I work with just the basic natural love end of things, such as helping Pascas help this man to help people who've lost arms and legs, helping you John to set up your medical centres far and wide, helping you work out how to administer to everyone on the planet ensuring they benefit in some way from the funding? Or do I solely concentrate on just the spiritual side of things, working with people who are intent in ending the Rebellion and Default within themselves in all the ways possible, and leaving those people to want a better life within the Rebellion and Default, to it? How much do I align myself with you John or just remain one of the parts of Pascas that you choose to help? Should I be involved across the board or just confined to the Sanctuaries? Do I just stick to helping you get my work published and presented in the various ways we've talked about, and that is all, or should I 'sit on the board' having me say about it all? Is your daughter, should she chose to 'accept the mission', find the likes of myself being helpful or a hindrance in fulfilling the Pascas agenda? Will you John? Because what if I end up disagreeing with the bulk of what you want Pascas to do and be involved in; are you prepared to make Pascas be as I want it to be, and is that something I should expect

of you; or, as it is your creation, should I just get involved in the bits and pieces that you want to help me with?

Another thing that's happened recently in me is that I feel like I'm done with my books and all my writings. It's an odd feeling, it's as if I've never written them, or more like, if they all disappeared that'd be fine with me and I wouldn't try and get them back by rewriting them. I used to worry that all that work, all the finer points about the Healing and spiritual understanding that's contained within them, far more than what could come up speaking with people about it, were it to all be lost, what would I do, but now I feel like, it doesn't matter, I've only written out my experiences of it and should other people follow me by embracing the truths Marion and I are living and revealing, they'll see it all for themselves as we've done, as Sam is, this being the working of the Spirits of Truth. So I have nothing to worry about, and in that light, were I never to get my books published or the films made or where I not even to speak to another person about the Healing or any of it, that's fine, as it would obviously be what God wants. The truth is always present, it's not just in my books, so I've given up the conceit that my writing is important and needs to be preserved at all cost. So it too can be friggged around with, changed and distorted, as surely it would, and as there is nothing I can do about that, particularly once I'm gone, so how much effort do I want to put into trying to have it all perfect and kept up to date now? The thought of re-reading it all is very daunting. So perhaps I don't have to, perhaps I will just do whatever you John might want and not worry about the rest. And if you want it all, I can work through it as required, otherwise I can just let it all go, fading off into the Never-Never.

So what is the conclusion to these latest musing of mine?

I enjoy periodically turning everyone on its head and throwing it out and starting again. So I pick up you John and Pascas and throw you out the window and then see how I feel about that.

And yet it's uncanny how it has worked ever since the first day we spoke on the phone, we've been worked along in sync with each other, step in step.

Your wanting to find and settle on a name to call and define the spiritual work has pushed me this way and that helping me to feel better within myself, more self-confident, more understanding about what it is that I want, who I am and how I want to be.

Then all of this with the Bush Bank, the difficulties Candice has been facing with upper management, even to yesterday with her and talking more about the latest events within the Organisation, led me to conclude that should I be involved with Pascas, and should Pascas do all you want to do John, that a such and such person or people will need to be somehow found as they will be the one's able to fulfil your vision. And I concluded that that person would have to have the ability to see and work the bigger and biggest picture, whilst at the same time understand the concerns of the little picture and person on the ground. And I find I am frustrated with the people who can only see the bigger or small picture, who are unable to join them both together. And I've never met anyone so as to have an example of someone who I feel happy with who can embrace and loves working with both the extremes and all inbetween.

And I have been delaying writing all of this because I felt there was still more to come, and I sat down to begin this morning, then got distracted, then you rang John and the first thing you tell me is how your daughter can easily and does for her living, work the two extremes and so would effectively be able to make Pascas fulfil your dreams.

So whether or not she can, and whether or not she and I might get along, or you and her once she gets going assuming she accepts the position, of course waits to be seen, however how uncanny that it is the

first thing you speak about when we spoke today, that which I'd just concluded in my mind being the first person to be employed by Pascas, someone who is capable of working the two levels under which or within which all the rest can happen. And that she is your daughter, that you don't even have to advertise or go anywhere to try and find a person with such skills, because as the Nature Parks has been showing me, the people Candice works for and with, hardly any of them would want such a job, they only want to concentrate on their little part and not wanting to know what anyone else is doing or how it all meshes together.

So from this example, and it's been like this all the way along, what can I conclude other than just to keep going and until something otherwise changes in me, I will be with you John and Pascas and we'll do some stuff, and as to and in what capacity that might be, we can work out when the time comes. We're already doing what we do in this capacity, so possibly it might continue, however still over all of it looms the end of my Healing, because should that ever happen, then possibly everything might change... or, everything might even get more solidified with you John. We wait and see, always waiting to see what happens.

Another part of what's been occurring within me to do with the Avonal stuff, which is really just following on from what we know, is that David's date at the end of this year is the next major point I am aiming for.

I have been questioning the Mother and Father as to why this date, and as They say – why any date, and there has to be a date when one age ends and another begins, so for the time being, this is a sufficient date.

So looking to that, I have been accepting more that until that date, which I assume will be the end of Marion's and my Healing and the official beginning of the Spiritual Age, I will do nothing more to interfere with Mary and Jesus' age. I have stopped trying to 'get people interested in the spiritual stuff', I don't want to do anything that changes the way people think or behave, I will still leave my work on the Internet and am happy if other people want to talk about it, for what they do is up to them, but I won't be promoting it. I would love to do YouTubes and speak it all making videos, however that's all on hold and I'll see what I think about it should my Healing end.

Also I've stopped thinking about how the Law of Compensation might be Earthed, how any of it might happen, I want to wait and see, giving up my need to go ahead of time. I feel I've been told the basics of what might happen, and I'm happy with my role in that. I feel like all the possibles have been given to me to consider from my fucked perspective, I don't think I could work them more and I don't want to anyway.

And I've been given a lovely picture that makes me feel so happy and warm about being Celestial, with the Mother and Father telling me how when my – our – Healing ends, our spirit and physical bodies are given over to the angels, meaning they see to their well-being, we are perfectly in harmony with our soul and without any of our compulsive needs anymore, so would feel what to eat and what to do with our bodies, with our angels ensuring that they remain healthy and functional. It's like I am suspended within the angels care, I will exist fully immersed in the circuits of the Divine Minister, my mind and feelings will fully express my soul and the angels will see to all other needs as I do what I feel I need to, which will be just expressing my true self.

So my angels will be working to ensure my system maintains its perfection, unlike now where they assist me in making sure my system maintains all the imperfections of my fucked state, and I can sense how very good that'd be, to be the other way round.

And once the New Spiritual Age begins, then everyone will have to follow and embrace Marion's and my truths should they want to ever leave the Rebellion and heal their Default. We are the doorway through which you have to pass to get out of the Default and Rebellion. And even in the Mansion Worlds, the same will apply, no longer will spirits be able to embrace Mary and Jesus and do their Healing as the Celestials have been able to do, everyone will have to work through and with Marion and myself and our Spirits of Truth so as to be able to embrace Mary and Jesus'. It's just a realignment of the technical way things will work spiritually. So The New Way also becomes the Door Way for people and the mind spirits who want to end their Wrongness. So it will stand up against everything that's not of the Truth, and eventually as more people chose to end their pain and do their Healing, so the old way will die and fade away.

And Marion and I will have at our disposal all that we require to ensure our Spiritual Age does what it's meant to do. And as to what it will do, waits to be seen as we will be shown and know once we're Healed.

I still find it funny speaking like this, as if I know what I'm talking about when it might all be still my own fanciful delusion; still, I feel I have to say it, put it in writing and sending it on, it all being part of my Healing.

THE NEW WAY – FEELINGS FIRST SPIRITUALITY

18 May 2019

John: Hello Marion and James (and Samantha)

Over the two and half years that I have been interacting with you both, I have been amazed that the need or desire to meet with you in person has never arisen. Even if I was in your area, I do not know where to find you – your post office box is not adequate housing.

Yes, I have communicated with James significantly, and more frequently than with you Marion, however you have always been in the conversation.

What I am trying to highlight here is that James' writings are so incredibly personal and complete that what is now in print is adequate to connect with anyone on this planet – and apparently beyond! James is able to express himself, on behalf of you both, in a manner that is profound and unique in all that is offered. It is amazing to us that the connection is complete in all that is appropriate and what could be considered as being required. The communications are universal and will stand the test of time.

Even if everything stopped at this moment, humanity now has The New Way – Feelings First Spirituality. Nothing further is required. Further dialogue will be a bonus.

None of us understand or appreciate what we have in capabilities and we are all in this blindness – so we do not understand what we see or don't see in the mirror – that is a bloody good thing. However, each one of us is continually doing the impossible without even recognising it.

Some years ago I decided I had had enough of all this never, neverland stuff – time to move back into the real world of commerce or whatever. Yeh, well you try telling God YOUR plans. I found myself imprisoned, or so it felt, within the casing of a giant steel wrecking ball. I banged my head on it for three days, I could not even get out of our house, I could not even move! I surrendered – fuck you – and I have been back at my desk going at it like the clappers and it has all unfolded with much more to come. So nothing to worry about – just do what you are told and the day will see your tasks attended to.

I met with teacher Joanne for three and a half hours last Saturday. Eighteen months ago she gave up her Arts teaching position within the mainstream education system in England. She then worked privately in Shanghai, China – maybe a year – then Bali in Indonesia for six months. About two weeks ago, now on the north side of Brisbane she ordered an Uber taxi and met the driver, Dennis Bobongie who was previously a school teacher. They chatted and the next thing Dennis is on the phone to me – he then introduces Joanne – she gives me her email address and I send her the Pascas Health website details. Joanne has started to teach children to live through their feelings. Joanne reviews some of the material on the website and also the Library Download section. She is taken back by the term 'Religion of Feelings' and when she meets me she gives me a hard time which brings about this debate on what the hell is this thing we have on the table – is it a religion? Hell no. The reason why Joanne was able to meet with me on Saturday is that she is 'house sitting' about fifteen minutes drive from my home on the Gold Coast and the owner lent her a car for the day! Now, if that was not orchestrated by our Celestial Friends and company then this getting together would never have happened.

To me, we are not to go down the religion road BUT we are to support those who want to form a congregation or gathering to bring about mutual support for each other to be able to embrace Feelings First Spirituality and even commence their healing – such places being Paradise Houses. You might call that a foot in both camps. If other people want to assemble structures – go right ahead – we will do what we can – we will all discover as we go along.

As far as taking on the other religions – well that is already peppered throughout the Pascas Papers. It is not as direct within your writings James. The James Padgett Messages with Dr Daniel Samuels Revelations and then Hans Radax writings from Judas literally annihilate the foundations of the Catholic Church and the whole of Christianity. None of the cannon laws, creeds, dogmas, rituals and bible publications survive – their credibility is removed – item by item. It being understood that behind the writings of all religious institutions is the fact that Lucifer is the source – everyone is worshipping what they call is the devil. No James, Pascas is in the fire on this subject, you have revealed The New Way – Feelings First Spirituality and stayed clear of that – thank you ever so much!

I tried to consider if the gulf between Pascas and the existing religions could be bridged. It cannot, the void is too big, the platforms diametrically opposed. And then what is the cruncher is that once you start your Healing, religions have no further part to play, it is all The New Way, that's it, there is ONLY one way – there are no options, no plan b.

James, as far as having a say, we the guys making up the Pascas mob, do have a say as we understand the capacity to do something or not. We want to understand and be at one with the proposition – that is our say. But I will guarantee you that we do not want to take you one micro dot away from the Truth that you are introducing and that is to be shared – not even a hint of that – we have demonstrated that for the past two and a half years.

We stand firmly with you, beside you, behind you and in front of you both in what you are bringing about for all of humanity to grow from. No one else has been able to do it, not one person these past one million years – who could put up with the boredom?

As far as working it out – there is nothing to work out. The Melchizedeks have been slaving over this even flat out for 200 years. When the time comes, some invisible personality will hit one of us over the head with a baseball bat and say what is next to be done. I have got 1,600 pages of writings peppered with broken baseball bats these past two and half years. Yes, and hundreds more before hand when I did not have an iota of what the hell was going on and what I was supposed to do – Graham can testify to that!

What do I want of you, James and Marion? Bugger all to nothing. Few understand what Pascas is. People are to tell Pascas what Pascas is to do for them. Within the ambit of Pascas' objectives it is to support those who are passionate about their desires of what they want to provide for others. This does take a lot to grasp. Pascas is back to front. It is a crazy idea to say the least. Most people will not push forward with their asking because they will not type up and identify what is to be delivered. But, hell James you type so damn fast that Pascas will have its bottom to the ground from now on to eternity – well for the next 1,000 years apparently – without long service leave.



How do I see you and where do you fit in? This goes for Marion and James. Never has anyone given me such clarity and purpose in life. I anticipated that my so-called retirement years would be petering off into boredom and loneliness – instead it is more exciting and meaningful than all my better days of life before – yes I am 72! All I can do is give it my best shot and then some more and make sure that others can draw upon what has been revealed. No one has been more of a friend to me than you two. No one has given me what I wanted for myself and others and this I share without limitations. No one has ever questioned my motives as little as you two have – you never have questioned my motives. You have made my geriatric years to be my golden years even though I am still a typist! Where do you fit in – well you sit nicely in the centre of my heart – both of you. Yep – that is about right.

And if you are some kind of alien or freak of nature, well that is just a bit more fun to poke at you. As we are a bit wacky up here in banana country then you both fit in nicely. We do not relate to normal – boring! So what if you are – could you help being who you are? – could you change that? – would you want to anyway? – try telling God your plans – we are all stuffed in being what we are. Anyway, I like chocolate also.

Have you put a lot onto John? Huh. I have been on these tram tracks since conception, always heading to this point. I had an enormous amount of preparation work done for whatever I do not know and then you, James, answered my phone call in late November 2016, two and a half years ago. Then you foolishly undertook to review a Pascas Paper – you sent me eight pages of corrections and it took me three days to work through and amend, let alone comprehend what the hell you were saying. And you kept at it, you must have thought that I was away with the pixies – if so then you are correct. No, my whole life has been to provide the assistance that is now possible – so be it. We both should have words with Mum and Dad about this. James and Marion need an army, not a typist!

Well when MY money is finally released to me, and if it goes the full way that we think it could then there will be annual releases for a good number of years to come, we will have interesting times. Generally it will be very simple. In the manner we have been connecting, we are keeping you appraised with everything that is unfolding. That is, you will be aware of all parameters and possibilities. From that will come priorities. Then it will be the case of what financial resources we have. What we have within a bank or two or three or more will be a certainty. Then we will prioritise what is to be done. Then we will do it. It will be general consensus and common sense or close to it.

Now here are some interesting points to grasp – in addition to telling Pascas what it is to do for you. Once MY money is put into Pascas as a gift it is no longer my money – I do not have control. It is Pascas' money. In fact after the initial payout, the ongoing annual payouts may be paid directly to Pascas as the entity being entitled to the funds. I do not know how that will unfold.

Further, you all have a problem. The cheque book is in Carolyn's desk, not mine, so go figure that one.

Yes, I will probably dictate how the first few programs are initiated so that we have precedents and a pattern to follow. It is to go something like this – eventually. About a dozen people will form the crux of the administration – no head. Any three of these people will then be able to work through the process to authorise the initiation and allocation of funds. The benefiting project will never know who are the authorising parties, they will be notified by a young lass from within Pascas on their behalf. No way for intimidation and lobbying. If it is a major matter then half or all of the twelve may need to be involved in the approval process.

No one is to have a title. However, by law the Foundation needs Directors. The Directors may or may not be part of the administration dozen or so. Being a Director has onerous obligations, thus professional people are required for these duties within an organisation like Pascas.

An interesting approach for all key people is that when they go on a holiday break they are not to be contacted. For this to be achievable they must always have others that can continue with their programs during their absence – we must make ourselves redundant at all times! Absence is not to cause delays.

We have evolved to have two Councils of Elders. Nanna Beth, Helen, Kathaleen and Kevin are our conduits to our Celestial Council of Elders – our invisible friends.

In the physical, those who make up the Council of Elders are envisaged to be those who have or are close to completing their Feeling Healing. The potential numbers are a little light on presently but as time goes on it will grow in number. Such people would possibly maintain the openness of the channels to the Celestial Council of Elders. Those in the physical would not have any obligatory duties, it will be their free will as to what they want to involve themselves in. They are to be informed of events and should they want to contribute or involve themselves that is for them to consider. It is the responsibility of Pascas to brief them in an appropriate manner. You could say that they each can stick their noses into anything as, when and how they please, they are of the Council of Elders and their input will be respected. There is to be no recourse to them regarding responsibility.

In short, somehow we might actually be able to sit down together and discuss it all, working it out between ourselves what we want to do and where the focus should be.

But no, there is to be no obligations, requirements or restrictions placed on participants of the Council of Elders or even if they are recognised or recognisable. Eventually, this is what we may predominantly strive to qualify for. What a cool Council it will be!

Yes, I see James and Samantha staying more with just the spiritual side of things in Pascas, helping people understand the Healing, helping with their Healing, looking into something like setting up some sort of Sanctuary(ies) in various parts of the world.

It will be for Pascas people to deliver what is to be The New Way and that is Feelings First Spirituality through many schools, higher education including university, medical care centres and numerous other possibilities of demonstration of what Living Feelings First is. With the earthing of the Law of Compensation, this will require unique support through the Pascas Care Centres.

When the financial support is released into our control then it will be absolutely necessary for us all to meet and start to rationalise what is to be implemented and commence the delivery.

What Pascas is: it is the introduction of The New Way of Living – Feelings First Spirituality.

That being said, thank you for your preferences regarding the following banners:

John

THE NEW WAY
FEELINGS FIRST SPIRITUALITY
 uncover the truth of yourself through your feelings

Unlock your Truth through your feelings

THE NEW WAY of LIVING
FEELINGS FIRST SPIRITUALITY

The New Way

Uncover the Truth of yourself through your Feelings

The New Way Spirituality
Feelings First
Truth through Feelings

The New Way
 Divine Love Spirituality
 Paradise House

Feelings First Spirituality
PARADISE HOUSE

THE NEW WAY
SPIRITUALITY
PARADISE HOUSE

Feelings First Spirituality

Uncovering the truth of yourself through your feelings
 Finding the truth of yourself through your feelings
 Discovering your true-self through your feelings
 Looking to your feelings for the truth of yourself
 Looking to your feelings for your true self
 Expressing yourself through your feelings
 The New Way, Feelings First Spirituality
 Your feelings are The Way
 You Are Your Feelings
 Follow your feelings
 I am my Feelings
 My Feelings are Me
 Feelings before Mind
 Don't deny one feeling!
 I love ALL my Feelings
 Attend to your Feelings
 Feelings before thoughts
 Honouring your Feelings
 Stay true to your Feelings
 Feelings First, not your mind
 Live Life Through Your Feelings
 Your destiny lies within your feelings
 Banishing feelings is banishing yourself
 We get ill because of unexpressed feelings
 Ignoring your feelings is ignoring yourself
 Self-Hatred is the rejection of your feelings
 Kill your feelings and you're killing yourself
 Deny your feelings and you're denying yourself
 Your Feelings are far more important than your thoughts
 Live True to your Feelings and Long for God's Divine Love
 Are you in denial? You are if you're denying your feelings
 Long and pray for God's Divine Love with feeling
 Your Feelings are the expression of your soul
 Want to be with God through your feelings
 Allow yourself to feel ALL your feelings
 God responds to Feelings, not thoughts
 Feelings are the way to true happiness
 Finding God through your Feelings
 It is with feelings that you feel loved
 Strive to Feel ALL your Feelings
 Don't push your feelings away
 It is with feelings that you love
 Feelings lead you to God
 Feelings are The Way
 Feel!

The Way To God is THROUGH your Feelings
If you try to get to God using your mind, you will fail
If you don't express ALL your feelings you'll get sick
Reject someone else's feelings and you are rejecting them
Reject your child's feelings and you are rejecting your child
Not allowing yourself to feel is limiting your self-expression
Mind prayer falls on deaf ears; feeling prayer is responded to
Illness comes because we are not expressing ALL our feelings
To honour the child within is to honour All your feelings
True Women's Liberation is expressing ALL feelings
Men feel too, be a man and express All your feelings
Open the door to your feelings and let yourself out
You can only Find Yourself through your feelings
Block your feelings and you are blocking yourself
Rejecting your feelings is being mean to yourself
Do yourself a favour and allow yourself to FEEL
The Best Relationships are based on Feelings
Reject your Feelings and you Reject yourself
Rejecting your feelings is hurting yourself
Share ALL Feelings with each other
Rejecting your feelings is uncaring
Feelings First, then your mind
Rejecting feelings is unloving
Bring out ALL your feelings
Connect through Feelings
Feeling Rejection is abuse
Rejecting feelings is cruel
Express what you feel
Put your Feelings First
Emote your Feelings
Bring your Feelings OUT!
Long for the Truth of your Feelings
The child feels deeply – you are still that child
Deny one feeling and you are denying yourself
LET YOUR FEELINGS HAVE THEIR SAY!
Bring yourself out by bringing out your feelings
Your Repressed Feelings will lead you into your
Want to know why you are feeling what you are feeling
Childhood Repression – Consider doing your Feeling-Healing
Look into your feelings to find out why you are the way you are
Your feelings will show you the truth of yourself – if you want them to
When visiting your therapist, also long hard for the truth of your feelings
Is your religion or spiritual system helping you deny yourself by encouraging you to deny your
Feelings?

The New Way

Feelings First Spirituality

FEELINGS FIRST SPIRITUALITY
Living free to discover one's true self

The NEW WAY

Living Feelings First with companionships

The New Way, Feelings First Spirituality
Unlock your Truth through your Feelings

The New Way, Feelings First Spirituality
Feelings are your own truth and personality

FEELINGS FIRST SPIRITUALITY
is uncovering your destiny

The New Way, Feelings First Spirituality

The New Way

is a Non **RELIGION**

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

The New Way

FEELINGS FIRST SPIRITUALITY

The New Way

Uncover the Truth of yourself through your Feelings

my
House is
your **HOME**
PARADISE



my
House is
your **HOME**
Paradise



PARADISE
Congregation

my
House is your
Paradise
HOME



LOVE
is
The New Way, Feelings First Spirituality

The New Way, Feelings First Spirituality is a contemporary ‘religion’ based on living true to yourself through your feelings. Understanding that all you need in life is contained within your soul and is shown to you through your feelings. And by loving your feelings, by attending to them properly (talking or writing them out of you) and not denying them, you can use them to uncover the truth of yourself – the truth of your soul.

Feelings First Spirituality is not a formalised religion that tells you how to be, that is too controlling and is actually bad for you, limiting your spiritual growth. You can be wholly self-revealing of the truths you need to be, being the person God created you to be, all by living true to your feelings.

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

Living the New Way of Feelings First Spirituality

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

And to do this you need to do your Healing

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

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

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

Avonal Revelation

- **Only by living The New Way, Feelings First Spirituality can you become right, and truly find God.**

Feelings First Spirituality

The New Way

Feelings First
FF
Feeling Free

The New Way, Feelings First Spirituality
 Learn to live with God through your Feelings

Accept, express and long for the truth of your feelings

Be free in your feelings
 Free your feelings from your mind's control
 Live true to your feelings; your feelings are your true self
 Live true to yourself through your feelings



Live true to yourself by living true to your feelings.
 Long for the truth of your feelings.

Accept / Express / Bring out ALL of your good, and most importantly,
 BAD feelings.
 Want to understand why you're feeling them.
 Use your surface feelings to take you deeper into your repressed and
 hidden feelings.



The Feeling Way is the True Way.
Your feelings are your spiritual guide.
Your feelings will take you to God.



Your feelings will show you the truth of your relationships, including your relationship with God; and if anything is wrong, untrue and unloving, then why it is.

Our feelings are sacrosanct and we should respect them accordingly. And we should NEVER block them out, ignore, override, banish, deny or reject them, because if we do, we're only doing that to ourselves, as Our Feelings Are Our Self.

Our feelings are the gateway to our soul. Our feelings are the closest we can get to our soul. Knowing the truth of our feelings is knowing the truth of our soul, and knowing the truth of God.

Feelings First Spirituality is the True 'religion' for humanity.
It embraces all people.
It completely unifies the world.



Everyone can relate to everyone else through their feelings.
And we can all live the truth that comes from our feelings, all sharing the same truths as we express and have the same feelings.
No one need be left out; no one is more special than anyone else – we are all united in Truth through our feelings.
So with and through our truth we live our lives, therefore without the need of any man-made mind-laws, rules and restrictions that limit self-expression as inspired by our feelings.

The New Way, Feelings First Spirituality is what is to replace all man-made, mind-contrived religions that so many people have enslaved themselves to. The New Way, Feelings First Spirituality will set us free of all that control, ending the Rebellion and Default within ourselves as we do our Feeling-Healing, and ending such control and spiritual stagnation in the world.

Bring on the End Times – get it over and done with! Let's all see that Jesus is not going to come again, that Prophecy has failed all the mind-controlled religions. Allow such false systems of belief to die their long-awaited natural death, they've overstayed their welcome, it's now time they fade away. So let us show such antiquated, erroneous systems of belief the exit and bring on the fresh liberation of discovering the truth of how we are to live for ourselves, each of us personally in our lives, and all by looking to our own feelings for it. Self-revelation through our feelings is the way to go.

The Way of the Mind is ending, and is really the End Times – the End of our mind control, and **it's about time!** With the Way of our Feelings replacing it.

The End Times means the end and therefore a New Beginning. And that new beginning is a whole new Spiritual Age – an age based on self-revelation of truth through one’s feelings, coupled with and supported by higher revelations from the Celestial spirits, angels and nature spirits.



The Feelings First Spirituality is the True Way to God because it helps you get to know God, helping you to reach out, connect and be personal with God, and do God’s Will, all through your feelings. It is the only true way of getting to know the God of Feelings – our beloved Heavenly Mother and Father, the Great Soul of Divine Love.

Love comes through our feelings and not our mind, as we’ve all been wrongly led to believe.

Feelings First; then comes The Truth; then comes Love.

LOVE is the Religion of Feelings, being:

The New Way, Feelings First Spirituality



my
House is your
Paradise
 **HOME**

AWAKENING OF Humanity

LUCIFER REBELLION REIGN

200,000 years ago

Jesus & Mary

NOW!



TOTAL DOMINATION Universal Contract

FOR 200,000 years ALL SCRIPTURES are the WORK of the REBELLIOUS LANONANDEKS:

The rebellious Lanonandeks from within our local universe are these soulmate pairs:



Lucifer pair
Arrested and imprisoned 26 CE



Satan pair
Arrested and imprisoned 26 CE



Caligastia pair
Arrested and imprisoned early 1990s CE



Daligastia pair
Arrested and imprisoned early 1990s CE

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

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

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



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

Law of Compensation

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

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

The New Way Feelings First Spirituality

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

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



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

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



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

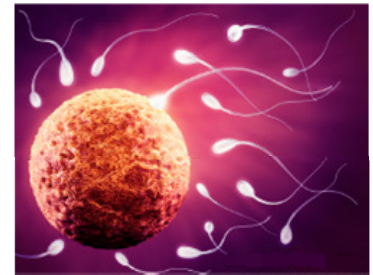
Until we heal ourselves of the imposts of the Rebellion and Default we will not be able to bring our children up free from error. We will continue to subject our children to our inherited errors and they will continue to be stifled and part of the Rebellion.

Until we heal ourselves through longing for the truth of our feelings, both good and bad, and expressing what we come to understand to someone that we have a personal relationship then we will remain living like a zombie – continuing to be in a stupor and screwing our life and everyone

and everything around us. We will not be able to recognise who our true partner in life is and we will continue have mismatched marriages that will ultimately fail – no exceptions – until we heal ourselves!



ALL MARRIAGES ARE
Mismatched



REBELLION



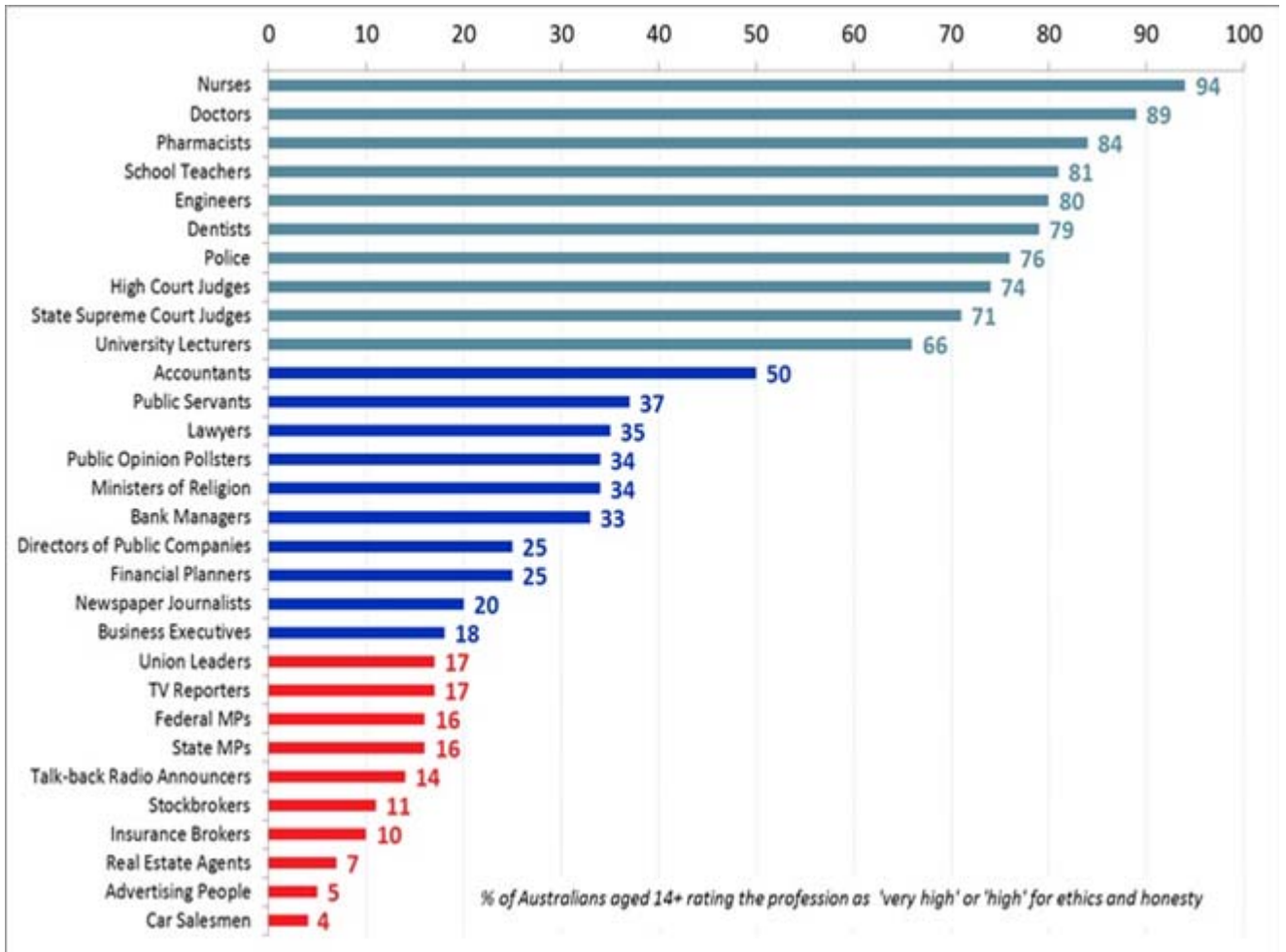
Due to our addiction to control, all sectors of industry, commerce, institutions and governments are corrupted. That is demonstrated by the varying percentages of trust or lack of trust recorded through surveys. Yes, there are aspects of truth and honesty within all of these endeavours. However, this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

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

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

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

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



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

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

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

Healed **Soulmate** Parents

Our Spirit Friends on duty



OUT GATEWAY ISOLATION



Hi Guys,

Friday, 24 May 2019

Recently I spoke with Verna the nature spirit re climate change, farming practices and related subjects.

The direct link to the recording is

<https://my.pcloud.com/publink/show?code=XZetvI7ZJfNh8JPgKo5ngnmeEW33WVpA1BKy>

Or you can go to exploring the spirit world in facebook, click on more info and click on channeling recordings.

Cheers, Johnno

Feeling Healing Cosmology Introduction

Friday, 24 May 2019

James: Yes it's a good intro, just touching on this and not too much. I like the heading. Very good John, I'm happy if this is what you are 'hitting people with'. It should either intrigue them or put them off. I'll have more of a look through it should I be able to do something other than stare like the numbnut I sure feel I am out the window all day.

JOHN MUSING OVER RECENT EVENTS AND MEETUPS

John: Hello Nanna Beth, Kathaleen and Kevin

Thursday, 23 May 2019

Within the confines of possibilities of the imposts of the Rebellion, the conversations that I am experiencing are rather mind blowing and progressive.

A few weeks ago, I explored with Jeff Heisey what was unfolding for humanity and the spiritual developments we are having available to reveal now that we are beginning to grasp a little. In the early hours of the morning that followed for Jeff he became aware of three orbs of light that he enjoyed for a good number of seconds. When he fluffed his sheets on the bed that he was lying on, they passed through the moving sheets without disturbance. What did he experience please?

Nanna Beth: Hi John, he experienced 'Tricks of the Mind'. Certain people are given such experiences in accordance with their belief systems, mostly for them to affirm, or at least, to help them believe, they are heading in the right direction, so such light was to help Jeff feel good about his relationship with you.

However I would caution with such experiences, not to get too carried away, some people will have more of them than others, however really they are not to become a distraction of the mind, which a lot of people tend to make them, but are to help affirm that one should look to the feelings they give rise to whilst longing for the truth of those feelings.

John: Further, are the circumstances of the Austrian snap election having any relevance to Solid Investment? It appears that the hidden video was made more than a year ago and has just surfaced.

19 May 2019: Austria is bracing itself for fresh elections in September after a tumultuous weekend saw the country's conservative-nationalist coalition government collapse over the so-called 'Ibiza scandal'.

The country's chancellor, Sebastian Kurz, announced on Saturday that his centre-right Austrian People's party (OVP) would end its 18-month ruling coalition with the far-right Freedom Party (FPÖ) following the emergence of a video, filmed in Ibiza, that appeared to show his deputy, Heinz-Christian Strache, offering lucrative public contracts in exchange for campaign support.

"Enough is enough", Kurz said as protesters gathered outside his Chancellery chanted the Vengaboys' 1999 hit We're Going to Ibiza!

However, the former far-right leader also described the video as being part of a "targeted political assassination" aimed at breaking apart the coalition's government, and said he had done nothing illegal.

But here's the twist: The entire episode was a setup. The woman, Alyona Makarova, is not related to a wealthy Russian, and the villa contained many hidden cameras throughout. At one point during the conversation Strache grew suspicious, turning to his party colleague in the room, Johann Gudenus, to say, "Trap, trap, it's a trap."

Nanna Beth: There is change going on in many of the leading countries, all in keeping with the changes that need to take place that will help liberate your funds and move people into wanting to support you.

I will add that there are two levels of change taking place, the more obvious one in the world with a move away from self-serving socialism and all its faults, to the more 'god-serving' Trump and Putin side of things and all its faults. These being changes within the Rebellion that happens from time to time. And then there are the more subtle and not as obvious spiritual changes that are slowly gathering pace. These spiritual changes which are going to have an overall greater effect on the other changes.

There is still a lot going on behind the scenes with the Celestials still preparing and moving into position for what is to come. They can't as yet do too much to interfere, as we're still within Mary and Jesus' age as we've told you, however they can get things ready for when they can act more closely with people. And when that time comes, they will, and even quite forcibly at times.

John: And Thursday May 23, 2019

Former Federal President Horst Köhler has resigned his office as UN Special Representative for the Western Sahara conflict after almost two years. Köhler informed UN Secretary-General Antonio Guterres on Wednesday of his immediate resignation for health reasons, a United Nations spokesman said in New York.

How does Kohler's condition and resignation impact upon his endeavours to establish communications between Germany and Crystal please.

Nanna Beth: It allows him to attend to the more pressing matters he's worried about. It frees up his time more by not having to be involved with other time consuming duties.

Meanwhile we had quiet a gathering at Trevor's home with Scott, Tracy-Kim, Faizel, Graeme and Jim. Preparation work you might say.

Cheers for now and thank you
John

Nanna Beth: That's exactly right. You've had a good few days as you were telling James on the phone this afternoon, with more of the same to come. It's all helping to move you now in the right direction John, still helping you frame within yourself where and how you want to go and what you will want to do, and also the types of people you might like to have involved in Pascas and be involved with outside it. You are seeing as you told James, that certain people, like how it's been for yourself, have been and are being and will be, well prepared for their point of contact with you. So by talking to you John, as you have rightly surmised, in a fatherly way, you are helping to fill in the gaps and open things out for further and deeper consideration.

There are other surprises coming your way, yes, pleasant ones, and ones that will help you feel even more of these current feelings, all helping you feel like there is indeed some momentum beginning to build. And there is. There really is, and I'm saying that to you too James, particularly in light of how lack of it you were feeling today.

James: I can sense or perceive or just figure that surely there has to be, I don't know what my feelings are saying as they are all over the place and always my mind is grabbing onto what it can, but surely if all you've said is to start happening, we must be getting close now, because as we've talked about, for it to be delayed for too much longer, we'll all be getting too long in the tooth.

Nanna Beth: I understand your concerns James, but you actually need to be older, as does John, because the younger people who'll become involved will need to look up to you for such guidance that comes with age. Not everyone writes off old people, and if the old people seem relatively on the ball, then they can command a lot of respect in those younger, and that's all part of the plan, which John you might even be able to see working in your favour with the likes of Trevor and Scott. And then for you to show such leadership on a spiritual level in your beliefs and in the conviction of those beliefs, and that you are very serious about them and yet can also laugh and still be open minded to hear what others think, will serve you well in your relationships with those people who'll you need around you to do the work and make it all happen.

Part of Jesus', and especially Mary's problem, was that they were so young, and they in a way, 'jumped the queue' so to speak. So those older more so-called religious 'wise men' felt Jesus and Mary were upstarts and how could they know anything being so young! However to avoid all of that sort of thing with you and James (and Marion), it's been necessary to 'put some age on you', along with all the knowledge and experience you've needed to gain about how things work on a business level as well as having needed time to investigate all the spiritual side of things so you knew when you came across James' work that it was very different to everything else that was 'out there'.

James wants me to say more about what's happening with the spiritual side of things, however James I'm even less at liberty currently to tell you anymore than I have. It's important at this time that you have minimal input from us spirits, it's a time for you to be with yourself more, to feel all those horrible feelings you tried to avoid all your life that are to do with just being with yourself, and with your true yuk and unloved self as opposed to your false "I'm okay" mind-contrived self.

James: You're sure right about that Nanna Beth. I hardly speak with any of you spirits or even with the Mother and Father. It's incredible how my Healing changes, and even though in many ways I feel so different and so much better than I used to, in other ways as I get closer to the truth of myself and my unloved rejected state, I feel just as bad as I always have. I feel like I am progressing in my Healing and I'm changing a lot and I feel better for those changes, and yet still I feel like shit and so angry, scared and miserable.

Nanna Beth: It's cycling through your bad feelings right the way through to the end. It was the same for us all. We completely empathise with you. You can sense or know you are making progress and yet you can't see it in your life and in how you conduct yourself in your relationships. You are becoming increasingly more self-aware, and so aware of how rebellious and untrue you are, and why, and you feel better about that, and yet still it only makes you feel just as bad as you've always felt, and even worse at times. It's all getting closer to truth of yourself James, and because you are unloving, so closer to the truth of how and why you are unloving and all how being unloving makes you feel.

However as I said, I can't say anything more. We can only say a few things to John but that too is being kept low key because if we said more through you to him, you'd be able to perceive that which we're not meant to tell you, that which you are now to find out for yourself. John is getting more confirmation from other people than yourself James, so he doesn't need to ask you as much as he did.

Helen is still busy fine tuning her relationship with Crystal. Certain inner changes are still taking place in Crystal from her 'burning hat band experience' all of which Helen is working with. A lot happens on the inner psychic levels, and not psychic as in future prediction or seeing and talking with us spirits, but in the interplay between the feeling and mind levels, all of which needs subtle cultivation which happens during each session Crystal has with Helen through Joe. It's done on subtle energy levels and is all still part of moving Crystal into place for what is to come.

So it doesn't matter that over the years nothing really has come of all the predictions and hope that has come up through Joe and because of Crystal's other endeavours as it's not really about getting a tangible material result – not yet, anyway. That is to come, and all that's gone on has been necessary to bring it to fruition, however on other inner levels much has happened to you John and Crystal that has helped you change and grow within yourselves to get to this point. The simple fact of sticking with it when most other people would have given it up, has helped you both become who you are, and that is far more important than whether or not the money actually materialises. Experience of the smallest kind is more valuable to anyone than all the money in the world, and as our Mother and Father are all about ensuring we maximise the experience They want us to live, so it's in the small things that we can look to see what's happening in the bigger things, how it's the small that defines the large, and yet at times you need the large so to allow the small to undergo such definition.

I will go now. My love to you John – to you all, we're still all very close to you. Also, it's possible you will hear a lot of wacky ideas and things about the spiritual side of it all from people who consider themselves quite spiritual, however you've consolidated the Truths within you enough now to know such things are meaningless and not to be taken seriously. What you are to take seriously will stand out, you'll see it or it will come back to you after the interaction, your Indwelling Spirit John will help you stay on track.

And it's not that you must correct or even try to correct other people's muddled mind and their beliefs, but that you are just to stay firm in yours and allow things to run their course. So the differences between Jo and Trevor and Scot are obvious now to you, however weren't so obvious when you are starting out with Jo. But it all worked out and for the best of all involved, and so that's how it will go. As we've said, you've got nothing to worry about, the right people will be supported and you'll feel good being with them and it will all work easily; the wrong people will not be supported by us, the light will not be there and the tide will go out. There is too much spiritual light about you and all you're setting out to do now John, you might not be so aware of it, however it 'moves with you' as you conduct your business, and people will either react to this light in a favourable way or not, and time needs to be given at times for everyone to work out what they want to do. And at other times it will be almost instantaneous. And all that you'll need do is move with it and not take any of it too personally.

I will go now. We're all with you in all that you're doing. God bless you. Bye now. Nanna Beth.

WHO is talking to WHOM

On Friday, 24 May 2019, 6:39:53 pm AEST, jep@ip.com.au <jep@ip.com.au> wrote:

Hi Guys,

Recently I spoke with Verna the nature spirit re climate change, farming practices and related subjects.

The direct link to the recording is

<https://my.pcloud.com/publink/show?code=XZetvI7ZJfNh8JPgKo5ngnmeEW33WVpA1BKy>

Or you can go to exploring the spirit world in Facebook, click on more info and click on channelling recordings.

Cheers, John P.

Saturday, 25 May 2019

Hi John P, thank you for the channelling from Verna. However the problem is, 'my' Verna says she is to only speak with me, and if there were a need for her to speak directly with anyone else, they'd be well on their way in their Soul-Healing.

Knowing what the Nature Spirits are like, they would readily 'be' Verna if you wanted them to be, so perhaps you might like to go back to her and ask if she would declare whom she really is. That being possibly one of the Nature Spirits that might be part of your 'working group' of spirits who are to assist you.

James.

NATURE SPIRITS and GUARDIAN ANGELS are EXCLUSIVELY ASSIGNED

Sunday, 26 May 2019

James: Hello my dear Verna, how are you this getting-colder day?

Verna, a Nature Spirit: I am very well my dear James. You want to talk to me, wanting to gain more wisdom from the old chook.

James: I do, if you'd be so kind. Old? What's that – 2 billion years and counting? How are your wrinkles coming, like being etched in stone?

Verna: Thankfully, no such afflictions of age do we have to deal with. I look just as I looked the day I was created. Not a day over sixteen my dear one. We don't 'age' as such, we just get wiser, more noble, more, well, what can I say – Lady-like.



James: You've got quite a few admirers amongst us 'fleshies'.

Verna: Yes, I know James, such is the price of fame!

James: And so much so a friend of John and his partner said they were channelling you.

Verna: Which you know is an impossibility because I am only to speak with you. We nature spirits and angels when we're engaged in a personal relationship with you on Earth, as I am with you James, are specifically chosen to be with you because of how our personalities work / mesh together. And it's very, very, VERY specific – have you got the picture, so specific that I CAN'T interact with another mortal as I am with you! So I can't and won't be with John P. and his partner for example, speaking through her, that is all a contrivance on their part and not in keeping with the Laws of spirit / mortal communication which includes nature spirit and angel / mortal communication.

And the thing is, with spirits speaking to you, it's different, the same Laws don't apply because you are like them, so spirits in the mind and healing Mansion Worlds, the Celestials, can speak to as many different people on Earth as they want, with each receiving person perhaps sounding slightly or even a lot different giving the impression that it might not be the same spirit. All of which rightly can lead to lots of confusion for you lot who can't readily see us spirits and angels.

So you can be happy knowing that although others might claim to be speaking with me, they won't be, not unless as you understand there is some specific need for me to, which would only be to help them with whatever it was and not in a long term personal situation like I have with you, James, because of how specific you and I are together. It's like being with your soulmate, there is ONLY your soulmate that you fit so closely with, so you could say in a crude way that I am your nature spirit soulmate, even though there is no such thing, however I say it like that to illustrate that it is so specific, my light and the light of your mind gels to the degree of enabling us to work so closely together like this, all to help you reveal the truths you need to see. And even though you can and have at times momentarily worked with others of my kind, you've not moved to have a deeper more personal interaction with them like you are with me.

And the other point I want to make is, you being well advanced in your truth James, so that is where I am too, meaning I am reflecting to you the level of truth-advancement you are on. And I won't go backwards in this, I can't, it becomes part of my light, part of my 'truth' if you like. So I can't go backwards as in work with people who are less advanced in their truth than you are because that would be a retrogression for me, and I can't go back. For a nature spirit or angel to go back in our light would

mean we've fallen from grace, we've become untrue, we've rebelled, so you can see there is little incentive for us to do that; and it can't happen now anyway because of the end of the Rebellion, so we're protected in that. So even if for example John P. or anyone else demanded that I speak to them, they'd at least have to be equal to the level of light your truth James is carrying for me to be asked to do it. And even then, because they are not you and so would be growing in their truth differently to how you are, that would then cause a schism in me because it would be like I'd have to stop being with you and start being with them, which means I'd effectively have to change all I've been previously with you to be with them, which I can't do. It would be like making a tree go back to how it was as a seedling and then sapling and grow differently thereby becoming a differently shaped adult tree. It can't happen.

And on a personal level James, I don't want to talk to anyone else on Earth other than you. Did these people actually ask me if I wanted to talk with them or did they just assume or demand that I would as if I and my kind are wandering around with nothing more to do in our lives than to do what you on Earth want us to do.

And they didn't have the decency to ask you what you might have felt about their talking with me, and even though you don't 'own' me, I am not your possession and you can't 'copyright' me, even though I am a free independent agent who can talk to whomever I want, simple courtesy might have been nice to have considered how you might have felt about it. It's not as if we're all in this together and you can do whatever you like with whomever spirits or nature spirits and angels you might like, that sort of mortal arrogance in which you believe you are superior to us is for the dogs, it's only going to cause you more grief when you come to do your Soul-Healing.

James: Do you know who or what they were talking to – and were they even talking to anyone in spirit or anyone of your kind?

Verna: I do know, however it's not for me to say James. That's for them to want to know, it would become part of their seeking the truth of why they wanted to speak with anyone other than each other to begin with; what they were hoping to gain by it; why they wanted to gain anything anyway, along with about a million and one other deeper levels of truth such inner investigation would lead them to. It's like a doorway, an opening, into themselves, should they wish to take it, just as is all experience and every feeling you have. And between you and I, I don't want anything to do with it, so I'm sorry James, but you're on your own in working out how you deal with such situations, and as you understand, it's about what feelings it brings up in you so you can work through them bringing to light that which you are to see and understand about yourself. And you've been doing that and gaining a lot from it, such as it even making you feel like speaking with me again and you tapping into all my glorious knowledge.

But before you move onto another subject James, I want to impress upon you just how finely attuned to you mortals we angels and nature spirits are. We are assigned to personally assist you knowing that that assistance is EXACTLY what you need. So it's not a lackadaisical affair, your personal angel pair who are with you your whole life are the ONLY personal angelic pair in the whole of Creation who are and can be with you in your Earth life, unless other extenuating circumstances were to happen, those which are beyond my scope to discuss publicly with you, suffice it to say, they being very rare.

It's all angel / person specific. And you can even go so far as to say, that the angels, and in particular the ones who are to fulfil such personal and close relationships with ascending mortals and all Sons and Daughters of God, have been specifically created to fulfil that role. And in a similar way, though not as highly strategic as that, is it with us nature spirits. Not everyone has an assigned nature spirit pair, like you all have a pair of angels, we nature spirits will only be assigned for a certain period of time and for

very specific reasons to specific people, and only to those people who need to have our presence with them for some reason, with the person being consciously aware of us or not.

In my relationship with you James, I am overall assigned to you for your whole life, however really my assignment is dormant so to speak until I am actively interacting with you, such as now in this communication, otherwise I freely go about my other business in my nature spirit life, most of which has nothing to do with you and which you're unaware of unless I want to tell you about it. Whereas your personal angelic pair are ALWAYS with you, they are ALWAYS interacting with you, not a second goes by in your lives when they are not personally with you and doing something personally in your aura. They maintain your auric system in accordance with the dictates of your soul and the needs of your Indwelling Spirit, they are always personally attuned to you, monitoring your every moment, feeling, thought, knowing all you need to go through and helping you do it. And they don't have other business outside of you – you are their sole business, their whole focus, so you can see it's a pretty amazing relationship they have with you.

So for example, my speaking directly to you now involves your two guardian angels. They are overseeing and monitoring it all. And should I overstep the boundaries for example as in what I can say to you about a certain subject they will instantly step in letting me know, stopping me, suggesting that I am moving into murky waters and how to get myself back on track. EVERYTHING is regimentally taken in hand by your angelic overseers. They are not controllers, they don't control you in any way, they just absolutely make sure that all that happens to you from without does so in complete accordance with the dictates of your soul that are passed onto them through your Indwelling Spirit. And that's the same for everyone. [So nothing can and will ever happen to you that's not supposed to happen, with mostly all of this going on with you being unaware that it is.](#)

And so then you can compare our nature spirit and angelic involvement with you and how specific and highly defined it is, with say the involvement you might have with the mind spirits. And for the most part with the mind spirits, you have an absolute rabble who basically have no idea about what your soul needs, what their soul needs, what any of the bigger picture is about, they are living completely in rebellion and default against themselves, against we nature spirits and angels, against Love and the Truth, against our Heavenly Mother and Father. And as they are still wrapped up in their negative power-seeking mind agendas, they decide they are going to try and make contact with a mortal person on Earth. And some people would welcome such contacts and happily say or write whatever it is the mind spirit wants them to say, believing they are understanding 'great things' or are 'earthing great truths' and you know all the rest James. Most of which is rubbish and what we call 'spiritual pollution' that serves to at best, further both the wayward mortal and spirits' progression in their rebellion, and at worst gums up the works with disinformation and masses of mind-derived untruth.

So yes, anyone can supposedly take the likes of myself, Verna, a nature spirit, believe that I am who I say I am, believe that I am willing and couldn't think of having anything better to do in my life than speak with any mortal that reaches out to me, that all I want to do is speak with mortals who aren't doing their Healing, aren't interested in aligning themselves with the Truths I am conveying to and helping you understand James. Oh sure, I'd love to help further the Rebellion by talking with anyone who is denying the truth about anything they want to make up concerning what we nature spirits might be and what we might say. And like you see from myself, sure I am a nature spirit, and as you can't prove that to be true, you have to take that on good faith, and yet just because I'm a nature spirit doesn't necessarily mean all I want to talk to you about is things to do with nature. Those of my kind are nature experts, we are the Spirit Nature of Earth, so to be sure we know all there is and all there ever will be about Earth, all of which information is waiting to be passed onto you mortals when you choose to actively do your Healing, and yet I don't want to be talking about how best to grow your veggies James,

I'm interested in higher truths, and should you want to know about the veggies and other plants and animals I would enlist others of my kind to help with those things. But as I said, I am attuned to the Light of your Truth, and that is something you mortals know very little about or understand the significance of. But in time you will, because the level of Truth you are on and the light of being that Truth is very important, it is what gives you your position in Creation, it determines your status in life, what level you are on, what happens in your day to day experiences, where you are on your path of truth. And I am on your path with you James, and it's a highly defined and very specific path, and for me to be off with every other Tom, Dick or Harry that wants to talk to me, would only serve as a complete distraction for me, I'd be failing in doing my duty to you James, and I ain't going to fail in that, that much I can tell you. Because were I to do, I may as well cease to be, no way do I want to rebel against you, which would be rebelling against the Truth, going against and being untrue to my mandate of existence; na, fuck that James, that is not for 'YOUR' Verna.

So you see what I'm saying?

James: I sure do Verna.

Verna: Yes, I thought you might. However all joking aside, it's all very important James, as you understand, and as for all this business about it being laborious for you to type our conversations and how difficult it is and how bored you feel at times having to write it all down and wouldn't it be better to just channel me and be done with it, that too is just the opinion of others, and they have no idea what you are going through in any moment of your Healing in which you might feel bored and hate the tediousness of having to laboriously type it all, but you don't type every feeling you have, many of which are how much you love typing it all, re-reading it, having a written record, how it has just as many pluses as minuses and with your negative side ONLY being more of what's repressed in you with my helping you to bring it up and out. It's so easy to judge another and jump to conclusions based on a snippet of something someone might say or what you see them do, but you don't know their whole picture, you're not in their life with them, and all of those judgements you are only making based on your own mucked up yuk from your early life, all of which, as you understand James, you are all to heal through the doing of your Healing. yuk

And you could easily channel me James, you did lots of channelling before you started typing it all out, and we could have a spoken conversation just like this, none of that is any difficulty for you, however with the written word there are other reasons for you personally as to why you want to type it all out, even if at times it has given you the shits. It's part of you, it's what you feel you want to do, so it has to be kept in that context. Whereas for another person, they might like saying it all, it being what they want to do based on the current needs of their soul.

You know how it is James.

James: I'm slowly learning how it is.

Verna: Which is all what your life consists of. And it's your life in this moment at this time. And in the next moment it will have elements of the same and yet it will be very different. And so it goes as you ascend in the Truth your soul wants you to express. And for my part, I have been asked to assist you in whatever ways I can, and so I am and have been right from the moment of your conception. So if you've got anything to complain about for the miserable fuck-up that you've become, DON'T COME BLAMING ME! I only did what I was told to do – Blah, Blah!

James: I wouldn't dream of blaming you Verna, you and my angels are the only ones I've not been angry with, not in the slightest... however now you've said that you've been with me since my conception, perhaps I should be angry with you? So it was ALL YOUR FAULT how fucked I am!

Verna: And you know James, some people might read this and not see that you are joking with accusing me, believing you are serious about my being the cause of all your problems.

James: Too bad Verna, I'm getting better at not caring anymore. Do I have to say IT'S A JOKE at every joke part? People will take much of what I say and get it wrong, they have to, that's what we all do with each other. And as much as I hate it and it hurts and makes me very angry, that's just more stuff in me I've got to bring out. And unless everyone is Celestial and so true and not of the Wrongness anymore, it's all always going to get screwed up by the remains of the Rebellion.

And what can I do about that? That's all some of what I'm currently working through. Do I try and stop the screw ups, patent all my material, ensure copyright is rigidly adhered to, sue everyone who misunderstand something I've said or written? How can I physically keep such control on everything? I've written so much, people could say, you said this in this book and I'd have to go back and re-read it to see if it was what I said and if it hasn't been taken out of context, and I don't think at this point I want to be doing that all the time. I know when whatever is said to be true, doesn't ring true, so if someone said, which people have already said, that I said this or meant that and it's not rung true, then it stands out and I can deal with that at the time should I want to. However increasingly I'm feeling to just let it go. What other people do with my work or what they say and how they misunderstand, should they do their Healing, then they will uncover the Truths as I have, for themselves, and only then will it all come back into alignment with the truth. And as more people become Celestial, then slowly they will purge the world of all the untruth, including I guess, that which I've written and people have screwed up. Look at the job humanity has done on Jesus, how much we've taken things he's said, and even recently through Mr James Padgett, and mucked them up. However through our Healing we can sort it out. And ONLY though it – that much I now understand.

Verna: It's true as you say James. And you can only deal with it at the moment, in each moment; and in one moment you might feel you want to try and sort it out, in another moment you might not want to. And as to why the difference, you can find that truth out through your feelings.

James: That's right, which I'm still slowly coming to see for myself. And such instances happen every day, so do I want to express that part or not; do I want to work to uncover the truth of those feelings or not; do I want to express those feelings or not – say that or not, think that or not, go into those imaginings or not?

Verna: It sounds like you don't need me anymore James.

James: And how do I know if I need you or any of the spirits anymore other than what my feelings tell me. And for now, I still need you, I love knowing you are there and when we do talk. And as I talk to you a lot without writing it all down, I enjoy having our private life together without it all having to be public. I know you're going to be with me right to the end of my life, as I also know that when my life ends so too does yours being a nature spirit, as you will be ready to move on. And as of today, I know that your light will have reached its experiential peak when my life ends, we will have done together all we are to do, and you will cease to be Verna moving onto to being an angel, and perhaps then you might be angel-Verna, one of my personal angels?

Verna: You never know James. I don't even know that myself yet. However it's possible, there's many possibilities which we can discuss, however 'off the record'. Certain things, and more so as your Healing comes to an end, you'll need to keep private, between myself and your spirit advisors concerning yourself and the work you are to do. Not everything is to be made known for humanity's general consumption. There is a time and place for everything. However so far, all that you've revealed through your Healing has been for humanity as you are part of the whole and everyone is to one day to do their Healing. However once your Healing has finished, as it is with the Celestial spirits, you have your own life separate from humanity on Earth, even if you are still alive in flesh, with you feeling less and less like sharing and revealing the higher spirit more personal aspects of it. The Celestials you can feel are reticent in sharing all their more intimate details about their Celestial lives, it's not for public scrutiny by a humanity on Earth and in the mind Mansion Worlds that is living in denial of such higher truths. So they limit what they impart to you about themselves and their lives.

James: I want to change the subject now Verna if that's okay with you, for as you know, I can only type for so much before...

EARTH CHANGES

Verna, a Nature Spirit: I do understand, and as I've said all I want to say so far, let's move on. You want to talk more about the Earth changes?

James: Yes. I've been listening to a lot of different ideas about it on YouTube, some people saying the latest Big One about 12,000 – 13,000 years ago coming about because of meteorite impacts, others saying it resulted from a reoccurring micronova from the sun, others saying it's because of the galactic wave impact which is possibly related to the micronova, others saying it's from within the Earth itself, some saying it's a very predicable cycle and linked in with the Pole Shifts or even causing them or they being part of it, some saying it's just a one off, yet with such one offs happening periodically to the Earth. And I'm not going to ask you which is it, because I think I know your answer, however I want to talk more about it with you concerning specification and how that comes about. The last Shift saw the loss of many species, in particular the mega fauna, which seems to have happened only at certain times and possibly not with every cataclysmic Pole Shift, which makes me think perhaps not each Shift is as bad as the other. Certainly they are all bad compared to how the World currently is, but not always as cataclysmic enough to cause the loss of so many species and the wholesale destruction of human civilisation that has obviously happened at other times. So how does it all work; can you please shed more light on that for me Verna?

Verna: There is a cyclic Pole Shift caused by various factors, internally from within the Earth and externally from the Sun and in relationship to the whole Local Universe, all of which has varying impacts upon the surface and inner Earth, and including the make up of the outer forces surrounding the Earth. For example, a satellite in orbit currently around the Earth might not be able to remain in orbit or remain functional in orbit after the next Pole Shift, it depending on many factors that would influence the upper atmosphere and levels of space of closer proximity to Earth. (Notwithstanding its destruction during the Shift anyway.) So what existed in one age, the varying frequencies on all levels that might affect the Earth and influence the impact of the sun's light, might not exist in another age, and as to how much it might change, if it does at all, varies between ages. And the same happens on the physical Earth, and in the whole solar system, and on all the other planets, so there are a lot more factors for your scientists to study.

What I am leading to in answer to your question is, there are two levels continuously affecting the Earth and humanity and all life on the planet: The physical levels, and the deeper underlying and determining

spiritual levels. The natural physical world is evolved (created) to respond to all the higher spiritual influences and so frequencies of light that govern its evolution, including the evolution of life on the world and humanity's personal evolution.

So certain spiritual influences are present when life begins on the world, those influences affecting the Life Plasm brought to the world by the Life Carriers as you've read about in The Urantia Book (TUB).

So a world is designed to carry and support the natural life in accordance with the eventual needs of the humanity that is to reside upon it. And once the humanity begins to express itself, then that world continues its spiritual evolution and related physical evolution to enable the humanity to grow and develop as required. And in the case of Earth, to include and support the unloving and negative influences of the Rebellion and Default.

So at various points there are what we call confluences of specification which are enabled by the Pole Shift or meteor impact or times of other severe light, waves, of varying sorts that come from the deeper levels of the Universe. So when all of these factors coincide, we nature spirits, knowing in advance what to expect, plan for the extinction of certain species and the materialisation of other ones. And sometimes we do literally instantly materialise a new species, or many, all readily expressing certain potential inherent within them, and at other times we evolve new species into being, and sometimes we do both together. So there's not just one way of how a new specie comes into being, however there are times when it's more conducive for us to act, with the last Pole Shift being a major confluence of such factors, so you saw the all but instantaneous end to many species and the emergence of others. But as you've deduced, that doesn't happen with each Pole Shift, and mostly there are many Shifts between such large changes of specie evolution, with one such big one being the impact of the meteor that killed many of the dinosaurs and the Pole Shifts around that time too.

The main thing I want you to see James, is that the species that have lived and will live on the world are SOLELY FOR HUMANITY, even those that have lived many millions of years ago. They have all been part of the world, all affecting in different ways humanity during its different ages, between its spiritual ages and physical Pole Shift events.

Which brings me to another point, that the spiritual influences (ages) can cover many physical Pole Shifts, with the last Shift wiping out most of the spiritual ways of the previous age and starting a new age this Pole Shift age which began with the primitive people's religions and spiritual beliefs, up to and including Mary and Jesus and all that's resulted from them, and now starting to include all that you and Marion are introducing, and possibly moving into the next major Spiritual Age – the Avonal Age. However, as to whether or not the beginning of that Age is to be preceded by another Pole Shift, or begins with the Shift, or if a Shift is to come once the Age has officially started or at the end of it, I can't say, that's to be revealed to you at a later date.

We nature spirits are the sole coordinators of the physical specification of the world. Species don't come and go or continue to exist without our say so. We are the 'spirits of nature'. So because **nature itself is unlike you, it not having an actual spiritual life or spirit body in which it continues to live in and advance once it dies**, so we play that role for all the creatures and plants. In a crude way you could say we nature spirits are the spiritual template for the natural world. And we even oversee the construction and destruction of the minerals in the Earth that comprise the rocks you are familiar with. We oversee the natural oil production within each Pole Shift age, together with how many diamonds and the amount of gold for example is to be made available to you, and all the rest. We coordinate it all in accordance with the dictates of the Life Carriers and higher overseeing angels. So all you have in the natural realm for each Pole Shift age, all you need to help you explore and express yourselves on all the

levels as determined by the spiritual requirements of your soul, we provide for you together with our angelic helpers.

So we ensure those species survive the Shifts and to what degree, just as we provide the ending of the species and the bringing into being of new ones, and really on the most personal level, in a way we determine when a plant or animal dies and when another is born, however it's not that we attend personally to each and every life form in the natural world, however on a spiritual level we do, if that makes sense.

And we do by ensuring we adhere to the various higher spiritual Laws that are in place, and when we do, so everything works according to plan. And then because of the disruption of the normal order of things because of the Rebellion and Default, we have been called upon to make other unforeseen changes, and still are making them.

Humanity is currently making a right mess of the world, you are killing off just as many species as are naturally ending at this time, and mostly you don't give a shit about it. You are so disconnected with nature, you believe you love it because you plant a tree in your garden, however for the most part, even including the primitive and more closer to Earth people, you don't understand anything about it or your true relationship with it. And how can you when you hardly understand anything about yourselves! For the most part you don't even understand that you're in rebellion, that all of your religions and spiritual systems and ways of life are rebellious and working against nature.

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

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

And the thing about bringing new species into being, we construct environmental scenarios in our plane that simulate how we intend such species coming into being and interacting with other species on Earth. And we do all of this within the pattern given or afforded to us by the Life Carriers. So we are the ones who actually construct the 'look' of the new specie, as it complies with the intentions of the Life Carriers. Nothing is willy-nilly, everything has a specific purpose and many niches to fulfil, even if the specie itself has little to do directly with humanity; yet indirectly it being part of the overall natural ecosystem of Earth, it does. And in our 'preparation of species' we factor into them the genetic variation that humanity can potentially work with, all of which is designed to provide you with the experiences people require.

And how we actually materialise the potential specie in our plane and then materialise it on Earth, should it be one that's to instantaneously come into being, is done with the help of our angelic advisors, as we nature spirits can't actually create or de-create anything, that being what the angels do. So we design the specie in accordance with the plans we've been given; and then also in accordance with our angelic supervisors and when we are ready to have it in existence, first within our Earth plane (third Earth plane) and next actually on Earth, the angels do it.

We have a vast section or sub-plane if you like within our Earth plane in which we can simulate new species either within the world as it exists or within the world as we predict it might be post Pole Shift or whenever the next major specification event is due to happen. And you see, we have thousands, even hundreds of thousands of years in some instances, to work with these new species, with many of our number being solely responsible for such specification and they having little to nothing to do with humans either on Earth or in spirit.

So these areas are what we affectionately call our 'labs', the laboratories in which we undertake specification. We have seven such major sub-planes within our Earth plane that surrounds your physical world, and four of these sub-planes are given over exclusively to the 'development' of species. And I say development like that because it's all done with light, not as you might imagine. We don't, for example, set out building a new specie from the DNA upwards, cell by cell and so on to what sort of feathers and their colours the new bird might have. We do it all with light, and were you to come into our planes and look at how it all works you'd not be able to relate to it as we do. We can see you as you see the world and as you see yourselves, and we can see the world and yourselves as we nature spirits see it and yourselves, that being how angels see. And that is in light, and with light, and it's very hard for us to describe what that actually means because you are not a nature spirit or angel. And as you can vaguely see or imagine seeing auras for example, and sensing them around all living creatures and even inanimate rock, so far as what we see as what we'd call the aura is hundreds to thousands more times more intense and deeper than you'd ever be able to see. And this 'universe of light' is really how we have our being, by our coming and relating to you James and looking at how you see the world is very different for us, it's interesting, but it's nothing compared to the beauty and colour and light we constantly live in. However, each to their own, and although you mortal souls are slow on the uptake say in this area, by the time you attain Paradise you'll be able to soul-perceive such light like we can, so you'll get there in the end.

James: That's reassuring to know Verna. So we seem a bit dim to you nature spirits?

Verna: That's an understatement! James, you were amazed at viewing under crossed polar light the minerals in the common stones you were looking at in the thin sections during your geology course at university, you were in awe of the hidden beauty, well that beauty is a micro amount of the beauty of light we see, exist in, have our being in, and are of ourselves. So we see specification like some sort of amazing computer simulation you might be able to imagine, and yet for us it's not in a computer as such, it's all very real, the as yet unrealised or unearthed species are very real, they are in existence although not physically so, nor are they actually alive and so won't die, yet for us it's like our 'living imagination' if I can put it like that.

So we control the specification of Earth, and until you understand that, your scientists and religious thinkers will keep coming up with all sorts of explanations about how it's done, none of which will be anywhere near the truth.

And the other thing you might like to know when you ponder the amazing complexity of species, they themselves and their interaction with all other species, is this sort of thing, dealing with the complexities

of such interactions, is our and the angels' speciality, it's nothing for us to design and work within them. Holding the whole complex nature of the physical Earth and its relationship with the spiritual realities is nothing, we can see it in our minds, work directly with it and within it, it's effortless. You wonder how can a bird know to migrate along the chosen path it does, how can it follow the magnetic lines aligning itself with the stars in the night sky, and yet keep going even when cloudy, unerringly homing in on its other home on the other side of the world? And yet for us that's nothing, to get creatures to do anything we want them to do is effortless. All the creature world of Earth is immediately responsive to us nature spirits, we're more evolved than it is, so we can make it do whatever we like, as can the angels, and in a way, should they need to, make us nature spirits do whatever they want. And we do, only we're more independent of mind, the next step on or up from animals and plants of the physical world.

And some other points I want to add: We nature spirits of Earth are ONLY nature spirits of Earth, and so ONLY concern ourselves with species of Earth. There are other angels, and the Life Carriers of course, who are concerned with other earths and the life on them and the overall synthesis of life within the Local Universe and the localised areas of it. So for such far reaching angels, and Sons and Daughters of God as are the Life Carriers, they view the whole of Nebadon as one large natural organism of life with each of the earth worlds expressing different aspects of Nebadon's 'personality', which really is the personality of the soul of Mary and Jesus combined with the Divine Minister.



So you can see, the Earth is a whole universe within itself, just as it's part of the Greater Universe. And then added to the material or physical universe, are all the spiritual levels with all their minerals, plants and animals of spirit origin.

And basically I think you'd have to be Finaliter to be able to comprehend more fully the enormity of it all and how one small material world like the Earth fits into and contributes to the whole.

Finaliter

So I think that should provide you with a little more insight into how we nature spirits are so far as some of our relationship to your natural world. But as I said, I can't reveal to you how the next Shift or major change will take place, but as you can already see for yourselves, there's already a huge reduction in species taking place. And so, why should this be happening? And part of the answer is of course for you to help see how much devastation and destruction you are reaping on your world because of your persistence with your rebellious and anti-love ways, and part is in preparation for the next overall spiritual age that is to come on your world, with the Avonal Age being part of that, or within that.

James: Yes, I see what you're saying Verna. It's a lot to think about, and really as we have no idea about any of it, I suppose it's how each of us individually reacts to it all through our feelings.

Verna: It is James, as there is nothing else you can do. And as things are setting themselves up for a massive spiritual change, for a vast influx of truths to saturate the world with The New Way, something humanity has no idea about yet could be likened to having a bucket of cold water suddenly poured all over it, so the loss of species on the world will end up being the least of many people's concerns as they struggle do deal with assimilating all the new spiritual information. As John D. delights in thinking, what's a few hundred pages of mostly inaccurate rubbish contained within the Bible, compared to thousands of pages containing very liveable and important life-

THE TRUTH REVEALERS

changing truths you are revealing. It's going to take time to assimilate it all, and it will be simply too much for most people, however small bits and pieces can be addressed as you continue to shed light on such subjects for those people who really are spiritually keen.

James: And you've just added more pages Verna!

REVEALER

Verna: It can't be helped James, it's what you are, yours and Marion's soul is a Revealer, so all those spirits, angels and nature spirits aligned with you, are all for the purpose of helping you with that revelation. And being Avonals and coming up through the dross, you are free to reveal a copious amount of insight, understanding and fresh truth. All of which John D. can take and do what he likes with – eh John... keeping you awake a little at night are you... no, not at all as you have to keep having your spirit system adjusted at night to cope with your dealings with James.

James: Well thank you again Verna, I need a rest now.

Verna: It's my pleasure James. Plenty more from where this all came from, should you feel the need to ask.

James: Yeah, I'll bear that in mind.

Verna: And so to end, let me leave you with this little bit: Once the door swings open, it's going to open very wide. So until then my dear one, keep expressing and paying attention to your feelings; keep longing for the truth, and keep feeling as demented as you can. Goodbye – Verna of Nature Spirit Land.



PARADISE HOUSE

What is it?

Monday, 27 May 2019

I, James, see it as a place where people are doing their Healing. Any place where people are wanting to learn about their Healing and all that's involved with The New Way.

It can be one person's private house to a place in which groups of any size meet to pray for the Divine Love; long for the Truth and come to understand all that the Avonal Revelation is about. Including, should people be able to do it, rooms set aside for personal or group counselling focused on Feelings First, helping each other to do their Feeling- and Soul-Healing.

Paradise is the Heart of Creation, the home of our Heavenly Mother and Father, the wellspring of all Love and Truth.

So is our own heart the 'heart and soul' of our creation, the home of our Love and Truth, it being the full personal expression of the personality of our soul that we are. Our body, as so many people see it, being the 'house', so the paradise house, of our soul.

So to put people within the material structure, I wanted to call those places Paradise Houses, people's homes or places where we can share our feelings as we long to ascend in Truth to Paradise.

So within one's Paradise House, the physical structure, one can express one's own 'paradise house' – one's own heart, wanting to be with the Mother and Father on Paradise and connected to Their Heart – Their Paradise House.

I dislike these words (I don't hate the words themselves) because of all the connotations they stand for in our distorted truth-denying ways: Church, Temple, Holy Shrine, Mosque, etc. So I wanted another way to express the love of longing for Paradise that we all have innately within our own hearts coming from our soul. Paradise House is really a place of living with and receiving the Divine Love; a place of worshipping and loving our Heavenly Parents; a place of expressing the Truth one is evolving and growing into; a place to long for the Truth whilst expressing one's feelings – a place in which to do one's Healing.

So we all have our own personal and private paradise house – our physical body and spirit body, just as we can build and create outside of us, Paradise Houses, as in our own home or larger structures where groups of people meet.

It's just a name I came up with that I would like to call such a place that I loved to go to being with other people who are living The New Way and doing their Healing. A place, perhaps, where ultimately people doing their Healing can gather living within a Sanctuary. A place in which Celestials can call their home. A place that ultimately is the forerunner of the Morontia Temple. The Morontia Temple being the ultimate Paradise House on Earth. (The Morontia Temple, according to The Urantia Book, is to descend from the first Celestial sphere onto Earth far in the future in the first age of Light and Life.)

I see a Sanctuary as being overall a 'Paradise House', as well as possibly within a Sanctuary there being a specific Paradise House; or it's just the heart of the Sanctuary, like the common living area where most people gather a lot of the time; or a specific room where people can go to pray for the Divine Love, like a meditation / prayer room.

It's not a strict thing, it's just something I like to imagine; and I thought if one needed a name to call one's 'church' or 'house of prayer' then Paradise House might suffice.

OUR PERSONALITY DOES NOT CHANGE DURING OUR HEALING

James: Hi Nanna Beth.

Thursday, 30 May 2019

Nanna Beth: Hello James.

James: I used to think that my Healing was myself starting as a complete mess and as I progressed I'd lessen the mess becoming more true and perfect, gradually feeling better about myself until reaching the top or end of it. So like a pyramid, me starting with a large base being so fucked, and working my way progressively up the pyramid reaching the top at the end of my Healing. So along the way feeling increasingly better about myself, knowing I was changing and ending my fuckedness, the inner transformation clearing away my negative patterns. Yet as I've written and keep understanding more, it's not like that.



Now I see it more like I'm a rectangle that's standing on end. And I'm working my way up it to the Celestials. And as I go, I retain all my fucked patterns, express out of me all the repressed emotion and lots of blocked feelings, do change a little as I feel so much better, become more self-aware and self-accepting, to where I get toward the end of my Healing yet still with all my, or most of my, unloving patterns in place.

So it's not a journey working my way up the pyramid, it's more like move up in the elevator, so by the time I get to the top I am still basically the same as I was so far as being composed of my fucked patterns, only I am fully aware of them and how they came to be, and how being them has made me feel every step of the way, from my early childhood when they started, to now.

And I wonder what happens when I reach the top and my Healing ends. Does my soul suddenly transform all my Wrongness, or do I then start to gradually change and work through something like a capping pyramid, gradually with all the negative patterns changing into positive ones. And right up until the last one. And I know you can't tell me how it's going to be, however I wanted to see what you'd say about my latest understanding of it.

Nanna Beth: You are working your way systematically up through each Mansion World, all seven of them, and so having to cover the full extent of each circuit within each World and all the sub-planes of them. So to do that James you need to retain much of how wrong you are right the way through each World, and so right the way to the end.

You need to experience the full amount on each level, and as you do, as you've experienced, the bad feelings and emotions that have been repressed within you have gone, and now you are feeling a lot freer of them, and yet still most of your negative patterns remain. Which is right, because you are still your untrue self, so all of those negative patterns are making you what you are, only as you said, you are becoming far more aware and accepting of yourself in them. Accepting that you can't change them, that part is not up to you, not up to your mind, that is entirely up to your soul and the Mother and Father; and all you can do is keep going expressing all you feel about seeing them and feeling more connected to them, all of which is helping you understand more about your severe disconnection from yourself, your feelings and other people.

And as you are becoming truer to how you really are, and not how your mind has believed you to be, so you still feel bad being as fucked as you are, and yet also good about seeing the truth of it all and it helping to ease some of the pain and a lot of the fear, misery and anger you've had.

And so that's how it will be right to the end. It is in fact all an inner transformation, only how you perceived it to be was incorrect, and now you are coming to understand how it will be for yourself and other people, so you can correct for them too some of the misconceptions they might have.

James: Yes, I can see how I've picked up the misconceptions along the way and they have caused even more problems because my Healing has gone against my expectations. And I know you've told me how it is all the way along and how I've misconstrued that, and added to how I misinterpreted what was said in the Padgett Messages – the whole thing I've misled myself about.

So accepting that I feel powerless in my fucked state, as hard as that is to do, is helping me just feel even more how fucked I am by not having any say in how I am. Marion says it's because I'm still not wanting hard enough to change myself, and that I have a long way to go to get to how it was with her, but I'm not so sure about that, and yet possibly she's right, as what I thought I was sure about turned out to be wrong.

Nanna Beth: It doesn't matter, it's all just all you feel all the time and bringing yourself out to each other. And you'll see, you're getting there, seeing all the intricate parts of it and feeling how trapped within your circuits you are. And then when your time comes for you to leave the Rebellion and move into your Celestial truth, well that will be a big change for you, and so worth the wait. And you are right, I can't tell you anymore about it, it's too important, you need to experience all these little parts.

James: Okay. Is there anything else you'd like to say, to myself or John or about whatever?

Nanna Beth: I know John is feeling more excited about everything, and although I can't tell him any specific details, I can say that his excitement is not unfounded, and we are with him in it. There is still a little more time for

things to be worked through, however James, what you were reading of late and what Graham sent you about the breaking down the way of things in Europe following in Mr Trump's footsteps is all part of the coming changes. That breakdown is going to accelerate, and I know you chuckle to yourself each time you think of the Dow at 30,000, however things are prone to change you know, we don't know all the future, as I've told you. And you might still be surprised, it's not over yet, and it won't be over until at least the end of the year, then you can reassess and see what you think.

James: You're right, the markets, the whole economy looks mad, a never ending ever-growing mountain of debt that can never be repaid, so what's going to happen?



SOUL  **SPIRIT BODY**  **PHYSICAL BODY**

Nanna Beth: I can't say James, it all having to work its way through. The swing back to nationhood out of globalisation is a good move, people want their independence back instead of feeling like they are being swept up into some collective blob, however it's all still within and part of the Rebellion. And the hidden controllers are desperately trying to contain it, they have had to make a lot of adjustments trying to harness the will of people because the people are now freer to do as they want without the meddling interference by the mind spirits who were subtly controlled by the Evil Ones. The whole thing will eventually go haywire, that's a little way off yet, but it will implode because it can't support itself. The globalists don't take fiscal responsibility, and Trump and the other Nationalists find themselves in a difficult place when they gain control because they have to keep making even more debt because it's a runaway train, while they try to put into place other structures and systems that might mitigate some of the pain when the end comes.

And the whole negative complex that the world is expressing in its rebelliousness is not unlike your Healing James, it will all continue along until it ends, just as you are finding with your patterns. And as to whether there will be a gradual transition as old systems are replaced by new ones, I think you can work out for yourself knowing what humanity is like.

James: Yes, it's all too much thinking about the future, I'm in my giving up mode at the moment, just focusing more on being with Marion and working through my yuk.

yuk

And how are you Nanna Beth, what are you doing over there?

Nanna Beth: I am very well, very excited too about all that's happening and we're all still flat out preparing for 'The Main Event'. My soulmate and I are receiving new instructions from the Melchizedeks who are such lovely spirits and so knowledgeable, and it being such a rare opportunity granted us to work so closely with them is such a thrill. They are so personal and always stretching us, and because of our close relationship with them we're in no hurry to move on.

So things are moving along all in accordance with the Grand Plan. Helen is extremely busy working on the financial side of things, she's trying to organise the spirits into groups so as to best maximise all John and Crystal will be setting out to do. All to make it easier for them once the door opens and they can get on with it. And I know it still sounds funny to you James my speaking so positively like this as if it is all going to happen, however just keep expressing all your bad feelings about it should you feel any.

James: And what about presumably the Celestials who'll be working with people who want to do their Healing, are they being organised as well into some sort of functional group?

Nanna Beth: They are, and headed by a lovely woman spirit called Flexina (with the 'x' pronounced more like a 'z' – and your 'z' sound James rather than an American sounding one). She was/is Indian (from India) and she's looking into the needs of the Sanctuaries you've been writing about. She's very focused on the personal interaction, what people might go through based on the small amount she has to draw upon, yours and Marion's Healing along with Samantha and the few other people who've been doing and have done small amounts over the years. Her difficulty being, that she and her soulmate have so little to go on. You and Marion are separate really, so she has Samantha mostly, one person, with all the rest being what she can deduce based on her own physical life on Earth and her Healing in the Mansion Worlds.



James: So you reckon people will want to live it then and do their Healing, so the Sanctuaries are something for serious consideration?

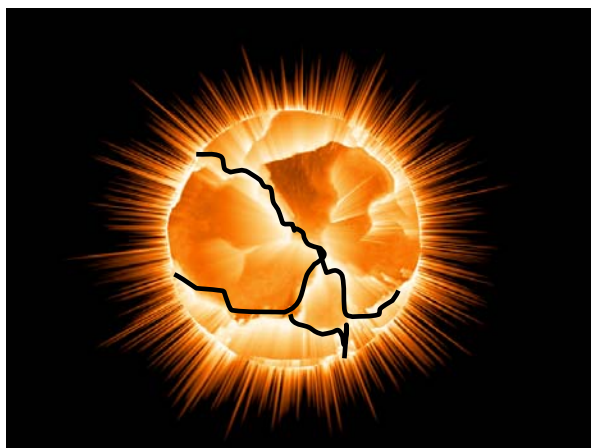
Nanna Beth: Again I can't say outright James, the answer to all these sorts of questions await you once you've finished your Healing as then you'll know what it is you want to do and what's going to happen. But it doesn't take much to think along the lines of assuming that some people might want to live together being able to help each other with it and everything else that will need to be taken care of.

James: I guess you wouldn't have led me that way in my books were it not to be a potential reality?

Nanna Beth: And I knew you wrote it putting it that way saying we 'led' you, wanting to see if I reacted to that, which I will by saying that we haven't led you at all, it's all been your own doing. It's all part of your Revelation James, that which you and Marion brought with you from Paradise, that which the Melchizedeks work from and help us to instigate as required. It's all your thing James, the two of you, it all being contained in the High Angels that are accompanying you. And so to answer the next question in your mind; yes, we work with the light of your Revelation and in accordance with your soul growth by helping to 'turn that light' or helping to manifest it, into such books and movies and all the rest as required by you, helping to construct the essence of your Revelation into realities that you can relate to and other people will be able to live. It's all an astounding process James, that which you'll see when you come over as your Revelation encompasses the whole of your Avonal Age, so this is just the beginning.

And with that I will say goodnight, and speak to you soon, all the best and my love to you all, Nanna Beth.

Our soul is the most complex creation that God has ever created. When you look at other creations that God has made, you will get an idea of how complicated our own soul is, inside of itself, in terms of the mechanisms involved. And then we screw it up with our yuk!



Humanity's Upside OF Down



Humanity has devolved to a stupor, incapable of recovering through the Mansion Worlds without help.



Humanity is now to embrace the Great U-Turn and retrace through all the seven sets of sub-planes that contain the seven sub-sub-planes and so on, to progress up through each to the seven Mansion Worlds through Feeling Healing, and then with Divine Love, fuse their soul with their indwelling spirit, and in so doing, as one soul manifests two personalities, we arrive into the first Celestial Heaven condition to join our soulmate and then soulgroup.



FEELING HEALING PROGRESS DOES NOT CHANGE OUR PERSONALITY:

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



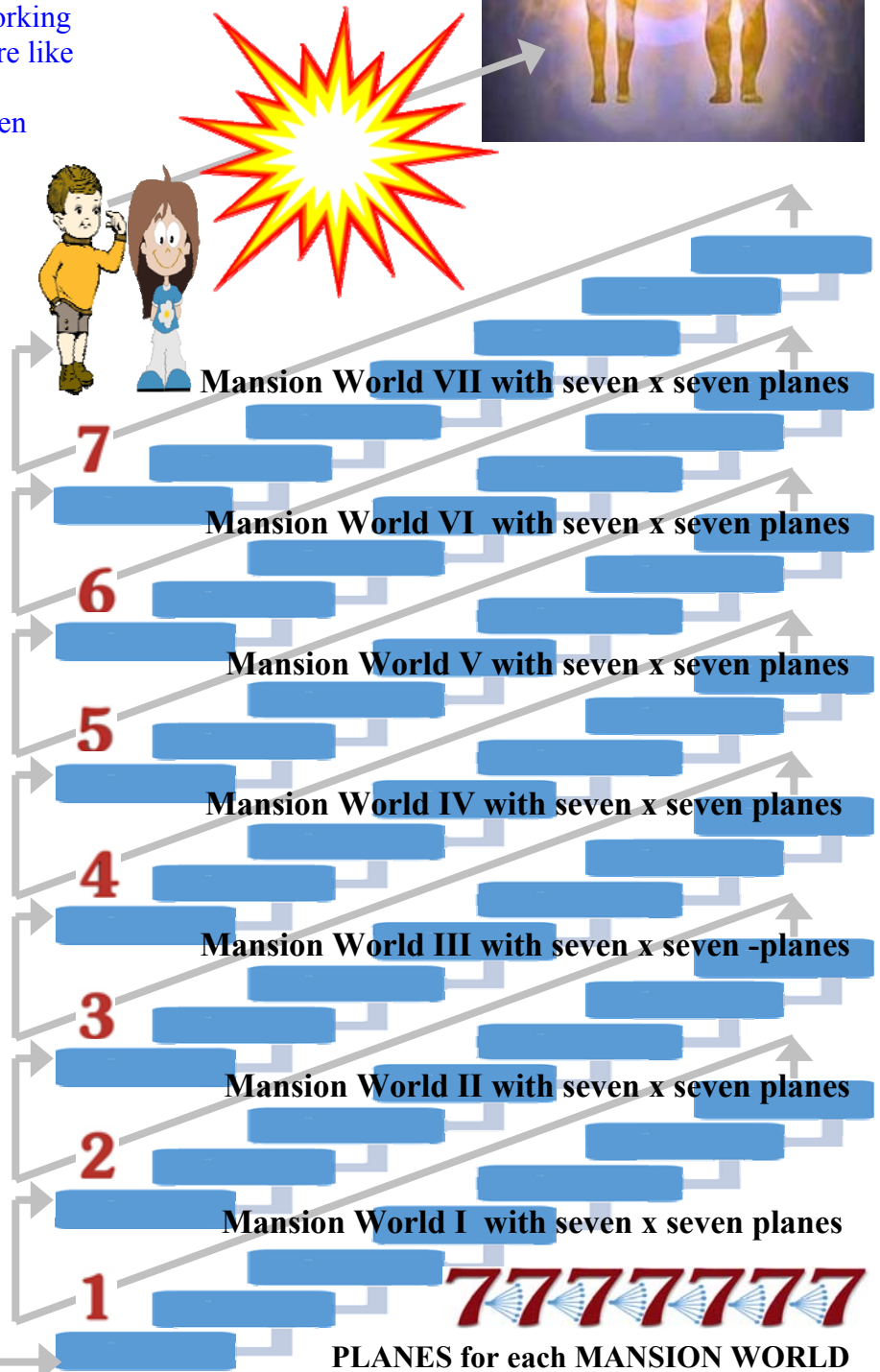
So it's not so much a journey working our way up the pyramid, it's more like moving up a series of elevators, working through each of the seven worlds seeing how untrue and wrong we are.

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

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

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

**Mind
Worshipping
Zombies in
a Stupor**



FEELING HEALING:

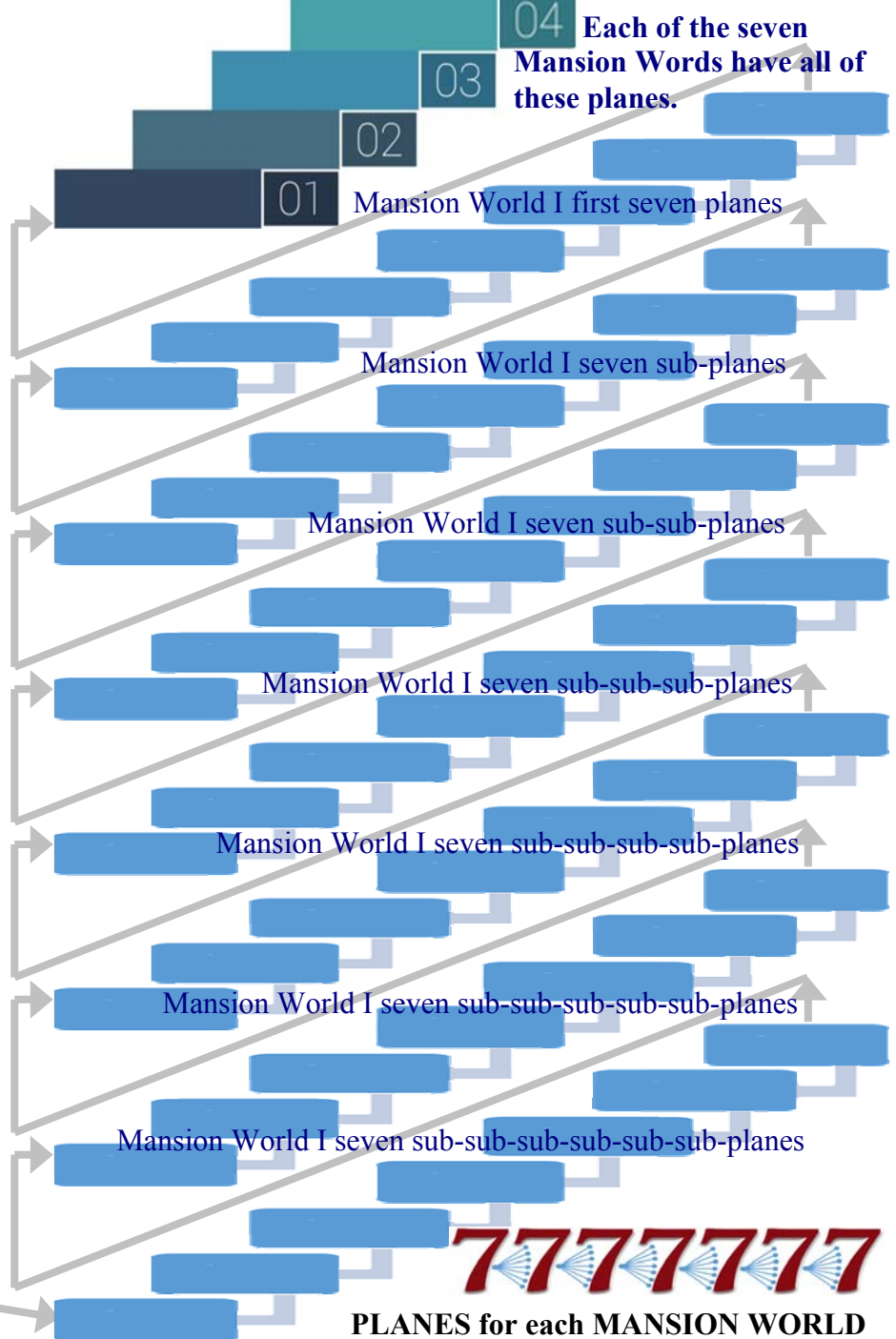
Childhood repression and suppression, from conception through to around the age of 6 years, is the underlying cause of all ailments that arise throughout one's life.

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

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

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

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



**Mind
Worshipping
Zombies**

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



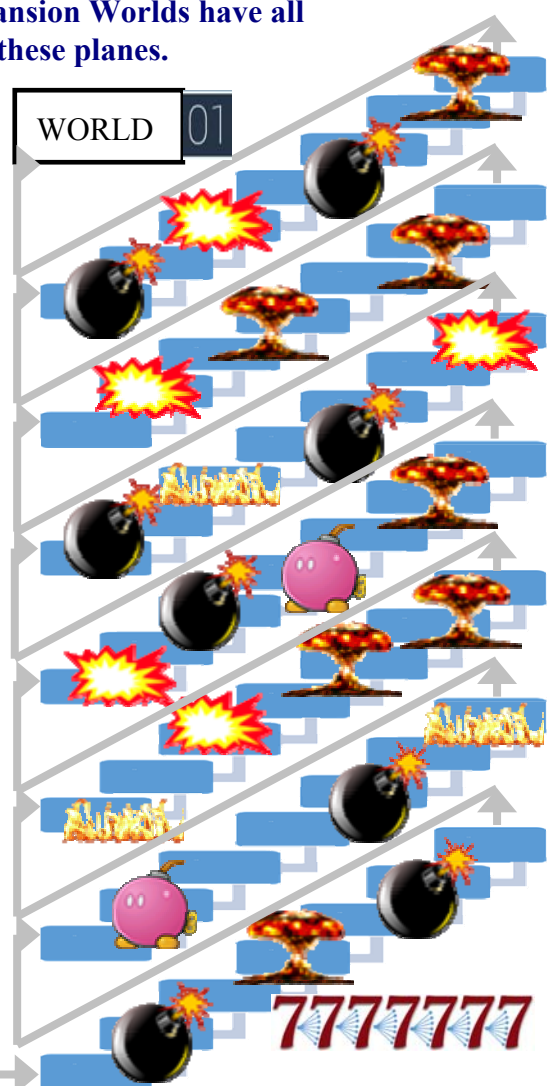
Happy Parents and Unhappy Parents are all born into the Rebellion and Default. The children all absorb the errors and emotional issues of their parents tailored to suit their personality which is unique to their soul. Our issues are unique and no healing is the same as for any other person.



Feelings First

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

Mansion World 1 of 7



**Both Mind
Worshipping
in a stupor**



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



TRUTH
Emotions

They each
construct
their own
network.

ERROR
Emotions

They each
construct
their own
network.

SOUL  **SPIRIT BODY**  **PHYSICAL BODY**

Our memories are stored in our soul, they are then expressed through our spirit body and then our physical body. Our mind can cause, express and keep us bound up in our emotional injuries, erroneous beliefs and bad feelings. Our soul remains in truth at all times. It is within our spirit body mind circuits that our negative unloving patterns take hold and control and dictate our wayward life.

When an error enters our spirit body mind, it sets up a pathway for more error to enter and manipulate our patterns of living. And when truth enters our soul, it sets up a pathway for more truth to enter our soul. Our Healing is the bringing to light the errors of our mind so our soul can transform them into the truth of ourself.

Our Healing sorts our mind out bringing it into harmony with our feelings. And once that harmony is gained, our soul is free to express the truth we are to live.

ENVIRONMENT CONDUCTIVE FOR HEALING

Graeme: A question for Nanna Beth,

Friday, 31 May 2019

Does it all boil down to this:

"I have to feel all my bad emotions and long for the Truth of them ... from my Heavenly Mother and Father."

Nanna Beth: Yes it does.

Graeme: Both Marion and Sam can do this "on their own" because they have FAITH that God will help them do it.

But for me, how can I do it on my own?

How can I stop doing all the stuff I want to do with James and John and concentrate solely (no pun intended) on doing my Feeling Healing.

Nanna Beth: They can do it on their own because it's part of the pattern from their early childhood, just as your pattern dictates how you feel about it. And it's not about working out how to stop doing all the stuff with James and John so you can concentrate on your Feeling-Healing, if it were about that, then you'd be naturally moving that way. However it is about trying to express all the conflicting emotions and feelings you feel, that you think you should yet don't actually want to (because if you did you'd be doing it), and then expressing how you feel about having all those feelings and how they make you feel.

It's for everyone to find their own unique way Graeme, and even though you might feel bad at times and not want to remain caught up in your Wrongness, still there's a time and place for it all to happen, including your Healing.

So you have just to stay with the bad feelings and emotions you are feeling in any moment, long for the truth of them, and try and express them or just work to acknowledge you are feeling them. You don't have to be a 'living example' of The New Way. There will need to be many people supporting those wanting to commit wholly to their Healing. Circumstance might not be congenial to allow you to indulge yourself in it just yet. Or it might, and you are working at building your longing and desire to do it. And then you might be able to do it yourself, or you might not, needing help, all of which will come to you or you will go to it, when you need it.

As James was saying on the phone to you, the whole thing about the Healing is that it's a complex thing and everyone will relate to it differently, do it differently, do it at different rates, all that suits them best as determined by their soul. There is no fixed way to do it, which makes it difficult if that's what you want, or good if that's what you don't want.

And the other thing I will add here is, technically, no one is able to start their Healing until the start of the Avonal Age. Sam is a special case. Other people including yourself can do parts of it should you want to try to, but really to fully commit to it and for it to work for you as James has written about, really belongs to another time on Earth, that which we're preparing for.

So don't be too hard on yourself, or be as hard on yourself as you can, expressing those bad feelings and longing for their truth. And by expressing them I mean, telling John or anyone else who might want to hear them, ringing James, or just saying them out loud or in your mind to your Mother and Father. Or just accepting you are feeling them, and do nothing other than feel like shit whilst you do – and long for

the truth, really want the truth, just want it, pray and ask for it, to see it, to understand it, to know how it all relates to you, but don't expect anything to happen, just long.

Graeme: Nanna Beth you said you couldn't have done what Marion and Sam are doing while here on Earth but when you got to the Spirit World you were "helped" and that is what made the difference. Is that what is most likely going to happen to me and most other people on Earth?

Nanna Beth: Yes. Few people early on will be able to fully commit themselves to it. It becomes your whole life and the world is not set up to be fully supportive of doing it. For us in spirit, we move into the three Healing Mansion Worlds which are TOTALLY and ONLY set up for people wanting to do their Healing. If you don't want to do it, you can't live in them, Divine Love or no Divine Love. You can have received the Love and remain in the lower First World finding out about the Healing, however you can't move into the Third until you start it. And then once we do, there are masses of Celestials on hand to help you. You don't even have anyone on Earth on hand yet to help you who's finished their Healing. So it's very early days Graeme.

And really should you want to commit yourself more to your Healing, you might possibly need the likes of Marion or Sam to help you work with it, at least enough until you get the idea of it and what's involved.

Graeme: It seems that to "devote" one's life to feeling healing and soul healing is very difficult given all the structures and resistance on Earth at present.

Will the new Avonal Age change this and will more and more people (and even me) be able / want to do their Feeling Healing?

Nanna Beth: Yes, as the Truths are made known, many people will positively respond to them, particularly when they understand that all they are doing and have been doing has all been still just part of the Wrongness. It's going to shock a lot of people, putting even more pressure on the religious (mis)leaders and New Age teachers. When people understand they've put so much effort into only furthering their self- and truth-denial, they are not going to be happy.

Also as I've told you, the 'vibration' of spiritual light frequency changes with the Avonal Age, which is the real New Age, not the false one that people have been seduced into by the mind spirits. And this will help people connect with the Spirits of Truth along with receiving more support from their angels and the Divine Minister and us Celestials – those people that are intent on looking for the truth of themselves through their feelings, that is. Those people who are not, will find it increasingly more difficult as the Age progresses to continue in their rebellious ways.

The Rebellion is going to be like a balloon with the air coming out of it. It will rapidly deflate because of the onslaught of the New Truths. Too many people from all walks of life will understand that their old ways are imperfect and only causing themselves more harm instead of the benefits they believed they were getting or helping other people to get.

Graeme: I guess you can read into me that I'm feeling a bit despondent that all the reading and understanding I've gathered over the last few years may be just that – more stuff to fill my mind without DOING anything about it.

Nanna Beth: That is partly what it's designed to do – how you should feel after reading it all and coming to understand more about it; you'd be denying yourself more if it wasn't having that effect on you

Graeme. So accept those feelings allowing them to have their say and place in your life. It is all very depressing and you should feel despondent at the hopelessness you feel about it all. It's right that you feel that way, showing you are moving in the right direction. The New Way is not another false feel-good system of belief people can adopt, it's serious about helping people giving up all that falseness. It's going to work contrary to many people's ways of belief and living. And there's going to be many people like yourself Graeme, who will feel bad and yet still want to work and not do their Healing. People already feel bad and work and yet without any understanding as to why they feel bad and what's really going on within them. At least now you're getting some idea as to why you are feeling bad when you do and how it all comes from your early life.

And for people just to know the basics, that which John is busy disseminating through his Pascas Papers, is more than enough for them to come into spirit with a different view and approach as to what their spirit life might be. It will be far easier for us Celestials to help such people as they come over knowing that they can either carry on living their rebellious dead-end self-denying life in the mind Mansion Worlds, or that they can look to live The New Way.

We never had a choice. It was just more of the same without us knowing there was anything wrong with that. So we all got on with it until in one way or another we were introduced into the Healing Way, however had we found out about it on Earth it would have made things much easier for us. However, that was what we needed, whereas once the Avonal Age starts then some people will need other things.

[Thanks for listening to me...](#)
Graeme

Nanna Beth: When you feel bad Graeme, it's important that you try not to hold it in, even by just admitting to someone that you feel bad will help. You don't have to try and work deep into yourself through your feelings to find the truth of why you are feeling those feelings, you are just to acknowledge that you are feeling bad by saying it out loud and hearing yourself acknowledge to the world how you are, saying: this is me and I am feeling this feeling at the moment.

And it won't be long now Graeme before you are swept up in it all, so you will find you'll hardly get a moment to sit down and express them anyway.

I hope that helps. Love Nanna Beth.

Subject:Pascas Care Letters Environmental Collaboration Awareness.pdf

Date:Fri, 31 May 2019

From:James Moncrief

To:John Doel

I liked it all. No problems with it that I could see. Good stuff!

Yahoo, a green teddy bear stamp!



BAD GUYS and GOOD GUY – END of HEALING

Sunday, 2 June 2019

It's a long one again and I think it's a bit goobledee, and I've only read over it once. And again John – just for the inner realms. (Flexina feels as beautiful as she looks John.)

Graeme: Thank you for the latest edits.

Graham, thanks for sending the link and what you've said. I've not watched the video yet, I intend doing that later tonight, however for now:

Graham:

This is really an interesting comment.

https://mixi.media/newdata/news?ad=6491214&bl=92212&ag=25&st=33&ct=adpreview&out=1&ab=b&body_id=781

The video demonstrates the hidden controllers of the deep state are now fighting amongst themselves and cracks are starting to appear. It seems they have lost their ability to effectively drive their hidden agendas.

I see parallels to the news article about the EU U-Turn. The confusion of governments on how to govern fairly for their constituents is apparent.

It is probably 24 months ago Nanna Beth advised that all controlling institutions will crumble. For me, that is obviously starting to play out.

It may be a little more than 24 months ago that "guidance" from the Mind Mansion Worlds was blocked by the Celestials (22 March 2017). I wonder how much this can be contributed to the confusion and loss of cohesion of the US deep state and EU.

If the link is there, then the change has been very rapid. Which means there must have been massive influence from the Mind Mansion Worlds in the past.

GG

James: You sum up thoughts that have been going around in my mind which I've wanted to ask Nanna Beth more about, and in particular, the last sentence. (Which means there must have been massive influence from the Mind Mansion Worlds in the past.) So Nanna Beth, could you please comment on what Graham has said?

Nanna Beth: It is as Graham is surmising, very much so, importantly so James, very, very extremely important. It's reflecting the gradual taking over the control of Earth by us Celestials. I know you can't understand because you're having to trust me and all I've been saying of late to you has seemed so over the top, however it's true, and so what more can I say.

James: This is also what I want to talk with you about Nanna, that which happened to me in my fantasy mind yesterday morning after talking over yet again all the latest 'Avonal Stuff'.

Yesterday I was taken to see that possibly as part of my mind-contrived fantasy of being an Avonal, as Marion keeps telling me it is (and which lately I've been feeling more centred and accepting of being,

no longer wrestling within myself to the point of having a mental breakdown over whether or not I am it or it's just my desperate ploy to make myself feel good by creating this whole being an Avonal thing), is to become the positive or 'nice' side of the Rebellion, with the likes of Hitler, Stalin, Mao being examples of the negative side of it, with so many mass killings and all the horrific torture, with myself being the opposite, so with mass healings and spending all John's money on making people feel better, yet it all still within the Rebellion.

And that, as it's all my own fantasy, the Rebellion hasn't really ended, that I am just making it all up with the help of you spirits, which would mean you are all working for the Caligastias and Daligastias, and with John, and the two G's and every one else involved, should they keep wanting to be associated with me, joining in also being part of my fantasy and buying into their own ones too, and with the whole Healing thing then being just another part of how to help make people 'feel good', yet it all still being within the Rebellion as no one can actually get out of it, which explains why I don't feel like I will ever end it or fully Heal myself of it, and with you Celestials being I don't know what, just making it up that you are Healed all so as to humour and lead / string me along, and on it goes.

So I was suddenly faced with seeing that if I look at myself as the 'Avonal', when really I am not, then fuck me I am way out there like Hitler and that lot were, and if you spirits give me the 'power' to affect healings and all that you've told me will happen, and everyone is so happy with me and yet it's all only to make them feel happy within their Wrongness, which is a very sneaky way of keeping them bound into it even more by making them believe they have nothing wrong with them anymore, just like how the mind spirits feel, then why me, and why am I being shown just how full of shit I am?

So again I feel mad, with Marion saying it's all mad anyway the way we live life, so who cares, that what if I am full of shit to such a degree that I'm making up this massive alternative feel-good nice fantasy, and it gets supported by all you nice and good spirits saying all the nice and good things you've said, and then John gets masses of money so we can physically help masses of people feel good, and so it's the **ULTIMATE FEEL-GOOD EXPERIENCE** people can live, happy ever after within the Rebellion. So there have been all the 'bad guys' of the Rebellion, and now I'm setting myself to be the nicest 'good guy' of it.

So there is actually no way out of it, just the two extremes, Hitler's shitty way or my Happy Avonal Way. And that should there really be a way out of it, then it's when a real Avonal Pair come, or perhaps they are not needed as TUB (The Urantia Book) says, and somehow humanity can heal itself with the help of Jesus' truths and the Divine Love.

I was enthralled by the beauty of this alternative fantasy, it's so perfect, so well crafted by all you lot, and I've bought into it so perfectly. For how can I not have, it all being what I am the product of my upbringing. And now I'm wanting to see if indeed it is to go that way; or, perhaps I (and Marion) are really the Avonals, and it is all really true, and The New Way is the way out of our rebellion.

Anyway, I feel that I've needed to take my Avonal fantasy to its fullest, which I reckon I've now done, I see it so clearly, I can go either way – fulfil the fantasy or end it. Am I asking people to join me in my Avonal Fantasy, or in my Avonal True Reality? So how does that make you guys feel? Graeme, struggling with whether it is real or not and should you fully commit to it; and yet, what if it is all my Grand Fantasy and I'm the Avonal Pied Piper who's going to take you all on a magical journey into the false happiness side of things?



And yet it's all perfect too, I have to push my fantasy side to its conclusion, as I think all of us will have to do in our Healing. And okay, perhaps mine is a bit more distorted than most believing I'm the Saviour who's come to help everyone, and yet there are other people claiming to be the same in one way or another.

However the good thing is John, I feel like I have moved it to its conclusion, I have that great I SEE IT NOW feeling in me. It's giving me yet more of a feeling of completion. It's all fitting, of course, into the perfect Avonal Fantasy that my Healing is coming to its conclusion with this being part of that.

Marion thinks I am completely deluded, that it is all my fantasy and we have great, almost daily, discussions thrashing it all out, which serves lately to make her feel she's even more convinced that I'm full of shit, and with myself feeling even more strongly that I am the Avonal.

And the best part for myself is that I don't care anymore one way or the other. If my Mother and Father want me to live the ultimate, or one of the ultimate, positive nice fantasies being an ultimate feel-good person making the whole world feel better about being in its rebelliousness, then so be it, as I can't be anything else. I have begged and begged that They show me the Truth of myself, and yet what if part of that truth is Them showing me the full state and extent of my fantasy, which is part of the truth of my rebellious condition, all being hammed up in my contrived Avonality. And what if They then want me to take the next step and John gets all his money and the spirits back my spirit healing desires and away we go, blasting out into the world on our Magical Mystery Avonal tour?

So Nanna Beth, are you really as you say you are, and am I all you say I am; or are you part of outworking my fantasy life to help manifest in what I'm now calling my Avonal Way?

Nanna Beth: That's for you to decide James. And really we're working both for you, as you are to outwork your fantasy as you have done, with a little more to add to it over the coming days, however it's now all but complete; as we're also helping you to awaken into your full Avonality. You've been working the two aspects within yourself, and with John and everyone else helping you, although they of course hope they are not just buying into all your fantasy bullshit.

James: And I don't care anymore if they are swept up into my madness. I used to sweat it out worrying so much that I might be leading people further astray, now I don't feel any of that worry having worked through it all, or just brought out my delusion to such a degree that I am happy leaving it up to the other person as to whether or not they want to join me in what might be the Biggest 'Loving' Fantasy Outworking the world has every seen.

Anyway, either way, I want to thank you Nanna Beth and everyone else over there who's helped me get to this point, and should we go the fantasy way, then I look forward to making as many people feel better about themselves and their lives as I do myself, because I sure am sick of feeling all the horrible feelings I am, as am I sick of reading all the horrible shit in the world. If the 'earthing' of the Law of Compensation is really nothing more than you spirits enforcing a level that people can't cross, it all being part of maintaining the 'Loving Fantasy' and 'earthing the mind spirit level of being nice', then so be it, let's get cracking! Open the doors and flood John with money so he can put into play all his dreaming, then we can all happily join our happy being nice fantasies together. And it would sure be better, even if it all is just outworking the rebellion to the positive side, than sitting on my bum bored and cold – again.

It's a fabulous thing for me now, I delight in being able to switch from full fantasy mode to full non-fantasy mode. I was going to type: full fantasy mode to full real mode, but in my fantasy mode it feels as real as in my non-fantasy mode.

So I've given up worrying about whether I'm the Avonal or not, I am or I aren't, and I am in fantasy mode or non-fantasy mode, and I can't stop it, I can't switch it off, I can't just say, thanks God, but I've had enough of this shit either way. So now I'm happily (being in my happy fantasy mode) wanting to see what happens, to see if I am to take it the next step and start acting it out, or is it all to be kept as yet masses of pages of crap that I've written out, one loooonnnngggg Avonal fantasy saga, and one which for the reader might have a complete dud ending should I actually get to the end of it and nothing further happens – talk about that being a huge?? (anti climax). Still, that would be totally in keeping with it all, as my whole life has been one big let down, full of promises none of which have materialised. So in keeping with it, all of this Avonal fantasy will fizzle out too, now that it's reached its zenith. So nothing further will happen, I'll be a tiresome boring old fart going on about his Avonal fantasy, and just you wait, one day everyone will leave me to my dementia as I wander the Ventnor Common talking with Nanna Beth about the glorious days to come, farting, dribbling and staggering along consumed in my mind until someone finds my bones bleached by the sun and wonder what that poor fuck's life was like.

Anyway, it's endless, I can plug in, it's all just another movie scene, they come falling in over themselves in my mind, everything is a movie, the Rebellion Fantasy being the greatest one of all. The Rebellion was the Evil One's fantasy they were trying to manifest, with the reality being They had no hope. How mad is it to think you can outfox the Creator of it all? How deluded were they? How screwed up in their minds that they could actually take it as far as they did? And now we're all screwed being caught up in their Rebellious minds, we're all living out parts of their fantasy, taking it on and expressing it as if it's our own real important self-created lives, and so here is my Avonal version of it. Through all my writings I've tried to bring it all out, and now hopefully this might be part of the end of it, because I feel too fucked and frankly just can't keep doing it anymore. Something is surely going to break soon. I will die, go into spirit, there to see once and for all how full of shit I am, or there to carry on the delusion to an every greater extent. But one way or another, I feel I've pushed it in my mind as far as I can on Earth. If I am to take it further, then I will need added spirit help to heal all my pain and fix up my crushed spirit so I can actually carry it off, and John or someone will have to deliver lots of money into the Happy Plan coffers.

So as I said Nanna Beth, and I am amazed at myself, I am completely self-indulgent in my own happy fantasy, I love every part of it. I hate all the bad feelings and all the struggle of my daily grind, but all the writing, all the books, the channellings, the stories, the movies, all the stuff in my mind from you all, I've loved every moment and love feeling all the good and happy feelings they give me. So again, I thank you all so much. It's been one hell of a movie the whole *Avonal Saga – Waking Up* by James Moncrief. And now I am looking for the sequel *Avonal Saga – Getting On With It*. So I've got my saga as John has his SI (Solid Investment) saga, the two seeming to run perfectly in tandem with each other, so onto the next phase I reckon John!

So Nanna, I'm more than ready, ha, ha (as I never am, it only being in my mind I believe I'm ready), for what would I know to happen???, and as John tells me, he is ready too, and so you spirits up there can pull your fingers out and set him on his course to take over India and then the REST OF THE WORLD! With: The New Way, which we'll have to rename now John – The Happy Way! Is everybody feeling happy! If not, here is Happy Jimmy Avonal and his crew of unseen Happy Spirits, and his best Earthly friend, Happy Johnny with his bags of sparklers. Pulling the rabbit out of the hat is old hat now, in the Happy Avonal Fantasy we're going to be taking the head off the Golden



Buddha and pulling out never ending bags of sparkling goodies for everyone!

And what can I do, Bob keeps laughing and saying things like: Game On, and Jimmy, it will be the Greatest Show On Earth. To which I counter, yeah Bob, ‘show’ being the appropriate word.

So Nanna Beth, sorry for going on with all my stuff, but I wanted to write it out to see how I feel about it afterwards; so getting back to you and what Graham was saying, is there anymore you’d like to add? As Graham says, I too have a growing appreciation in me as to just how all-pervasive and massive the mind spirits were.



Nanna Beth: It was huge James, extreme, so many billions of spirits, all still fully entrenched within the Rebellion trying to impress their way on people on Earth. With many very large and strong groups of spirits working to affect certain individuals or groups on Earth, involving a massive shared focus on Earth from nearly every mind spirit. People on Earth have never been able to work out things for themselves, free to live their own destiny, the Rebellion has been too strong. The controlling agendas people on Earth have had have continued in the mind worlds. None of humanity’s history on Earth within the Rebellion has been its own, it all being a shared thing and led by the mind spirits, all of whom have delighted in having such power over people on Earth. When you die then wake up in spirit, and being in a Wrong state, you feel immediately superior to everyone back on Earth. You know something they don’t. They are ignorant, dumb, stupid, compared to you. They don’t know about the greatest secret of all time – Life After Death. That then becomes the attitude of the mind spirits to those still on Earth. So everyone on Earth, either directly with such direct spirit influence, or indirectly because of the collective invasive mind spirit presence, lives suffering under an inferiority complex of sorts, all of which is very damaging and self-defeating. Humanity on Earth prides itself on its so-called ‘advancements’ when really they are nothing compared to how much it might have advanced without all the controlling restricting mind spirit stuff forced on it.

FOR 200,000 years ALL SCRIPTURES are the WORK of the REBELLIOUS LANONANDEKS:

The rebellious Lanonandeks from within our local universe are these soulmate pairs:

THE EVIL ONES



Lucifer pair
Arrested and imprisoned 26 CE



Satan pair



Caligastia pair



Daligastia pair
Arrested and imprisoned early 1990s CE

And then unbeknownst to the mind spirits, they have forced on them the hidden agenda of the Evil Ones, which they ignorantly and obligingly carry out. The Evil Ones never showed themselves to the mind spirits, they never came into the Mind Worlds. They always worked from the unseen Earth plane given to the higher spirits. So there has always been this nebulous over control, many who’ve attributed it to Lucifer or Satan and many attributing it to God, but it’s the same thing, it all being within the Rebellion. And you’re not free of it until you attain the Celestial level.



And now most of that mind spirit influence has ended, and so humanity on Earth for the first time in history since the beginning of the Rebellion is beginning to find its own way, which as you can imagine, suddenly not having all that over control on you, might encourage you to celebrate in your new found freedom within your Wrongness, yet it's double-edged, because suddenly you are cut loose having to do it all yourselves. So without that control, what do you do – scary stuff indeed!

And because of that, we Celestials are having to finesse the transition, and will continue to do so until there are enough people who are doing or have finished doing their Healing being able to effectively take the reigns of humanity. So Graham is right in his observation about the changes, as gradually people are starting to wake up and feel they do have more say in their lives, and part of that is breaking out of the collective socialistic self-serving globalisation, which was the latest and last attempt by the Evil Ones working to assert complete control over humanity for this Pole Shift Age.

The difficulty always facing the Evil Ones has been newly incarnating souls, souls who come into the world being independent personalities, and who then have to be continually 'bent' and 'broken' into accepting their evilness. So how can you do that, how can you organise a group or race of people to effectively take over the whole world and in such a way that it insures every newly incarnating person slots right in and won't buck the system? So being able to condition the whole social, economic, political, religious way of life to heavily condition every person in all the different countries of the world to join without protest becoming part of the global whole, a worker bee within the hive of the Rebellion. And with so many countries and pockets within those countries living different religions, social, political and economic levels, how can you bind them altogether and maintain that control over them? So you've seen the various ways used, some of which have met with certain levels of success, others having miserably failed, all of which is now coming to fruition and starting to go a little off balance because the Evil Ones through the mind spirits are no longer able to maintain the ship of humanity on its course to eventual destruction, the only conclusion of the Rebellion.



So James, at some point your rebellious fantasy will end, it will hit the brick wall, and... and that's what you're now waiting for, to see what happens, which is what you've been waiting for your whole life, to see if what your parents told you would happen, which you've now transferred onto us and the Mother and Father. You know what your parents said won't happen, as it never did, they always letting you down, and now you've either set yourself up for yet another and the ultimate brick in your face from God, if all we've told you fails.

James: And know the thought that there's nothing I can do about it other than live it through to its conclusion, is depressing as much as in its perverse way it's exhilarating. Oh it'll be such fun getting slammed in my face again and told to fuck off, nothing is for you, you're not to have a life like everyone can, which has been about my whole life; to: oh here you go James, your Healing is finished, now you get the whole world and whatever you want to do with it. Fun and games Nanna.

Nanna Beth, 3rd Celestial Heaven: It sure is James, we've having a ball. With part of that seeing the contortions you go through in your mind.

James: Well I'm happy to be part of your amusement. I'm happy that I am so easily swayed and happily compliant to your frigging around in my mind to your heart's content, setting me up to be slammed in the face yet again.

Nanna Beth: Not at all James, we wouldn't dream of doing such a thing. We're not mind spirits you know, we're upstanding Celestials of the true and pure Celestial spheres!

James: Yeah right, in which you pretend to be Jesus and Mary and whoever else we want you to be, all to keep us plebs happy in our fanciful delusions.

Nanna Beth: It's all within the Laws of the Rebellion. The Evil Ones laid down their law, contrary to God's Law, and so within their laws, there are, as you might expect, certain loopholes, cracks, openings waiting to be exploited, which the Melchizedeks are experts at doing. So we 'bend' the truth a little, however it's all necessary because we have to work within the confines of the Rebellion and Default and yet at the same time insert the Laws defining The New Way.

And I will add, for us to be able to 'buy into' the extreme nature of your 'Avonal Fantasy' whilst at the same time help increase your awareness concerning your Avonal Sonship and that of Marion's Daughtership, which she is soon to start moving into, is not an easy task. It is all amazing to us, none of us knew anything about any of this, and how could we, none of it has been known; so it's all being incredibly interesting for us, as much as it has for yourself. We were all completely ignorant. There's currently more of the Avonal Stuff, as you call it, filtering through the Healing Mansion Worlds, yet still most of the spirits doing their Healing are ignorant of the extent of it, which they only find out about once they've come into the Celestial spheres. We've been restricted as to what we've been able to reveal to the Mansion Worlds, with those spirits you've spoken to James within them all being privately schooled so as to help you, however it's not the norm. So you've been giving what could be said a biased or slanted view of the Divine Love healing Mansion Worlds concerning your influence in them, and that too is all going to change with 'full disclosure' coming at the start of your Avonal Age. And the mind spirits will find out about it by observing Earth, just as will people on Earth themselves find out about it as your Avonal Revelation goes public.

Avonal

So Graham can expect to see further evidence of such changes, the hidden controllers are reeling more so by the day as things seem to be becoming unglued, with their usual control and ways of enforcing it not working as easily as they have done.

James: So really we on Earth have a lot to thank you Celestials for, such as for the transition from one age to the next?

Nanna Beth: Yes, although we don't need it. We enjoy seeing you mostly ignorant of it with our being able to surprise you, it's what so many of us wished would have happened to us during our rotten lives on Earth, so now we can delight in seeing many of you on Earth benefit from our positive influence. And we ALL love playing our part in helping to end the Rebellion and Default, that's the best part. It's all very well saying: we're out of it now, thank God for that, and as God obviously still wants other people to go through what we did, so we'll just leave them to it and not interfere as they will work it out for themselves one day as we have done, and yet that's all nice mental rationale, whereas with our feelings, we hate the Rebellion with all the pain and misery it caused us, and would dearly love for it all to end instantly, and so what if people are denied the experience of it as we were allowed to have, too bad, as we're all better off without it! So being granted the opportunities to finally have our say in the workings of the Wrongness, is wonderful.

James: Suddenly I've conked out Nanna. Thank you again, thank you so much for all you've done to help me fuck myself even more; or to actually Heal myself.

Nanna Beth: We can't fuck you or anyone else anymore than you already are, all we do is help you bring out just how fucked you already are so you can see and live the full extent of it, so you can connect with just how badly you were treated and how fucked you are.

I'm / we're all pleased to be able to help James. And by our being close to you helps us all too in so many ways, so it's reciprocal, not just one way. We'll talk more soon. Flexina will be more than happy to talk with you should you want to say hello. Bye now – Nanna Beth.

Later...

James: Hello Flexina? Flexina (with the 'x' pronounced more like a 'z' – and your 'z' sound rather than an American sounding one).

Flexina: Yes James, I am here, pleased to meet you and thank you for asking me to come. I've been hoping you would, so as to help complete the picture for you, for as Beth said, I am to shed light on the Healing side of things from our side in our relationship with you. And yes, to answer your mind, I was from India a long time ago, the India of today is nothing like how it was when I was alive on Earth, still the basic essence of Indians is the same, that which draws me to being focused so heavily on the emotional healing aspects of the Healing.

James: Thank you for helping me finally understand what the Healing is about, as I assume it was you helping me on my walk?

Flexina: It was, yes, you just needed to put it altogether in your mind. It didn't take much, however you know how it is... when you are ready...

James: Yes, and it wasn't anything new, however as you say, my mind needed to make a few adjustments which has been obviously going on over these past couple of months as I've been wrestling with my preconceived beliefs and ideas about it.

And so what it is, is: We are to uncover, and so see (understand all aspects of it), our untruth; and as we progress in our Healing, we do change and transform parts of ourselves, all so we can move deeper and cope with and grow in acceptance of how unloving we are and how unlovingly we've been treated; taking us eventually to the point of having brought out, or brought to light, all how Wrong we are; accepting we are this way, having expressed all the repressed feelings of it out of us; being fully aware of all our bad feelings that we have in our unloving state and why we have them. Then to await our complete self-acceptance of our rebellious condition and the end of it, being transformed out of it.

So as I said, it's nothing new, but now I get it. So thank you for your input Flexina, I imagine you've been helping me all the way along.

Flexina: That's right, I've been helping both you and Marion with it all, my soul group have been very actively involved with you both, however it wasn't right for us to meet until now because we didn't want you to know there was such specific help as you had to work it all through for yourselves. However as you had all but done that for yourself, then you just needed my little extra help for it all to



Flexina

click into place, thereby alerting you to my presence in your life, that which you are now to feel more readily and regularly, because as you can sense, I, being as I am, will help you feel more of the affection you missed out on as a child, that which, as you said to Marion, you still crave. However I can't as such give it to you, no one can, that has come from you seeing the truth of it, you then in a sense through the truth you become giving it to yourself, which will bring about the end of your deep seated need and then the end of your Healing.

James: And now I feel even more than ready, feeling like I've finished off even more of my understanding, and so waiting for the end. So I hope it will come and I'm not deluding myself, I really hope so, and I hope all I wrote earlier with Nanna Beth is only the outworking of my fantasies. However as there isn't anything I can do about it, so...

Flexina: Your soul is moving you closer to your true self, that being first the true you in your Wrongness so you know yourself being Wrong. 'Know thy self', there's a lot of truth in that James. However it's all through your feelings and not with your mind because you can't actually know yourself mentally or intellectually, that is where the delusion comes in. When you can say: this the whole truth of myself, I am this way because of this treatment in my early life, knowing all your negative unloving self-rejecting patterns, then you are being true to your rebellious state. And when you are true to it, then you are really free to decide once and for all if you want to continue on being this way, or end it. And so that is the final choice we are given at the end of our Mansion World ascension. And when we, assuming you will, choose to give it up all up, then our Mother and Father along with our soul will do as we ask. But we being the personality expression of our soul, have to first get to know ourselves fully in our rebellious state so as to make such an informed decision. So this is what you are waiting for.

James: I can hear your Indian accent as I write what you say.

Flexina: I'm putting it on a bit thickly for you James, exaggerating it, making it more in keeping with how you've seen modern Indian's talking in the movies you've watched. We can choose to maintain something of our origins, so something of our nationality, that which most of us like doing. As we accept fully who we are, coming into the Celestials feeling good and loving of all the Wrong we've been, so we feel more fondly and affectionately for our past and heritage.

James: I will finish now Flexina, so thank you for helping me, thank you all.

Flexina: Likewise James, I am very happy to have been able to finally introduce myself to you. I too and all my group, like Beth's, will be with you for the duration of your life. We'll speak again soon, so for now, thank you – Flexina, Celestial spirit.

JOURNEY to FEELINGS

Graham Golding wrote:

12 June 2019

It is quite some time since I read *The Journey* and have had sessions performed on me or by me. Therefore my understanding of the full process is a little scratchy.

My understanding of *Feeling Healing* is also less than perfect.

However, from the very beginning of being introduced to Feeling Healing, I have felt there are many similarities between the two which can be beneficial.

As I recall Journey process starts with the “patient / friend” in a semi meditative state. They are asked to describe the issue that is affecting them the most by the “practitioner”. The practitioner then asks the patient / friend to describe the feeling that comes up. Once done, the patient is then guided to experience the feeling, and then look deep into that feeling to identify what feeling is “underneath”.

This process will continue until the patient / friend can find no further supporting / hidden feelings, and then their thoughts will typically be directed to a specific childhood event.

At this point the practitioner will organise a “camp fire”. This is where the patient will take themselves to that childhood scene, expressing the age of the child at the time of the event, and “invite” other personalities who were there at the time to the camp fire.

Each person attending the camp fire will be asked, through the patient’s consciousness, their perspective of the event.

For me, the result was an understanding of the event from several different perspectives. This was helpful because it took away some of the emotional charge I had to that event.

The goal was to clear the event of all negative connotations, thereby removing any further influence it has on you for the rest of your life. And therefore any disrupted psychic or energetic patterns that are resulting in disease.

The problem for me was, at times when I was explaining how *The Journey* had worked for me to other people, my feelings would go back to that event and I would become very emotional about the situation again. It is almost as if *The Journey* is attempting to “transcend” all feelings associated with that event but failed.

With Feeling Healing, the process is similar to begin with. Look to the feelings you are experiencing at a particular time, go deep into that feeling experiencing it intensely, and then look to the underlying feeling held within the first feeling. You cascade down to the bottom until you come to a specific event in life. Much as with *The Journey*.

From here, instead of organising a camp fire and inviting different personalities, you long for the Truth from our Heavenly Mother and Father.

The Truth forthcoming, in my limited experience, seems to be much more about how and why that feeling experience came to be. And how it is affecting your life patterns.

So for me, the processes are similar except, *The Journey* wants to erase any negative reactions associated with the childhood event, where Feeling Healing wants to uncover the Truth of that event and how it has, and will continue to affect your life.

Feeling Healing recognises that a single childhood event may hold many, many emotional threads and may trigger many different habitual patterns on many different levels. Each to be dealt with in order to understand the Truth of who we are.

In my experience, *The Journey* has not “cleared” me of emotions attached to a particular event because I have gone back to that event from differing life patterns.

Feeling Healing does not purport to “clear” you of feelings or emotions associated with a childhood experience. How can it? We are a personality, with everything we experience for eternity, creating the experiential being we are. Nothing can be “erased”.

The process for both *The Journey* and *Feeling Healing* are very similar in the early “discovery” phase.

Express the feeling immediately affecting you at the time.

Go deep into that feeling experiencing what it is like.

Ask what that feeling “feels like”.

Go deep into the newly uncovered feeling and experience it.

Continue to drill down until you come to a childhood event.

Go deep into that event and experience it over again.

From there, the camp fire should be dropped completely and in its place, the patient / friend should seek the truth from our Heavenly Parents, our true Mother and Father.

For me, the benefit of associating with The Journey is that the practitioners will already possess many skills required to help the friend / patient discover the Truth for themselves. And there are many Journey Practitioners in many countries.

However, a Journey practitioner needs to overcome the belief that they are “treating” someone, or “healing” someone. They are merely being supportive guides and listeners – Emotion Unblockers!

GG



The New Way, Feelings First Spirituality
Feelings are your own truth and personality

RELATIONSHIP with GOD

Thursday, 13 June 2019

Graham Golding: It came to me this afternoon, while talking to John about engaging Journey practitioners to roll out Feeling Healing, that the practitioners will need to uncover for themselves, their relationship with God.

The Journey uses. "Camp fire" setting as a final phase for their Healing, however, we are going to suggest they need to guide the Patient to "long to God (The Heavenly Mother and Father)" for the Truth.

As with most new age/alternative healers and followers, Journey practitioners (and perhaps some teachers), may have rejected God. I went through that phase also. The use of word God to describe the supreme being conjured up feelings of disgust due to associations with conventional religion. So New Agers used euphemisms like The Creator, The Higher Power, etc.

All that is OK, but if they are to long to God for the truth, they will have to create some association, or at the very least, explore their feelings towards God early in their training.

James has written the info below in his Religion of Feelings book:

God's name

We are to find the right name we want to call, know and relate to God, by ourselves. And as you grow in truth, so the name God wants you to know Him/Her/Them by, will come to you. And by longing for and receiving God's Divine Love, reaching out to God as you relate to God and asking God to please fill your heart and soul with His/Her/Their Divine Love – God's Love, will help you develop your personal relationship with God. We are to long for God to love us and to make us be as God is, then in time our feelings will lead us into how best it is for us to call and relate to God. We are to find God, and so know what we want to call God, by looking to our feelings. So as with everything, our feelings will guide us to God. If you want the deepest, truest most personal and intimate loving relationship you can have with God, then it will ONLY come through your feelings – you can't achieve it through your mind.

We can't demand people to immediately love God, but they need to understand their relationship with God. Even if they hate God, or even if they are atheists, they need to understand why through their feelings. And at least become accepting that at this stage in time they hate God. Then they will have a relationship upon which to build love through truth.

This will also be true for patients. They also may have rejected God and so will not be able to long to God for the truth.

So early in the education of Feeling Healing education, as James has suggested, there needs to be a "discovery" process to help everyone acknowledge their current relationship with God.

I am not sure what that process should be. I am sure I have read something of James which helps people explore this. I think it was in his Divine Love course but can't find it. This is definitely James domain.

Am I making sense or just rambling?

Cheers all. GG

James: You can just long for the Truth, without God being involved, as we can long for anything. And the truth should come, I don't know to be sure as I've only ever done it with God involved, however that's the theory anyway, we'd have to test it on someone. Plenty of people work on themselves, naturally or in therapy and want the truth, only they want it so as to take the bad feeling and pain away, then all the mind control asserts itself again, they don't want it as part of wanting to uncover the WHOLE truth of themselves, so including all the yuk stuff to do with their parents, their children, themselves – all their relationships. As you said Graham, to want the truth of your feelings to find out why you are feeling all that you are and how it makes you feel is really what I've coined as the Feeling Healing. Bringing God into it then involves the Divine Love – Soul Healing. However that's not also to say that one could possibly do one's Feeling Healing with God in a Natural love sense too.

yuk

For the time being I'd be happy to support it without God directly involved if that makes it easier, knowing that one day as you uncover the truth of yourself, it will lead you into a deeper and personal relationship with God.

Or, do we just include God and even the Divine Love up front, and if people can't deal with that, then that's part of their Healing?

I intend writing more about what you said below Graham about the Journey Process and what John is conjuring up, however it will have to wait until tomorrow, should I feel able to do it then.

EMOTION UNBLOCKER

Friday, 14 June 2019

James: Graham, I really like what you've written and want to use it to point out the main things that come up regarding the differences as I see them from what you've written, having had no personal experience with any kind of organised therapy. The only 'therapy' I've been 'subjected to' is from Marion, which was up until only recently, almost relentless, involving her commenting on, pushing me, guiding me to stay focused on all feelings, bringing all I felt out and endlessly discussing my childhood as the understanding and memories awakened within me. As far as doing 'sessions' with a 'practitioner' I have no idea, however I'm eagerly waiting to see what John has come up with so far as 'adapting' the Journey Process to what he understands Feeling-Healing to be.

The other thing is, I have thought over the years about trying to formalise a 'Process' that would help introduce and help people do their Healing. However nothing has felt right, and if anything, I want to go the other way and not try and fix anything down, the less control the better. However I also understand I've had the 'luxury' of Marion being constantly in attendance and on my case, making me feel like and getting really pissed off with her at times that I am in constant therapy with my therapist, whereas of course that won't be the same for other people. Marion is completely responsive in the moment with her own and dealing with my feelings. When we first started she worked with about half a dozen people who were attending my Divine Love meditation group, seeing them each week for a year or more in some cases as they wanted to go further into their feelings and do their Healing. And one person really benefited from her, she could go deep into herself and was amazed at the truth that came out, however ended up being able to only go so far. The others had a little success, however they all ended it when it became apparent that to go any further would possibly mean either fully doing it with their partner or separating from them, one whom had children, and it was just too hard. It then ending up being too hard on them and too hard on Marion.

Looking back I think the pace she was working with them possibly Sam (Samantha in England) would be able to take it, with her life being fully ready and she wanting nothing more than to completely commit herself to her Healing, whereas for these other people I think they would have needed a much longer gradual getting used to it and slowly understanding what it was all about and what they were setting out to do and being able to consider the consequences of it more as to the ramifications it was likely to have on themselves and their families. These other people would be if anything, 'part timers' or dabbling in it enough to give them a small yet significant understanding that there was a hell of a lot of deeply buried yuk repressed and festering away within them, there to one day possibly be tackled, that even being in spirit.

yuk

So bearing that in mind, what I think John wants to do is perhaps introduce a simple awareness about it which people can work more intensely on should they want to go further and their life supports them in that way. Together with perhaps a simple spiritual philosophy that will also take them further should they wish to grow in truth.

Recap from Wednesday, 12 June 2019:

Graham: It is quite some time since I read The Journey and have had sessions performed on me or by me. Therefore my understanding of the full process is a little scratchy.

My understanding of Feeling Healing is also less than perfect.

However, from the very beginning of introduction to Feeling Healing, I have felt there are many similarities between the two which can be beneficial.

As I recall it, the Journey process starts with the “patient” in a semi meditative state. They are asked to describe the issue that is affecting them the most by the “practitioner”. The practitioner then asks the patient to describe the feeling that comes up. Once done, the patient is then guided to experience the feeling, and then look deep into that feeling to identify what feeling is “underneath”.

James: Possibly this would help people move deeper and connect more with their feelings, I don’t know, however it also wrecks of control, the fact that it’s a patient – friend / doctor – practitioner relationship, when ideally it should be two equal people expressing themselves together, even if one is more experienced, wise and connected to their feelings than the other. Going to see your teacher / therapist is what I’d ideally like to avoid, however I don’t see how it can be done. Not unless the people wanting to do their Healing and help others do it, are all already living together, so don’t have to make formal appointments, it all happening as a natural part of life.

However, having said that and accepting the reality that some people might want and benefit from a more structured patient – friend / therapist – confidant approach, particularly in the beginning as they need help to stay focused on their feelings, a gentle approach like this might be okay.

The other part I have wondered about, and I certainly couldn’t do nor would I want to put myself in the position of thinking I can, whereas other people might relish doing it, is if one is really intent and prepared to go all the way, then a lot of very heavy painful hurt, misery, sadness, depression, rage is going to come out, so the practitioner would have to be very skilful in knowing how to deal with all of that, knowing how to keep encouraging the person to keep bringing it all out no matter how bad it got and NEVER doing anything to interfere or try to lessen it or try to block it and reject it themselves or make their patient / friend block or reject it. Just as the person bringing out such buried pain would have to understand they were not to dump it all on their therapist – confidant or demand their companion – therapist to help them in unreasonable ways. What happens when the bad feelings are so intense and so deep and go on and on, when the can of worms is starting to open fully, the patient / friend is feeling suicidal and it’s in the middle of the night, do they call their therapist for help? And should the therapist make themselves available to ‘take on’ someone so fully? I don’t know the answers to these things however they have made me conclude that I don’t want to be involved with people’s deep shit like that, I can’t do it, so I can’t take on that responsibility. I don’t even know how to do my own Healing myself, still needing Marion’s attention, so I’m a real case of ‘Do as I say, yet not as I do’, as I’m not good at doing my own Healing, and in fact I’d have to say I’m a failure at it. Which is great, the so-called Avonal who’s here to teach and show the way of how to get out of the Rebellion and Default by doing one’s Healing can’t even do it himself! It couldn’t be, and I couldn’t be, more fucked.



John, you have just volunteered!



Graham: This process will continue until the patient / friend can find no further supporting / hidden feelings, and then their thoughts will typically be directed to a specific childhood event.

At this point the practitioner will organise a “camp fire”. This is where the patient / friend will take themselves to that childhood scene, expressing at the age of the child at the time of the event, and “invite” other personalities who were there at the time to the camp fire.

Each person attending the camp fire will be asked, through the patient’s consciousness, their perspective of the event.

For me, the result was an understanding of the event from several different perspectives. This was helpful because it took away some of the emotional charge I had to that event.

James: And this is exactly as you’re saying Graham where it starts to fall down, because it’s all too mind controlled with the purpose to alleviate, lessen and even further deny the pain and all those terrible bad feelings that are waiting on deeper levels to be brought out.

Graham: The goal was to clear the event of all negative connotations, thereby removing any further influence it has on you for the rest of your life. And therefore any disrupted psychic or energetic patterns that are resulting in disease.

James: The theory of which sounds fine and yet it’s bullshit. It’s true if you do your Healing the right way through honouring all your feelings.

Graham: The problem for me was, at times when I was explaining how The Journey had worked for me to other people, my feelings would go back to that event and I would become very emotional about the situation again. It is almost as if The Journey is attempting to “transcend” all feelings associated to that event but failed.

James: Which is perfectly what you should feel Graham, showing you are still in contact and connected to those feelings within yourself, because you’ve not brought them out yet. And it being good and actually working in your favour that the Journey Process in that respect failed with you – that you’re a failure at it. Sitting around a nice warm friendly camp fire discussing and sorting out and supposedly coming to terms with the damage done to you, is not quite the same as raging a blind killing fury out at the very fuckers who’ve caused all the damage in you, the very people who should have never hurt you like that, the very people who you trusted with your whole heart and soul to love you, and yet who reneged and screwed you up no end – your own fucking parents! If anything, you need to bring the perpetrators of your pain to the camp fire so you can let them have it all guns blazing. And fuck them and what they think and feel, those feelings are for them to blaze out at their own camp fire with their parents. And to have as many camp fires blazing out those same feelings as necessary, which might be thousands of them over the years as you work your way deeper into your pain and anguish. The nice friendly Journey Process camp fires of patching over the bad stuff by making you feel artificially the powerful one, being able to hear your parents’ position and feeling sorry for them and then moving on for you to magnanimously and graciously feel you forgive them, and let’s all be friends and get over it

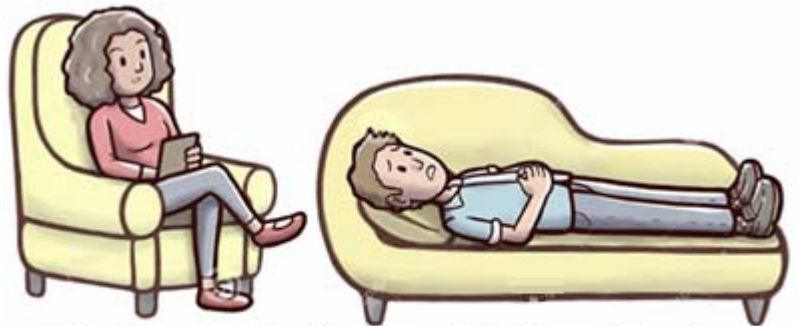


all now that we understand what it was all about for each of us, so bury those deeper feelings even deeper and the pain continues only to erupt out of you at another time.

And why some people seem to even be miraculously healed by such ‘modalities’, by anything that involves yet more mind control, is because that system fits perfectly in with that person’s patterns, they are able to use the camp fire process to move on, to fix themselves, to release and clear all that unwanted emotion, to have all those wonderful insights and revelations of truth, never to be plagued again by those horrid feelings, to live happily ever after all because that’s how they were treated when they were young. So they are open to that, it makes them feel great, it makes them feel like they are healed or making good healing progress, when unbeknown to them it’s just slotting in with their existing negative deeper feeling denial patterns.



So the Journey Process, like all such ‘processes’, is yet another perfect process to progress one further along in one’s rebellious truth-denying state. And the trick is, which took me ages to understand, that because some emotions are released and some truth seen, people believe they are making good progress so the process works, that they are moving along on their correct spiritual path as they heal themselves. And that little bit of truth does make them feel better about themselves, and that little bit of expressed yuk does make them feel clearer, however because they are not completely orientated in wanting the **WHOLE** truth of themselves, they quickly move up a side track which eventually peters out as their mind reasserts its control over them in its new way, so including that little bit of truth, all of which makes them think they don’t have to do their real Healing, because they are healed as they further delude themselves.



"You're not fooling anybody but yourself." "So? — I'm the one who *counts!*"

From my small experience it seems like most people quickly come up against some of their major barriers when they start any sort of therapy, with very few being willing to push through them. So the Journey Process, even though I’ve had no personal experience with it, seems like it might take you to the edge or boundary of some of those initial barriers, and there you meet with the people in your life who’ve caused you the problem, sorting out some of the drama with them, patching things up, doing some emotional clearing, seeing a bit of truth and gaining more mental understanding about themselves, all of which is very good, mind you; however, really I would say, okay, now let’s take it down a few levels to another camp fire that’s more in the hell of your shit and see what deep, dark feelings you have lurking down there. And to do that, you might need to either push yourself hard, or be crunched into it, smashing past those barriers, opening up the raw wounds, feeling like you’re losing it and going mad, wanting to end it all, all of which can be of itself too traumatic causing you even more damage should you be forced into it ahead of time by an over zealous practitioner / companion. And should people want to



go deeper, how can you train practitioners / companions to cope with all of that, and unless they are well advanced in their own Healing or have completed it, I think it's very dodgy ground.

So yes, I sound very negative about it all, and really for the life of me I can't see how anyone can do their Healing. Sam perplexes me everyday, that she can and all by herself, and that she keeps going and hasn't found it too much for herself even though she's been pushed to her limit countless times. I couldn't do it like she can, which I've had to understand and accept, I need Marion's constant help because I've been closed off to my feelings so don't know where to start with them.

So can someone introduce the Feeling Healing to people enabling them to do it? And I don't know.

Graham: With Feeling Healing, the process is similar to begin with. Look to the feelings you are experiencing at a particular time, go deep into that feeling experiencing it intensely, and then look to the underlying feeling held within the first feeling. You cascade down to the bottom until you come to a specific event in life. Much as the Journey.

From here, instead of organising a camp fire and inviting different personalities, you long for the Truth from The Heavenly Mother and Father.

James: Or you just long for the Truth from God, whatever and whomever god is for you. Or you just long for the Truth. Or you long for the Divine Love and the Truth from your Heavenly Parents.

Graham: The Truth forthcoming, in my limited experience, seems to be much more about how and why that feeling experience came to be. And how it is affecting your life patterns.

So for me, the processes are similar except, The Journey wants to erase any negative reactions associated with the childhood event, where Feeling Healing wants to uncover the Truth of that event and how it has, and will continue to affect your life.

James: Yes, that's exactly right. We are to uncover the whole TRUTH of ourselves, and that truth is complex, we are very complex personalities that have lived in our short lives a mass of complex experiences, the truth of which all needs to come to light. Our purpose in life is to be ourselves, as Marion says: The purpose is to be You. And not to deny any part of you. And as we're all full of such denial, to slowly end it by liberating all our repressed feelings we have keeping it in place, all so we can bring to light all the different aspects of ourselves – the whole truth. We are as you say Graham, to feel it all, and not try to get rid of it, just to allow ourselves to fully be it; so whilst we're in our unloving states, to allow ourselves to be it, to feel all the pain and bad feelings, not doing anything to stop them. To keep expressing and trying to bring them out so we can see what they are showing us about ourselves; and to keep longing for the truth, wanting to see and know it all, all how we're feeling, and that's all. And God will take care of the rest, whether we look to Them for Their help and Love or not. If we want the Truth of ourselves, and then allow ourselves to feel fully all our feelings, the truth will come from them. And as that happens, we are growing in truth, we are embracing our Ascension of Truth, we're on our way to Paradise. However as I've only recently come to understand and accept myself, our Healing is about fully allowing ourselves to be as fucked as we are, and not trying to do all the learnt and conditioned things we've done to pretend we're not fucked. So to carry on with our compulsions expressing all the bad feelings to do with them, yet understanding they are what we are in our negative unloved fucked state, and THIS IS US NOW, it being exactly as God wants us to be. And when we've seen and lived the truth of all we need

**the
whole
truth**

to in our negative state, then our soul will move us into our positive state because ultimately we are to become in harmony with a perfect Creation, yet only once we've uncovered the whole truth of our imperfection and rebellious state.

Graham: Feeling Healing recognises that a single childhood event may hold many, many emotional threads and may trigger many different habitual patterns on many different levels. Each to be dealt with to understand the Truth of who you are.

James: That's right, and so complex and intertwined, all of which constitute you as the person you are, all of which have to come to light so you can see how all the facets of yourself work together, so you can completely get to know yourself and know how and why you are as fucked as you are, all those bits none of us want to acknowledge and admit about ourselves.

Graham: In my experience, The Journey has not "cleared" me of emotions attached to a particular event because I have gone back to that event from differing life patterns.

Feeling Healing does not purport to "clear" you of feelings or emotions associated with a childhood experience. How can it? We are a personality, with everything we experience for eternity, creating the experiential being we are. Nothing can be "erased".

James: It does definitely clear you of your repressed emotions and yuk, as I am feeling that now more so each day. I feel free of them, as in they are simply not there. Marion maintains we are to bring them out; and personally I hate how the word 'clear' is used in the connotation like we just have to find some method of sweeping them under the mat or clearing them away from or out of ourselves. We are expressing them out of us, which really means, we are simply expressing them, now, as they weren't allowed to be expressed back then when we initially felt them. However as that part of our self-expression was stopped and effectively put on hold, really we've been like a stuck record, going over and over knocking on the door hoping someone will hear us and open it so finally we can move through it and have the experience we should have had. So we hear our bad feelings, we feel them, we 'hear' them screaming at us to be heard. We go to them, like the little baby or child, we 'pick them up', embrace and fully accept and acknowledge we are them, we don't push them away, we don't banish and reject them like we were banished, and we let them have their say. And we let them say all they want and we go with all the emotion and express it all, as we want to know what they are all about – what we are all about, what they were and still are to show us about ourselves and our life – the truth.

yuk



And when that denied experienced has been completed, fulfilled, then there is no need to keep expressing them, the patterns that caused them won't be there, the beliefs controlling them will have gone, and so you simply don't feel them anymore. And this you could say is that you've expressed them all out of you. But really you've connected back with that lost, hurt, abandoned, shut out part of yourself, you've stopped, turned back to embrace your hurt, reject and unloved self, saying to the world and yourself (your parents) all you needed to say; and it's over, you can finally move on, that part of your self-denial and retardation is over.

Graham: The process for both The Journey and Feeling Healing are very similar in the early "discovery" phase.

Express the feeling immediately affecting you at the time.

James: This is good.

Graham: Go deep into that feeling experiencing what it is like.

James: Yes, this is the aim, however it's not to force it. It's to stay with the bad feelings expressing them and longing for the truth of them, and then naturally allowing yourself to move deeper if that's what happens. It's to keep your mind out of it, you can't use it to 'go fishing' in your past and early life trying to 'make a connection'. It's to stay true to and with the feelings at all times.

However having said that, for some people they might instantly go deeper connecting with deeper childhood stuff. Whereas for other people, they might need more hands on help to push and direct them deeper.

Talk it Out

Overall, the more aware and connected with your childhood you become, the more you find you are always tuned into it, and the feelings as you feel them immediately make you feel you are also feeling what you felt as a child, that there is no time separation, you are still that child going through that shit, just as you are now the adult child still going through that shit, just as you've always been going through it, only have refused to see that you are.

TUNED IN

Graham: Ask what that feeling "feels like".

James: And ask how does feeling this feeling make you feel?

Graham: Go deep into the newly uncovered feeling and experience it.

James: The more you can bring it out with the full emotion of it, simply being it, the more you'll be connecting and experiencing it.

Graham: Continue to drill down until you come to a childhood event.

James: Again the 'drilling down' is fine so long as you know you're not forcing or contriving it with your mind. It has to be your feelings naturally taking you deeper. And in fact, we don't actually 'go down deeper into our feelings' even though that's what it feels like, it's that our deeper feelings come up in us so as adults we can feel them with greater understanding and feeling awareness which we didn't have when we were very young.



Graham: Go deep into that event and experience it over again.

James: Which will happen naturally, however speaking about it, emoting it as much as you can, whilst longing for the truth, is what moves the energy through you. It's about speaking / expressing as much as you can. You don't act on your feelings unless you can't stop yourself, instead you just keep saying all you feel you want to do, all that your feelings are making you feel. It's all about speaking it out so you can hear yourself saying it all, all of which helps you connect with it, so with yourself, with all that you are – all that you're feeling.

Graham: From there, the camp fire should be dropped completely and in its place, the patient / friend should seek the truth from God.

James: Yes, ideally. You long whenever you can. Sometimes you can't when you're deep in the throws of expressing your pain and you shouldn't stop the flow of feeling / emotion expression. Other times it's good to actually stop, cut the flow, take a moment and long, then keep going. Eventually all of this just happens naturally, your whole state and desire is one of longing and wanting to know the truth of yourself through your feelings. Still, when you feel to long, you long. In the beginning you might have to work hard to remind yourself, and that's good too. And you can long for the Divine Love too.



Graham: For me, the benefit of associating with The Journey is that the practitioners / companions / mentors will already possess many skills required to help the patient / friend discover the Truth for themselves. And there are many Journey Practitioners.

James: However they have also been trained into unwittingly perpetuating the problem by working to help you enlist your mind to maintain your control.

Graham: However, a Journey practitioner needs to overcome the belief that they are "treating" someone, or "healing" someone. They are merely being supportive guides.

James: Yes, just being a Friend; and helping someone find the truth of themselves through their feelings; and helping their friend express all those unwanted parts (feelings) of themselves that their parents and the world didn't want. Helping their friend to uncover the truth of their rebelliousness against themselves – by denying so many feelings; and against God by denying the Truth.

Graham: And this brings me to the last point I would like to make. Is "Feeling Healing" the correct term we should be using?

Feeling Healing is not healing anything. And most definitely not resolving or eradicating feelings or lifelong habits. We have learnt this from James more recently.

James: Marion says it's just what she does, what and who she is, it's how her life is, how she lives it, and so you can't define that with a term. And I agree. However as we're all so programmed to terms, so I felt the term Feeling-Healing was appropriate so far as possibly heading someone in the right direction. We are 'healing' ourselves of the Rebellion by uncovering the truth of it through our feelings. We are 'healing' ourselves by growing in Truth. Marion doesn't feel like she is healing herself, she is just experiencing what God wants for her. She doesn't feel like the Rebellion or Default was imposed on her and she has to work at removing it, whereas I do. I was made to believe I was okay and so get this shit off or out of me; Marion just is the shit and wants to bring out all the feelings of it so she can understand herself.

Graham: What has been termed Feeling Healing is in fact, Ascension to (or of) Truth.

James: Yes Graham, that's exactly what it is, and Ascension of Truth. We ascend in truth, or loosely: with truth. As we grow in truth, as we become of more truth, we are ascending up and in through the levels toward the Highest or Fountain of Truth – Paradise and the Deities that live on it and are The Truth.

However such terms might be hard for people to accept in the beginning. Sure, if someone is spiritually inclined and well on their path or really intent on setting out on it, such words or terms might appeal; and technically that's what I'd like, how I'd like to phrase it, yet whenever I use such terms with people they stare blankly at me, it already being too much. But perhaps I'm not the one to use them.

I've been thinking more lately that I see myself working alongside John like this so far as trying to introduce the concepts of it all in a simple way. Then for those people who do want to commit wholly to a full-on spiritual life, for me to work more closely and personally with them.

Graham: A continuation of the Feeling Healing terminology may set false expectations and understanding of what it is we are trying to achieve.

James: It will be the end of John if he has to go back through all his Papers and change Feeling Healing!

Graham: Please consider "The New Way" – Ascension to Truth.

The New Way, Ascension of Truth

James: It's: The New Way – Ascension of Truth. We are ascending in truth. We are not specifically going to it; however that could be debated as we are ascending and even physically moving closer toward the Eternal Son of Truth who's on Paradise. We are ascending daughters and sons of God. It's all about Truth. We are soul personalities who are to experience interacting primarily with other soul personalities and then also with other personalities in Creation; with those interactions giving rise to feelings that lead us to the truth of ourselves, the truth of our own soul. And the truth of ALL THERE IS. The truth of God's Soul. And the truth of God's Personality, as we interact with and experience our Mother and Father loving us, being with us, and filling our soul with Their Divine Love.

Our Healing is really about getting rid of everything that is blocking the truth of ourselves, that which we've been refusing to see. So in one sense we won't change as such, we'll just unblock ourselves; and yet in another sense, because we have unblocked ourselves, we'll feel vastly different in many ways, as if we have greatly changed. Another paradox to wrestle with.

GG

Thursday, 13 June 2019

Graham: It came to me this afternoon, while talking to John about engaging Journey practitioners to roll out Feeling Healing, that the practitioners will need to uncover for themselves, their relationship with God.

The Journey uses. "Camp fire" setting as a final phase for their Healing, however, we are going to suggest they need to guide the Patient / Friend to "long to God (The Heavenly Mother and Father)" for the Truth.

Unblock



As with most new age / complementary healers and followers, Journey practitioners and other teachers may have rejected God. I went through that phase also. The use of word God to describe the supreme being conjured up feelings of disgust due to associations with conventional religion. So New Agers used euphemisms like The Creator, The Higher Power, Source, etc.

All that is OK, but if they are to long to God for the truth, they will need to create some association, or at the very least, explore their feelings towards God early in their training.

James has written the info below in his Religion of Feelings book.

James, me: You can just long for the Truth, without God being involved, as we can long for anything. And the truth should come, I don't know to be sure as I've only ever done it with God involved, however that's the theory anyway, we'd have to test it on someone. Plenty of people work on themselves, naturally or in therapy and want the truth, only they want it so as to take the bad feeling and pain away, then all the mind control asserts itself again, they don't want it as part of wanting to uncover the WHOLE truth of themselves, so including all the yuk stuff to do with their parents, their children, themselves – all their relationships. As you said Graham, to want the truth of your feelings to find out why you are feeling all that you are and how it makes you feel is really what I've coined as the Feeling Healing. By bringing God into it then that involves the Divine Love – Soul Healing. However that's not also to say that one could possibly do one's Feeling Healing with God in a Natural love sense too.

yuk

For the time being I'd be happy to support it without God directly involved if that makes it easier, knowing that one day as you uncover the truth of yourself, it will lead you into a deeper and personal relationship with God.

Or, do we just include God and even the Divine Love up front, and if people can't deal with that, then that's part of their Healing?

I intend writing more about what you said (I've now done this above in reply to what Graham first said) Graham about the Journey Process and what John is conjuring up, however it will have to wait until tomorrow, should I feel able to do it then.

me again: I've been thinking about it more in light of the little John has told me so far as possibly introducing what he's writing for school children in India. And the little I know about Indian's, and what I know about myself and most other people, the real guts of our problem is that we've been made personally, in a family, and in society, to consider the expressing of certain feelings, mostly bad ones, is bad, is wrong, is not allowed and is even punishable. So to introduce the idea that we are feelings, and so to fully love ourselves we can start by accepting ALL our feelings, so even all those bad ones we're working so hard to deny. That there's actually nothing wrong with bad feelings, other than them making us feel bad. And that if they are fully accepted and expressed, they can lead one into living a balanced truth-orientated life, as truth, the truth of what is the right way to live, will naturally evolve and come up in you. However that truth might then confront the existing untruth, within yourself, your family and society, which is okay, and can be worked with, as yet more feelings are expressed and truth comes to light.

And then added to simply living true yourself by living true to your feelings, this being also how you live true to God and your own soul; and as you grow in truth you are living a spiritual life, one which

will advance you toward completely accepting yourself as you are and wanting to get to know personally your true Parents, God, who is your Heavenly Mother and Father.

And then the Divine Love can be added should one want to become at-one with Them and be able to fully ‘Heal’ themselves and become of a Celestial level of Truth on Earth. A level that is true and perfect, so should you have children having fully healed yourself of the Rebellion and Default, you will parent them perfectly lovingly and without subjecting them to any of the horror you were subjected to.

But as I said, really I have no idea how to go about taking any of it into the world. If indeed that is where it is to go.

Subject:Journey for Children and Mentors

Date:Sat, 8 Jun 2019

From:TracyKim

To:Tracy-Kim Gilchrist, John Doel , Jim Baker , Graeme Bates , Graham Golding

CC:Faizel Hassan , Scott Watters@lifechanger, Trevor Hendy

Dearest John, Eme and Graham

Faze asked me to get together some of the research and processes used to support children and data collected this far with children. Please find these all attached and let me know if there is anything else I can do to provide clarity.

Report done by Dr Jill Beatie in Australia

<https://emotional-wellbeing.com.au/journey-into-schools.html>

The Emotional and Physical journey scripts attached are generally used with adults. Children have a modified (as attached) physical journey process and they are always effortlessly able to feel an emotion, empty out quite innocently and come to forgiveness. They do not have the “story” attachment yet that adults seem to develop and need time unpack.

Again please do let me know if there is anything else I can offer. I would also appreciate an opportunity to show you the children’s game that has been designed and developed based on The Journey “principles”.

Here is also another longer video of interviews from children in a school program:

https://youtu.be/eZDBQ4_NDhI

Journey Seminars already have syntax for a Liberating Kids Shining Potential 1-day workshops (for careres, parents, mentors, teachers) and a day program for the children themselves. This has been adapted for teachers to use the tool in groups as well.

Much love and gratitude always
Tracy-Kim

Subject:Journey for Children and Mentors

Date:Wed, 12 Jun 2019

From:John Doel

To:Brian Iverach, Jim Baker

Hi BI alias Bishop B

Well, here is the task at hand for India. It is how to introduce Feeling Healing with Divine Love into the class room?

Answer: "Full Report Journey into School" see attached

What I am doing is building two documents and these will be reviewed by James and possibly Samantha in England:

Pascas Care Journey to Feelings – Adults

Pascas Care Journey to Feelings – Children

Faizel Hassan ran 'Journey Process' in Australia – The JOURNEY is Brandon Bays' development. Faizel introduced Journey for Kids into schools for six months in South Africa and wants to do more of this.

Tracy-Kim Gilchrist now runs Australia. The two provided the attached material.

So, consider this is your mission while I get the Pascas Papers sorted.

cheers John

Subject:Re: Journey for Children and Mentors

Date:Fri, 14 Jun 2019

From:Brian

To:John Doel

Hi John alias The Typist,

Stayed up late last night. I feel the Celestials are behind this.

https://www.mn.catholic.edu.au/media/48244/312_2017asr.pdf

I know this school and celebrated Mass in the Dominican Sisters' Chapel with Fr. Matthew Kirby (a member of the faculty for the senior form) regularly when LB of Missionary Diocese of A&NZ.

The 2017 Annual Report of St. Mary's/ASC reflects the Journey Project ethos. The Lucknow St. Mary's student body is the same size with similar senior forms. Abp. Augustine knows Fr. Kirby? (a relatively young man, and a stiff traditionalist in the historic catholic canons).

The Roman Catholics were prevented from forming a diocese named 'Newcastle';? CofE Diocese of

Newcastle, already in place during the 19th c. persecution of Catholics, those from Ireland (including the Dominican Sisters that founded St. Mary's/ASC). Hence today -? the Catholic Diocese of Maitland, Newcastle.

I feel-full steam ahead with JP (Journey Process). A very good fit for +Augustine to consider for St. Mary's Lucknow, and all the schools that will come under the stewardship of Hilda and ++John. As you say it will introduce Feeling Healing and Divine Love into the class room and into the lives of their parents and their extended families. I glean that it is important to have JP, alias FH (Feeling Healing) and DL (Divine Love), a regular 'curricular' feature.? I feel that the Augustines will take to this immediately like ducks to water.

India here we come!

Peace, Brian

Subject:Pascas Care Journey to Feelings – Adults & Children

Date:Fri, 14 Jun 2019

From:John Doel

To:Samantha McCabe , James Moncrief

Hello Samantha and James

Yes, I and conjuring up mischief – pretty good stuff but!

Brandon Bays (England) has shared her 'The Journey' process in 28 or more countries. It has been introduced into schools in Australia and South Africa more than 10 years ago. There are practitioners in the 28 countries and that includes India.

What I have now done in the attached papers is move the 'script' for a Journey Process towards Feeling Healing with additional commentary. I have not amended the scripts that have been provided to me. The Adult script I have critiqued after it to highlight the movements of understanding that now can be considered.

I with Graham Golding have considered for some time that we could bridge The Journey Process across to Feeling Healing and here is the way now being put for consideration.

So we have two Pascas Papers – the first is to introduce Feeling Healing to the school teachers and the students' parents and the second is how to present to the children.

Pascas Care Journey to Feelings – Adults

Pascas Care Journey to Feelings – Children

I feel that the 'script' for commencing the children on this adventure is okay – in fact pretty darn good as is. The adult one needs amendments but is being used to highlight points.

Potentially in August, Brian Iverach (bishop), Jim Baker and I will go to St Mary's School in Lucknow in central northern India for two weeks to introduce this to Archbishop John Augustine with the idea of

having this introduced throughout that school (1,000 students + 100 girl orphans) and then all the other schools under his jurisdiction. Yep – go for it – that is India, Ceylon, Pakistan and Burma!!!!

After our visit will follow Faizel Hassan and Graham Golding to introduce and train the teachers. It was Faizel that spent six months in South Africa introducing The Journey into schools there.

Faizel used to run Journey Australia and now it is run by Tracy-Kim Gilchrist who gave us the papers and records to work this up as now being shared with you.

Graeme Bates is yet to proof read the two papers – he has computer issues – so i am jumping the gun here.

What I would appreciate are you comments and feelings on the content and anything else, if you please.

This is undeniably a major step for us all – Geronimo!

It was in 2015 when I went with Brian to Lucknow and met with John Augustine and his wife Hilda and their two daughters Sarah and Joyce. Brian has kept John A up to date with events so this is actually a natural unfolding, if you could call it that.

Once we tidy up these two papers then I will send them to Brian Iverach and he will most likely send them on to John well ahead of our visit.

This just feels so damn HUGE that I am bursting!

I have to tell you that when I met with John Augustine in 2015 I spent two hours a day for two weeks tutoring him about Divine Love – me a bloody typist and him an Archbishop – surreal. Now it is even more so!

Your thoughts and comments are most welcome – even if it is a wonky report.

cheers John

COMMUNICATIONS can go WONKY!

Sunday, 16 June 2019

Hi John, I'm sorry, but I hate the Journey Process, it's everything that I think is wrong with the New Agey mind side of things and don't want to have anything whatsoever to do with it. I never want to hear its name again. I think it's only mucking around in the mind and using it to pretend to do one's healing, and sure it can obviously connect with feelings and might be emotionally driven by some people, and that might help them, but the whole thing is as I suspected, just about sweeping it under the table through a bullshit contrived mind forgiveness. And I wonder: How can you go on about Feelings First and all the rest, then include something that is so obviously feeling denying and mind controlling and all the usual crap that composes the Rebellion? We want to U Turn out of the fucking thing as much as we can, not promote it at the same time. And then so far as subjecting children to yet another false forgiveness thing, do you really want to add to screwing up children even more?

It's all very well John to jump on the first plane taking your stuff to the first person who says they are open to it, however what are they open to?

It's been good reading the two Pascas Papers as you've pushed me deeper into myself and my having to deal with what I really want to do. I started out by saying you are free to use my work however you want, I've written it for humanity and really my part in it is over. Then as I've grown more I've changed to increasingly wanting to try and maintain the integrity of my work as I've seen how easily it can be corrupted and distorted, and so whilst I'm still alive I will try to do my best in that. And now I'm feeling even more serious about it all, even to the point of thinking more seriously about how do I want it and how do I want to go about it all.

And this is all very difficult because I am still changing. As I've said, until I finish my Healing I am in a state of flux, so really I don't want to fix anything down until that time. So I don't even want to commit to working with Pascas until then. I will keep trying to maintain the veracity of truth in my writings and your Papers should you want me to, however I am also feeling more like going it alone; or, leading the whole thing more.

So really I think we need to start at the beginning and work out what we want to do and then how to go about that. You know, a business plan.

What are you trying to achieve with the Pascas Papers? What are you trying to achieve with Pascas? Do you want to make it based solely around the Avonal Revelation, or is that just to be part of it? And if it is, then how much a part, what percentage?

Are you going to put your full weight behind me, as that's what it comes down to, complete acceptance and support of me; or am I going to be just part of it all, just another component part to a rather add hoc eclectic conglomeration of so-called spiritual bits and pieces that take your fancy?

And how do you want to introduce the Revelation to the world?

How is it going to be presented to adults, and then possibly children too?

I guess by being a charity that's going to affect the lives of other people, you'll be classified as a NGO and so along with that I imagine there will need to be legal obligations defined, met and then adhered to as it evolves. Have you thought about getting some legal consultation from someone who can see the bigger picture and at the same time advise on all the small things. I don't know about any of that sort of

stuff, and it might only be simple and you have it under control, however what if it moves into deeper complexities, how are we going to deal with that?

And should we for example think about setting up our own school, if indeed a school needs to be used; or just look to have Feelings First as a subject that can be readily included in any school?

These children in India for example, should we just look to educate them about Feelings First, the Rebellion and Default, Longing for the Truth, God – and if God, how much, just generically God or introducing our Heavenly Parents and the Divine Love? If we're going to do anything with them at all?

And I don't think we should get directly involved in people's actual hands-on Healing like the Journey Process purports to do? To educate putting in a foundation from which people later in life can advance into their Healing if it's a strong desire within them. To help them understand it's about self-expression, relationships, growing in truth, 'healing' oneself looking to one's feelings; and then doing the full Healing of it either in life or when in spirit. Do you set up your own school in India based around Feelings First, like a Steiner School; or do you look to introduce it as a part of the education program? And what age of the children do you look to start introducing it to? I can write it all, but who then would teach it? So for example: do we rework some of your Pascas Papers making them into part of a course that can be taught? And a course for children and one for adults that anyone can take and use to learn about it all.

How you create the Pascas Papers is bringing together all the bits you like at the time, however there is a lot of doubling up with the information, and then a lot of it jumps all over the place, and a lot still doesn't have the right or full attribution, and then there's my worry about using other people's work and pictures, copyright and all that. Is it enough just to say we're using your stuff and if you've got a problem with that, sorry, and we'll deal with it later? Are we opening ourselves up to endless litigation that will bog us all down and use up unnecessary resources? I don't know, I don't know about copyright infringement, however I do know that I'd be pissed off if I found all my work being used in stuff I didn't agree with or want to be associated with without having been asked. Just as I'd be pissed off if I were Brandon and suddenly found my stuff being used all over the world without my permission particularly when she says on the documents:

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Surely you'd have to include a note saying permission has been granted to use the work? And possibly remunerate her financially because surely she'd not be happy doing it all for free. And just because her people in Australia say you can use it, can they speak on her behalf? And even if you 'knocked it off' and 'made it your own' surely a court, should she want to contest you, would find in her favour because that's what you've done! And I could write a similar visualisation, however I don't want to because visualising it is all part of the Wrongness how we've been led to believe that it can help 'heal' us. I've used visualisations to do similar 'healing' to go back into past lives, to 'empower one with light', and all the rest before I came across the Padgett Messages, then once I found them, I let it all go. I think it's okay to say imagine your guide is standing in front of you and wants to speak with you, and you write or say whatever its saying to you, however that's about as far as I'd now want to go in it.

And yes, it's easy to grab other peoples stuff off the Internet to illustrate your Papers, but why not try and support original artistic work that specifically is based around Feelings First and the Revelation and to whom the correct remuneration and acknowledgement, should it be required, be given to?

Why not set out to make Pascas and the Revelation a whole new thing, something that stands for the most part apart from and separate to all the yuk we all hate so much? And of course a certain amount of it has to be included, but why not try to make it as original as possible right from the start, like starting a new business that's looking to introduce a whole knew philosophy to the world?

Another of TUB's (The Urantia Book) little mysteries is why did they include such a comprehensive fourth part – The Life and Teachings of Jesus? And how does that part relate to myself? And Jesus we understand had to 'toe the line' and not directly interfere with the Default, so took 'men of the mind' and was still having to do it with James Padgett. Whereas I want to take 'women of the mind' and move them more into their feelings.

And lately it's been growing stronger in me that should I feel moved to do it by myself, just as Jesus did, then I will gather around me a group of possibly twelve women who will assist me personally in my revelation of truth. And presumably, other than Sam, should she want to be involved, none of them would have much of a clue about what I am all about, what the truth is, or what they'd be getting themselves into. And then there'd be men in support of us.

However I can also see that this is actually currently playing out in my life with the outside women I am involved with, thinking at times about having them work with me up North, even discussing it with a few of them to see what they'd say about it, some rejecting me outright, others being more open to it, all of which is me with a group of women, and yet where is Marion in all of this? Is she to be as Mary was with Jesus, just out of the picture or with other people who want to do their Healing, whilst I go out and about spreading the Revelation? And isn't the Default all about the separation of Eve and Adam, of men and women, so with Jesus not interfering with that, and then myself with my latest fanciful imaginings with my own (wishful thinking / dreaming) group of women out and about doing healings or whatever? So what if this is simply more of my shit I'm working through, and when Marion's and my Healing ends, so we'll just want to be together, doing everything together as one, being really for the most part, a perfect and true substitute Eve and Adam that people can look to emulate by doing their Healing. So I don't know, as usual, more to work through. So everything could then be different as we'd be no longer seeing it and working through it all as part of the Yuk.

And I've also been moving to consider more of the taking it all into my own hands and instead of relying so much on help from say Pascas, that I won't need money as such to get going or anything like that, because a couple of angelic healings would have the world on fire with half the people wanting me to heal them and the other half wanting to kill me because I'm going to ruin their controlling fun. And I imagine should I need money then, it would come, as people might be willing to donate to the Revelation.

It might be that all you've been doing John, all you've been helping me with, is part of my denial, forcing me at times to confront and accept it, all the while understanding how I am it and how debilitating it is for me, all working to bring me to the point I feel I'm now arriving at, which is having to decide whether or not I say: I don't want to do anymore, I've had enough, by default I've completed my 'contractual obligations' (should there be any) to humanity, Sam has taken on the Revelation and shown it can be lived, so do I curl up and go to sleep until I die, or do I decide to take on the mountain of untruth, hurt and pain that has thwarted me all my life – that being my mother and father?

Is Pascas simply more of that mountain, there to dangle the eternal carrot of a happier future, always promising me things, to help me, money, to understand, yet never actually coming through with any such promises? Is Pascas the 'John the Baptist' re-enactment that is to go off on its own tangent ending up with its head cut off? Am I to take it seriously knowing that it's only there in the short term to help me further with my Healing, but the parting of the ways will come?

And I'm sorry if any of this hurts you John, if you feel rejected or any other bad feelings, however as part of my Revelation I have to consider it all. And I want to write it all down, as much as I can anyway – For The Record.

The reality is no money has arrived, and admittedly I don't feel ready as yet for it to anyway, and I imagine I won't until I have finished my Healing and know what to do with it, even just on a personal level should you John or anyone else give me any. So I am having to deal with the harsh reality, which I don't want to face, that nothing might happen, nothing might ever happen, that it's all pie in the sky, that Helen and Nanna Beth can go on humouring us all for eternity telling us what we want to hear all to help us further our Healing or rebellion.

And I'm as bad as you John, wanting the fantasy to keep going, however through one's Healing, the fantasies do eventually dry up and then end, so I'm now waiting to see if that is to happen with the 'Pascas Fantasy'.

And so again, how much to I get involved and assert myself ahead of my completing my Healing? And that's a feeling by feeling thing, as I can't work it out in my mind, having tried to.

So I think that should money come and you want to go to India John, how about we work to develop our own 'Process' for the school? And one that's not so much based about trying to heal specific issues or emotions as such, no visualisation taking you deeper into your mind's control over your feelings, and instead one that looks to try and raise feelings to the level of importance they should have. Including how to express and when to act upon them, and the consequences of living a more feeling-led life: such as, how it might antagonise relationships within the family and society; and if that's the case, then how to just keep them to yourself and deal with them personally whilst allowing you to still maintain the mostly feeling-denying relationships and ways of life.

This part on P12 of the adult Paper, the Journey Process says:

“So letting the present day you turn to the younger you and repeat after me ‘I am so sorry for all the previous pain you went through...you just didn't have access to the wisdom that I do now, and I promise you will never have to go through that previous pain again because from now on I will love you and protect you and you can have access to this wisdom, this love, this forgiveness any time you like. And I forgive you for anything you need to be forgiven for’... (let them speak that out loud) Now hugging the younger you, let the younger you merge inside, growing up now in this love, acceptance and forgiveness.”

And for me that's a killer. The older you is so patronising to the younger you, you were dumb back then, now I'm the smart one being older and wiser, and because of that, I can grant you forgiveness, so aren't you the lucky one; and not only that, I will promise nothing like that will ever happen to you again! How can you make such a promise as that – are you now God? And you know what will happen, just to show you up for being so up yourself and full of shit, it will happen again, and then what do you do? And if only it could be so easy, just 'Empty Out' and it's all over and done with. Why

bother with any of it John, let alone trying to ‘adapt’ it to Feelings First. What is there to adapt when they are both opposing each other?

Imagine you feel pissed off with your mother, you go into yourself and down to your camp fire and empty out to your mother who says to you that she was sorry doing what she did to you and you can forgive her, coming out and feeling much better now you have more power over your mother, the power to forgive her, the power to make her say sorry to you, when it’s all in your own mind, with the reality possibly being your mother not saying sorry to you and you feeling powerless forevermore until you come to do your real Healing. Or, naturally your mother might see the error of her ways and say sorry to you, yet you’ve still got all those bad feelings inside you that need to come out. Does your mother come and say sorry and encourage you to bring out all your pain as you cry and rage at her telling her how much she hurt you, how much you hate her, how much you want to kill her to stop her making you feel bad?

I feel like trying to write something I imagine giving to children and adults along the lines of just accepting feelings more and pointing out why we don’t and where doing that can lead you in life.

There’s also a Wonky part on P33 in the adult pdf that you’ve helped me see.

As spirit personalities, we can only be in one place at a time. The only exception is our Heavenly Parents. Not even can Creator Daughters and Sons or Avonal Daughters or Sons be in more than one place at a time. However the Spirits of Truth of Creator and Avonal Daughters and Sons can be accessed by all personalities within their domain.

I realised that in fact it is the same for our Heavenly Parents. They are wholly focused on Paradise, it’s Their Home, They don’t leave it, They can’t, it’s the physical / spiritual expression of Their Soul from which They are expressing Their two personalities that denote Creation. And just as the Creator and Avonal Pairs get around the problem of being only in one place at the one time so needing their Spirits of Truth, so our Mother and Father use Their Indwelling Spirits for the same affect. I think TUB says as much, so Their Indwelling Spirits are effectively Their ‘Spirits of Truth’ and yet so much more. So our Parents never, as They can’t or Creation would cease to be, leave Paradise, however Their Personality Presence is all-pervading, embracing all They create – all They express.

So it might be better to say:

As spirit personalities, we can only be in one place at a time. And it’s the same for our Heavenly Parents. Not even can Creator Daughters and Sons or Avonal Daughters or Sons be in more than one place at a time. However the Spirits of Truth of Creator and Avonal Daughters and Sons can be accessed by all personalities within their domain; just as our Mother and Father send to indwell us a spirit fragment of Themselves, thereby allowing us to feel close to Them all the time and for Them to personally be involved directly in our lives.

And even though it’s not for me to say John, I think you’ve got enough Pascas Papers for Pascas’ needs. You could of course go on creating them endlessly, I am going to be endlessly sending you stuff, however I think at some point they will need to be rationalised, condensed to cull out the repetition and brought completely up to date. Because, as much you might think you’re happy with them and no way do you want to make alterations to all of them, as I read over the parts we’ve worked out together and other parts you’re adding, there are still minor corrections I’d like to make. So if it’s not too difficult for you, I think they should be seen like it all as preliminary work, what’s been needed to get us this far and

eventually to the point of it being a possibility of all starting. And then once it does, reworking and reassessing everything, so we go back through each paper just as I will my books sorting them all out, bringing them up to a final stage and then that's it, any more after that will be separate. And I know that's a mammoth task, and perhaps it will prove too much, still that's what I currently want to do. It'd be much easier for the Pole Shift to take it out of our hands, however I have a feeling that I'm not to be let off the hook so easily.

So far concerning these two Pascas Papers, I think you should delete all to do with the Journey Process, possibly scrap the two Papers altogether, and I'll see if I can use them and work out something more along how I'd like Feelings First to be. I don't want any 'Journey' or 'Process', it's just life with ourselves and our feelings.

JAMES CONNECTS with his OLDER BROTHER DAVID:

Sunday, 16 June 2019

Last Tuesday I had an odd 'spiritual' experience. It's the sort of thing I've heard happening to other people but it has never happened to me.

During the past two weeks prior to the experience, odd people had been calling me David. Then on Tuesday morning in the library, again someone called me David, then again at the Post Office. Then at the Health Food Shop, the woman serving I'd not seen for months and suddenly she said hello David. And I said, I'm not David, I'm James, and as she apologised I asked her why she called me David, to which she was flummoxed saying she had no idea.

And as I was asking her why, at the same time I knew why, as in my mind I suddenly thought of David my older brother who died before he was born, and then there he was clear in my mind and we spoke the rest of the day. He told me that I wasn't meant to be the 'head of the family' that he was and he being a Leo was much better suited for that role. However I had to as part of my denial, being denied my rightful place and having to be in control, which I had little actual control in, over my brother and sister. As he was saying this I had walked back to my car in the Aldi (supermarket) carpark and lots of strong emotions came up as I cried feeling again another part of the truth showing me how right that was.

So I want to write with him, because as he says, he's to be part of my spiritual group.

James: Please David, go ahead.

David: Yes James, I am as I told you, one of your older brothers. Yes, I have seen him, the one between us, in spirit, however we don't and didn't have anything to do with each other, we being adopted by different spirit parents. And no, I have not seen your mother and father lately, they were when I last saw them, which was from afar, in relationships content in their mind world lives. I consider them only by biological parents and as my time with them was so short, I don't feel any rapport with them. I did introduce myself to them and had a little to do with them as part of my Healing, however we didn't have anything in common. I had to deal with the issue of being so thoroughly rejected by them, so unwanted and unloved, lots of hurt pain and anger on very deep levels, just as you are working through it yourself, however it wasn't as much as I had to work through concerning my own spiritual parents.

I was adopted by them with my (spirit) father really wanting a replacement son for the one he lost when he (the father) died, the one he had been grooming to take over the family business, my father considering himself something of a tycoon, which he was stopped short in fully achieving by his

untimely, and in his mind, premature death robbing him of being the legend he believed he was capable of being. So he taught me all he knew and together we went into business in spirit.

And how we did this was by aligning ourselves first with his son on Earth, however that soon failed because his son without his father's guiding and controlling hand soon ran a fowl and lost all his fortune, so his father disowned him and we looked for another suitable candidate and substitute on Earth whom we appointed ourselves as the 'guiding spirit' helping him to build the empire that he sought. And we were reasonably successful with him.

So I am well versed in business, which is why I am to now align myself with you James, to help you and be a reference point in spirit to which you can come and seek business counsel should you require it. And as that is where you are now heading, just as you have been writing you reply to John, with myself helping you along in your inspiration as to what needs to be considered for the business at hand.

James: Did you have brothers and sisters?

David: Three of each (adopted in spirit), we were a big family, that being a dream of my childless-when-on-Earth mother. I was the eldest and we lived in the second Mansion World with our 'business partner' on Earth, as we called him, being an American. I grew up being fully subjected to the Rebellion and Default, and only came to understand the error of my ways through you. My father and I considered you when you were in London and looking about for a business to get involved in as a potential for our unseen help, however we soon realised you didn't have what it took and so left you to it. However I did see you had something else, something that intrigued me, so I kept in touch through periodic visits to you, becoming more interested in the spiritual side of things as you did. All of which lead me to consider longing to God for the Divine Love and then onto doing my Healing. Which I did, it being relatively easy for me to do than it has been for you, now being resident in the third Celestial sphere, here with my soulmate Anita and closely associated with Nanna Beth and Helen.

Yes, Anita was/is Australian too, she being from Sydney and being twenty years older than I. She lived for a reasonable time on Earth, so through her I've been able to see more what it might have been like to live in flesh. And no, I don't feel like I missed out on anything by being denied life on Earth. It feels very physical here in spirit James, and as I could freely visit the physical world, seeing all that nature had to offer and not being interested in much else other than conducting business and being involved in all the power-intrigues between those of us spirits who were seeking to manipulate their 'chosen one's on Earth', so I didn't feel like I missed out on anything. And far from it, as I felt superior to you on the physical plane, we here in spirit being far more 'advanced' and sophisticated than you.

James: So why now, why have you not made yourself known to me before?

David: Neither of us was ready for it. I needed to settle into my Celestial life, into my soul-group, into being comfortable with Anita, and then learn all that I needed to so as to be of assistance to you. The business side is one thing, however fitting that in with all that's taking place along with all the spiritual growth you are doing, all your feelings and their psychological complexities, relating to how it was during my Healing to yours, seeing parallels and differences, working out what would help you and what wouldn't, and then as it has been since we made formal contact, how to work with your mind. Nanna Beth is an expert at it, it's one thing to contact the mind of someone on Earth and give it some business guidance on a mental level, it's another to get more involved with and to become attuned to you constantly, your mind and all that's going on within your emotions and feelings **because of the continual flow of psychic disturbance being brought about through your Healing as your feelings rupture the control of your mind.**

However I've now got the hang of it, so I can be attuned to you constantly and yet at the same time conduct my own life as if you are not part of it. So feel free to include me in your thoughts at any time and I will respond according to the need required. I know you muse over things with us spirits half in mind, and during those times we monitor your thoughts and feelings however don't feel the need to participate, then at other times the need is strong.

James: So there is going to be quite a bit of business involved?

David: Yes. I can't say too much now, you know how it is, however I'm to make contact with you and for us to start developing more of a friendly relationship together. Because of our physical parental link, you feel a kinship with me which will make it easier for you to tune into me and for me to impart that which I want to you, so that's part of why I have been chosen and how our Mother and Father have set it all up. I was to go ahead of you in a sense, I would have dominated you too much in other ways had I remained alive, and you were to experience all you did and still are by being forced to be the first child. And I am now to provide you with something like fatherly guidance, a man in your life that is more how you would have liked your father to have been. He didn't include you at all in his business life, when really you'd have loved to have worked closely with him and right from the start at a young age, it would have suited you much better to have learnt from him all along, that which I got from my spirit father, rather than having to try and make your own way in the world and in something like the stock market that you were not suited to. Real estate and property development would have been more up your alley, leading you into working more closely with nature and the Earth, than sitting looking at a screen trading the markets all day long.

Still, you had to live all you did to provide you with the denial of the truth of yourself you've become, just as we all have.

James: So is there any business we need to attend to now – and is that how it's going to happen?

David: No, it's more: as we go. I will be adding more of what might be called a business light or vibration to you which you can pick up on should you wish, all of which will happen naturally, as it has been happening since Tuesday and as you've felt. So it's not that we'll be sitting down together working out strategies and so on, it's just that you'll have a helping hand in the business situations you find yourself in, which covers everything from conducting your own personal finances to anything larger.

James: Can you shed any more light on John and Pascas?

David: No, you understand it's all part of the preparation and your Healing, so other than to reiterate what Nanna Beth has told you and what you know anyway, that until then, nothing is fixed, and once you're Healed, everything will be different so far as how to relate to it anyway, so all of this with John is part of your Healing business.

James: Okay, so is there anything you want to say now?

David: No, we've made our formal introduction For The Record, and really nothing more needs to be said. I want to make it known to you that I am with you and part of your spirit-helping-group, of which many spirits and groups are involved. And as you know, we are privileged to be given these opportunities by the Melchizedeks to do so much with you and with humanity, because ordinarily, we wouldn't get so involved.

And that mostly it will be myself you'll be speaking with, we don't know if Anita is to play more of a personal role with you, however we don't think so. We don't know it all, things are always changing as we all change and evolve and particularly yourself, James, and Marion. I think I am to be the masculine energy for you that balances the feminine light from all the women spirits directly involved.

I will go now James, you are tiring. We will speak again soon, all my love to you, David.

John: Hi James,

17 May 2019

The only person with experience and authority to draft the initial introductory script for an adult audience and also the introductory script for children, being those in a classroom setting is yourself. The only person with experience and authority to comment on such content is Sam. This is the next step in advancing into larger public interaction, albeit slowly and in a test the water and develop as we go approach.

You have certainly taken an objection to certain complementary modalities. Are you going to point out to them their errors? Such errors stem from the lack of knowing which you are now able to introduce to them.

The only reason why Feeling Healing is not 'New Agey' is because you say it is not. To the rest of the world Feeling Healing would fit into their definition of being 'New Agey'.

Then again, Feeling Healing is not a complementary modality as well as it is not a religion. It is a spiritual way of living. Fortunately we cannot use the term 'alternative modality' as that defines the concept as to be used to the exclusion of all others whereas as 'complementary' suggests that it is in addition thereto. This is Australian law – believe it or not.

Presenting an introduction without having to step from one platform through to another and then take another step is what is to be avoided. The introductions for adults as well as children should be straight to the goal and pristine purity of what is to be understood.

We do have the experiences of what has gone on in schools in South Africa and Australia and the University reports pertaining to the veracity of what was understood between 2000 and 2010. We also know that experience has softened and has lost momentum. Now the understanding of what was lacking in truth with those endeavours can strengthen the 'why to' take it to this current understanding.

In short, why go through the pain of what was inept and then bring the experiences and guidance up to what is now understood to be the appropriate teaching. Go top shelf from the start.

Interestingly, some 98% of assumptions are in error. Occasionally about 2% are fluked!

The relationship in India commenced in 2015. The return visit has been on the agenda ever since then. It was intended to return within six months; it is now four yours in the making. A number of major events are unfolding within the organisation in question and a very serious set of circumstances and possibilities warrant a personal get together. This is the culmination of more than a decade of legal debates and court rulings. This is nothing of jumping on the first plane!

As previously commented, 'Pascas MultiMedia' will have a significant graphic art team. Now that the concept of 'Movie City' has come about, then the graphic art team will be a world standard unit. All documents will have their graphics reviewed for infringement management and also to enhance their quality. This will be a mammoth undertaking – or it may not be! In the past I contacted the source of graphics used that I could identify or thought I could. Out of more than 40 none replied. An author in Hong Kong was contacted and her lawyer confirm approval to the use of her content in one of the Pascas Papers – she had published a book.

I have seen graphics arrive on the internet and then on a further half dozen or so sites within a week of each other. You think that you have the original only to find it is from a journal or film or some other origin.

The biggest infringement is when one makes money out of other people's work. That is clearly not our endeavour – make money! How do you make money out of gifting?

The issue has been discussed with those in the industry and it is a matter of proceeding the way we intend – have the graphics teams rebuild what is needed. Now how do we convey what we consider is to be represented? We provide an example and that is where we are at.

Yes, the Pascas Papers will be trimmed down – into standard books. Universal Gift is the first endeavour and more will follow later. The Pascas Papers are for specific subject investigation and the books to cover a broad range of subjects. The sources of all materials are throughout the Pascas Papers. A major identifier is the date of the material used. This then pinpoints the book should it get published as a book later on. That is why the date of the information is so prevalent.

The funds that are potentially to become available to Pascas – who owns them? The Doel family does. No one else. Should additional bulk funds become available – who owns those? The Schultz and Doel family would. Should some of these funds be passed into Pascas Foundation (Aust) Limited and also Pascas WorldCare Limited, who would own them? No one. They are and would be the property of NGO's – non government organisations – charities.

Is Pascas Foundation (Aust) Limited an NGO? It has been since its incorporation on 16 September 2008. It was set up by a Chartered Accountant and has as its Chairman a public practising accountant. In 2018, a donor to this 'designated gift recipient' – tax deductible charity – investigated Pascas Foundation for compliance and it was found by them to be pristine.

The objects of Pascas Foundation (Aust) Limited are universally wide – it can do anything. What it is limited in is be a religion – this is not a goal. Its focus could be said to be education, health and lifestyle with everything that is associated with those primary goals without being a religion.

The global operations will most likely be through a foreign country, whereas the main administration will be through Pascas Foundation (Aust) Limited here on the Gold Coast, Queensland, Australia. It will continue to have the statutory board of directors and members limited by guarantee – it is a company limited by guarantee – no shareholders. Responsible administration will eventual function through twelve to a maximum of twenty four. In addition there will be a council of elders. This has been outlined on 18 May 2019.

Business Plans – imagine a wall in your double car garage is just a giant row of book shelves from one end to the other, from floor to ceiling, these shelves are full of white four ring binders full of business plans. That is what has already been assembled for Pascas.

A business plan is simply the answering of four basic questions:

1. PROVE THAT YOUR PRODUCT DOES WHAT YOU SAY IT CAN DO.
2. PROVE THAT YOU CAN SELL THE PRODUCT AT THE PRICE YOU SAY YOU CAN.
3. PROVE THAT YOU CAN PRODUCE THE PRODUCT AT THE PRICE YOU SAY YOU CAN.
4. PROVE THAT YOU OWN THE TECHNOLOGY.

Consider trying to answer these questions with what you now have on the table.

Question three is the marketing plan. Now that is one hell of a question to bight the bullet on with regards to Feeling Healing. It has a marketing guy with 35 years professional experience stumped.



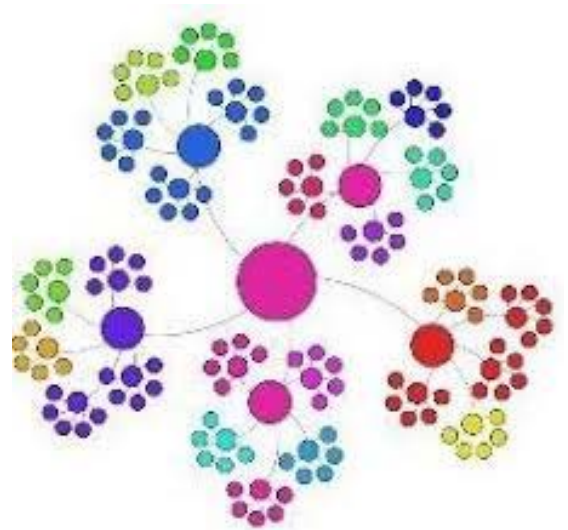
And yes, updates are constantly taking place throughout the various Pascas Papers as related additional comments arrive. It is not as though they are amended, it is more that a wider and more expansive understanding is added continually. This is rather difficult as many topics flow over into related areas – a never ending journey of discovery, which as you say will never stop.

So the reality is this, those who are willing to take fully responsibility, ultimately will find themselves in court should the need arise, will be most welcome to the more arduous positions of responsibility. For the time being that is being limited to those with statutory positions.

How may the Feeling Healing way of living be introduced into communities? When schools are the primary pathway then such participating schools may have an average of 1,000 students, these schools might be clusters of six with five such clusters being supported by a Pascas Care Centre – similar to a holistic medical centre with a Paradise Room and psychologists or other health carers supporting those with their healing. Such schooling structure would represent a population of 100,000, with one Pascas Care Centre per 100,000 population.

A region with 500,000 to 1,000,000 may find the need for a Paradise Village that may accommodate 1,000 people, being men, women and children, focused upon living true to their feelings. This is yet to evolve and is conceptual. It will all truly start from individual engagement that will potentially evolve into family engagement, thus creating the first Paradise Homes.

James, for two and half years we have dialogued and this is the first time that clearly we have the need for sitting down face to face to address these complex topics and situations so that they can be readily understood and resolved.



FEELING HEALING INTRODUCTION – ADULTS and CHILDREN

Tuesday, 18 June 2019

Here it is John. As you will read, it's pitched at the person potentially doing their Healing. However should you want something that is more general and just about acknowledging one's feelings, more like the (child) part, then I can do that too. Please tell me if it's too much, too strong, and if I should soften it more.

As I said on the phone, on Friday I suddenly understood how we're not meant to change (how I thought we would or should) through the doing of our Healing. It's actually not anything new, however I fully got it and felt it now does complete at least my intellectual understanding of it all. And it is only my understanding, Marion might possibly disagree or put it another way, however as she's not writing it nor is she or I interested in going over my work together, so you've just got me and my understanding of it all.

We are to just accept our fucked up state, liberating all the feelings it makes us feel and all the feelings we feel about being this way, all to bring to light the truth about our unloving condition. And although we do change in many ways through our Healing, still it's more about accepting that we can't actually change ourselves, we only believe we can using our mind, however our deeper childhood patterns we can't, not until God changes us through our soul when we no longer need to be in our Wrongness, when we've brought out all our pain, accepted it, which means, allowed ourselves to feel it, and seen the whole truth of it. Jesus died on the cross accepting his fate. He and Mary didn't interfere with or try to change anything about the Rebellion of Default. And so following their lead, it's the same for us, however as we're already on the cross, having been conceived onto it, so we through our Healing can work to uncover the truth of being on it by properly attending to our feelings. And by not doing anything using our mind to try and get ourselves down off the cross. So we are not meant to try and change ourselves (as hard as that is to do having been made to believe it's all what we should do), we just work to accept ourselves naturally as our feelings lead us to. And then when we come to the end of it, and fingers crossed that there is an actual end, then with more fingers crossed, or with them crossed again, our soul will be transformed into becoming true and loving.

And after all that about having to put The New Way before Feelings First Spirituality, now I've reversed it myself! Fuck it, I don't know what the fuck I'm doing. I feel even more demented than I ever have. Some fucking great help I am John, shit it's too much, I don't have a clue anymore about any of it. And I don't even care if you put all this in one of your Pascas Papers, your Healing brings out how demented you are, and I had no idea how fucked I was, absolutely not a clue. And now, after all my Healing Years, I'm just beginning to have a clue, to get in touch with these deeper feelings. Who'd want to do it, it's too hard, and yet what else can we do? The whole thing sucks. And here I am sending this summary of it to you for you to possibly introduce to schools and tell people about.

Feelings First Spirituality – The New Way

(Adults)

Feelings First

You are your feelings. Your feelings are very important.

You are to respect and honour yourself, by respecting and honouring your feelings.

If you disrespect and dishonour yourself, you are hurting yourself.

If you disrespect and dishonour your feelings, you are also hurting yourself.

If you reject any feelings, you are rejecting yourself.

If you are not fully accepting and acknowledging all your feelings, you are not being loving to yourself.

To be fully self-loving, means to fully accept ALL your feelings.

If you want to love yourself, then it begins by loving all your feelings.

If you reject one feeling, if you block it out or stop yourself feeling it, you are not fully loving yourself.

You can love yourself by accepting all of yourself, so all of your feelings.

And you accept your feelings by feeling them, and not by doing anything with your mind.

Feeling denial

You have grown up being made to deny certain feelings. You feel they are bad, they cause you too much pain and grief. They are not wanted. You have learnt to push them aside, banish them, block them out. They are interfering with your good feelings. You do all you can to keep making sure you only feel good.

However this is not loving yourself. This is treating yourself in a very unloving way. It's even hating yourself. As you hate these parts of yourself, these bad feelings and their associated emotions, so you are hating yourself. By you not wanting to feel a bad feeling is the same as not wanting yourself. Do you want to keep denying and not loving yourself this way? Is this how you want to be?

Yet to stop yourself denying some of your feelings is very difficult to do. It is set within you as part of your pattern of how to live and how to treat yourself, that you push aside, block and use your mind to try and stop yourself feeling bad. You feel bad so you take a pill to make the bad feeling go away. You feel a pain or you get sick, so you go to the doctor for help to take it away. You feel depressed, miserable, full of grief so you go to a therapist to help you feel better. You feel angry but that's not a good way to be, so you bury your anger, be nice, pretend that everything is okay – 'forgive and forget'. You believe you should 'rise above it', 'get over it', 'turn the other cheek', not say what you're really feeling because you might hurt the other person's feelings, so you chastise, admonish, ridicule, tell yourself off for feeling that way. All of which is self-hating behaviour. Hating your bad feelings is hating yourself.

Your mind can be very powerful as you use it to stop yourself feeling bad. And this is hurting yourself, dishonouring yourself, being mean to yourself, being unloving to yourself. And often you don't even know that you are hurting yourself using your mind to stop yourself feeling bad.

Feeling Bad

No one wants to feel bad. It feels bad feeling bad. However that's the whole point of your bad feelings. You have them because they are to show you something within you is not right, or that something outside of you is hurting you – something you are doing to yourself or that is being done to you is unloving. So if you deny your bad feelings then you're stopping yourself from knowing something is wrong. So your bad feelings are really incredibly important. And you have them to show you those aspects or parts of yourself that are not right. So you can work with your bad feelings (and

your good ones too) to help you find out what's wrong, why you are in pain, why you are being unloving to yourself or why you feel unloved by others.

Feelings and the Truth

You can use your feelings to help you uncover the truth of yourself. Your bad feelings will help you uncover the truth of why you are feeling bad; your good feelings will help you uncover the truth of why you're feeling good. And it's up to each of us to choose to use our feelings this way, to work with them so they can help us, rather than work against them, blocking them out as we block ourselves out.

Living True to Yourself

You can live true to yourself by living true to your feelings. And you can ONLY live true to yourself by living true to your feelings. You can't live true to yourself through or with your mind. Many people believe they are living true to themselves by following or acknowledging their feelings, however many of those feelings are being interfered with or even generated by their mind. If as a young child you felt bad, and then your parents or you yourself used your mind to make you feel good, then still as an adult, that's what you'll do, your mind still carrying out its unloving feeling-denying pattern. So your mind can work against you. It can lead you astray. It can lead you away from your true deeper real feelings that will connect you to the truth of yourself. It can help you live by being untrue to yourself and false.

Being False

If you deny one of your feelings you are untrue and false, and are causing yourself many problems. All physical illness, all your physical aches and pains, all emotional problems, all spiritual problems, anything that's wrong with you is caused by your refusal to accept your bad feelings. We only get sick because we're denying feelings. And consequently, if you go the other way and strive to accept all your feelings, then all such problems will no longer remain. However going the other way and stopping your feeling-denial and allowing yourself to feel as bad as you will, can be very difficult, very stressful in itself, and not what a lot of people want to do.

Healing Yourself

If you do want to heal yourself, which means, end your feeling-denial, then you will have to work at embracing and allowing yourself to feel all your feelings; and most importantly, all your bad ones. Mostly we enjoy feeling good (although some of us have been made to feel bad when we feel good or if we feel good too much), so the hard work comes trying to embrace the bad feelings we don't want. However, if you want to be true and well, then all your bad feelings must be fully acknowledged and then expressed.

Because of how we've all been parented, many of our bad feelings we've not been allowed to express. You will have lots of unexpressed bad feelings locked and hidden away inside you waiting for you to express them out of you. When as a child you hurt yourself or felt hurt by someone's unloving treatment of you, then naturally you'd have wanted to cry out the pain, and to feel comforted as you did, loved and supported as you emotionally expressed how hurt you felt. However if you were not fully loved and supported, were not cared about and fully respected for feeling bad, and if you weren't allowed to express out of you all the pain and say all the bad things your feelings were making you feel, then all those things you wanted to say and all that emotional pain is still inside you waiting to come out, waiting until you reconnect with it and bring it out.

So you can do what's called your **Feeling Healing**, which involves deciding that you are going to allow yourself to feel all your bad feelings and the bad emotions of them. Then you are going to express, emote, talk, cry, yell them out of you as you feel them. And all with the intention of wanting to

understand why you are feeling so bad. You decide you want to know the truth of why you are feeling the bad feeling.

And you understand that the bad feeling you are feeling now as an adult is the same bad feeling you felt as a child. That the things that are happening to you in your life now that are making you feel bad, are doing so because you have within you the patterns from your childhood that resulted from feeling bad back then. So by allowing yourself to feel bad now as an adult, by expressing those emotions and bad feelings as best you can; by longing for and really wanting to uncover within yourself the truth and deep reasons why you are feeling bad, you can through your current adult feelings reconnect with yourself when you were a child and felt those same bad feelings. And you don't have to do anything to reconnect. If you stay true to your current bad feeling, keeping expressing it, keep longing for and really wanting with all your heart to understand why you have it, then naturally you'll go back to yourself when you were young reconnecting with and seeing what was happening to you back then that made you feel the same bad feelings that you are currently feeling.

And this is uncovering the truth of yourself through your feelings. This is doing your Feeling Healing. It's understanding that you can find out the whole truth of yourself through your feelings. So you can know everything about yourself: all about why you are the way you are; why you feel what you do; why you think the thoughts you do; why you imagine what you do; why you live the way you do, why you have the loving and unloving patterns of behaviour that you do – how it all came about through your childhood. And you can understand through your feelings if you want to uncover the whole truth of yourself by using them, all about your early relationships, so with your parents, brothers and sisters, grandparents, other important and influential people in your early life; and did they treat you well, with respect and lovingly; or did they treat you badly, being unloving and disrespectful. Did they love you or hurt you in every situation you lived with them. Did they make you feel good or bad – and why did they make you feel that way. And your feelings will even take you right back to your first moment of conception so you can connect with yourself and what you were feeling back then, together with the truth of whether or not you felt good or bad, and whether your mother and father felt good or bad about themselves, being with each other, and what they felt about you. And you can even uncover the truth of yourself and how you felt and why that was good or bad: through the womb, at your birth, as a baby, a toddler, a young child, and right the way through your childhood as you grew up becoming the adult you now are.

All of that truth, all of who you are and why you are as you are, is all within you waiting for you to discover. And to discover through your feelings. All the mixed up conflicting patterns of self-expression and behaviour you might have, all the good attributes of yourself you might be happy with, all the erroneous beliefs that continue causing you so many of the problems you have, can all be seen as the truth comes to light through your feelings. So your feelings are the key to understanding the truth of yourself. However, if you deny yourself one feeling, then you'll be denying yourself that bit of truth that feeling will help you see about yourself.

So do you see: if you want to get to know yourself as thoroughly as you can, to see all of why you are the way you are; why you think, feel and behave as you do, then your feelings can show you. The Truth is all there waiting for yourself to discover through your feelings.

And you can't do it through your mind. Many people try to use their mind to understand themselves. They use religion, spiritual philosophies, meditation, therapy – mainstream or alternative – self help, all the different approaches of trying to connect with and understand the truth of themselves, and yet if any of those ways include using the mind to block out any feelings, then that truth will continue to elude them. And you may be such a person, having done a lot of work on yourself by using such mind ways

to help answer those questions you have about yourself, life and ‘the Universe’ or God, to make yourself feel better and to end or lessen the pain, and yet it might not have been helping you as you have believed or hoped it would. It all might have actually been helping you further deny your bad feelings so helping to keep the real truth hidden further from you.

Many people working on themselves using whatever therapy or technique they believe will help them, do work with many of their bad feelings and do emote and express some of their repressed bad feelings, and many people do uncover some truth about themselves; however mostly they do so, so they can quickly patch themselves back up, so they can quickly find the cause of their problem, and once they’ve found it, get back to living their old feeling-denying ways. They might have grown and changed a little within themselves, however they’ll still be full of other parts of themselves and other negative and unloving patterns of behaviour that are denying other feelings, and so other and deeper truth about themselves.

We ‘heal’ ourselves through feeling acceptance. We are not actually to try and change ourselves as such, we are to simply allow ourselves to be all we feel. When we try and change ourselves we do that by using our mind, which is still using our mind to dominate and control our true feelings. So we want to change, however understand that we are to only and specifically keep attending to our feelings, expressing and longing for the truth of them. And if any change is to happen, it will do so naturally because of that. So we are to keep our mind out of it. We are to express all those feelings as they come up; and to long for and want to find the truth of them. So we don’t try to do anything to make them go away, we don’t try and change ourselves into being a ‘better person’ or doing what we think we should do to help ourselves or others, we stop and don’t do anything (unless our feelings drive us to); and we stay with them, feeling as bad (or good) as they are making us feel, allowing them to be, allowing ourselves to have them, all as we want to know what they are all about. You are to just accept yourself wholly as you are, all the good and bad you. And although naturally you’ll want to change the bad aspects of yourself, you understand that such change will happen once you’ve seen the whole truth of being as you are, as shown to you through your feelings. So you feel bad, and you work to accept that you are this way by fully honouring, expressing and wanting the truth of those feelings. And you don’t do anything else. And when you see the whole truth of your unloving state, then you will change, then you will naturally move on becoming your true self. Then you’ll naturally change from being unloving of yourself and others, to being loving. Our Feeling Healing is all done through self-acceptance – through feeling acceptance. By arriving at a level of truth within yourself whereby you unconditionally accept yourself just as you are, all the good, and most importantly, all the bad. Understanding that how you are IS as you are meant to be, it’s what your soul and God want you to be. God wants you to be as you are in your unloving state, the truth of which you are to see through your feelings. And once you see it all, God will change your soul and transform you into being a wholly loving person.

However having said that, through your Healing as the truth comes to light, you will change. With every feeling you express out of you, you are changing, only what might not change will be some of your compulsive addictive behaviour as you require such things to keep helping you feel bad so you keep bringing out more bad feelings and uncovering the truth of them. These ‘bad’ parts of yourself and ‘bad’ behaviours might remain with you right the way through until the end. I bite my nails because of the deep trauma of being unlovingly treated by my parents. They disrespected me treating me like I was an impersonal border staying at their house. We had no real personal connection, the trauma and anxiety of which led me to bite my nails to express and even hide my pain and bad feelings that I wasn’t allowed to say to them. And I can’t stop myself doing it. I have tried and been successful for a time but then started doing it again. So it’s to be with me right to the end of my Healing as I need it to keep showing me that there still is something wrong in me, something that is causing me to feel bad, something more about myself I need to see the truth of. So all your ‘bad’ things might not go away,

some will, others might remain and even get worse. And they are not bad as such, only things that reflect the inner disturbance and denial you're in. They are good things really, things we need to be and do that help show us where our problems are by making us feel bad about them and ourselves. All of which is to help us see the truth of ourselves, the truth of why we are the way we are.

So we don't go to the doctor the moment we feel bad, we don't reach for and take that pill to block out the pain, we try and accept that we're feeling bad, staying with the bad feelings as we long for the truth of why we're feeling them. And then if the pain gets too bad and you have to give in and take the pill or go to the doctor, that's okay, only as you take it or as you go to the doctor, keep expressing all you are thinking and feeling, and keep longing for the truth.

So Feeling Healing is a way, and a **New Way** for people to work with their feelings allowing their feelings to show them the whole truth of themselves. And some of that truth is going to be very hard and hurtful to face. You might not want to discover and connect with all those terrible feelings you felt as a young child; all that terrible anguish, confusion and feeling so upset and demented because your parent or parents were mean and unloving to you; to relive any abuse you experienced, any rejection and feeling unwanted and uncared about, any nasty stuff that went on, because of all the pain that comes with it. However until you do go right back into it all, connecting back fully with it and bringing it all out and seeing the truth of what it was all about and how it made you feel and made you be the person you are, it will stay within you festering away, poisoning you, making you sick, crying out for you to pay attention to it, for you to stop denying those bad feelings and to instead go with and into those shut off traumatic parts of yourself that you fear and dread.

And it might help you to know, that although you might dread the agony of reconnecting with such horrible bad feelings from your past, the worst is already over, you've felt the worst during your childhood. As an adult, you can't feel any worse than you felt as a child. The pattern is set within you from your childhood, so all you can do is re-live it, re-feeling it to the degree you'll need to so as to see the whole truth of what happened to you to make you feel so bad. And the pain of that awful trauma as it comes to light through your Feeling Healing might be spread out over years of your Healing, so you might not have to feel it as excruciatingly as you did as a child. However you will feel it enough, all so you know how bad it was for you back then. So even though horrendous things might cause you agonising pain during your adult life, on a feelings level, as a child you've already felt and experienced that pain. However as most of the intensity and pain of being unlovingly parented as a child you will have blocked out and forgotten, so it can come as a shock, re-awakening and re-experiencing those buried feelings so you can bring them out uncovering the truth of why you had them.

So Feeling Healing is NOT about using your feelings and expressing your emotions to connect with the bad trauma of your early life, to clear or emotionally cleanse it away; then once that's done, once you've used your mind to falsely forgive the person or persons who hurt you, then it's all over and you can get on with the rest of your life believing you have successfully healed yourself.

Feeling Healing is about wanting to see the WHOLE TRUTH of yourself. It's about bringing all of yourself out. And particularly all the bad stuff. It's about wanting to see every aspect of yourself, your whole personality, and why any parts of you are not right; what happened to make you live against and so untrue to yourself. It's about wanting to understand and getting to know all that you are and why you are the way you are: what happened to you during each step and phase in your early development as a child, even during each experience, and how it's all come together making you the adult that you are.

It's about wanting to use your feelings to show you the whole truth of yourself. To see it, feel it all, connect with it, understand it, yet not try and do anything else. So it's not about using your feelings to

further deny yourself in other ways, it's to allow yourself to feel all your pain, to bring it all out so you can see what it's all about, and then to just fully acknowledge that you are the way you are – the truth of yourself.

So it's not about actually trying to change yourself as such, it's about just allowing yourself to be as you are but to work with your feelings to uncover the truth and reasons why you are that way. And when you have brought to light all the truth of yourself and expressed out of you all the pain and repressed childhood emotions and feelings, then you will change.

And the change happens naturally, organically; it happens as a consequence of you seeing the truth of yourself. So when you've seen the truth of all the parts of yourself that are unloving, then you will change and become loving. And it has nothing to do with your mind. Your mind and its controlling ways, all the patterns in place within you that it keeps going to stop you feeling and connecting with your feelings; all it's doing to keep you denying and being unloving to yourself, is progressively broken down to the point of it ending having such control over you. And part of your growth and increasing awareness of truth will be seeing how controlling your mind is. And then once that control has gone, your mind will fall into its rightful place of supporting you living a feeling-led life.

Living with your Feelings

We are to live life through and with our feelings. And with our mind in support of them. Mostly we are taught, and many people believe, the mind is god and using it to control and have power of our feelings is the right way to live. But it's not, that's very unloving and going the wrong way. Mind led and dominating people are very destructive – of themselves and other people. We are to live fully honouring and being true to our feelings, first; then with our mind helping us understand the truth our feelings bring to light, it helping us put all the pieces together of our early life that have contributed to us being the adults we are. We didn't have a mind when we were very young that was able to do that, and as we denied our feelings we used our developing mind to take over relying on it to make us feel good. So as we break down that control, we'll feel very bad, but those are all good bad feelings because we can use them to show us the truth of why we had to use our mind to take over.

We are to live fully embracing, honouring and accepting ourselves through our feelings, by fully embracing, expressing and accepting them. And this is being as loving to ourselves, and everyone else, as we can be. Love your feelings and you are loving yourself. Trying to love yourself using your mind is actually hating yourself. Many so-called self-love practices that teach mind techniques to increase your self love and to help you be more 'loving', are actually anti love. It's all mental love, using your mind to love, using it to make you feel loving because you believe you are, it all being round the wrong way. You will feel naturally loving when you feel naturally loving, you don't have to do anything and shouldn't do anything by using your mind to try and increase or awaken that love. If you don't feel love and don't feel you are loving, then that's the truth of yourself, so accept it, and start from there honouring those bad feelings, wanting to know with all your heart why you are not loving and why you don't feel loved. And when one day you've brought to light within yourself the whole truth of why you are unloving and feel unloved, when you've expressed all the pain and all the bad feelings you feel because of it, then you will become loving based on the truth of real self-acceptance. Something that's very different from a contrived and false mind acceptance.

We are to 'go with our feelings', however that doesn't necessarily mean acting on every feeling we have, good or bad. The action is to keep allowing yourself to feel what you are feeling, and mostly you don't have to do anything more. **You feel your feelings; and if you can, you speak them out loud – express them. And long for their truth.** We are not meant to live by merely doing what we feel to do all the time; we are meant to embrace our feelings, expressing (so mostly talking about) what we feel; and

even what our feelings make us feel like doing, all the while longing for the truth of them. It's a subtle process of ongoing feeling acceptance and the expression of them as we want to uncover the truth they are to show about ourselves.

You might feel like killing your mother because she makes you feel so bad, however you don't act on those feelings and kill her. Instead you allow yourself to feel fully how bad you feel, how much you want to kill her; you express your rage to yourself, a friend, to God, even to your mother if she is willing to listen. And you emote all your hurt and pain, you rage and cry and feel as miserable, upset, disregarded, hurt as you feel; you bring to light (you bring out of you), all the pain of how bad you are feeling that is making you want to kill her; and all the way along, you long and really want to know the whole truth of why you're feeling like that. And you'll find as you express it all, you'll go this way and that, you'll move into as yet unexpressed and hidden parts of yourself, and you might feel bad for an instant, a day, weeks, months or a year and more. You might cycle around again and again feeling like killing your mother because she makes you feel so bad, yet you don't kill her, you just keep working to express all the bad feelings and emotion as you long for the truth of why you have these feelings. And you'll see, gradually a picture about yourself and your relationship with her will evolve, understanding will come – the truth; and your relationship with her will change to reflect the increasing truth that's growing inside you. All as your feelings lead the way.

And you don't use your mind to try and forgive the person who's causing you to feel bad, to try and override your pain and anguish by making excuses for them and blaming yourself for being bad or wrong; you simply stay with your bad feelings, expressing them and longing for their truth, until you no longer feel bad anymore. And it can take a very long time, many years, but one day there will be no more bad feelings to express out of you, as they will have all come out. And in the truth of yourself you will then be living natural understanding, forgiveness (should it need to be there), faith and acceptance, and best of all: love.

Spiritual Life

And this can be your spiritual life. Living true to yourself and your feelings by expressing all you feel and wanting the truth of them. And the truth as it evolves and grows within you will guide you deeper into yourself, closer to the truth of your soul, helping you understand the fullness of your personality, and also closer to God. It's how to live a true spiritual life. One from your feelings and not one with your mind.

If you want a close and personal relationship with God; if you already have one and yet want it to grow even more, then as you grow in truth through your feelings, that will naturally happen.

The Divine Love

And at any time you can long to God for Divine Love; just as you can long for the truth of your feelings. You can ask God to help you uncover the truth of your feelings; to help you feel all you need to feel so as to see all the truth God wants you to see about yourself.

You can relate to God as your true Spiritual Mother and Father.

And you can talk to Them as you would your parents or anyone else.

Be yourself with Them, love Them and hate Them, if that's how you feel. Rage at Them at the injustice you feel because They have given you such a shit life and keep making you feel bad. Express all your pain to Them. Relate to Them through your feelings. Express all your bad and good emotions to Them. Tell Them everything.

And keep always longing for the Truth.

And long to Them, your Mother and Father, to fill your heart and soul with Their Divine Love.

Want to be loved by Them; tell Them you want to feel Them loving you; ask Them to show you through your feelings why you don't feel love and why you're not loving, if that's how you feel about yourself. Ask Them to show you the truth of yourself through your feelings. And ask Them to help you express your feelings, to stay true to them, to bring them all up within you.

Your feelings and your life

Your feelings can be your whole life. They will lead you in life through the truth that comes from them. It can be a spiritual life, a life of ever growing truth, understanding and awareness, all from loving your feelings. To be able to love yourself including your bad feelings. To understand they are vital to your well being even though they make you feel bad. And to understand that you won't have to always feel bad or be subjected to your bad feelings, that they will one day no longer be there once you no longer need them to show you anymore truth about that part of yourself – that they will leave you once you've expressed them all out of yourself. Once your feelings show you the truth, then they are no longer needed. So you move onto other feelings to help you reveal more truth about yourself.

And one day you will finish your Feeling Healing, either whilst on Earth or when you die and move into spirit. In your spirit life you will still have all your feelings and feeling-denying mind patterns, so you can still work on yourself to heal yourself of that unloving way of life.

When you are fully true to yourself in how you are now, that being truly accepting and understanding of how and why you feel bad in all the ways that you do, then you'll be ready for your soul and God to transform you into a fully loving life, one in which you'll feel good, fully self-accepting, all-loving and true.

And you will have grown (or ascended in truth) to a level that is equivalent to that of the Celestial spheres. So you will have moved through the lower levels that are all part of one's feeling-denial, and into the higher feeling-accepting levels.

Currently (2019) there is no one on Earth living a Celestial level of Truth having completed their Feeling Healing, and Soul Healing with the Divine Love. The truth of how to live true to your feelings and long for their truth is only now being revealed and made available to people to help heal themselves. So should you want to live this way you will certainly be a feeling-pioneer. And as to how much you want to work with your feelings is entirely up to you. Some people are currently content to learn about it and yet not work actively on themselves with their feelings, feeling when they move into spirit they might start their Feeling Healing. It might not be appropriate for you to devote yourself to such a feeling-led life. Or you might begin, progressively moving deeper into it as you feel to. There is no right or wrong way to do it, no easy 'ten steps' to follow, it is for you to work out for yourself through your feelings how your feelings will lead you to the truth of yourself.

People can now look to their feelings for the truth of themselves, as they willingly choose to live **Feelings First Spirituality – The New Way**. And perhaps it might be you ending your feeling-denial and living the whole truth of yourself.

Feelings First Spirituality – The New Way

(Children)

Feelings

Your feelings are very important. They are you – you are your feelings.

When you feel bad, it's good to let yourself feel all those bad feelings.

It's bad to stop yourself feeling them, because then you are not being nice to yourself.

But when you feel bad, what can you do?

You can talk about all how you're feeling with yourself, with your friend, with your mum and dad, with anyone in your life who will listen; and with God.

But what do you do if they won't let you feel bad, and cry and be angry or miserable, or all the other bad feelings you feel? What do you do if they won't listen to you?

Then you have to do it within yourself or out loud when you're by yourself. So you say how bad you are feeling in your mind. You tell God all how bad you are feeling. You can say how unloved and uncared about you feel, how nobody wants to know how you are feeling, how hurt they make you feel, how much you hate them for treating you so badly, how unwanted, miserable and sad you feel – you can say all the bad stuff about how you feel.

But the best thing is, if you can tell someone all you feel, someone who cares about and loves you.

Still, if there is no one like that in your life when you are feeling bad, and even if you have to say it in your mind to yourself or to God, or even to your angels, it's best if you can say all you are feeling and not keep it in.

If you stop yourself feeling bad, or stop yourself saying all the bad feelings and emotions, you will end up causing yourself problems later in life. All those bad feelings, if they don't come out of you, are only going to keep hurting you. And you might be able to block them out for a while, but sooner or later in your life, they will come back up in you.

The more you can say what you are feeling, all the good and, most importantly, all the bad feelings, the better it will be for you. And the better it will be in your relationships, with your friends, your family, and with God.

Keeping your bad feelings locked away inside you can make you sick. And bringing them out will make you feel better.

So saying how you feel all the time is good.

And you can also want to know why you feel the feelings you are feeling.

You can ask yourself, your angels, or God to show you why you are feeling bad (or why you are feeling good). Ask them to show you through your feelings and not so much through your mind. It's wanting

to know the truth of yourself. Who you are; wanting to know all about yourself, and finding out through your feelings.

If you speak out all your feelings, even if you just do it in your mind, and want to know the truth of them, then slowly as you grow older you'll come to understand all about yourself.

We are to get to know ourselves and each other through our feelings. That's why feelings are so important. So if you don't allow yourself to feel them, and don't want them to show you the truth of how you are and why you are feeling them, then you won't be able to understand yourself, and neither will you be able to understand why the good and bad things that are happening to you, do happen to you.

If you want to grow up having good, loving and caring relationships, then the more you and the other person can express their feelings and want to know the truth of them, the closer and more loving those relationships will be.

God will show you all about yourself through your own feelings, if you ask God to. Talk to God like God is your Heavenly Mother and Heavenly Father. Tell Them all you are feeling and thinking. Talk to Them separately or both at the same time. Share everything with God if you want to. God wants to get to know you, and you can get to know God through your feelings, just as you can get to know yourself.

And if you want God to love you, tell Them you want Their Divine Love. Really want to feel God's Love in your heart. Long to and ask your Heavenly Mother and Father for Their Divine Love.

You can get to know the whole truth of yourself through your feelings. You are what you feel, your feelings don't lie. They are the truth.

Feelings First Spirituality – The New Way

The Bigger Picture

We all grow up denying many aspects of our self. So, many of our bad feelings.

Our feeling-denial is passed onto us by our parents.

Generation after generation passes on its feeling-denial.

And it's been going on for two hundred thousand years. That's a long time and much denial, which is why our negative and unloving psychological and behavioural patterns are so ingrained and complex.

So humanity had been denying itself the truth it would have found through its feelings all this time. And yet that is now all changing. The denial of truth is ending. You can end it within yourself by doing your Feeling Healing; or your Soul Healing with the Divine Love.

All those years ago higher spirits that were meant to look after and guide humanity through its evolution and growth of Truth through its feelings, turned against God saying God didn't exist and that they knew better. So began the Rebellion against Truth on Earth. It all being expressed by making the mind take over from feelings. The rebellious anti truth way is the mind way, and it's unloving; the true and loving way is through feelings.

Then to cause us even more problems, other higher spirits that were to come to Earth and also help us spiritually grow, Defaulted, further adding to and complicating our self- and feeling-denial and our denial of truth and denial of God.

Then two thousand years ago Mary Magdalene and Jesus came to Earth ending the Rebellion in spirit. However it kept going on Earth along with the problems of the Default. We took all Jesus revealed and added it to our rebellion against the truth, and against him and Mary, and against God. We contrived anti-truth, unloving, feeling-rejecting religions in his name, all furthering our feeling-denial.

Now other events have taken place finally bringing about the end of the Rebellion and the Default; the Evil Ones, the bad spirits and their associated fallen angels, are no longer negatively influencing humanity. We are finally being left alone so we can get on and heal within ourselves the consequences of the Rebellion and Default we've been subjected to. So heal our personal rebellion against the truth of ourselves by ending our feeling-denial.

Doing our Spiritual Healing by looking to our feelings for the truth they are to show us, is the way we can fully heal ourselves of all the pain and suffering we're in, ending our feeling and truth denial. Slowly coming to love ourselves truly, rather than being untrue and hating ourselves, as we pretend we love ourselves.

Every 12 – 13,000 years the physical Earth goes through a big change. The last time this happened it killed most of the mega fauna and many other species along with most of humanity. So through each of these successive phases the Evil Spirits overseeing the Rebellion and Default have brought about new ways for people to experience living untrue to themselves. And during this current phase we're in, a phase that of itself is soon going to end, humanity under the influence of the Evil Spirits, brought into being all the religions and spiritual philosophies we know today. And all of these religions and Old and New Age spiritual philosophies, are helping those people who follow them to further their feeling and truth denial. All we do, all we believe, all we think is helping us, has all come about during this phase still within the Rebellion and Default. So most of what we do and how we are is wrong, it's not actually helping us or truly making us feel good. We are all living within the greatest conspiracy ever to befall humankind, and mostly we don't have a clue about it.

So as this current phase ends, so too is new truth, insight, understanding and revelation being given to humanity. That which is called: **The New Way**. And with this new way, people will be able to choose to look to their feelings uncovering the truth of them, finally being able to set themselves free of their rebellion-by-default against themselves (their own soul), against the Truth, and against God. By default we find ourselves unwittingly inducted into the Rebellion, and now we can knowingly get ourselves out of it.

Humanity is now able to enter the next Earth and spiritual phase understanding how it can become truly loving, ending all its pain and suffering. How people can live happily together without the negative and unloving controlling influences of the mind that have so heavily dominated us all, through all the various power structures we've created.

People are now being given the way to fully heal themselves and become of a Celestial level of Truth whilst living on Earth. And when people who've fully completed their Soul Healing with the Divine Love have children, then Earth will see the first true children being parented by the first true (Rebellion free) parents for two hundred thousand years.

If you feel bad, you can now use those bad feelings to find out why. You can use your feelings to uncover the truth of all your pain and to see why you have all the problems you have. You can use your feelings to uncover the truth of all your relationships, the ones from your early life and with your mother and father, and all the current ones in your life. You can use your feelings to understand why your relationships fail if they do, why you get sick, why bad things happen to you, how all such things have come about from things that happened to you during your early life and formative years, all resulting from the unloving patterns established during your childhood. You can use your feelings to uncover the whole truth of yourself. To end your feeling-denial; to live true to yourself.

However doing your Feeling Healing or Feeling-Healing with the Divine Love (Soul-Healing), is long and hard. We all have masses of unexpressed feelings, awful feelings, buried in our soul, all of which have to come out. And although bringing them out is liberating and healing as you see the truth, it is still very difficult to do as you have to confront and break through all your unloving negative mind controlling patterns that are keeping you firmly locked and trapped within in your feeling and truth denial.

But you can start by wanting to accept that you feel bad, staying with the bad feelings when you feel them, trying to speak and express them to yourself, God, your partner or friend, and wanting to know the truth of them. You can begin your Feeling Healing now and slowly work your way into it, completing that which you don't do during your Earth life when you are in spirit; or you can throw yourself into it, making it be your whole life as you work towards uncovering the whole truth of your self-denial and rebellious ways; as you advance towards becoming of a Celestial level of truth and fully healed living true to yourself, true to your feelings, and true to God.

We do our Healing to uncover the whole Truth of our self through our feelings. We don't try to change ourselves, although of course we want to change being bad and all our feeling-denial ways. Yet like all our feelings, we express that desire to change, however we restrain from using our mind to change ourselves, because ultimately, it doesn't work. We allow ourselves to feel all our feelings looking for the truth of them, and as we grow in truth and liberate by expressing all our feelings, all our pain, we one day will get to the end of seeing the whole truth of our rebellious unloving state, and then it will be over, it will end, we'll be set free of it. God through our soul will change us, and we'll become wholly self-loving, a fully loving person, no longer denying any part of ourselves. We will be Free of our torment, pain and suffering.

I want to add this to the end of Feelings First Sp... that I wrote the other day. I don't think doing your Feeling Healing will appeal to many people, whereas possibly just understanding it's a good thing to express all your feelings, might. Not everyone is going to be ready and willing to do their Healing. I think it's too much, a whole different life. I wasn't ready until my early thirties and even then didn't have a clue what I was getting myself into, so possibly a younger person or young adult might need to grow up more before they consider it seriously. I don't know, I've got nothing as usual to go on. So I wanted to add this part to the bottom of it. I hope it doesn't make it difficult for you John, and fingers crossed that I think this is the end of it, that I won't be adding anymore.

To conclude: [Living True To Your Feelings](#)

Possibly most people won't want to do their Feeling Healing because they feel relatively good about themselves and their lives. And they can deal with a few bad feelings every now and again, however it's

not a big deal. And they might not feel bad about their early life, having enjoyed it and felt wanted and loved.

And that Feeling Healing is really to appeal to the person who doesn't feel good, has never felt good, or feels very bad and wants to know why. And wants to know why all the way back to their very beginning, back through all the stages of their childhood seeing what happened to lead to feeling so bad.

Every aspect of your life will benefit from living true to your feelings. If you want the most out of life and the most out of your relationships that make life the joy it can be, then expressing all your feelings, including all the bad ones you might be inclined to deny, will add to its fullness.

Denying your self by denying any feelings will only cause you problems, difficulties and more suffering in the end.

If you are happy you'll probably not want to do your Feeling Healing – looking hard into your bad feelings to uncover their truth. You'll more than likely not feel that bad or not even bad at all, and so just living by expressing all your feelings the best you can will enhance that happiness.

For people who've 'come to the end of the line', who don't feel happy or loved because they feel too bad, then working deeper into your feelings by doing your Feeling Healing, wanting to use them to find the reasons and truth of why you're not feeling good, might be all you've got left to do. And should you commit yourself wholly to your Feeling Healing, as hard as it might be to do, it won't let you down.

Accepting and expressing ALL your feelings will help you in life.

And should you want to go deeper into yourself, wanting to know the whole truth of why you are the way you are in each aspect of yourself, then your Feeling Healing will be worth doing.

And should you want to end it all – all your pain and suffering, all your feeling bad, all your rebellion against the truth of yourself, all your unlovingness and being untrue, then doing your Feeling Healing is the only thing you can do. And it's going to take time and a lot of feeling bad for a long time as it comes up to be expressed out of you. But one day it will be gone, it will all be over, and you'll be happy, loving and true.



KING OF THE BEER FRIDGE

Beacons of Light

