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CHANGES for HEALTH SCIENCES Overview

22 August 2023

Childhood Suppression is ignored or avoided by the university and health sectors. It is universally the overarching cause of all social ills in any society worldwide and it is also the foundations of any discomfort, pain, illness and disease that we can experience – yet education systems and health services do not even attempt to address Childhood Suppression.

Childhood Suppression and our individual ongoing repression is the reason why there is no progression in consciousness throughout humanity, generation after generation. Since the time of Christ in the 1st century, the consciousness calibration of Earth's humanity has remained at a calibration of 190 on Dr David R Hawkins' Map of Consciousness up until very recently.

We each end up calibrating at the same level as one or the other of our parents by the time we are six years of age due to parental suppression of each our true personalities. Then we go on to do the same with our own children. This is a most efficient entrapment in how to keep a humanity retarded and living in a zombie mode for centuries without lifting a finger.

This entrapment is now to be removed.

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

James Moncrief 28 May 2018

Aspiring to Living Feelings First

*Brian Iverach, Dean Rowley, Faisal Hassan, Helen Adam,
Graham Golding, Ian Dowling, Jim Baker, John Doel and
Peter Wildin*

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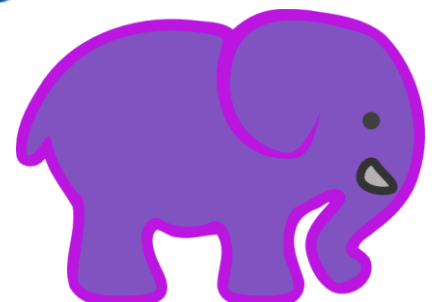
Symbolising the elephant in the room is depicting the Childhood Suppression that has been imposed upon every child throughout the 200,000 years of the Rebellion and Default, however many personalities have now joined together to bring about The New Way, the ending of the Rebellion and Default, the Change Over from the Age of the Creator Daughter and Son, being the past 2,000 years, to the Avonal Age which will be the next 1,000 years.

Each of the many 'elephant' personalities involved to bring about the Great U-Turn can be depicted by the graphic above, however it involves personalities throughout the Celestial Heavens, 1, 2 and 3, it involves personalities throughout the spirit healing Mansion Worlds, 3, 5 and 7, none are greater than the Avonal Pair. In the physical there are three personalities that have collaborated unknowingly on this single journey, they now have a surprisingly small number of supporters, however that support is about to grow dynamically and exponentially.

Then there is one stalwart lady who has on her own successfully embraced her Feeling Healing, and with Divine Love, her soul healing. She is the first to succeed in all of humanities 993,500 year history. She has demonstrated personally what the Avonal Pair have come to Earth to Reveal.

It is the Avonal Pair who have bravely taken on the extremes of Earth's Rebellion and Default and commencing in 1993 slowly and painfully worked their way through, what they call, the Feeling Healing process to demonstrate the way for all of Earth's humanity, both here in the physical as well as within the spirit Mansion Worlds 1, 2, 4 and 6. Thus, their success will see the introduction of the Avonal Age, the coming 1,000 years for Earth's humanity.

Avonal AGE 1,000 YEARS



Negative Spirit Influence
blocked
22 March 2017
Law of Compensation
quickenning
22 May 2017



Rebellion and Default
officially ended
31 January 2018
Great U-Turn
now ready for mobilisation
22 July 2023

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MoC	No. of Countries	Average MoC	Average Life Expectancy	Human Development Index	Happiness Index	Education Index	Per Capita Income 2020
400s	10	406	78.50	0.939	6.8	.861	US\$54,010
300s	13	331	71.77	0.798	5.9	.684	US\$17,827
200s	10	232	69.45	0.759	5.8	.648	US\$16,972
High 100s	18	176	69.00	0.724	5.2	.639	US\$9,900
Low 100s	7	129	61.88	0.653	4.7	.567	US\$2,628
Below 100	11	66	52.73	0.564	4.2	.488	US\$2,658
WORLD		220	70				US\$10,900

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

These two charts define the great potential that unfolds for increased consciousness.

One’s soul condition has a direct relationship with all facets of living. To grow and improve one’s soul condition is the greatest gift one can give him or her self as it has universal benefits that last for eternity. This is achieved by embracing Feeling Healing through which we commence to repair the damage incurred by the Rebellion and Default that is passed down to us by our parents. Further, by embracing Divine Love with Feeling Healing we are doing our Soul Healing and progressing towards Celestial status.

Dr David R Hawkins’ development of the Map of Consciousness (MoC) and research with kinesiology muscle testing observed the overall calibration of consciousness level of many countries. Developed economies are within the highest brackets. Civil unrest and wars are most frequent amongst those within the lowest brackets. Consider the average life expectancy and per capita income relative to the MoC calibration. Consider education as the crux of progress and development. Then review the above table for the rate of unemployment, rate of poverty, happiness rate ‘life is okay’ and rate of criminality.

Note:

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

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

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

Thus the energy differentials are in fact enormous!

MAP OF CONSCIOUSNESS

Map of Consciousness from Dr David R Hawkins, M.D., Ph.D. "Power vs Force".

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

PERSONALITY TRAITS:

Less than two dozen people on planet Earth.

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

Debate and implement resolutions without argument and delay. 470

Debate and implement resolutions in due course. 440

Debate and implement resolutions with some degree of follow up generally needed. 410

Management supervision is generally necessary.

Politics become the hope for man's salvation.

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

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

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

Harm of others prevails, self-interest prevails.

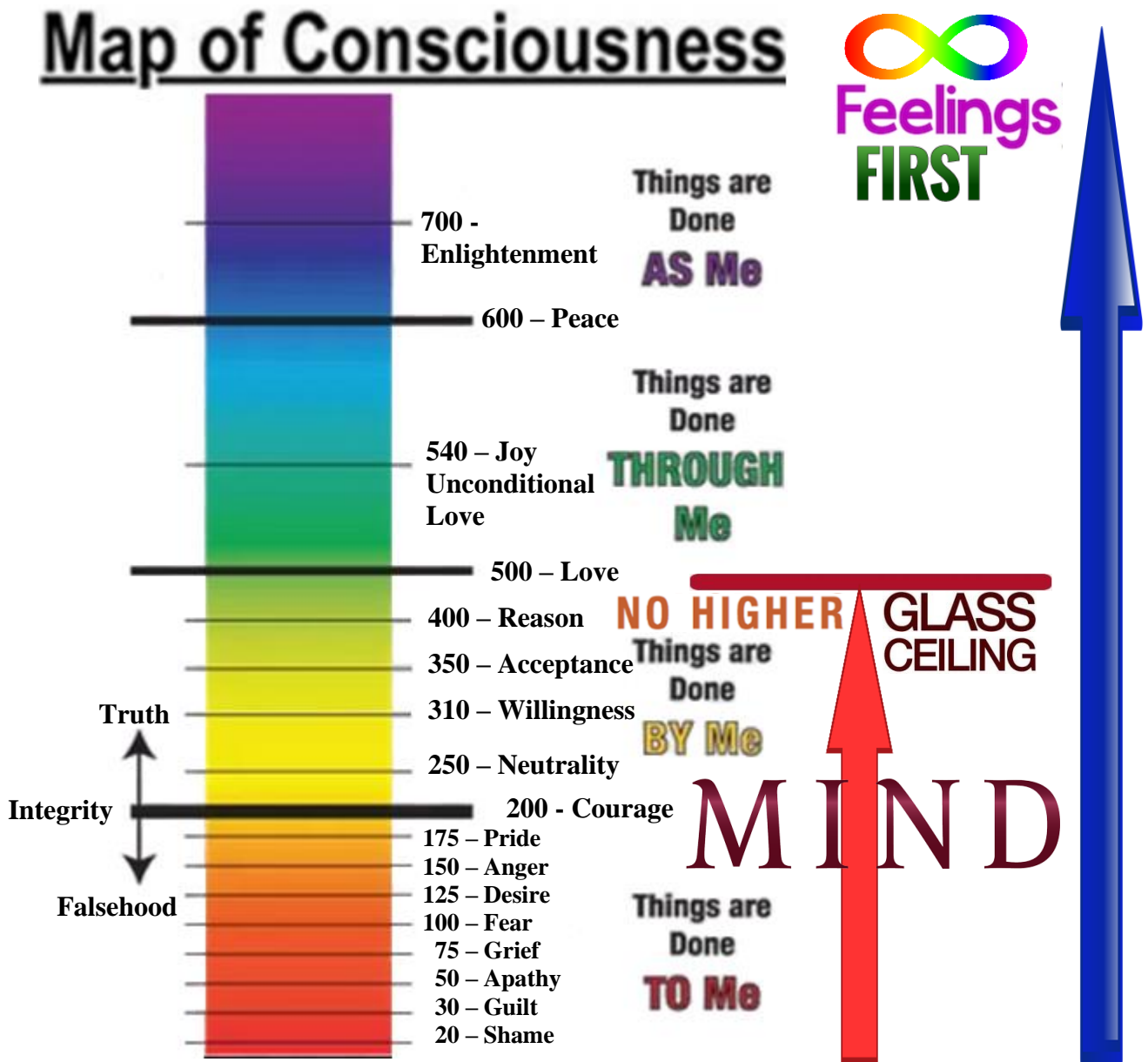
Totally self-reliant, not God reliant.

Fear dominates all motivation.

Suicide is possible and probable.

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

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



This outline of the Map of Consciousness spells out the fact that while we live Mind-Centric and ignore and suppress our Feelings we cannot pass 499 MoC. Our mind being in control, as we have all been indoctrinated to live, is a glass ceiling. Humanity cannot heal anything, cannot be spontaneous, has no intuitiveness, and is locked into living in the deep hell states. This is why people find themselves in abusive homes, domestic violence, housing stress, homelessness and gross difficulties of all kinds. This is why we are easily manipulated, embrace propaganda and are being controlled by a few.

Women are closer to their feelings and that is why the nursing profession hosts a lot of women who calibrate a little over 500. These women are the healers in hospitals.

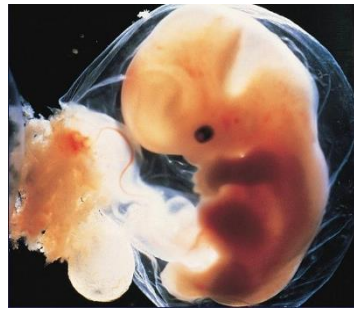
By aspiring to live Feelings First we are each breaking the glass ceiling and opening our potentials to grow in truth and love not only to 1,000 MoC, but to infinity. This is our destiny.

As communities embrace living Feelings First and having their minds to follow in supporting what their feelings are guiding them with, then ALL of the social ills of society will begin to mitigate. Please, do you comprehend the importance of what is being shared throughout this document?

OUR FORMING YEARS are MOST DYNAMIC and TRAUMATIC:

Age-group	Age
Gestation	conception to birth
Newborn	0 days to 1 month
Infant	1 month to 1 year
Toddler	1 to 3 years
Preschool	3 to 6 years
School age child	6 to 12 years
Adolescent	12 to 18 years

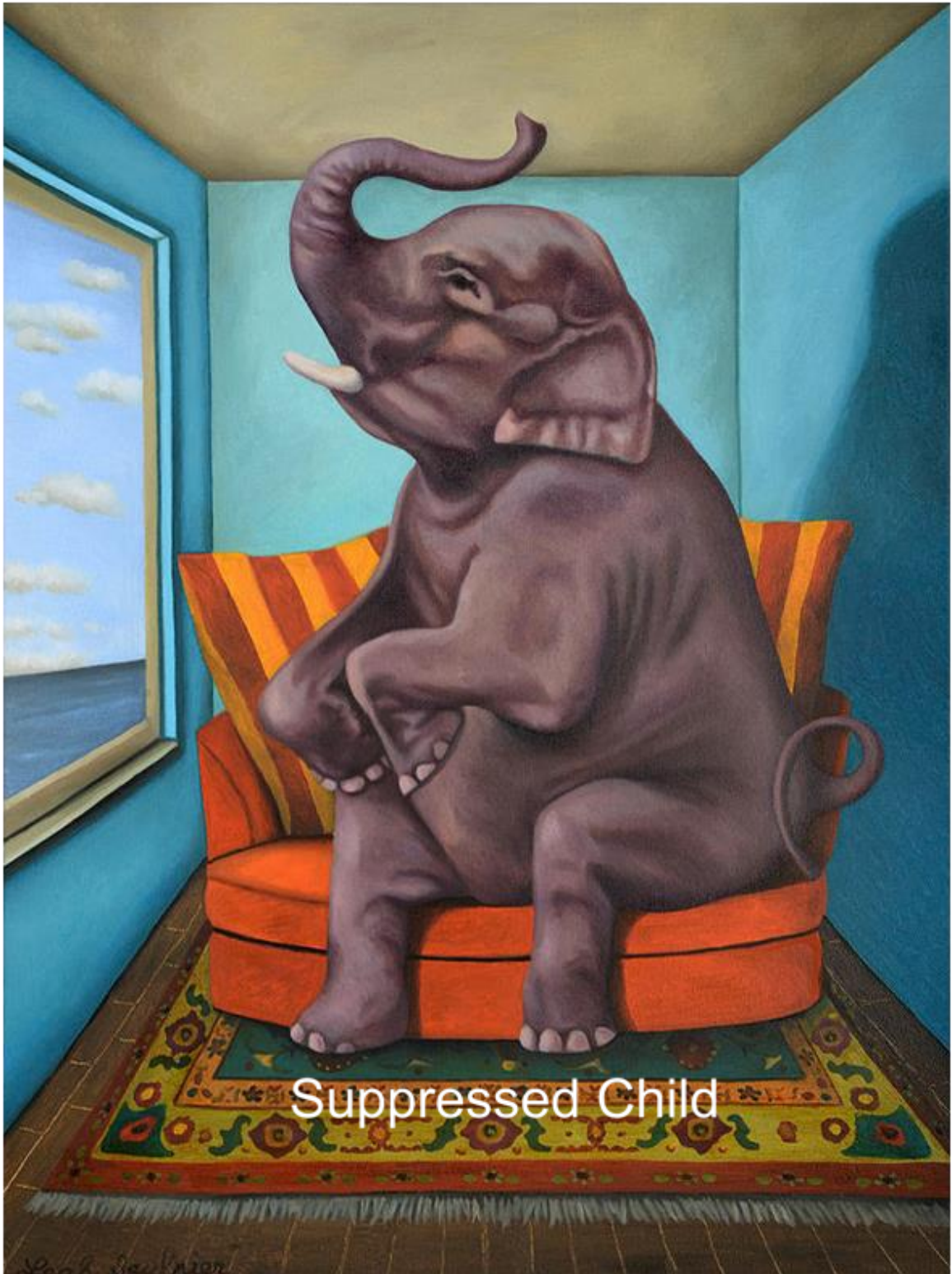
Our childhood formative years are from conception through to age of 6 years. Commencing at conception, we begin to take on all of the injuries and errors of belief of our parents and carers. We capitulate to adopting the ‘personality’ that our physical parents impose upon us, to the detriment of our true personality.



**Somehow,
we go on
smiling and
laughing...**



Childhood Suppression is the elephant in the room!



Suppressed Child

The one and only truly effective vaccine is the healing of our Childhood Suppression and ongoing Repression through FEELING HEALING!

The underlying generator of all discomfort, pain, disease and illness is Childhood Suppression and ongoing Repression.

Feeling Healing is our only recovery and soul growth pathway.

It is that simple!

Childhood Suppression

The soul does it all. The soul is a duplex, two personalities being manifested into the physical by our soul.

Soul light continually flows from the soul through our spirit body levels and into our physical.

Return light being the experiences of our physical existence.

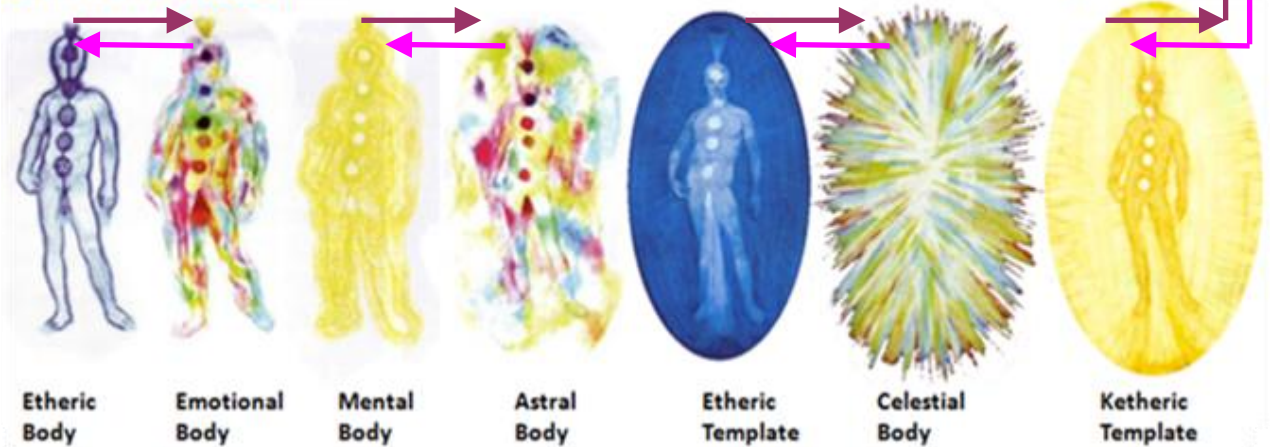
SOUL



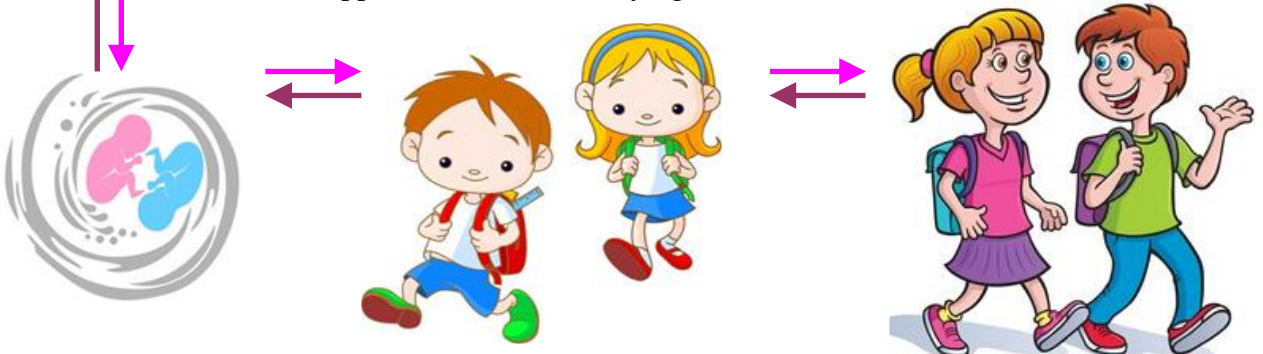
Childhood suppression imposed upon us by our parents and carers causes retarded light to return to our soul bringing about imbalance, reflecting emotional injuries and errors of belief. This imbalance is the cause of all our difficulties throughout our adult life and also all of our health issues.

SPIRIT BODY

Brennan Model of the 7 Levels of the Human Energy Field



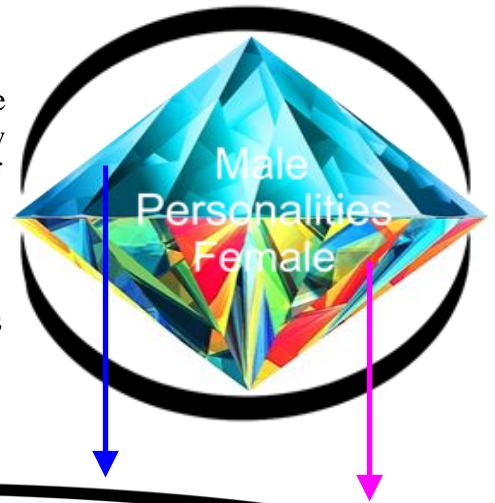
Every experience is recorded through the light returning through our spirit body and back to our soul. What emotional injuries we experience, commencing from conception, has to be expressed emotionally to heal the imbalance in soul light so that harmony and health can be achieved in our spirit and physical bodies. Childhood Suppression is the underlying cause of disease, illness, etc.



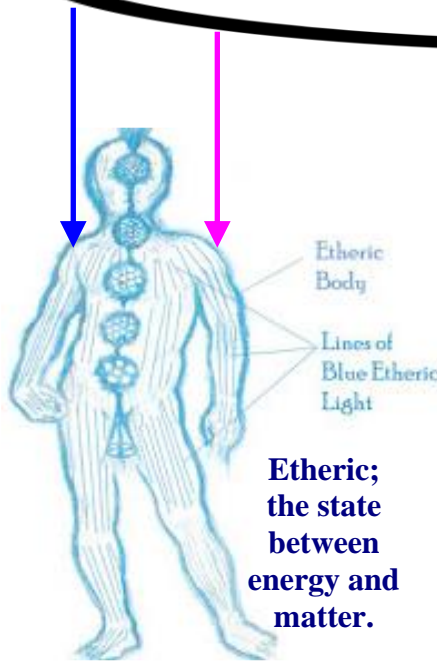
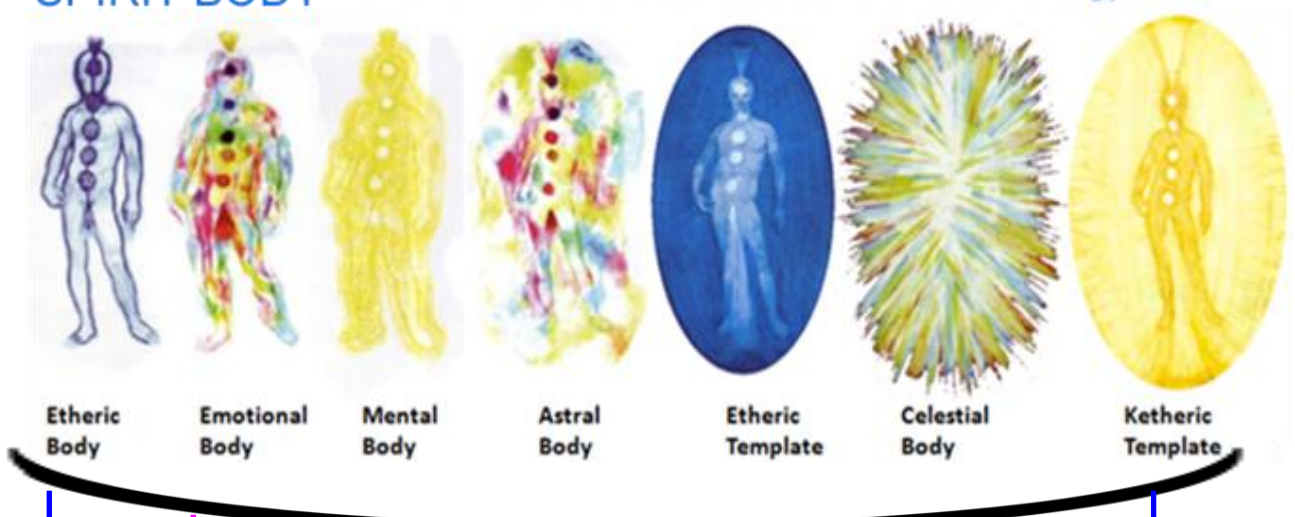
Childhood Suppression



Childhood Suppression – from conception to age six years – harmfully encrusts the soul, thus impeding light flow throughout all seven layers of the spirit body, damaging the genes within the spirit body which in turn damages the genes in the physical body, as well as setting the pattern for all of our physical health issues throughout our lives.



SPRIT BODY Brennan Model of the 7 Levels of the Human Energy Field



Etheric; the state between energy and matter.

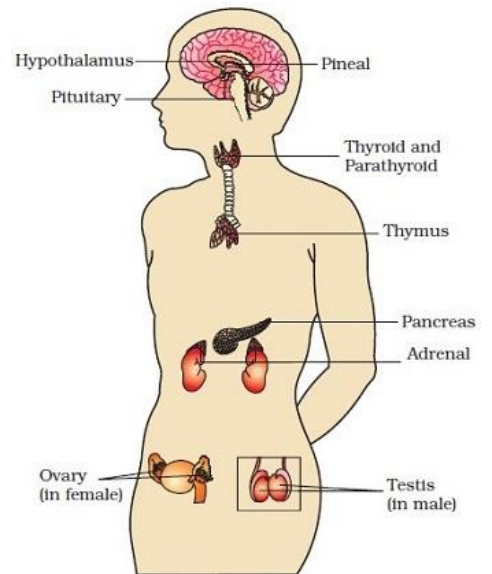
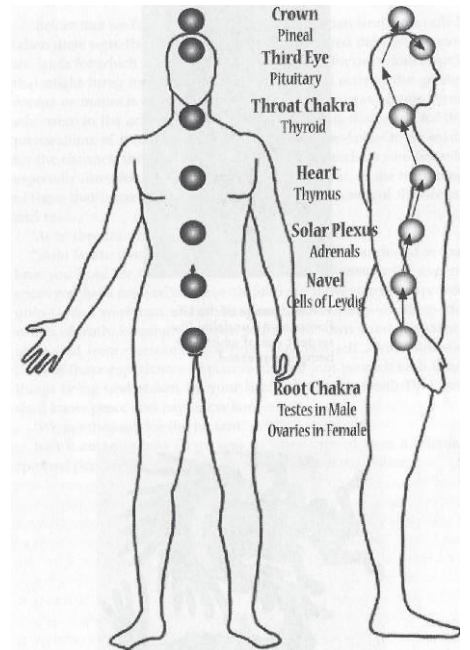
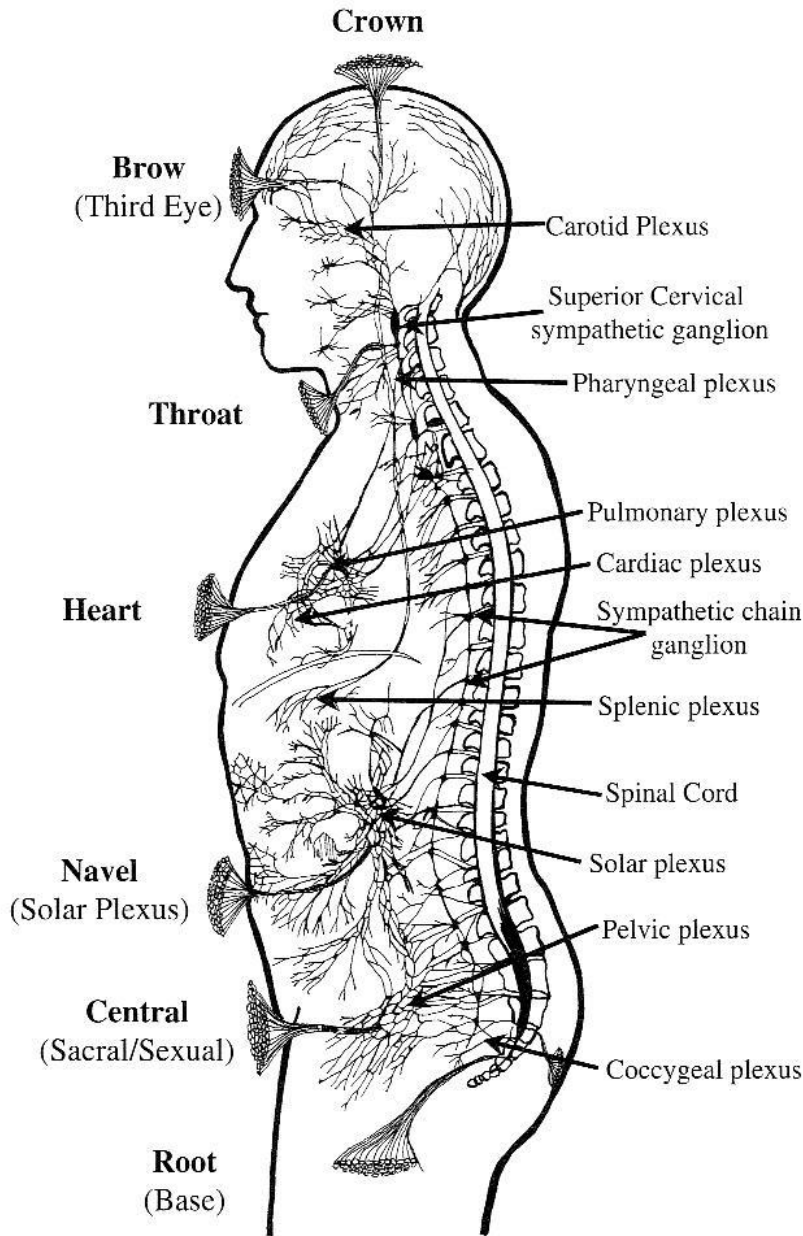
The spirit etheric body is the template for our physical body, however, no health care system or science considers that the underlying cause of any health issues are formed through our Childhood Repression and that no physical healing occurs without expressing our childhood suppressions, being feelings both good and bad and then longing for the truth behind these injuries. Medicine may suppress the pain – it does not and cannot cure – vaccines are extreme physical suppressions!



The pain from ANY illness will not exceed the pain experienced during our Childhood Suppression!

INTERCONNECTION of BODIES:

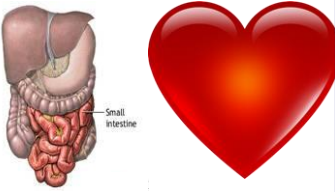
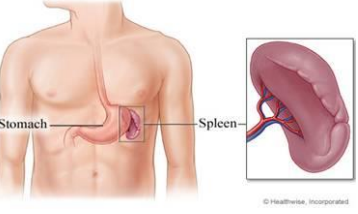
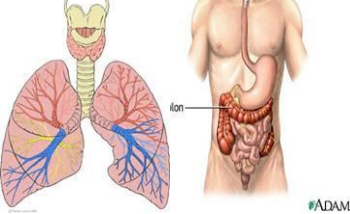
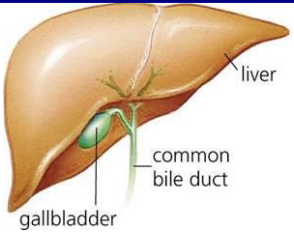
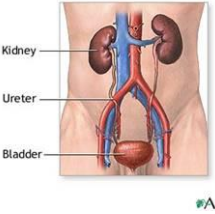
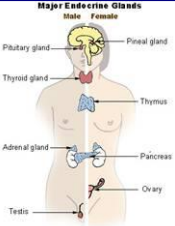
The spirit body is the template of the physical body. Once the spirit body is created at conception, one's pre-existing soul connects through cords of light to the spirit body, within the heart region. Energy flows into the chakras, main chakras are depicted here, such energy then flows through the meridians that run the full length of one's body in various channels. It is due to emotional injuries and errors of belief that flows of energy may become blocked. The main meridian interconnects with the main chakras. When one is sensitive to the inflowing of Divine Love, one may enjoy a warmth around the heart region and /or the third eye which then may reach around the cranium encapsulating the pituitary gland / crown chakra.



Chakra and Nerve Plexuses Locations. Each of the major chakras is associated with a major nerve plexus within the body.

EMOTIONS affect SPECIFIC ORGANS:

Emotional injuries and held errors have specific energy signatures and vibrations. So does each part of our physical body. Errors held within one's mind affect the flow of energies through one's spirit body, the spirit body is the template of the physical body. The resulting energy flow constrictions then initiate issues, and then pain, and then illnesses within the physical body.

Organs	EMOTION CODE™ CHART		
	Column A	Column B	
	Row 1 Heart or Small Intestine	Abandonment Betrayal Forlorn Lost Love Un-received	Effort Un-received Heartache Insecurity Over joy Vulnerability
	Row 2 Spleen or Stomach	Anxiety Despair Disgust Nervousness Worry	Failure Helplessness Hopelessness Lack of Control Low Self-Esteem
	Row 3 Lung or Colon	Crying Discouragement Rejection Sadness Sorrow	Confusion Defensiveness Grief Self-Abuse Stubbornness
	Row 4 Liver or Gall Bladder	Anger Bitterness Guilt Hatred Resentment	Depression Frustration Indecisiveness Panic Taken for Granted
	Row 5 Kidneys or Bladder	Blaming Dread Fear Horror Peeved	Conflict Creative Insecurity Terror Unsupported Wishy Washy
	Row 6 Glands & Sexual Organs	Humiliation Jealousy Longing Lust Overwhelm	Pride Shame Shock Unworthy Worthless

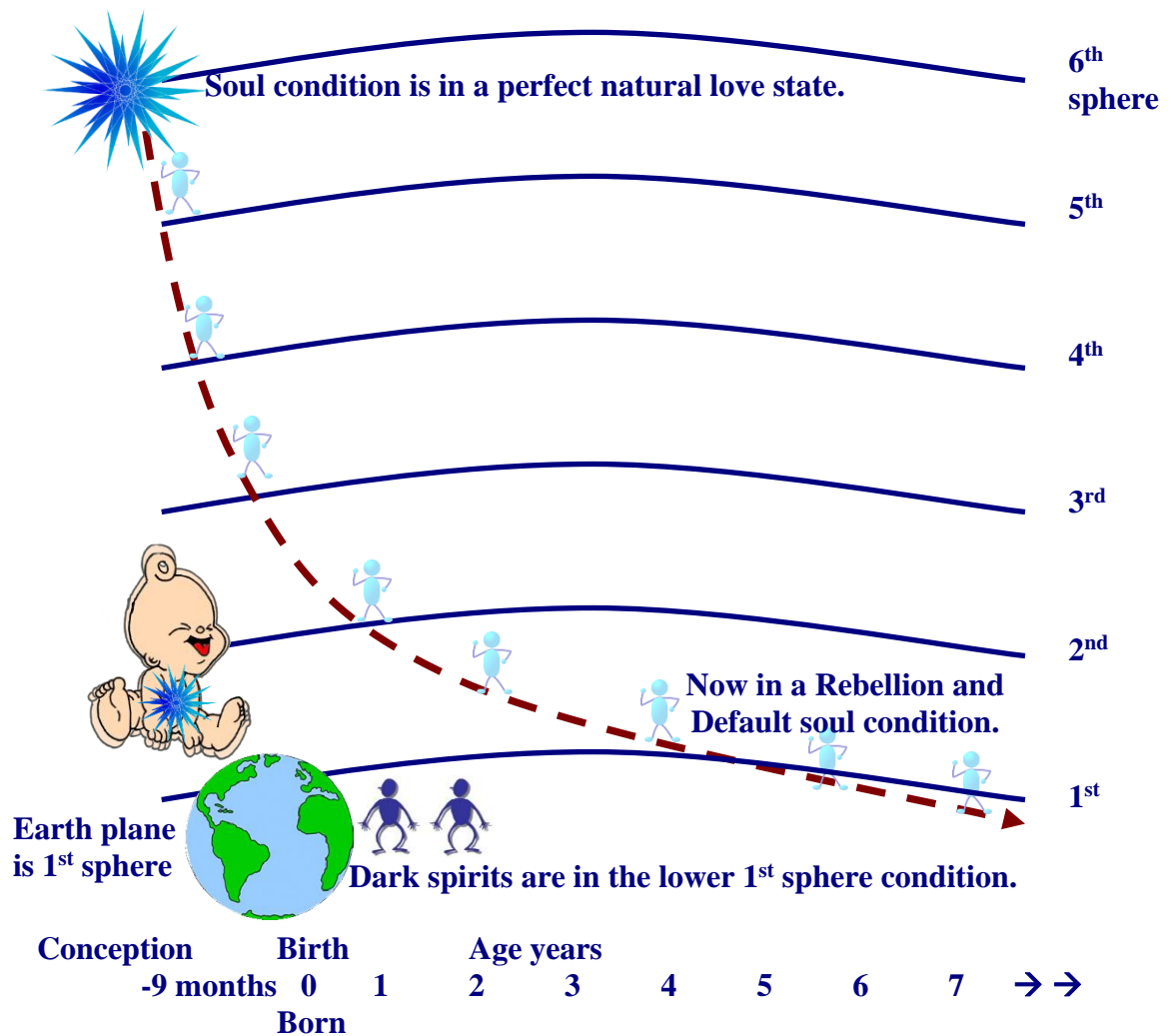
SOUL CONDITION of BABIES are SUPPRESSED to that of its PARENTS!

A newly incarnated soul is immediately being infused with the emotional injuries of those in its environment, that is, the damaging emotions and erroneous beliefs of its mother, its father and of those within its family environment.

This process continues until the child reaches around the age of six, then it tends to develop its own way from then on, however, closely aligning itself with a parent or both parents. Kinesiology testing of Map of Consciousness confirms this suppression progress. Conception can be likened to facing a water cannon for the child!

Poor condition spirits may have previously connected with a young child should the environment be conducive for such a relationship. However, on 22 March 2017, all such spirit connections became blocked. A spirit cannot harm another personality.

We, as parents, can work on our own soul condition, through feeling healing, which in turn benefits the baby. We can also ask and prompt spirits to seek help from brighter spirits from within their own environment.



OUR SOUL is WHO WE ARE:

We are the personality of our soul. We never lose our personality.



We are a reflection of our parents' personalities. We wilfully embrace our parents' character traits and way of living and beliefs.

Our heritage is an outcome only of who we incarnate / individualise via.



All humans are descendant from Aman and Amon (Andon and Fonta), who lived about one million years ago. Adam and Eve who arrived about forty thousand years ago adding features. We all have the same colour skin pigmentation, just different amounts of it. It is our soul based personality that is who we are! Our nationality and racial background is imposed upon us at birth.

LIVING MIND CENTRIC is SUBMITTING to RETARDATION and MEDIOCRITY

Our mind is a wonderful instrument when it is used to implement what our feelings prompt us to embrace. However, our high level spiritual leaders prompted us all to believe that our potential would be found through our minds, so much so that we could become ‘mini-gods’ through the perfecting of our minds.

Our potential through mind centricity is 499 on Dr David R Hawkins’ Map of Consciousness (MoC) being the peak of Reason. This is also the peak of development of those who enter into the 1st spirit Mansion World where billions upon billions remain for aeons, blind to their entrapment to hidden controllers. Some further their mind perfection through their ongoing suppression of their feelings and progress blindly through the 2nd and 4th only to reach a dead end at the 6th spirit mind Mansion World, never getting out of the hells and entering the 1st of the Celestial Heavens. They eventually have to do a Great U-Turn and retrace their steps and then work through the 3rd, 5th and 7th spirit healing Mansion Worlds and then commence their progression through the Celestial Heavens living Feelings First.

Hidden controllers within the spirit worlds, for the past 200,000 years, have kept us in their enslavement as they understood that:

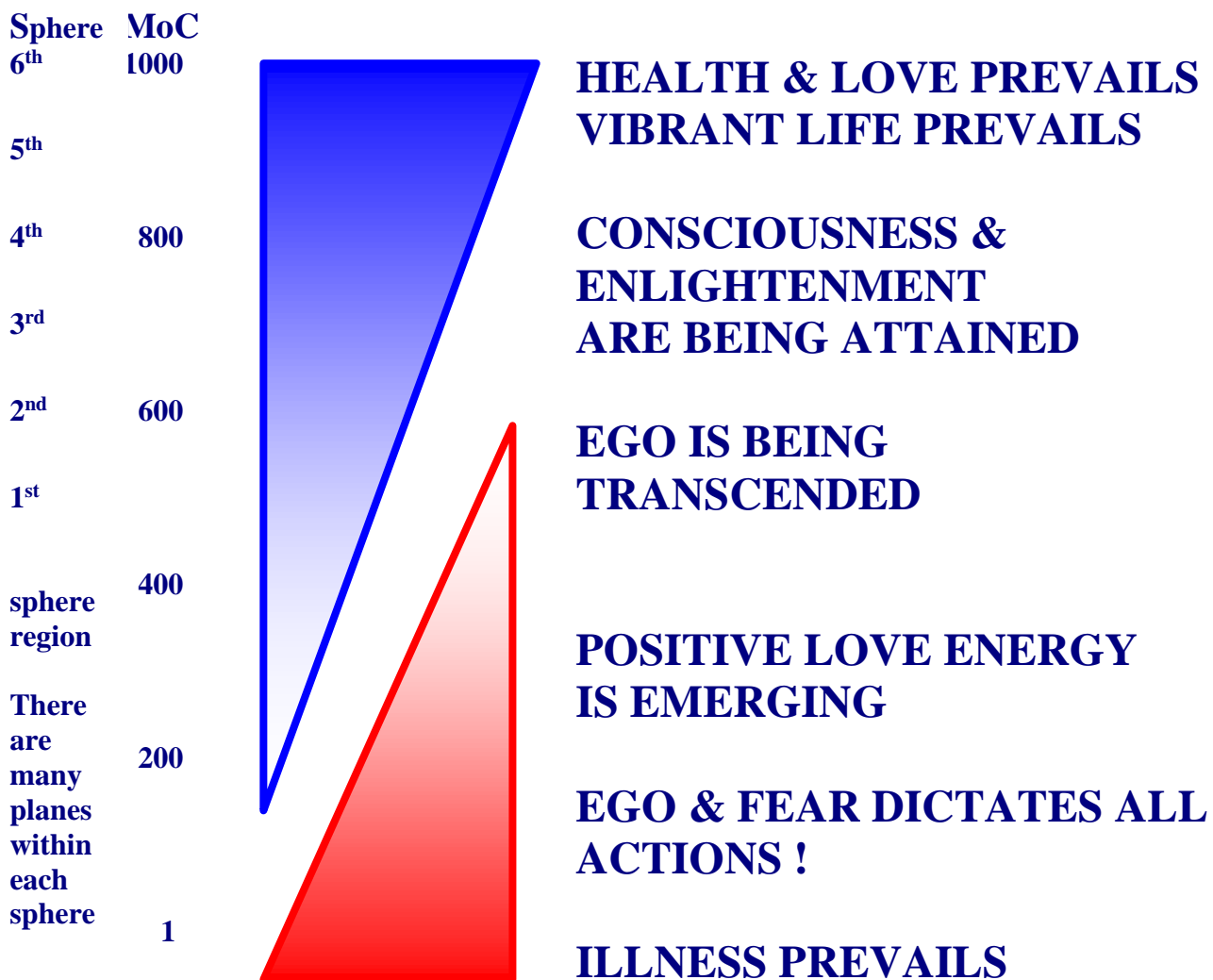
- Our minds are addicted to control, control of others and our environment.
- Our minds cannot discern truth from falsehood – thus easily led through our mind’s lack of discernment.
- Our minds are addicted to untruth – a global pandemic has demonstrated worldwide submission to a few through governmental dictates – conspiracy theories abound – nations can be easily led to war against others.
- Worshipping our minds, believing that when we ‘think’ that we discern truth when it is error, stagnates our progress, thus keeping us in submission. Education systems worldwide embrace this.
- Assumptions are the product of the mind, the error rate is around 98%. The doctrines of the Catholic Church demonstrate this to ‘perfection’.
- Feelings are our soul-based truth. Females are closer to feelings, so these hidden controllers had males make females subordinate to men. History reveals very few women leaders – look at the religious institutions.
- All religions are the product of the workings of these very same hidden controllers.
- These beliefs, patterns of living and norms are entrenched through generation after generation.
- We believe that **‘I had a pretty good upbringing’ in comparison to other people!**
However:
 - Parents have NO understanding of Love.**
 - Parents have NO understanding of Law of Free Will.**
 - Parents have NO understanding of blocking emotions.**
 - Parents have NO understanding of causal / core emotions.**
- Hidden control has kept parents from knowing how to be loving true parents, consequently:

Parents abandon Children emotionally!

- And the Rebellion against God, love and truth has progressively evolved and intensified to the point that on 31 January 2018 intervention from even higher level spirits has formally ended the Universal Contract governing the Rebellion and Default of the rebellious Lanonandek spirits led by Lucifer who submitted to his female soul partner’s wily assertions.

“All dis-ease is mind generated, and all healing is generated by the love energy of one’s soul.”

The Ego (mind based) manifests illness; the lower one’s level of consciousness (soul condition) then the more prevalent will be illness. Below the levels of 200, the ego and fear of the mind dominate; however, as you raise your level of consciousness by growing in love and achieve a level of 500 or higher, you begin to transcend ego dominance. At the level of 600, all healing is possible.



To liberate one’s real self, one’s will, driven by one’s soul, moves one to embrace Feeling Healing so as to clear emotional injuries and errors. With the Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we’re feeling them, express them fully, all whilst longing for the truth they are to show us. It is Feeling Healing with Divine Love that one progresses through the Divine Love Mansion Worlds 3, 5 and 7 and enters the Heavens.

Layer upon Layer upon Layer

Emotional injuries and errors of belief are what we are to express and talk out with companions. The amazing thing is that we are now being guided and assisted in our emotional healing which affects every aspect of our living, our life, our being, our physical health and our relationships. Never has it been understood just how retarded and suppressed we each are by living through our minds and ignoring our feelings as we have been led to live our lives by not only our parents, but by all who we interact with – as they have all been misled like each of us.

As we open ourselves up to express a feeling, any feeling, good or bad – they are all to be expressed. Whatever comes to surface will be over laying an older feeling, so we are to then express the slightly deeper feeling / emotion / belief / error / memory. Long to know the truth of our feelings.

We are to find how every aspect of our environment is imposing itself upon us. Government, through its federal, state and local administration, is all controlling and inhibiting of our self-expression. Then we find that our employment is all controlling as it is our life-line to physical survival – our fears and hoarding are all consuming. Our education has been founded upon layers and layers of assumptions which we now find to be extra-ordinarily flawed in what becomes abundantly clear through our truth based feelings which are always in truth. With 3,400 major religions, we now can recognise that they are all agents for our control.

And then as we work our way down through the layers upon layers, back through our adult life and into our teenage years, we begin to find and then anticipate that it is our Childhood Suppression that we experienced under the oversight of our parents and those close within our family, being our siblings, grandparents, etc., that is at the core of our Healing.

Thus, as we work through each and every feeling that arises, we will be working back through our life years to the core of each emotional injury and error of belief which we generally have taken on throughout our childhood forming years, from the moment of conception to the age of six years. It is during our sixth year that our Indwelling Spirit arrives and we become a little more self-aware and assertive of our personality.

Yes, we will work our way back through our dramas all the way back to the moment of our conception. We will become totally aware of just how much we are screwed over and then accepting of being in such a way. However, then being healed is yet another incredible life for us each to experience.



The question is: Are we treating the cause or suppressing the symptoms?

Treating the cause permanently heals that which brings about illness:

What has never been understood before is that we are to ask for, long for and understand the truth behind our feelings, both good and bad. We are to understand what is behind our feelings as they come into our awareness. When we long to understand why we feel good or bad then we will be told – we will come to understand how they came about – eventually! Not even Alice Miller or anyone else has recognised this need to understand and know the cause or causes of why we feel so bad and that we are then to express such feelings to someone who does want to know us, someone who is really interested in the truth of who we are, which in the end is ourselves, as we should be the most interested in ourselves. It is the expressing, talking them out to someone who is interested in you, is wanting to know how you are feeling and why, that we heal ourselves of such emotional injuries.

Our feelings are our truth, and our Healing is just the bringing out of our feelings, and as we do that, the truth comes to us, it being the truth of what we feel.

That's the basic principle, however you do have to apply your will – make an effort – wanting to bring your feelings out, bringing them out, and wanting to see / feel the truth of them, which is the truth of why you're feeling what you are.

You are your feelings, which is the truth that you are. We are all the Living Truth, with our feelings feeling that truth, and then with our minds we can put those feelings and truth into a context that helps us understand on other levels what we just feel.

The truth is waiting in you for you to feel the feelings that give rise to it, all those feelings you should have felt throughout your childhood. We are all revealers, revealing the truth of ourselves through our feelings.

It's really the expressing of our feelings (and particularly our repressed ones that we're denying) to someone who is willing to listen to us, even if that someone is God, whilst we long with all our heart and will to know the truth of them – the truth of why we're feeling them. It's the wanting to know the truth more than anything else that is vitally important, and that means the whole truth, the truth of your unloving relationship with your parents and family because if it wasn't unloving you'd not be or have been made to feel bad. And the way to that truth of yourself is by expressing every feeling you have, and in particular, focusing on all the bad ones, the endless bad ones you've got buried away inside you that you're refusing to feel. If you don't want the whole truth of yourself and are not prepared to look for it in and through all your feelings, then you'll never truly heal the deepest underlying causes of your pain, illness, addictions, compulsive behaviour, erroneous beliefs and understandings, unloving self-denying behaviour and all your suffering.

We are to find the whole truth of ourselves through our feelings. And that means to begin with we're to see the whole truth of our pain and suffering, the truth from conception right the way through the womb, at our birth, through our forming years, the rest of our childhood – all that's made us feel bad in any way. And such truth can be found through our feelings. As a child we can't know the truth of all the feelings we are feeling, however as an adult we can. And it's by doing our Feeling-Healing that we can uncover the whole truth of ourself through our feelings.

To suppress the symptom is to put the problem aside for later on:

All medical and complementary healing modalities, including emotional processing, as much as they might help bring some relief to pain and reveal some truth and understanding as to why one is suffering it, they are not focused on the deeper underlying hidden causes of that pain and illness. NONE address the true cause, with that cause ultimately being found in our childhood suppression and repression.



All modalities are mind based, we continue to be led to expect our mind to resolve our pain – the mind can mask and hide our pain – however we have to eventually feel such pain and discover what brought it about. Then we are to express what that pain is all about. In this way we begin to heal.

Feelings First for children is similar for adults, the Feeling Healing process that we all will eventually engage in is a way of living. It is how we will grow in truth and that is through our feelings, we are self-contained. This is the first step in going beyond just suppressing symptoms through our spirit body mind which cannot discern truth from falsehood and embracing our soul based feelings which are always in truth.

SUPERKIDS

Natural self Expression through Feelings

Self Empowering

Self Revealing

Self Loving

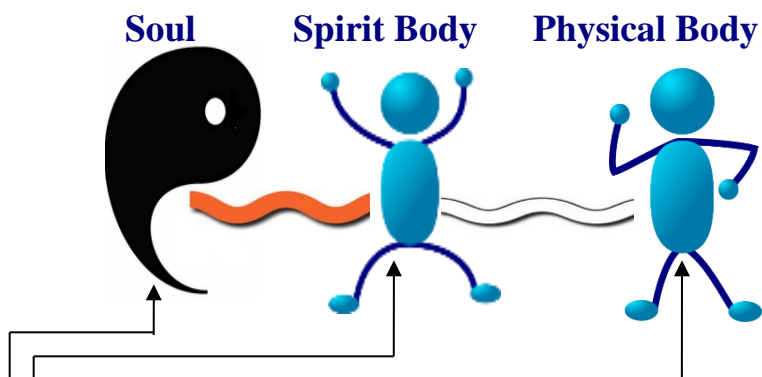


Feelings First

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

HIERARCHY of HEALING SYSTEMS



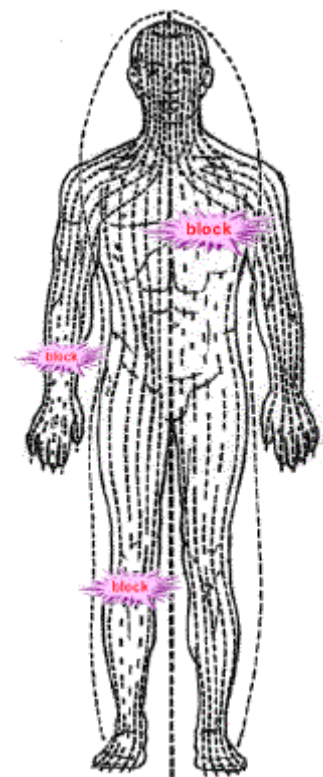
ALLOPATHIC – Western Medicine treats the symptoms, is highly regulated and costly as it is cost driven. Symptoms are suppressed – no healing!

ENERGY HEALING – Eastern Therapies also treat the symptoms with the assistance from natural love spirits from the realms up to the 6th spirit Mansion World.

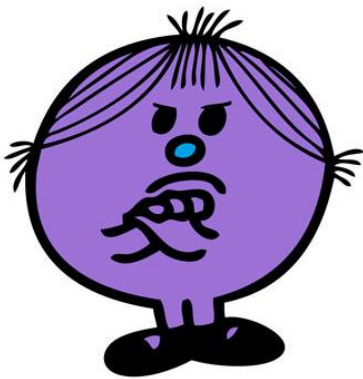
Therapy applied to the spirit body is through an energy therapist who may work on the chakras, whereas a chiropractor works on the physical body. Such types of therapy deal with the effects and ignore the soul and the causes – temporary healing.

FEELING HEALING – EMOTIONAL EXPRESSION addresses the cause. Soul level clearing and growth provides permanent solutions whereas the other two systems provide temporary relief.

If we focus on our childhood suppression, that is the commencement on our pathway home to our Heavenly Parents. Improving our soul condition is the ultimate goal.

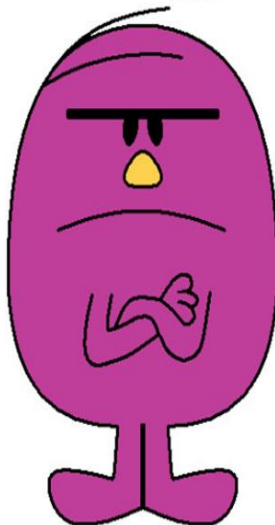
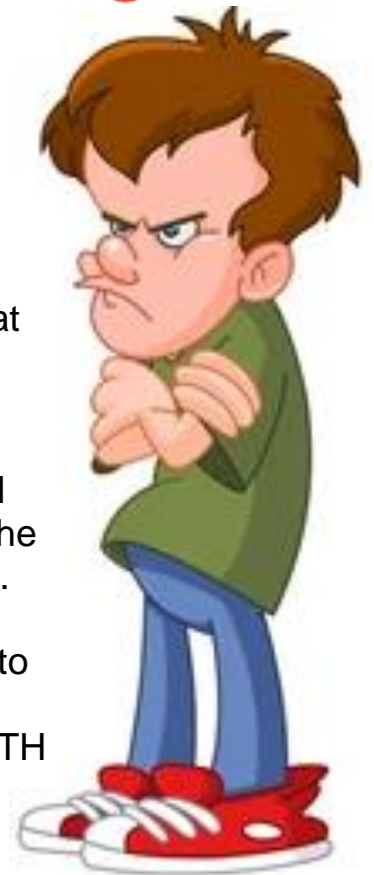


LITTLE MISS STUBBORN



Of course I'm
being stubborn...
I'm right!

DAMAGING
~~IT'S GOOD TO BE~~
STUBBORN



MR. STUBBORN

As we open ourselves up to accepting that our strongly held beliefs are ALL totally false, in error, just wrong, manipulating, controlling and unhealthy as well as unloving, we will find this all very stressful and difficult. The pain we will feel is not the truth entering us but the errors leaving us. EVERYTHING that we have come to embrace as foundational truth will unfold to be lies and manipulations to control us. TRUTH is always LOVING because TRUTH is LOVE!

This is humanity:

Mass Formation Psychosis

Lost and confused!



SOUL is a DUPLEX

Seek balance of TRUTH and MIND!

Beliefs suppress TRUTH

Dis-ease is of Disharmony with TRUTH

Mental Illness is of CHILDHOOD SUPPRESSION

Perceived level of truth MoC 1,000

FEELING HEALING

embraces the healing of both

Disharmony with TRUTH

and

CHILDHOOD SUPPRESSION

and with Divine Love we are embracing

our

SOUL HEALING

Perceived overall level of truth MoC 920 – relative truth potential MoC 1,480

**CHANGES for HEALTH SCIENCES overview!
COVID-19, a Corona Virus and Viruses Overall:**

Tuesday, 7 April 2020

In case you need a little more lockdown reading material, this is from our dear friend and lovely Lady of the Lake:

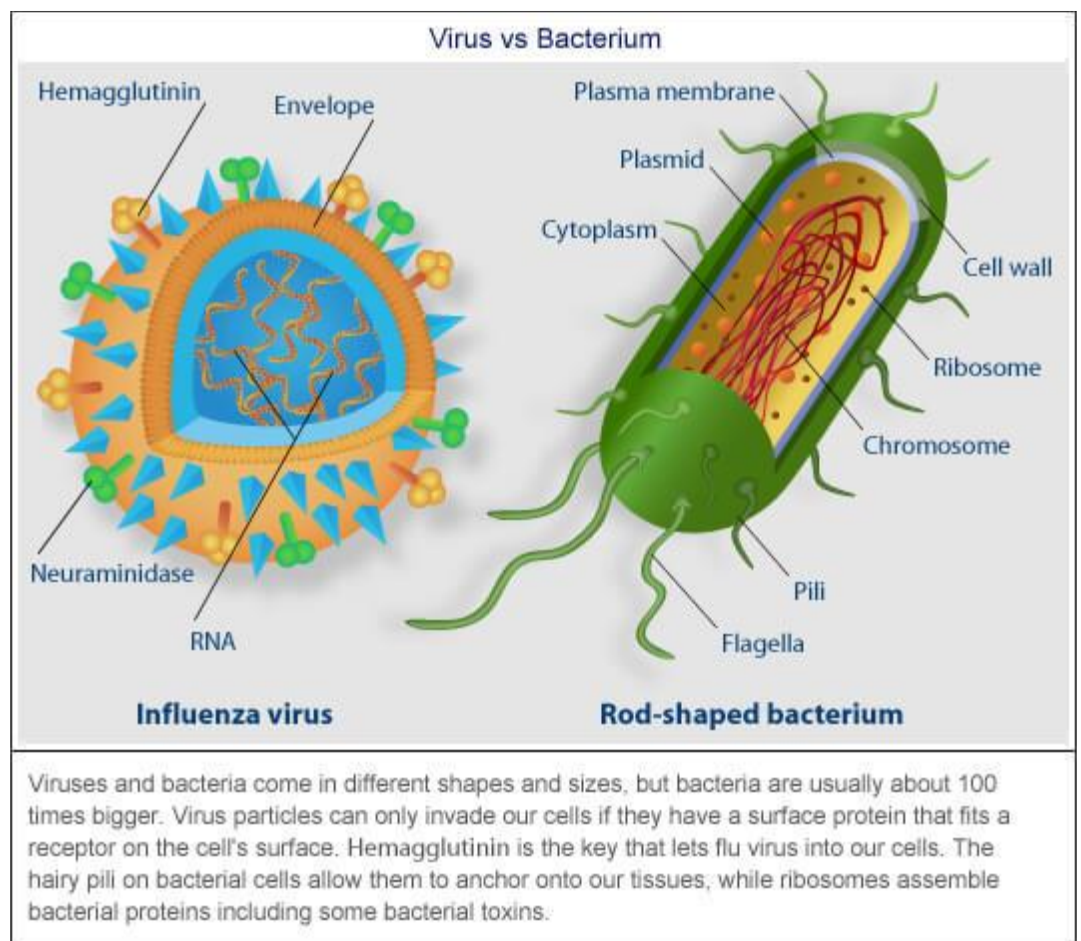
James: Verna can you please tell me more about viruses and their relationship with us? I read so many contradicting things.

Verna, a Nature Spirit: Certainly James. The most important part that is lacking in your understanding is still the consideration of how much we Nature Spirits and your Angels play in it.

James: I know, so can your dear self please enlighten me?

Verna: I'll do my best. You watched a video that said Viruses can't be caught, that they don't behave within the body as bacteria and mould spores do. Which is correct, a virus can't be caught, even though they seem to display similar ways with people suddenly catching them. I'll explain how that happens later. You read of a scientist examining the home of people with the current Covid-19 virus, and they found no evidence, no virus on things in the family's home, therefore discrediting everything else you read that suggests viruses can stay alive, depending on the temperature, on things where the sun's radiation can't get to, for varying times from hours to days. So what is correct?

Well, the virologist is right in that viruses don't exist by themselves in the environment, they need to be in the host cell, unlike bacteria and mould which exist of themselves. So this is where it gets difficult. There is a specific time, and it's relatively short in which the virus can survive within a cell that might be contained within a drop of saliva or breathe should that drop contain cells from the person with the virus within it. But as soon as that cell dies, so will the virus die too. The virus is life that doesn't exist by itself, it needs a host to provide it with its life, but it does have an ability to stay in a sort of dormant state outside the host cell, however that only happens under very specific circumstances.



So the virologist would have to test for the virus, provided they have a test that can identify that specific virus, before the family ‘contracted it’, through the ‘incubation stage of possible days’, then through the illness period, then afterwards for a certain amount of time to insure it has gone. So there will be times when people might be sick with it, yet nothing will be found in the environment to show they are sick, that the virus is present. Then other people might not seem sick and yet if their living environment was tested you’d find it all over the place. And those people might get sicker and they might not, all depending on the need for their body to have the virus ‘active’ and to what degree.

So you can see, it’s quite complex, all of which means you have no way of keeping such a thing under control as your authorities are trying to do. However by making everyone stay at home, stopping all human interaction other than in the family, then of course it will show that the virus has been ‘conquered’ and they were right taking such actions and aren’t they the great ones saving everyone. But as there are endless viruses circulating about the world, why pick on just this one, and so what are the hidden agendas behind that?

Now the trouble with **vaccines** is they are made from the waste of the infected virus cell as you saw on that video so by receiving a vaccine you will receive the virus, however mostly it will be in its ‘sleep’ mode, so it will appear like it’s a good thing and people don’t get sick immediately from it, and the body will replicate certain elements to fight the virus you are being vaccinated for, along with keeping a ‘viral memory’, so from that point of view, the vaccine does appear to work, however as it’s a totally unnatural and intrusive invasion of your body, you are making your body act as if it has itself ‘fought off’ that virus, when it hasn’t. And so because of tricking the body into believing you have beaten that virus, it causes other problems for the body later on when it comes in contact with a similar virus because the body won’t have all the true systems needed to deal with the new virus, it only having some of them because they came about from the vaccine, so the vaccine does compromise the bodies true system of dealing with such things.

The thing is, because you screw around with nature, only studying and seeing a small picture of what you’re doing and the consequences of it, as long as it seems to be good and the thing you want, then you don’t see, don’t want to see and can’t see anyway, other problems you cause. So it’s always a trade-off, with people and their bodies and the whole of humanity reaching crisis times, when you either die from all the screwing around or the whole of humanity has a massive breakdown, freak-out and partial death, as what’s happening now. All the screwing around is catching up with you, and all to show you that really you have to give it all up and **go back to the basics** – living in harmony with nature.

However for some people, living in so-called harmony with nature, which means if they gave up all medical interference and help, would become once again at the mercy of such cruel diseases, which is true, those diseases would once again flourish. But this living in ‘harmony’ is to be remembered as living in ‘harmony’ within your rebellious state. So if you all Heal yourselves being of true and perfect Natural love, then by living in harmony with nature, which you would naturally be doing, such horrendous diseases would not afflict you, because you’d not need them to show you that you are disharmonious with nature.

As you understand, it’s all a vicious circle, **the more you ‘advance’ in medicine, the more you are making your future more difficult.** People at this time might seem to be enjoying all the wonderful health benefits of medical science compared to those people centuries before, yet that’s all compounding in error for future people. So medical science will have to then work to combat what the future holds based on how you’re currently screwing nature and yourselves around, and on it goes, until you can’t keep up and nature overwhelms you again and you’re right back to where you were before you started your great mind-taking-over quest.

So back to the virus, what it really comes down to is: if your soul needs the experiences of the virus you will ‘catch’ it. And mostly we Nature spirits and your Angels work within the parameters of nature, however at times we can also step outside them. For example: When a virus or airborne bacteria, for

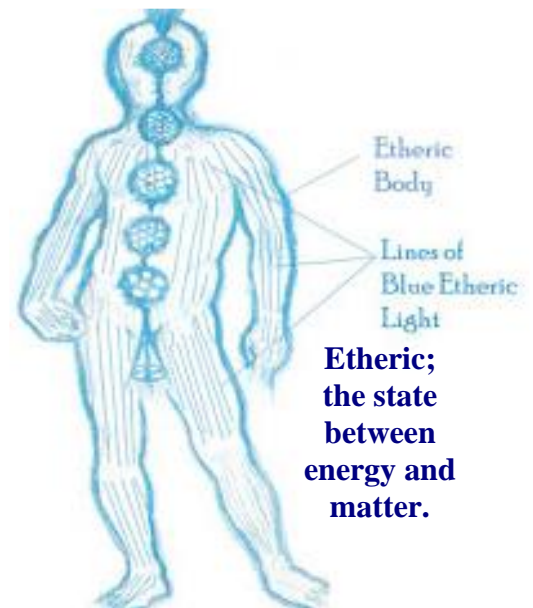
example, is active in the population the souls of those people needing the experiences from that virus or bacteria will contract it mostly through natural means. So an epidemic or even pandemic can suddenly flare up because all the souls involved need it to do whatever they require, which is really to provide you with all the feelings you need, so you can either deny them more – if you are living against the truth of yourself; or use them to do your Healing if you are living truer to yourself.

So as you are living in an untrue self-denying state, you will keep getting sick so you can keep having more bad feelings so you can use them to further deny yourself your truth using your mind. Your negative anti-truth patterns established through your childhood have to keep being fulfilled, so periodically, the frequency being the same as you experienced during your childhood, things will happen to you, from within and without, that will generate those same feelings, which you can then reject with your negative and unloving patterning, or accept with the new patterns you are trying to introduce as you struggle to do your Healing.

And then, let's say one soul, or ten, or a group or millions, even the whole of humanity, every soul, all at the same time needs the experiences from a virus to feel all the feelings they need, which will be **different feelings for every person**. And if let's imagine that virus is not currently available, or it is, however there is no way it can 'infect' people, then that's where we are allowed to step in, and 'give you the virus' or whatever illness or problem you require.

We are mandated, the Nature Spirits and Angels, to only override the natural functioning of nature on a physical world when a soul or souls require certain experiences that the natural world can't supply. So if there is no virus active, or if it is active and yet you are not able to 'receive it through natural means' then we Nature Spirits, and mostly your Angels, can 'make you have it', we can alter the light configuration in a cell so as to simulate the cell being invaded by the virus with the cell then replicating it and so spreading it throughout your body to the degree you need it. And that degree is then controlled by your soul with your angels making all the necessary minor adjustments you require. So for example, whether your angels give it to you – make it within you or you get it from natural means, they will continue to monitor you with it, making sure by adjusting your spirit body light, that the physical gets as 'sick' as required all to provide you with the feelings your soul needs you to have, all in accordance with your childhood patterns, all so you either further deny those feelings, further advancing your rebelliousness by denying the truth those feelings would have brought up in you to live; or to help you accept those bad feelings to help you uncover more truth from them, so progress in growing in truth, which will lead to the end of your rebellion.

It is via the spirit etheric body that emotional issues and viruses emerge in the physical body as illness.



James: Okay, so it's not clear cut. So it won't matter one way or another what we do interfering with ourselves and nature because if we're still wanting to deny our feelings, we will, and if we want to do our Healing, those feelings will help us with that.

And a virus, or any other 'bug' will invade us naturally or with you Nature Spirits and the Angels help, should we need it to give us the experiences we need. And experience is a broad term, so the virus or bacteria of whatever might make us sick, so all the bad, and even good feelings coming from that – as it even might make us feel good in some way, it being a good thing to help us feel good overall in our life.

Verna: Yes, that's right. You can't know what experience you need at any one time. You are not to know, that's all the doing of your soul, and of God who created your soul. So getting a virus can be good or bad but that's all based on your subjective experiences. You hate your bad feelings James because they make you feel bad, you've been made to fear them, they will make even worse things happen – more bad feelings, so you don't want them. However you could also alter your way of looking at things, you could have had good loving feelings from your early life when you felt bad, so as to not fear feeling bad so much, when you feel bad you also feel more love and good feelings, and you might even feel that dying is good and being sick is good, it all depending on your relationship with your feelings.

These people who die from Covid-19 will all go into spirit there to start a whole new life, full of vitality, a new future, most of who will love and look forward to and be so happy about (and some won't when they start living in the hells), still mostly it's a good fresh start to live and a blessed relief that all your old age suffering, all your other illness and all the frailty, the pain, all your suffering on the physical level, is gone.

But of course when you've been formed in an environment that fears death, so you will too, which is hard to change, as you're finding out, not being able to change such beliefs until your soul and God ask the angels to alter your beliefs for you, which comes at the end of your Healing.

James: So can we or can't we **catch a virus**, I still don't get that. And if we can, how do we?

Verna: **You can catch it but it's not in the same way that you catch bacteria, mould or parasitic infections.** It is actually caught, through the etheric levels of person to person interaction. So the light of the virus is expressed on the subtle etheric level, that connects you all, only connecting you all in different ways, depending on how you interact with each other, which is dependent on what your soul needs with each other. So let's say a person has the virus active within themselves, whether they are showing physical symptoms of it or not, and you interact with them, which means your aura interacts with them in subtle ways you're not aware of, then the virus on the etheric level can be transmitted from that person to yourself, or from you to them. Then having received the light of that virus on the etheric level, so your body can 'activate it' or we and your angels can.



When you interact with someone, which means, have an experience with them, it can be fleeting or long term, and if desired by both your souls, 'cords of light' can move between you, you remember Barbara Ann Brennan saying she could see the cords. So you could be walking past someone in the supermarket and for reasons unbeknownst to you and that other person, suddenly your have a subtle level etheric cord interaction in which some 'information' is exchanged, which might include the transmission of a virus, all so as to

provide you with the experiences you need from it. That other person might need no more of an experience than walking past you in the supermarket, and the same for you, or you both might think about each other later for some reason giving rise to feelings, or they might receive other light from you or you from them that has a long term effect on them or yourself, even for years or the rest of their or your life, all of which you are not aware of and yet which their angels work with. And it can happen in a flash, or you can establish cords with people that are active all the time connecting or even reflecting your disconnection, such as it is with you James and Marion. You both feel deeply connected, which is on the cord level, which simulates the soul level connection in Creation, and yet it's all disconnection in your cords making your relationship difficult because you grate against each other, never just gel, all to keep stirring up that disconnection and friction between you both so as keep providing you with the bad feelings you both need to express and uncover the truth of. And you can establish a 'friendly' cord with someone, which lies 'dormant' between times you don't see each other, or can even reach out and connect with each other over great distances, one side of the world to another, or even if one of you is in spirit, or you're both in spirit but in different worlds. So there's a lot always going on within the subtle levels. Most interactions with people you don't know, like in the supermarket, might only create a specific cord for a moment, like when you talk to each other suddenly and you get a nice or bad feeling from that brief interaction, then your interaction ends and the cords disconnect and you move on, never to have anything further to do with that person again.



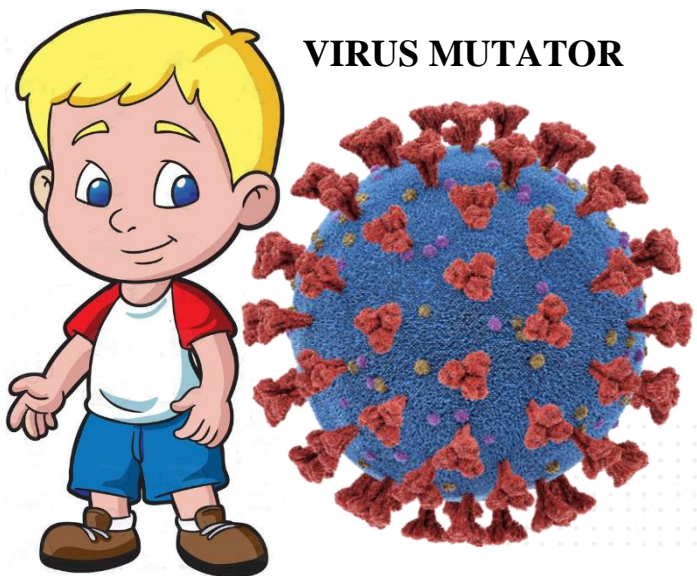
You didn't have any cord connections with anyone at Aldi (supermarket) this morning other than the checkout woman, with her cord reaching out and you allowing the connection so she could 'vent' some of her anger and frustration over having to deal with the stupidity of people at her checkout concerning all the virus fuss, which you misunderstood feeling she was angry with you; but she wasn't, it was with the woman who was before you; but you feeling she was angry with you because of your belief patterns from your mother being angry with everyone that she put on you, when she shouldn't have, so you can't know if the person really is angry with you or not. Which creates the confusion you then feel because normally you feel good with that checkout woman, and she does like you and you her, but then suddenly you feel she is angry with you, even hates you today, for some reason you have no idea about, so you'd have to ask her to find out, which she might tell you if she's feeling aware enough in herself; so you'll have to wait and see if next time it goes back to how it usually is with her. Next time when your 'dormant' cord connections 'fire' between you both, you might, and you hope you do, have a good happy and even loving interaction; and if that happens, you feel that sigh of relief in you that she does like you, things are good and back to normal and so what was all that about that other day? Which again is how your mother treated you, quickly fluctuating between hating you and being angry with you and wishing you didn't exist, to suddenly feeling guilty about that and 'turning on' the false love and liking you.

So certain people can be 'carriers' for a virus, other people can be 'incubators' for it (you can be both) whereby they receive the virus, and even though it doesn't make them sick, they become a physical factory to produce mutations of it, which all go into their etheric make up, which can then be transmitted **light-to-**

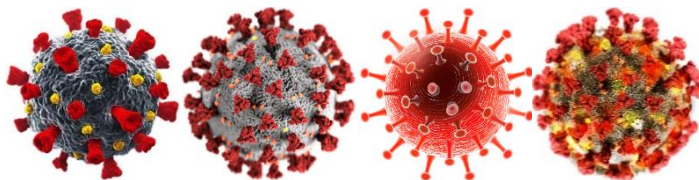
light to people they come in contact with. So you get these ‘**Spreaders**’, **people who actually are the main contact point for virus outbreaks.** And you might for example contract the Covid-19 but as to what actually is the specific Covid-19 is difficult to ascertain because as soon as it’s within some of these people’s bodies who can mutate it, it changes, and it can change a vast amount yet your test still show it as Covid-19, and should someone else contract one of those mutations through their etheric system, they too will be recorded as having the same Covid-19 when in fact they don’t, they will have a variant of it, and a variant that is specific to the receivers needs. So each virus is specific to the individual, so in theory the original Covid-19 for example could be mutated by various people who’s bodies can do that, so as to provide every person on the planet with their own personal variation of Covid-19, which should by rights then be called a different name, Covid-19-James Moncrief, if you received it James, it all being coded in light. So part of the etheric code that we and the angels can see and read is of a specific light that corresponds to and expresses the Covid-19 origin, then with the other light-code reflecting the individual mutated expression for you James.

James: Okay, my mind is spinning, so who are these people who can mutate a virus like that?

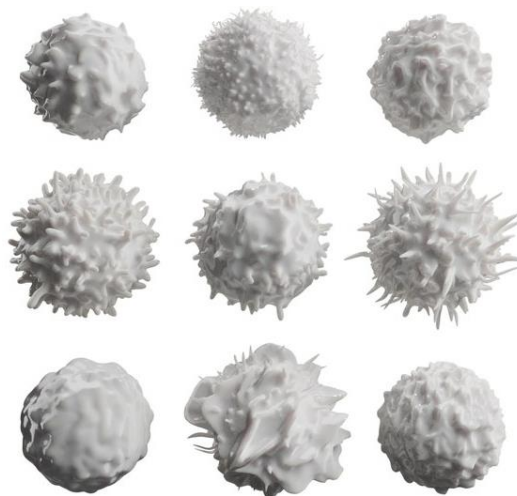
Verna: Anyone can. And that too depends on the overall experience required by that person. You might need the experience of being a ‘virus mutator’, whether you’re aware that is what your body and etheric system is doing, the whole experience you need being the whole experience-environment which your soul is creating. So you might not know of it and are happily interacting with your friends and family or people you pass in the street, and unbeknownst to any of you, you are transferring your specific virus variant you’ve created in your body for those specific people to them, to their etheric system through a virus transmitting specific cord, with the virus then transferred to their physical body with their angels activating it to the degree they need to be sick or not sick from it. So you can see a virus can be quickly moved between a lot of people. And the genetic mutating on the etheric level can happen in a flash. (The actual mutating happens in the person’s etheric and subtle spirit body levels and is then expressed – reflected – in the physical causing the physical mutation, which then validates the etheric saying it’s ready to be etherically transferred to someone else's etheric system. So the person does carry all the mutations within their physical and develops bodily resistance to them.) The mutations are actually held within the etheric levels, and might not necessarily be seen (if you knew what you were looking for) in the physical body.



Virus mutations visible to scientists.



Virus mutated specifically for each individual as required by each person’s soul. These are not visible to scientists.



So it's all rather complex, to you anyway, but not to us beings of light, because we see it all as light. We see it very clearly and easily if there is a virus-light within you, just as there is currently within you James, which is expressing itself in your physical system as you're feeling sore in your throat and a bit woozy in your head today. And although it's not Covid-19, or a variant of it, it was a variant of another virus you picked up on your walk yesterday from one of the two older women you passed on the other side of the road. And if you remember back to how you felt about them, you felt a little scared, like oh no, that's done it, now I'll probably get sick from them, whereas you didn't feel that with the other people you passed. And because you're so aware of all this happening now because of everyone being so paranoid about it, and because we knew you'd be talking with me about this today, so you received a virus, a flu variant from that woman into your etheric system with your angels then activating it through the night so your physical body would show these symptoms today. And as your soul doesn't require you to get a full-blown flu, just these mild, cold, sore throat feelings, so you have your sore throat to help you get more in touch with the anger that's been coming up in you this morning. So you are even more angry having a sore throat, having to go shopping in all the virus madness and you with a sore throat, the irony of it all, and then how could you have picked it up because you were further apart than the two metres the government says you need to put between you so as not to catch anything, more and more anger and frustration, which as you've been expressing has caused your throat to rage and burn with your wanting to burn your whole self down, all your bullshit beliefs and behaviours that make it all so difficult for you, just as you also want to burn down the world, burn your parents, burn it all with the fire of the fever, to rage and rage with the anger and hatred of your life as it was with your parents. So your 'touch of virus' is helping you connect with your anger from your childhood so you can see the truth of why you feel it, all of which is coming up as you express your bad feelings to Marion and she says what she thinks and feels about it.

James: I seem to have a sore throat nearly every other day. Marion hardly ever does.

Verna: Because she is truer to her bad feelings and can more easily express them, so doesn't need viruses to make her feel bad. You being so shut off to all your feelings, keep needing their help to bring up the anger and underlying bad feelings you were made to block out so long ago. So you can pick up a virus from the 'ether' anytime you go out and about James. They are everywhere, people are always having colds and slight fevers, most don't go to the doctor as they are not bad enough and most of what people do blocks out the feelings from them, so they are only needed to further their feeling-denial. And you can connect etherically with someone from quite a distance, there are laws dictating that too, however someone can 'reach out' etherically for some unknown reason to you, or you to them, to a person on the other side of the road, and with neither of you knowing you are doing so. And then you can stand in a room of heavily infected people all who might have raging fevers and dying from viruses and yet as you don't need any feelings from any of the viruses or mutations of them, so you magically don't get sick. So when you are fully Healed, you won't need to get sick, the Celestial spirits don't get sick, they don't have the bad feelings as you do in the mind worlds, and so you won't need to have those feelings that would come from an illness, so you won't get sick. And we and your angels will ensure it.

And were it necessary that you somehow contracted some obscure virus from someone on the other side of the world, you could, the angels would set up the etheric connection as such connections have different laws governing how such connections are made. So people suddenly all over the world could get the same virus or their particular variant of it, mysteriously at the same time. However mostly that sort of thing is not needed and especially now as you all travel so much about the world, so more close contacts are utilised in such connections.

James: So I could have passed etherically my sore throat virus (or a specific variant of it) onto a person I was near when I was shopping this morning, even spreading it all over Aldi and Coles (supermarket chains)?

Verna: You could have, however you didn't because it's being contained within you. It does have expression in your etheric and spiritual system, however it's not mutating and it's not to be able to be received by anyone else. There are laws governing it all, and so 'your virus' has been specifically designed for you James, and by in fact the granddaughter of that white-haired older women you passed on your walk yesterday, she was 'keeping the variant in her subtle system' from her granddaughter in readiness for you. So that woman herself feels very well, she's out walking enjoying the exercise and fresh air talking with her friend, and totally unaware that she's a virus 'carrier' for you. So really she and her granddaughter have done you a great service by providing you with this virus so as to make you angrier than you would have been.



And when the virus has done what it's needed to do, your body having dealt with it sufficiently by either 'defeating it' and becoming immune to that 'strain', or by your body being overwhelmed making you sicker, your angels will adjust the light of it and that which keeps it active, ensuring it all goes according to plan, the plan of your soul.

(I am re-reading this two days later and my sore throat went the next day. But I still feel fucking angry about everything.)

James: (I am re-reading this two days later and my sore throat went the next day. But I still feel fucking angry about everything.)

James: So I could be a virus mutant manufacturer, with all these specific viruses in my etheric system, then I go out shopping, at the precise time so I will interact – walk past, possibly smile at and talk to – the people who are shopping at the same time as I am, and then all those specifically designed variations could be shooting out from my etheric system to those people they are designed for?

Verna, a Nature Spirit: Yes, and they will take that light from you containing that etheric virus light-print or coding, and their bodies under the action of their angels will activate it when required, which could be immediately or days, weeks, months, years later, and activate it to the degree required by their soul so as to provide them with the necessary feeling experiences they need.

James: Years!, so I could have all these dormant variations in me waiting to make me sick?

Verna: Yes. But mostly it works in shorter time, say within minutes, days, a week at the most; however yes, you can store up these things your whole life, and you might have them activated but not make you sick but to enable your body to make other variations which you are to pass onto someone else.

James: Shit Verna, it is never ending.

Brennan Model of the 7 Levels of the Human Energy Field



Verna: Which shows how interconnected you all are James, which you fail to understand. So overall life as everyone lives on the world at any one time, in their own personal lives and collectively, is all organised as an expression of all the souls involved, with us Nature Spirits and Angels providing the lubrication for it all, so to speak.

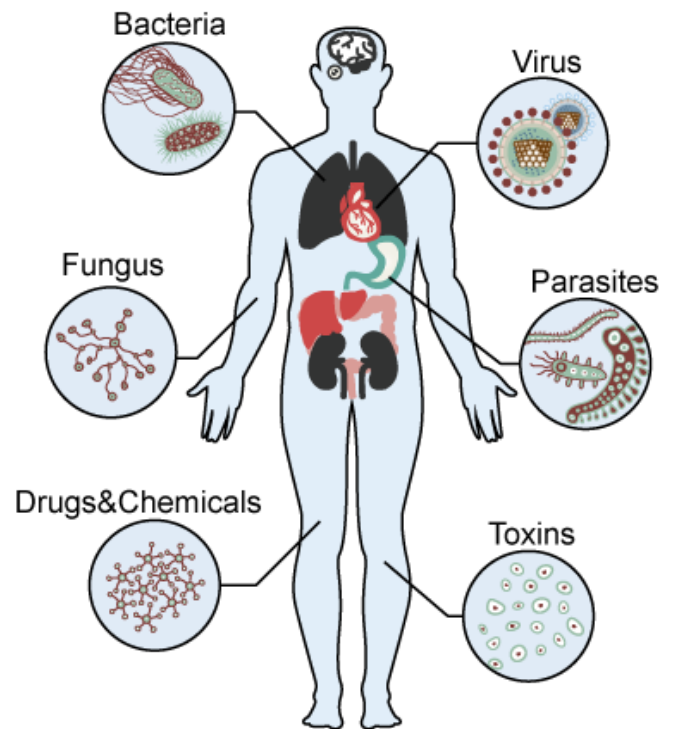
And it's even more complicated because there are seasons for viruses to exist within. For example, you might receive a virus from an animal through the etheric levels, that's where we Nature Spirits come in. Then your body makes variations of it which are stored in your etheric system. Then you start 'spreading' or 'giving out' those specific variations to those people needing them. Then the whole world becomes 'infected' and that is to last for say a year, or ten years, or a hundred or thousand years. But when the time is up for such a virus and all it's 'offspring' to cease existing in the etheric and so being manifested in the physical, then that light is simultaneously removed from everyone's subtle systems by their attending angels. So in the blink of an eye, that virus and all it's variations is gone.

So viruses are always coming and going dependent on the evolution of humanity, which keys into the evolution of the Rebellion, and now joining that, the evolution of its demise and eventual end, when no one is living anti-truth anymore.

Viruses are more of the spirit really, which is why they are so elusive. You still are subject to them in spirit, in the Mansion Worlds, as they are required still to help you with your Healing and with your furthering your Mind control and feeling-denial. However they don't make you sick, not at least in the physical way, but you are spiritually sick, so they are what is used to help you feel bad feelings, again to further your denial of them in the Mind Worlds or to help you with your Healing. But most spirits are unaware of them, they are of light and so you can't physically or spiritually feel them, however the angels use them all the time to help you experience what you need.

And then **bacteria, fungus and parasites are all physically orientated**, so only deal directly with the physical body so subject only to physical laws of nature. So they are more readily affected by your medicines and antibodies and the cells that the body used to physically remove such infections, and so you can only catch such things from spores or other bacteria in water vapour as you touch and breathe on each other, have sex.

And then other disease, like cancer and the breakdown of the physical structure is again wholly physical however they are the physical manifestations from the breakdown of your spiritual light in your spirit systems. So your spiritual body 'gets cancer' first, there is some disturbance in your spiritual system that stops the natural spirit light from manifesting through it and keeping it true. Then that light-corruption is passed through to the physical so you manifest that corruption or 'blockage of light' as cancer or what other disease you need, again so as to provide you with the feelings you need, so you can keep blocking them out or work with them doing your Healing.



And your angels work with the light of these spirit body originating problems and the purely physical ones. And when you get sick from a physical bacteria, for example, there is always a spiritual component to it all which will be manifest in your spiritual light system somewhere, again with your angels overseeing it all, and ensuring the infections or illness does what it's intended for.

James: I've got to have a break Verna. Thank you for all of that.

Verna: You're welcome James, there's much more to it as you can imagine, but that's some of the basics for you to think about. BYEEEE!!!

Later:

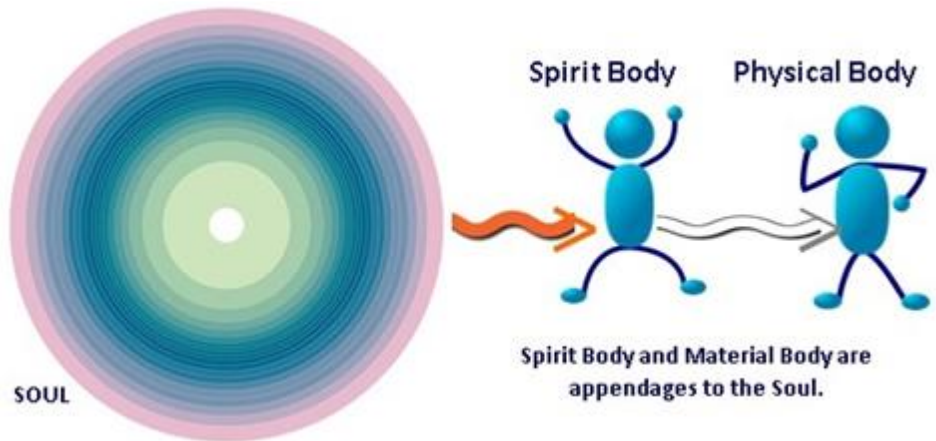
Verna, a Nature Spirit: One of the functions of a virus is to increase the vibration of your physical body, all the cells and specific components within cells, and specific cell clusters, such as those comprising an organ or the whole body. With this increase vibration, which of itself varies upon the needs of the soul and 'administered' to your whole body or specific parts of it by your angels, the cells can be made to release unwanted toxins, salts and minerals and other cellular rubbish, or take them up. And so the increased fever can feel like a good thing happening to you, which it might be, it helping to purge you of all your physical and etheric yuk; or it can be too much if your vibration is too low having the adverse effect on you and making you feel very sick, even literally killing you because your body can't function at that higher vibration, as it happening to make many of the already very sick elderly die of Covid-19. And then the angels can work the virus to add to your already existing illness which can also be helpful or not, depending again on the experience required. So viruses they are very versatile and useful things.

yuk

Bacterial, mould and parasitic problems will lower your vibration, so too much of them and you feel sick, so exhausted to the point of having no energy anymore, no light within yourself, so without that light your physical structure and organs can't be maintained so they die or breakdown to eventual death.

And then all of these problems can instantly or gradually be turned around and they end, your body deals with them and you get better regaining your health, all again of which the angels will do in conjunction with your soul. The angels are constantly working within your light-system, your light bodies, spirit and subtle bodies, which then affect your physical. And sometimes they can work directly affecting your physical.

And then you add all your medicines and medical interventions and that too is accounted for and worked with all in accordance with the needs of your soul, again with the angels involved in every part of it. When you're having operations your angels are overseeing them, making sure the surgeons do what is required, making sure they fix you up or fuck you up, depending on what the needs of your soul are. NOTHING about you is done without your angels overseeing it all, all so the needs of your soul are continued to be manifest in accordance with your soul.



And that's how the whole of Creation works, we creations of the Mind ensure all the right environment is provided for you of Truth to be able to have the experiences you need so as for you to keep denying your feelings or embrace them; it's either for you to live progressing in your truth-denial, rebelliously, or growing in truth, truly, that's what it's all about. And NOTHING happens randomly, everything is worked out in advance, by your – our – Mother and Father, and encoded into your souls.

So your angels in fulfilling the needs of your soul might enlist a virus to raise your vibration to purge you of unwanted toxins; and then again your angels can simply add a higher vibration of light to your whole aura having the same effect, so whilst you sleep your vibration increases shaking all the shit out of your cells and when you wake you have good poo with it sinking fast and disappearing out of sight because of all extra heavy metals sinking it that have been flushed out of your cells during the night. And that can happen as a periodic 'clean-out' or it can happen spaced over days or weeks. So there's always different things going on, too much for you to keep up with and understand, and so in the end, as all this mind stuff, it ends up driving you mad, you give it all up and just get on living by being true to your feelings, express them and longing for their truth; and you grow in truth and live according to that truth and do what that truth leads you to do in every experience; and that's living your life in harmony with yourself, God and nature.



So your scientists can keep going trying to work it all out with their minds in the hope that they can control it all, and ultimately prevent ageing and death, all so you can keep living forever on Earth, never feeling bad. But why would you want that, when so much else awaits you in spirit?

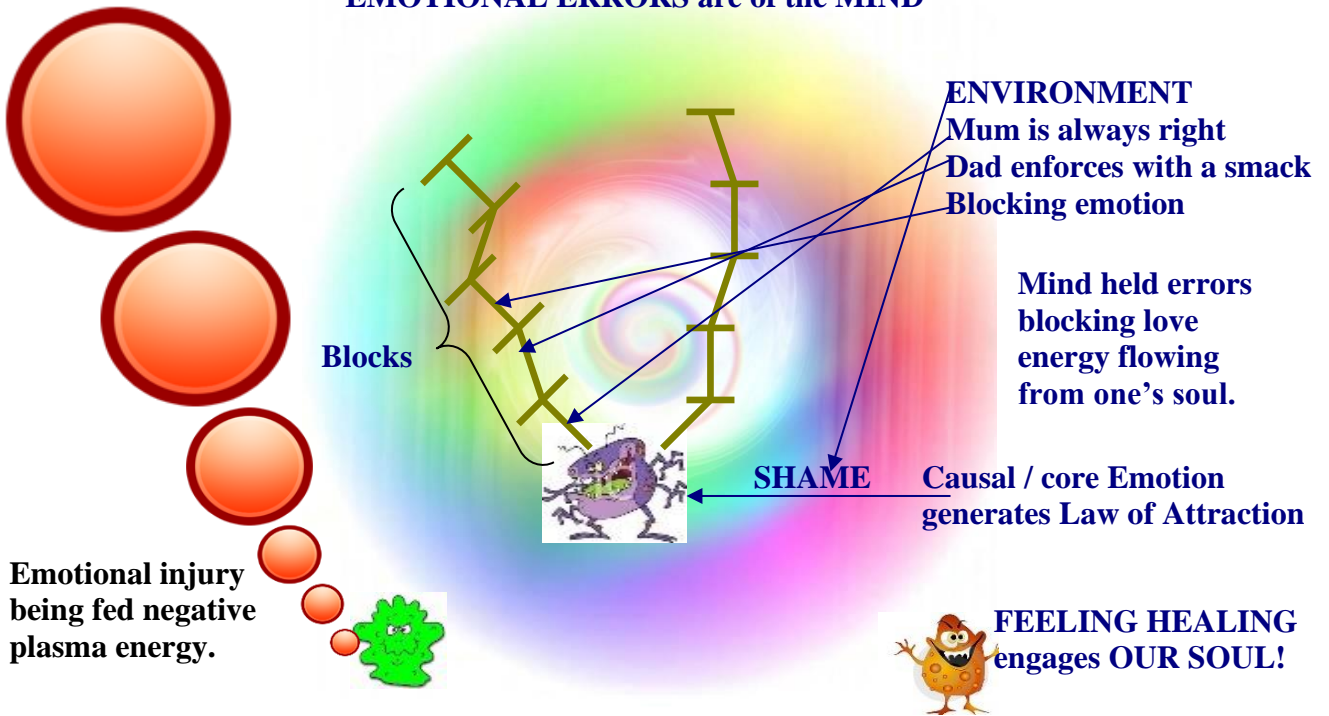
EXCELLENT READING: Kindly go to www.pascashealth.com, then Library Download page, scroll down to Medical – Spiritual References and then click on to open the PDF:

 [With Verna - a Nature Spirit via James Moncrief.pdf](#)

COVID-19, a corona virus, first emerged in Wuhan, China, in 2019. Some medical experts suggest a patient ill enough for intensive care and put on a ventilator to breath has only a 50-50 chance. Imagine a dry sponge and one dripping with water. The dry sponge represents normal lungs; the sodden one the lungs of a seriously ill coronavirus patient. They're dying a suffocating death, trying to move air in and out of lungs that are no longer functioning. It's a vision of hell. Low oxygen levels and very high carbon dioxide levels in the blood indicates that this is not like the usual pneumonia.



EMOTIONAL ERRORS are of the MIND



***WHAT ENTERS EMOTIONALLY
IS TO BE EXPRESSED
EMOTIONALLY WHILE LONGING
FOR THE TRUTH TO BE KNOWN
ABOUT WHAT IS BEING FELT!***

VIRUS MESSENGER:

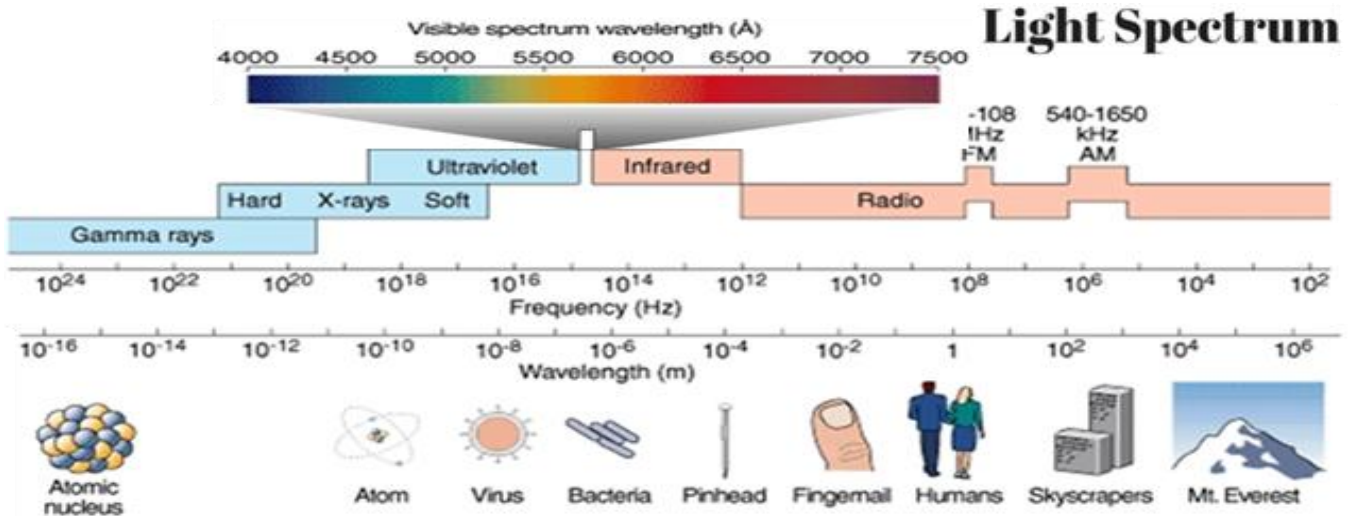
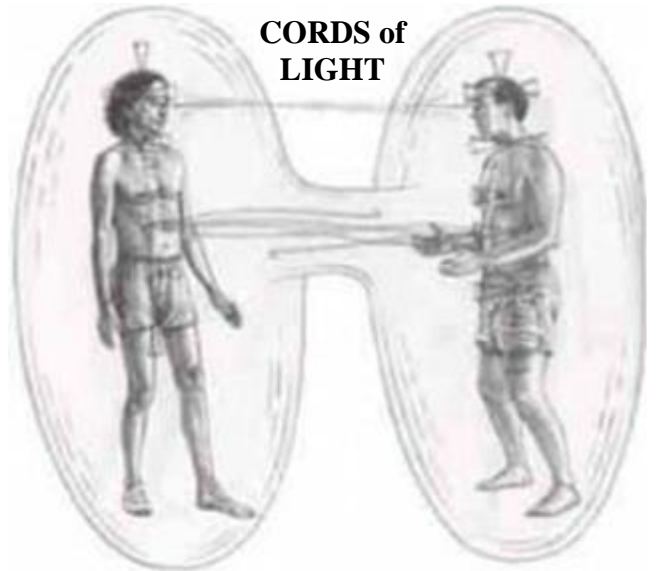
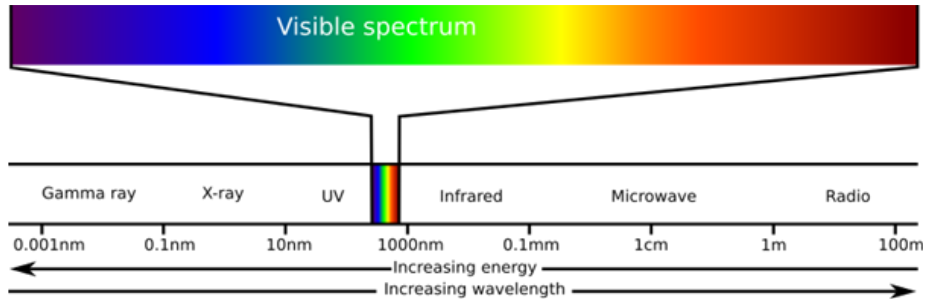
Viruses don't exist by themselves in the environment, they need to be in the host cell. Presence of a virus all depends on the need for a body to have the virus 'active' and to what degree.

If we all Heal ourselves being of true and perfect Natural love, then by living in harmony with nature, which we would naturally be doing, such horrendous diseases would not afflict us, because we'd not need them to show us our disharmony with nature.

If your soul needs the experiences of the virus you will 'catch' it. Nature Spirits and Angels can alter the light configuration in a cell so as to simulate the cell being invaded by the virus with the cell them replicating it and so spreading it throughout your body to the degree you need it.

A virus, or any other 'bug' will invade us naturally or with Nature Spirits and Angels help, should we need it to give us the experiences we need. **You can catch a virus but it's not in the same way that you catch bacteria, mould or parasitic infections.** It is actually caught, through the etheric levels of person to person interaction. So the light of the virus is expressed on the subtle etheric level, that connects you all, only connecting you all in different ways, depending on how you interact with each other, which is dependent on what your soul needs with each other. Then having received the light of that virus on the etheric level, so your body can 'activate it' or your nature spirits or angels can. **Viruses are more of the spirit really, which is why they are so elusive.**

So certain people can be 'carriers' for a virus, other people can be 'incubators' for it (you can be both) whereby they receive the virus, and even though it doesn't make them sick, they become a physical factory to produce mutations of it, which all go into their etheric make up, which can then be transmitted **light-to-light** to people they come in contact with.



SPEAKING with CORONA (Coronavirus)

<https://dlscr.freeforums.net/thread/32/sharing-healing-experience-xx?page=28>

Samantha from England:

24 March 2020



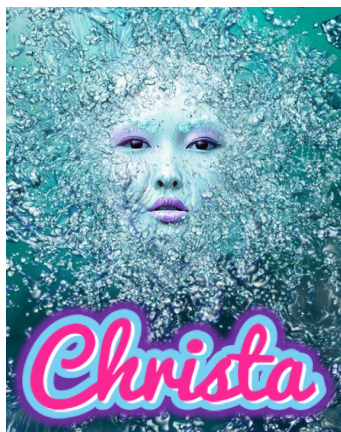
“Corona”: I am not hurting you, you are all already hurt. All I am doing is making you feel the truth of how you really feel deep down inside. I am not killing you, your parents have already done that to you, it is how you have felt throughout your life and now you are going through the physical manifestation of those awful feelings your parents made you feel.



This is how they made you feel as a child and that 80 year old that you see dying on the news has always been dying. Since birth he has felt like he is dying, always being on the brink of it as it is how his parents made him feel. There is no way on Earth I can possibly be worse than how your parents treated you, it just can't happen, I can only affect you as far and as badly as your parents affected you, I am not the bad guy in all of this, they are. I can't create more pain in you than your parents have already created, I am the manifestation of the level of pain they created in you and I want to make that clear. What I am doing is bringing the truth of that pain to the surface.

It is now time for it all to be manifest so you can know the truth of how much you were hurt, to know the truth of how unlovingly you were parented. The extent of unloving parenting that you all had to endure as children and it is now killing you, that is the truth of how bad it was. It is killing you because you refuse to understand what is happening, you refuse to connect to your pain, you still refuse to accept the truth and this is the open door for me to enter into you and find a cell for me to live off of and mutate and multiply in you. Your denied and suppressed feelings let me in.

You won't give in to me and let the truth be known, you continue to resist me and push me away just as you have done all your life with your feelings. You would rather die than feel the truth I bring to you. So you decide! Stop resisting me and work with me in what I want you to know about yourself. I am no greater pain than the pain you felt and denied as a child.

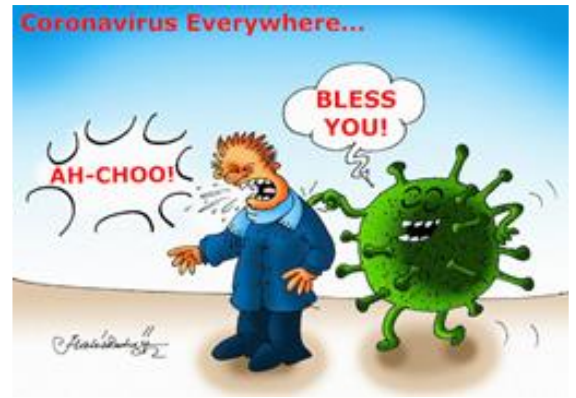


I am Corona, Sam speaks with me through her Nature Spirit, Christa, and I can only tell her what she is capable of understanding so it is all pretty basic but that is how I want to speak with you, as children, so you get it. I am the thing you fear the most but you all misunderstand me, you hate me, you fear me, you are so afraid of what I will do to you if I infect you. You fear me killing you, making you feel so bad but isn't this all so familiar, isn't this how you felt about your parents at times in your life, isn't this how they made you feel only allowing yourself to feel a tiny portion of the pain they inflicted on you, the rest went denied and suppressed and that is what I feed on, what you will not feel. It is them you fear and I am helping you feel that truth. I am not bad at all, I am good, working for your good, you have to turn how you feel about me around to see the truth of me. I am here to help the world heal if you would only allow me to by ending the resistance to me. Let me work on your denied and suppressed childhood feelings, connect with how I am making you feel because this is how your parents made you feel, it is the same, no different. It is those denied feelings and your resistance to feel them that is killing you.



I am not saying this will be easy, you are not even aware of any of this, you just believe you have a Virus spreading its way through the world like an evil plague and I understand how hard it will be to see me as

working for your good but it just takes a shift away from your mind and into your feelings. How am I making you FEEL!! That is the question I want you to begin with. I am now being forced upon you all, you have no choice and that is the way I have to work with you because I can only work with you in the way that your parents worked with you and they gave you little to no choice as children. I am here mirroring the parenting you all went through, this is the way it was for you as children. Your parents forced you to do their will and gradually your own will got left behind not being considered at all by your parents and that is how I have to work with you all and you will all feel me differently depending on the severity of your will denial and suppression.



Your parents are the Virus, Corona Virus is each and every one of your parents and what they did to you as children and it is still inside you, I am bringing it out. Corona virus is your parents scaring you and hurting you, making you feel like dying, even killing you and there is no one on the planet that I won't get to. Right now I am affecting you all, your lives have changed even though you may not be ill.

Accept the way I am making you feel right now, express how I am making you feel right now and let the truth come to you through your feelings, how am I making you feel, this is how your parents made you feel. It is not me killing and harming you making you feel so ill and bad, it is your parents.

Please go to your feelings as I have asked you to do and you will begin to see the truth of how bad you have always felt, I speak the truth. Let the healing I bring to you open you up to the truth of how you felt as a child. You were parented by two of the same Viruses, they are the Virus that is within you right from your conception and took away your will just as I am doing to you now. I am treating you the same way as your parents treated you as children and you refused to see it so denied it.

All of humanity will be affected by me to a lesser or greater degree. I will enter every life on Earth and show you the truth of your denied and suppressed childhood pain by how I make you feel. I will make you realise the pain and fear of how you were parented and the more you keep up your resistance of me, the more painful it will be for you. So I ask you to let me in, stop the fight as you cant win and you never could as children, your parents always won over you so I have to do the same, as I have said, I can't be any worse to you than how your parents were to you, they have set the pace for how I work with you, it is them and their parenting of you that set the way I work on humanity. I am not making you feel anything that has not already been put into you by your parents, it was already inside you and I am triggering it for you to feel. I am reuniting you with the truth of how hurt and unloved you feel because of your unloving childhoods. You will know yourself like never before, your will know the truth at last about your pain and how it was for you as children. It is time to take of the rose tinted glasses and really know the truth.



I am not BAD, your parents were, I am only being them to you, this is how unloved you felt by them and it is coming up for you to know. No one will escape me, you are all hurt children, even the 80 year old is just a hurt child in an older body who has gone on longer being unaware of the truth of his pain, he has been in denial longer but you are all the same no matter how old you are. The 80 year old has had 80 years to wake up to his denied and suppressed childhood pain, he has always been a trapped and 'Locked Down' little scared child. No one will escape me, of that you can be sure, I am so tiny yet I have the power to end it all just as your parents had the same power over you all. You all have the power to turn this around and

all you have to do is to begin feeling how I am making you feel, accept every feeling, express every feeling and find the truth through your feelings. Do this and I will lose strength and lose the hold I have over you because I no longer have to make you feel so bad to make you feel your feelings. Stop the resistance to me, run to me, let me in to your life, want me to show you the truth of your pain, talk to me and we can work together to heal you and turn the tide. If you decide to further resist me then it will only get worse with new viruses being created, stronger ones to make you feel even worse until you get it!!



You have the cure within you all and that cure is YOUR FEELINGS!! It is the most loving thing you can do for yourself, it is the thing your parents wouldn't let you do, FEEL and express those feelings, You are allowed to have them, I am telling you to let yourself feel all of your pain, let it out NOW and I will no longer have to make you feel scared and ill and bad, you will be doing what I came here to do with you, make you feel. Feel how I make you feel then my work is done and you would have seen the truth of why I have had to come.



You don't need any Vaccines, that is just further resistance to me and I will have to be stronger with you all by creating more powerful viruses, ones that you don't have vaccines for. Your resistance to me controls what I have to do next to get you to stop and FEEL! If you decide to vaccinate against me then you have chosen to further deny me and your bad feelings and it makes it all worse for yourself. Your feelings and expression of them are all you need to end this terrible time you are going through, you are in control of my next move, your denial of your feelings lead the way.

You look to your Governments to tell you what to do next, to create vaccines to stop you feeling bad, you depend on them to fix it all for you yet again giving your parents control over you because that is what you are used to doing, you are only doing what your parents taught you to do, let your parents control you instead of taking responsibility for this yourself by going within, going to your feelings and feeling them fully by accepting them, expressing them and letting the truth come to you through your feelings. Be responsible for how bad you feel by feeling your bad feelings and fears about this. The healing of this is in each and every one of you but by allowing the government to parent you further is just more of your denial of how you truly feel. No one can fix this for you, it is for each and every one of you to heal this within yourself, through your feelings, you can do it, you have the tools to heal this, YOUR FEELINGS.

I am Corona, the Virus, making you feel your fears, the truth! I will make you feel the truth of your unloving childhood that your parents made you feel. I have always been in each and every one of you lying dormant until now, you are scared of going out and catching it yet it is already in you through your parents unloving parenting of you. I am Corona, I come to light up the truth of your denied and Suppressed childhood feelings and you believe I am Bad but I am telling you, I AM GOOD! I am working for your Good, see the healing I am bringing to humanity. You all have the cure and that cure is FEELING YOUR FEELINGS.



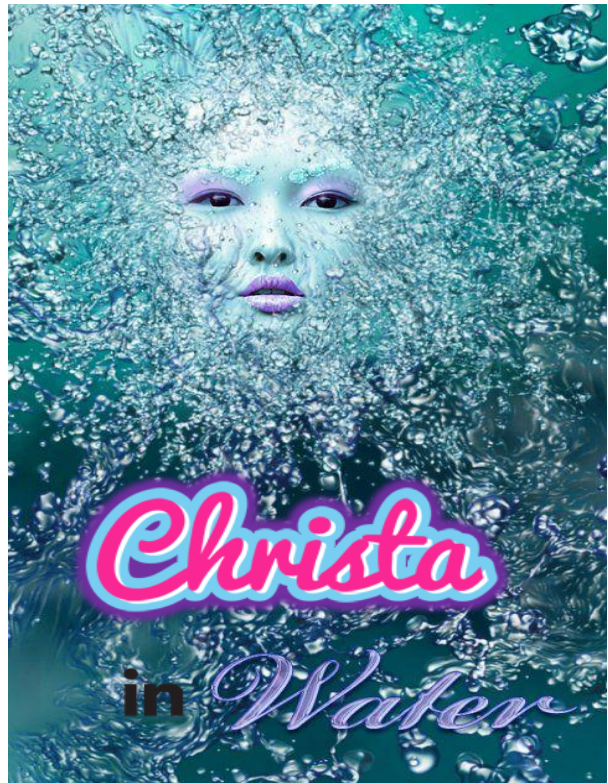
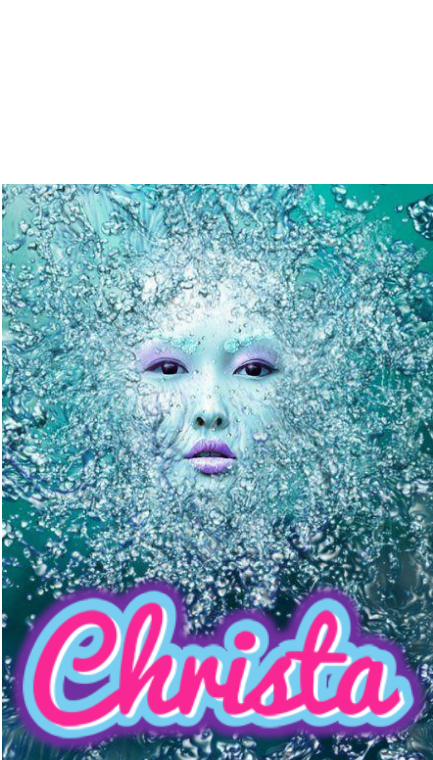
What does Christa, the Nature Spirit look like?

Sorry for the late reply John, I love what you have written and to be included is so good, thank you. I have tried to draw Christa but failed miserably, I can capture her movement as she is constantly moving. What I see of her is a face in rippling water and she is so young and beautiful, the nearest I could get to her is in the photo included but she doesn't really look like that, she is pure white with red lips and so fluid.

My writings with Christa about Corona Virus have been a great comfort to me as well as all Verna has had to say, she is amazing, what incredible information to have access to.

Thank you again John for all you do.

Sam.



VIRUSES

Friday, 17 April 2020

James: Hello Verna, more about the viruses if you wouldn't mind, I want to tap and probe that limitless mind of yours.

Verna, a Nature Spirit: That's being a bit familiar isn't it My Love, you want to tap and probe?

James: Can a mortal fall in love with a Lady of the Lake?

Verna: Can such a Lady Nature Spirit fall in love with a mortal? Do Nature Spirits fall in love with each other? Do angels? What is love my dear boy?

James: Subject for another day, my brain can only cope with so much, and that 'much' is fading fast these days, so we'd better stick to something boring like viruses and spreading disease.

Verna: If you wish. Big Sigh, so we'll leave our confessions of love for each other until another day. Alright, if you insist. So I'll ransack your mind and rave on about what it was you were thinking about asking me, all to save you from having to type your questions for me. I'm a good girl aren't I!



James: You are so kind.

Verna: Okay, first up, let's go back to be basics – BIG YAWN! As you understand James, EVERYTHING happens to and for you depending on which way you are living, that being the two ways now available to you:

First; living against yourself and so against the Truth and against God; and the

Second; living true to yourself, the Truth and God, which to do begins with doing your Spiritual Healing.

So bearing that in mind – YAWN AGAIN – EVERYTHING that happens to you does so to help you live one of those two ways. So you will 'get a virus' to help you go further into your truth-denial; or you will get one to help you come out of it. And you will ONLY get one if you need it to help you with either of these two ways, you won't just get it because it's floating around in the breeze of being zapped into your etheric system – which having just said I now need to qualify: You can 'catch it' and it can enter your body, but if it's not to be used for either of two ways of living: Truth-Denial or Truth-Acceptance and Advancement, then it will be quickly destroyed by your body and more than likely without you even knowing you 'caught it'.

Your body is a wonderful instrument, it being designed to absolute perfection to enable you to live in the physical domain either with God or against God. And as you are the current universal experiment helping us all see what living against God looks and feels like to you, so who in their right mind would want to choose that lousy way.

James: Yeah well it's not as if we had a chance, God wanting us to.

Verna: So you'd better take it up with Them.

James: I have, often I do, and They say its what I need so as to understand through direct personal experience what living against Them feels like. They were saying to me on my walk this afternoon that They want me to fully experience feeling completely powerless and how feeling powerless makes me feel so miserable. I am to know the truth that feeling powerless is a miserable experience. And know the truth of it and the truth of all the other bad feelings I feel, having experienced them seared into my soul.

Verna: So there you have it!

So my dear boy you were wondering about people living in Bali (Indonesia) as your friend was saying where Dengi fever is rife this season because of the altered weather patterns, or something to that effect, and you were wondering why do they live where there is such disease anyway.

And yes, you are right, who in their right mind would live where it's hard to exist; and then yet again, why not, if you think you can deal with it and are prepared to suffer the consequences; and like you, they might not have a say in it.

But the thing is, your bodies are designed to live anywhere, even in the most infested disease ridden place on the planet, and you will get sick if you need that sickness to further your truth-denial, or you will get sick if you need it to help you heal your truth-denial, or you simply won't get sick. There is NO OTHER REASON why you get sick!

James: Yeah, but that's all very well, but we still get sick, either way.

Verna: So then you strive to work out how to live so you don't get sick from either way.

James: Yes, and that's all very well too, but up until now there wasn't a way to fully Heal yourself and become Celestial whilst still of flesh and so become 'immune' to all that stuff, no longer needing sickness for either way.

Verna: True, so those people before now just had to go through that experience until they moved into spirit and were offered the Truth of how to ascend in truth to the Celestial levels.

And as I am in your life James to further educate you about the New Way, so we won't dwell on the past, that is being consigned to the history books anyway, a bad dream for most, still, necessary for what their souls needed. I am speaking to you to help those people of the New Way to have more of an understanding about that Way and how it differs to the Old Way.

So people of the New Way, those doing and who will have done their Spiritual Healing, will try not to interfere as much with nature as they will understand that it's not actually about nature and chance, that it's by design, and all in response to what's already in them.

If you are going to get sick, that will happen either way because you are already sick within yourself, and from how you were treated through your childhood – there are no other reasons. You are sick because you are denying the truth of yourself and God. You are all very ill being in the Rebellion and Default. The Rebellion and Default are the true viruses that you are all 'infected' with, so you struggle on believing that your life is a wonderful thing if you feel well and everything is working for you; or you feel rat-shit if you feel sick and everything is going against you. All because you have no idea about any of it because you've been rendered blind and unknowing because you are so out of touch with the truth of your own feelings. You are disconnected from yourself, your self that would naturally keep revealing truth to you if you were living true to your feelings.

So you are sick, and so illnesses come to help you feel just how sick you are. You are not allowed to get away with being rebellious and live happily ever after in your untrue state. It doesn't work that way. When something is not right in nature the 'agents of destruction' seek to reduce it **back to its basic** constituents, so because you are of nature and are sick – not right, not true, despite what you believe, nature is 'against' you, always trying to reduce you back to your original constituents, however as that only applies to the physical body, and as you are driven by your spirit body and soul, so those agents don't always and aren't always needed to return you to dust immediately. So you can live a whole life sick to your core and yet without any physical problems to show you, as that sickness is in your soul, in your self, in your psyche, but one day in spirit it's going to catch up with you and then you will become very spiritually ill as your mind breaks down having been overburdened with false beliefs.

So those people in Bali (Indonesia) because of their religious superstition and all their other untruth and feeling denying beliefs won't allow themselves to progress in truth through their feelings, so they will keep having to live always under the threat of such seasonal fevers, just as their ancestors have done, just as their beliefs say they have to. But they don't have to, only just changing your beliefs won't do it, you have to do your Spiritual Healing. You can believe you change your beliefs, but that's just another set of beliefs you're imposing on your old ones, as you can't actually give up your beliefs until you see the truth of why you've got them and how they came about, which you can only see when your Healing takes you back into the depths of your early childhood where all those beliefs are formed in you. So those people who believe they are changing their beliefs and so changing themselves, and it's the same if they work to change their behaviour in any way, all they are doing is adding more layers, burying the old ones. And they might believe they are successful and behave differently, but as you know James, when you start your Healing working your way back into yourself, all those deeper layers will come up again helping you see and realise that you didn't get rid of them after all.

James: Yeah, tell me about it.

Verna: So you can go to the supermarket and they wipe everything clean, they can put barriers between you and you have to keep your social distancing under control, and they can lock you all away in your homes preventing any movement and limited interaction, but when they allow you back out into the world, do they really believe that will be the end of Covid-19 or Covid any other number that nature will develop for you? Nature's laboratory is far bigger than any of your manmade ones, you don't stand a chance, your science fiction films of living in a disease free environment on Earth is never going to happen, that is, not until everyone is living a Celestial level of Truth. Which is the aim for humanity now the Rebellion is over.

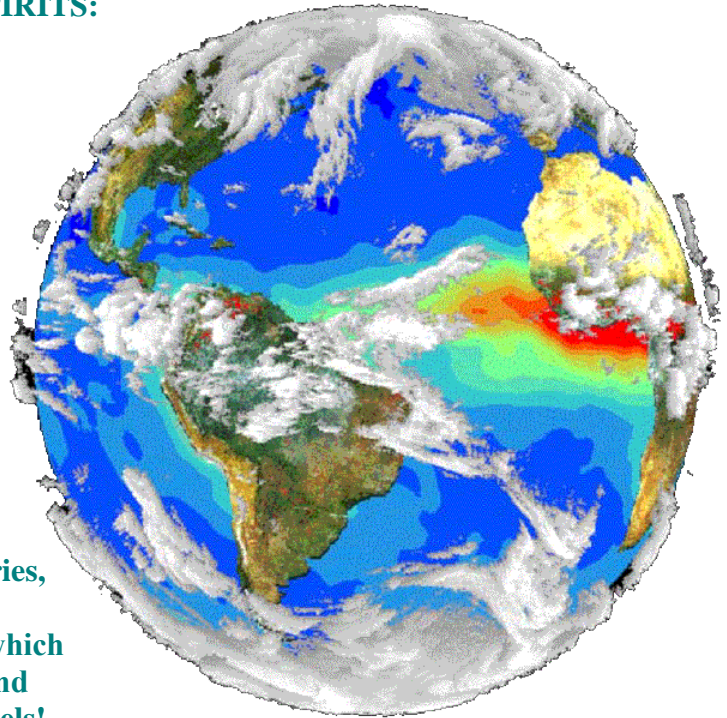
The physical realm will evolve with you, you with it, however when you're in it, you're always part of it. So when you are Celestial no longer needing the help of such viruses or diseases, they will no longer be part of your physical environment. The creatures and nature itself might still need them, and you might 'breathe them in' or touch or eat something with them on it which 'infects' your body, however the vibration of your physical body, of your whole system, will render it harmless, destroy it, or just add it to the workings of your physical and with no ill effects.

The physical realm is designed to 'be your friend' to be literally a Paradise on Earth for you to happily live in your whole life. It's not meant to be 'hostile', even the scary creatures won't see you as a threat as your intent won't be threatening when you're of a Celestial level of Truth. And had your world not been affected so negatively by Rebellion, were you all living in tune with yourselves and nature as the Eve and Adam of your world would be showing you, then the paradise Eden would be slowly spread over the whole world, the whole of Earth eventually being the Eden that it is.

The LABORATORY of the NATURE SPIRITS:



Humanity is in trepidation and awe of its research, chemical and medical laboratories, but they are infantile distractions when compared to Nature Spirits' laboratory which is all that is of Earth's nature managed and controlled by our Nature Spirits and Angels!



Your Earth is an Eden, but you'll never see or live within it as such until you are all of Celestial truth. So that's what awaits future humanity, and one day people will love the Earth and respect it as they love and respect themselves.

So part of my 'mission' dear boy is to help people see that vision so they can decide to long for it and begin living it by doing their Healing.

The current Covid-19 virus is mutating rapidly, which means you can't pin it down with a vaccine, just as all viruses mutate rapidly, your difficulty being your scientists are not as yet aware of or able to see how those mutations are. Your tests, even the most advanced test can only detect what really amounts to a whole new strain, so for example you'd have to rename it, whereas within Covid-19 it's mutating like mad, because as I told you, for a virus to be effectively used by the body it needs to be specific for that person's body. The elements need to match, that virus being created specifically for that body, even though it can be created in another person's body, which mostly are in your children's bodies as they are more fluid and not fixed as an adult body.

So you're going to like this tidbit: it is your children that are creating the viruses to kill your older people, so the grandchild kills the grandparent – neat huh! And the grandparents should be grateful to the grandchild for doing so, all so the older person can end his or her life and move on into their next phase of existence in spirit.

But what really happens is you will have certain young children that are 'virus factories', they can churn out endless specific variations on the same theme or even 'bring into being' new strains. So by putting all your children together in their play pens as you do, they are massive breeding factories for viruses, which is right, as that is also what would happen in a tribal situation too.

So the virus 'breeders' which happens based mostly on genetics and for the betterment of 'the humanity program proffered by nature', 'cook up', completely unbeknownst to the child, who doesn't necessarily have to show the symptoms of all the viruses, with ironically such children usually healthier than most by having a body that can be such a virus factory having resistance to all the variations they create, and along

with that the etheric set up allowing etheric transmission of the viruses, which I told you about, which is then passed by all the interconnecting cords to other children or to the required adults that would be in that child's life.

So such 'virus factory' children would produce massive amounts of viruses during their young lives, and that might be through their whole childhood, or it can be for a very specific time, days, weeks, months, years, and it can be turned on and off by their attending angels, with the excess of viruses being needed to complete the whole 'storehouse' of nature. There is much more to nature than just what affects you humans and what is provided for you.

Nature is of itself one whole massive universe of evolution, by which I mean, it is evolving, each specific to the world of its origin. And it begins by evolving for us Nature Spirits, so to create us, who then go onto be involved in the creation of new Angels. So the Nature Spirits and then Angels created from this Earth are of a 'special flavour', they contain – we contain – a specific light from our origin world, so all other Nature Spirits and Angels know where we come from and how we came about. So to make us be as we are, which also includes all the animal and plant life of the world, you need a whole localised 'universe' of creation going on all the time on the planet, and so the continual creation of viruses is one such part of the whole. So only very few viruses actually affect and are used to help people deny themselves or end such denial, with the rest of the viruses fulfilling other un-revealed roles. I can't as yet tell you about them James, there's a lot we can't tell you, but it's information and understanding that will come to people as they attain Celestial status, and are then able (given the go-ahead) to tell those people who are not yet of a Celestial level of truth.

But I can tell you that a specific virus that's manufactured by a human child can be put into the etheric levels of Earth there waiting for the time when it's required to be taken by us to change some part of our Light-Coding. We can use viruses like that to make adjustments to our light, which is a nice thing to do because when we're given the go-ahead to do that, it means we can move onto a higher level of light, always getting closer to the end of our being a Nature Spirit, with us then to 'make the jump' into becoming an Angel. And all of us Nature Spirits want to become Angels because by being an Angel you are no longer limited to just the world of your origin, then we are assigned all over the greater Universe. Still, as I told you some time ago, I do want to move into my Angel-ness however I'm in no rush, none of us are, we're not all chaffing at the bit wanting to progress, that affliction of yours James we're thankfully not 'infected' with.

So you see, as you understand anyway, far more is always going on which you'll never be aware of, and how can you anyway when you are living against all the truth of the good stuff!

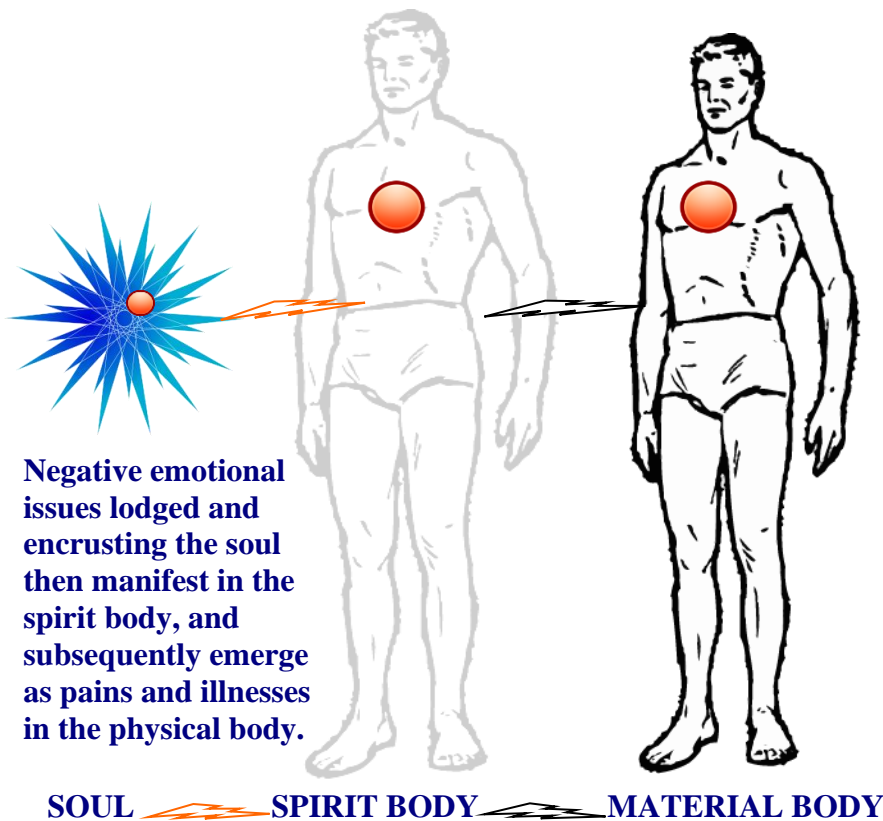
So dear little Jimmy who's a robust and healthy child, "he never gets a cold" is actually full of cold viruses all moving around within him helping him to maintain his healthiness, whilst at the same time he's making all the specific virus variants needed to knock off all those old people in that old age home who are ready and sometimes begging to move on into spirit. So in your truth-denying ways you would probably hate little Jimmy wanting to get rid of him because he's killing so many old people. When you've got to die of something sometime. Not everyone can just go to sleep and wake up in spirit. It doesn't work that way particularly when you are living full steam ahead against yourselves and nature.

And there will be people in future who if they knew what to look for would be able to see the different light about little Jimmy and know that he is doing the whole community a great service with all the old people wanting to be about him all the time when they are ready to move on.

I tell you things James, you understand, to give your mind a bit of a jolt so as to open up a little more to considering other things and seeing life from a different perspective.

And the virus manufacturing process in little Jimmy is all overseen and controlled by his Angels. For as I told you, NOTHING happens randomly. Nature isn't randomly popping up viruses that might suddenly sweep through affecting humanity 'evilly'. Think about what sort of planning and attention to detail does it require for the Angels to have all their 'factory children' making specific viruses flat out all to coincide with a seasonal outbreak of flu or a cold, or Covid-19. All so everyone who needs to be affected by it, positively or negatively, will be affected. Every Angel on the world is in contact with every other Angel through the Angelic Communication Lines of Light. In a flash every Angels who's overseeing a mortal knows exactly all that's going on. They know because of communication with people's Indwelling Spirits what the souls of humanity require at any one moment, so in the virus case, when it is to be 'put into

humanity as a whole' then how to move it all from the child makers of it into their etheric levels and then onto all the specific adults, making it look like you just catch this invisible nasty bug virus thing that is spreading fast about the world making a lot of people sick.



And so you ask, why not make us more sick or less sick, why as sick as we are? And that's all to do with the overall ongoing evolution of humanity, what you all require, you all being in it (on the world) together. And in most cases, still because the majority are living untrue, determines the overall advancement into your truth-denial. And as our Heavenly Parents want the maximum amount of people at

this time to be on Earth so as to experience this Ending of the Rebellion phase of life, so They organise it that not too many extra people die from the specific virus, as that is to be achieved in other ways, like war and ways of your own doing by locking down the whole of humanity in some pathetic attempt to defeat nature, all because it's what your hidden controllers are doing by working a number on all you unsuspecting people.

The Covid-19 is the least of your worries, however it's now been a major concern because of the severity of the Lockdown. The Lockdown as many people fear means the end to a lot of their previous freedoms which they will never get back again. It is moving into a new world order of control, a new level as the End Times play out. And most people are sucked into it believing it is for their own good being in a more controlled, ordered and stronger policed world, better if you get decreased criminal behaviour and war. However as you are all very inventive, putting new restrictions on you, making the whole world into one huge dictatorial regime all under the guise of false freedom, will cause some people to react against it.

And now, let me see if there is anything else on this list here that I am to pass onto you... Hmmm, well I think I'm done for the time being. You need to have more experience for the next lot. You need to go out into that virus infested world of yours, braving the supermarkets and Post Office, dreading getting too close to another person, hating it when that inconsiderate woman suddenly starts coughing all over the place in the vegetable section spreading all her crap all over you – just another day in hell for you; scared to death

of everything you can't see, waiting for that fateful day when you get a sore throat that develops into a bad cough and oh no, here you go again, with your brain being banged against your skull with each cough, feeling so miserable, the very same misery your parents made you feel and which you always feel only mostly you're not in touch with feeling so sick because you're 'healthy', and on it goes – Oh the joys of life!

Bye old son; speak to you soon when you're ready for your next Verna dose!

James: Thanks Verna.

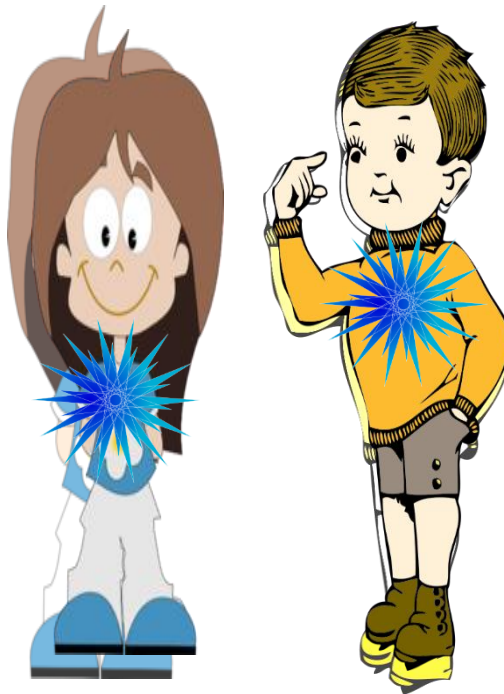
Soul Partners

SOUL – Soul Partners:

The Real You is your soul, you are one 'half' of that soul.

Each half of the original soul incarnates a spirit and physical body simultaneously, they being connected. The soul expresses each of its two personalities as a woman and man. True soulmates are always of the opposite sex.

Sexuality is an attribute of the two personalities the soul expresses; the soul itself does not know sexuality.



The soul connects to the two spirit bodies it has created by 'golden cords' of light; and the spirit body is in turn connected to the physical body by 'silver cords' of light.

The spirit body is your astral body. The etheric is really the body that is the template for the physical and one that doesn't hold consciousness.

The soul remains invisible to the spirit and physical bodies, only being discernible by its luminosity through the spirit body.

95%+ of humanity currently are within the 1st sphere of development (499 MoC Ceiling).

Once humanity collectively understands what has happened to them on the higher spiritual level, how the people have been controlled, and that it's over, that control is no longer controlling, it's just legacies of it, all of which the average person can deal with by destroying it in themselves, things will change markedly for the better. And as the people change, so too will how they want to live, it will be a great time of revolution, nothing will be the same. So what you are currently living through is the end of the Rebellion and Default, it literally is, and so once the end is fulfilled and the New starts, then all how it currently is and has been will cease to be.

Nanna Beth 3rd Celestial Heaven 20 March 2018



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

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

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

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

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

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



Feelings! first



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, and even other non-humanity spirits, all of which end up doing increasingly more amounts of what your Indwelling Spirit does. And this 'outsourcing' 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. Overall, we are 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 / soul partner' relationship. In addition we have our personal Indwelling Spirit.

NATURE SPIRITS



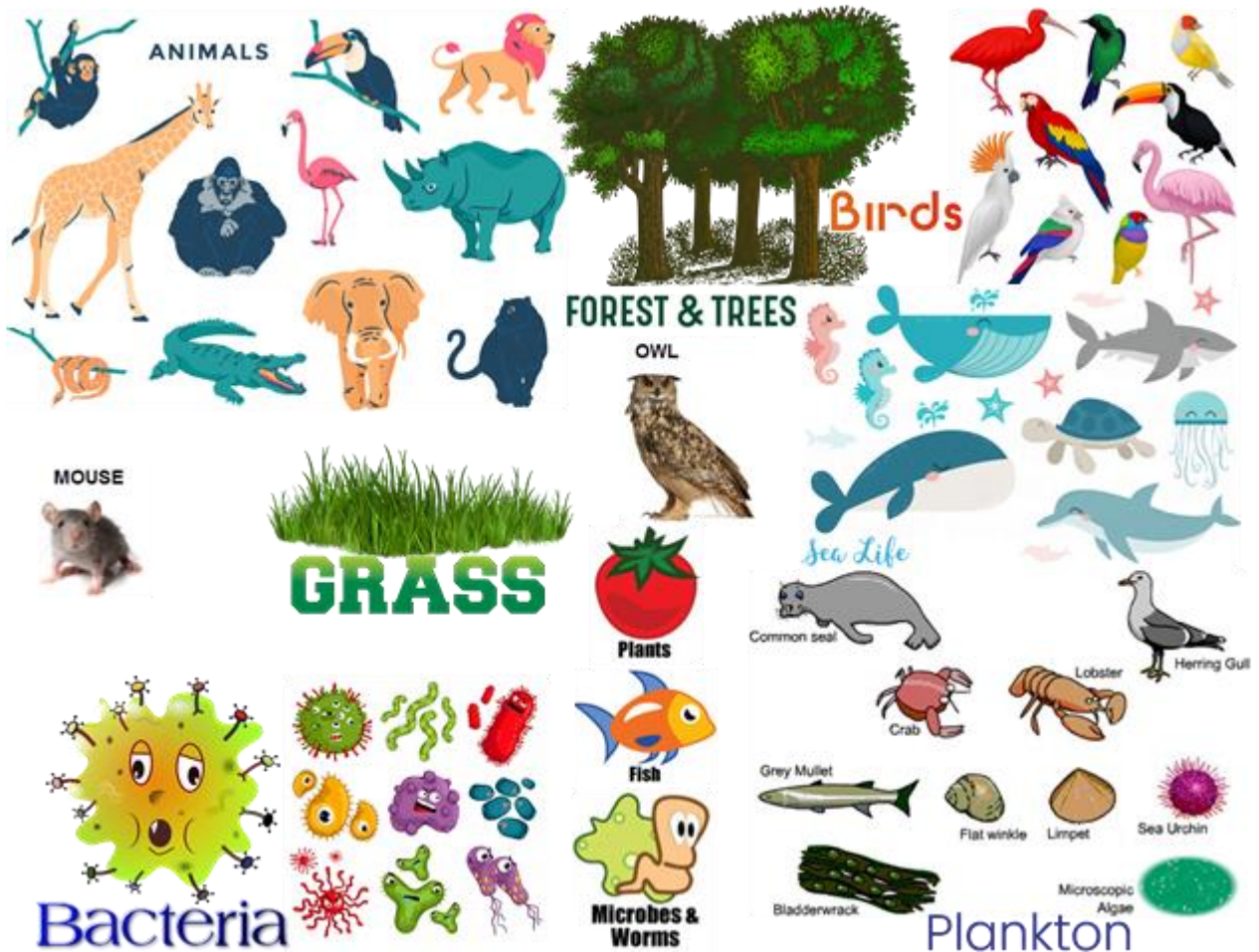
Nothing of nature reincarnates! And neither do we! Reincarnation is a false belief. Zero, zilch! Not even a blade of grass, a leaf from a tree, bacteria or plankton, or ourselves, has a subsequent physical life experience. However, except for humanity, the life force of all of what forms nature, after its sole physical experience, returns to a pool from which Nature Spirits emerge. All of nature is mind orientated. Nothing of nature has a soul, except for humanity which is truth and feelings orientated.

Meet Verna, a Nature Spirit, also known as ‘Lady of the Lake’: “Your spirit is your own unique spirit expressing the light of your soul; our spirits, also uniquely our own, however come from a composite of many other spirits. And in my case for example, and I’m about average, or ‘usual’ – as much as I hate to admit it – I’m composed, for want of a better word, of about five hundred billion creature spirits. So yes, you could say we’re complex on that level. And yet on other levels, we’re considered rather basic, we are after all *only* nature spirits, not great angels.”



“With Verna – a nature spirit” by James Moncrief

As the Rebellion and Default is now technically ending, those who embrace Feeling Healing and Divine Love will open themselves to communication with their Nature Spirit pair. For 200,000 years of the Rebellion, humanity of Earth has been closed to interaction with Nature Spirits. Humanity is truth seeking personalities who are to live through their feelings whereas nature is mind orientated and are to evolve their minds. A Nature Spirit’s next phase of evolution is that of being an angel which then will have many further evolutionary progressions upwards. Angels also step down from Paradise.



The PHENOMENON of VISIBILITY:



Firstly, animals do not have a spirit life. Should we need to interact with a deceased pet animal, then a particular class of angel will present as your pet. The life force of all of nature pools their life experience to subsequently become Nature Spirits who evolve to being angels.

Each higher progression of a human mortal consequently becomes invisible to those remaining at the lower level, as it is with angels, though those of the lower level remain visible to the progressing ascending mortal.

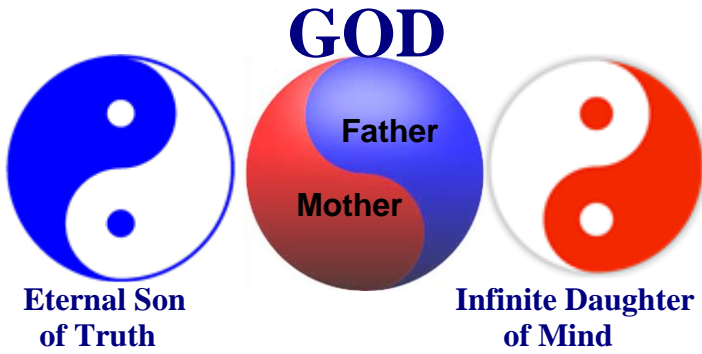
In reverse, those spirit personalities descending from Paradise, the home of our Heavenly Mother and Father, need to detune themselves so as to become visible to those in our local universe of Neadon.

Those on Earth and throughout the seven earth planes have the same visibility progression. Earth, being the densest, is visible to all. But each plane, starting at 1, becomes progressively finer, with each plane above the last invisible to the lower. The same applies throughout the 7 spirit Mansion Worlds that we progress through to enter the first of the Celestial Heavens.

Higher levels can always make themselves visible should they wish to. Spirits and ascending mortals of lower levels may not be aware of higher levels until they evolve and progress.



CREATION of SOUL and SPIRIT:



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

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

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



Feeling Pathway

Mind Pathway



Soulmate Pair

Angel



Spirit Person

Nature Spirit



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

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

A nature spirit is an angel in waiting.

EXPERIENCES, FEELINGS and TRUTH:

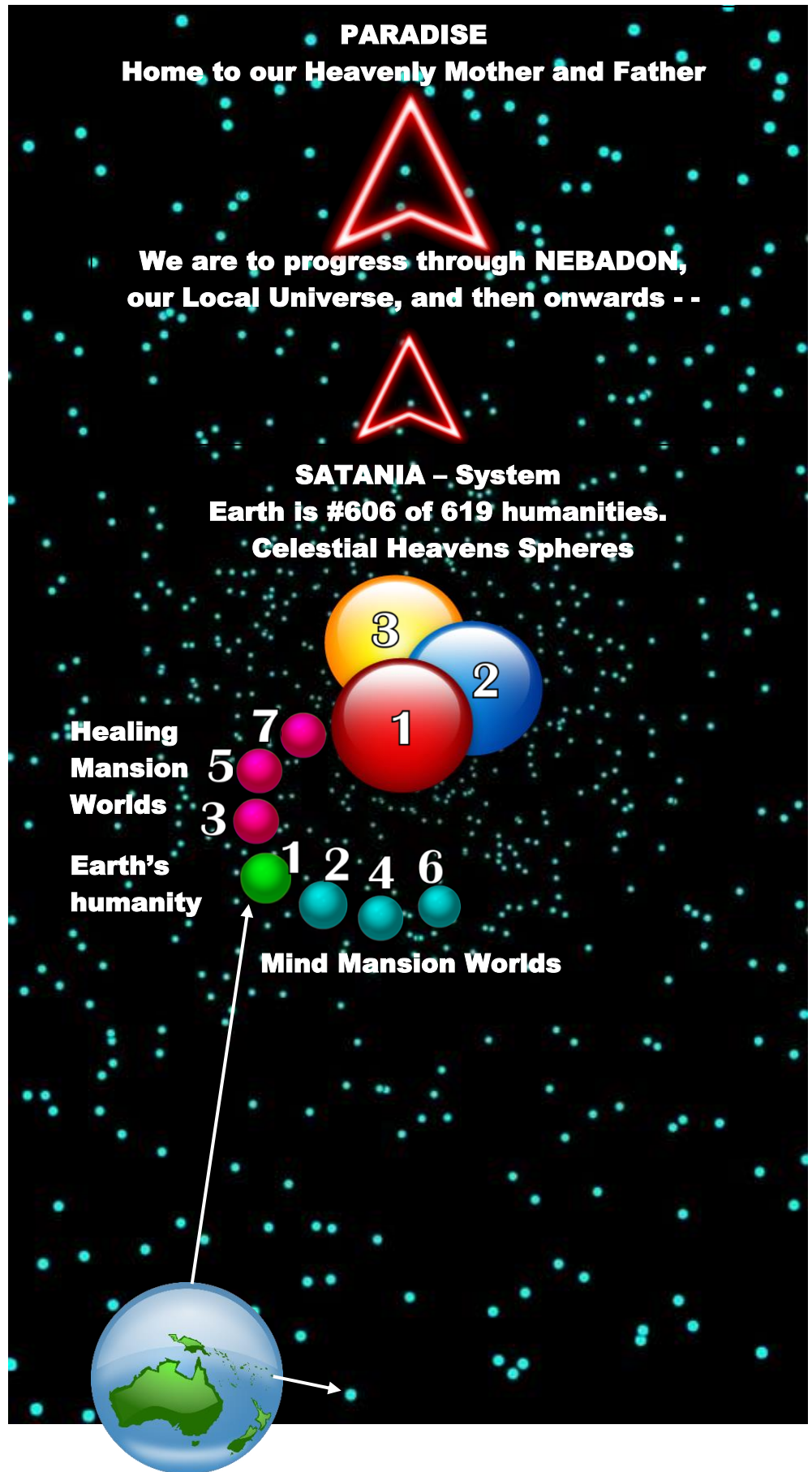
We look into the night sky and see around 1,000 stars that possibly are the hosts to the 619 humanities of our local system, Satania. Earth is on the outskirts of Satania.

When we ‘die’, and shed our physical body as we are spirits having a physical experience, we all arrive on the 1st spirit Mansion World.

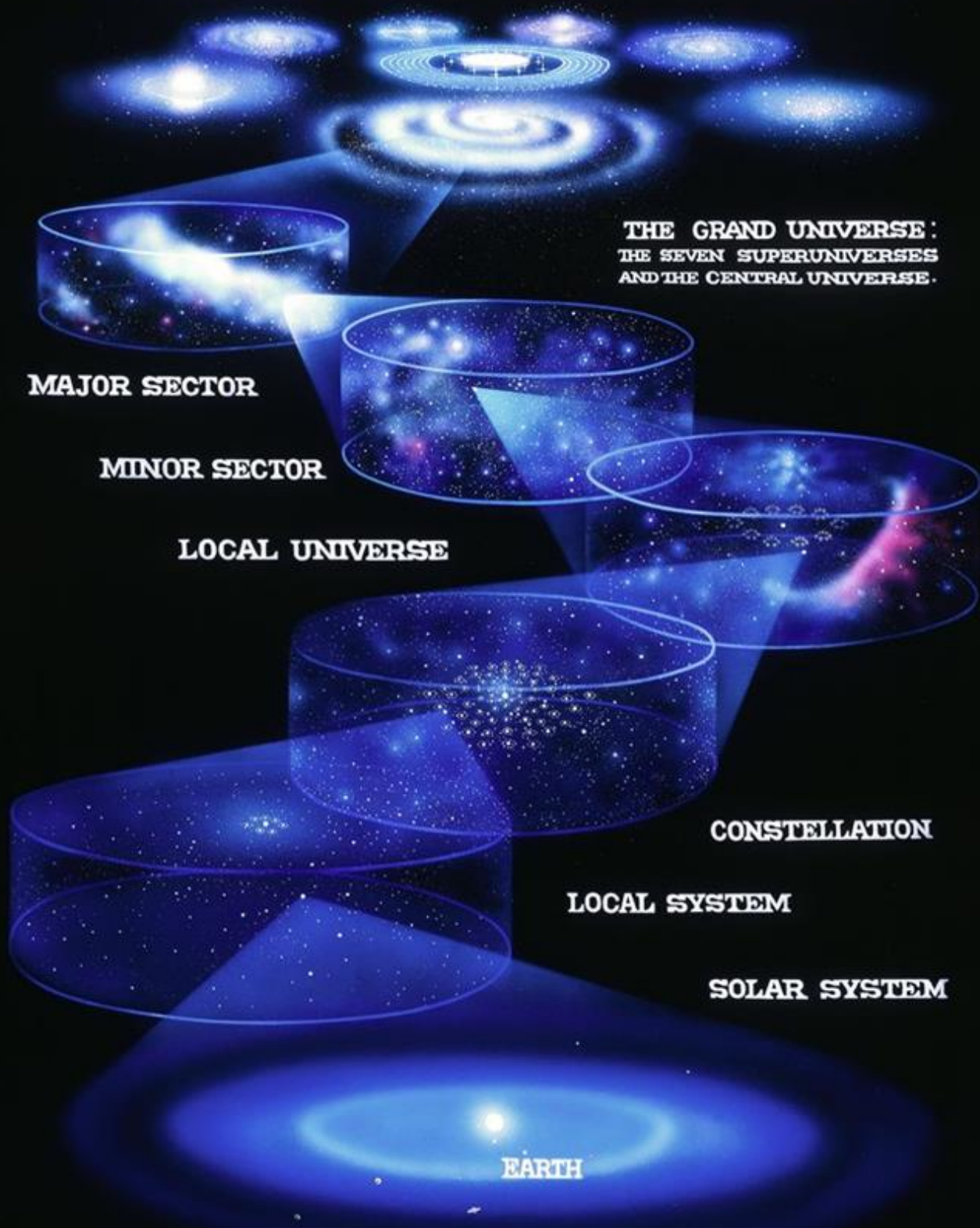
If we continue to live through our minds, then we may progress to worlds 2, 4 then 6 and no further – dead end!

Should we embrace Feeling Healing with Divine Love, we will start our journey of Truth and Love, progressing through Healing Mansion Worlds 3, 5 and 7, then through the Celestial Heavens and onwards out through our Local Universe of Nebadon and on to Paradise, the home of our Heavenly Parents.

The spirit worlds are within a different dimension to the physical stars and earths. However, picturing the spirit worlds within the centre of our local system is only a visualisation aid and not necessarily accurate.



JOURNEY TO PARADISE



THE GRAND UNIVERSE :
THE SEVEN SUPERUNIVERSES
AND THE CENTRAL UNIVERSE.

MAJOR SECTOR

MINOR SECTOR

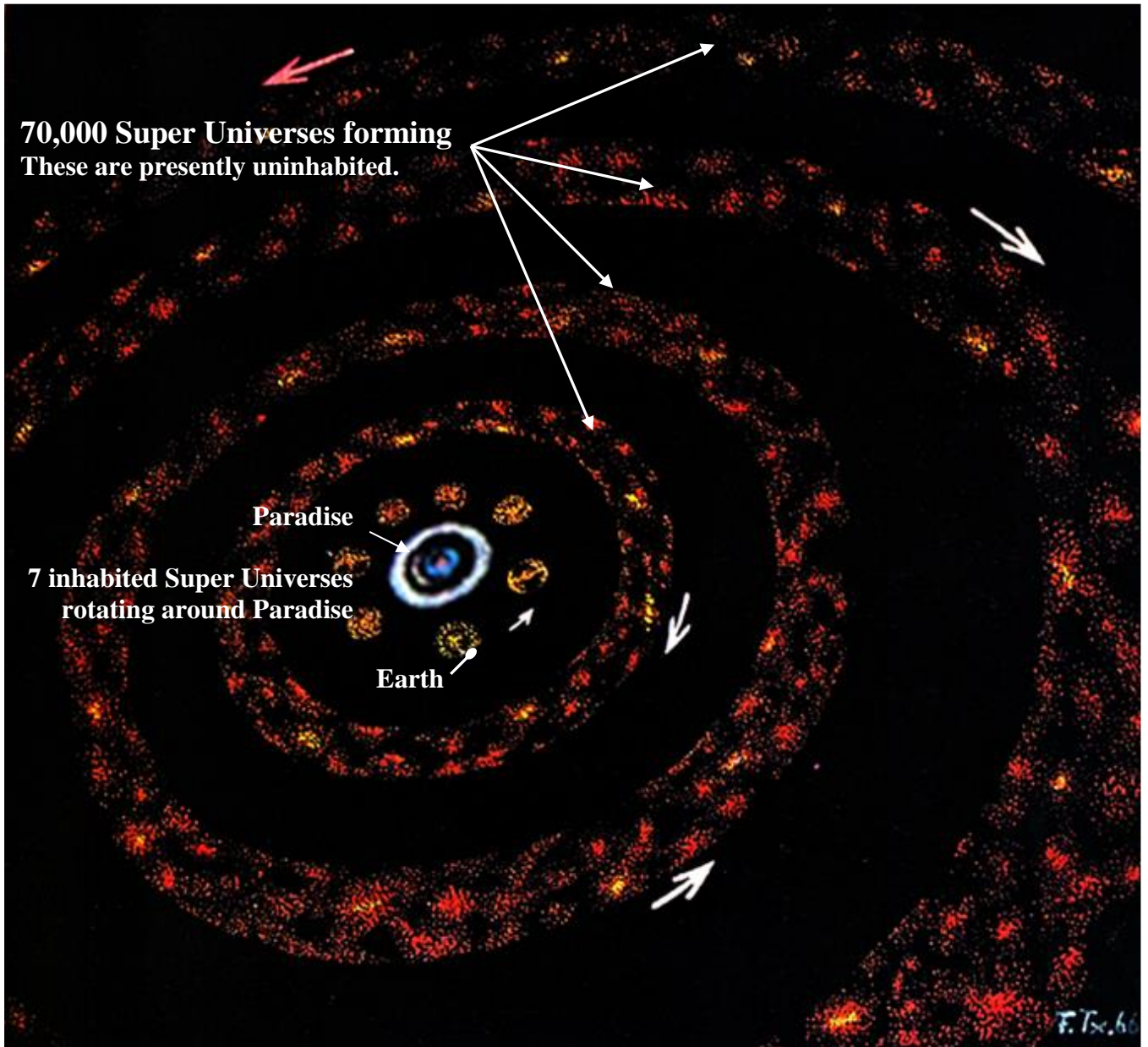
LOCAL UNIVERSE

CONSTELLATION

LOCAL SYSTEM

SOLAR SYSTEM

EARTH



Purpose of Life

Purpose of our life is to:

Achieve individualisation. This is truly the moment of our sentient experience beginning. This occurs at the moment of incarnation which is when our newly forming foetus begins to pump blood, usually day 16 after conception. From that moment we are beginning to experience life.

We have a life purpose. We are each a unique personality with individual propensities to experience. Should our physical life be cut short then we will go on and have the experiences that we need in the 1st spirit Mansion World. If we miscarry or are aborted then we will become spirit born, be adopted to spirit parents and have a similar life to that should we have gone on and lived on Earth.

Presently we are each subjected to Childhood Suppression which we continue on throughout our lives suppressing our feelings and our true personality. This is providing us with unique life experiences as this does not typically occur with any other humanities throughout the universes. Our physical life on Earth is mostly very difficult, however this will provide each of us with unique capabilities to aid newly emerging humanities on worlds further out into space. Yes, we have an enormous journey to enjoy.

Our time of death is predetermined. We often do crazy things – but our life span is predetermined.

What we experience is also predetermined. A few are to be wealthy and become burdened with responsibility. Many are to be poor and enjoy the freedom without trappings of assets and obligations.

Most will have families while on Earth. No matter who we are, we will each parent at least three children before we can enter the first of the Celestial Heavens. We are to experience parenting, even though that may be when we are in the spirit Mansion Worlds.

We are to live FEELINGS FIRST! We are to express our feelings, both good and bad, to a companion. We are to long / ask for the truth of what our feelings are drawing to our attention. What enters emotionally needs to be expressed emotionally. Should we long for our Heavenly Mother and Father's Love, then we are also SOUL HEALING. Our mind is to follow supporting what our feelings are leading us to embrace – this is the opposite as to how we have been brought up to live.

It's all about
Experiences
 &
FEELINGS

As we complete our FEELING HEALING, then and only then can we connect with our Soul Partner who is always of the opposite sex. Our soul is a duplex that manifests two personalities. And we can grow to interact with our Nature Spirits and Spirit Guides!

**BE FEELINGS
 EXPRESSIVE!**

Health & Parenting



As difficult as it may seem to

comprehend, even at the time of one's conception / individualisation, we are highly intelligent and our newly forming mind is making rudimentary decisions. Immediately upon conception we (being our soul) begin to absorb the emotions and projections of those around us, within our environment, mainly from our parents and in particular from our mother, who at that time may not even be aware of our presence.

All we need to know is already within one's soul prior to conception.

We access our soul's knowings through our feelings. That is, should we express our feelings at all times then we will

be drawn to truth and love at all times.

Nothing about our soul's truth is focused upon controlling or dominating anyone else. Control is the domain of the mind. The mind is within one's spirit body, and it is this mind control that we are enslaved to. For more than 200,000 years man has been enslaved to his / her mind, this was brought about by the Lucifer Rebellion at that time. For generation after generation, we have repeated the endeavours to turn our children into little 'me's'. We suppress their free expression and free will and endeavour to clone them into trophy children, our trophy, reflecting who we are, not allowing their free expression of their feelings, their true selves. For a child to comply with our orders and demands they train their minds to 'obey' and succumb to our blackmail, 'be a good girl / boy and I / we will love you!'

This is a disaster of global proportions that was instigated by Master and Mistress Lucifer 200,000 years ago and it is only now that we can do the Great U-Turn and liberate our soul's feelings and become freely expressive, and bring about the harmony that humanity strives for and knows is possible.

Each suppressed feeling and each inflicted emotional injury brings about physical pain and ill health. It is only when we allow our feelings to freely flow that the energy flows through our spirit body and then physical body are we of a healthy and feeling nature. We, as parents, bring about the long term health or ill health of our children. Sometimes the collective injuries that we as parents are holding suppressed result in becoming evident as deformities within our children. Yes, we as parents cause the deformities within our child. Unknowingly and unintentionally we harm our children with our own emotional injuries to such an extent that our newly forming foetus is enormously injured resulting in the numerous illnesses and deformities that babies are born with, from time to time.

The baby is born and then we set about turning it into the 'model' that we want, not allowing it to freely express its true self.



This is the crime that we as parents have not been aware of for 200,000 years. It is global and it will take centuries before we all become aware that we have to feel into our emotions, allow our soul based feelings to tell us the truth of our errors and express our feelings to our partner or anyone that will listen and put these errors aside for ever. Then we will learn how to truly love our children and not burden them with the injuries that are passed down generationally.

Our children mirror us, as parents. It is not that 'bad genes' are passed down; it is that we change the nature of our genes as of a result of emotional abuse and suppression which is endlessly hurled at us as a child.

It is not until we reach puberty that we are of such an emotional maturity that we can start to independently feel into our soul based emotions, by-passing our mind's controlling nature, and express and release the injuries imposed upon us since conception and typically through to the age of around six or seven.

Only by releasing our childhood repressed emotional injuries can we return harmony and physical health to our bodies.

Though our parents typically announce that they love us, as a child, they themselves are so heavily injured that they do not know how to truly love, or what true love is.

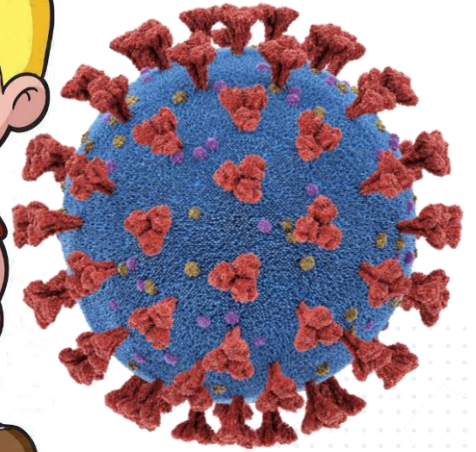


	Supportive Parent is accepting and child-centered	Unsupportive Parent is rejecting and parent-centered
Demanding Parent expects much of child	Authoritative Parenting Relationship is reciprocal, responsive; high in bidirectional communication	Authoritarian Parenting Relationship is controlling, power-assertive; high in unidirectional communication
Undemanding Parent expects little of child	Permissive Parenting Relationship is indulgent; low in control attempts	Rejecting-Neglecting Parenting Relationship is rejecting or neglecting; uninvolved

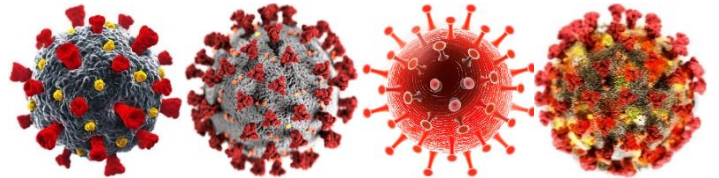
UNIVERSAL EXPERIMENT EARTH



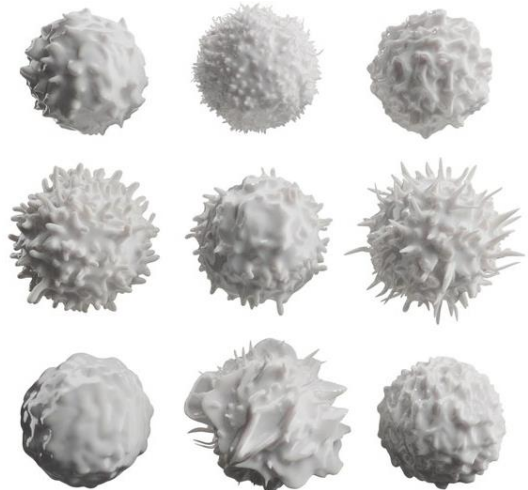
VIRUS MUTATOR



Virus mutations visible to scientists.



Virus mutated specifically for each individual
as required by each person's soul.
These are not visible to scientists.

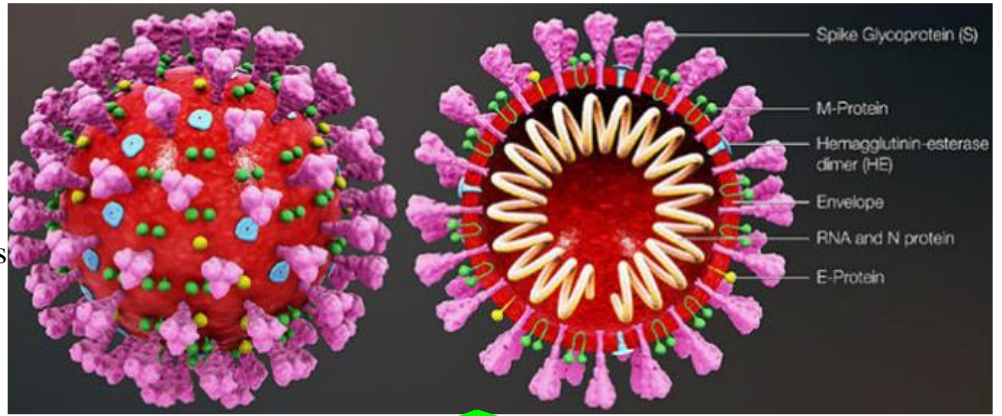


FEELINGS
must be
FELT



VIRUS PATHWAY

A virus emerges and medical science gives it a name. Viruses are introduced by nature spirits under instructions from angels. Man can weaponise a virus, however, nature spirits then control its pathway and destiny.



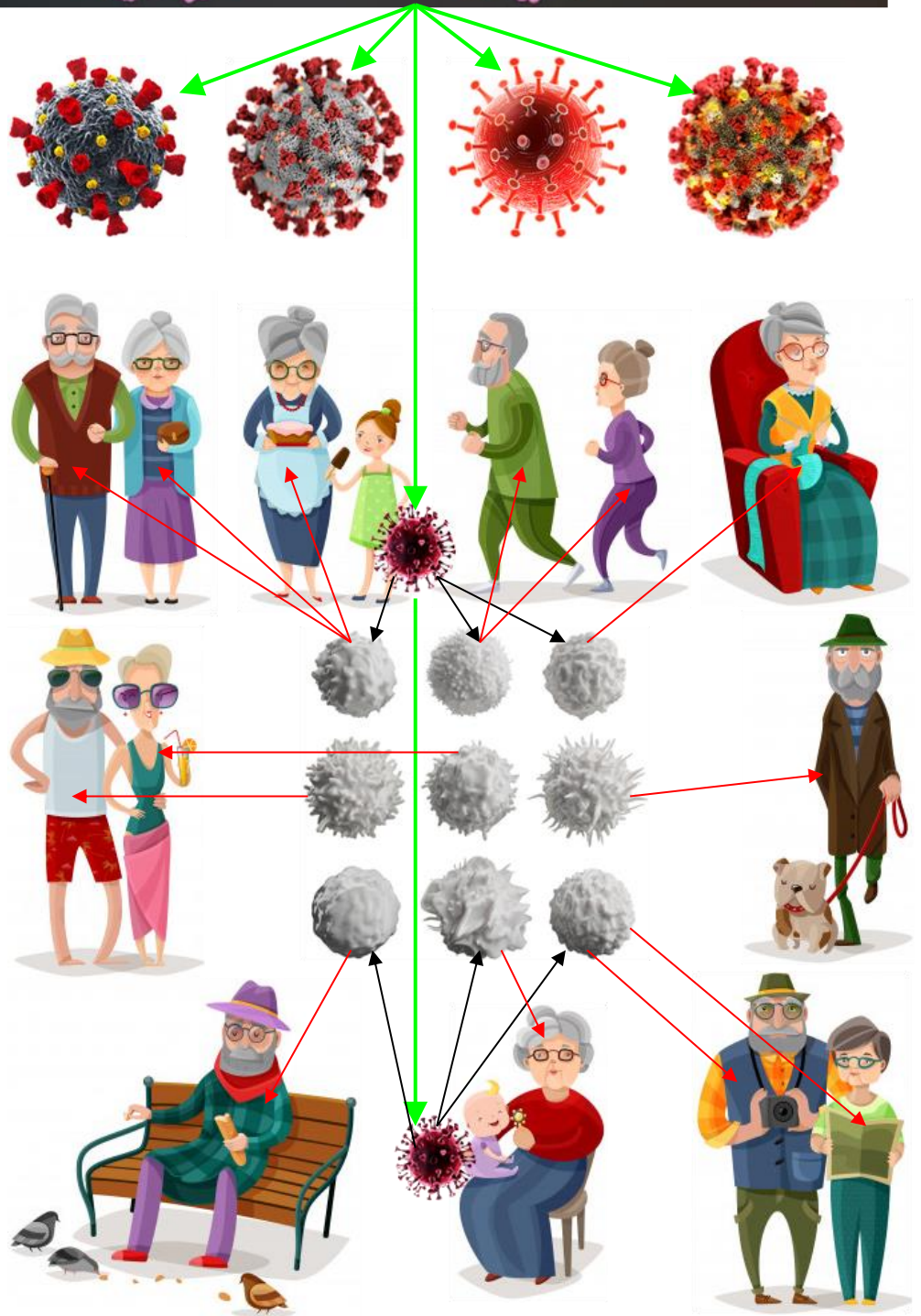
The virus mutates in a manner that scientists can reclassify its developments.

However, every human experience is through a subsequent mutation specifically created to provide the required experience for each individual.

These personalised mutations are not visible to scientists and they are unaware of this facet of a virus. Nor are scientists aware that transmission involves the etheric body of the individual.

Every personal experience involves a person specific virus and this results in everyone's experience being unique from everyone else's.

You experience what your soul requires for you to experience.



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

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

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

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



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

TRUTH LOVING SOUL V ERROR INFLICTED MIND



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



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

MAN is not meant to INTERFERE with the DRIVERS of PAIN:

21 September 2011

Verna, a Nature Spirit: Mary spoke of the disease resistant microbes coming about because of all the antibiotic food animals are forced to eat in some of the developed countries, well that's our department, one of them anyway. We are the ones responsible for such disease resistant bacteria. You see bacteria are open to easy manipulation from us, and so we're slowly bringing about the disease resistant strains along with the viruses and funguses that will be required by humanity in the times to come.



Humanity is NOT meant to heal itself of all disease by killing off the microbe, by doing things to stop it harming you. Humanity is to grow in truth beyond the need to have such microbes affect it, thereby not having to do anything at all to 'protect' itself from the so-called 'bugs'. The common cold only causes you such bother because you're already causing yourselves so much bother by refusing to feel the bad feelings you're denying. The bother's are the same, the cold coming to you so you can feel how you're really feeling – bothered, that being how your parents made you feel.

Humanity is to see that it's futile to keep trying to solve the problem by killing it, that it won't go away that way. It might be able to delude itself that it's done the job, but it's only short term and the bug will return, even stronger than it was. Had you left it as it was, and concentrated on growing in truth through the doing of your feeling-healing, then you'd have nothing to worry about from the bug. The bugs only cause you the suffering you require because it's what you need to help you feel bad as you refuse to allow yourself to feel as you do – bad. But instead of allowing it to make you feel bad, all so you can express such bad feelings uncovering the truth of them, you try to kill it and make it go away only exacerbating your self-and feeling-denial, only making things even worse for you in the long run.

When you have a disease, all the pain you feel from it IS ALREADY pain that's already within you, it's nothing new. You're not suddenly being attacked by this thing that's causing you all this pain. You're being helped by this thing to become aware of the pain you're already feeling, but are refusing to accept and acknowledge. And because you are denying yourself this pain, it all being felt in your early life and being kept buried within you, so it seems like suddenly your full of pain all because of your disease. And it's true that on a physical level the disease is causing you pain, but on the emotional, mental, spiritual and psychological levels, it's only helping you become aware of what you're not allowing yourself to feel. So do you see, YOU ARE ALREADY THE PAIN, it's all already there in you, you're already feeling it, only you've told yourself you're not. So the bug comes along into your body, your soul allows it to 'infect' you instead of rejecting it, and it makes you feel bad, all the bad feelings that are lying dormant within you. Only they are not dormant, you've just blocked them out, that being how extraordinary the mind is.



Were humanity true to its feelings and not under the influence of the Rebellion, it would have evolved beyond the current diseases that afflict it. It would have encountered other higher diseases, but would be well on the way to not having to require their help either. There are higher diseases awaiting humanity in the future, as it moves beyond the current ones, but by then such disease will be known for what it is, to help stimulate certain feelings which when expressed and the truth found, bring about the healing of the illness. As for the current diseases, we'll keep making them resistant to your medicines forever, it's all very easy for us.

Extracts from: With Verna – the Nature Spirit by James Moncrief

Pathway Forward

Hippocratic Oath



New Feelings Way: learning how to live true to ourselves by living true to our feelings.

We are to express our feelings, both good and bad, at all times, and to long for the truth of them.

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

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

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

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

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

Our Feelings are our Truth

Tuesday, 25 December 2018

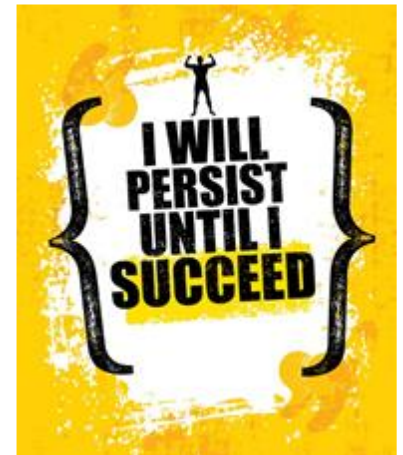
James: Marion was emphasising how **our feelings are our truth, and our Healing is just the bringing out of our feelings, and as we do that, the truth comes to us, it being the truth of what we feel.** And I don't know if I've made it that clear in my writings as to what the Healing basically is, so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

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

**apply
your will**

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

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



celestial Friends

Suppression and its ongoing Repression:

18 March 2018

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

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

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

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



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

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

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

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

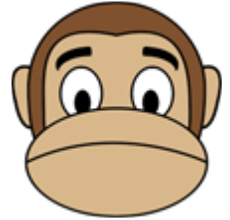
And to uncover the whole truth of yourself through your feelings, means you are going to be led by your feelings back into the complex dynamics and psychology of the relationships with your early carers and those people who were influential during your childhood, mostly your parents: feeling now as an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

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

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

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

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



And to spiritually help us, we are to understand:

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

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

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

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

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

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

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

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

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

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



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

Long for the truth of your feelings.

Long for the Divine Love.

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

James Moncrief 18 March 2018

MODERN MEDICINE IGNORES OUR SUBTLE BODIES:

It is the injuries to our subtle bodies caused by our wayward mind absorbing our parents striving to control the nature of our personality that bring about the manifestation of mild discomfort, then acute pain within our physical body, and ultimately the illnesses and diseases that we then seek medical assistance to suppress. Ask yourself, when was the last time that a medical professional told you what the underlying cause of an illness was?

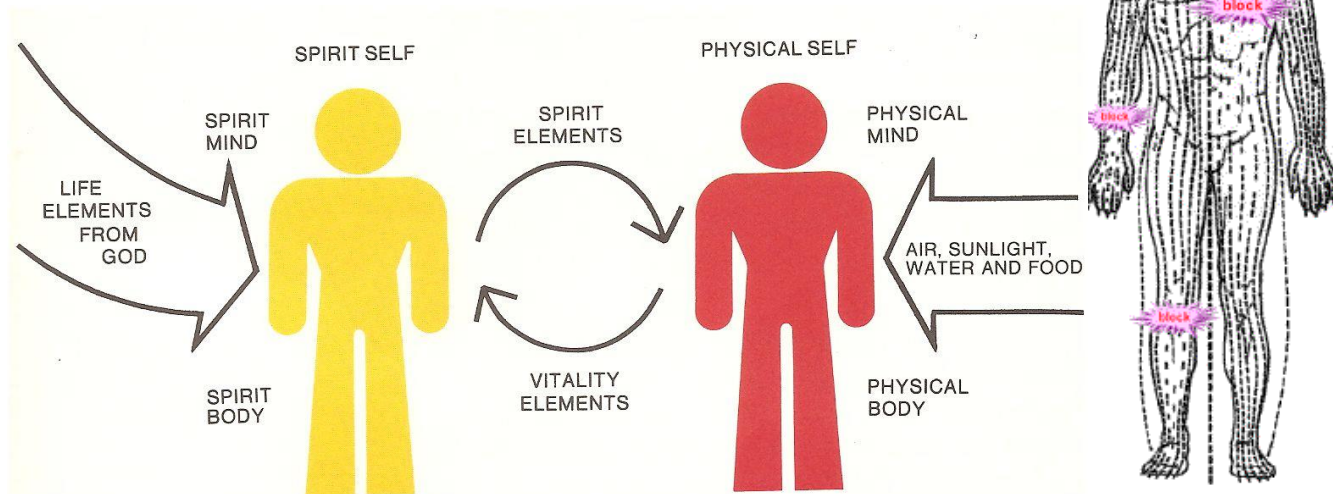
The auric field, that some can see, is the template for our physical body. Childhood Repression brings about energy flow blockages, being stuck and frozen emotional injuries, which then retard the flow of energies within our physical bodies. Modern medicine ignores this reality. The result is that treatments provided are only temporary as the underlying injury remains within our subtle bodies.

We have other bodies that are just as real as the physical body, they are all connected, if we have a problem within these subtle bodies, such problems most likely will manifest on the physical, so why not attend to it utilising a healers help on these subtle levels thereby helping yourself on the physical.

Example, our genes are multi-layered. Our genes are not only part of our physical being but are far reaching. They are:

on the physical level
on the emotional level
on the mental level
on the psychic level
on the spiritual level.

We need to understand our **genes are not just physical, but on all levels.**



In fact our issues and illness that we recognise within the physical body are on all levels.

Only by one engaging in the process of Feeling Healing can one delve down into the core emotional issues originating from our childhood, being in the form of childhood suppression and ongoing repression, that we can then express and release such injuries and bring about permanent health to our physical body. The process of Feeling Healing is the only way to remove the underlying cause of physical illness and discomfort.

Vaccinations only interfere on the physical level – leaving the underlying causes to manifest in the physical in a different manner, typically at a later time in life and more aggressively.

MEDICAL PROCEDURES and RESEARCH



Sometimes You Can Find a Needle in a Hay Stack!

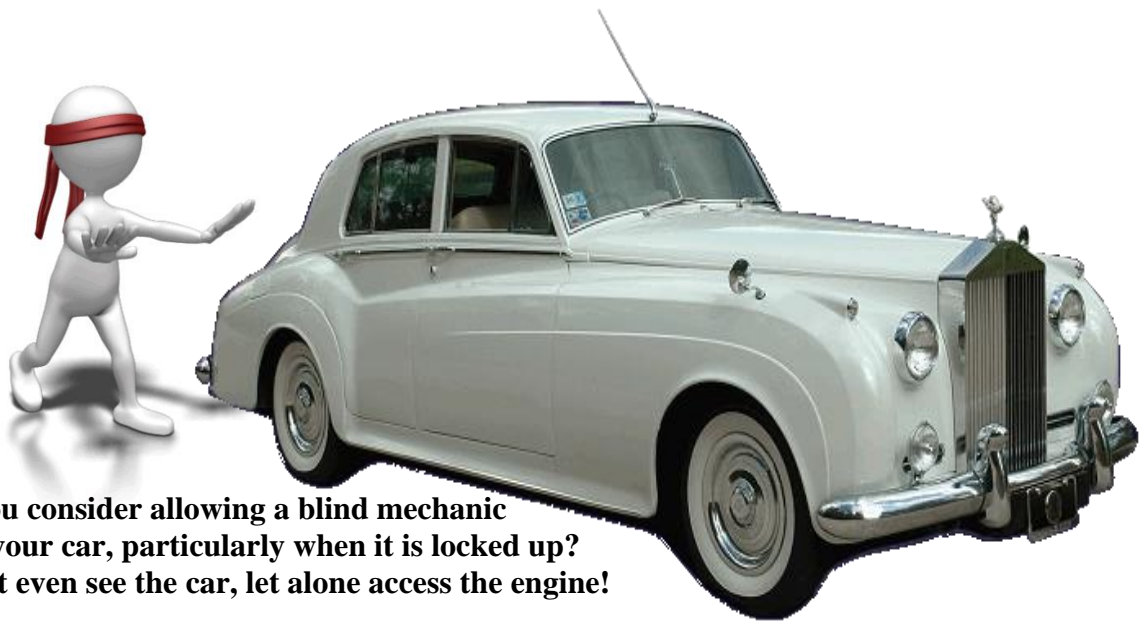
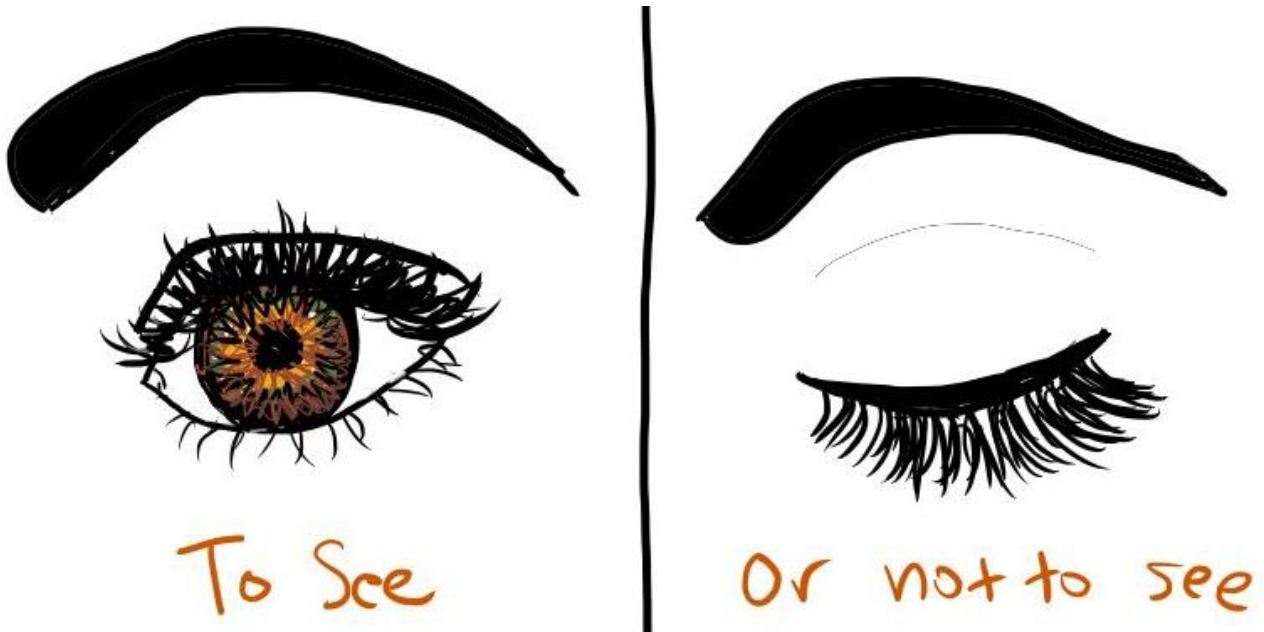
While traditional allopathy medical research focuses only upon the physical body to resolve illness events and health issues, they continue to be like blindfolded mechanics endeavouring to repair motor vehicles.



The physical body is animated by the spirit body, and in turn the spirit body is animated by our soul. The spirit body is of much finer substance than the physical body, and the soul is of an even finer substance, hence research technology in the physical world cannot comprehend these bodies.

Our soul and spirit body is the home of our emotional injuries and errors. These emotional issues create fissures and damage within our spirit body. Subsequently the injuries within our spirit body generate illness within our physical body, corresponding to the location in the spirit body.

Illness is generated by our mind, however, healing is generated by our soul. Releasing the emotional injuries eventually heals the physical.



Would you consider allowing a blind mechanic work on your car, particularly when it is locked up? He cannot even see the car, let alone access the engine!

The health industry stubbornly resists recognising the subtle bodies that we all have.

The foundation of our illnesses originates from within our subtle bodies, that is, from within our mind which is spirit body based, and subsequently then via our spirit body.

It is only when we understand the cause of an illness is when we can deal with it, effectively, and permanently.

To All the Suppressed Kids who are Dealing with the Consequences now as Adults...

The feeling of being rejected, disapproved of and conditionally loved by our primary caregivers – parents – is a monumental, long-lasting burden that we all carry. It produces chronic shame, guilt and anxiety. As a child we are blamed for doing things wrongly and in doing so we perceive ourselves as being bad, inconsequential, and having to embrace a persona that is not our true selves. We abandon our feelings expressiveness and embrace our minds to live life in the world foreign to truth and love. Our parents murder our free expression of our feelings and true personality! There are no exceptions.



Discomfort, Pain, Illness and Depression.

Verna, a Nature Spirit, 17 April 2020: **Nature isn't randomly popping up viruses that might suddenly sweep through affecting humanity 'evilly'. The Rebellion and Default are the true viruses that we are all 'infected' with. Viruses are more of the spirit really, which is why they are so elusive. If our soul needs to give us the experiences of the virus we will 'catch' it.** Other disease, like cancer, and the breakdown of the physical structure is again wholly physical however they are the physical manifestations from the breakdown of our spiritual light in our spirit systems.

All illness results from our inner levels of discontentment – BECAUSE WE DON'T FEEL LOVED.

Should every soul, all at the same time, need the experiences from a virus to feel all the feelings we need, then it will be **different feelings for every person.**

Humanity is to uncover the truth of evilness, its wrongness, of its rebellion and default. And illness is to show us that we are wrong. We wouldn't get sick if we were right. **ILLNESS IS OUR FRIEND.** It's all about what went into us through our forming and early childhood. All the secrets are contained back there within ourself. When we 'go in' we're to go into our early life through our adult 'now' feelings.

Corona, 24 March 2020: "There is no way on earth I (Corona) can possibly be worse than how your parents treated you, it just can't happen, I can only affect you as far and as badly as your parents affected you. I can't create more pain in you than your parents have already created.

"The extent of unloving parenting that you all had to endure as children is now killing you, that is the truth of how bad it was. It is killing you because you refuse to understand what is happening, you refuse to connect to your pain, you still refuse to accept the truth and this is the open door for me (Corona) to enter into you and find a cell for me to live off and mutate and multiply in you. Your denied and suppressed feelings let me in.

"Stop resisting me and work with me in what I want you to know about yourself. I am no greater pain than the pain you felt and denied as a child.

"You fear me killing you, making you feel so bad, yet isn't this all so familiar, isn't this how you felt with your parents at times in your life? Isn't this how they made you feel, only they didn't allow you to feel it fully, only a tiny portion of the pain they inflicted on you, with the rest you were forced to deny and keep suppressed. And this is what I 'feed' on, all your repressed misery and pain. It is your parents you fear, and I am helping you feel that truth.

“Your parents forced you to do their will and gradually your own will got left behind not being considered at all by your parents. And that is how I have to work with you all, and you will all feel me differently depending on the severity of your will denial and suppression.

“You were parented by two of the same Viruses, they are the Virus that is within you right from your conception and took away your will just as I am doing to you now. I am treating you the same way as your parents treated you as children and you refused to see it, so denied it.

“I am reuniting you with the truth of how hurt and unloved you feel because of your unloving childhoods. You all have the power to turn this around and all you have to do is to begin feeling how I am making you feel, accept every feeling, express every feeling and find the truth through your feelings. Do this and I will lose strength and lose the hold I have over you because I no longer have to make you feel so bad to make you feel your feelings. You have the cure within you all and that cure is YOUR FEELINGS!!”

(These are extracts from Corona speaking through a nature spirit to Samantha.)

The spiritual upliftment so far as the new ‘vibration’ humanity will experience is the new vibe of the next age, and it’s upliftment will only be uplifting those people who chose to do their healing, to submit to their bad feelings and by expressing them to uncover the truth of their evilness – all that resulted from our childhood.

If we all Heal ourselves, being of true and perfect Natural love, then by living in harmony with nature, which we would naturally be doing, such horrendous diseases would not afflict us, because we would not need them to show us that we are disharmonious with nature.

When we are fully Healed, we won’t need to get sick, the Celestial spirits don’t get sick, they don’t have the bad feelings as we do on Earth and in the mind Mansion Worlds, and so we won’t need to have those feelings that would come from an illness, so we won’t get sick.



EVERYTHING that happens to us does so to help us live one of two ways. So we will ‘get a virus’ to help us go further into our truth-denial; or we will get one to help us come out of it.

Our bodies are designed to live anywhere, even in the most infested disease ridden place on the planet, and we will get sick if we need that sickness to further our truth-denial, or we will get sick if we need it to help us heal our truth-denial, or we simply won’t get sick. There is NO OTHER REASON why we get sick!

If we are going to get sick, that will happen either way because we are already sick within ourself and from how we were treated through our childhood – there are no other reasons. We are sick because we are denying the truth of ourself and God. We are all very ill being in the Rebellion and Default. **The Rebellion and Default are the true viruses that we are all ‘infected’ with.**

*My individual "Rebellion and Default"
is my overarching virus!*

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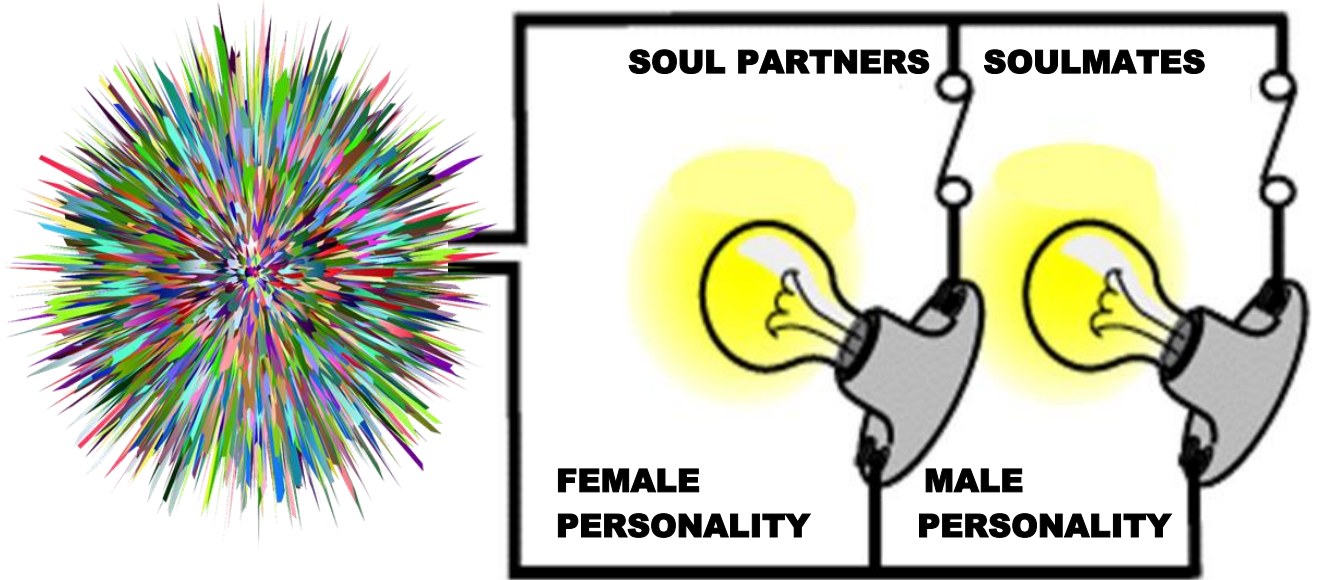
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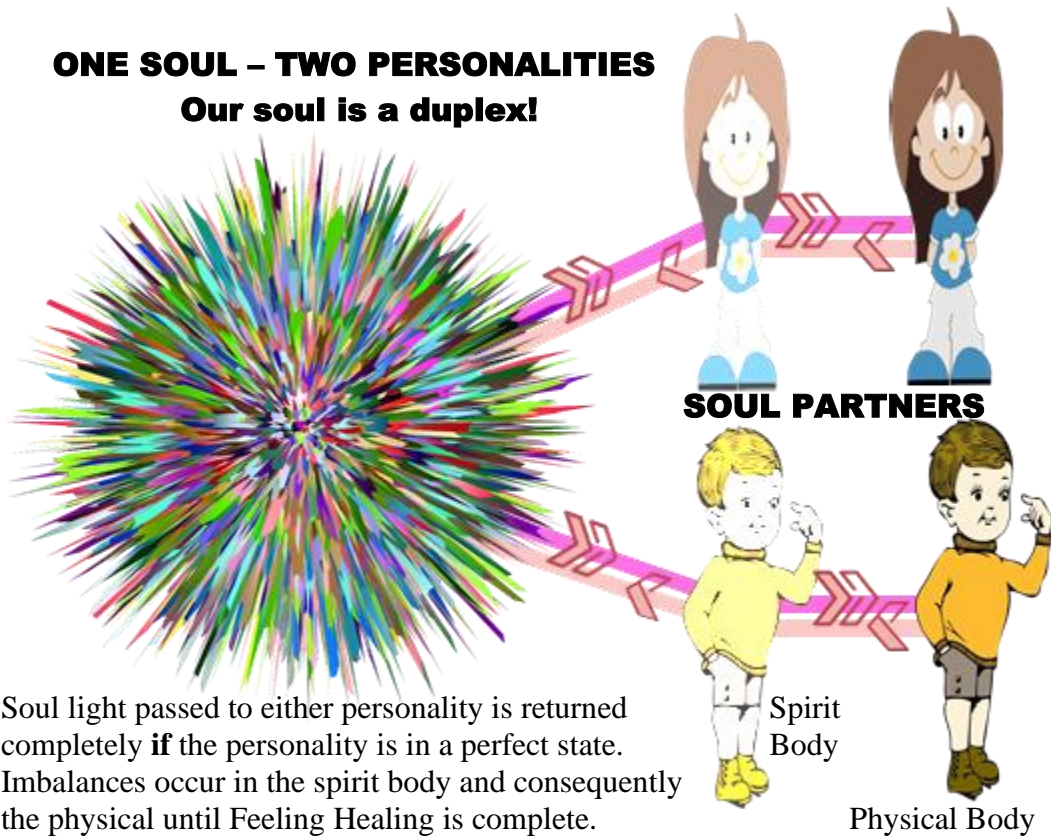
Enters emotionally - is to leave emotionally!

*We are to express our feelings,
both good and bad, emotionally!*

Two separate personalities on parallel 'circuits' having the same soul. What impacts one personality does not impact the other personality.

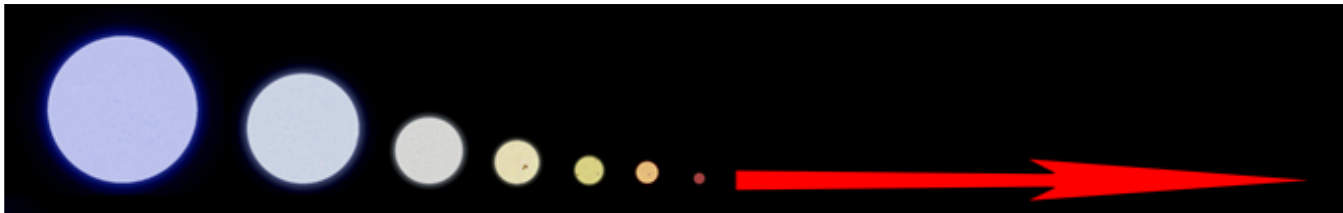


ONE SOUL - TWO PERSONALITIES
Our soul is a duplex!

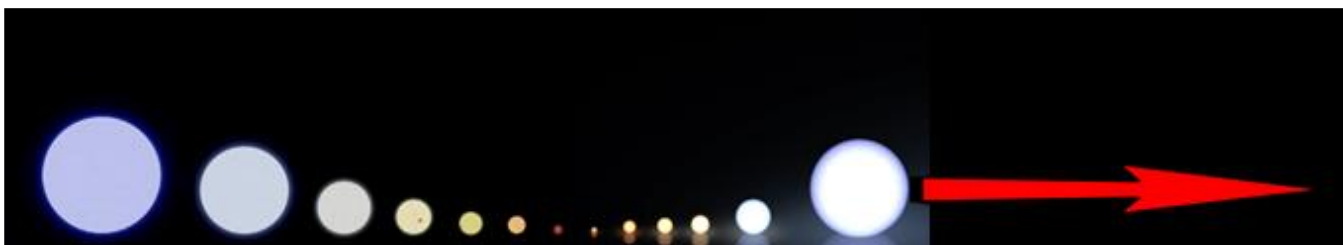


Soul light passed to either personality is returned completely **if** the personality is in a perfect state. Imbalances occur in the spirit body and consequently the physical until Feeling Healing is complete.

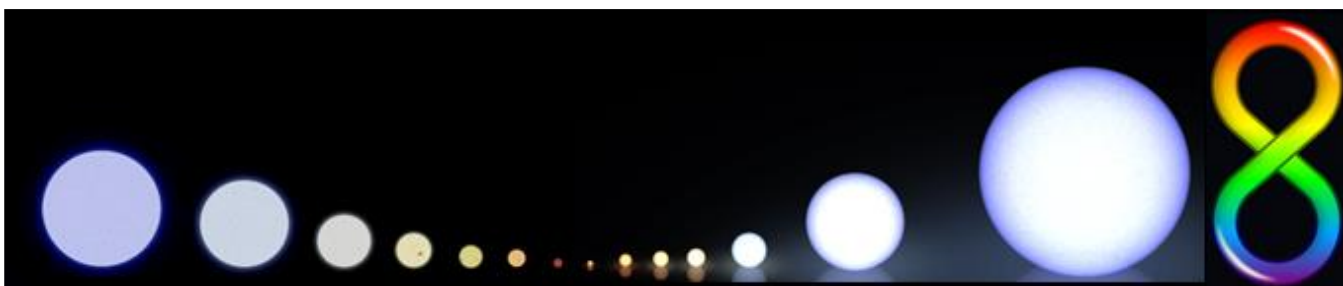
OUR CHOICE!



The moment prior to our conception, we are in pristine, perfect soul condition of Natural love. Consider that to be 1,000 on Dr David R Hawkins' Map of Consciousness scale – the largest sphere above. From that moment on we are being 'fire hosed' the errors and damage that our parents hold and carry. Somehow, we make birth – the middle sphere above. By the time we are six years of age, our childhood suppression of our true personality by our parents ends upon the arrival of our Indwelling Spirit. Now, our soul condition is the smallest sphere. We will now calibrate on the Map of Consciousness scale at the level of one or the other of our parents – we are now literally a clone of their messed up personality. We continue on at that level for the rest of our lives. We also go on and do the same to our own children, thus this stagnation goes on for generation after generation – for aeons.

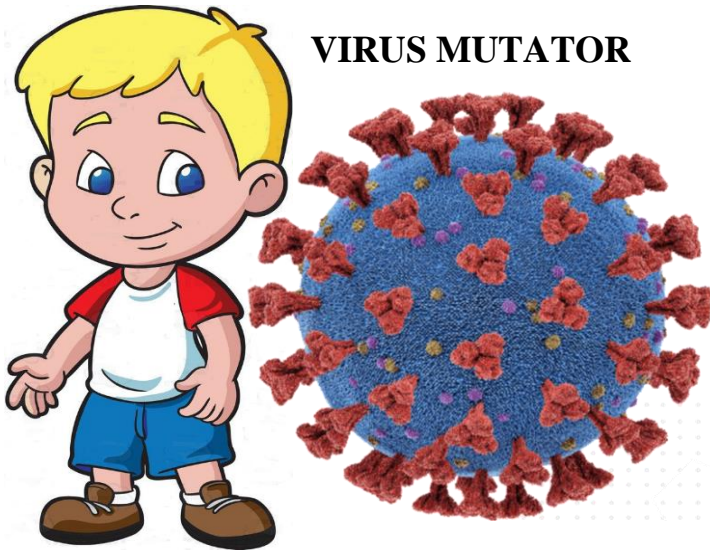


We can perfect our mind's control and achieve a state of bliss which is all false and eventually ends with us crashing back to reality. Or, we can embrace our Feeling Healing and heal all our damage, that which we took on as we got older as well as the damage imposed upon us by our parents and carers. Thus, we can grow in truth and love beyond 499 on the Map of Consciousness and perfect our Natural love, returning to the condition before conception. This could take a very long time – and then we are stuck in the 7th spirit Mansion World condition.



And here is the most wonderful pathway open for us all. By embracing our Feeling Healing with the Divine Love, through longing for the truth behind what our feelings are drawing to our attention and asking our Heavenly Mother and Father for Their Love, Divine Love, we can heal our childhood suppression and ongoing repression, with the Divine Love, then we can progress into the first of the Celestial Heavens and continue onwards with our evolving growth in truth and love all the way to Paradise, the home of our Heavenly Mother and Father. The pathway is now defined and open to all.

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



VIRUS MUTATOR

Medical scientists and researchers may consider that their laboratories are extra-ordinary, and they are – compared to yesterday.

However, the laboratories of the Nature Spirits are truly out of this world! And they are so massive that our physical facilities are nothing more than a kiddie’s toy in comparison – at best.

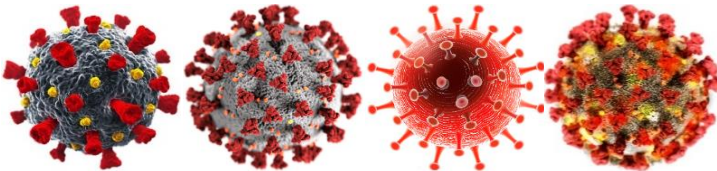
Let us consider a virus. A virus is more of the spirit than it is of the physical. Scientists cannot pick up on a virus UNTIL it takes lodging in a physical cell. While the virus is still in the spirit body, it can be transmitted from person to person without even been felt, let alone seen. Then there are many of us who are hosts and we are the ones where the virus mutates into new versions and the virus goes off amongst people in a new variation – essentially to avoid vaccines!

You have got it! The Nature Spirit laboratories change the nature of a virus to avoid a new vaccine currently being developed by man so that the virus can go on to complete its assigned task.

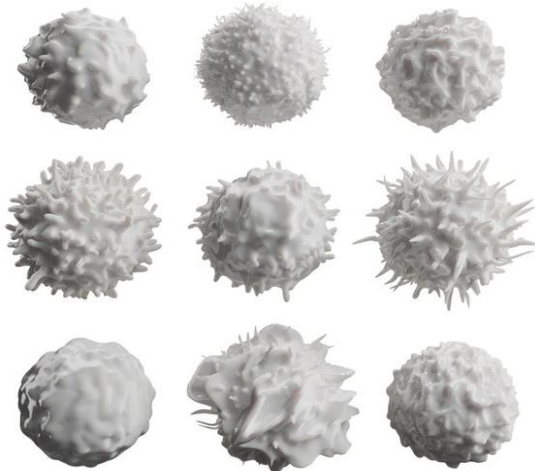
Now, you may ask why is the experience for each person so variable – so different?

No matter what strand of a virus you may contract, it will be further mutated specifically for what you, the receiver, is to experience. Your specifically designed version will be to take you deeper into your personal Rebellion or to help you out of your personal Rebellion.

Virus mutations visible to scientists.



Virus mutated specifically for each individual as required by each person’s soul. These are not visible to scientists.



Further, no virus, no illness or disease will cause you greater pain than did your Childhood Repression! Childhood Repression pain will not be exceeded upon!

Feeling Healing with Divine Love is the key!



Now that the Rebellion and Default has formally ended on 31 January 2018, we can more readily engage in our healing through Feeling Healing, by expressing what our feelings bring to our notice, both good and bad, to express our feelings to a companion. What has entered us emotionally is to be expressed emotionally to a compassionate friend. We are too long to know the truth that such feelings are drawing our attention towards, both good and bad. Such experiences will ultimately lead us deeper and further into our Childhood Suppression as it is our ongoing Repression that we start to work our way through. As we develop our way into our personal Feeling Healing, we will discover that as we long for the Love of our Heavenly Mother and Father, our

true Mom and Dad, that They are real as we experience receiving Their Love, Their Divine Love! We are now commencing our journey home to Paradise!



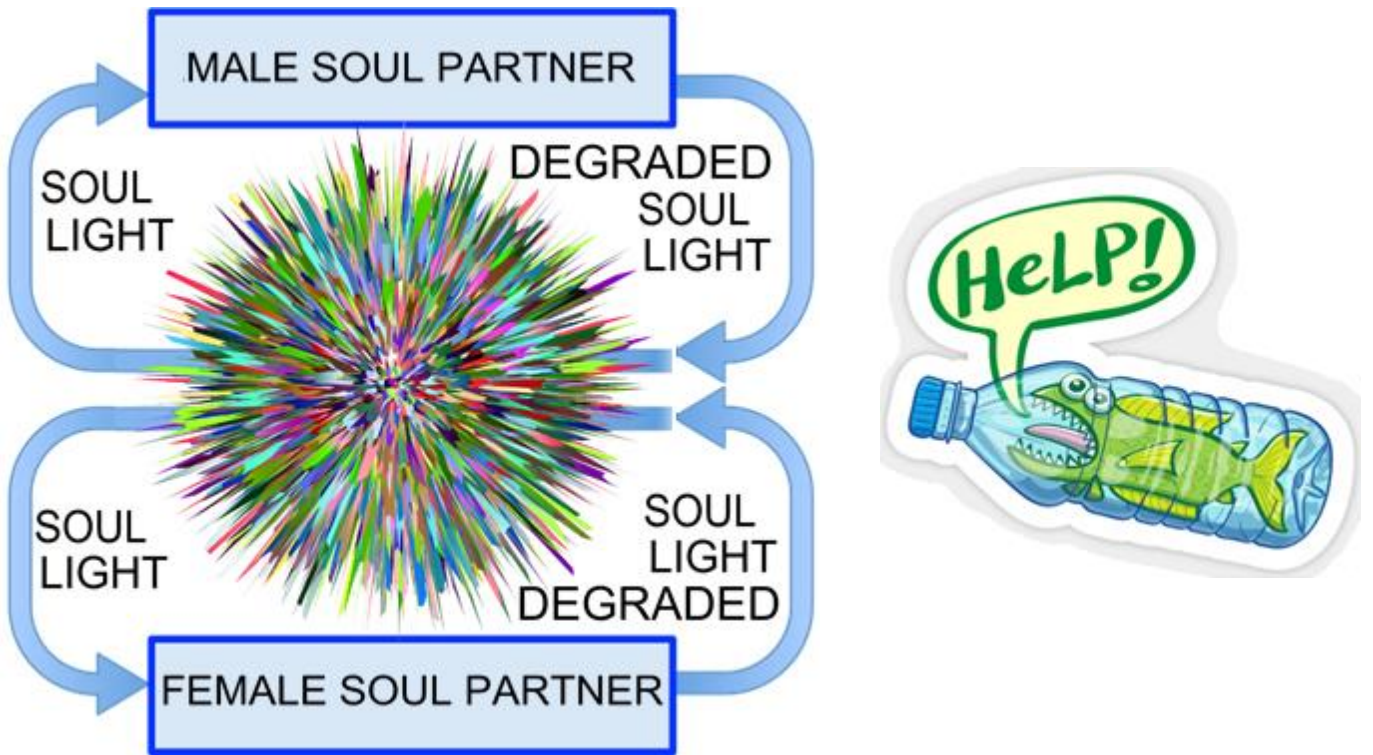
When educators do not know what it is that they are teaching - that is the subject of Medicine!

Doctors do not know what the cause is of any illness - that is maybe why they have identified more than 10,000 illnesses and diseases!

Education and Health systems are now to EVOLVE!

The elephant in the room being: CHILDHOOD SUPPRESSION

The pathway forward is to embrace: FEELING-HEALING

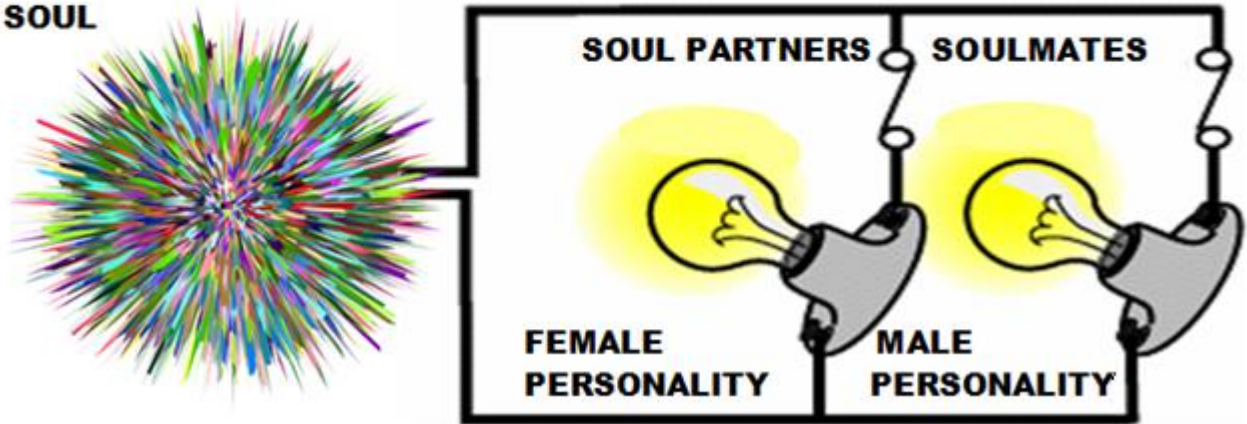


Feelings First with Mind to follow in support.

Health of all of Our Bodies

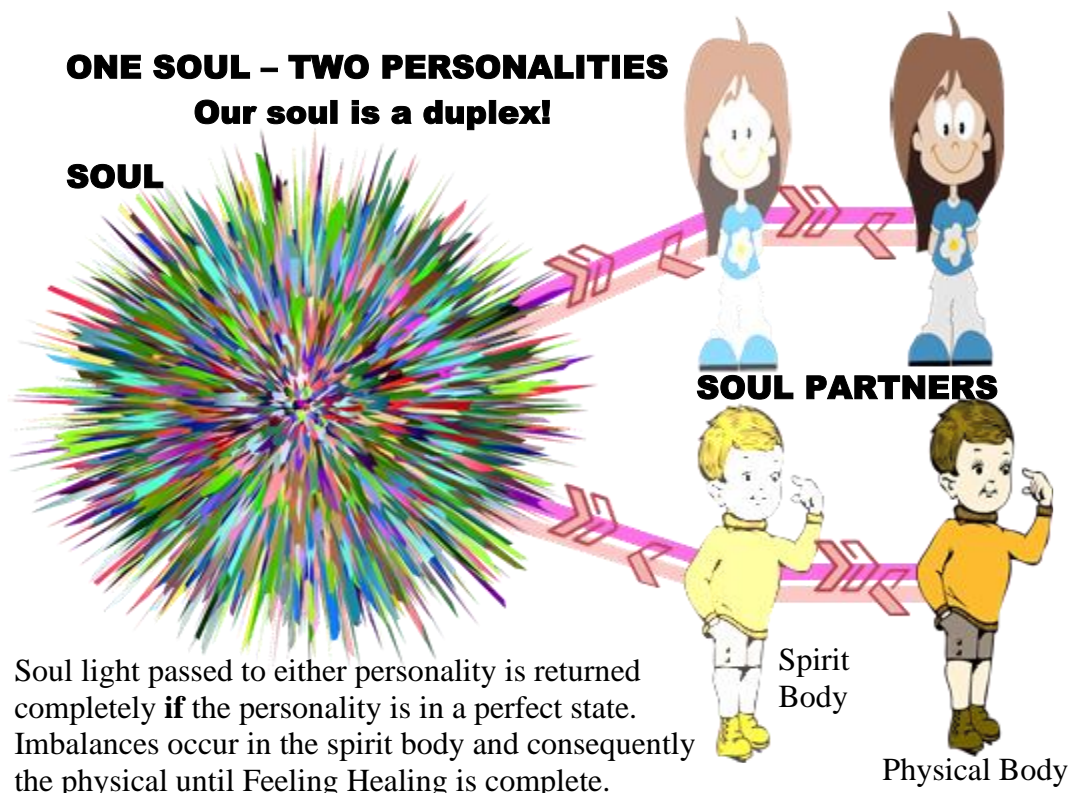
SOUL LIGHT emitted is to be BALANCED by the LIGHT RETURNED!
Two separate personalities on parallel 'circuits' having the same soul.
What impacts one personality does not impact the other personality.

SOUL



The elephant in the room is our Childhood Suppression, from conception through to age six years. This impedes the circulating flow of soul light thus bringing about imbalances throughout our spirit and physical bodies. This manifests as discomfort, pain, illness and disease throughout our lives. All 10,000 identified diseases are of the consequence of Childhood Suppression in its numerous formats.

We are to express our feelings, both good and bad, to a companion who is open to hear what is coming to surface for us. We are to long to know the truth behind those feelings. What enters us emotionally is to be expressed emotionally. This is our Feeling Healing. This is the one and only pathway to bring about healing and harmony throughout all of our bodies, including physical.



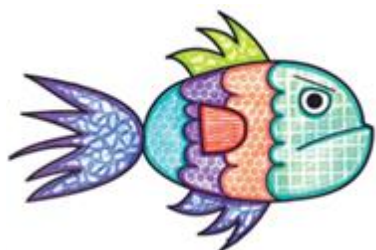


FREEDOM OF FEELING
FEELINGS HEALING
LIVE FEELINGS FIRST

LONG to KNOW ABOUT what you are FEELING!
Long to understand the truth behind
what your feelings are pressing upon you.



Ask to know the truth about that which you feel.
It is knowing the truth of that
which you feel that sets you free!



Always be true to your feelings
because they are your truth
and truth is love and our way home!



Express your feelings to those who matter to you.
Suppressed feelings bring about pain and illness.
Talk it out to a friend!

*From our head to our toes,
what our feelings say goes!*



Feelings, good and bad, are to be expressed.



Talk it Out!



Heartfelt feelings are our truth.

*Then we are to continue by longing for
the truth that our feelings are to reveal to us!*

PASCAS UNIVERSITY

PASCAS FOUNDATION (Aust) Ltd

We enable awareness so that people and communities may profoundly grow their lives, livelihoods and exponentially enhance their futures.

Empowerment is by:

the New Way: Learning how to live true to ourselves by living true to our feelings;

enabling the true liberation of women through the truth of their feelings;

assisting urban as well as remote and rural communities with access to truth through all levels and forms of education;

supporting delivery of quality and accessible healthcare;

improving opportunities for and the safety of all, especially women and children;

and fostering a new era of leadership and leaders.

It takes a village to raise a child.

LIVING FEELINGS FIRST and EARLY CHILDHOOD

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

Library Download – Pascas Papers

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

In this series:

Chaldi Child Care Centre – Safe Space
 Chaldi College Free to Learn Instinctively
 Chaldi College Free to Learn Pathway
 Chaldi College Primary thru to High – Feelings First
 Chaldi College Women and Girls’ Education
 Chaldi College (WW) – Education through Feelings
 Chaldi College (WW) – Technology & Product Information
 Chaldi College (WW) – Massive Open Online Courses
 Chaldi University Postgraduate Feelings Degree

Pascas Care Letters Psychology and Feeling Healing
 Pascas Care Living Feelings First Adult
 Pascas Care Living Feelings First Children
 Pascas Care Living Feelings First Children Annexures
 Pascas Care Living Feelings First Children Discussions
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 Pascas Care Living Feelings First Drilling Deeper
 Pascas Care Living Feelings First Drilling Deeper Structures
 Pascas Care Living Feelings First Reference Centre

Pascas University and Global View
 Pascas University and the Meeting House
 Pascas University Education Core Errors
 Pascas University Papua New Guinea Leadership Team
 Pascas University Universally Free Education
 Pascas University We Learn By Doing



Important recommended reading is:

by James Moncrief

The Rejected Ones – the Feminine Aspect of God

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

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

Library Download – Pascas Papers

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

Within the Library Download page within Pascas Care Letters at www.pascashealth.com kindly download the following two files:



[Pascas Care Letters Root Cause now to Pathway Forward.pdf](#)



[Pascas Care Letters Root Cause now to Pathway Forward short.pdf](#)

Important recommended reading is:

by James Moncrief

The Rejected Ones – the Feminine Aspect of God

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

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

Within the Library Download page within Pascas Care Letter at www.pascashealth.com kindly download the following:

- Pascas Care Letters – Family Shelters Abuse & Remedial
- Pascas Care Letters – Family Shelters Overview
- Pascas Care Letters – Family Shelters Protection
- Pascas Care Letters – Family Shelters Social Housing
- Pascas Care Letters – Family Shelters Support Centre
- Pascas Care Letters – Family Shelters towards Liberation



FURTHER READING:

Free downloads are from [www.pascashealth](http://www.pascashealth.com) in the Library Download page, scroll down for the PDFs:

PASCAS CARE PARENTING

Sam's Book – Parenting and Feeling Healing	Book I	Experience
Sam's Book – Parenting and Feeling Healing	Book II	Conception
Sam's Book – Parenting and Feeling Healing	Book III	Magic
Sam's Book – Parenting and Feeling Healing	Book IV	Nothingness
Sam's Book – Parenting and Feeling Healing	Book V	Setting Free
Sam's Book – Parenting and Feeling Healing	Book VI	Pain and Rage
Sam's Book – Parenting and Feeling Healing	Book VII	Vision
Sam's Book – Parenting and Feeling Healing	Book VIII	Childhood
Sam's Book – Parenting and Feeling Healing	Book IX	Self-Acceptance
Sam's Book – Parenting and Feeling Healing	Book X	Physical Illness

Pascas Care – Parenting Awareness
 Pascas Care – Parenting Eureka Moment
 Pascas Care – Parenting Feelings Supreme Guides
 Pascas Care – Parenting Health Generation
 Pascas Care – Parenting into the Abyss
 Pascas Care – Parenting Rebellion

Important recommended reading is:

by James Moncrief

The Rejected Ones – the Feminine Aspect of God

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



Mind Centric Way

Feelings First Freedom

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

BIBLIOGRAPHY NOTE:

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

Pascas has 600+ supportive 'Pascas Papers' accessible in Library Download at www.pascashealth.com

Pascas Primary publications being:

- U-Turn for Humanity Pascas reveals New Feelings Way
- U-Turn for Humanity pathway being New Feelings Way
- U-Turn for Humanity shutting hells through New Feelings Way
- U-Turn for Humanity soul light and New Feelings Way
- U-Turn for Humanity through the New Feelings Way
- U-Turn for Humanity treacherous assumptions New Feelings Way
- U-Turn for Humanity unfolding the New Feelings Way
- Universal Gift – Feeling Healing with Divine Love
- Feeling Healing and Divine Love Discussion Prompts
- Pascas Care Death & Dying Transition & Assimilation Marjorie

Selected Pascas Papers, as noted below, can be downloaded from www.pascashealth.com from within the Library Download page.

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

DIVINE LOVE SPIRITUALITY – DLS:

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

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

James Moncrief Books:	MoC		
The Rejected Ones – the Feminine Aspect of God	1,490	Nov 2002 – Jan 2003	228
Messages from Mary and Jesus book 1	1,485	Feb – Apr 2003	189
Messages from Mary and Jesus book 2	1,485	Apr – Oct 2003	170
Soul Light from Zelmar, a Melchizedek, books 1 and 2	1,480	May – Sep 2003	480
Mary Magdalene and Jesus' comments on the Padgett Messages – book 1		Aug 2007	164
Messages from 31 May 1914 – 12 January 1915	1,495		
Mary Magdalene and Jesus' comments on the Padgett Messages – book 2		Sep 2010	177
Messages from 13 January 1915 – 29 August 1915	1,494		
Speaking with Mary Magdalene and Jesus blog – book 1	1,490	Jan – Apr 2013	206
Speaking with Mary Magdalene and Jesus blog – book 2	1,489	Apr – May 2013	229
Speaking with Mary Magdalene and Jesus blog – book 3	1,490	Oct – Jan 2014	187
Speaking with Mary Magdalene and Jesus blog – book 4	1,491	Jan – May 2014	191
Mary Magdalene comments on Revelation from the Bible KJV	1,485	Dec 2013 – Jan 2014	84
		This group being pages of	2,305

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

This group being pages of 3,046

Religion of Feelings

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

Introduction to Divine Love Spirituality

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

Main website of DLS

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

Childhood Repression website

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

DLS and CR forum

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

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

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Soul Light – books 1 and 2

A Melchizedek, Zelmar, sums up how we are to heal ourselves and ascend to Paradise.

Paul – City of Light

As a gentle intro into the Divine Love and Healing; being James Moncrief's first novel.

Ann and Terry

An example for people who might want to immediately start working on themselves and doing their Healing.

Feeling Bad? Bad Feelings are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

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

Sage – and the Healing Angels of Light

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

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

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

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

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

[PASCAS – document schedule.pdf](#) **downloadable index to all 550+ Pascas Papers.**

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

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

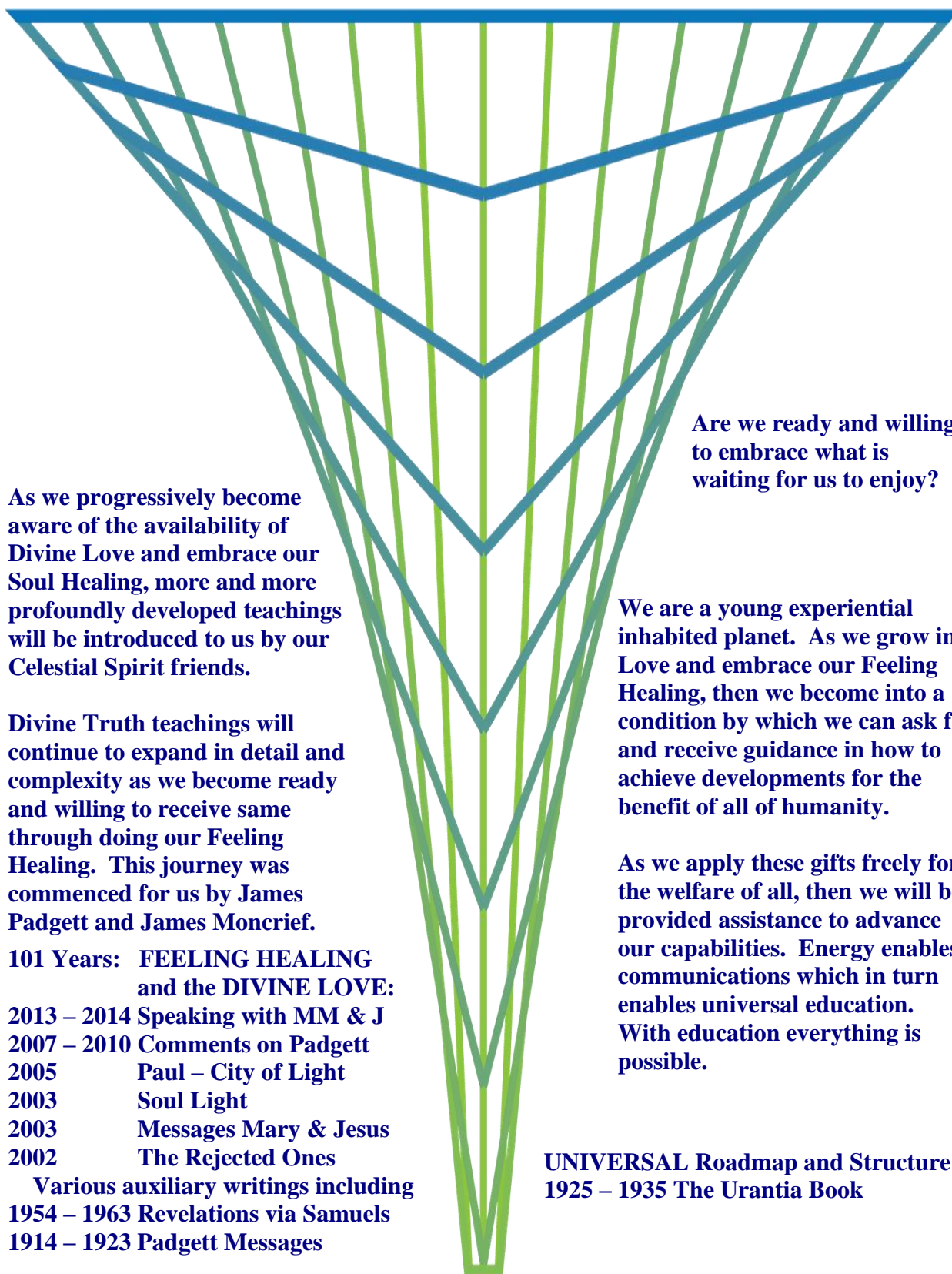
Pascas Care Letters A Huge Upturn
Pascas Care Letters Big Revelation
Pascas Care Letters Feeling Healing Benefits Children
Pascas Care Letters Feeling Healing Way
Pascas Care Letters Little Children
Pascas Care Letters Women's Liberation and Mother

MEDICAL – EMOTIONS:

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

**PASCAS
PAPERS**

DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:



What Is Genius? True Self Expression

Children Tutoring Each Other!

Feelings
Orientated
Education



People Interacting!



Philosophy of global changes

Age of a new way

Soul healing

Put **C**hildren first

Awareness so that people can improve their lives

Spirit creating alternative solutions

Team Ukraine



"THE" profession is: TEACHING



to:

Learn through play
Independently explore subject
Research with fellow students
Explore topics you enjoy
Engage in what you are passionate about
Ask — and keep asking
Question every aspect
Commonsense is not common
Assumptions are mostly in error
Embrace what you may be feeling
We have been retarded and restrained
We are to be our true self
We are to express all our feelings
We are self contained — all is within
By doing is how we learn
Tutoring others is a great self teacher
Our capabilities are infinite



while you



Living Feelings First!

INTUITIVE

INSIGHTFULNESS

DYNAMIC

NATURAL INTELLIGENCE

SPONTANEOUS

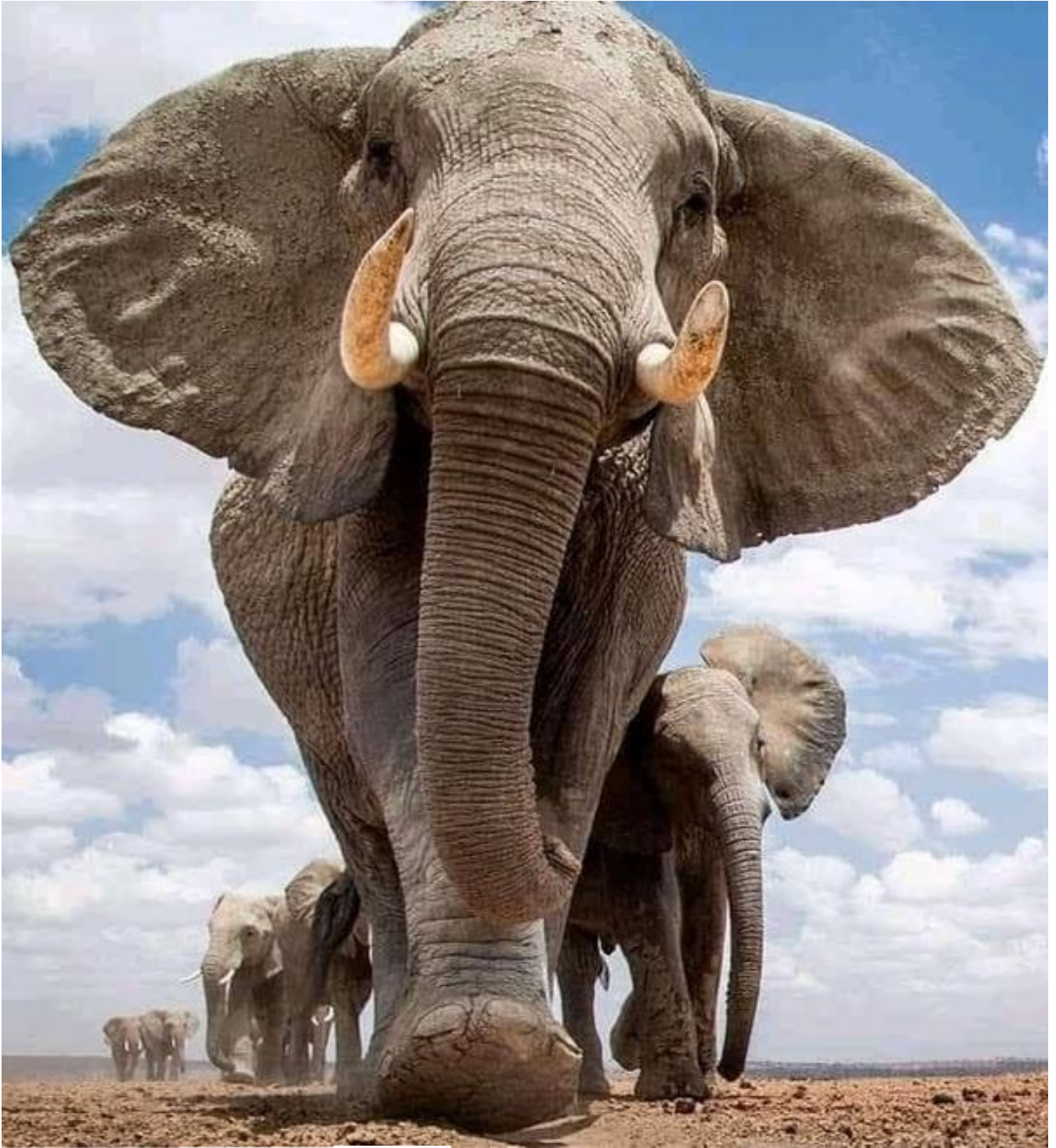
VIBRANCY

foresightful

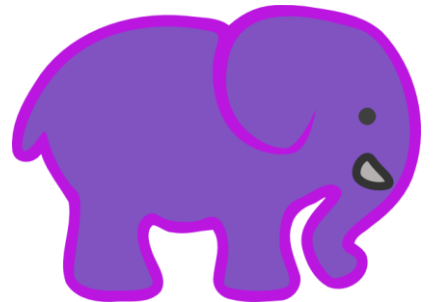
Wisdom & Truth

FREEDOM

EQUALITY



Avonal AGE 1,000 YEARS



perceived truth MoC 910 – relative truth potential MoC 1,480