



Feeling Healing doing it!

25 April 2025

Share our emotions

Talking about how we feel with someone we trust and reaching out to let someone know how we feel helps us so much. We don't feel alone in how we're feeling, we can get a clearer sense of what is bothering us and can get support to work through our feelings.

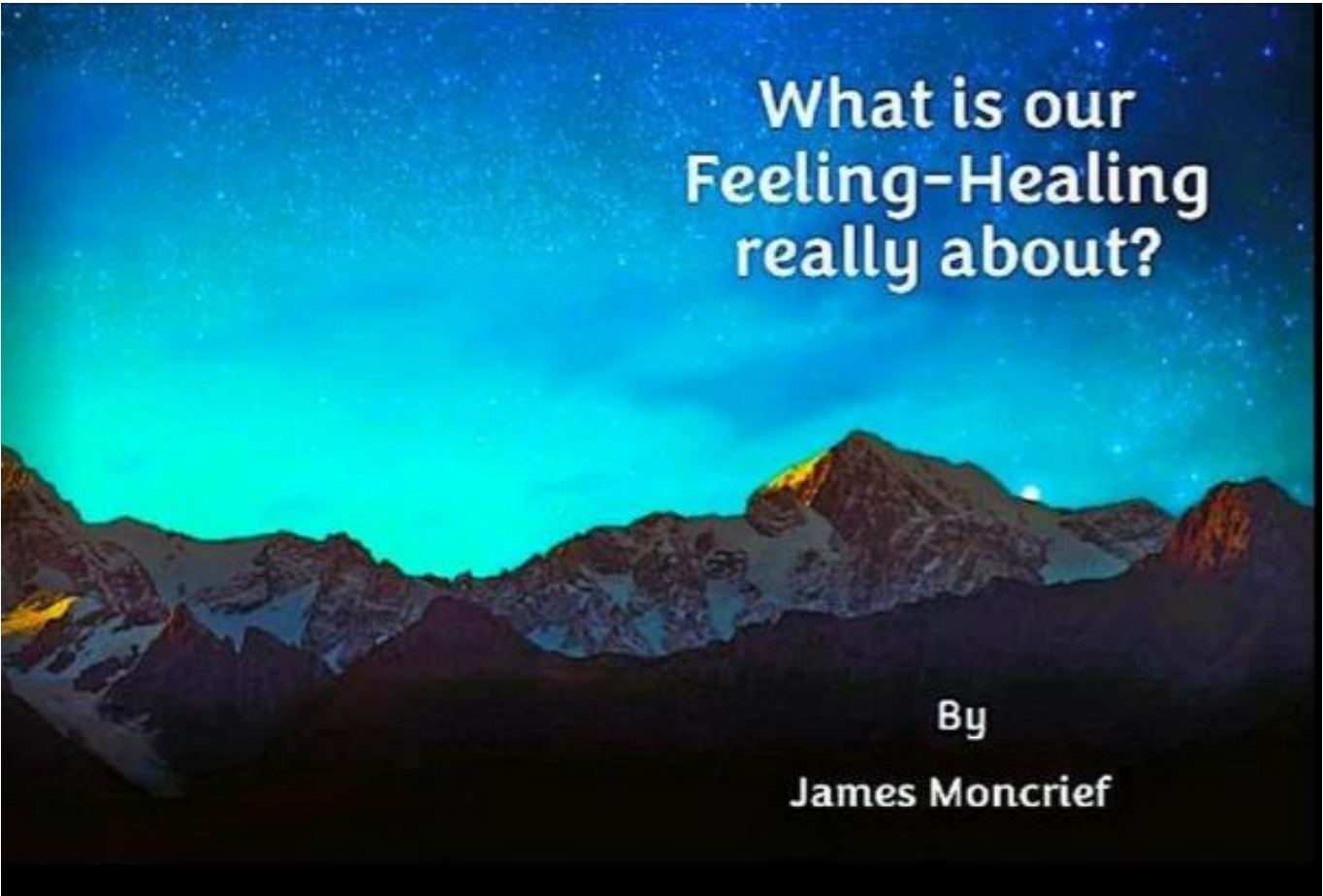
As we quietly listen to our companion, we are not to pacify him or her in anyway, we are to listen intently, encouraging him or her to go further and deeper, always longing to know more deeply what is coming to the surface, always longing to know more of the truth behind the feelings coming to their attention. There is always more behind the feeling – the truth will slowly and eventually surface. It is a long journey of self-discovery. It is ultimately wonderfully freeing as well as revealing. We will eventually discover the very earliest moments of our childhood – and much more!

Kindly share as you please.

Aspiring to Living Feelings First

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What is our Feeling-Healing really about?

By

James Moncrief

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What is our Feeling-Healing really about?

It's about becoming true to how our childhood was, and stopping being false, ending all the bullshit that's keeping us away from how fucked we are. That we're to get rid of our wrong beliefs about ourselves, our family, the world, and stop wishing and even hoping we could change, and stop trying to change ourselves into what we think would be better.

So, take it all away, strip it all away, and just be as we are. To fully accept this is how God wants us to be, having given us the childhood we had, to make us be this way. BEING in each fucked part of ourselves over and over as it comes up so we can further investigate it, seeing how wrong and false we still might be in it, and not try and change ourselves.

Give up trying to change ourselves. And that we do change through our Healing, however it's not how we have been made through our childhood, but changed by giving up and getting rid of all the shit that's false in us, all the wrong beliefs, so we can be true to how fucked we are, that being a huge change... and along with expressing out of us all our repressed bad feelings.

We are our Feelings - What does that mean?

We are a soul, a personality, a spirit in a spirit body; and whilst living on Earth, a spirit also living in a physical body. We live to grow in Truth, to evolve ourselves, our soul, in Truth. We live to uncover the Truth of ourselves, and of our Mother and Father.

We do that by interacting with other personalities, ourselves, and the world around us. As we interact, we're having experiences. Experiences give rise to feelings and thoughts. From our feelings we can bring the Truth of our Experience to light, thereby growing in Truth. With the Truth from our feelings, from our experiences, we know what is right and wrong, and what is the right and best way for us to live.

So, we can say We Are Our Feelings; in that, we are the Truth of our Feelings - we are the Truth our Feelings give rise to. Our Problem is, we've been incarnated into a Rebellion against the Truth. We are made by our parents, as they were made by their parents, and all by Default (without them knowing they are doing it), to go against the Truth.

How we live against the Truth is by using our minds to take over from, and even suppress and deny, many feelings. By denying feelings, we're denying the Truth they would ordinarily give us, so preventing our soul from evolving. So we don't know how to live from our Truth, as we're not growing in Truth from or through our feelings.

Many people believe they are growing in Truth and evolving their soul, when all they are doing is advancing their mind's control over themselves. They are Transcending in Beliefs; not Ascending in Truth. Transcending is a dead end; Ascending is open ended - all the way to Paradise.

To end living rebelliously, against the truth of ourselves, we need to do our Spiritual Healing. Our Spiritual Healing: called our Feeling-Healing without the inclusion of longing for God's Divine Love; or our Soul-Healing, when we include longing for God's Divine Love, involves focusing on each feeling, looking to wholly embrace it, accept you're feeling it, so not try and deny or block or suppress it, and 'bring it out'. We bring out our feelings by expressing them, speaking the emotion of them to a friend, or to God.

As we express our feelings, we Long For The Truth Of Them. As the Truth comes, it will confront our mind control, helping to show us how we're living denying so much of our self-expression, how we're preventing ourselves from growing in truth from our feelings. How we're limiting our interactions with each other, limiting our experiences. When we strive to Live True To Our Feelings by honouring them the right way, and looking to end our mind control over ourselves, we can be said to be living Feelings First; or, We Are Our Feelings.

By being our feelings the right way, by being true to them, we will slowly bring to light the Truth of our Rebelliousness. We need to see why we're living the Wrong way, what being of a Spiritual Rebellion that's denying the Truth, is all about. Seeing how we're living with and through our mind, instead of with and through our feelings.

And when we're living the whole truth of our rebelliousness, living true to all our bad and good feelings, then our Mother and Father will transform us out of being Wrong, into being Right, and we'll be free of the Rebellion and Default. We Are Our Feelings, because they are really the Truth of us. Our feelings don't lie. Our mind lies and can be false. Our feelings are always True.

What is my Life's Purpose - what is life all about?

Life is about growing in personality perfection, achieving one's perfection of soul and spirit through honouring and attending to one's feelings properly, which when done, evolves one in truth and understanding of themselves, life, all relationships, and God. It's not about money, nor even having a nice house and family, as such, it is about the relationships in the family, and if you're all helping each other grow in truth of yourselves through your feelings. As a parent: Do you help your child accept, emote and express, all its feelings fully; helping it to long for the truth of them, helping them to understand what growing in Truth is all about... and why it's a good thing to do... and how most of the world is not about that, it is intent on denying feelings, and so denying the Truth that would come from them.

Your life's purpose is to be a fully self-expressive personality; to live true to yourself by living true to your feelings; to evolve your soul with Truth as you honour your feelings correctly. What you are to do throughout your life will come to you through your feelings, you being moved by them, as you strive to live true to them.

You can ask: What does God ask of me; why has God given me the life I have? And overall spiritually, God has incarnated you into a world that's in rebellion against the Truth that comes from our feelings. Your mind-controlling life is about exploring what it's like being rebellious. Your rebelliousness is passed onto you from your parents, you passing it onto your children.

Then will come a time when you're to wake up, realising you're not happy, something is very wrong, it being time to do your Spiritual Healing looking to end being of the Wrong Way. Of which Divine Love Spirituality can help you with. By wanting to do your Spiritual Healing, if you commit seriously to it, it will become your whole purpose and reason for living. Because all you'll want to do is End being controlled by the Rebellion and Default.

The Hardest Part of One's Spiritual Growth

Is to deal with the Truth of your relationship with your parents... and then your children. It's to want to see the truth of how it was love-wise for you with them. Did they truly love you; or was it a false mind-contrived love?

Many people can't begin to accuse their parents of all their troubles and pain in life, however, such people will never do their Spiritual Healing and so never grow in the Truth of their relationship with their parents.

No matter how loved you might feel by your parents, family and other carers, even your religion being like another 'parent', because we're all conceived into and so living in a Rebellion against the Truth of ourselves, and against True Love, no one has been truly loved by their parents. It's just how it is, what we of humanity have to one day accept about ourselves and each other.

All good therapy will take you back to your parents and whether your relationship with them was loving or not; and not just loving, but truly loving, fully loving, because we can take a small drop of love in amongst all the unloving, and blow that out of proportion being determined to convince ourselves, and remain sure our parents loved us so much, when the truth is, they didn't love you anywhere near what you, your spirit, your soul, your whole personality, needed to feel.

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Some people are very aware their parents didn't love them, and if they choose to do their Spiritual Healing they will grow in greater understanding, awareness, and then acceptance and eventually a forgiveness of their unloving parents.

Those people who believe they were loved, and even strongly loved, will have to sift through whether or not that love is as they feel or believe it is. And if your love was, or is, true, it will remain; and if not, it will go with the truth of why you became so deluded about your parents love for you, coming to light.

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And when you say, my parents didn't abuse me, mentally, physically, sexually, psychologically, as some people suffered, my family wasn't dysfunctional, I had the best childhood, so many good feelings, my parents loved me, us all, so much, and I dearly love them, well lucky you; however, still, if you want to see and know how to look, you'll see cracks in that nice perfect upbringing, that truth having at some point be brought to light. If you don't bring to light the full truth of your relationship with your parents, family, your own children, and all that was in your life during your childhood, the whole Truth Of Your Childhood, and there is an awful lot to it, you'll never leave the Mansion Worlds, never leave the Rebellion and Default. Never move to a level of Truth where you can start having relationships that are True and fully Loving.

Technically, spiritually, humanity will never parent completely lovingly until parents have completed their Spiritual Healing and are of a Celestial level of truth. Or, if they can't attain that level because of the limitation of being in flesh, or the Divine Love has been withdrawn (as is said in the Padgett Messages that it will be in future for a time), be of a perfect state of Natural love by doing their Feeling-Healing. One way or another, humanity has to come to terms with the horrible truth that parents bring their children into the Rebellion without knowing it, so by Default. And as a consequence, we're all F--ked to varying degrees. So, we have to do our Spiritual Healing to un-f--k ourselves, by uncovering the truth of our relationship with our parents.

Being the Full expression of our Rebellion

We are to be the full expression of our rebelliousness, to be free to be it all in adulthood because we were not allowed to be it as children, having to obey the Will of our parents, denying, and suppressing our own Will and true feelings. So, our true rebellion never became fully actualized as children, it was controlled and stifled by our parents, although it has always been in us since our conception, just waiting for the freedom of adulthood so we could be it fully, and experience every part of it, it being our Will. We must not stifle our will as our parents did, if we are not living the fullness of our rebellion, then we are not living true to our wrongness, so never knowing it fully, only by living it and being it can we know the truth of all the wrongness that is denied and suppressed within us.

Our Feelings will show us every part of the truth of being in and of the Rebellion and Default. Our Feelings will take us into all our wrongness if we allow them to be expressed, not denying, or suppressing any part of our Will, as our parents made us do. We must accept that we are of the Rebellion and Default of humanity, and so we are bad by default; this will be hard to accept, but there is nothing we can do to deny this Truth. What we must do is to be it fully, and accept that this is us, this is the Truth of who we are, something our parents could never accept about us. Our parents tried so hard to make us into their version of socially acceptable, good people, acceptable to them and others.

We can't fight it; the truth of our wrongness is always within us. Just pay attention to your thoughts and feelings that go on all the time, those you would never want anyone to know you are thinking or feeling. They are waiting to rise up again and again, no matter how hard we try to push these thoughts and feelings away, and be the good people our parents told us we have to be.

Our wrongness will continue to be in us until we surrender to the truth and accept this is who we are and allow ourselves to be it. We must stop being the false good children that our parents created and be who we really are.

Once we are living the Fullest Truth of our Wrongness, and have accepted, expressed and felt emotionally the truth of all of our Wrongness, our healing can end and we can begin to live in a perfected condition, as it should have been had we not been born into the Lucifer Rebellion and The Planetary Default of our First Parents, who defaulted against the Divine plan for Humanity.

We are now to put it right by Being the Truth of our Rebellion and Default, knowing and accepting we are it and getting to understand how awful it makes us feel being in this condition, healing it all within us through our Feeling-Healing and with God's Divine Love.

The Most Confronting Truths we're to face

What are the worst, hardest, most confronting Truths we are to face about ourselves doing our Spiritual Healing?

That you weren't truly loved by your family, despite whatever love for and from them you feel. That you don't love your family and children as fully as you might feel you do.

That you are evil, sinful, bad, wrong, rebellious - not a nice and loving person, because you're part of and have grown up in, an evil Spiritual Rebellion and Default.

That you are hated, and you hate, hating yourself and others, hated by others; and you are not allowed to say the word 'hate'.

That you are nothing, a waste of space, no one cares about you or wants you, you feel utterly powerless and useless in the world, you mean nothing to anyone.

That you are full of guilt and feel so ashamed, humiliated and ridiculed all the time.

That you are Full of bad feelings, so scared, unhappy, miserable, sad, repressed, full of yuk and feel So bad all the time, and wonder where did all the good feelings go as you progress in your Spiritual Healing.

That nothing about you and your life is right, it's all wrong, and yet you have to keep going in it.

That your relationships are all untrue, as you are, all false and pretentious, as you strive to have power and control and feel some superiority and self-importance in your life, when you're full of shite.

That you feel totally Unloved.

If you're happy living more in the superficial levels of life, feeling for the most part, happy with yourself, your life, enjoying your family, relationships, loving and being loved... that's good, and Divine Love Spirituality I doubt would appeal to you. If you want to move deeper, under the surface, down into the hidden depths of yourself to know what ALL of you is all about... DLS might appeal to you. And one thing is certain: if you do your Spiritual Healing, you won't be disappointed!

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Live true to your feelings.

Seek to uncover the truth of your feelings. Want to know the truth of yourself through your feelings.

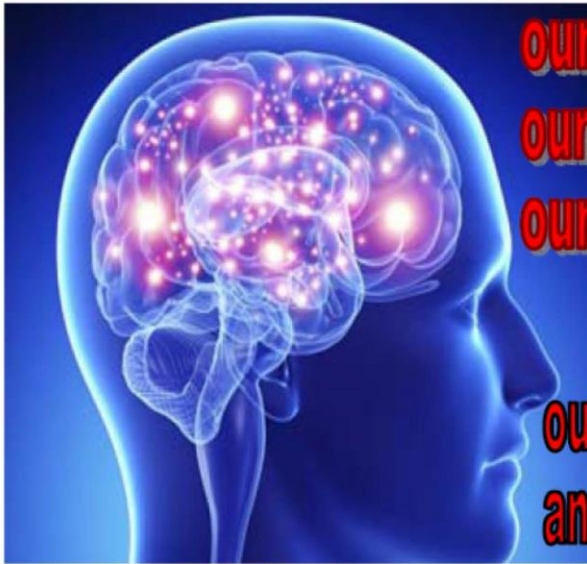
Your feelings are your way to your truth. Keep your mind out of it. Honour; accept, express and long to uncover the truth of all you feel, all your good feelings and ALL your bad ones.

Feel your feelings - all of them. And talk about them wanting to know truth they want you to see.

Stop denying your bad feelings, this is only denying yourself, denying your true nature. Admit and accept that you ARE feeling them.

Live true to yourself. Live true to all you feel.





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

**our MIND is within our SPIRIT BODY
and orchestrates our physical BRAIN.**

ASSUMPTIONS are the product of our MIND!

HEALING ends
MIND-CONTROL!



**our SOUL is our TRUTH!
our FEELINGS are our TRUTH!
FEELINGS FIRST, mind to follow!**

**all we need is WITHIN.
our MIND suppresses FEELINGS.**

OUR MIND is not our FEELINGS

Many consider that the nature of the mind is fear, doubt and judgement. Thus, some individuals may process information from here that then trigger a reactive emotion believing it will keep one safe. The result is either verbal or a behaviour / action.

Some have experienced supporting individuals asking them to welcome their feelings or asking; what are they feeling? The realisation is, many individuals do not recognise emotions / feelings. They live in the mind...

By acting out emotions, it keeps them from feeling. ADHD (attention deficit hyperactivity disorder) is one example of this, and there are many. It maybe because they believe emotions can be scary, painful, debilitating, trapping them in a way, thus, it is easier to run away through some kind of activity.

Our emotions (consequence of past events) / feelings (are of the now). A simple way to recognise emotions in the body is to ask one to:

Place your hand on your forehead and say "I love you"

Now place your hand on your heart and say "I love You"

Notice the difference, in some cases the voice softens. The experience is different. Hand on forehead it is a statement, hand on heart it is a feeling. The same applies for all feelings, there is a physical reaction / sensation in the body to feelings. It helps an individual in recognising their feelings. Feelings are soul based.

Intergenerational Conditioning of the genes which make up our DNA has now been scientifically acknowledged. Further reinforcing the only way to heal is through welcoming, feeling and embracing the frightened parts of ourselves.

We do not support writing down our 'cleared' emotions or keeping record as some may do. It holds the emotions in consciousness. Once we have welcomed and felt our emotions gone down through the layers, there needs to be an integration period of the freedom that remains, in body, mind which is within our spirit body, and soul which is always of truth and source of our feelings.

Consider visualising a bunch of helium balloons filled with your felt emotions; you are holding the strings attached. Taking a scissors, cut the strings letting them rise and rise, becoming smaller and smaller till they disappear into the heavens. We may experience this process as very holy divine emptiness.

Children are very good at this... No sooner after feeling the most traumatising emotions, they ask, can I go play now. There is no analysing or record keeping. A simple joy and energy remains.

What is worthier than one's soul; living a life through which the energy of your soul can flow unimpeded. As one feels and releases painful memories, energy becomes more and more available... This energy can be offered to change what can be changed in the world.

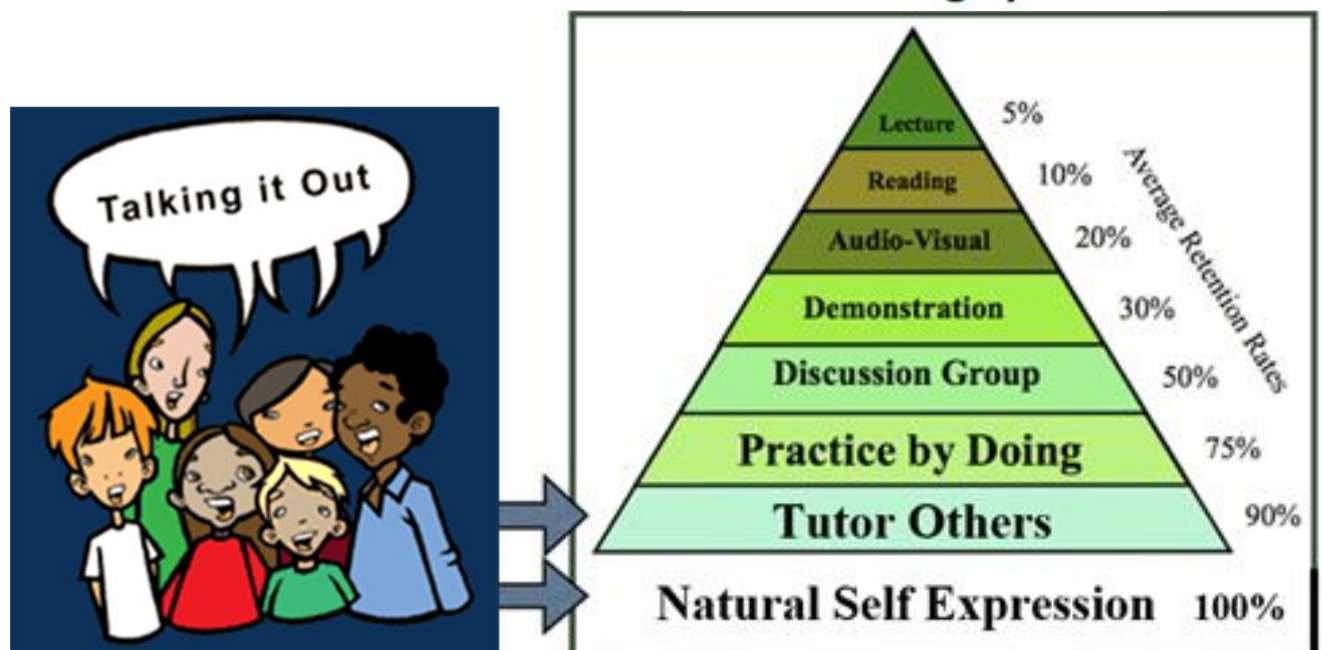
Expressing and letting go of emotional experiences is enabling the return of unimpeded free flowing soul light through your spirit body, then your physical body and its return to the soul – this ultimately leads to health, health of all the bodies, and the removal of the need to experience discomfort, pain, illness and disease.

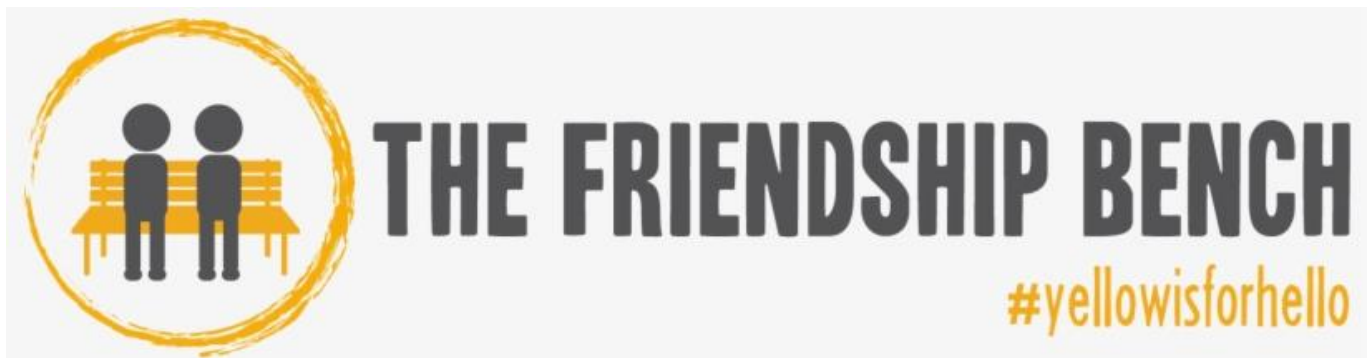
BLUEPRINT

We are our Childhood



The Learning Pyramid





Zimbabwe government taken on Friendship Benches



Doctors estimate one in four Zimbabweans suffer from depression or anxiety but there are just 12 psychiatrists treating the country's entire population of 14 million. They can't possibly go the route of training psychiatrists and psychologists because it would take 15 years. How are they going to provide treatments? Local doctors have come up with a simple but seemingly highly effective idea.

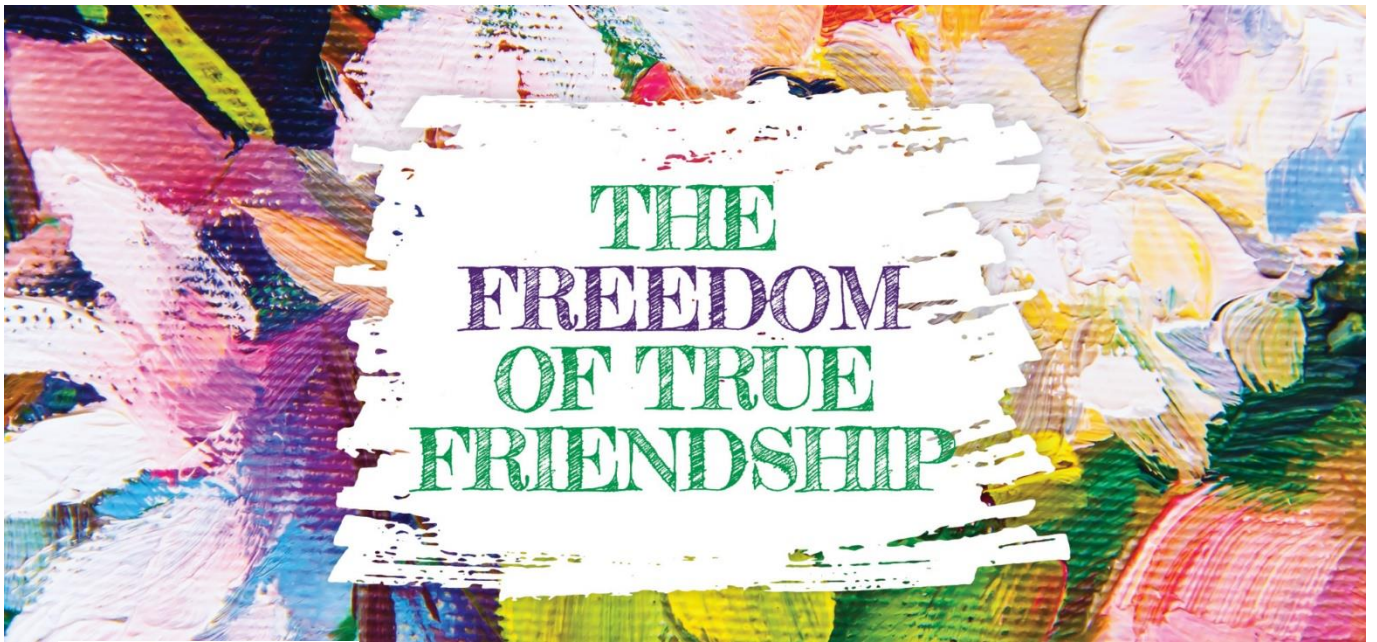
Wooden seats so-called “friendship benches” were installed on the grounds of several Harare health clinics. Visitors were offered six one-to-one counselling sessions with lay health workers who have received some training. They are known as grandmother health providers. The very lowest kinda of the health system to train those women to offer problem-solving therapy and so the patient explains what all their problems are and it's opening up the mind in the sense of allowing the patient to see that they can do something about their problems.

The study involved more than 550 patients. After six months only 14% of the patients in the “friendship bench” group reported symptoms of depression compared to 50% in a control group. They were also 5 times less likely to have suicidal thoughts co-founder of the friendship bench program Dr Dixon Shahbandar of the University of Zimbabwe told VOA via Skype the intervention had a wide range of benefits. Not only a mental health sort of package. A package that actually improved outcomes of things like hypertension, diabetes and in adherence to medication for people with HIV.

That success has led to Friendship benches being rolled out to 60 clinics in Harare and to other cities.

Chaldi Ladies introducing “Feeling Healing”!

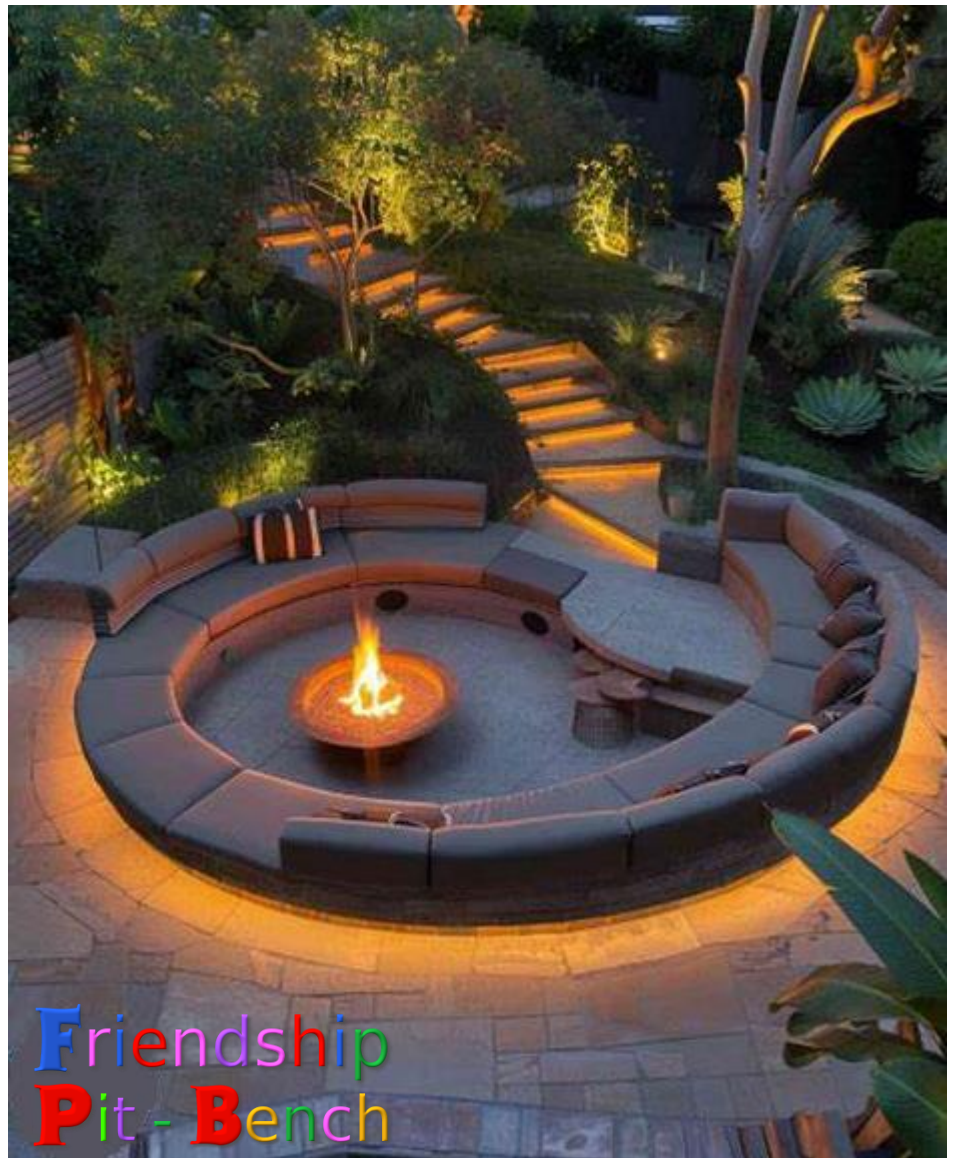




Truth is
Freedom



Friendship in the Round



Friendship
Pit - Bench



Safe Space for Feeling Healing

The Freedom of True Feeling Healing

Discussion and expression of emotions is free of any script or formal procedures, and are best in confidential, private, comfortable settings:

Friendship in the Round

Feelings Sharing in the Round

Friendship Pit

Feelings Pit

Friendship Bench

Feelings Bench

The environment is to be free of:

Intrusion by others and the discussions not to be over-heard by non-participants.

Recording devices of any form banned – unless specifically agreed to by all present.

Judgmentalism – no judgement by anyone present of what unfolds during a session is to emerge. The listener is to be supportive always. The friend expressing is to be uninhibited without limitations.

Pacifying – the friend who is expressing freely and openly what is coming to surface is to be encouraged and supported in his/her emotional event. We are to express emotionally what entered us emotionally. As we are expressing we are to be allowed and supported in being as emotional as we possibly can be.

Long for the truth – it is the truth behind what we are feeling that has to eventually come to surface. Longing for the truth of that which is buried behind our surface emotions is more important than the expressing thereof. It is this delving deeper and deeper down into our history, into our early childhood years, into the time when we were in the womb that has been unrecognised as being essential for our healing. Consequently, all other emotional platforms have failed to realise healing, they moderate the pain but the injury remains and the physical discomfort eventually returns.

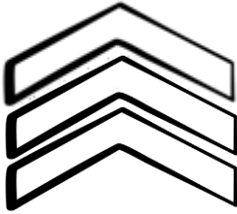
Trauma in the Womb is very Real!



Celestial Truth:

Truly all-loving;
Living true to oneself;
Mind supporting Feelings;
Living with the Divine Love;

Fully Healed of the Rebellion and Default.

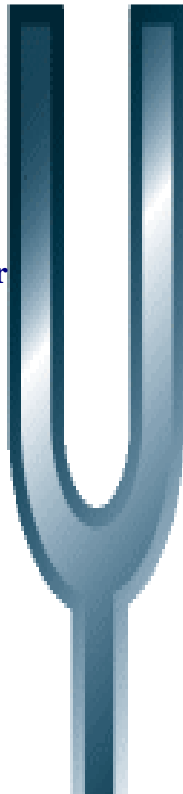


THE FEELING WAY

Feeling – Ascendancy

Unlimited progression

- Living true to your untruth;
- Honouring all your bad feelings;
- Expressing feelings to uncover their truth;
- Healing the Rebellion and Default within yourself;
- Feeling unloved; being unloving;
- Feeling as bad as you can feel;
- Feeling like you are no one special;
- Longing for the Divine Love.



All religions, New Age, agnostic,
atheists, no spiritual interest,
Living the Rebellion and Default.

Hell:
Exploiting the Rebellion and Default.

The CHOICE is OURS to MAKE:

THE MIND WAY

Mind – Transcendence

Limited progression

- Enlightenment, Nirvana, feeling all-loving;
- All false, mind-contrived. Anti-truth, anti-love;
- Still evolving the Rebellion and Default within yourself;
- Feeling and believing you are the Superior One;
- Living with your mind in control of your feelings;
- Living rejecting all your bad feelings;
- Living with your mind contriving you feel loved;
- Rejecting the Divine Love.



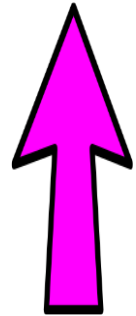
The Feelings are the doer; the Mind the teller. So we are to go with our feelings, which we can't be told to do with our mind. So the longing for the Divine Love, doing our Healing by expressing our feelings and longing for their truth, are all feelings and doing it with longing. Whereas the mind just wants to tell us what to do and how to be, no feelings in it, all how our parents have treated us.

Ascension of Truth to Paradise

ASCENSION of TRUTH to PARADISE

DIVINE LOVE – Feelings in control – FEELINGS WAY
DIVINE CELESTIAL HEAVENS – CELESTIAL SPHERES
UNITING with SOULMATE / SOUL PARTNER and SOULGROUP
BEING DIVINE, ETERNAL, IMMORTAL, FUSION with INDWELLING SPIRIT

THE FEELINGS WAY ** LIVING A FEELING-LED LIFE **



Transformation of soul from **Perfect** Natural Love to being **Divine** – being of **Divine Love**. Transformation of soul from **Imperfect** Natural Love to being **Divine** – being of **Divine Love**.

Transition from Mind to Feeling way of living

NATURAL LOVE – mind in control – MIND WAY
SEVEN MANSION WORLDS

We have to do our: SPIRITUAL HEALING
(FEELING HEALING)
(SOUL HEALING)

Uncovering the truth of feeling Unloved

IMPERFECT NATURAL LOVE
REBELLIOUS
REBELLION AND DEFAULT

Against Truth and Love
Living Untrue; against ourselves
Denying many feelings
Become Truth to being untrue
Imperfect relationships
Feelings of love within an unloving state

LIFE ON EARTH
WHAT WE ARE LIVING
AN UNLOVING LIFE

Self-Acceptance

No Healing needs to be done
Being true and loving
All done with Natural love
Uncovering the truth of feeling loved

PERFECT NATURAL LOVE
NOT REBELLIOUS
NO REBELLION OR DEFAULT

Not Against Truth and Love
Living Truth; not against ourselves
Not denying any feelings
Become truth to being true
Perfect Relationships
Feelings of love in loving state

LIFE ON A PERFECT WORLD
What we wish we were living
A Loving life



THE MIND WAY ** MIND-LED LIFE **

We are to move from our mind way to a feeling way of life within our rebellious and untrue state. We are to live truth to our being untrue, knowing and being the truth of why we are untrue.

GREAT U-TURN

Living True to Ourselves

LIVING TRUE to OURSELVES

We are to live truth to ourselves through ALL our feelings. We are untrue.
We are to live truth to being untrue. We are to stop pretending we're true.
We're to admit we're full of shit; and be as full of shit as we are.

God made us be rebellious and untrue, so we are to live being rebellious and untrue, not trying to not be as God made us. And we are to live true to being fucked, until God transforms us and changes us into being true and loving, ending our rebelliousness.

With all of us having been incarnated into a truth-denying rebellious world, we are to live true to how untrue, false and unloving we are. We are to stop using our mind to pretend we are true and loving when we're not.

We are to fully embrace, through our feelings, the truth of how wrong, bad and evil we are. And through our Spiritual Healing we are to fully accept how rebellious we are, living and being it. And knowing how being rebellious (being of and in Rebellion) makes us feel.

We are not to use our mind to pretend we are true; that we are loving, caring and sympathetic, as we're not those things.

Being of Natural Love we experience love through our mind. And so being in an imperfect state, some (if not all) of our mind love will be false and untrue.

When we have been transformed into our true Divine Love state having done our Spiritual Healing, then all the love we experience will be through our heart and soul with true feelings and no longer with our mind. With all love being true and based on the Truth.

We are to find the Truth of Love

The New Way

Living True to Your Feelings

We live denying many of our feelings, which is not good or healthy for us.

Early in our childhood our parents, families and society in many ways tell us that expressing certain feelings is not right, it's unacceptable, forcing us to block them out.

“Stop crying, you're too old to cry”. “If you carry on behaving badly, you'll be punished”. “Smile, stop looking so miserable, what have you got to be unhappy about!”

We are told many of our childhood bad feelings (and often good ones too) are not welcome, which is saying, you are not welcome as you are, you must change yourself and be as we say you are to be. It's not loving to be treated that way.

And by forcing ourselves to change causes us to suppress and then keep repressed many bad feelings. And all those repressed bad feelings fester away inside us making us sick and unhealthy.

To be made to stop expressing any feeling means we are being stopped from expressing the whole of yourself. And that is very damaging.

Living by not expressing ALL our feelings fully means we can't enjoy fulfilling relationships, it causes problems, unhappiness and all illness.

So all our problems and difficulties stem from the fact that during our childhood we were stopped from expressing all of ourselves, by not being allowed to express all of our feelings. And this is how the whole world lives. Some people, families and societies being more or less feeling-expressive than others.

And The New Way seeks to end any repression of feelings. It's to understand that we should live fully expressing all we feel and not with our mind heavily in control of ourselves limiting our self- and feeling-expression.

The Old Way is living the Mind way of feeling repression. An unloving way of being.

The New Way is living the **True Way** of feeling expression. A loving way of being.



**While we continue living mind-centric,
we are going the wrong way!**

HEALINGends **MIND-CONTROL!**

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

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

Our Heavenly Parents simply desires for us to ask for Their Love.

The New 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.

Root Cause

Highly esteemed Lanonandek spirits from within our local universe of Nebadon were assigned as System Sovereigns of our local system to oversee Earth's humanity and their spiritual development. 200,000 years ago they, the Lucifers, became infatuated with their authority and turned against the regents of Nebadon, Mary and Jesus, as well as rejecting God. Through their Planetary Princes, also Lanonandek spirits, they had taken the humanities of 37 worlds within their local system into their Rebellion.

By living through our minds, suppressing our feelings, we on Earth will continue to be at war with each other, illnesses of all descriptions will continue from our feelings suppression, famine and inequalities prevail, control of others is the core of all systems, we cannot determine truth from falsehood and life on Earth is a living hell. We have been continually seduced by mind Mansion World spirits and we live life in a stupor – nothing more than zombies doing the begging of the evil ones, the rebellious Lanonandek spirits.

By living through our minds, suppressing our soul based feelings, we have been progressively going further and further away from our Heavenly Parents, now to the point that we cannot go any further. Through working cracks in the Universal Contract governing the Rebellion and Default, this control has been ended formally as of 31 January 2018.

Pathway Forward

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.

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

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

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

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.

feelings

New way

The NEW

The NEW

It's all about
Experiences
&
FEELINGS



**BE FEELINGS
EXPRESSIVE!**

WHOLE DIFFERENT Way of Life.



Mind

TRANSITION



feelings

MIND vs FEELINGS

Mind vs Feelings – Your Choice.

And now is an appropriate Time To Make this Choice!

Everyone is to choose: The Mind Way;

or The New Feelings Way.

Which way of living do you choose: Mind Way?

or the Feelings Way of living?

Do you continue in your Mind Way?

or do you embrace The New Feelings Way?

Do you choose the Dead End Mind Way?

or the Eternal Happiness Feelings Way?

Times up for the Mind Way;

the Feelings Way is taking over.

False Spirituality – The Mind Way;

True Spirituality – The Feeling Way.

The End Times and Final Judgement; or Paradise – the choice is yours to make:

Continue in your soul-destroying feeling
and truth denying Mind Way;

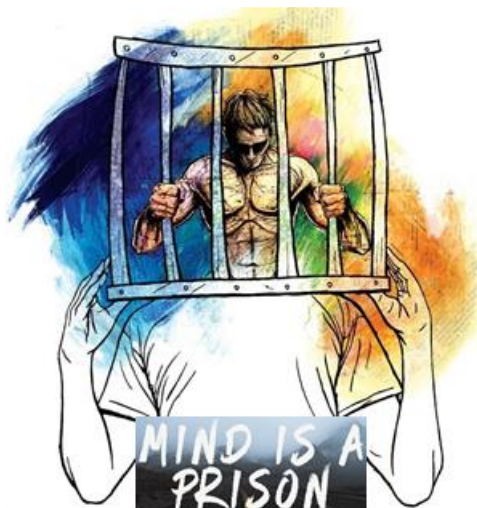
or embracing The New Feelings Way
by doing your Spiritual Healing;

Maintaining the mind's imposed façade of a robotic,
retarded individual, in a stupor, perpetrating the
errors of generations gone by;

or The Feeling Way which is the discovery pathway
to releasing your true, vibrant personality

The Mind Way – rejecting the truth of yourself
by denying feelings, restricted forever to the
mind Mansion Worlds;

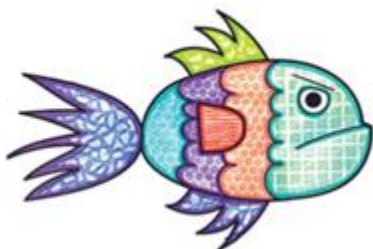
or The Feeling Way – uncovering the truth of
your feelings and ascending to Paradise.



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!

Enters emotionally - is to leave emotionally!

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

**Our feelings are our truth.
By living outside of our feelings
we bring about our difficulties!**

The GOLDEN RULE

Never interfere with another's will.

We are not to impose our will upon another!

*One must always honour another's will as
one honours one's own.*



LET'S TALK
IT OUT

One to One Sharing:

Talk it out with a buddy what happened with you yesterday or over the weekend. Was it fun? Was it not? Was it a bother? Why do you feel it was that way for you? Say to your friend whatever comes up in how you feel about what happened for you. Then listen to your friend share his/ her day / days and what she / he experienced. Then ask your friend to talk again later.

Junior school classroom with a student assisting. Students to form into pairs and discuss their feelings about their experiences.



**FEELINGS ARE MORE THAN
1,000s & 1,000s OF BOOKS!**

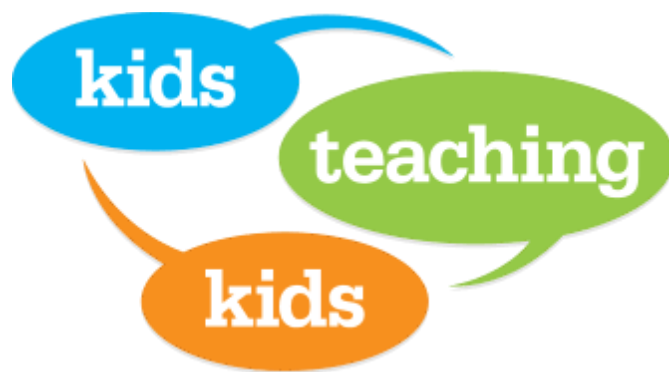
CLASSROOM TUTORIAL:

Go to www.pascashealth.com, then Library Download page, scroll down to Medical Education, also at Medical - Emotions, click on to open:

- Pascas Care Living Feelings First Adults
- Pascas Care Living Feelings First Children
- Pascas Care Living Feelings First Children Annexures
- Pascas Care Living Feelings First Children Discussions
- Pascas Care Living Feelings First Children Graphics
- Pascas Care Living Feelings First Drilling Deeper
- Pascas Care Living Feelings First Drilling Deeper Structures
- Pascas Care Living Feelings First Reference Centre

**PASCAS
PERS**

Tutoring



Natural Self Expression!

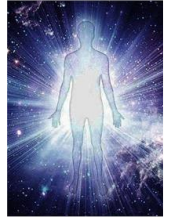




Living Feelings First growth potential is

Our Feelings are our Supreme Guide! Truth is found through our feelings, we are to long for the truth about what our feelings draw our attention to. Our soul based feelings are always in truth. We are fully self-contained. This simple fact has been hidden from us for 200,000 years while our hidden controllers, the evil ones, kept us under their selfish controlling agenda.

Living through our feelings first with our minds to follow in assisting with what our feelings guide us to consider is a rewarding, freeing and vibrant life. Whereas we all have been retarded through living mind centric.



Living through our Feelings First, the New Way, and longing for truth of what they are to reveal, expressing what we feel, both good and bad, will enable us to progress through the Feeling Healing Mansion Worlds while living on Earth. With Divine Love we will be fit to enter the Celestial Heavens and then progress through all the Celestial Heavens of our local Universe of Nebadon and then onwards to Havana and Paradise, the home of our Heavenly Mother and Father.

Not only will we progress beyond 1,000 MoC when transitioning into the 1st of the Celestial Heavens, by the time we reach Paradise we will have progressed to what could only be described as infinity – well not quite – but we will be truly awesome in our evolution and development.

Living mind-centric limits growth to 499 MoC

We all live through our minds! We all suppress and ignore our feelings. This has been how we have been led to live by high level spirits who had ambitions of self-glorification to our detriment. These wayward spirits had illusions of expansionary empowerment and they needed Earth's humanity as their foot soldiers! Through their deceit, we would continue to live in spirit as we do on Earth without any prospect of progressing out of the spirit mind Mansion Worlds.

Should we continue with aspirations in the perfecting of our mind then we can progress from the 1st spirit Mansion World to the 2nd mind spirit Mansion World, then 4th and finally 6th mind spirit Mansion World to a dead end. In these higher worlds we may appear to be guru type personalities but we have gone further away from God – we have then perfected our evilness!

The mind can even stave off the time when the Law of Compensation is addressed.

A U-Turn is required and then one would commence embracing their feelings and progress through the Feeling Healing Mansion Worlds 3, 5 and 7. With Divine Love then on completion of the 7th spirit healing Mansion World process we transition to the 1st of the Celestial Heavens.



While we suppress and ignore our feelings we are living in hell and putting ourselves through untold misery, pain and suffering when we can achieve healing to the level that we are living as Celestials while in the physical on Earth!!!



TALK IT OUT



We are to express our feelings, both good and bad, and nothing is sacrosanct or to be withheld.

All that's wrong and untrue within us has to be expressed out of us, each of us, it all has to come to light for us to see the truth of. We have to know the truth of ourselves and the truth of our family relationships.

Everything needs to be expressed, to come out into the open.

What enters emotionally has to be expressed emotionally – it has to come out emotionally – leave us emotionally!

However, we are not to act upon what we are feeling emotionally! We are not to act it out! But, we are to go on and long to know the truth of what is behind our feelings, why we are having these feelings and experiences.

Long to the Mother and Father for Their Divine Love, and ask Them to help you see the truth through your feelings – that which They want you to know. Long and ask; long and pray. Pray to see, know and BE the truth, the truth of you – of all of it!



**LIVE TRUE TO OUR FEELINGS;
AND LONG FOR THE TRUTH OF THEM.**

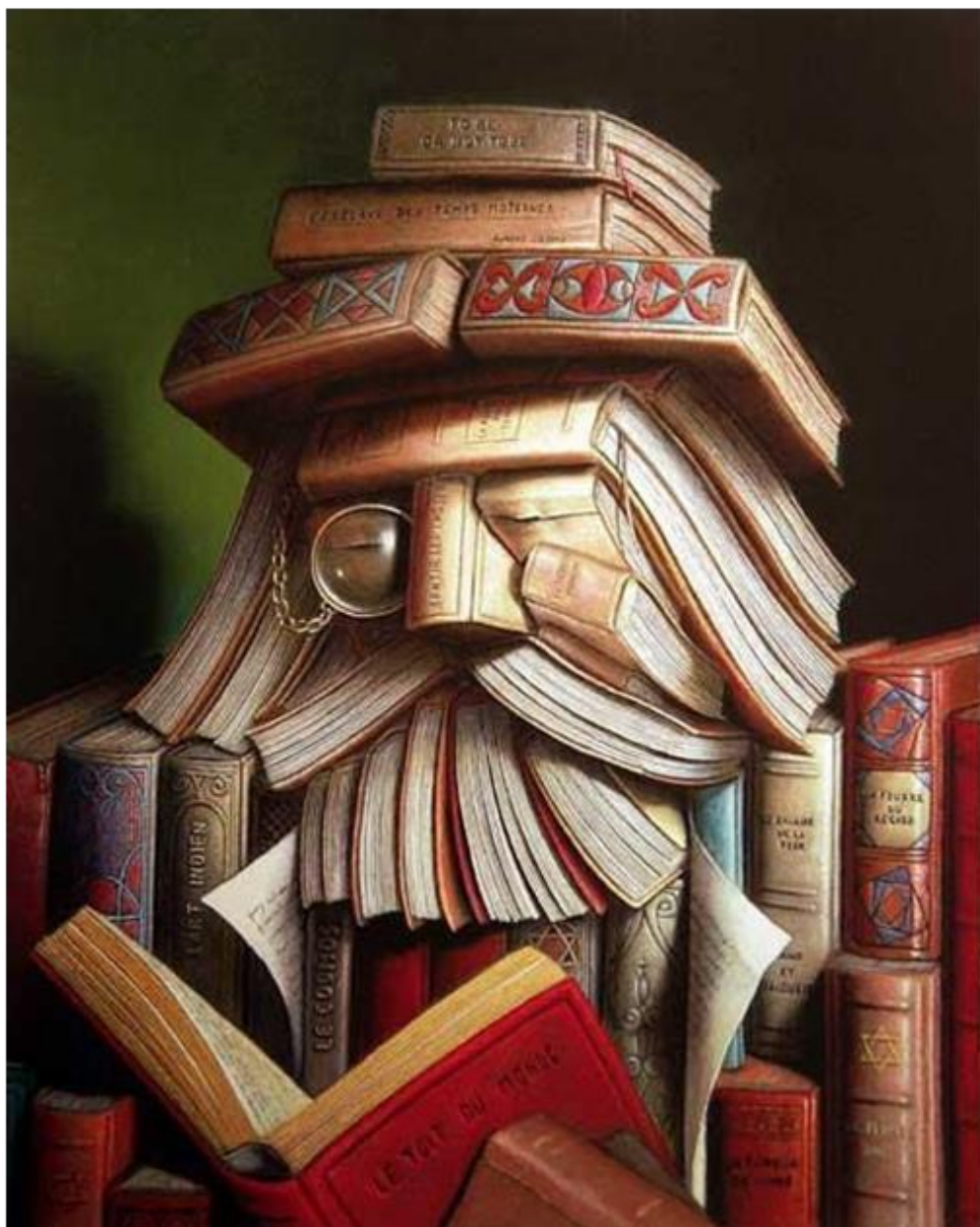
Children are now to embrace and express their feelings in all that they do and experience. It is our feelings that are our guiding light of love and truth. Truth is love.



Why?

May we ask why we have not understood this before? The Universal Contract governing the Rebellion and Default had to work its course. Cracks in it are now being worked to end the Rebellion and Default.

Education is to reveal itself through our feelings. Our soul based feelings are always in truth. And truth is love! We are fully self-contained. Our feelings are to lead our mind in all that we do, not live how we have been previously taught. It is that simple!



Within, I know who I am and what my future journey beholds! My feelings are to be my guide being supported by my mind - not the other way around as it has been!



Feeling Circle for Kids



We are free to cry and express our pain here!

Adolescent children and young adults benefit greatly through exploring their feelings.

The feeling circle uses words to describe how our parents made us feel. How we were parented as children, is how we act and feel as adults. We carry the same childhood feelings through to every area of our lives until we die. We are all still living in the pain and ruins of our parents unloving parenting, and every feeling we go through will bring us to this truth. Through Feeling Healing we accept, express, and find the truth of our childhood denied and suppressed feelings.

Samantha McCabe



Humanity

The road to
 TRUTH and FREEDOM
 is through
 OPEN and FREE
 Universal Feelings Orientated
 EDUCATION

This is the  **GATEWAY**

Worldwide Humanitarian Funding Foundations

Amazingly, to fund the worldwide agenda to bring about a universal mitigation of poverty in truth which also requires ending poverty in all its forms so that we are not living in survival mode requires enormous amounts of funds. This is as much as an education / awareness program as it is the construction of needed infrastructure in its many forms.

PASCAS WORLDWIDE

Pascas Foundation (Aust) Ltd has established business plans and feasibilities for the following nations, all available in the Library Download page at www.pascashealth.com scroll down to Corporate Alliances and click on to open the documents for each of the following:

Australia, Afghanistan, Angola, Argentina, Burkina Faso – west Africa states, Caribbean SIDS – small island developing states, Colombia, India UP – Uttar Pradesh each state treat as a nation, Indonesia, Jordan, Pakistan, Philippines, Papua New Guinea, Poland, Rwanda, Solomon Islands, South Africa, Sri Lanka, Tanzania, Uganda, Ukraine, USA, Zimbabwe, others in preparation.

These initial plans set out the pathway and management to alleviate poverty and for the people to thrive. These plans enable national infrastructure advances for ongoing prosperity nationally.

It is the understanding of the local culture, nature of the peoples, history and environments that reveals the circumstances of the people to be considered as being unique, not being like that of any other community. The starting point for engagement is definitely dynamically different to any other. Once that is understood, the pathway forward becomes clear as well as being specific.

Never has it been understood the dynamics of the levels of consciousness, now the world is mapped out – first time ever. The consequences of the level of consciousness are stark – consider:

WORLDWIDE relationship of MoC calibration with Life Experiences Life Expectancy, Development, Happiness, Education, Income							
MoC	No. of Countries+ Territories	Average MoC	Average Life Expectancy	Human Development Index	Happiness Index	Education Index	Per Capita Income 2021
400s	22	405	82.2	0.924	7.1	.890	US\$63,032
300s	71	343	77.2	0.794	6.1	.741	US\$30,154
200s	50	251	72.7	0.676	5.3	.610	US\$16,560
High 100s	38	174	70.5	0.659	5.0	.600	US\$12,516
Low 100s	21	119	67.1	0.587	4.6	.501	US\$7,081
Below 100	14	74	65.3	0.565	4.4	.501	US\$6,377
WORLD	216	220	73.3				US\$17,110

This translates into understanding why all the social ills throughout every society are persisting without change in intensity no matter what governments and society do to change or improve.

Correlation of Levels of Consciousness – Soul Condition – and Society Problems				
Truth vs Falsehood by Dr David R Hawkins 2005				
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%

The paramount profession is education – without education there are no other professions.

However, every institutionalised system has focused upon the worship of the mind to the exclusion of feelings. Our mind cannot discern truth from falsehood, our mind is addicted to control, control over our environment and over others. Further our mind is addicted to untruth! This error in how to live was imposed upon us by high level controllers. Our feelings are always in truth, our feelings are our truth.

As we begin to embrace our feelings and have our minds to follow in assisting in engaging with what our feelings are guiding us to consider and embrace, then we begin to live feelings first. We begin to grow in truth – our truth.

POTENTIAL to BENEFIT your CHILD through our own FEELING HEALING:

This steps down each seven years as the child matures



From conception to age 6 or 7

From 8 to age 14

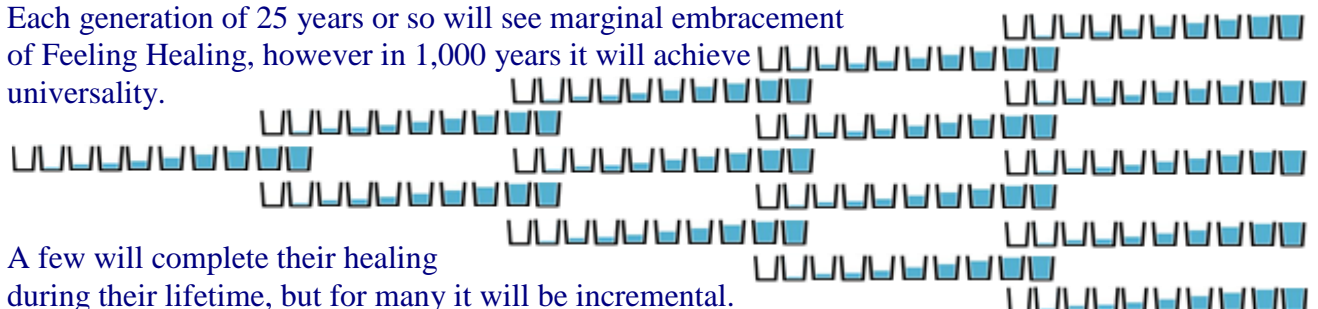
From 15 to age 21

From 22 to age 28

As we heal, we directly heal our children similarly.

The Indwelling Spirit arrival for the child around age 6 or 7 starts their independence.

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



A few will complete their healing during their lifetime, but for many it will be incremental.

What are we confronted with?

More than 75% of the world's population of 8 billion calibrates on Dr David R Hawkins' Map of Consciousness (MoC) at or below 200. That is 6 billion people who are still living in a state that prevailed 2,000 years ago. After 2,000 years we have made wonderful achievements in growth – we have increased the number of people impoverished in untruth by 20 fold! From 300 million to 6 billion is 20 fold.

However, within our population of today, 45% calibrate at 100 MoC or below. That is the condition of humanity of 2,500 years ago. Now you can see why chaos prevails worldwide!

Consider the correlation of the level of consciousness table above. Nothing will change until we enable people to become aware of the potentials to evolve and grow by living feelings first and longing to know what our feelings are to reveal to us, each of us. It is a personal development through living feelings focused.

To enable people to embrace this option, we need to address their environment. What is considered as poverty is to be mitigated. This requires safe potable water, sanitation, reliable and adequate power sources, safe secure housing and meaningful employment. While people are survival living, nothing is possible for them to evolve – survival prevails.

Pascas Foundation has and is continuing to establish relationships within many countries and is immediately to deliver what we are able to make the most profound shift and bring about evolutionary growth in humanity of such magnitude and permanency never experienced previously.

This is not yet another religion. It has no special book, rituals, cannon laws, dogmas, creeds, special clothing. Yes, people will draw together to assist each other – but there is nothing to join, there is no hierarchy of control.

As you can see from the first chart, enabling people to grow in truth actually improves their health and life expectancy, their happiness, their propensity to prosper. Once we know, we cannot unknow. Thus, we actually benefit our children – as their children will benefit theirs.

Consider this – you calibrate at the level of one of your parents as your parents calibrate at the same level as one of their parents and this goes back for thousands of years! Now that can be ended and the cost to society to introduce this is ZERO! The process and understandings – revelations are all to be found in Pascas Papers now downloading from the Library Download page at www.pascashealth.com.

Pascas Foundation (Aust) Ltd is to have experienced research economists and associated professionals to monitor each nation in detail, so to facilitate optimum potential and possibilities for all peoples. We have access to outstanding, qualified, experienced people to help governments to alleviate poverty and to structure their long term development. Launch will be worldwide, with many venues commencing operations simultaneously.

We are TRUTH SEEKERS!

We are our Feelings



We Are Our Feelings – what does that mean?

We are a soul, a personality, a spirit in a spirit body; and whilst living on Earth, a spirit also living in a physical body.

We live to grow in Truth, to evolve ourselves, our soul, in Truth.

We live to uncover the Truth of ourselves, and of our Mother and Father.

We do that by interacting with other personalities, ourselves, and the world around us.

As we interact, we're having experiences.

Experiences give rise to feelings and thoughts.

From our feelings we can bring the Truth of our Experience to light, thereby growing in Truth.

With the Truth from our feelings, from our experiences, we know what is right and wrong, and what is the right and best way for us to live.

So we can say We Are Our Feelings; in that, we are the Truth of our Feelings – we are the Truth our Feelings give rise to.

Our Problem is, we've been incarnated into a Rebellion against the Truth.

We are made by our parents, as they were made by their parents, and all by Default (without them knowing they are doing it), to go against the Truth.

How we live against the Truth is by using our minds to take over from, and even suppress and deny, many feelings.

By denying feelings, we're denying the Truth they would ordinarily give us, so preventing our soul from evolving.

So we don't know how to live from our Truth, as we're not growing in Truth from or through our feelings.

Many people believe they are growing in Truth and evolving their soul, when all they are doing is advancing their mind's control over themselves.

They are Transcending in Beliefs; not Ascending in Truth.

Transcending is a dead end; Ascending is open ended – all the way to Paradise.

To end living rebelliously, against the truth of ourselves, we need to do our Spiritual Healing.

Our Spiritual Healing: called our Feeling-Healing without the inclusion of longing for God's Divine Love; or our Soul-Healing, when we include longing for God's Divine Love, involves focusing on each feeling, looking to wholly embrace it, accept you're feeling it, so not try and deny or block or suppress it, and 'bring it out'.

We bring out our feelings by expressing them, speaking the emotion of them to a friend, or to God.

As we express our feelings, we Long For The Truth Of Them.

As the Truth comes, it will confront our mind control, helping to show us how we're living denying so much of our self-expression, how we're preventing ourselves from growing in truth from our feelings. How we're limiting our interactions with each other, limiting our experiences.

When we strive to Live True To Our Feelings by honouring them the right way, and looking to end our mind control over ourselves, we can be said to be living Feelings First; or, We Are Our Feelings.

By being our feelings the right way, by being true to them, we will slowly bring to light the Truth of our Rebelliousness. We need to see why we're living the Wrong way, what being of a Spiritual Rebellion that's denying the Truth, is all about. Seeing how we're living with and through our mind, instead of with and through our feelings.

And when we're living the whole truth of our rebelliousness, living true to all our bad and good feelings, then our Mother and Father will transform us out of being Wrong, into being Right, and we'll be free of the Rebellion and Default.

We Are Our Feelings, because they are really the Truth of us. Our feelings don't lie. Our mind lies and can be false. Our feelings are always True.

James Moncrief

20 March 2025



I am my SOUL!

I am not my body!

I am not my mind!

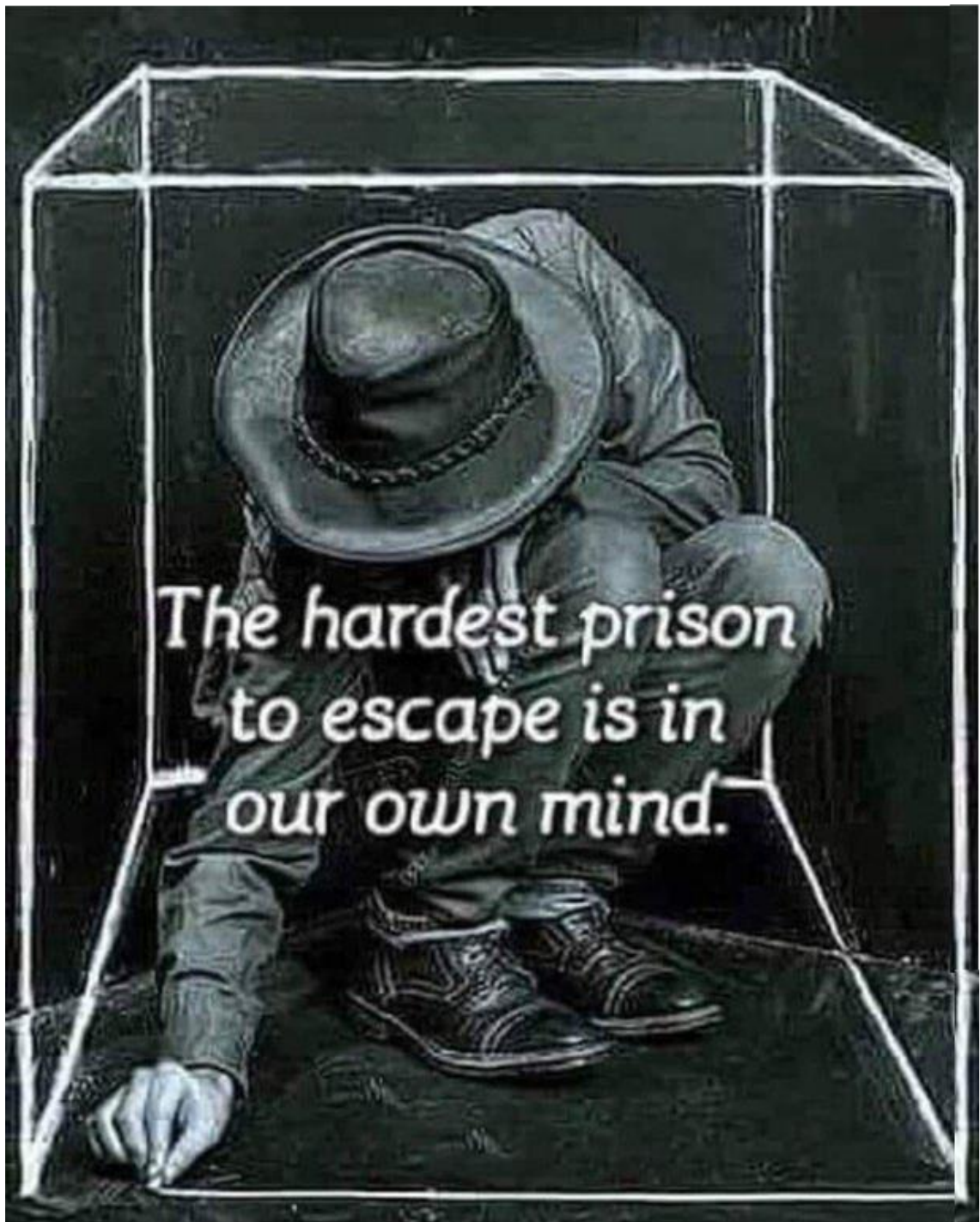
LEARNING

We Learn by Doing!



Learn by **DOING**.





simple is what life is meant to be!

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

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 Pascas Care Letters – Family Shelters Overview
 Pascas Care Letters – Family Shelters Per Capita Inequality
 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
 Pascas Care Letters – Homelessness Helping Hand
 Pascas Care Letters – Root Cause now to Pathway Forward
 Pascas Care Letters – Root Cause now to Pathway Forward (short)

Chaldi College Free to Learn Instinctively
 Chaldi College Free to Learn Pathway

Pascas Care Letters – Back to Basics
 Pascas Care Letters – Change
 Pascas Care Letters – Feeling Healing doing it!
 Pascas Care Letters – Finalizers our Destiny
 Pascas Care Letters – Humanity is Addicted to Untruth
 Pascas Care Letters – Journey of Earth's Humanity
 Pascas Care Letters – Life is a Highway
 Pascas Care Letters – Live True to How You Truly Are
 Pascas Care Letters – Moving out of Healing
 Pascas Care Letters – My Customs Heritage and Nationality
 Pascas Care Letters – One Soul Two Personalities
 Pascas Care Letters – Psychology and Feeling Healing
 Pascas Care Letters – Spirit Evolution and Environmental Changes
 Pascas Care Letters – Transition & Assimilation following Death
 Pascas Care Letters – We are our Feelings

Pascas Care – Death & Dying Transition & Assimilation Marjorie
 Pascas Care – Kinesiology Testing
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**John the
Typist**

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>

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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](#)

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- 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

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Mind Centric Way

Feelings First Freedom

THE GREATEST THREAT TO HUMANITY



put children first

Put Children First

**Our feelings are our truth.
By living outside of our feelings
we bring about our difficulties!**

**ONCE YOU KNOW -
YOU CANNOT UNKNOW!**

Mary Magdalene



All our feelings are so important, and we are to follow them like walking down a golden feeling path, and most importantly, our bad feelings.

Angel guides 15 July 2022