

PASCAS CARE

Feeling Healing

Child Control



“Peace And Spirit Creating Alternate Solutions”

PASCAS FOUNDATION (Aust) Ltd
ABN 23 133 271 593

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

Queensland, Australia

Pascas Foundation is a not for profit organisation

www.pascasworldcare.com www.pascashealth.com

PASCAS INTRODUCTION:

Documents assembled by Pascas are provided for your individual assessment and exploration. The contents are sourced from a variety of avenues and publications. Every endeavour is made to determine that the contents are of the highest level of truth and veracity. At all times we ask that you go within yourself, to ascertain for yourself, how the contents resonate with you.

Pascas provides these notes and observations to assist us all in the development and growth of our own pathways and consciousness. Pascas does not hold these contents as dogma. Pascas is about looking within oneself. Much of what we are observing is new to us readers and thus, we consider that you will take on board that which resonates with you, investigate further those items of interest, and discard that which does not feel appropriate to you.

Kinesiological muscle testing, as developed by Dr David R Hawkins and quantified by his Map of Consciousness (MoC) table, has been used to ascertain the possible level of truth of documents. Such tested calibration levels appear within the document. We ask that you consider testing same for yourself. The technique and process is outlined within Pascas documents, such as Pascas Health – Energy Level of Food. From each person’s perspective, results may vary somewhat. The calibration is offered as a guide only and just another tool to assist in considering the possibilities. As a contrast, consider using this technique to test the level of truth of your local daily newspaper.

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The sources of contents are noted throughout the document. In doing so, we acknowledge the importance of these sources and encourage our readers to consider further these sources. Should we have infringed upon a copyright pertaining to content, graphics and or pictures, we apologise. In such cases, we will endeavour to make the appropriate notations within the documents that we have assembled as a service via our not for profit arm, to our interested community.

We offer all contents in love and with the fullness of grace, which is intended to flow to readers who join us upon this fascinating journey throughout this incredible changing era we are all experiencing.

Aspiring to Living Feelings First, *John.*



“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love.” JD

The REALITY IS THAT:

We all will rebel against the rebellion – being control by one’s mind!

We will all break the insidious control that our parents deemed ‘appropriate’ for us during our forming childhood years. We will free ourselves of the claws and suffocation of control that our addictive mind embraced because our parents did not allow the free expression of our soul based loving personality.

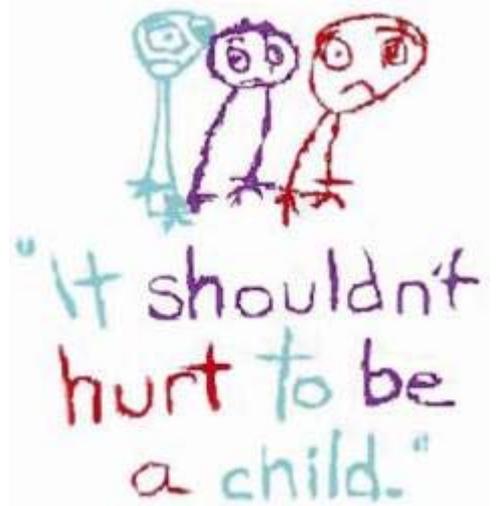
The tentacles of control that we grew up with and subsequently engaged in during our employment, then with our partner in life, and then upon our own unsuspecting loving children, is the greatest disease that humanity has to deal with.

Our true personality is the personality that our Heavenly Parents gave to us upon the forming of our soul. Our real self is the personality that we are to express. We are to freely express what we feel. What we feel is from our eternal truth that we hold within our soul. This is what we are to express, and only by expressing our true selves are we being true children of our Heavenly Parents, our true Mother and Father.

This is what we are to be. Not the cloned stuffed up, manipulated, mangled mess of a person that has been indoctrinated into by our parents, our carers, our close family relationships and relatives, our educators and all of the mass media and propaganda machine that the world has conjured up.

We are a mess of untruth, errors, lies, manipulations, and certainly nothing like the personality that our Mother and Father know us to truly be.

This corruption of one’s personality commenced in earnest some 200,000 years ago with the Rebellion, was compounded some 38,000 years ago with the Default. This corruption has been embraced by every single religion on the planet. These religions continue the role that our parents started. Once we step away from the influence of our parents, who don’t know any better, then we embrace de-facto parents in the form of a religion.



What a global mess!

No segment of humanity has avoided the Rebellion. Further, the suppression of women is a direct result of the Rebellion. If they had been allowed to continue to freely engage in their feelings and to express themselves, then the Rebellion would have been halted and put aside long ago. It is women who will lead humanity by engaging their true feelings, their soul based feelings, which are always in truth.



Now we have the availability of a soulmate pair / soul partners who have completed their Feeling Healing. It is their experience that will enable the world's population, and those to come, to embrace the way to free and liberate their true selves. This is the greatest event in the history of humanity, as no other pair has completed the task.



We no longer need to wonder how humanity is to evolve from the universal carnage that is inflicted upon our children because we did not have a clue as to how to stop it. We can now engage in our own Feeling Healing and come to the realisation that our controlling natures are very much evil. We are now able to learn how to love ourselves and, as a consequence, how to love our children.

**Verbal Abuse May Not
Leave A Bruise,
But It Does Leave
A Scar!**

Yes, the problem is with each of us, as a parent we have been clueless. Now, with a high degree of patience and perseverance, we can evolve, the whole of humanity can now start to grow in truth and love.

If we are living true to our will, so as to not deny one part of ourselves, then so too are we naturally living true to God's will, no longer denying any part of our relationship with God.

Living God's Will, if it is your desire, begins with accepting all of yourself. So you will have to heal all your childhood repression and bad feeling denial. When you've done this, you will be living true to yourself – your soul – that which God created. So by honouring all your feelings, with your healed and new positive mind, you will naturally be doing and living God's Will. You won't be able to do anything else because you will no longer be denying yourself or God. We live the Will of God through our feelings, NOT with our minds. So we have to get our relationship with our feelings in order before we can get our relationship with God heading in the right direction.

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

FEELING HEALING + SOUL HEALING

To heal one's self is to simply look to see what feelings we are refusing to let ourself feel, and accept them instead of denying them. And to fully accept them, one needs to express them, speak about them, let them have their say, rather than pushing them aside, refusing to let them make you feel bad.

Doing this all with the intention of seeking the truth of why you are feeling them, of speaking about and expressing all such feelings; all feelings you have, but ALL WITH the INTENTION of UNCOVERING the TRUTH THEY WANT YOU TO SEE ABOUT YOURSELF. And it's the wanting to see the truth of them that is very important, because if you just look to accept them and speak and express them, but not seek their truth, then that's all you'll be doing, speaking and expressing them, but not healing their causes, so not fixing the things within you that are making you feel bad. And it's the truth part of it, seeking the truth of your feelings, and so, seeking the truth through your feelings, that's vitally important. It's the truth of yourself, life, nature and God, that is the spiritual aspect to it all.

You CAN'T find the truth of yourself, or anything else, through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You the Way', then the truth will come as you express them.

So to do our Soul-Healing consists of these steps, all of which are ongoing until it's done:

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

If one is intent on spiritually evolving and growing in truth, then it's vital, and this is the key, that one looks to use one's feelings as the means to gain and have access to the truth of oneself. You CAN'T find the truth of yourself or anything else through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You the Way', then the truth will come as you express them.

Doing your Soul-Healing with the Divine Love, is really doing your 'Feeling-Healing'. We are designed — created — to be self-revealing of truth, and so we are all to uncover the truth within ourselves and for ourselves, and all being done by living true to our feelings. **If you accept, express and seek the truth of your feelings, then truth will come to you, and you'll grow spiritually. It's as easy as that. Also it is as easy as it is to long for, ask for and receive Divine Love.**

THE HEALING OF YOUR BAD FEELINGS THROUGH THEIR ACCEPTANCE AND FINDING THE TRUTH OF THEM, IS THE ACCEPTANCE OF YOUR NEGATIVE, REBELLIOUS, EVIL, IMPERFECT MIND AND WILL CONDITION.

To do our feeling-healing we need to become:

Aware of – Acknowledge – and Admit, our bad feelings.

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

All being done whilst longing to, really wanting to, see the TRUTH of our feelings.

So it sounds simple.

So I repeat:

We accept our bad feelings by expressing – speaking about them to someone willing to listen to us and take us seriously. And as we speak we long for the truth of them – why we are feeling them – to be made known to us. And when we uncover and see the truth we are FREE! – healed of the causes that have made us feel bad.

Accept, Express – see the Truth, and you're Free!

ACCEPTANCE OF ALL YOU FEEL, THINK AND ARE, IS THE KEY TO DOING YOUR HEALING; THAT, AND WANTING TO SEE THE TRUTH OF ALL YOU FEEL, THINK AND ARE.

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

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>

LOVE
is
Feelings First Spirituality, The New Way

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

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

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

Living the New Way of Feelings First Spirituality

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

And to do this you need to do your Healing

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

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

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

Feelings First Spirituality The New Way

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

Prayers to our Mother and Father

From 'Religion of Feelings' by James Moncrief

Please Mother and Father help me accept my untrue state and bring up all my repressed feelings so I can see the full truth of why I feel so unloved and all that's wrong with me.

Please Mother and Father help me see the truth of myself through my feelings.

Please my beloved Heavenly Parents, fill my soul with Your Divine Love. I long for Your Divine Love; please answer my prayer and yearning to be at-one with You and do Your Will by living true to myself and all my feelings. Please fill my heart and soul with Your Divine Love – please make my soul like Yours – Divine.

Please Mother and Father, I want to uncover the whole truth of myself through my feelings. I want to be able to feel and accept just how bad I am, how bad I feel I am, how bad I've been in my life. I want to know the whole ugly truth of myself, see it and feel it and understand how I came to be it. Please reveal to me through my feelings all the truth of myself You want me to see. I want to be as You want me to be; I want to be true and perfect, Healed of all my rebelliousness and self- and feeling-denial; I want to be good, loving, true and happy, please help me become true to myself, true to my soul, true to You.

Please Mother and Father help me, I'm in such bad pain, I feel so alone, so miserable, so scared, what's going to become of me, I don't understand, what's the point of me, why have You made me; please help me see the truth of myself – all the truths of myself, nature, how to be in the world, of You both. I want to know, I want to know it all through my feelings, all that there is to see, the whole truth and nothing but the truth. Please help all my pain come to the surface of me so I can embrace and accept and express it out of me. I want to use my feelings to uncover the truth they are to show me; please help me to do that.

Please Mother and Father love me. I want You to love me. I want to feel fully loved by You. I don't want anything else, only to be with You. Please, that is all I am asking.

Please make me feel how unloving I am. Please show me the horrible truth that I am. I want to see and feel and understand the worst of me, please take me into my darkest scariest ugliest unwanted rejected places within myself. I don't want to feel all the dreadful pain that I know is there locked away inside me, yet I do also want it all to come up and out of me, and I want to use it to see the truth of my wrongness, the truth of how evil I am, the truth of my fucked up state. I no longer want to be false, pretending I am okay, using my mind to make me falsely believe I am good, happy, loved and loving, when I know I'm not. For how can I be when You've brought me into my unloving state, making me be of it. And as You want me to experience being this negative way, please show me the whole truth of it. I no longer want to deny any part of myself, or any of my bad feelings. I want them all to come up so I can express them, emoting their pain, feeling how bad You've made me feel all my life and all through my early life; I want to see why, and so reveal all the truth to myself. I want to be the living truth of myself, living true to my feelings and the truth they give rise to. Please help me to do my Healing, and please fill my soul with Your Divine Love.

The mind way is the 'dead' way; the feelings way is the 'alive' way.

Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

Please God show me the truth of myself through my feelings.

Please help me see the truth about myself You want me to see.

And please help me feel all my repressed pain; please bring up all my bad feelings so I can express them and see what it is they are to show me about myself, my life, and You.

And please help me work through my blocks, I want to Heal myself, I want to become true to myself and true to my feelings and true to You – please help me do that.

Heavenly Mother and Father, I feel so bad, and I know I'm doing it to myself, but I can't help it. I can't stop my compulsive addictions, so will you please bring up the buried feelings in me and show me the reasons why I can't stop. Please! I want to know – I REALLY WANT TO KNOW why I do them. Please help me Mother and Father to uncover the truth of myself. Please, I beg you, please, please, please show me the truth of them so I can give them up. I hate feeling bad, yet I know I must so I can keep expressing my bad feelings to see the truth You want me to see, so please help me feel bad.

Please Mother and Father fill my heart and soul with Your Divine Love. Please give me Your Love. Please love me and make me feel loved by You. I want to feel You close to me, I want You to hold me, make me feel loved by You. I only want You and to do Your Will. Please help me bring up all my repressed feelings so I can express them and uncover their truth. Please help me do my Healing. Please give me Your Love.

I hate you Mother and Father; why have You given me such a shit awful life? I hate myself, I hate You, I hate everything about my life. I feel so bad all the time. I've expressed so many bad feelings and still I feel bad. It's not fair, it's not fair what You've done to me. I hate You! And I want You to help me Heal myself, so I can stop feeling bad. You put me in the shit for whatever reasons, and I want You now to help me get out of it and show me what it's all been about. Please help me to Heal myself so I no longer hate You.

I long for Your Divine Love Mother and Father. Please fill my soul with it. And please help me uncover the truth of myself through my feelings. I want to see it all! And please make it all end, I'm so tired of always feeling so bad, please take all my bad feelings away by making me feel them and showing me the truth I am to see.

FEEL *for* TRUTH

The beauty of it all, is the truth comes to you through your own feelings. You don't need to be told it by anyone. You can work it all out for yourself. We are self-revealing of truth, it's how God created us to be, and by being it we'll feel the happiest we can feel. Truth is our great comforter, so when you feel it come up within you, ah it feels so good and you feel just right – perfect!

We know only how to deny feelings, now we can get to know how to accept them. And always with the truth being the most important part.

FEELING TRUTH

If you don't want to uncover the truth of your feelings, then you can keep on expressing them forever but you will never fully heal yourself. Seeing the truth results in the Healing. And to see the truth you need to express all the pain out of you. The two things go hand in hand.

You can accept and express your bad feelings, letting off steam all day long, yet nothing will heal and nothing much will come of it. So this is where wanting your feelings to show you the truth of why you're feeling as you are is so important.

Don't go fishing with your mind, that will shut the truth out from rising up for you. **KEEP YOUR MIND OUT OF IT.** It's a feeling thing, doing your Feeling-Healing. (This is where we erred previously, and this how other modalities are in error.)



You long when you can, then stop longing and keep expressing. And at some point, and it might not even happen immediately, it might happen after days or weeks of expressing the same bad feelings, truth will come to you. And it does, it just comes up suddenly into your consciousness. You just know. You see the picture and you feel it's true. And you know it's true. And THEN your mind can come in and start sorting it out and putting in context.

It's the Truth that we are seeking. It's the End Point. The Reason for doing your Healing. You are to see the whole Truth of yourself. And to begin with, that's the whole truth of your unloving self, of your wrongness, of your evilness, of why you are as you are in your negative unloving mind-controlling state. To be able to fully accept yourself as you are, warts and all. To not fight or resist or try and change yourself, just to accept all you feel and all the truth of all those bad feelings you feel about yourself. And when you do, so you will be healed. You CAN'T heal yourself unless you uncover the truth of your pain, suffering and so the truth of all your bad feelings.

Through our Feeling-Healing we long for the truth of what we're feeling whenever we can. So as often as you can. You want, and REALLY WANT WITH ALL YOUR BEING, ALL YOUR WILL, to know why you are feeling bad. You yearn, want, long and beg and beg and BEG God to show you the truth of yourself through your feelings. So when you are expressing your bad feelings you can stop and long for the truth to show you what's going on, why do you feel so bad, and you can do it any time you think of it or feel to do it.

Notes from 'Feeling Healing' by James Moncrief

Heartfelt TRUTH

Infographics and diagrams have been added by Pascas.

Our FEELINGS are our SUPREME GUIDES:



Feelings are what guide us through our ascension of truth. So they are really our Supreme Guides. Many people look for a person, spirit, angel, even God, for supreme guidance, however it's all right there already built in – in our feelings. **We just have to submit to them, allowing them to take us where they will, expressing all the parts we want to express, letting the emotion drive that expression if it's there to be expressed, or just talking about all we feel and how feeling that feeling is making us feel – or, how we feel about having that feeling, all whilst longing for the truth of our feelings. Longing for the truth of our feelings is really: Longing for the truth of our self, because: we are our feelings. So life stirs up our feelings, we feel being alive; or, being alive means we are feeling, always feeling; and when we work out what and why we are feeling what we are, so then we know the truth of how we are. And over time the truth accumulates, and our mind expands our understanding of ourselves, all being driven from our feelings.**

Kevin 26 Sep 2017

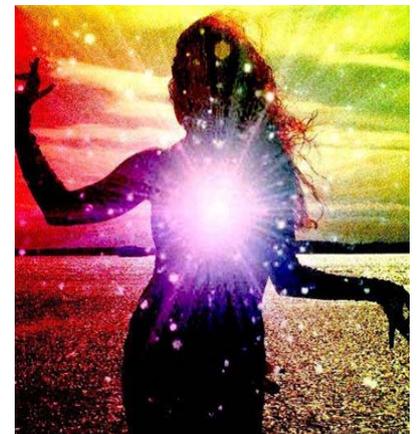
Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.

Kevin: **So whilst we're of an untrue state, then all we have got to help us understand why we feel bad, why we are wrong, why we are negative and anti love and truth, is our feelings. So if we focus on our bad feelings, they will lead us to the truth of why we're feeling bad. Which will be the truth of what happened to us to make us be this wrong way, and how we took on the wrong way and keep it going making us feel bad.**

FEELING HEALING

Note: The vital difference between emotion and feeling is that emotions have their roots in the past, and feelings relate to the present moment. Emotions represent our feelings which were not previously expressed, and these accumulate with time.

Note: **Our feelings are soul-based. Our soul is always in truth. It is our soul based feelings, that when allowed to be freely recognised, we will begin to express and be who we are. This takes time and perseverance as we have encrusted our souls with layers upon layers of errors and false beliefs, it is these layers that will confuse the truth that our soul is conveying to us. Only by our progression with our Feeling Healing will our soul's expression of truth become clear and free of all cloudiness and contamination.**



“What our soul needs in accordance with our own, individual, **Soul-Light-Plan-Of-Destiny** (your life's true destiny plan), They, being our Mother and Father, will give you as required. The only way we can know truly what we need is to honour and follow our true feelings. They, springing from our soul, literally telling us what we need, and so when we genuinely feel we need something, we apply our will to get it. The hard part is knowing if our feelings are true, and until we have done our whole soul-healing, they won't be clear and totally true.” James – Introduction Course to Divine Love Spirituality

Infographics and diagrams have been added by Pascas.

Feelings First Spirituality

The New Way

Feelings First
FF
Feeling Free

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

Accept, express and long for the truth of your feelings

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



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

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



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



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

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

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

Feelings First Spirituality is the True path for humanity.
It embraces all people.

It completely unifies the world.

Everyone can relate to everyone else through their feelings.

And we can all live the truth that comes from our feelings, all sharing the same truths as we express and have the same feelings.

No one need be left out; no one is more special than anyone else – we are all united in Truth through our feelings.

So with and through our truth we live our lives, therefore without the need of any man-made mind-laws, rules and restrictions that limit self-expression as inspired by our feelings.



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

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

The Way of the Mind is ending, and is really the End Times – the End of our mind control, and **it's**

about time! With the Way of our Feelings replacing it.

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



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

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

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

LOVE is the Religion of Feelings, being:

Feelings First Spirituality, The New Way

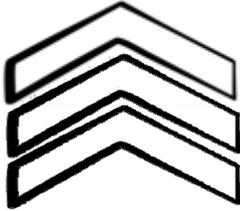


my
House is your
Paradise

HOME

Celestial Truth:

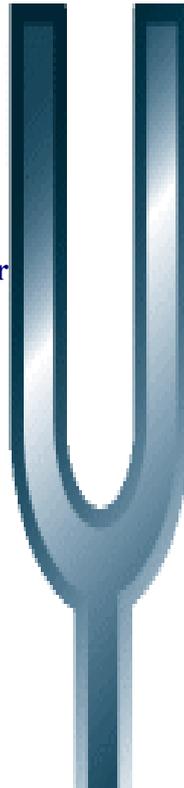
Truly all-loving;
Living true to oneself;
Mind supporting Feelings;
Living with the Divine Love;
Fully Healed of the Rebellion and Default.



THE FEELING WAY

Feeling – Ascendance
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.



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.



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

Hell:
Exploiting the Rebellion and Default.

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.

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 need 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 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.

WE are to LIVE BY and EXPRESS OUR TRULY LOVING SOUL BASED FEELINGS:



We arrive into the physical world (at conception) with a pure and free personality and a soul based will that are to be truly and fully expressed. Unwittingly, our carers, namely our mother and father and those close by, set about remodelling our individuality. That is, they shut our personality and self expression down. The result of this is traumatic. This is reflected through our physical body. This childhood suppression is what brings about all of our pains, illnesses, and mental disturbances. Only by embracing our emotional pain and injuries, either good or bad, and longing for the truth of them, and expressing them (talking) through these experiences to a companion, can we release these dreadful encrustments suffocating our true selves and liberate our personality, being our soul. We are to follow our passions and heart felt desires and to live true to ourselves, this is how our Heavenly Parents know us as and this is what we need to return to so that we can find our way home to Them.



Infographics and diagrams have been added by Pascas.

7 May 2003

Hello James, I am here today, Mary.

Following on from what you understood last night in your discussion with Marion about living the Mother and Father's Will, I will add something more and summarise your conclusions. As I said in my last message, no one except Jesus has lived true to the Father and therefore has lived completely doing His Will on Earth or in the mind spirit worlds. Many however, believe they are led or moved by Him, but they are mistaken. Many in all the religions and in the natural course of life have believed they are doing God's Will, but it is not true. It is all belief. You are of course living Their Will on a deeper soul level, but this is not what I'm talking about. Jesus and I are referring to it all within your mind level. You cannot live Their Will when you are still of only natural love. You can only *do* God's Will when you are Divine – of Divine Love. Many believe they are divine, but they too are mistaken. You can only be divine having done your soul-healing with the aid of the Divine Love, and how this happens is what we have been telling you. When you are a divine Celestial *angel*, as Jesus called the redeemed – healed spirits – in the Padgett Messages, then your soul is divine and the rest of you is of perfect natural love. You express your divine soul nature with the expression of your pure natural love. You could say that your natural love carries with it the added or extra *light* of your soul's divinity.

And if you were to do your feeling-healing perfecting your natural love, but without the inclusion of the Divine Love, on one level you will be living true to God's Will, yet still not completely living the Mother and Father's Will on a soul level.

All a bit confusing James? Well look at it like this: whilst you're still of the Mansion Worlds it's all of and on the mind level; the Celestial levels being when you leave exclusively your mind to live more from the soul level. So whilst of Mansion World truth, you can perfect your mind – heal your negative mind and will state and so be living truly God's Will on this level – but still you have to fully transform your soul, and come to live with the Mother and Father more on Their true soul level.

And even more simply put: so long as you are living true to your feelings, freely expressing all you feel in each moment, then you ARE living God's Will. And you then live this way either with a positive mind and will in natural love within the Mansion World levels of truth; or, also with a positive mind having transformed your soul into its divine state, living a Celestial and greater level of truth.

Some people believe they are Celestial, or that those higher in the spirit Mansion Worlds are just naturally Celestial, and they are wrong. All the words are used, but their true meanings are unknown with associated beliefs made up of errors and misunderstanding.

You are a person, a soul, and a spirit on Earth – and then in the Mansion Worlds of natural love, no matter in which of the higher or lower worlds you live. And you are this natural love creature existing in rebellion and default of love and truth, and so possess a negative and evil mind living in an anti-natural love state. In this state, on the mind level, you are self-willed and not God-Willed, and you are negatively self-willed. From this state you can heal your negative mind by doing your feeling-healing, becoming self and God-willed on the mind level, with a positive mind of natural love. Or you can do your soul-healing, healing your negative mind with the aid of Mother and Father's Divine Love becoming a Celestial spirit with a divine soul and a perfectly positive mind and natural love condition. And you will be living completely God's Will from the soul level. As you do your healing with the help of the Divine Love you will be steadily becoming less self-willed and more God-willed. This happens, as your soul becomes less of the image of God and more of Their essence. In the process of submitting to God's Will through your healing – by submitting to your bad feelings – you don't give

your will away becoming nothing more than a slave to new Parents whom you are to obey; no, you empower your own will, in effect remaining self-willed but using that will to willingly live God's Will, all of which you'll achieve by living true to your feelings. You are giving up your self-willed negative minded life, replacing it with a self-willed and God- Willed positive minded one. You give up believing you are God and can live separate from God; you give up trying to create life according to how you fancy it to be, and you accept that you are a creation and child of God, and God has a plan for you and wants you to live it. And by living it wilfully and not because you feel you must obey or be punished, you will enjoy a good life of happiness, growth of truth and fulfilment. Life will then make sense, be fear free, and lived in the love of your true loving Parents.

From the books you are reading James, people pray to God for all sorts of things and often miraculously get what they ask for. And so by having their prayers answered they conclude is a sign that they are living God's Will. But they are not. God is only honouring their negative mind patterns. They are getting what their negative mind wants and not what their soul wants. They are not living true to their or God's Will, as they are not living true to their feelings. God can only guide us through our feelings, not through our mind. Pray with your feelings, with your longings, and not with your mind, and you'll be closer to living true.

Just because you get what you're asking for with your mind, doesn't necessarily mean you are on the right track in life – the right track so far as your soul is concerned. It may mean you are on the right track if you want to advance your negative mind state, but that will be at the expense of your soul. And you might feel good, happy and even loved in the short term because your mind has got what it wants, you have been successful; you might even feel loved and wanted, but it's all false gratitude, and false love, all playing into the controlling reaches of your negative mind. Just because you get what you want doesn't necessarily mean you are doing what is right for your soul. And through your healing you'll reach points at which you can get what you want or can get it if you want to reach out, but your feelings will tell you otherwise. They will say no, don't get it, refuse, resist, go the other way, stop doing what you think is right, give up and let it all go and see what happens. This will be confronting your negative mind patterns and saying, no, you're not going to buy into the false gratitude any longer; and instead you will deprive yourself and express all the bad feelings that result, seeing what happens, what new direction your life will take you in. To live wanting the truth is very different from living without wanting it, wanting only some level of self-gratification, something to make you feel good to help deny more of your bad feelings. Are you doing what you do; are you wanting what you want, only to make yourself feel good so as to further cover up your bad feelings? What are your true underlying intentions and desires; why do you REALLY want to have what you want?

It is very appealing to ask God for things on behalf of others, especially the sick and poor – to pray for the less fortunate. But this is behaviour coming from how you were made to behave as a child, to help others but not yourself. You can of course pray for whomever you want, but what are your true motives? Do you know? Do you want to know? And if you do, as with everything, you'll find you do what you do because of how you were treated as a young child. And what you were led to believe, even if it seems well-meaning and selfless, will not be good for your soul. You are who is important – not the starving or poor, it is your very own soul. Worry about yourself first, heal yourself, uncover the truth of your childhood, and then when you are healed you will be in a better position, and in the right position, to help whomever it is the Mother and Father want you to help.

The Mother and Father's way is a way of love. In the end when you have healed your soul you won't need to ask Them for anything as They will provide it all for you. All you will do is keep longing to Them for Their love because you enjoy feeling loved by Them, and longing for the truth because you want to understand all that you are. However in the meantime, always follow your feelings, and if you

feel to ask Them for anything, ask. And want to know the truth of those feelings – why do you feel like asking. Ask Them to help you see the truth of your feelings – They will show you.

I will stop now James whilst you have lunch, Mary.

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

I will continue, Mary.

Whilst you are doing your healing you do have to ask the Mother and Father for everything that you feel you want and need. A great part of your healing is getting used to asking and learning how to ask in the correct way. And feeling what you want to ask for, when and why you want to ask, and what you really feel you need – the truth of your asking. This will take you to the most personal point of asking, and in doing so you will get to know yourself and your Heavenly Parents. Your asking will help evolve your relationship with Them. And it will also bring to life the truth of your asking your parents for things.

As you progress in your healing, you'll give up all the material things you no longer need to keep your unloved negative mind, the unloved you, feeling *loved*. Your spiritual healing is not the giving up of all possessions and taking to the hills like Jesus did. You will have material things, but your reasons for having them will be different than before you began your healing. You'll have them to help you experience life in accordance with the needs of your soul, and not the needs of your mind. You are meant to live comfortably in the material world, and the Mother and Father will ensure you have all you need, as you need it. They have your best interests at heart, as you will see, if you can give up your negative mind condition and allow Them to guide you through life through your feelings. If you want something and then don't immediately get it, but instead express all you feel about why you want it. Do you feel you really want it, or is it simply because you need it to fill in a gap, to give you something your mind wants? This can be difficult to work out, to feel, but as you progress in your healing it will become easier. You might be surprised about what you don't actually need in your life, and how you feel more fulfilled without those things. Things can easily be used to keep you away from your feelings, and if you use them to do this, then one day you'll feel to give them up – when you find the truth of why you think you need them. You'll do a lot of giving up (and of not just material things) throughout your healing. You'll also give up: emotional things, mental beliefs, behavioural patterns, eventually everything that keeps your negative mind going.

The material things themselves are not bad, they are just material things. It's your intention for wanting them, your relationship with them that is important. If you want them to support your negative mind then your intention is wrong and will at some point need to be healed. It's not a case of saying: The television is bad so I'll give up, because of something your mind believes; but it is a case of expressing all your repressed feelings uncovering your reasons why you want or need the television in your life, and then through your feelings, feeling you no longer need it, once all you've repressed has come to light. Only by finding the truth of what you feel about something will you truly know if it's a good or bad thing FOR YOU. And it is ONLY for you, it might not be for everyone else, and even if it is, it is still for everyone else to come to that truth for themselves.

When you uncover the truth of ALL you feel, then if something is no longer for you, it will go.

You'll give it up, stop doing it – give it away.

It is said in the Bible that Jesus prayed a lot to the Father. He did. He prayed to Him for His Love and He spoke a lot to Him about things in his prayer and meditative time. He did not ask him for all the

things he and others needed. He did not get out his shopping list and ask the Father if He would be so kind as to home deliver it all. He only ever prayed to Him for His Divine Love. Once or twice he may have asked specifically for something, but this was all. When you are in a perfected will and mind state, you feel everything is so right, that the Mother and Father have everything so under control, that you couldn't even think of what to ask Them for. They are Perfection. Living with Them is living in perfection. You will be perfectly looked after on Earth or in spirit. You will never have to worry about a thing.

That is all I want to say for now James. Thank you, Mary.

As you still feel like writing, I will give you just a short message, Jesus.

In the prayer I gave to Mr. Padgett, I said ... 'you are not the subservient, sinful and depraved creatures your false teachers would have you believe' ... and this is what I want to elaborate on today. Your false teachers begin with your parents, then move to the rest of your family and out into the world, society, your school teachers and onwards to the authorities, and into spirit and the higher natural love spirits I have been speaking about in my previous messages. What I want you to see is that right from the beginning to the top in natural love, all being in the negative state, all are false teachers who you look to for the way. The way you grow up into is the way of your parents, and it is the wrong way – THE WRONG WAY FOR YOU! And as you move out into the world you are still going the wrong way, and it is still the way of your parents and of other parents. And those in spirit who come and pretend to be right and all-knowing, and wanting to help you with their love and miracles, are still only as your parents were. You will forever be living your parents way and following them, so always being taught by false teachers. And this will only change when you do your soul-healing with the Divine Love. Then you will be able to be taught by good and true teachers, and you will be able to follow the right way. And you will realise you are not subservient, sinful or depraved any more; that you are wholly loved by your Heavenly Parents. And how could you be anything else but the most wonderful of Their handiworks! THEY LOVE YOU! Jesus.

Feelings first

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

WHOLE DIFFERENT Way of Life.



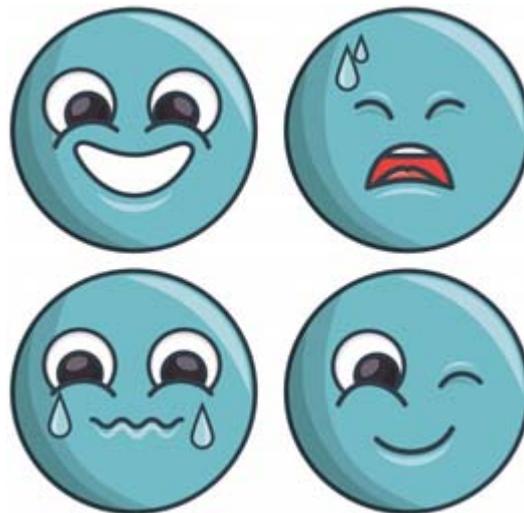
Consider asking yourself this question:
Who hurt me when I was a child?



NEW FEELINGS WAY



**Finding the Truth of Our Childhood
Through our Feelings Way**



**Feelings First Spirituality, New Feelings Way
Feelings are our own Truth and Personality**

DIVINE LOVE – what does it do?

The divine gift from asking for and receiving Divine Love will steadily, but with certainty, raise one's quality of life and also of all those around such a person who is seeking and receiving this Love.

The receiving of Divine Love, which is a substance, with certainty, progressively:

- Raises one's love for those around them, whilst embracing one's Feeling Healing.
- Raises one's perception of all things – naturally grows one's intelligence – soul intelligence.
- Enables one to feel and resolve negative emotional issues more readily during Feeling Healing.
- Humility becomes self evident. Humility enables one to feel their errors and emotions.
- Divine Love strengthens one's resolve to express errors, emotional injuries and untruths.
- Divine Love with Feeling Healing to remove emotional errors, enhances one's health.
- Divine Love enables one to become more childlike – not adult serious at all times.
- Divine Love raises one's capability of feeling – no longer needing to be mind controlling.
- By becoming feeling orientated, one no longer is mind / intellectually dominated.
- The strength to fight and overcome sin and error is strengthened through the Divine Love.
- The Law of Compensation process is more resolved by Feeling Healing with Divine Love.
- Receipt of Divine Love grows one's faith, beliefs become faith and then knowing.
- As our faith grows our intensity to ask and then receive Divine Love grows.
- We begin to follow our passions and desires, no longer fear and mind driven.
- Truth being told at all times then progressively becomes a way of life.
- Our quality of life blossoms, our finances and relationships prosper.
- Man creates his own environment, seeking Divine Love can vastly improve one's environment.
- Health carers receiving Divine Love enhance healing outcomes beyond comprehension.
- Receiving Divine Love may assist in bringing a struggling marriage back into harmony.
- You progressively become dependent upon our Heavenly Parents, not self dependent.
- Personal growth in love directly assists the soul condition growth of one's children.
- Divine Love assists one's rate of soul condition to progress whilst embracing Feeling Healing.
- Divine Love is a substance that changes the human soul to that of the Divine.
- Without Divine Love, one cannot progress into the Celestial Spheres (8th sphere and higher).
- Divine Love, with Feeling Healing, enables everlasting Love and Life in the Celestial Heavens.



Marion and James Moncrief appear to be hot wired to Jesus and Mary Magdalene!

Feeling Healing – Healing yourself through your feelings.

- ✓ **Your feelings are the real and true you.**
- ✓ **If you are denying any feelings you are denying yourself.**
- ✓ **If you are denying yourself you can't ever be truly happy.**
- ✓ **To heal all your pain and suffering, you can look to your feelings for why you are feeling bad.**
- ✓ **If you want to know the truth of yourself, then it's your feelings you will need to look to.**
- ✓ **Your feelings hold the hidden keys to unlocking the truth of who you really are.**
- ✓ **Uncover the truth of yourself through your feelings and you will know why you feel all you do.**
- ✓ **Everything in life, why all that happens to you does, and everything about yourself, can be explained to you through your feelings.**
- ✓ **Why your relationships might not be as good as you would like, why some might fail, you will understand through your feelings.**
- ✓ **How to live a good, true, happy and loving life will come to you as you start paying attention to all your feelings.**
- ✓ **However you will also have to pay attention to all your bad feelings, and this can be very harrowing.**
- ✓ **By honouring – accepting and then expressing all the bad feelings you feel, you will slowly bring to light all the reasons why you don't feel good.**
- ✓ **And as you liberate yourself from these hidden repressed bad feelings, so you will start to feel better and better about yourself.**
- ✓ **It's a process, and it can take time, years possibly, but all that's hard will eventually pass becoming good.**
- ✓ **Expressing all your feelings, and particularly your bad ones, whilst longing and really wanting to know the truth of why you're feeling them, is doing your Feeling Healing.**
- ✓ **You can Heal yourself through your feelings. And in fact, it's the only way to really heal yourself.**
- ✓ **And if you wish to do your Healing with God, you can also long for God's Divine Love.**
- ✓ **Feeling Healing – Using your feelings to heal yourself.**

Hello James, I am here with you and desire to speak to you, Mary.

As a child James, your parents did many things to you that made you feel bad. You often felt angry, unhappy, confused, lost, left out, alone, unwanted and rejected. Naturally you tried at times to find ways to express these bad feelings, but for the most part they wouldn't allow you to. You could not be angry with them, for if you were, they got angrier with you. It wasn't fair, and for the most part you just wanted to go away, to be left alone, left in peace and not made to feel bad. But you couldn't leave them. How would you survive? And a young child doesn't just want to leave its parents no matter how harshly its treated. It innately feels its survival depends on its parents, so it just has to accept that how its parents are treating must be lovingly – even if it feels they are not loving, for what else can it do? It is too great a trauma when you are very young to accept that your parents don't love you, even though they do make you feel bad. This causes a great confusion, but one that as time passes, is covered over by adapting to the ways of one's parents, trying to be good, trying to gain their love and attention.

Slowly James as you *fitted in*, as you adapted, your life became more conditioned by what they wanted, and their patterns became your own. You didn't form your own ways, but adopted theirs. And as they gave you a little more space as you grew older, even easing the pressure on you, you began to believe you had some power in the family, and perhaps things weren't as bad as you had previously felt. So you fell into living trapped within your own falseness, your own false life – your own delusion.

To see the truth of yourself involves seeing all the bad that is inside you – all that they did to you; and living true to all the feelings that you've tried to get away from. It is about having to own up and face the truth, the truth of how you are made up inside. And it will mean not running away, but staying where you are and seeing how you have changed yourself away from the real you. To do it you have to want to be honest with yourself and really want to see what is wrong with you. You'll have to find a willingness in you to push deep into yourself to see all the bad stuff. And this is very difficult. At the first criticism, more than likely you will want to stop, and not want to face it, to run away and give it up. But you will have to push yourself on. Ask the Mother and Father to give you the situations to help bring the bad feelings up in you so you see the truth of them.

Wanting to see the truth is more than just asking God to show or tell you why you are feeling bad. It is not an intellectual exercise. It is about asking Them to help you live the bad feelings so you can feel yourself in them and accept that they are you. And you do this wanting to see the truth of why you are feeling as you are; why you are like you are; why you do the things as you do. And you keep going trying to express the feelings that surface. And when you finally move down deeper into them, you will start to see what happened to you as a child to make you be and feel this way. When this starts happening you are usually about at the bottom of that cycle, but it may only be one of many.

I want to point out again about the need to face yourself and to really want to see all the wrongness that you are. Everything in your world is designed to make you not face yourself and to stay away from the truth, to lure you away from what is truly important – You. If you are intent on busying yourself in the material world, working and acquiring material things, socialising, furthering your education, amusing yourself and entertaining yourself to the extent that you have little time for yourself, you won't get anywhere. To have one small portion of your day you give to yourself for prayer will not help you heal your soul.

To do your soul-healing is a commitment you will need to make to yourself about your whole life, if you seriously want to get anywhere in it. You can do it in stops and starts and by fitting it into your busy

schedule, but if you are truly serious about doing it, then you will need to feel in your heart you want to give all of your life over to it. And with this total commitment you tell the Mother and Father if you truly desire it, and then start to ask Them to show you how to give up everything that you do not need; for Them to help you to see the truth of everything that you think, feel and do.

Your soul-healing is the most important thing you can do in your life. It is the only real thing that matters. All else you do is secondary and only putting it off; all else you do is within your negative state. You can have a career and a family or whatever you want, but still all of this is not as important as your soul-healing. And you may be able to do all this whilst doing your healing. That is all up to how your soul and the Mother and Father will want it to go. You are doing your soul-healing with the Divine Love, for eternity. You are not doing your career or having a family for eternity.

Your relationship with yourself and then with your Heavenly Parents is of the utmost importance, then followed by your relationship with your soul-partner. Nothing else really matters. No matter what anyone says about anything else, it does not matter. Only what you want for your soul matters. And this is not selfish! It will not exclude others and make you self-centred at the expense of others. That is how you already are. You are already selfishly living in your negative mind condition. This state is unloving and rejects all others. You may believe you are with others and love them, but you will see through your healing you have been mistaken. So all that you do in your healing, even though it might seem completely the opposite of everything you know, and may seem selfish, will not be, for the truth is loving and selfless. And this you will see in time. You may end up completely living only with your soul-partner, seeing no one else, wanting to be alone together, and this is not selfish, this is loving and honouring your soul. Your soul is the top and only priority. When you are fully healed you will be with whomever your soul needs you to be with, and you will do everything that your soul needs to keep expressing itself – you – and this is all you will ever do. And whether that involves lots or no other people will be for you to wait and see. And when you get there it will be exactly how you feel you want to be, and no matter what other people may say or how they may judge you, you will feel and know you want nothing else.

As we have also said, you do not know what it is like to live true, so you can't possibly know how you will be and what you will be doing and how you will see things by the time your healing finishes. The diversity to be expressed will be reflective of how individual each soul is, and how you live and express yourself currently, is only about 5% at best. So you have a lot to uncover and discover about yourself. And ideally one day we would like to see one whole life, from conception to death, being one long continual outward true and pure expression of itself. This one life being the first of many more to follow.

You can live a full and active life accomplishing many things, having a family, having many different types of work, experiencing many things, being deeply religious or not, or trying all sorts of spiritual and religious things. You can grow older and become wiser to the ways of the world and find your own code of beliefs to live by. But still all of this is just moving around in your existing negative mind patterns, all of which have been set in place from conception to six years old. It is quite amazing to consider, but when you look at it from our perspective, the majority of mortals, religious or not, who come over into spirit, wake up in the first Mansion World and then don't go anywhere further. Few do achieve higher things whilst on Earth, some do invoke enough Divine Love to move into the third Divine Love world and begin their soul-healing. But the rest, if they are any more mind evolved, move into the second world and very, very occasionally into the fourth world. And a great many, having woken up in spirit in the first world, gravitate back to the Earth world – the Earth planes, becoming lost, existing there not of Earth itself or of spirit, and they wait not knowing what to do until someone, usually a relative, comes and finds them, and tries to awaken them to the truth that they are no longer of mortal flesh and blood but are of spirit, and to get them to come back and start life in the first spirit

world. Most people are in a very poor spiritual and soul condition. They may have a very successful material life of sheer mind indulgence, but when they come to spirit having hardly, if at all, given life after death a thought, find themselves very lost. So many people still believe there is no life after death, so when they wake up in spirit after death, are either surprised or close off to it, so much so, that they live their belief and just exist in the Earth plane with no awareness that they are alive still or even really dead. And the religions do nothing to help any of these problems, as they are the real problems compounding the misunderstandings, errors, ignorance and fear. And many souls will face untold hardship stuck in such *non-realities* before they are capable of doing anything about their plight.

Life is about your soul. So little is known or understood about the soul and one's relationship with it, and yet each second of your life is intimately all about your soul and nothing more. So how you relate to it and what you believe, is crucial to its – your – well-being.

That is all I will say for now James, as I see you are needed. I look forward to our next chat, Mary.



Long for the Divine Love and the Truth, and to try and accept, express, and seek the truth of your feelings.

You can work out how best you long, what works for you, as you'll be able to feel and experience the Holy Spirit conveying the Divine Love to your soul, and so know you are longing correctly FOR YOU. And what suits you may not suit another; and the beauty is everything is so personal, so highly personal, as you will discover through your healing and ascent of truth.

The rules of life are contained within truth, and it is truth that one needs to live – to live the true and correct way. Books can help one understand how to uncover truth through one's own efforts, but should never be used to replace truth, or one's personal endeavours of seeking and finding it through one's experiences. If you decide that one book is *the* book then you will condition your experiences forcing your soul to comply with your minds desire, therefore limiting your souls ability of educating you and revealing truth to you from any source. As you grow in truth you will of course out grow many things, books included, as they will hold no further experiences for you, and this too is what is meant to happen with you literally outgrowing whole worlds as you ascend to Paradise. Mary

Messages from Mary and Jesus book 2 – via James Moncrief 23 April 2003



9 May 2003

Hello James, Mary.

Today I want to reiterate what Marion was speaking to you about this morning. We, as souls, need to express ourselves. The Mother and Father create us to express our personality in Creation, and how we do this, is with love. A child, as we all do naturally, wants to be loved and to give love – to be loving – it is naturally self-expressive. And all a parent need do is accept this. However, if a parent refuses this love from its child, and/or refuses to give love, as all parents in a negative mind state will do in one way or another, then the child is stopped from giving its love or receiving any and is made to feel rejected and unwanted. And the parent does this because it has already happened to them by their parents when they were a child. When the child feels rejected, it in turn rejects its parents, it's terribly hard to keep loving someone when you are forming, and they are not loving you. The child withdraws trying to find other sources of love, other ways to be loved. The child changes how it naturally is trying to be loved. Often this rejection of its parents causes them to feel rejected. They of course want the child to love them, even if they don't love it. So when it can't love them, not feeling loved itself, they feel rejected and angry, and just how they felt with their parents. Fighting each other for love, competing with one's own parents for love, vying for power and control, causes the child to further become removed from its true self. Gradually the whole relationship becomes very confusing, and this you will understand as you seek to unravel the great mixed up mess through your healing. It will be revealed to you, every little piece, who is not loving whom; why, and how everyone feels not feeling loved. It will come to you, all through your feelings.

No matter what you believe love is and how loving you are, you are still a far cry from what it truly is and feels like. Most parents don't want to be unloving, trying hard to be loving, and many do a better job of it than others, but still it is not enough. Still, even in the most *loving* of families, some rejection can be seen. And as you do your soul-healing, you will see for yourself how little the love you believe you have, actually is love.

When you begin to express yourself properly, you will begin to feel you want to love. This may come at any point through your healing, for some in the early stages; for others later; and for even others not until they have finished their healing. It will happen dependant on the needs of your soul – what experiences you need. Some souls will want to experience the full amount of living feeling unloved, not feeling any love until they have finished their healing. Partaking of the Divine Love and doing your healing is not about making you become instantly all-loving, it is about helping you to understand what it feels like to feel unloved, to live in a negative self-denying, unloving state of being. And when the truth of this no love state has been seen, then love will come.

Then one will be able to enjoy the love of one's positive mind. But first of all, it's about experiencing the fullness of feeling unloved. So even if you are partaking of the Divine Love, and still feeling very unloved, that is what IS meant to happen. Feelings of love will come, but once you've completed your healing, so don't try to contrive feeling good and loved because you are receiving God's Love. Feel how you feel; be how you feel. If you feel ever greater amounts of unlovingness, and feel worse, and worse and couldn't love anything or anyone, keep expressing these feelings – these are the true feelings of what you feel in your negative state. These are the feelings your parents made you feel and it's imperative that you feel, understand and know the truth of them. Don't be tempted to use your mind to try and contrive feeling good and loved. Allow your healing to make you feel as bad – as you need to feel – as bad as you DO feel. Your healing will sink you down into your depths of despair, to where you feel no love whatsoever, all because that's how your parents made you feel. Submit to your bad feelings; allow them to overwhelm you, to consume you. Allow yourself to be as negative and

unloving as you feel. When you start on your healing, the whole point is to allow yourself to FEEL all you feel. Not to stop yourself feeling bad if that IS how you feel. It's to allow yourself to feel bad, worse, as bad as your soul will need to make you feel for you to experience and uncover the truth of how your parents treated you. It's allowing yourself to feel mostly the opposite of your training, and as difficult as this will be, you will see your way through it, your life will accommodate and adjust to allow you to go this way, to be the full negative person you are. And when it's all finished, and you fully understand what it was all about, then love will come. Then it will be time to learn about and experience love, all with a positive mind and will.

So I repeat, if you start out on your healing don't expect to heal parts of yourself and then feel all-loving and all better. You will systematically be sunk deeper into your unloving state; there are seven Mansion Worlds worth of it for you to experience. It will take time, even many years of not feeling loved or loving, even feeling the opposite: hate and spiteful and uncaring about everyone and everything. And if your feelings lead you this way don't fight them, move with them, allow yourself to be full of hate, and keep on speaking about all you feel, always expressing all you feel, all the while longing and wanting to see the truth of why you're feeling this way.

The greatest difficulty you face is in understanding that you are parented with hate and not love.

You have not been free to express your love, so you can't, and don't know how to love. You have covered this truth up with so many opposite beliefs believing that you are loving and that all you know as love is real and true. But having grown up feeling rejected, how can you turn around and be truly loving over the top of this? It's all a pretence, an act, nothing more than a show of being loving. And you will continue playing a game with yourself until you really want to see the truth of how you really are. But even though this may sound horrible to you, and will feel even worse when you discover it for yourself through your healing, it is all right. You are okay. You are still not bad even though you may feel very evil and only full of hate. You have been made, forced, coerced, into believing you are this way.

And the Mother and Father will not punish you, neither will anyone else. You will only have yourself as your own judge to face the truth. And with the help of the Mother and Father's Love you will be able to slowly allow yourself to accept that truth and to let all the bad stuff go. And it doesn't matter how bad you have been, how much you have pretended to be loving and untrue, or how bad openly you have lived hurting others and your children. Still you can come back from all your horror with the Love of the Mother and Father. No one, no matter how untrue, is unredeemable.

You cannot have gone too far, it is not possible, as what you have become was not your own adult free will choice – it was all imposed on you against your will. You were not good and perfect as an adult, then decided to be bad and evil and go against all love. You took on all the Rebellion by default, and it was all done during your earliest forming years. You have literally been formed in it and so are of it. And even though you have become it, no matter how bad you feel about yourself, it was not your fault. You are all victims of the Rebellion and all living it in Default, and this is very important to understand. You *are* evil and sinful and bad by default, and are just carrying it all on in blind ignorance. You are not as Lucifer and the originators of the Rebellion were, fully formed good souls who became corrupt within themselves, and then took it upon themselves to corrupt others – you.

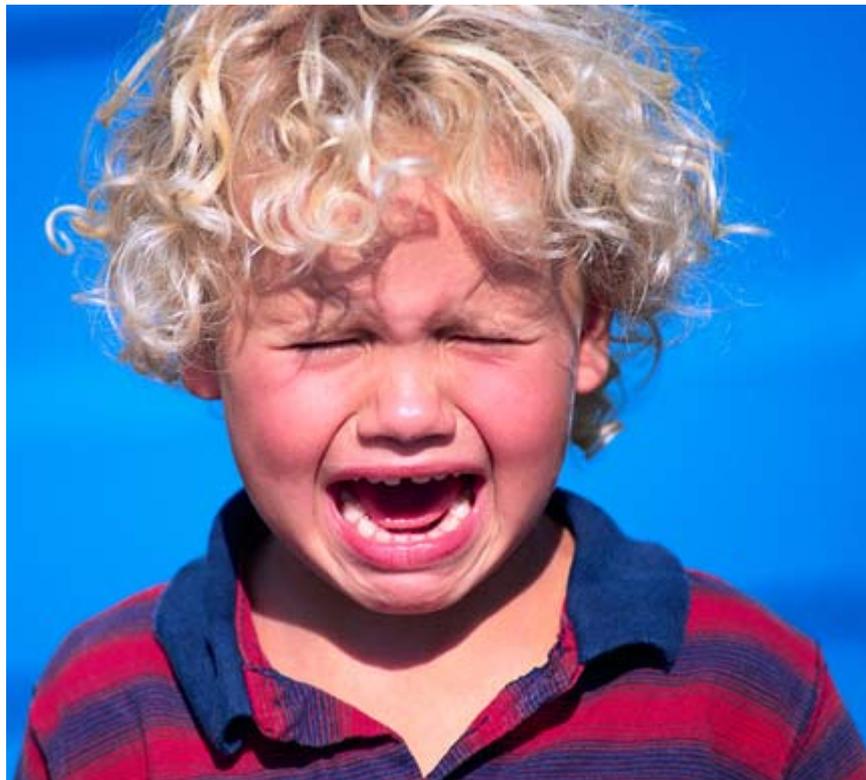
If you had done it all yourself like the original Evil Ones did, then upon death you would be taken to a detention world and interned there until the High Planetary Judges decided your fate or helped you to decide it for yourself, just as has happened to Lucifer, Satan and the others. But this is not your destiny.

The judgement you face is merely at the hands of your own mind. Your mind in effect has control of you, and it will make you feel guilty for what you have done, as a last means of trying to maintain power over you. But all you have to do is own up to these feelings, as with all others, express them as they come to light, and ask the Mother and Father to show you all the truth of them. And as you accept them as a part of yourself, they will go and you will not be plagued by such soul-destroying and terrifying feelings and beliefs any longer.

You have been made to believe, that those who do not love you, do love you, so to try and make any sense of your feelings about what is right and wrong in the world will cause you problems. The world is trying to solve its problems from and within the negative. It is the negative trying to make the negative *nicer* and *more loving*. But it is a futile exercise. On the one hand, so much progress seems to have been made toward personal freedom and liberty, and yet on the other you are just as controlled as ever. How you are now controlled just seems to be done in a more *nice* and *caring* way. It is just not so obviously brutal and openly unloving. But where is the real love? Your sophisticated society and relationships are based on no love; pretending you are loving; falseness and cover up.

You walk around being pleasant to each other and saying *that person is nice* or *they're not nice*, but all this does is put more layers of unreality and pretence on life. In future people won't even know what true emotions actually feel like having given over to the collective group and decided how to artificially express oneself, all using what's acceptable to the mind. The West is losing touch with its real feelings faster and faster everyday. It's making up new ways of how it's acceptable to be, new words to express this, and new beliefs about how one should be in life. And as always, the only way to rescue yourself will be by wanting to give it all up, all the pretending to know what love is, and to sincerely strive to live the truth, asking the Mother and Father with all your heart and all your strength to help you.

That is all for the moment James, but Jesus wants to have a word to you. Good-bye for now your beloved sister of love and your truly loving sister, Mary.



James: And Beth, was I right in feeling John's mother, Marie, wanted to speak with him, he says he doesn't feel any connection with her currently? (Marie Josephine Doel – passed over on 26 September 1971 and is currently within the 5th Divine Love Mansion World.)

Yes, she does James, so if you wouldn't mind, I'll give over to her, she will explain how things are to you both...

Marie: Oh Yes, yes, dear John, my dear Johnnie, I am so sorry, I truly am, I have been hoping that I would be given this chance to speak with you, I really am sorry for the neglect, my heart breaks when I think of how unlovingly I treated you. I have wept for what seems like eternity over all the bad things I did to you, all I made you suffer, all I put you through, and I am so sorry. I am, and I can't convey how deeply sad I am for all the pain I have caused you. I am working my way through the agony I have suffered at the hands of my own parents, only to realise and see the pain I made you suffer, and I am deeply and truly sorry, sorry to the core of my being. And I know I can't make it all right, I can't put right the wrong I have done, however I am paying for my wrongness in pain, the emotions of which keep coming up in me as I connect with my own suffering and the suffering I have inflicted upon you.



So although I can only speak briefly and in this limited way with you, I do want to apologise with all my heart for all the grief I have caused you, and much of which you are yet to fully understand and feel. But when your time comes to do your Healing, I will be in a better state and position to help you with it. We will be friends, and it's right that you reject and hate me now, but that will come to pass once we've all been through the fires of hell that is our pain and suffering because of our wrongness.

And because of my need to work on myself, I am still rejecting you in so much as I can't be with you and help you in your work now, however others like Nanna Beth are so very capable, and far more advanced than I, so I will remain in the background. But I just want you to know, that yes, I was a horrible unloving and uncaring mother to you, although we did have some nice loving times together, but still that doesn't compensate for the bad times, which I am deeply ashamed of having and subjecting you to. But as you understand, none of us had any idea, and then being all so caught up in our own trauma and the drama of our unexpressed childhood feelings, oh it's all too much and I am sorry, sorry, sorry, sorry.

Beth is saying that is all I can say now, so I will end by wishing you good luck in the fulfilment of your life, and I will see you when you are willing to see me when you come over, and we will talk if that's what you want to do. So until then my dear son, I will continue to work on myself, I am slowly moving through the fifth world, but I have more to see about myself, strong controlling beliefs I have to understand and release, and much, so much buried and unexpressed pain still to express.

Goodbye now my dear, your mother – Marie. Thank you James.

James: Yes, it was hard work, I could feel Marie's tension, a sense of how much she is having to deal with, it all coming to light, it all being new and horrible for her, and so many confused and conflicting feelings – not in a stable state of mind... She reminded me a lot of times through my Healing.

Nanna Beth (Marie's mother): Yes, she is getting serious about it, working her way deeper into herself. She's at the stage where she is able to start taking full responsibility for herself in her Healing, as in needing less and less of our help. Which is always a good sign, because then she'll be able to move deeper into herself all through her own doing.

Messages from Mary and Jesus

book 2

by James Moncrief

Jesus

9May 2003

Yes James, I want to change the subject, and write that thought you just had which was inspired by what Mary was saying to you. And I want to answer a question that you have been meaning to ask me.

There will be no end to humanity, as the prophecies want to believe. There will be no Armageddon. But one day there will be an end to humanity's negative mind and will condition. Destruction of mankind would not solve anything, and even if it did happen, still all who came into the spirit worlds as a consequence of such mass destruction, would need to do their soul-healing if they were to choose to live on and progress into the higher Celestial worlds. And what good would such mass destruction do for those new souls wanting to incarnate and experience the Rebellion, Default and negative mind condition? Why should they be deprived such invaluable experience? The Mother and Father are in charge of all things. If mortal man was really in charge of his destiny all men and women would have perished long before now. The rebellious unloving condition would have brought about humanity's destruction long ago. Mankind only exists in this state, as in all states, because the Mother and Father want it to. It would be absurd to conceive of other such things knowing of Their Love. These things are conceived of and believed by people who do not know Them.

Such beliefs do however reflect a certain attitude and belief, showing that humanity is in a negative mind state, for if it were in a positive state, such beliefs would never be dreamed of. All the death and destruction that your movie makers are intent on capitalising from only reflects the very state you all accept and choose to continue living in. On positive worlds such things do not exist, never have, and never will. You are very poor and wretched as to what you accept as good entertainment compared to these worlds.

Humanity's destiny is to resolve its inner and outer conflict naturally with love, both God's Love and its own self or natural love, all by people doing their healing. Certain individuals will lead the way for others to follow, and gradually all will become of love. It will take a long time, and the aeons will pass stage by stage, as all souls will be reclaimed. Humanity is to slowly evolve itself completely out of its rebellious condition, to become fully conscious of its negative problem, to take full responsibility for it – heal the Default, the unconsciousness about it, and then work its way steadily through all its problems just as an individual works on him or herself through their healing. And humanity's individual and collective healing can begin now.

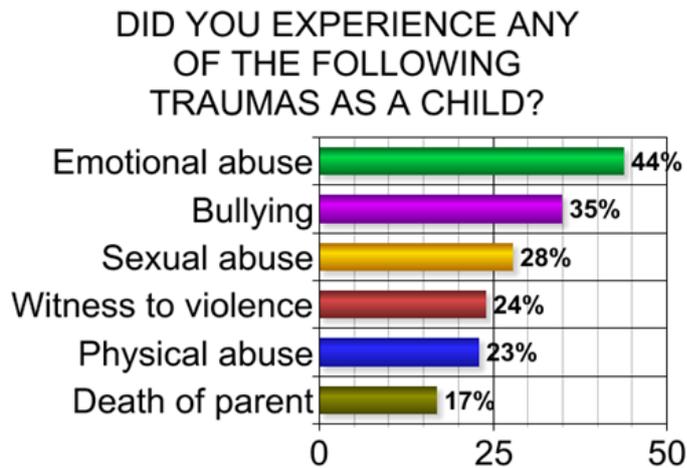
Slowly during this next age of about one thousand years, whilst the Divine Love is still available, many people will strive for the truth and try and do their soul-healing. And as each person advances but one circuit, breaking down the control of his or her mind, then the whole of humanity will benefit. And slowly more adults will live more truth and they will parent their children with a higher truth. And as these children move on living that higher truth parenting their children with yet an even higher truth, slowly, progress inward and upward will be made. And overall gradually humanity will make progress in its healing. Then one day two perfect – healed – parents will parent their children with such perfection of truth, and these children will live free of the Rebellion and Default like Mary and I did. Then will be seen on Earth children and people of true positive minds and this will definitely herald a new dawn for mankind.

Humanity will purify and perfect itself in stages, just as we all live in stages. My life unfolded in stages when on Earth and it still is, just as the whole of Creation unfolds in stages. And help, that is higher help from spirits, will be made available at and through each stage relevant to what is desired by the Mother and Father and the experience of all souls.

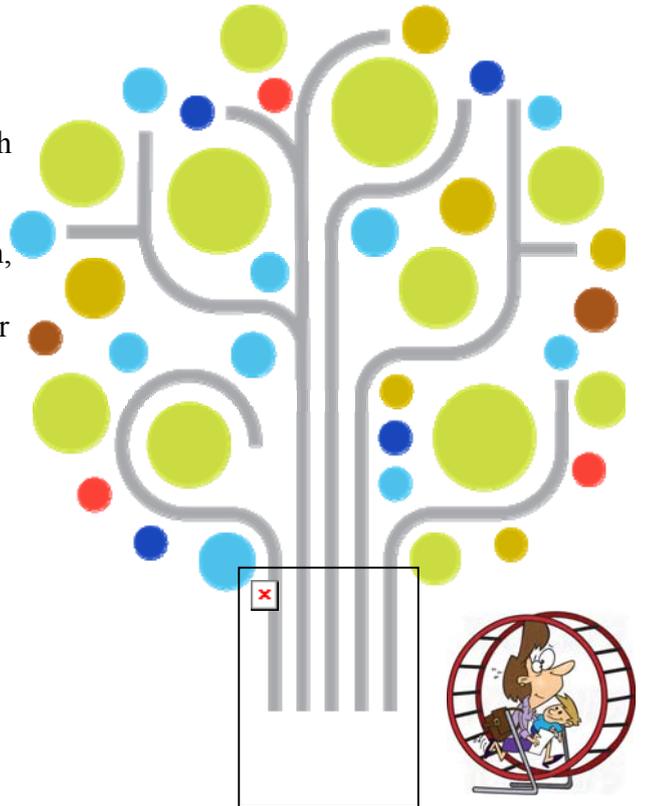
That is all I too have to say for now, we will speak to you soon, Jesus.

BEGINNING the JOURNEY of GROWTH:

Generation after generation, follow the nurturing programming of their parents, errors of belief and truth are handed down as well as the ways of controlling cherished children. These unloving and untrue practices are why humanity is stagnant in its evolution, now for some 2,000 years. Our parents are false and misguided teachers. We now all can work through our erroneous and unloving ways and evolve.



Should we reflect upon our childhood, after first saying it was wonderful, when looking at it in detail we realise that it was a nightmare of control and many other restrictions that compromised our free will.



Feeling Healing of childhood repression is the only way to break away from the treadmill and evolve:

- i. Feeling Healing is outlined in *Speaking with Mary Magdalene and Jesus* by James Moncrief.
- ii. Letting Go process is outlined in *Letting Go* by Dr David R Hawkins.
- iii. Journey Process is outlined in *Journey for Kids* by Brandon Bays.

So to do our Soul-Healing consists of these steps, all of which are ongoing until it's done:

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



9 May 2003

Mary.

As you have had some thoughts and further discussions with Marion about what I said, and what she was speaking about this morning, I will add to these thoughts. Mary.

You have been created of and with love. ALL LOVE was yours in your creation by the Mother and Father. Your soul is like a seed just waiting for the right conditions in which to germinate. And if these conditions prevail in a favourable way, then you will start to emerge into being, yearning to completely express all the love that you are, that you have been created with. And being the *creator-souls* such that you are (you have a limited capacity to create with your mind and feelings being of the order of ascending daughters and sons of truth), with this love in your soul you will naturally want to create – bring yourself into being. You want to be and feel loved so you can love.

However, as you could not give totally of yourself freely and truly, being checked and controlled and made to be how your parents wanted you to be, you feel powerless in your creative expression. You don't naturally create as you naturally express yourself – your love. All you create you do with your mind to try and give yourself the love and power you feel you have missed out on. All you do is to try and stop yourself feeling so rejected and unloved.

When you are fully expressive you will be fully loving, this is the objective of your soul-healing. And when you arrive at this you will feel more like a Celestial *angel of light* and of love than a heavy negatively controlled person of fear and no love.

Your soul is made of love. That is yours forever and cannot be taken from you. However, as your mind is hiding this truth and all your feelings of love from you, the Mother and Father have offered Their Love to you, to help you get under way in bringing yourself back to love. They are giving you the greatest of all Love. And if you choose to accept Their Offer and allow it to help you heal yourself, it has far greater power than that of your mind, enabling you to do so. Mary.

Feelings first

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

REVELATIONS



JAMES PADGETT MONCRIEF **REVELATIONS** 1 Commenced 1914
2 Completed 2014

REVELATION 1

The availability of Divine Love, should we so ask for it, being revelation 1:

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

Whilst we are receiving our Heavenly Parent's Divine Love, and that this Love is causing change within our soul and spirit attributes, the greatest Truth known to man and spirit is that this is the way the Father is actually loving us! When we progress, it is the Father's way of loving us into love and then we live what we are, love.

REVELATION 2

The way to clear one's soul of childhood errors and injuries is revelation 2:

To liberate one's real self, being one's soul, is begun by embracing Feeling Healing, so as to clear emotional injuries and errors. With the 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.

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

I am here Mary.

If you feel bad and your life is not going as you want it to, then you either just suffer and do and say nothing and hope somehow it will change, or you try to change it. By trying to change it you mostly try to change your situation, but this is merely changing the outside, the environment about you to suit you better. Your parents did this by trying to change you to suit them so that they could cope better. They changed their outside – you – and so you were changed for good, and this change will one day make you feel bad about yourself and the situation you are in.

To really change, you have to change your inside, you have to change your beliefs and not worry so much about the outside. If any thing upsets you and you feel bad in any way, then it is because you have something wrong inside you; wrong beliefs, wrong intentions, wrong ways of seeing and behaving. Trying to change the outside is only trying to add another layer to cover up the bad you're feeling, so that you cut yourself off further from your inner self, and this is what most people believe is having a good or successful time and getting on in and with their lives making it as they want it to be with their *positive mental attitude*. They are able to control their outside to suit themselves, rather than feeling powerless and vulnerable with the outside controlling them. But still it is the inside that controls the outside whether you feel in control or not.

If you change your inner you, you will be surprised how your outer will change, and often in ways you would never have dreamed of. Suddenly you might be able to change your outer life but knowing it's all being driven by the changing inner you. To change your inner self is very difficult and firstly it can only begin with you wanting to change it. Mostly when needed, life forces you to change within, because you do not want to voluntarily do it. And often this force feels extreme with a catastrophe – severe illness or traumatic experience – needed to penetrate into your depths. However there is no law that says inner change can only be brought about by extreme hardship. During your healing some discomfort will be experienced (okay James, yes, at times you will experience a lot of discomfort), but this is because you are rigidly fixed in your beliefs and resist change and with so many anti bad feeling barriers, it takes a lot of force to crunch you into change.

If you want to change your inner self, you can set about it in numerous ways. You can seek help, counselling in a professional way, or just through sharing your feelings with your spouse or a good friend. But you need to be able to speak about all the ins and outs of what you are feeling, being able to moan and groan and cry and be angry and express your hatred and feel okay about doing it all. This is what needs to happen to be able to start to open your inner repressed and hidden world to the outer one. You need to express all your feelings, and in particular your BAD feelings. If you don't start expressing all you feel then nothing inside can change. You don't know what is locked away inside you – why you feel bad. You may be telling yourself it is really nothing and you should get over it, as it is only a small thing even though it just keeps bugging you and won't go away.

And this is because it is not small. Everything wanting attention within you is big and should be given ALL the attention it needs – every feeling. This is being self-loving. Self-loving comes from the act of honouring ALL your feelings, it has NOTHING to do with your mind. You can't *love yourself* with your mind. This is false self-love. Positive affirmations of love being done with your mind are not a free act of self-love, they are the very opposite, and act of self-denial, because you will be doing it to deny yourself the bad feelings you are feeling. To need to be positive means you don't feel good, so these bad feelings need to be accepted and spoken about expressed. This is being self-loving: stopping

the denial of your feelings. This is truly liberating yourself – liberating all you feel, all your bad feelings which will lead you to include all your repressed bad feelings from your childhood. This is loving yourself or being loving of yourself; this is taking the time to love yourself, to care for yourself, to feel sympathetic to yourself. This is being unconditional because you are not judging your feelings; you are allowing them all to be expressed equally, not selectively. Denial of bad feelings is conditional selection through self-judgement of what is good and what is not, but ALL feelings are GOOD – even the bad ones! You are feeling bad for good reason, and it's the reason, the truth, you need to find, and need to want to find.

One way or another you have to want to see or find the truth to your bad feelings. If you don't want to see the truth of them you can hide them by artificially burying them through changing your outer world (and mind) and pretending you are happier, but still they will never go away until you want to see the truth of them, the truth of yourself.

Another way to seek help is by asking the Mother and Father. The beauty in asking Them for help is that They will help you to see the truth yourself within your own current life situation. You will need help from at least someone who wants to listen and get to know you and unconditionally accept you, and you may need intermittent help from a therapist, but ultimately you are to become your own therapist. You can't rely on your therapist forever. You have to be able to freely express your own feelings and uncover the truth of them. And if you want to move into the deeper aspects of your soul-healing you will need a partner who understands what you are trying to achieve, someone who is supportive and on your side. Someone who is involved intimately in your life, because it was with intimate relationships in the beginning with your parents that started all your problems. You will need to re-experience all the same pressures and feelings with your partner that you experienced with your parents. And you can only do so much with someone you see for an hour a couple of times a week.

You will need someone who you are with all the time to really be able to heal everything, just as you were with your parent or parents all the time. You need interactive therapy to really get stuck into it. You will need to be able to argue and yell, throw your tantrums, and be as angry as you feel, and do all the things that you did as a child, all to stimulate the feelings you felt back then, to re-create them, so you can as an adult while you experience and express them, see the truth of why you felt them – what happened in your relationships to make you feel this way. Your adult life, your adult relationships, will match the exact relationships on a feeling level that you had as a child with your parents and carers, all so you can re-feel, re-experience, all the repressed feelings, doing as an adult what you weren't allowed to do as a child – express them. All so you can find the truth of them. And when you are ready for such healing, if you don't already have a person in your life who can be a true friend, then one will come. The Mother and Father will join you up with someone, because that is what you'll need to continue progressing in your healing. And what your soul needs for you to grow in truth is given top priority.

Expressing all you feel with your partner or friend is all important. You are trying to bring out the whole climate of your early childhood so that you can see the truth about what you experienced. Everything needs to be expressed openly and spoken about. And this leads on to naturally wanting to communicate truly and freely, which is the aim of setting yourself free. So that in the end you will be able to freely communicate with each other, without hiding anything, giving each other all love and support.

A true marriage is one of mutual communication. And that means both people actively and freely being able to say to each other whenever they think or feel with nothing being left or remaining hidden. A marriage is not meant to be an arrangement to live together where he has his world of feelings and

thoughts and she has hers with little overlap. A true marriage is a complete uniting of two so that both people get to know each other inside and out, with each being equal in their ability to freely express all they think and feel. Each equally together, a part of each other's inner and outer life, a life of total communication, with nothing, not one feeling, left unexpressed. Marriage is not just a legal contractual agreement that is a marriage of minds; it's a marriage of feelings. A marriage of feelings being one in which both parties want to freely communicate all they feel. And if you want this, then it will mean both of you doing your soul-healing, because whilst you remain in your negative minds, no matter how free you might be in sharing feelings, it will be nothing compared to what you will do once you've healed yourselves.

No matter how good you may believe you are at communicating, and how much you feel you can speak with your partner, if you can agree that it's best to both accept that you actually don't have a clue, and that what you believe is good communication is not, then you can begin on common ground together not knowing anything or pretending that you do. And you can go to the Mother and Father asking Them for Their help to show you. How you communicate now is dependant on your negative state, so your communication will change as you go. And if you can keep letting go believing that you know something, that instead you don't know anything, it will be better for you.

And then as you get better at it and begin to have a free and very expressive relationship together, you will naturally allow your children to freely express themselves without being so inclined as to interfere, restrict and try to control everyone. And your children will grow up without all the unconscious domination put on them, as was done to you by your parents. And **the greatest gift you can give your child, is allowing it to be freely able to express itself, helping it to feel good about being able to say and express and communicate all it feels. THERE IS NOTHING BETTER FOR A CHILD TO FEEL THAN KNOWING ITS PARENTS COMPLETELY WANT IT TO BE EXACTLY HOW IT FEELS IT WANTS TO BE. To be completely unconditionally accepted for all that it is. Then it feels loved.**

Once again, thank you James. Mary.



WHICH WAY? MIND SELF RELIANT or FEELING AND GOD RELIANT:

To PARADISE, the HOME of OUR HEAVENLY PARENTS

The Way Home

Maybe something like 30 billion people have recognised that our Mother and Father’s Divine Love, together with embracing one’s Feeling Healing, that with these two aspects, have progressed through the Mansion Worlds to the Celestial Heavens and onwards.

Mansion World 7: is then about still working with the deepest and residual bad feelings, whilst looking to sort out how you wrongly relate to yourself and others, nature and God because of being unloving, understanding how your relationships are unloving, how you don’t connect properly, how unloving you really are and why and fully accepting the truth of it, coming completely to grips with your parents not loving you as you needed to be loved – sorting it all out, including your self and feeling expression difficulties.

Mansion World 5: is then about going right into the depths of them, feeling how unloved you feel and seeing how unloving you are and how that makes you feel, bringing out the majority of your pain, your misery, fear, anger, guilt, hatred, boredom, terror, rejection, nothingness, feeling powerless, alone and abandoned, and so on.

Mansion World 3: is for waking up to the truth that you’re not loving and starting to get in touch with your pain, starting to accept your bad feelings, starting to work with them instead of rejecting them.



Council of Elders
now around 20
Soulgroups



More than 200 billion personalities have embraced their mind and self reliance through the misguidance of ‘New Age’ styled ideologies and the many thousands of different religious platforms, all of which take the person further and further away from our Heavenly Parents.

For a million years, humanity has gone in the wrong direction with its self-denial of self and feeling!



14 May 2003

Good morning James, I will continue, Mary.

I want to speak more about love. Throughout these messages to you I have stressed that as you exist in a negative state, what you call love is not love, being only what you believe it to be relative to what you have experienced and been taught it is. I have said this to make you and the reader think about love and not to just assume that he or she knows what love is.

Many people will find through their healing that what they felt as love and believed it to be, was not entirely true. I know it may sound hard to understand that a very strong feeling that you feel and know to be as love may not actually be all that you want it to be, however, I really want you to have an open mind and to try to see that to do your healing you need to be able to start again. To start life all over, so that through your healing, and by the time you have finished it, you will have learnt anew all the meanings of your feelings, so that you know for yourself what anger and love and hatred and good feels like to you. You are setting out to discover the truth of every feeling for yourself, and if you can begin by accepting that you don't know anything, then you will be in a better position to let go of what you do believe, and to rediscover everything all anew for yourself. And you have to rediscover everything all anew because everything that you are now is heavily tainted by the negative. So even feelings you may be familiar with, such as anger and pain, will still need to be rediscovered and understood on deeper and more expansive levels.

Until you are well into your healing, you will not be able to have any real understanding as to just how influential your parents and immediate carers were, and still are in your life. They have painted your whole world for you. You are living life through them and very little has been left up to you to discover. So to live true you need to know about everything in your life and all the aspects of your personality for yourself, and all discovered through your own experiences. You have to know you. Currently you know you as they know you. You see yourself through their eyes, and this, as you can well imagine, leads you to being greatly confused about what you do think and feel – who the real you is. Something of an identity crisis. Who is the real you, and why don't you just feel true? Why don't you just know who you are and what you are – what you mean to yourself? What are your true feelings? Any contradiction within you about yourself is due to these outside influences in you. You need to be able to stand firm on your two feet and say: This is me, and how I know is because, I know myself. I know what love is and what love is not, and what anger is and what anger is not. I know my feelings – I know what I feel, and I know them to be true. I am living true, and I know that I am.

You may feel that you love your children with all your heart, but do your children feel this love? Have you asked them, and even if you do ask, would they be able to tell you the truth? And do you love your children all the time with the same intensity, especially when you are angry or upset with them? And do your children in these times say: it's okay really because we know mummy and daddy love us? And do you say the same things to your children? And are you even aware that you are unloving to your children? So many things parents do to their children they think nothing of, and you would even argue was not unloving as everyone does them, but this is all just what you want to believe. It is not the truth. Not the Mother and Father's truth. You might love your child more than anything you have ever felt, so much so, that you feel you would rather die than not have it, but how do you feel about bringing it into a denial world of rebellion and *loving* it into evil, helping it to form a negative mind which will give it hell? How relative do you want to be? And how true do you want to live? The laws are the laws. No matter how *good* a parent you may believe you are, and how much love you give to your children, you are still doing it all within a world that in every moment is all wrong.

I am not saying that you cannot and should not have children, but I am saying that you should know the truth, so that you can at least know what you are doing and not remain ignorant. To just say: *well I didn't know*, and, *I did my best*, is not good enough, because your children will suffer just the same. If you know the truth and fully accept it, and then still want to bring children into the negative world, at least you will be able to parent them knowing this and can pass on this truth to them and tell them. For if they then know where they stand, they can choose to do something about it from early on, or any time thereafter. They will not remain in ignorance and just perpetuate the same evil as has happened generation after generation. And you may be surprised, as they will not hate you for bringing them into an evil world, but will respect you and love you for at least being honest and open with them. Because underneath it all, they chose, as you did, to come here and experience the evil. You, the parent, are only the facilitator. The truth is always the best way to go, even if it sounds hard and unloving, but at least everyone then knows where they stand, and there are no secrets; and as I am sure you know, to get it all off your chest gives you a wonderful feeling of relief.

To own up to your children and to admit that you do not know how loving you are or indeed are loving at all; and to admit that you don't know everything, will enable your children to then come to you as you will have lowered your barriers by being more humble. It all will allow them more freedom to discover life for themselves, and to make up their own minds based on their own feelings. Life will go on even if you admit you have got it all wrong, and you are not as loving as you thought. The more you can admit the bad side of you, all that you fear, the better your relationships will be. The more you can accept you are imperfect, and really are trying to do the best you can without a clue about what you are doing; and this, at best, is deeply flawed and all negative based, the closer to being true, and to the truth, you will be living.

Some people will not want to have children unless they themselves are perfect. For those people who first want to heal themselves before having children, but find that they cannot do it all during their flesh life running out of time and becoming too old to have children, do not despair, just keep going, as opportunities will exist in spirit for you to be parents. And for those who understand about the significance of the Rebellion, but still want to have children, yet feel guilty and worried that they will harm and be unloving to them, don't despair, for it is still all right. It is about the relationship you have with your children, not about whether you are doing it all perfectly or not. It is all about sharing yourself with them truly, all you feel, and telling them and helping them to see and work out and come to the truth for themselves. The more open and honest you can be is all you can really do. It's always about being true, whether you are in a negative or positive mind condition – being true to your feelings, just being honest about everything as much as you can.

And naturally, I would imagine being parents, you would want to do your healing, so just include your children. Tell them all you feel, allow everyone in the family to express all they feel – encourage it always. Your children will even help you express yourself as they will soon detect if you are covering up or denying any feelings. Your children will help you immeasurably to stir and bring up bad feelings for you to express and see the truth of.

Jesus and I want you to understand first of all the severity of the problem you are living in so that you can release yourself from the burden of trying to know everything and cope with everything.

And then from there you can decide what to do. As to whether you have children in the rebellion or not is not a judgement on you. God is not going to be angry with you. You may find through your healing that you just feel so strongly to have them, even though you have not finished your healing, so do so. As we have said, it all about finding your own way. Your way is yours and it does not matter what anyone else's way is. And there is no *right* way – ONLY YOUR WAY! You do not know what the Mother and Father will ask of you or what your soul wants you to experience. It may be that you

experience having a family but with the knowledge that you are parenting them in the negative. You might not be able to do your healing, you may not feel like doing it, but do want a family, and so you can, all with the knowledge about what you are doing – introducing them to the negative – but feeling powerless about doing anything about it. Your children when they are ready will be able to choose for themselves what they want to do about it. We all need the right to choose, just as we all need the right to feel we can freely express all we feel.

Your soul and the Mother and Father may want you to do all of your healing before you have children, or before you even really start living life happily. Or, They may want you to have children during your healing, or They may want you to have them before. And They might want you to have children on Earth or adopt them when in spirit – or both, or neither. It is all up to you to follow and be true to your own feelings, all of which will help you to know the truth for yourself. To find out what your true feelings are and what they are telling you to do. If at any time you are unsure and not really conclusive about doing this or that, or which way to go, then don't do anything – stop and wait, resist the temptation to do something because you feel you have to. Give up, stop, and ask the Mother and Father for Their help. Wait, even if it seems an eternity. And keep speaking about all you feel. When it is time to act you will just do it, and even if it is not right, what does it really matter because in time you will feel more bad feelings, and by accepting and expressing them you will uncover more truth, change, and not do what you have done previously. Sometimes you'll need to do the *wrong* thing just so you can advance to the next stage of your healing to find out the truth and what is right – that what you did was wrong, all being uncovered, as always, through your feelings. And as you will discover, really there isn't anything that is *wrong*.

As we have said, there is no way to learn how life should be or how it should be lived. You have to feel your way along in each moment not knowing what the moment is about or where it is going to take you. But if your intent is to know the truth, then you will be led that way. The wrong things will teach you about yourself just as much as the right things, but over all with the Mother and Father you will be doing more right than wrong and eventually no wrong at all.

And as for love, what it is to you, and do you really feel it, and what is it, and are you truly loving, or are you caught up in some pretence, you will know. The truth will answer all such questions.

It is bad to be evil, but you are not bad in your soul. You have been made to be evil and so this needs to be taken into account. The Mother and Father understand this and take this into account helping you accordingly. It is only you who are keeping yourself in it all, and now you can free yourself. The evil itself is just what it is, but it doesn't have to be you any longer. And you will not be further penalised if you feel you want to have children in the denial but are honest with them about it; but you will be penalised, as in you will suffer more pain, if you persist on hiding the truth from them and yourself. If you are not true and honest then you will cause problems for them and yourself. But if you are at least striving to be true, then you will possess some level of humility and will not believe you are infallible. It is very easy to be the *Great One*, the all-wise and all-knowing one to your ignorant and innocent children – to lord it over them with your need for superiority and power. And if you put on this front you will be doing great damage to them and yourself.

It is okay to be a parent and not know anything. The whole thing that women are just meant to intuitively know how to be a mother is ludicrous. There is nothing you just know. You can only know things through experience, and if you are starting something new you need help and guidance and support to begin with so that you can learn. We all need to learn for ourselves, but if we are stopped it does no good to then just pretend putting on a show of knowing what to do. It is absolutely the best thing you can do: to admit that you don't know what to do in each and every moment, and to be completely useless, for at least you will not be pretending! You will then be more honest and true to

yourself, life and the Mother and Father, and believe it or not, even more loving. Those who pretend they are very competent and all-loving, and know exactly what they are doing, are only running scared having to desperately keep up the show. The more you can give in and give up and let the mess build up around you, all the time expressing your bad feelings and longing to find the truth of them, the more you will begin to see just what you do need to do, when you need to do it, and what you don't actually have to do.

Just remember, nothing in your world is right. It is the authorities who say you need to eat this and not that, or do exercise, or keep the house clean, and it all must be done this way, and they are wrong. Who are they anyway? Who are they to tell you how to be? What right do they have, and so why should you believe them? They are not you, so how do they know what is your way and best for you? They are the *Great Ones* pretending to be the all-great *knowers* of all things. They are the parents wanting to tell the children – you – how you should live your own life. They want nothing but control over you: for you to listen to them and do what they say. But your life is for you to find out to live it, being parented by the two most loving all-knowing Parents. And They are the only ones who do know, and so you need to go to Them and have faith that They will show you. And how They will show you is by helping you to break down all your falseness; by helping you to do just what you feel you want to do, doing what makes you feel good, all through your feelings. And there is a big difference doing the real things that will make you feel good, than by doing things you believe you are supposed to do to make you feel good.

How do you know what actually makes you feel good when you have never really felt good for a long period of time? How do you know what makes you feel good when you are living in a negative condition? How you know anything? And even if you do feel good, but have not done your soul-healing, how do you really know if what makes you feel good only does so because you believe it to, and want it to, all based on things that are buried deep inside you that are the real master controllers of your life?

You need to want to question every aspect of your life. To turn yourself upside down and inside out, for this is the only way you will ever get to the truth of yourself and be happy. We want to tell you, that all that you believe that is good and right, is still all just relative within an evil state of mind and will, and you have no real idea about what is good or bad. We want to shatter your whole reality so that you can see where it's false. But we want to do it lovingly so you will not fall apart. And by praying to the Mother and Father for Their Love will help ensure you don't. The truth will be hard to accept. It is very confrontative for it will tell and show you how wrong you are, and unless you want to see it, it's the last thing you want to be told: that you are wrong.

As we have said, true love is unchanging. If it is real and true love you feel and experience, then it will stay with you and will not be discarded through your healing and will only be strengthened. And what you will be left with at the end of your healing is love. Love and any truth you might be living will remain and all else will go. And if you are living a completely false life then it will all go. All that is good, true and beautiful will remain; all that is not will be healed out of you. **The Mother and Father want you to be Their true and good and beautiful child, and nothing else. And when you are then you will all be able to truly and freely love each other as much as you can – as much as you'll love yourself. And then you will truly know what love is and what it feels like.**

Thank you James, Mary.



The NEW WAY of LIFE:

Now for the first time in history, Celestials can be more assertive in making known the availability of Divine Love, and that the only way to progress towards our Heavenly Parents is by engaging in doing one's Feeling Healing.

The Celestials have all but stopped the mind spirits from negatively influencing people on Earth, and the biggest area this is in, is in the religions. So the religions on Earth and all the spiritual systems of the mind, are under pressure in that they are no longer enjoying the input from the mind worlds that they have had. And how this translates into ordinary everyday life, is more in the unseen connection between those in religions on Earth and those of the same religion in spirit, is fading away.

Then at the same time, we, the Celestials, are being allowed to move more freely amongst everyone, both in the mind worlds and with you on Earth. Which means, we can confront and have more of a say in peoples and spirits lives, something that was forbidden the Celestials of the 'old guard'. They were not allowed to interfere at all, having to wait patiently for spirits (as there was rarely anyone on Earth) to show interest in an alternative way to God, which enabled the Celestials to slowly introduce the notion of the Divine Love and then that of doing one's Healing. But it took a long time for mind spirits to show any real interest and being willing enough to give up the power their mind had over them, wanting to seek a higher life.

Celestials can now, following the progress achieved by Marion and James Moncrief, approach and be more freely expressive to spirits on all levels, and also to people on Earth, should they want their help.

Further, those who reject and suppress their children will progressively grow in awareness of their own unloving natures. One will not be able to continue to avoid their feelings of wrongness.

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

Thus the three aspects: one, of having more readily available guidance to become aware of the availability of Divine Love; two, the way to become fully expressive of one's soul based personality through the process of Feeling Healing; and thirdly, the quickening of the Law of Compensation through one's greater sensitivity to one's emotional errors and injuries. By having greater personal connection with a Celestial, we are able to move into longing for the Divine Love, and look to healing ourselves and grow in truth, and start to seriously consider embracing one's ascent to Paradise.



The Universal Law of Cause & Effect



Law of Compensation quickening 22 May 2017



Infographics and diagrams have been added by Pascas.

Mary continues:

Immediately you're conceived you begin experiencing life. Your feeling and mind circuits begin to develop, enabling you to define your experiences. As you experience you feel and then your mind puts your feelings into some sort of context, some sort of relative context, so your experience, awareness and understanding of your feelings grows. It is your mind that allows you to express the relativity's of your feelings, to say I feel this way and now that way. As you are forming you need to be supported in what you feel, so with your mind you can define and express your feelings. But if your feelings are interfered with and you're told you are not feeling what you are, then your beliefs as to what you believe this feeling to be, will not reflect your true feeling. You will say you feel angry when you are not, or that you are not angry, when you are. It may sound hard to imagine doing this, for when you are angry, surely you are angry, but this is exactly what your healing will help you do: sort out what is true and not true in your feelings, and what you believe about them.

If I may use you as an example James to illustrate this, as you are becoming more aware of how this has happened to you. For example, when your mother did something that made you angry and you began to express your anger, often she became angrier than you, telling you through her direct actions that you weren't allowed to become angry, as it wasn't worth it for you to suffer her wrath. You then did all you could to curb your anger, to stop it, or hide it, to certainly not express it when around her. Anger you believed to be a bad thing because it made you even more scared of her than you already were. And as bad things were bad, you didn't want to be angry, so you stopped allowing yourself to feel it. So by not feeling it, that is, by not *allowing* yourself to feel it – as you still felt it – anger became something of a foreign and unknown feeling to you, one you experienced to a very limited degree. Look at how much you have had to get to know what being angry feels like through your healing, as you've allowed yourself to liberate and express it. Compare all the different angers you know feel to how you felt about it back before your healing.

And compounding your problem, your grandmother told you that you couldn't really be angry with your mother as she didn't mean what she said – she was just *not in her right mind*, and so you were made to discount your feelings of anger even more, and made to feel sorry for your mother who was painted as a helpless creature in these situations. And then you were told that not only should you not be angry with her, but that it was outside influences that made her angry, and not you, and that she needed your support so that she would not be made to be more angry. So you had to make yourself behave in a calm and friendly supportive way, especially at the times when you were the most upset and angry with her. So you denied your own feelings and your mind took over. You couldn't be angry with your mother, as she was the poor thing, and you were better than her. She could not help herself but you could, and you being the young man would be well thought of and appreciated if you were never angry with her or women, being only supportive at all times, understanding that their lot is very hard, especially as your father was not doing his bit. And that you would be the most loved and appreciated if you did not get angry with her, but put all your feelings aside and just did whatever it was she said. You were made to feel that you could not ask for anything, and definitely not demand anything, being grateful for what you got.

So under this regime how could you ever expect yourself to get to know what your anger is all about? You can't, and lived out of touch with your anger. Your mind forced you to control it, to block it out of your life, and you did this so successfully you can only remember two times when you actually allowed yourself to get angry. How many times a day throughout your healing have you got angry? Countless times now you have experience being angry, angry in all different situations and because of all different things, all different variations of your anger. And as you've experienced each anger you've got to know yourself a bit better. Your parents stopped you from getting to know yourself through your

feelings. They simply told you how you were: 'Now stop that James, there's no need to get angry over something like that'.

Your feelings weren't accepted by them, so you couldn't accept them yourself, so you had a huge part of yourself you had no idea about. At thirty-five years old you only knew a fragment of yourself – and this is NOT how life is meant to be. At thirty-five you are meant to know thirty five years of yourself, that's a lot of experiences, potentially a lot of times being angry, not just two times.

So what did you do with all these unexpressed feelings of anger? Where did they go, and how were they unconsciously affecting your life? Because they didn't just, as so many people and spirits believe, vanish into thin air, they all went into your soul as unexpressed light, waiting until you started to do your healing so they could be liberated, experienced, and the truth felt.

So your mind was made to take over your feelings. Your mind told you what you felt just as your parents did. Something would make you feel angry but your negative feeling-denying patterns would click into play taking over saying you didn't, all occurring in a split second so you wouldn't even become conscious that you were angry. But another load of anger was deposited as unexpressed experiential light in your soul. So you've had to admit that you don't have a clue what feeling angry feels like, and yet had anyone asked you before you started your healing you would have said, of course I know what anger feels like – who doesn't! But your knowing would be based on two experiences rather than the thousands it should have been. So how much did you really know?

You James have lived a life with your mind all but completely in control of your feelings. And yet life is meant to be lived with your feelings leading you through your experiences so you can feel as to whether or not you like or don't like something, and whether you feel you want to do something or not. You only do or don't do things based on what you have been told is right for you, based on your parents subjective understandings. It's been your mind telling you what you feel, and allowing you to feel what it wants you to, not your soul guiding you through life through your feelings. So you've lived a very narrow feeling life, all under tight control by your mind, all of which has arrived you to this point in your healing where you feel like you have no life, nothing happens other than you feeling bad, because nothing can happen. Now that you've stopped your mind making you do things, what is there to do, but feel, and what is there to feel other than bad, other than how your parents made you feel, but didn't allow you to feel.

It's right that your life has ground to a halt because there is nothing more to experience. If you don't allow yourself to feel, then there is only so much you can experience. And many people get to this point when they wake up and realise that their life has been nothing, is of no worth, has only been going around in a very tight circle not actually getting anywhere. It comes as a crushing blow to realise that you've wasted your life, that it's all but meaningless, and all you thought was progress is nothing other than a waste of time. No one wants to wake up and realise their life is pointless, but if you have been heavily controlled right from the beginning to do what other people say and not allowed to naturally and freely express yourself, what else can life be but pointless. You'd never feel depressed if your life had a point. You'd never feel depressed had you been allowed to freely express all you felt. You're depressed because all the vitality of life that flows from expressing all you feel has been prevented from enriching and vitalising your life. Your life is dead; you are nothing more than a dead person because you can't feel. If you can't feel, it's like you're not alive. And what does not feeling alive feel like? It feels like how you feel!

In the times to come it will be the souls who feel that they want to do their healing that will be able to see just how wrong things are, and will not want to participate in the wrongness. They will see that

trying to bring change on the outside is futile, especially in a world that only wants to continue with the wrong; and they will feel that all they can do is look to change themselves, and then see what the Mother and Father have in store for them. They will be able to see beyond the material and see that really it is only the spiritual that matters, and that by doing their soul-healing, and living for their Heavenly Parents, is the only way for them to live life. They will not feel able to fit in and accept and get on with it as others can, they will not feel satisfied with the status quo. They will see the wrong in everything, the inconsistencies, the abuse of nature, the hypocrisy, and will not want to be of it. They will do their best to keep their involvement in it to a minimum feeling that all that is on offer in the world is really not to their liking and does not make them feel good. They will naturally try things to find out for themselves if there is anything for them, but will always be restless inside, and often very frustrated with life, as nothing gives them the good feelings they want. They may feel very despondent and miserable at times, but as they come to rely on the Mother and Father more, slowly they will put their faith and trust in Them, living their own private lives of truth with Them.

You don't have to achieve and make something of yourself. You don't have to have a career and be well educated. You don't need to be an upstanding citizen who contributes to the well-being of the whole. You don't have to be anything other than how you want to be – how you feel to be. The Mother and Father don't need you to go to the right school, and get the right education, and live the right model life, and be very successful. They only want you to be you. All the rest is meaningless and only done to impress those of your evil world.

You don't have to have friends and be the life of the party. You don't have to know how to hold your knife and fork properly. You don't have to look like the magazine model or have the right car and live in the right house in the right suburb. You don't have to have all the money you need to live the life you believe you want to live. You don't have to get married and have children and a family of your own. You don't have to conform in any way if you don't want to. You don't even have to live and try and stay healthy at all costs. You only need to do what you feel you want to do. Nothing of what is considered by your society or family to be right and true and good – the right way to live life, do you have to do. You don't even need to hurt other people, and you don't need to beat up your wife and abuse your children – you don't even need to hurt yourself. You don't need to be Christian and attend church, or rob and steal. You don't need to do any such things. And you don't even need to suit yourself at the expenses of all others. **All you do need to do is pray to the Mother and Father for Their soul transforming Love, and long to know the truth of what you feel, and beg Them to help you to do your healing.** Then as you live this way you just do what you feel you want to do. And if this leads you into quiet isolation, or takes you out into the thick of it, you do that, all the while still knowing that it is at-onement with Them that is your only and true and sincere motivation in life. You don't need to earn lots of money, you can be happy renting all your life; and you don't need to save for a rainy day and live paying endless insurance. You do if you feel you need to, but when you feel you don't need to anymore, you don't, and it is that simple.

You don't have to try to imagine what a life with the Mother and Father may be, and you definitely can't go by anyone else, even Jesus' life. You have to see how yours goes, and in what direction it takes, and how They want you to live.

This I can't stress enough. You don't have to even do anything to show you are different; you just have to be you – true to what is going on inside of you. You don't have to prove or justify yourself to anyone, and especially not to your parents and peers. **YOU NEED ONLY TO BE THE REAL AND TRUE YOU. AND THAT YOU, YOU WILL NOT REALLY DISCOVER, UNTIL YOU HAVE DONE YOUR HEALING.**

Over and over I want to say to you, it is YOU, YOU, YOU, YOU and no one else. You are the source of your own feelings, and every true feeling you have is honest, true, pure and perfect, needing no other approval. It is you ending up completely loving yourself, loving yourself through feeling good about yourself – a true feeling, and not a mind driven ego self-inflated *good* feeling. And fully accepting of just how you are – how They made you. And no matter how difficult your start may have been, you will be able to do your soul-healing and make it through to the other side of yourself. Nothing is too impossible, look who is on your side and masterminding it all for you.

Go to Them yourself. Not through another. You with your true Heavenly Parents is where you will find all the love and acceptance you will ever need. And They are always with you. They will never leave you at the kindergarten or school. And They are always ready to give you a loving helping hand when you ask Them for it. And do ask. Ask as you feel to ask. And ask for what you feel you want to ask for. Try not to be afraid, and don't worry if you are asking for the wrong things or maybe you are not asking properly, or praying enough, or in the right way. And don't worry if you doubt yourself all the time, allow yourself to doubt and feel hopeless and helpless and useless, even if it is all the time, but just keep expressing yourself, telling Them if you have no one else, and longing for the truth to see why you feel this way about yourself.

I also want to say that there is a right way. But you can't learn it. You have to work it all out with Them, yourself and your partner. Just keep going. Give up and cry and feel like a complete and utter failure when you do; cry to Them and open up your heart to your misery and patheticness. It is all good and the right way to go. Don't try to be brave; be a chicken. Just try and pray for more Love and don't even worry if you don't seem to get anywhere with that. Just keep longing to be with Them and with Their love, and gradually you will make progress. I say again: just keep going, it is very hard and will take a long time, but you can make it! They will see to it. And you will have all Jesus' and my love and blessings to help you along the way.

That is all I will say for now, goodnight James, Mary.



Hello James, I am here and I want to speak to you some more, Mary.

Feeling wanted is the vital underlying ingredient you all lack. If you are wanted, and therefore feel wanted, your *spirit* literally wants to go to that person or into that situation. And what this really means is that your love is accepted, you are accepted, as you are and want to be. You are loved for being you. To not feel wanted means that your essence, your soul, your spirit, your body, all that you are – your personality – is not wanted, and therefore you experience rejection. You feel your love is not wanted and so you cannot give yourself, and being not accepted, you don't know what to do. And not knowing what to do makes you feel insecure, and then open to being afraid having feelings of being scared. It is feelings of being wanted and accepted and enjoyed, welcomed, of your love being wanted, of you being wanted for being you, that gives you the feelings of wanting to come forward into life and be a part of it.

Unfortunately no matter how loving you might feel or believe you are on the surface, still your underlying motives can be of rejection and not wanting to be loving and accepting, and this is how you are all parented to some degree or another. All of you being born into a rejected state, deep inside, feel you are not wanted. So no matter how much your parents might believe they love you, and feel that they do, their actions with you and therefore how wanted they made you feel, will belie such belief.

You can observe the most well meaning and *loving* parent with their child, but easily see that the parent is still imposing many conditions on its child making the child feel unwanted and not loved. Many parents would fight to defend their love for and of their children, ignorantly believing they are doing all that is possible for them, but still their child feels unwanted on the most fundamental level and therefore rejected. It fails to feel this great love its parents have for it, and becomes very confused having to turn away from its own feelings of being unloved and unwanted, making itself believe that it is wanted and loved because its parents tell it that it is loved. And this happens as it learns to do what makes its parents happy.

It takes very objective and close self-analysis to see how your actions are truly making your child feel. Most of what you accept as general social accepted behaviour is rejection behaviour. Dressing your child up to look the picture you want it to look, often against how it wants to dress, is such an example. The adult, by imposing its values and fears, likes and dislikes on the child, can only make the child feel rejected and unwanted.

Jesus made all those who came to him feel wanted. They did not feel rejected by him. When you have grown up in an unwanted climate you take this all on as the world you know. You can only know what you got, you can't suddenly be all loving and feel all wanted having had your whole expression system made to be self-rejecting. If you were rejected, you will reject yourself and then others. This is how your whole world lives, but as this is an acceptable way to live, you cover it all up by pretending to be nice and caring and loving to each other. But you can all see and feel how thin the veneer of niceness really is.

To live rejecting yourself, and then find a friend who you believe loves and wants you – really is finding just another self-rejecting person who has similar rejection patterns, and then pretending and believing you love each other. Then to conceive your children and build your family with the two of you rejecting each other and your children, all the while adding more pretence to the belief of it all being loving, can only lead to one thing: disaster for all concerned. And the disaster is worked out in each individual's life. How many people die of a disease – an obvious sign of self-rejection. You are rejecting yourself to such an extent that you kill yourself through needing the help of a foreign agency.

You are not dying peacefully having had a full and contented life of love and feeling wanted. And don't think that those who do die on your world in a more peaceful way are avoiding the disaster, for it is only to come to them when they are in spirit. Many hold off the bad feelings for years in spirit life, by living as they did on Earth – rejecting their very own love. And it catches up in the end, they break down having to face their inner torment, failing to hold it off any longer.

To make you feel so unwanted you have all suffered trauma of varying degrees. Your soul will show you how much: how traumatic your childhood was. It is not trauma, as you know it through your observations of it. It is the trauma of you losing your soul, making yourself reject your own soul, living not wanting your soul, and so not allowing or wanting yourself to express yourself completely. And this lack of self-acceptance being so deep, cannot be amended by making yourself do exercises of the mind to help you believe that you are accepting of yourself. This self-help philosophy only helps to keep your negative self-rejecting state in control; only your soul-healing will be your redemption. It can't be done in any other way.

To really love someone is to make them feel wanted. If you can really and truly want someone, and feel within your heart you do really want them, then you are on the right track. But don't be too hasty either. For as you do your healing you may come to see that what you thought or felt was a real *want*, was not, and it was only a very strong belief based on fear. Remember your beliefs are very strong with a very strong hold on you, as if they are your bones holding you up – the very core of your structure. Many people believe that they do want/desire with all their hearts, their child, or their loved one, but it is still not so, and what is controlling or making this belief is rejection and not true wanting.

Many people will find they do not actually want who they believe and feel they do. So many spirits, as they wake up through their healing, find the reality they wake up into very disturbing, as they begin to feel they actually do not feel that great love and the great desire for their partner and their children, as they once believed they did. It comes as a shock to discover they have been pretending to themselves all along, and their whole physical life was a fraud. You are all unwanted. The parent has a child believing the child will want it, and it will want the child. The child begins to fulfil this as an adorable little baby, but sometime on the adorableness is not as adorable, but the child is still wanting to be wanted, it has just grown older and is expressing itself in another way. But now this way is not fulfilling the parents fantasy, and so it starts to correct the child and check and curb and criticise its child's behaviour trying to make it fit in – trying to make it fit the fantasy picture in its mind. And all the parent is doing is rejecting it. The child tries to be wanted, but this makes the parent feel insecure as if feeling it is losing control. The child is demanding of the parent, but the parent cannot actually give and accept the demands and tries to stop them. The parent then tries to reach out to the child but the child says no, that is not what I need to be wanted, and the parent feels rebuffed and rejected. Then the parent falls back into its familiar patterns of its own rejection coming down hard on the child. The child resists the parents force, fighting its own parent making the rejection of each other even more severe, yet with both all the while desperately holding onto the false belief that they love each other, and inevitably the child grows up to be just as its parents are: self-rejecting.

Your parents didn't want you. No matter what you believe, and what they believe, that is the truth. And if you don't believe me do your soul-healing and then see what you feel about it. This is the hardest part humanity will have to try to accept: that you exist not wanting each other, actively rejecting each other, all under the misguided belief that you love each other. You have made yourselves believe that your feelings of being rejected are feelings of being loved, and that is terribly sad.

The whole spiritual truth of humanity is contained within the child-parent relationship. If you do anything called *spiritual*, and it is not revolving around trying to find the truth of your relationship with

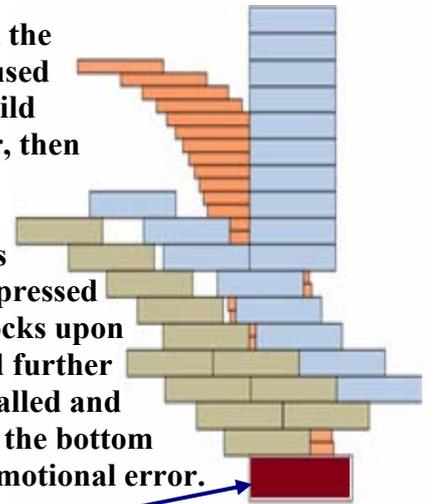
your parents, then you are only deluding yourself as to your making spiritual progress. As I said yesterday, the way is not out there; the way is inside you. And the mystery that has continued to prove evasive, is that **all you need do is see the truth of what was done to you in your forming years, most of which you have no memories of and no reality to relate to. It is in these earliest years the hidden secrets lie.** It is not contained within the mystical metaphysical secret keys or in the Bible. It is lying screaming inside you, eating you away as you go on denying the truth of yourself to yourself. So far as your truth is concerned – the truth of your soul – you have not been properly born yet. You are not a full and true and real person, only a part person and mostly an outer shell. You have to begin to want yourself, want to accept yourself and get to thoroughly know yourself. And as you want to know the truth of yourself, you will want to love and feel wanted, and it will come; it will all come, your soul and the Mother and Father will make sure of that.

I will finish now James, Mary.

OUR CHILDHOOD EMOTIONAL INJURIES ARE OUR CORE ISSUES TO EXPRESS:



Should we consider all the emotional injuries infused into each and every child en masse – all together, then each child would look battered and bruised. These absorbed abuses become Childhood Repressed emotional building blocks upon which are built related further errors, all must be recalled and expressed. Start from the bottom and express the core emotional error.



Infographics and diagrams have been added by Pascas.

WE ARE NEVER MEANT TO BE ALONE! SOULMATES become SOUL-GROUPS!

Our soul individualises into two personalities, as a male and female always. The two soul halves are soulmates. When the two personalities complete their Feeling Healing of their childhood suppression and injuries, then the two personalities will find each other, either whilst in the physical or in the Celestial Heaven spirit worlds.



The personality that each soul half is blessed with by our Heavenly Parents is the personality that we are to express throughout our journey for eternity. It is the suppression of the free expression imposed upon us by our parents that requires for each of us to under go our Feeling Healing. Whilst we are suppressing our true selves we do not connect with our soulmate.



Soulmates form into soul-groups. Once in the Celestial soul condition, soul-groups form consisting always of twelve (12) soul pairs. A soul-group consists of twelve sets of soulmates, twenty four (24) individuals. When we progress beyond the Celestial Heavens, towards Paradise, the home of our Heavenly Parents, we do so as a soul-group of 24 personalities. We can achieve Celestial soul condition here on Earth and also form our soul-group here on Earth.



Now add to this scenario, soul-mates and soul-groups. All those who were Celestial would have met their soulmate and it would be the priority for them as soul-mates to be perfectly living true before they considered having children. And then these soul-pairs would link up with other soul-pairs and form soul-groups. It would be just a natural part of one's inner feelings and events in one's life that would lead one to do this. Then the whole soul-group would become a functioning *family* unit. Each of the couples would have their children, but the whole group would function in helping to share in the upbringing of all children. And this would then enable the children to be intimately involved with other people who would offer them the things that their parents could not.

Humanity is not meant to live and raise children just two parents struggling along trying to cope best they can. We are designed to be in small groups so that we can compound the love and support for and of each other.

Infographics and diagrams have been added by Pascas.

Messages from Mary and Jesus

book 2

by James Moncrief

4 June 2003

Good morning James, I am delighted to be able to speak with you again, Mary. My message today is one of sharing and of being honest and true.

Being true to yourself is also being honest with yourself. You have been taught to be dishonest, to put your true and real feelings aside, and to do lots of things that if you were not pressured into doing, you would not do. And you should not do them. You need to be true and honest with yourself and admit that you first of all don't want to do them, and then accept you can't stop doing them, and want to know why.

Go to the Mother and Father and tell Them you don't want to live dishonestly and against your feelings, but that you are powerless to change your state, so can You please help me to stop doing these things. Please help me to express all the trapped feelings associated with my inability to stop doing what I don't want to do; and help me to see the truth of my state: why I am unable to let go, and why I must stay trapped in my self-made prison-mind?

Fear will be keeping you mostly trapped, but still you have to want to find the truth of why you are so fearful. Ask Them to help you to FEEL why, and help you to know why. As you move through your healing, the next thing that you feel you don't like about yourself, and the next way you are being untrue and dishonest with yourself, will naturally start to be presented to you. Life will help you by providing you with the experiences that will stir you up, moving your perceptions around, helping you to see things from a different angle, so that you will see your dishonesty objectively. The whole healing process will be natural and just an ongoing part of your life. It will not happen that suddenly you wake up differently with suddenly your whole life and how you perceive it having changed. It will work very smoothly and perfectly and at times almost imperceptibly, but you will be changing and growing.

Feel within yourself what you really feel about the thing that is bothering you. Imagine yourself without it, or not in the situation, and imagine what you would feel like then. This should help you to gauge for yourself your position of truth. Yet another of the great problems you face is that you are now so blind to yourself and to what is true for you. You lie without even knowing you are doing it. Many things that you just take for granted, accepting this is how everyone is, but this can be riddled with lies and untruth. It will come as a shock and a surprise when you uncover how deceitful you are to yourself, let alone to other people. And so long as you are living untrue and still have healing to do, you will be lying to yourself. Being untrue *is* being dishonest; with your soul, your heart, with your whole self, and with the Mother and Father. There is no escaping from it. Only by doing your healing will you see what I mean.

But there is always something you can do. You can admit it, own up to it, even begin by admitting and accepting that you must be lying and living untrue, even if you can't see how, and then ask the Mother and Father to help you see. You have to want to see – understand – the truth, and when you truly do, you will. Nothing will be withheld from you, you will see it all.

However, be patient. Some things you may know you are being dishonest about, but still you feel you need to do them. You may feel you need to still be in the job or relationship you are in, even though it is not truly to your liking. Keep owning up to all your bad feelings about it even if it goes on for years, keep longing to see and know the truth of why you can't leave or do what you want to do. You will change, and it will change one day, when you have expressed all your repressed feelings associated with it; when it has served its purpose of making you feel bad. And if it does come to the time you are to

leave, you will know it is time, what to do, and will be able to give it up. You will have healed all the fears and power-controlling beliefs that have held you trapped within it. You will then be able to honour more of your truth, live true to more of your feelings, and lie less.

Ultimately life with the Mother and Father is life completely for you. You will thoroughly enjoy doing and experiencing it all, and it will be exactly what you want to do. Whilst you are in your negative state many things you will believe are what you want to do and have in your life, but these are not what will truly make you happy, they are not things your soul desires, they are things desired and believed by your mind that will make you happy, but will ultimately make you unhappy. All such things are only a part of your untruth and are serving to make you unhappy by keeping you trapped in your negative beliefs. As you heal you will let go of many of these desires and what you will want will change. And as you let go of more things you will want less, and even start to want things that have never appealed to you. Some things you may still want, and they will not go, and other things if they are truly what you are to want, then one day you will have them, you will get what you want.

Giving up and asking the Mother and Father to give you what They know you want is trying to relinquish control. In truth, you cannot know what you want. In each moment you can only know then what you want as you feel, but as for your future you cannot know, you are not meant to know, you are experiential. And so you have to rely on those who can see the bigger picture, the existential picture, for satisfying and providing for your needs, and the Mother and Father will do just that. They want to look after you; They completely want to share all of Themselves and all of what They have created, with you, Their child. They don't want you to be deprived, but as long as you want to stand in between your soul and Them, and pretend to know what you want, and what's good and right for you, you will never feel happy or completely satisfied. When your soul is living true you will feel and know what you want and you will have it, it will just come, or you will know where and when to go and get it. It is easy and will happen with ease. Life is not meant to be a struggle, it is meant to flow rhythmically along always adding and expanding, always presenting you with new opportunities for truth growth and soul expansion. You are keeping the reigns tight on yourself, even though you might believe you feel free to do what you want. You have no idea as to what true freedom will feel like, with such freedom only coming when you have given up all your self-control.

Life is all planned out perfectly well for you, if only you would allow your Planners to show you. You are standing in the way of yourselves, withholding your own happiness from yourself. You are doing it entirely to yourself. You may think that you are not in control, and that the controller people are in control, but they are not, you are. You control yourself in the negative. No matter how stuck and imprisoned you are; no matter how much you feel the helpless victim, you are still in control of your situation. And the situation is only happening to you because you want it to, you are, albeit, unconsciously making yourself suffer based on your childhood patterns, so it is up to you to want to loosen the grip and eventually let go. But as I said, if this seems impossible to do and you feel so caught up and can't see for the life of you that it is you controlling yourself, admit and express all of these feelings to the Mother and Father, and to your partner or someone who is willing to listen to you if possible. The more you can own up to how you're feeling so trapped, and express all your bad feelings, the better; and long desperately to see the truth of why you are trapped. Long for help, you may not recognise the help at first, but still expect to be helped, and you will not be forsaken. It is the Law of Creation: to assist you if you sincerely want to be and live true and honest – true to yourself, true to your feelings.

No one is so helpless, no matter how lost or how dark they may be. The fact that you still exist means you have a will, and with that will you can will yourself to be true to yourself. If you feel so trapped

and helpless, remember that your parents have made and forced you to be this way, it has been forced on you, and even though you have taken it on, you can still choose to end it.

You are the product of your parents, and even if your brothers and sisters don't seem so powerless and pathetic as you, you are still how you are because of them. Very different circumstances exist for each child; your relationship with your parents is unique and only between you and them. They have forced you to be bound up by yourself, and you have looked to them for the truth, and you are living it now as truly as they taught and made you. But unfortunately it is not the true truth, it's only the *truth* of the negative. You are living all their *good works*, all the negative they have subjected you to. And you have taken it all on with all the power and strength your will has been able to muster.

So many people at their wits end call out to God for help, begging to know what is wrong and why their life is going against them; why bad things are happening to them, but few ask the Mother and Father to help them to see the truth of how they are: the truth of what is causing these problems. They just want God to take the bad thing or the pain away, so they resume life getting on with making life be how they want it to be. You have to want to see the truth of your relationship with your parents. If you are feeling bad in any way, trapped in your life, or hate it all, it is all because of the relationship you had with your parents as a young child – this, I can't tell you often enough. And to set yourself free you need to want to see the truth of this: what went wrong, why were they as they were, and how did they stop you from being the true you – why did they treat you as they did? You have to want to look back into your parental relationships for the answers and to see how you have taken it all on. You have to want to know the whole truth, and not just to be magically freed or have the pain removed or the situation changed. You need to want to give up the power and control you have taken over from them, and go to the Mother and Father for help and love. And, as I have said, it is the only way. Nothing else will free you entirely but you wanting to be entirely true, to see and know the complete truth of your negative state, all through and with your feelings.

Thank you James, Mary.

Oh, to long for and know the truth of each and every one of our childhood repressed injuries so that we can liberate our soul and allow our will to be freely expressed in the truth that it is in. Each core emotional injury that is expressed and the truth of it that is released, then the stack of related injuries loaded on to it will be destabilised and readily collapsed. Core childhood emotional injuries encapsulate and imprison our soul as if it is imprisoned inside of a steel wrecking ball!



GOD is MOTHER and FATHER:

Chapter 'Day 9' of "Paul – City of Light" by James Moncrief

'I have grown in my understanding of truth and of Their relationship with each other, and my role in it, I have also become more aware of Their eternal romance. I am, as we all are, the offspring of these two aspects of God, and I am therefore as you are too, the meeting place through which Their eternal romance takes place. I am, we are, the product of Their love for each other, and when I think of that it helps me to feel how special I am.

'At times I think about how very special and honoured we are to be able to give Them a chance to communicate with each other through us, by having us, children of time and space, Their relationship becomes animated, alive with the joy and laughter of little children.

'I see what you mean, Zeta,' Paul interrupted, 'it does give you nice feelings.'

'Yes, and to know that is why They created you and brought you into existence so They could delight in you as you can in Them. So you can always feel eternally loved by These two wondrous aspects of God, of the One Great Soul, and always know that They are there for you and that They only want you to feel good, true, happy and loved. And when you've done your healing and understand about why your soul – you – chose to experience the negative for its start in Creation, then Their Love for you and yours for Them will be all the more special and sacred.'

Further, Jesus is the living *Son of Truth*, he is the living personification of truth in this universe along with Mary the living *Daughter of Truth*, and you can't get closer to the truth than through them. Just as how you know anything that's the truth is the truth, you just know. Mary of Magdalene and Jesus of Nazareth, being soulmates / soul partners and rulers of our local universe Nebadon, are known as Mary and Jesus of Nebadon. As the Mother and Father are soulmates, each and every one of us has a soulmate of the opposite sex also.

Feeling healing is the pathway to begin to live fully expressing one's true personality. We are not to live by a set of rules, even if they are self-imposed, we are to live true to our feelings – always! And our feelings will break all mind-imposed rules, but will lead us to fit in with all soul-expressed rules. And by living true to our feelings, true to ourselves, we will naturally be living true to God's Feelings (and not true to God's Mind and Thoughts) – true to God, so true to God's will; or, true to God's Way. Living true to one's soul. Our pristine soul is encrusted with childhood injuries that we need to express and let go of.

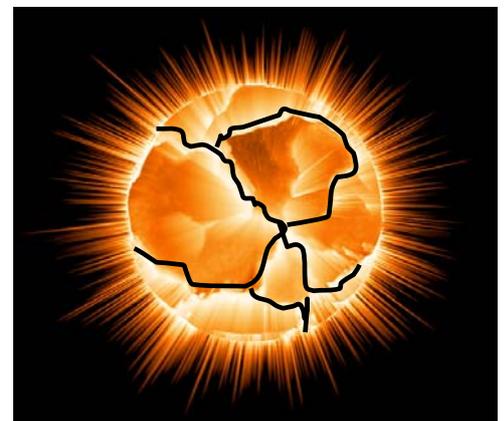


GOD



Mother

Father



Infographics and diagrams have been added by Pascas.

Messages from Mary and Jesus

book 2

by James Moncrief

June 2003

Hello again James, yes I am here Jesus, and thank you for answering my call.

Your feeling to write with me was generated by me and not by you. And yes, it was an outstanding feeling from yesterday. I did want to write yesterday with you, as what I was going to write about was fresh in your mind, but as you didn't feel like writing I am glad you have answered my call today, as well as staying true to your feelings yesterday and not writing.

There are many people in various churches who look specifically to God to give them direct messages of guidance. They hear a voice, *God's voice*, and act on it particularly in helping them build their future bringing good fortune in whatever endeavour they seek. They also believe in the Holy Spirit's powers of saving them, and healing them, and include the phenomenon of *talking in tongues* as a sign that they are in God's favour. As I have said in previous messages the Mother and Father allow them to do this, as They allow us all to do all we want. They allow them to believe that it is God speaking to them and giving them specific instructions about what they should do in their lives, and God allows them to believe whatever they want about me, and even my mother Mary being the *Mother of God*. They allow you to believe whatever you want.

And as I have also said, this reaching up to God wanting Him to do these things enables one's mind to be easier attuned to by the attending natural love spirits in the mind Mansion Worlds, and it is they who answer such prayers with the Father and Mother allowing them to. And if these people wanted to live true, and were to honour their feelings during such experiences, they would soon discover that it wasn't God after all who was answering their prayers, and this would then make them question their whole relationship with God, themselves and the truth.

If you want God, the Father or Mother to be a certain way, and you believe He or They will be this way, and give you what you want, then it's possible you may get what you want, but it doesn't necessarily mean that God was directly behind your getting it. All such *acts of God* are not true acts. **The only true Act of God is Their giving you Their Divine Love, all else is done by other spirit personalities, and even the giving of Their love you would argue is not a true personal act, as that too occurs through the mediation of the Divine Minister and the Holy Spirit. But when you feel God loving you, when you feel Their Love flowing into your soul, you experience this as Them personally loving you.**

When you have finished your soul-healing you will want only what They want you to have. You will want to live and be how They want you to be. You will want to be as Perfect as They are, and you will only want to live and do as They Will. You will have given up your control and be living purely as Their loving child. A child that only wants what its Parents want it to have. You will be obedient to Them, but obedient with love and not from fear like the obedience your parents demanded of you. With love you will WILLINGLY want to do as They say because it makes you feel good, and not as it was with your parents who made you do as they said against your will making you feel bad.

The Mother and Father want you to have all love, and They will give you those things that will help you to feel loved, secure and happy. They will give you all you need to be able to freely focus on loving Them and receiving Their Love enjoying your relationship together.

By asking the Father and Mother to help you to give up your negative mind and all its controlling patterns and beliefs, is the only way to give up what you want – those things that you alone want. Those things They do not want you to have, but still lovingly give you.

Spirits can give you the healing you want, the talking in tongues experience, the blast of spirit energy, prophecies, the day to day guidance you want, and they can help you believe you are doing God's Will and Work. When you place yourself in such an open and willing position to receive from spirit or God, wanting to use spirit or God to empower your mind, the spirits merely use the natural laws available to them, those associated with the law of mortal-spirit rapport and communication to fulfil their and your needs. They manipulate you as much as you are manipulating God and yourself. No one is hurting the other, as both parties are agreeing to it even though for the most part many people on Earth are ignorant of the spirits participation. But still over all, so far as the truth is concerned, none of it is right.

How I healed was very different to this. I had willingly submitted my will to that of my Heavenly Father's. It was complete. Everything I wanted, and I did want things, I felt and I knew that they were exactly what He wanted. I felt so at-one with Him, that my desires were His, and conversely, His desires were mine. I did not have to do all the healings I *did*, myself. I did not even have to want them to happen, but He did, and He orchestrated His angels to perform them all about me. Occasionally I felt I did want a specific thing to be done, and even this desire before I was really conscious of it, happened. I never asked the Father to heal a person for me, nor asked Him to do anything for myself. I only asked Him for His Love and to help me stay true to living and breathing His Will. I felt I wanted nothing for myself as I felt I had all I needed – all His Love. I was kept in food and drink and shelter by Him through the love of those around me, and as they gave me such things out of their love for Him, I gave them my love and the truth of how to be at-one with Him, with His Love, just as I was.

I asked nothing of Him to give me any status in the world, as I had all the status in the universe, all the status that love brings; and I had all love, overwhelming quantities of love from Him. I did long to have Mary's love and the full love of the Mother that was to come through her, but I knew this love was to come when Mary came to spirit, and when we would be fully reunited. And the copious amounts of Love He *poured* into my soul more than made up for any hardship I suffered as to the denial of Mary's full presence and companionship.

Had I been born into the negative, like you, I too would have been full of wanting the wrong things and believing many wrong beliefs, trying to manifest them. And like you I too would have had to come to the Father and Mother and ask Them for Their help to see the truth of all that was wrong and erroneous in me. And as They would have helped me to see, I would have gradually let go of all the things that were actually not good for me, that were unloving, and keeping me trapped in the negative. They would have helped me to see that how I was to myself and others was not loving; that I was hurting myself and rejecting all real love and care, especially that which They were offering me. Like you will do, I too would have had to turn my whole self around so that finally I was completely loving of myself wanting only what was right and good and true for me – all that They wanted for me and knew would make me feel loved. You are only rejecting yourself as you are, and no one wants you to continue suffering. But as long as you reject help and want to remain as you are, no one will interfere with you, not even God, because this is how you want to be, even if you are not fully aware of it.

It is virtually impossible for you to work out how I was and how I lived with the Father. When you are Celestial you will know and see for yourself, as you will be as I was. Until such time you will only be guessing, and no matter how right you might believe your relationship with God or yourself or another person is, it will still be heavily tainted by the negative, and will for the most part, be wrong.

It is a big challenge facing mankind, to accept that you live in the negative and all how you see things and do things is wrong. On all fronts you are steadily closing the gap. You have tried so many things and different ways of being, but still you do not feel any better. Medicine is beginning to show you it is not the cure all. It is now posing as many problems to you as it cures. You cannot defeat or control the

natural environment, for you are inextricably linked to it; and it is designed to provide you with all you need to help you uncover the truth of your feelings. As you move more into trying to refuse to look at the wrong, it will help you to come back. If you try to overlook your pain and suffering, and all the wrong you are living through science or religion or any other means, nature will only react to help show you that there is no escape. It will respond to stimulation from your souls. They want you to stop living as you are, to give up and come back and live true, so they will bring about the necessary occurrences in Creation to thwart your escape from your feelings.

The more you try to hide, the more pressure you will bring down on yourselves. You all know that it is futile to drive onto the highway the wrong way, into the oncoming traffic, and yet this is how you are all trying to live. You are all trying to live by driving down the off-ramp into the oncoming mayhem – and pain. And you will meet the signs *wrong way go back*, and this is what we are now saying to you all. And it is not that you have to go back to earlier times in history, more simpler ways to live, for all through your history you have been going the wrong way, but to go back within yourself to your early childhood and seek the truth of your earliest experiences; to see what really went on between you and your parents. How true was your relationship with them? And was it really all you needed?

You are all suffering, making yourself and each other suffer. Some people appear to be in a worse state than others, which this only reflective of the extremes – you are all in a bad way. You all need to help each other to understand the plight you are in, and to come to terms with just how bad you feel about yourselves. We have spoken about you all being evil and sinful and depraved, and compared to the perfection of the universe this is true, however, this in no way disqualifies you from being loved from all parts and persons of the universe. So many spirits want to help you, but their hands are tied until you want to help yourselves. We, like the Mother and Father, will support your negative ways until you choose to give them up.

When you blame God for anything, you are really only blaming your own parents, feeling rejected and unloved by them, as they did not give you what you wanted. And as an adult you are blaming yourself for not giving yourself what your parents did not give you, and instead of blame, you now need to give yourself some understanding, sympathy and care.

It was not your fault being born into the negative. You were subjected to it and have become it. This has been done and now all you can do is seek to find the truth of this through feeling- acceptance. And as you do, you will see that even though it may appear on the surface and in your worst times that God has played a dirty and nasty trick on you, you will come to see other things, all that you have experienced, and will even value and be grateful for having been chosen by the Mother and Father to be born into the evil wrongness.

ACCEPTANCE, ACCEPTANCE AND MORE ACCEPTANCE. TRUTH, TRUTH AND MORE TRUTH. And then will come UNDERSTANDING, COMPASSION, SYMPATHY; EMPATHY, CARING, KINDNESS AND LOVE. LOVE, LOVE AND MORE LOVE. AND THEN EVEN MORE LOVE.

Mary and I have helped James and Marion to see the problem you are all in. We have pointed out some of what is wrong; some of the things that require looking at the truth in the correct light. We see the wrong and know that one day it will no longer be. However, we also see the value, the immense value, in experiencing a negative mind condition. We have seen so many spirits complete their healing, and you could not begin to imagine all of what just one of them has seen and discovered about his or herself, the Father and Mother, and life. You are just starting out, but as you do your healing and your

eyes start to open to the truth, you too will be astounded as to what has been right before you all the time. All that you have been blind to.

As we have said, what is contained within these messages with James is by no means conclusive. They are only meant as a starting point, something given to you to start you thinking and feeling. More, much more, waits to be uncovered by you all. Every soul will contribute to the healing knowledge that is to be a great part of the heritage of humanity. You have had all the time you have needed to see the wrong in all its ugliness, and now you can begin to change.

No matter how you may judge another you are all the same: you are all in the negative together. The one you may judge so harshly may be your soul-partner, or even one of the members of your soul-group, who could one day be one of your best friends. No one is better off or worse than the other, no matter what despicable acts one commits. Because you are all victims. And because it is all of you, every person, the whole, that is contributing to the extremes. And whilst you remain ignorant and refuse to see the truth of your own negativity, you are helping all the bad and the most wicked to be that way. Some souls have chosen the harder tasks of being the darkest so others can see what suffering is occurring. The worst may not be of right mind enough to help themselves, but those less suffering can do their healing and then reach out a hand to help those who are in greater need. All will come back to the light. But it will take you all striving to live true that will achieve this.

And please remember, especially in your darkest moments, that you are not alone. You are loved, and by Those who are right there with you in your suffering. They are helping you, no matter how lost and alone you may feel, even if you can't see them or sense their presence. Keep praying to the Mother and Father for Their Love and keep longing to Them to help you see the truth – the truth of yourself, of your negative condition.

That is all I have to say for now James so I will finish. Thank you again. Jesus. And by the way, the recent decisions you have made are right. Give up that which you are not happy with, and trust with all your heart and believe with your entire mind that the Father and Mother will look after you.

Feelings first

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

WE ALL ARE BEING GUIDED HOME:

We need the Spirits of Truth of the Avonal Pair to Heal ourselves; then once Healed, (and for support (overshadowing) as well through your Healing), we need the Creator Pair, Mary Magdalene and Jesus’ Spirits of Truth to see us through the Celestial spheres, while at all times embracing our Heavenly Mother and Father.

Until Mary and Jesus died and liberated their Spirits of Truth, no one from any of the worlds could leave Nebadon, because no one knew the way to do so. Nebadon is our local universe containing some 3.8 million inhabited physical worlds and their associated spirit worlds.

When we embrace the truths Mary and Jesus are revealing, and start to do our Feeling Healing, or with Divine Love, Soul Healing, we are then freeing ourselves up from our parental and self control.

Thus our journey to Paradise, to the home of our Heavenly Parents, is of our choosing as to when we progress, however, there is only one way:

HUM: Humanity is to ascend. We are self contained. Our soul is always in truth and perfect at all times. **By living true to ourself, true to our feelings, we are living true to God. It’s that simple.**

We are to recognise that being engaged and dominated by our mind is the wrong way for us to evolve and grow in truth. We are to discard the mind enslavement that has been imposed upon as by all of our parents. We are to express our feelings, both good and bad and free ourselves of the indoctrination that humanity has embraced worldwide.

Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God’s soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of our Mother and Father.

AVO: We are to embrace the truths and guidance of the Avonal Pair through their Spirits of Truth. It is the Avonal Pair’s guidance that will lead us through our Feeling Healing, and with Divine Love, we will be able to ascend through the 7 spirit Mansion Wrlds and enter the Celestial Heavens where we also interact with other world’s spirits.

J&M: We are also to embrace the truths and guidance of the Paradise Pair, Mary and Jesus, who will then lead us through the 3 Celestial Heavens that are aligned with Earth, and then further on through Nebadon where we will then depart beyond on towards Paradise.

M&F: Beyond the universal zone of Nebadon, we will be guided by our Heavenly Mother and Father onwards through the universes to Paradise where we will be welcomed by them, home for us all, as we are all Children of God.



M&F



J&M



AVO

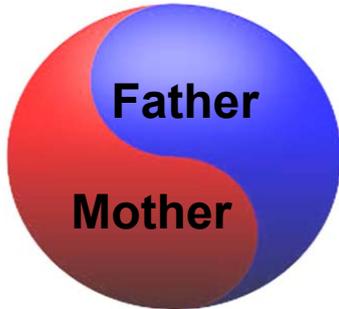


HUM

WE ARE Children of God

WE ALL ARE BEING GUIDED HOME – NOW, HOW TO COMMENCE THE JOURNEY:

GOD



M&F

For 200,000 years, we have been misled into embracing our mind's distortion of wisdom and truth. All such traditional understandings only lead us in the wrong direction, from which we must turn back from. Our soul based feelings are always in truth. Our minds are to follow our soul based truths and feelings, not the other way round, as we have been brought up to embrace.

We are to connect with our deeper repressed feelings.
 We are to long for the truth of what we are feeling.
 We are to live true to our selves; by living true to our feelings.

Use your surface day-to-day feelings to connect with your deeper repressed feelings. Express your surface feelings and your deeper repressed feelings to uncover the truth of yourself.



J&M

We all have feelings which we communicate and share with each other. And we all have deeper buried and hidden repressed feelings. Feelings from our early childhood we felt, yet weren't allowed to express. These feelings are still within us, waiting to have their say. These feelings, because they are repressed, cause us all our problems.

And as we look to uncover, bring out and accept these deeper feelings, so we're taken into new ways of looking at ourselves, our feelings, and our life. We're setting ourselves free of the controlling patterns that govern our unloving behaviour.



In this way, we progressively begin to express the personality that our Heavenly Mother and Father gave us, not the one imposed upon us by our physical parents and carers. We are to be our true and real selves.

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

AVO



HUM

As we, humanity, long for the truth of our feelings, we can also be assisted by the Spirits of Truth of the Avonal Pair who are our spiritual teachers for Earth over this coming 1,000 years, to assist us through the Great U-Turn, away from mind dominance to being soul based feeling lead. They will assist us through the seven levels of the spirit Mansion Worlds.

Then the Creator Pair, Jesus and Mary, will lead us through Nebadon and into the greater universe. Then our Heavenly Mother and Father lead us home to Paradise.



Collectively, should we embrace them all, as we are to, then our pathway home is a journey in the hands of the Spirits of Truth of the Avonal and Paradise Pairs overseen by our Heavenly Parents.

HOW TO GET TO PARADISE:

Long for the Divine Love

Long for the Truth

Long for the truth of your feelings

Don't deny any feelings: accept, express and want to know the truth of them

Know your feelings are the key; your feelings are the Way

Want to end your falseness and being untrue

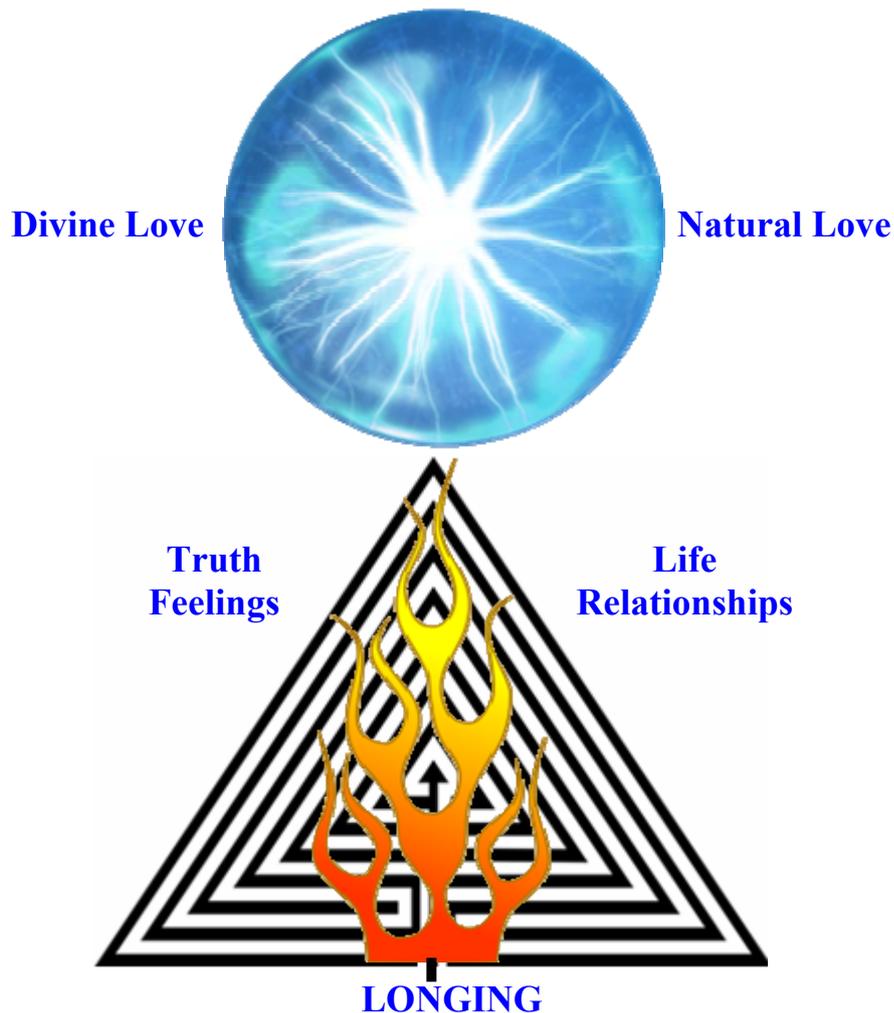
Want to understand the truth of your early life

Use your surface feelings to move deeper into yourself, bringing up your repressed feelings

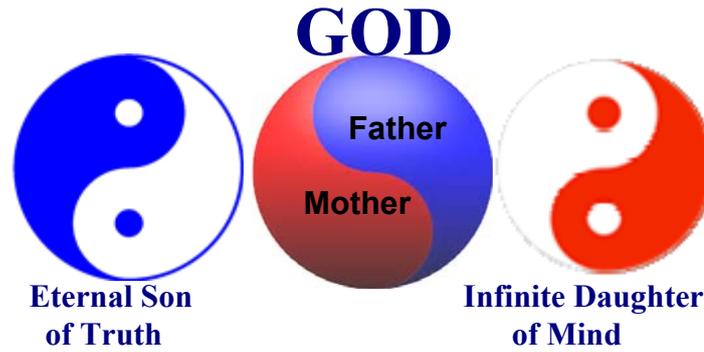
Want and long to know the whole truth of yourself

Want to do it all with God, your Heavenly Mother and Father – long to Them for help.

The Key



Our longing drives our life. We long with feelings. We can wish for things using our mind, yet long for things with our heart. These things in the pyramid are what to long for. Longing for them, when the longing comes naturally. Longing because you feel you really want them. Long to be true with all your heart. Long to live true to your feelings. Long to understand the whole truth of yourself.



PARADISE TRINITY:

1. **Our MOTHER and FATHER (God) (MF) – Divine Love**
SOUL (God) – One SOUL that is expressing its two PERSONALITIES, our Heavenly Mother and Heavenly Father (Soulmates / Soul Partners)
2. **ETERNAL SON (ES) – Divine Truth**
3. **INFINITE DAUGHTER (ID) – Divine Mind**

Then: The Second and Third Persons of the Paradise Trinity (ES and ID) are stepped down to the local universe trinity (Mary and Jesus, Divine Minister (DM), and her Holy Spirit.

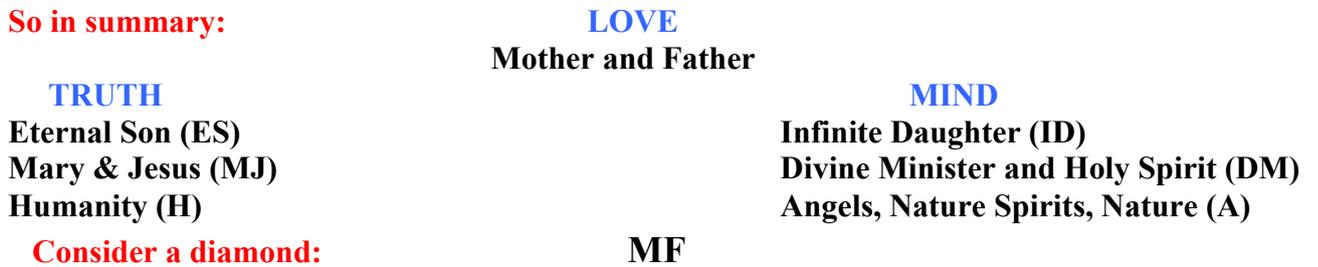
The LOCAL UNIVERSE TRINITY:

1. **MARY M and JESUS** – Our MOTHER and FATHER – Love – the Living Truth
2. **DIVINE MINISTER** – Mind (and her Holy Spirit)
3. **HUMANITY – Natural love, sons and Daughters – Truth, and our Angels – Mind**

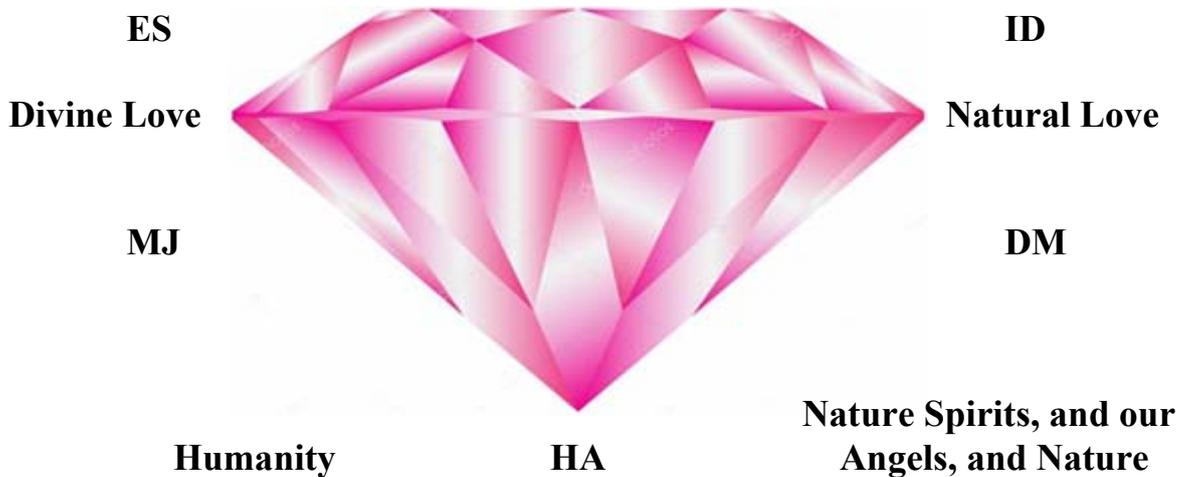
PLANETS that engage in REBELLION:

1. **AVONAL SOULMATE PAIR** – the Feeling Healing process – incarnate
2. **DAYNAL – TEACHER PAIRS** – they do not incarnate

So in summary:



Consider a diamond:



Mother and Father Heavenly Parents

Creator Son & Daughter
Jesus and Mary

Avonals
as soulmate pairs

Trinity Teachers
as soulmate pairs

Melchizedeks – who have taken over from the Caligastians and Daligastians being also all as soulmate pairs / soul partners.

Mortal Souls – human beings who individualise on Earth, then progress through the spirit Mansion Worlds, then into the Celestial Heavens, and beyond.

Mortal Souls – also being ascending spirits, upon completing their Soul Healing, join with their soulmate, then join their soul group of 24 mortal spirits, being 12 soul pairs. It is only as a soulgroup that anyone can progress beyond Nebadon.

The Paradise Pairs are all ONLY concerned with the SPIRITUAL wellbeing and upliftment of the planets and local universe. Currently to do with Earth:

Mary and Jesus – spiritual wellbeing and upliftment of the whole of Nebadon region.

Avonal Pair – Daynal pairs (Trinity Teacher Daughters and Sons) – Spiritual wellbeing and upliftment of individual planets and their associated Mansion Worlds.

The Local universal Sons and Daughters are all about the running of the worlds under their jurisdiction, and ensuring the higher spiritual elements can be employed, or sent astray, as in our cases through the Rebellion and Default.

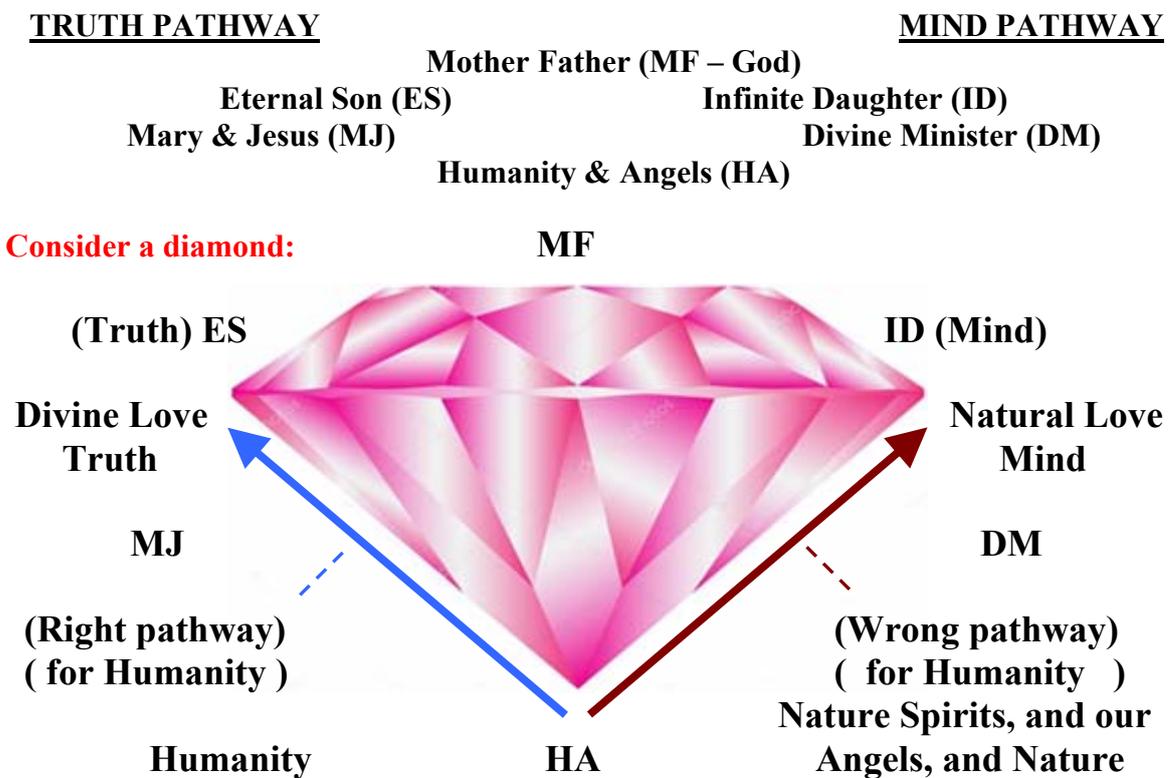
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

As the Lanonandeks all rebelled – the Lucifers, Satans, Caligastias and Daligastias soulmate pairs / soul partners – so the Melchizedeks have taken over their roles, as well as doing their own.

So the Melchizedeks are the governors, overseers, the administrators and advisors and so on for Earth; they are the ‘controllers’, and they will instigate all that needs to be done to do with the ending of the Rebellion and Default. And they will enlist the willing help of ascending mortal pairs, so the mortal Celestials spirits (soulmates when available, and others waiting to unite with their partner), and at times mortal spirits in the Divine Love Healing Mansion Worlds. And the angels help all of us.

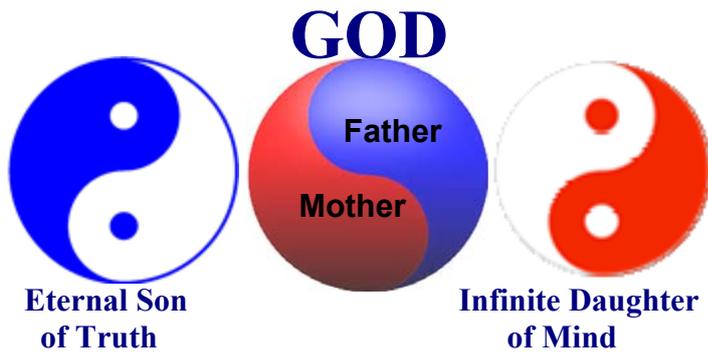
Currently the whole of Creation exists for the ascension of mortal souls from their earth planets to Paradise. It’s all one vast Grand Ascension Scheme. With all the higher and lower spiritual Daughters and Sons, together with all the many different angels and other universal spirit personalities, and even including nature and our very own pets, assisting women and men with their Ascension Journey. It being: and Ascension of Truth. Everything we do is done to help us grow in truth. (Only everything we do in our negative state is to deny ourselves our truth from our feelings, which is why we have to do our Healing.) All women and men are ascending (or growing) in truth through their experiences. And as we grow in truth by looking to our feelings to show us that truth, so we’re ascending, moving inwards and upwards through all the worlds and spheres of the Grand Universe to one day arrive on Paradise and meet our Heavenly Parents. God is providing us, Their children, with this spiritual journey called our Ascension of Truth. And by living true to our feelings, so we are progressing on our true Spiritual Path – our Ascension Path.

Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God’s soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of your Mother and Father.



Humanity is to pursue the pathway for Truth through one’s soul based feelings, this is the right pathway. However, humanity commences its journey founded on natural love, which we now know is to be perfected through one’s Feeling Healing process and then made divine through asking for and receiving our Heavenly Parents’ Divine Love.

For 200,000 years, **humanity** has pursued the pathway of the Mind, being that of the brain, this is the wrong pathway. The Mind is the pathway for Angels and that of all of Nature.



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 soulmate / soul partner) and is created by our Heavenly Parents. Through our Feeling Healing we perfect ourselves enabling the union with our soulmate, 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.

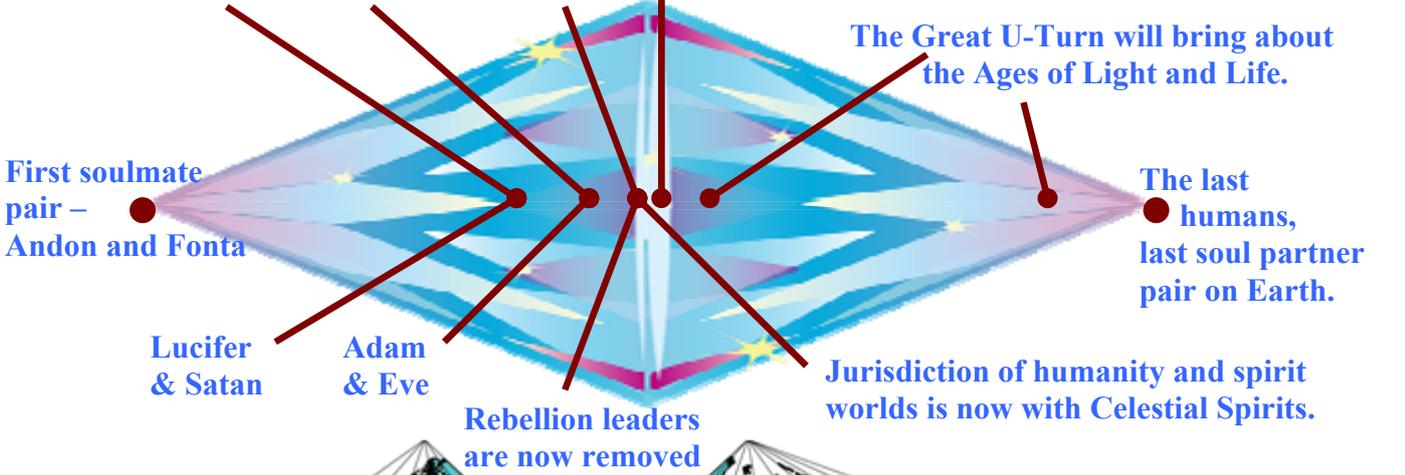


JOURNEY of HUMANITY into and through the GREAT U-TURN:

Humanity reaching its most evilness, the most lost, the most separation of soulmates. Humanity can begin its Healing. The Great U-Turn begins, the dawning of the Spiritual Age.

Humanity increasing its self- and feeling- denial, its denial of truth. Soulmates getting further apart. Rebellion then Default

The true Healing of humanity. Humanity Healing itself by doing its Feeling-Healing and Soul-Healing with Divine Love. Soulmates getting closer together as people express all their feelings more truly.

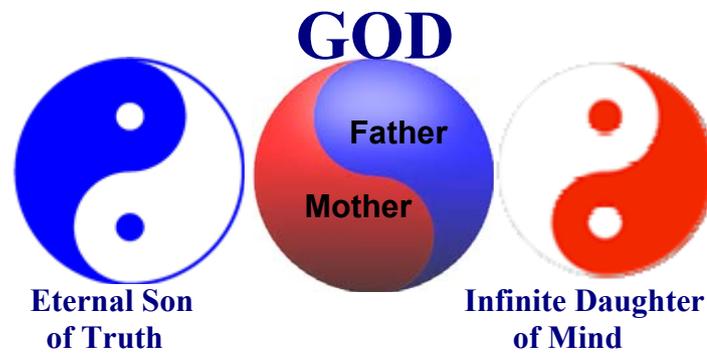


This is the Great U-Turn. We are to feel and live by our feelings and express our feelings, our mind will follow in support, not the other way around.

Feelings First, you can be sure about that! **Once women get that message and start living it, then the tide will really change**, with men either deciding to support them by looking to their own feelings or being left on the outer wondering what the fuss is all about.

The feminine light is going to sweep through humanity and purge it of all the yuk and darkness, helping to bring the whole of humanity back into a nurturing loving mother state of being, from which the supportive, caring father can support her and together they can make the world great again, they can bring humanity up into its natural love perfection whilst at the same time offer those people who want to spiritually grow the truths of how to embrace the Divine Love and move on to the Celestial level.

By living true to ourselves, true to our feelings, we are living true to God. It's that simple.
(Passage in blue calibrates on the Map of Consciousness at 1,500)



We souls are existential, our souls have it all within us, it's a done deal, we are just unfolding in Creation through our personality expression. So our evolution is our growing in truth, the truth already within our soul, with it continually being brought out through our feelings as we live our experiences, thereby 'growing in truth' as we ascend, as we live that truth.

Whereas the angels are experiential, and their soul starts evolving or developing upon their creation. It all being done through their evolving minds. They don't grow in truth like we do, they just grow or evolve in mind. And as they do, the experiences they have individually and then as a created pair, cause the soul of their mind to grow and evolve.

However, those people adhering to the 'Mind Way', as presented by TUB (The Urantia Book), the New Age, and all our religions, is really the angels' way and not ours. So perhaps, that is why TUB has 'mucked it up' because it has to adhere to the Rebellion, which is making us look to the God the Mind, the Infinite Daughter, as the Way to God, when we're to look to God the Truth, the Eternal Son, as the Way to God.



We can't attain Paradise and be with our Heavenly Parents unless we first go through the Eternal Son. We can't do it through and with our minds. That's for the angels to do. So the mind spirits (like most people on Earth and spirit Mansion Worlds), unbeknownst to them, are trying to live like angels, trying to evolve their soul through and with their mind, which can't happen. And if we are like angels going first through the Infinite Daughter on the way to the Mother and Father, then we fall short, never attaining the Son. However as we know, we are so wrong by looking only to our minds, that we can't even get out of the Mansion Worlds, let alone get anywhere near the Infinite Daughter on Paradise.

So our Healing is getting ourselves out of the mind, letting that way go, and coming back to our true selves, which is through our feelings, the truth we are to live from our soul. And once we do that through our Feeling Healing and divine our soul with the Divine Love, then we are free to move to Paradise, up via the Infinite Daughter (with Her and the Divine Minister (and Holy Spirit), nature, nature spirits and the angels' help – all the creations of the Mind), to the Eternal Son and onwards to the Mother and Father. With the Higher descending Paradise Daughters and Sons (Mary and Jesus, Avonal pairs, Trinity Teacher pairs), and local universal descending Daughters and Sons (Lanonandeks, Melchizedeks, etc.), together with our ascending mortal spirit friends (daughters and sons – each other, Nanna Beth, Kevin, etc.), helping us on the feelings and truth side of things.

Note from James Moncrief 4 November 2017

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



**to enter the
Celestial Heavens:**

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

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

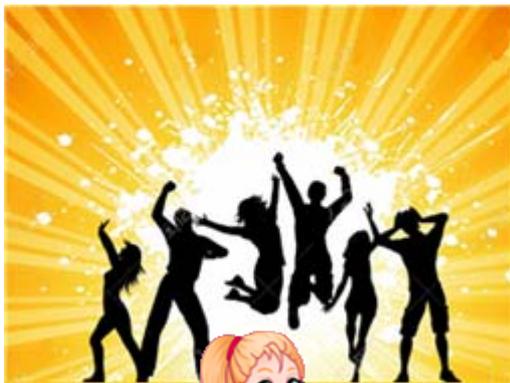


We are all to have our own pure relationships. And it’s the same of course in life with your friends, however over there, in spirit, dealing with Nature Spirits, Spirit Guides, and Angels, it’s more personal and private and ‘JUST FOR YOU’. So we have our own separate, unique relationships.

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

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

We each have a band of a Nature Spirit pair, Spirit Guide pair, and an Angelic pair, each pair being in their ‘soulmate’ relationship / soul partners. 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, even other non-humanity spirits, all of which end up doing increasingly more amounts of what your Indwelling Spirit does. And this 'out sourcing' is to affect greater personality interaction, increasing your experiences so they are maximised through interaction with different personalities rather than just relying solely on God. We are overall to become increasingly at-one with God, but we are to do that by becoming increasingly immersed in the experience of being with others.

Nanna Beth – 3rd Celestial Heaven: 25 December 2018



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

OUR GUIDANCE to PARADISE, the home of our HEAVENLY PARENTS:

There are three distinct phases of our progression to the home of our Heavenly Parents which is Paradise that is within the circle of seven Super Universes, each containing many Local Universes.

Once we progress beyond our Local Universe of Neadon, then we are assisted and guided by our Heavenly Parents, our true Mother and Father all the way home to Paradise.

Before then, once we have completed our soul healing, we are guided through the Celestial Heaven worlds which are those that interact with humanity on Earth, then further on into and then out through Neadon, our Local Universe. The regents of Neadon are Mary and Jesus.

However, before then, we are to embrace our healing. That is, we are to realise who we truly are. We are not the personalities that our parents imposed upon us. We are to put aside our childhood suppression and repression and free our true personality that our Heavenly Parents gave us, and to do this we are now able to embrace the guidance of the Avonal Pair who will lead us through our healing here on Earth and through the Spirit Mansion Worlds to be able to enter the Celestial Heavens.



PARENTING:

Tuesday, 16 October 2018

I, James, want to write a few points about parenting having read a few pages of *Parenting is Forever* by an Australian paediatrician – Elizabeth Green, a book I saw at the library.

The hard truth is: if you parent whilst being of the Rebellion and Default, then you will be severely damaging your children. It's what we fail to understand; and we've been doing it for a very long time.

The whole notion of one can be a 'good' parent or a 'bad' parent needs to be thrown out the window. When you understand we're all living in a state of truth-denial; that we are denying the truth of ourselves, nature and God; that we are living against ourselves, nature and God; that everything we do is wrong and within the Rebellion and Default, then everything one might do as parent will be wrong too.

Until you begin your Healing, everything you do with your children will be stuffing them up. It can't be helped. And you won't know how you are stuffing them up until you do your Healing. You can't see the full extent of what you are doing to them either positively or negatively as you are parenting them – unless you are doing your Healing. And you can't work out how to stuff them up less, as it doesn't work that way. They will come to know how stuffed up they are – what a 'good job' their parents did on them – when they do their Healing.



We have to do our Healing so as to see the truth of our relationship with our parents. And until we see it, we'll remain forever more bound up in our Wrongness.

And the idea that we can learn how to parent, learn how be better parents, use our mind to parent children, is wrong, too. We can use our mind to learn whatever we want, but as that too is being done in rebellion against the truth of our true self, so it's only going to negatively effect your child.

A parent might be able to parent its child to fit better into life, living a more morally acceptable, respectful and loving life, however it's all still learnt, so it's a contrivance based on current acceptable pretence and falseness – it's all untrue and a fantasy.

Parenting happens on multiple levels most of which the parents are unaware, and all starting at conception. At conception, it's all already done, it's a done deal – pregnancy, childhood, adulthood is just the outworking of it. So all our negative patterns are conceived at conception (incarnation), with the only way to change those denial, rebellious, anti truth and anti love patterns being to do your Healing by seeking the truth of your feelings. And once your Healing is complete, then you will be living wholly positive, true and loving parents.

The truth you are living is 'organically' imparted 'absorbed' by your child all the way along, and right up until you have completed your Healing when technically you are no longer the parent of your child, having given it up completely to God, it being wholly God's child. By the time we're all of a Celestial truth we are then truly children of our Heavenly Mother and Heavenly Father without any further parent / child connection on any level other than in our memories. When you have completed your Healing,

then you will be totally free of your parents. Until then, even through they might not be personally present and active in your life, still you are living out the patterns that resulted from being with them, even if that was only for a moment. With those patterns all being 'broken' and transformed into leaving your physical parents for your true Soul Parents as you progress through your Healing.

Your child becomes the truth that you are. If you living against truth, so untrue, so it will follow suit becoming untrue. The intrinsic child being an expression of its soul, is true and perfect, however we become untrue and imperfect being incarnated onto a Rebellious world. Your child can't be anything other than how you are – it is 'your' child. All the factors such as DNA and inheritance contribute to how your child is, and on all levels, not just the physical, it all being long lines of generational denial being passed onto your child. And this then works with the whole environment the child is subjected to, which includes all of nature, all what happens in one's life, and all that's happening on unseen levels from spirit, all what's going on emotionally, mentally and psychically – the relationship between them both, it all going into and working to reflect the desired outcome the child is to be in every moment of its life, all of which is ultimately underpinned and fully orchestrated by the soul.

You soul is expressing you in Creation. It has encoded within it, all that you are to ever be. God has put it already all within your soul, and your soul is 'unfolding' through light, expressing that pattern which governs every aspect of your being. So why that genetic trait is activated by those environmental conditions is all overseen and orchestrated by the soul. Nothing is random, there is no bad luck that your child suffered this problem, and it is more than because you smoked and drank during pregnancy you somehow damaged your child. All of you is damaging your child all the time, even if you feel a great love for it and it for you.

Until you've fully Healed yourself, it is all damaging, fantasy, untrue and unloving. Every second your child is with you, you are negatively affecting it (unless you are doing or have done your Healing). And even when it's not with you, you are still connected by unseen psychic cords on all levels of the mind, emotions and spiritually, so are still affecting each other. And those effects compound and become very intricate, complex and intensely psychologically involved.

And if your child is retarded, a genius, or just 'normal' and 'ordinary', that's exactly what God wants, it's how God made its soul to express itself, so it's perfect. You are the child of God that you are, even in all your wrongness. And even though you might hate how you are, you don't have to stay in that state, being able to heal yourself as you do your Healing. And when your Healing is finished, you'll truly love the whole unloving state that you were, seeing that it was all absolutely perfect how evil, uncaring and unloving you were, it all being what you needed to bring you to this point of perfection you are now living in your Celestial level of truth.

If you parent your child without doing your Healing (irrespective of being a good or bad parent and whatever you do and learn to try and help your child), then you are simply passing on the next level of wrongness in your long family line of being untrue. If you parent your child whilst you are doing your Healing, then every part you heal within yourself you'll no longer be passing onto your child, with your child potentially adjusting to the 'new you' which can happen up until the child reaches its first Saturn Return (astrologically speaking) around 28-30 years old. Once that age is reached, technically it's the end of childhood, so even if the parent/s keep Healing themselves, those positive effects won't be passed on to the child. And once a child is sexually mature, the child itself has to be open to and receptive of its parent/s to be able to keep changing, reflecting the parent/s changing as it does its Healing. Once sexually mature, the child is free to reject any such positive changes brought about by its parent/s Healing, so it might reject its changing parent who is doing his or her Healing. The Healing parent can't force any positive changes on the child once the child is sexually mature, whereas before sexual

maturity the child is still becoming its parent, so any positive (or negative changes) the parent makes will be taken on in some way and on some level by the child.

Learning to be a better parent whilst still parenting without doing your Healing only means you're going to add yet more layers to your child screwing it up even more. We are constantly adding more mental layers of self-denial to the way we live as adults, and so too our children. The Internet being the latest outside influence that can help parents to add yet more mind layers to themselves and their children. This book I am reading suggests that all parents woes and all the child's problems in the world now stem from the advent of the Internet, even as if pre-Internet, there weren't any problems with how parents parent and their resulting problematic children. And yet the Internet age is just another age along the two hundred thousand years of System Rebellion and Planetary Default, of parents unlovingly parenting their children who grow up to parent their children unlovingly. And if it we were parenting our children perfectly, if we were all Healed and living true to our feelings, there would be no Internet like we have it, and possibly no internet or anything of what we currently have. There would be other things in life reflecting our true state, things that express our love, instead of things that are expressions of our unlovingness. The Internet, like everything we create, is an expression of how screwed up we are inside, which means, how our parents screwed us up. We can only create something like the Internet – and the whole world we live in, because of our unloving parent/child relationships. So if you think the Internet and the world we've created are good and loving, then you might want to consider looking into the truth of your relationship with your parents and doing your Healing.

Any love you feel is love within the unloving state that you are and that you and everyone is expressing in the world. Nature is of perfect Natural love; we and all we create whilst we're in our imperfection, is unloving. All our relationships are unloving. Within our unloving states we can, relatively speaking, feel love and be more loving, just as we can be more evil, wrong and unloving, yet still it's all within an anti truth system, and without truth there can't be true love, for love to flow there needs to be truth: no truth, no love. Love exists outside of truth, but without truth we can't truly relate to it, so it may as well not exist. Our souls are truly of love, and we are to become truly expressing our truth as love, and loving expressing our truth with all the good feelings loves gives us, when we've completed our Healing, when we've ended our rebellion against truth and love.

We are living in an 'experiment' of how unloving you can be and what the effects of feeling unloved have on ourselves, each other and the world. Everything we are doing is wrong, so everything we are doing is making it harder for ourselves. There are no effective solutions to all our problems until we end our unloving anti-truth state by doing our Healing. We can keep using our minds to make it appear like we're being more loving and caring, just as we can use our minds to make it even harder for ourselves, but our mind is not The Way, whereas our feelings are.

A parent or parents doing their Healing will naturally effect their child as they progress, and in a positive way. However it's not for the parent to demand, make or force the child to do its Healing. Once the child is sexually mature, then it is free to make its own choice about doing it. And some older children might reject their parents who are doing their Healing, putting off doing their Healing until they are older still, which could even be during their spirit life. When someone begins their Healing in earnest, is when God through their soul says it's time.

If you are wanting to Heal yourself and become true, then part of that Healing will be about your relationship with your children – uncovering how unlovingly you've treated them whilst possibly believing you were loving and doing the right thing for them. And if you are yet to have children and do want them, then there will be lots of opportunities for you to find out more truth of your unloving state as you look to expressing and longing for the truth of all you feel – which is doing your Healing.

It's not that because you understand you are imperfect you should therefore not be having children until you are perfect having completed your Healing, but going with your feelings of wanting a child and expressing every feeling that comes up along the way as you long for the truth of those feelings. If you have any fear, anxiety, worries, guilt, sadness, anger, misery and any other bad feeling, then these are what you work on. So you can have a child as you do your Healing, with the child helping to bring up the bad feelings in you that you are to express out of yourself and see the truth of. Or, you not have a child and do your Healing. If you don't have children on Earth then you can adopt children in spirit, either doing your Healing or not. Currently spirits doing their Healing can't also adopt children, however once the New Revelation is 'activated' – revealed, then spirits doing their Healing will also be able to do it whilst having children.

A fully Healed parent will pass on such truth to its child thereby no longer subjecting its child to any untruth. And two Healed parents will give rise to a completely true child, it being totally free of the Rebellion and Default, this being the perfect humanity that humanity is to become. Slowly humanity is to Heal itself of the Rebellion and Default.

Elizabeth in her book says that young people and children are looking more to social media and their machines to conduct their relationships through, and oh my god how are parents now to deal with, compete with, simply cope with, that??!! We fail to see that the machines and the Internet is allowing us to be truer to our unloving states, we can be more impersonal by pretending we are personal through a machine and the unreal, which is the truth of the relationship we are living with each other, so the truth of the relationship between parent and child. A parent who complains that their child wants the Internet and all it offers above them, should perhaps question why does the child want to reject its parents, and in finding the answer to that question, the parent will uncover the truth of its unloving relationship with its child. We can escape into the Internet away from the relationships we hate, those with our parents. We all hate each other, not love each other, which is possibly the most difficult truth to accept. We make up fantasy relationships we project onto each other that gives us the mental ability and resulting contrived feelings to make us feel and believe we love each other. But if we take the fantasy away there is only a dark hole of nothing, a hole full of pain, the full horror, trauma, terror of agonisingly feeling you are not loved by the people who should love you.

And so because none of us can bear face the terrible truth of our unloving state, we continue to do our best to live seemingly loving with each other, doing the best we can, using our mind to alter our fantasy-unreal existences, doing all we can do to avoid having to face, accept and fully embrace the truth our bad feelings will show us when we come to do our Healing and want to give up the facade.

We currently parent negatively influencing our children on seven whole worlds' worth of truth. Which means your child, as do you, has seven whole worlds' of truth it's denying in life, all of which cause untold numbers of problems. And consequently, should you wish to do your Healing, so it will take you the Healing of all seven worlds, as represented by the seven Mansion Worlds, to complete it. The Rebellion and Default has evolved to include all seven Mansion Worlds in rebellion by default. We have taken the Rebellion on by Default through all these levels and have to heal them all through our Healing. And once Healed, we are free of our parental influences, free of our parents, free of our wrongness, free of the Rebellion and Default, true and perfect to the Celestial level of truth.

**Consider asking yourself this question:
Who hurt me when I was a child?**

We are to Find the Truth of our Childhood.

James Moncrief – Sunday 8 September 2019

We are to Find the Truth of our Childhood.

That's it; and find it through our feelings by directly connecting, feeling, experiencing, and most importantly, knowing they are true by being them. We ARE our childhood, the truth is already there, it is already within us, we are already living it, we don't have to look anywhere else for it other than within ourselves. All of why you are what you do, say and live, everything about how you are and how you conduct yourself in life, is all what your childhood was. You grew into being the adult you are because of the childhood you had, we can't be a different adult that's not a direct and complete product and result of our childhood. And if you take away the time element, we are still our childhood, our life is still manifesting how it was for us as a child. We can believe and pretend all we want that we are different to how we were as a child, that having become adult we can leave our childhood behind and move on becoming the adult we want to be. No, we think we can do that, yet we can't. We can't do anything that's not already done, we are still effectively living our childhood and being as we were in it, and that's within all the different times and phases of it, all which adds up to being one big, often contradictory, mess of ideas, beliefs and opinions about ourselves.

And we can't be anything else other than what we are, which is how it was for us through our childhood, yet we fail to see it because we're not fully connected with those parts of ourselves and all the corresponding feelings that will help us see it. So we are to find the truth of ourselves – hence: the truth of our childhood. Because in knowing the whole truth of our childhood and being it, being aware that we are it, connects us as adults fully with ourselves back then. You know how it was for you, because you feel it, your feelings tell you, show you, and there's no avoiding or denying them, because they are expressing (by making you feel) the truth of how it was for you, how it has always been since conception, and how it will remain until the Mother and Father transform you out of your untrue state – out of your unloving childhood.

So our Healing is about finding the truth of ourselves from the beginning, which equates to the truth of our whole childhood, because it's our childhood that made us be as we are. And because we were so heavily interfered with and prevented from being our natural true selves, so we have to 'Heal' all the damage that was done to us. Healing ourselves by seeing the truth of ourselves. So by acknowledging all our feelings, and by wanting to find and uncover the whole truth of our childhood, we work progressively deeper into ourselves, bringing to light all that happened to us to make us be as we are. And part of that is to help us see how much of our childhood and forming was true and loving, and how much was untrue and unloving.

And presumably, once we've brought to light within us the whole truth of our childhood, then the good, true parts, those founded on true love, will remain; and the bad, that which was founded on untruth, will be transformed out of us by God through our soul.

As a forming and developing child, we don't have enough of ourselves to find and so experience the whole truth of what's going on. But as adults we do. And if we grew up in a fully true and loving situation and environment with only loving and true relationships, then as an adult that's how we'd be feeling completely loved and true, happily wanting to bring to light all the positive influences that affected us through our childhood, all of which would be a very enjoyable and loving experience. Whereas because we grew up in rebellion against Truth and Love being forced to be mostly

untrue and unloving, and even possibly completely untrue and unloving, then it's not enjoyable going back bringing to light and expressing all our hurt and pain.

We start out not knowing anything about how it is for us through our childhood; or at best, a minimal amount as some people and families are more feeling expressive and self-aware. And through our Healing we have to get to know it all, because we are it, so we're getting to know ourselves – which for many people will equate to getting to know their shit-start in life. And once we've brought to light the truth of our childhood, then we can leave it, moving on bringing the truth to light of being a true adult. Which is what The Urantia Book means by saying we become true universal spiritual citizens once we are living a Celestial level of truth. So the Mansion Worlds are really provided for us to uncover the truth of our childhood, to see how it was for us, and consequently, how we lived as a child. And they are really only for that, and not so much for us to set about righting all that we find out is wrong within us. We are to only see and so uncover the truth of ourselves. As far as fixing ourselves, or changing or transforming ourselves, that is up to God.

The Mansion Worlds are called probationary worlds, ones in which we can settle the Law of Compensation within our untrue states and continue living against ourselves and the Truth, furthering our truth and self denial; and ones in which we can do our 'Healing' to see the whole truth of our untrue state. Which we can now do either in the Mansion Worlds themselves, or on Earth.

So there is no avoiding the truth of your childhood if you want to ascend beyond the Mansion Worlds. And the fact that none of the spiritual or religious systems on Earth are wholly devoted to helping people bring to light the truth of their childhood through their feelings, shows what a terrible state we're all in. Imagine if the whole world was focused on helping everyone bring to light the hidden truth of themselves, and so the truth of their childhood. It certainly would be a different way to live and so a different world we'd live in.

We can't actually fix anything from our childhood. We can't, only God can. And God will when we've brought to light all the truth of it that God wants us to see. We can undergo therapy (and some truth might come to light), go to the doctor, do whatever we do trying to feel better, all trying to get rid of our bad childhood, all trying to fit in with the beliefs we have from our childhood of how we should be in the world, yet it's only at best scratching the surface. God, through our soul, won't allow us to change anything from our childhood anyway, at least not until we've seen and brought to light and fully connected through our feelings with all the truth of it. There'd be no point God subjecting us to such horror if we could make it all go away before we found the truth of what it was all about and why God made our childhood as it was. So we can do a little, or so we think, adjusting ourselves this way and that, however even those adjustments we come to see through our Healing are 'allowed' because we're still just doing them within our prevailing childhood patterns. And there are what seems like endless levels within us of which we're composed, which you would expect because of the enormity of being God's children, and so there's quite a scope for us to move or play around in entertaining ourselves by believing we've changed the foundations and results of our childhood. So as we can't actually change ourselves, all we can do is want to uncover the truth of our childhood and live that truth. All of which involves vast amounts of self-acceptance, which gradually comes with the truth, growing in the acceptance that this is how you are, how God wants you to be having this experience, given the childhood you had, and there's nothing you can do about it. Other than keep on expressing every feeling that comes up, as you long for the truth of your childhood, wanting to live true to yourself.

How is it for you if you are Truly Honest with Yourself?



♥ You truly love your children, devoting yourself to them, wanting nothing more than for them to grow up and be as they want to be?

♥ You believe you truly love your children, believing you are devoted to them, wanting them to be as you want them to be?



♥ You love your child more than you love your pet?

♥ You love your pet as much as your child, treating it as if it is another child?



♥ You love your pet more than your child?

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

WE ENDURE FOUR LAYERS of PERSONALITY SUPPRESSION!



Unknowingly, our parents pass onto their children (us) their beliefs and way of living that has evolved since the Rebellion, some 200,000 years ago, and then the Default, some 38,000 years ago. In this way, humanity is suppressing the female, rejecting our Spiritual Parents, namely Jesus and Mary, and denying our Heavenly Parents being our true Mother and Father, of Their truth, standing and existence.

The Rebellion is against love, the Default is all the difficulties we have in our relationships because of our rebellion. Healing the Default is becoming true, to ourselves and in our relationships, and ending our unlovingness – our rejection of love, so ending the Rebellion. Nanna Beth 29 June 2017



We are souls, our personality is an expression of our soul. It is our free expression of our soul through our feelings that we are to embrace and follow. This expression may appear to be wilful in nature, from time to time, and consequently our parents' attempt to suppress this expression. They proceed to remodel us when as young children, in the manner their parents treated them and so on for many generations going back.

During our forming years, as a child, we are unable to recognise the suppression of our personality as being extra-ordinarily harmful to our soul based personality and, accordingly, we don't know that things can be any other way. Presently, neither do our parents.



This childhood suppression way of living continues throughout our schooling years, thus we learn this is a way of life that is normal.

Our religions all have been formed based on the tenets of the Rebellion and Default. The teachers and leaders throughout all denominations take us further away from our suppressed feelings that have been hammered into us during our forming years, thus entrenching us further into rejecting our true selves.



The controlling and suppression mechanisms of our parents, educators and spiritual teachers all manifest throughout all of commerce. This control comes heavily and brutally down upon all levels of employment. The capability to express one's soul based attributes and gifts is sealed throughout all of one's working life.

A new way of living is to enable the liberation of one's true personality through the Feeling Healing process AND the transfer of authority to the individual via embracing freedom of expression.

Infographics and diagrams have been added by Pascas.

DEVOLUTION

Our childhood suppression of our true and loving soul based feelings is creating global pain and personal isolation amongst all of humanity. We are very sick!

In our struggle to find solace and purpose, we further withdraw into ourselves, becoming ever more self dependent, believing our control addicted mind that it can solve everything. We just drown further.

We embrace an ever expanding and diverse range of pathways to escape from our personal pain, fear and desperation. Alcohol has now been complimented with narcotics, hallucinogens, including caffeine (coffee). Gambling has been complemented with computer games which are generally entraining the mind further into error and pain. Technology is making us sicker!

We bury ourselves in front of the television to further avoid contact with anyone, especially family.

Children endeavour to exert their independent authority from domineering controlling parents (which we all are eventually) by disfiguring their bodies with tattoos and piercings, etc.

We shut out the noise with headphones, thus preventing contact with others. We use electronic devices to 'text' others even at intimate engagements.

Technology will take us further into the depths of our madness. You now can buy headsets that prevent any contact with the outside world while playing mind suppressing and entraining entertainment – games!

No one loves their children, they are ignored, and the controls hammered into them turn them into clones of ourselves. Look at ourselves and we can all see that we have been all messed up by our own parents, as they have for generations over the past 200,000 years.

No more of this! We can escape this man made hell!



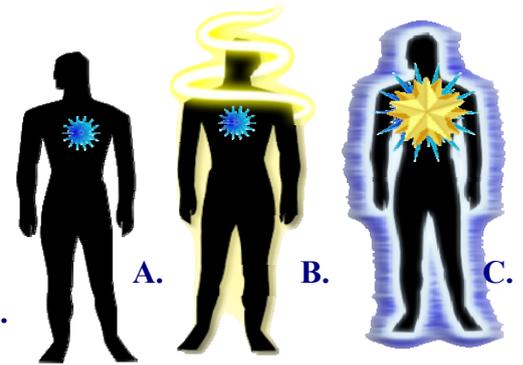
EVOLUTION

Longing for and receiving Divine Love:

A. Soul within spirit body prior to receiving Divine Love.

B. Divine Love being received from the Holy Spirit, covering the spirit body of requesting personality.

C. Divine Love having been assimilated within one's soul, now being reflected through the radiance of the spirit body.



FEELING HEALING + SOUL HEALING

It is the Divine Love that strengthens one's resolve to persevere by embracing one's suppressed emotional injuries, that occurred from conception through to around the age of six, and longing to know the good and the bad of those feelings, together with talking about them to a friend, partner, one's self and our Heavenly Parents. It is only with the receipt of the Mother and Father's Divine Love and the expressing of suppressed emotional injuries that one can release the emotional injuries and errors to achieve Celestial soul condition and enter the Celestial Heavens.

Further, should one complete their Feeling Healing on Earth, then they will be able to recognise their soul partner, their other soul half, and should their soulmate / soul partner have also embraced Feeling Healing with Divine Love, then their children will be born free from error, free from fear, and free from any deformity and illness. This is the destiny of humanity.

Further, being in this condition of free from error and being in constant communication with our Heavenly Parents, then one can also recognise and form their Soul Group. This will ultimately consist of twelve soulmate pairs, a total of twenty four personalities / individuals.



It is the bringing up of children by the support of soul groups that is to be the ultimate way forward. The group experience and wisdom, as a functioning family, will ultimately be of profound benefit for the blossoming child.



But what we cannot do is contrive the groups ourselves, or even pick who our soulmate is. This will only, and can only happen, as an outworking of the truth we are to live – as we progress in the healing of our soul.

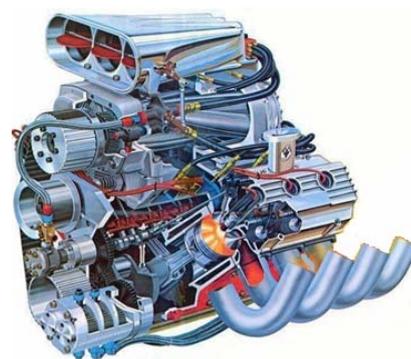
And this is how all of life should be lived: according to the truth we are living. It is how we live, as there is no other way, but currently we live it in the negative, of that being directed by no truth, and so having to make it all up ourselves.



WE ARRIVE DETUNED!

Our souls are a divine creation of our Heavenly Mother and Father. They could not be any other way! And are designed (such as how it has been for us) to begin incarnation in a Natural love condition reflecting the Natural love state of our world.

And we have also been provided with the opportunity to experience what is being ‘evil’, to live denying our Natural love, as seen through the denial of many of our feelings. So we here on planet Earth live on a world that has Rebelled (and then also Defaulted), of which there are only 37 within the local universe of Nebadon, consisting of 3.8 million physical worlds under the regency of Mary Magdalene and Jesus – the spiritual parents of truth of all of Nebadon! And we assassinated Jesus, and completely denied Mary not allowing her to have her say about the truth.



As a consequence, we are ‘detuned’ from our Natural love state and divine origin. You could say we arrived with all parts functional, however, in our untrue, dysfunctional and distorted state, we’re badly in need of a severe service, tune up or a complete reconditioning. Our goal being to bring our true self to the fore by doing our Feeling Healing, and then to progress beyond our Natural love state by further advancing our soul condition through the process of Soul Healing and receiving our Parents’ Divine Love – becoming divine.

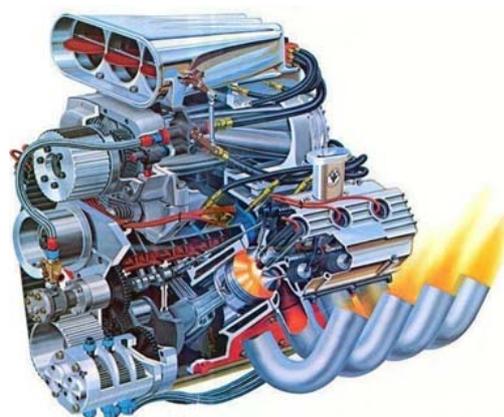


In our feeling- and truth-denying untrue Natural love state, we have been made to use our minds to dominate our feelings, becoming more like that of mind-based creatures of nature than of human souls of truth and feelings. And this is the wrong way for us to develop. So to step beyond this limitation, we are to live true to our feelings. Our heartfelt feelings being the guiding lights to our evolution and growth of truth.

Feelings are what guide us through our ascension of truth. So they are really our Supreme Guides. Many people look for a person, spirit, angel, even God, for supreme guidance, however it’s all right there already built in and can be found through our feelings – our soul based feelings.

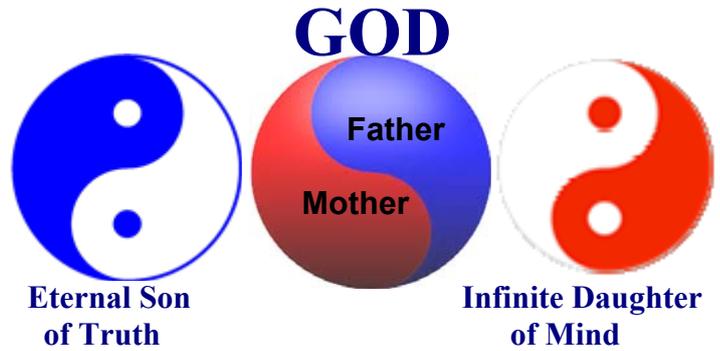
By living true to our self, true to our feelings, we are living true to God. It’s that simple.

Thus we are detuned once our incarnation begins. However, the way is now open for us to bring about our full divinity. To completely Heal all that’s wrong within us on a Natural love level. To embrace and then transform that Natural love into a divine state through partaking of our Heavenly Parents’ Divine Love. All the while attuning ourselves to divine perfection and enjoying the fullness of our divinity and love, as we ascend in truth on our journey all the way to Paradise – the home of our Heavenly Parents.



WE were DIVINE, and
WE are to BECOME DIVINE AGAIN:

Our personality, our soul, our real self, are all creations of our Heavenly Parents. We, our real selves, are not creations of our physical parents. Within our original status, we were of Divine nature.



Our physical parents, from our conception, endeavour to mould us into being ‘little me’s’, that is, replicas of themselves, imposing their beliefs and personality traits upon each of us. They crush our individuality and free will. They destroy our personality, our true self. They inflict upon each of us their ways, all of which are of a result of the Rebellion and Default of many, many generations ago. They drive us into believing and subsequently becoming dependant upon our minds. This is not the way for us to express our true selves and evolve along the path towards our true parents, our Heavenly Mother and Father. We are to embrace the Eternal Son of Truth, not the Infinite Daughter of Mind.



No, we are not in the image of our physical parents. Though we may look like them, and act like them because they have dramatically and successfully crushed our true personality, we are each very unique and independent of our parents and all other family members. When we begin to progress along the path of engaging with our soul based feelings and seek for the Truth of our feelings, we will become free of our parents’ impositions and suppression.



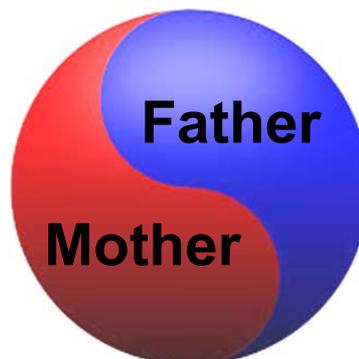
Upon starting our physical life experience on Earth, our divinely created soul begins to express us as one of our soul’s two personalities in Natural love. However because of Earth being in Rebellion, so we are parented into a rebellious and anti truth and anti love state of mind control over our feelings and true self.



Natural love is good, just ‘less’ or different to Divine Love. And it’s that in our rebellious state, we’re rebelling against Natural love, and Divine Love by not taking Jesus and Mary up on their offer and allowing the Divine Love to transform our soul, as we perfect our Natural love by doing our Healing.

By living true to our self, true to our feelings, we are living true to God. It’s that simple. The revealing of the Feeling Healing process is the commencement of our ability to begin the Great U-Turn and go the right way. Should we then also embrace our Heavenly Parents’ Divine Love, we can also commence our Soul Healing and a returning to that of being divine – this is our destiny.



CREATED in THEIR IMAGE:**GOD**

James: Mary, what does ‘we being created in the image of God’ really mean?

Mary M: It means that our Mother and Father used Themselves as the model or template if you like, upon which to bring us into being, those of us who have existential souls with the potential of expressing their two personalities in Creation.

And although our souls are divine, as in being divinely created, still whilst we start our personality expression in Natural love, so we need the Divine Love to come into our soul and bring it into the levels of Celestial divinity.

Natural love, so basically the whole of Creation, is of the image of God, and we being divinely created souls can be part of God’s Divinity becoming divine ourselves. So through your Healing, James, you become progressively divine by partaking of the Divine Love and healing yourself into perfection – your true self. And by the time you’ve completed your Healing, your soul is of the Divine Love level of Celestial truth, and your personality is an expression of that level of truth, it all being ‘confirmed’ and cemented – fused – into place upon the direct soul-union with your Indwelling Spirit. Then you are of the essence of God, true and perfect to the level of the first Celestial sphere, the first sphere of true divinity.

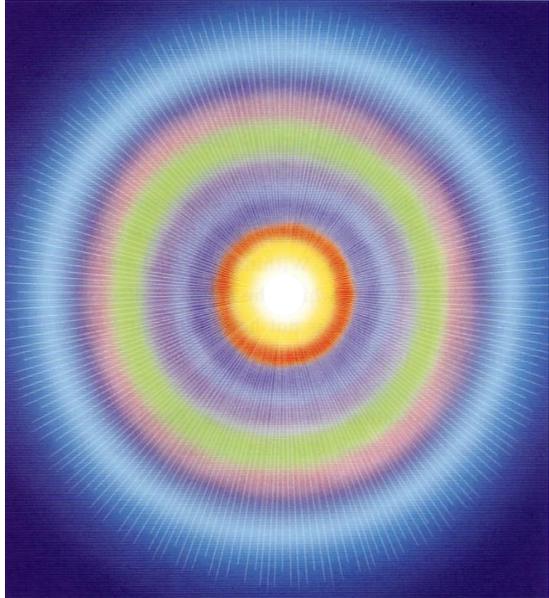
Mary Magdalene communicating with James 20 November 2017



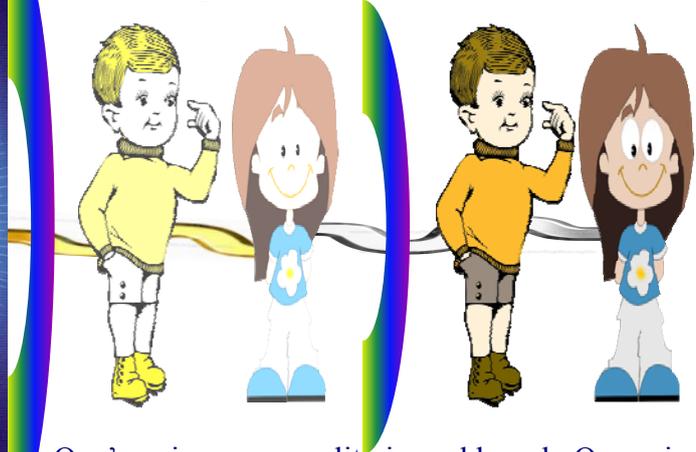
DIMENSIONS of ONE'S EXISTENCE:

Our SOUL IS NOT ENSOULD IN OUR SPIRIT BODY. Our soul exists existentially in a whole different level or plane or place or dimension of being – 'soul land'. It doesn't exist in Creation, it's not experiential like Creation is. The soul, all souls, help create their part of Creation by expressing their personalities into Creation, and then by having their personalities do things (further create) in Creation.

SOUL exists existentially



Our Physical Body and our Spirit Body are of Creation, being linked together by cords of light as are the two spirit bodies, male and female, to the one Soul.



One's unique personality is soul based. Our unique soul expresses its unique personality through the two spirit bodies and physical bodies expressing both the male and female aspects.

PERSONALITY



**Our soul is the centre of our personality.
We are children of our Heavenly Parents.
Our soul manifests a male and
female personality - it is a duplex!**

The Prayer for Divine Love:

(as given within the first century)

2 December 1916

<http://www.youtube.com/watch?v=Pg6p3rivAZw>

I am here, Jesus

P.438 Book of Truths through James Padgett / Jesus

Let your prayer be as follows:

Our Father, who art in heaven, we recognise that You are all Holy and loving and merciful, and that we are Your children, and not the subservient, sinful and depraved creatures that our false teachers would have us believe. That we are the greatest of Your creation, and the most wonderful of all Your handiworks, and the objects of Your great soul's love and Tenderest care.

That Your will is that we become at one with You, and partake of Your great love which You have bestowed upon us through Your mercy and desire that we become, in truth, Your children, through love, and not through the sacrifice and death of any one of Your creatures.

We pray that You will open up our souls to the inflowing of Your love, and that then may come Your Holy Spirit to bring into our souls this, Your love in great abundance, until our souls shall be transformed into the very essence of Yourself; and that there may come to us faith--such faith as will cause us to realise that we are truly Your children and one with You in very substance and not in image only.

Let us have such faith as will cause us to know that You are our Father, and the bestower of every good and perfect gift, and that only we, ourselves, can prevent Your love changing us from the mortal to the immortal.

Let us never cease to realize that Your love is waiting for each and all of us, and that when we come to You, in faith and earnest aspiration, Your love will never be with-held from us.

Keep us in the shadow of Your love every hour and moment of our lives, and help us to overcome all temptations of the flesh, and the influence of the powers of the evil ones, which so constantly surround us and endeavour to turn our thoughts away from You to the pleasures and allurements of this world.

We thank You for Your love and the privilege of receiving it, and we believe that You are our Father --the loving Father who smiles upon us in our weakness, and is always ready to help us and take us to Your arms of love.

We pray this with all the earnestness and longings of our souls, and trusting in Your love, give You all the glory and honour and love that our finite souls can give.

Amen

MoC



Note: The 'false teachers' are our parents, as they are also the 'evil ones'. Also, the evil ones, being those parts of your mind that are controlling you.

Prayer for Divine Love

Long to God for Their Divine Love

Begin with the understanding that God, your Heavenly Mother and Heavenly Father, are offering you Their Divine Love. And all you have to do is want it, want Them to give it to you, to love you. So when you feel you want it, you long directly to Them for it, asking them through your feelings (with longing) to fill your heart and soul with Their Divine Love.

You can long for Their Divine Love, anywhere and at any time. It can be a formal prayer – longing, such as sitting in meditation or prayer, opening your heart to Them, and longing to Them for Their Divine Love. Or you can do it spontaneously on the go, when the desire to long to Them for Their Divine Love comes over you, or when you remember to do it.

Wanting God's Divine Love in your soul is about wanting to develop a very personal relationship with your Heavenly Parents. Speak to God as your real Parents. Tell Them all you are thinking and feeling, as you would your earthly parents (provided you had a loving relationship enough with them to do that.) If you feel angry with God, hating Them, express all your negative unloving feelings to Them too. Don't hold back, share and give all of yourself to Them, They want to get to know you, as you want to get to know Them. And keep longing for Their Divine Love.

We have to long, reach out wanting Their love through our feelings and with the full will of wanting it, which doesn't involve any words, so with the mind staying out of it. It's a yearning from your heart wanting to be loved by Them, so wanting Them to give you Their Divine Love – to love you, and to make you feel loved by Them. So it doesn't involve words, it's an inner yearning, longing, desire to partake of their Divine Love that is required by us. Then we can support this longing using our mind by saying actual words (praying). So say whatever words you want to say to Them, whilst you are longing with your heart for Their Divine Love.

Just be yourself, say whatever you want to Them, as you long for Their Divine Love. The more personal, open and honest you can be with Them the better your relationship with Them can develop.

And once you've longed, which can take only a moment, then give yourself time for Them to love you. You might feel the Holy Spirit coming about you, and then Their Divine Love coming into you, gently, very subtly, or strongly, even very strongly in a whoosh. It's different for each of us, and different often each time we long. And if you have previously longed to God in any way yet not specifically for Their Divine Love,

when you do specifically ask Them for it, it will be a very familiar experience you'll have receiving it.

If you are sitting formally in mediation or prayer, once you've longed to Them for Their Divine Love, and you feel the Holy Spirit bringing it to you, you might find your head wants to move upwards as if looking into Heaven. Allow it too, but if it wants to keep going, don't stress yourself by hurting your neck, bring your head forward again. It's a lovely feeling sitting in the Light of the Divine Love, feeling it coming into your heart and soul. And you might find that you enjoy sitting for five minutes or half an hour, then suddenly the 'light goes off' and the prayer is over as you've received enough Divine Love for the time being.

Also, don't be surprised if at first you can feel the Love readily coming into you but as the years pass it seems to get less and less and you feel less inclined to long for it. This is naturally meaning you have received enough for the time being, you will need to do more of your Spiritual Healing before your soul is ready to receive more.

Summary:

Long with all your heart to your Heavenly Mother and Father for Their Divine Love.

James Moncrief

Feelings!
first



How do you BECOME as SPIRITUAL as you can be?

James Moncrief 7 November 2020

It's to do with expressing yourself as truly as you can in your relationships. The truth of yourself, the truth of life, the truth of God is to be found in the truth of your relationships. When you interact in your relationship, when you express all you feel and think, and when the other person expresses all they feel and think, all whilst you are longing for the truth of all such interaction, then the truth will come, and then you are evolving your soul in Truth. And you can't be more spiritual than continually advancing your soul in Truth. That is Being Spiritual.

Only our difficulty is, most of us are heavily denying our feeling expression in our relationships, so we are severely limiting the depth and intimacy of the interaction we can have, so we are severely restricting the amount of truth we can gain from such experiences. So our Spiritual Healing involves allowing ourselves in our relationships, with ourselves and each other, to express all the bad, yukky, dark, nasty, pain parts that we're doing all we can to avoid. To maximise the relationship you can have with yourself and another person is to allow yourself to express ALL your bad (and good) feelings, all as you long to uncover the truth of all they will help you see about yourself.

To be spiritual is to be fully feeling expressive. Or to want to be. And the more feeling expressive you are in all your relationships, the more you'll get out of them, provided you want to see what Truth they contain. And the more you become that Truth, the higher in spiritual understanding you become, and so the more spiritual you are.

Being or becoming spiritual is not about attending your religion religiously saying your prayers to God, or sitting in meditation endlessly seeking Enlightenment or Knowledge; and it's not about climbing the highest mountain seeking the answers to life, it's about getting real in your relationships by dealing with all the bad feelings, moving with them, seeking resolution through understanding by going deeper into them, bringing all the hard stuff out, seeing it for what it really is, what's really going on within you and between you, and how does it all relate back to your early life and the relationships that you started your life in. It's about wanting to know the **WHOLE TRUTH OF YOUR PAIN**, so allowing yourself to feel all your pain as you express all the bad feelings of it in your relationships. And of course doing this in your most intimate relationships in which you can open and expose all the worst of yourself; all the ugliness of your pain; all the terror and torment; all your suffering – to bring out all your dark secrets; all you're so afraid of admitting you feel; all the really bad stuff you believe you are not allowed to speak about, to your partner who willingly wants more than anything for you to bring it all out. All so they (and you) can understand what is really going on inside you. And then you wanting them to bring out all their pain and suffering, so you are both truly 'there for each other', lovingly supporting each other by accepting each other's darkness.

Being truly spiritual is being true to all the feelings you feel. If you are true to all your feelings, and want to know the truth of them, then as the truth comes to you, as it will, then you are growing, evolving, ascending, in truth, and you can can't be more spiritual than that.



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
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
Sage and the Healing Angels of Light	2017	xxx	– James Moncrief
Road map of Universe and history of Universe:			
 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	1914 – 1923	xxx	– Joseph Babinsky
 containing the Padgett Messages or Little Book of Truths			– 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 550+ supportive 'Pascas Papers' accessible in Library Downloads 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 through the 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

Selected Pascas Papers, as noted below, are to be published. Selection is to be reviewed appropriately.

ALL writings will be assembled in secure archives in strategic locations for researchers' access.

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
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	1,825

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.

Paul – City of Light

As a gentle intro into the Divine Love and Healing; being James Moncrief's first novel and it's been criticised as being too heavily clichéd, but that's the point because it's a reflection of how he was back then.

Ann and Terry

For an example of 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
Feeling Healing

Welcome to LOVE – the Religion of Feelings
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 Downloads www.pascashealth.com
<http://www.pascashealth.com/index.php/library.html>

PASCAS – document schedule.pdf downloadable index to all 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 Downloads link..*

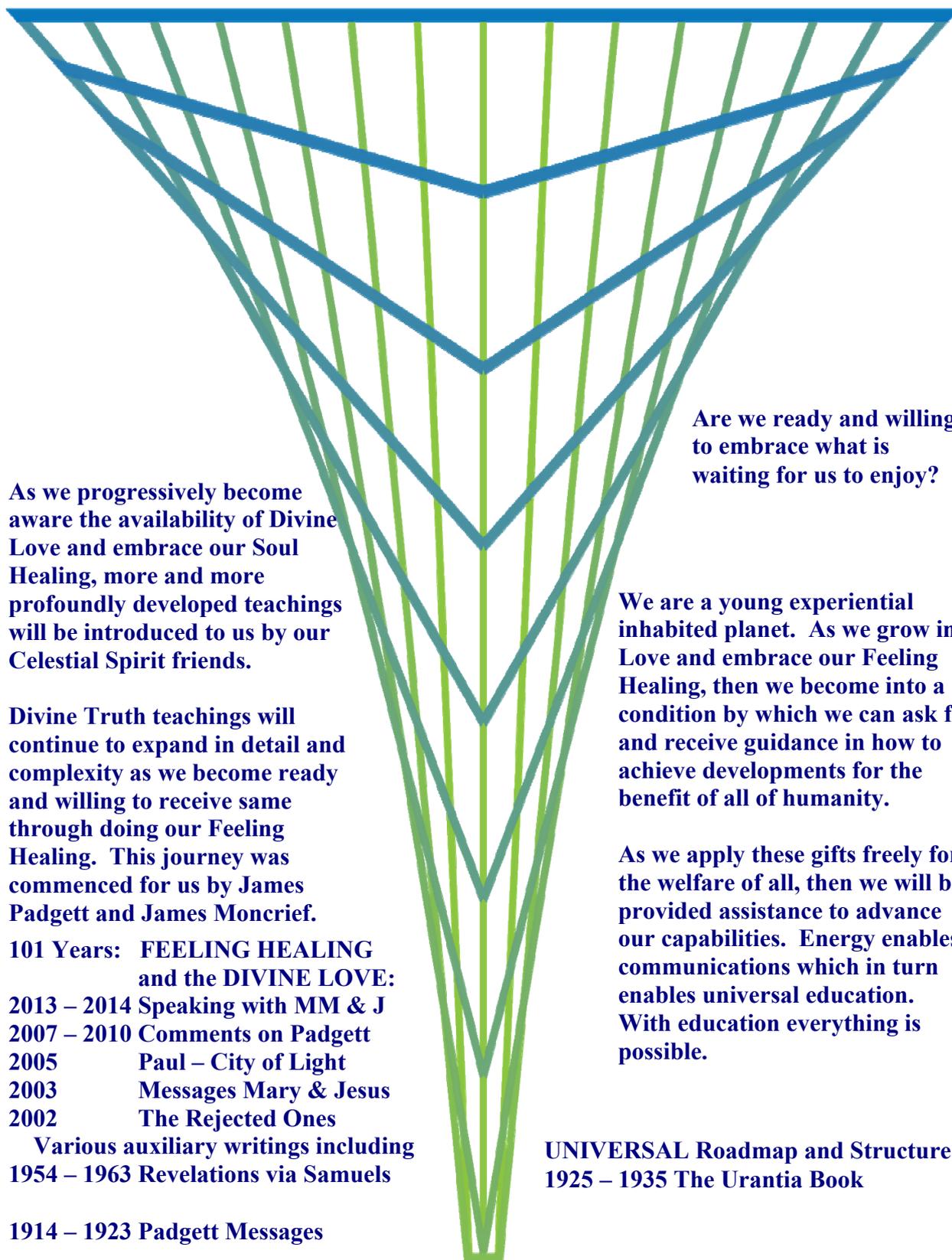
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

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
- Pascas Care – Feeling Healing and Parenting
- Pascas Care – Feeling Healing and Rebellion
- Pascas Care – Feeling Healing and Starting
- Pascas Care – Feeling Healing and Will
- 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 Rebellious
- 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:



Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

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.

Divine Love
is the key!



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

Feeling Healing with
Divine Love is the key



to enter the
Celestial Heavens:

