

PASCAS CARE

Feeling Healing

Live True



“Peace And Spirit Creating Alternate Solutions”

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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

LIVING TRUE to OUR FEELINGS:

We, each as an individual personality, have chosen to individualise by incarnating into a physical body to parents here on Earth. The difficulties that we have chosen to embrace will be essential experiences for the tasks we will assist and engage with during our eternal sojourn in the spirit realms.

Earth was one of 37 inhabited planets that embraced Master and Mistress Lucifer's seductive embrace, that being our minds were all powerful and we subsequently rejected our Heavenly Parents and the leadership of Michael some 200,000 years ago. We joined the rebellion lead by the Lucifer pair.

Some 38,000 years ago, the Adamic pair of Adam and Eve materialised on Earth directly from higher spirit worlds to create, through producing children, a more superior race that was to interbreed with the local races so as to introduce genes that would help uplift and so spiritualise the indigenous people. They were to breed a superior stock which would then upstep the genetics and spirituality of the indigenous inhabitants. Adam and Eve, under the extreme influences they were confronted with, separated and took partners from the existing population, thus defaulting on their planned assignment.

Subsequently, some 2,000 years ago, the Michael pair incarnated as Jesus of Nazareth and Mary of Magdalene. Mary's presence was suppressed by the rules of the Lucifer rebellion. At that time, when Jesus, obtained his full regency of Nebadon, he removed the Lucifer and Satan soulmate / soul partner pairs from power and ended the Rebellion.

Now, in the years around 2,000 CE, the remnants of the rebellion have also been removed, namely the Caligastian and Daligastian soulmate pairs / soul partners who continued on with the Lucifer pretence, thus totally removing any negative spirit interference with humans on Earth.

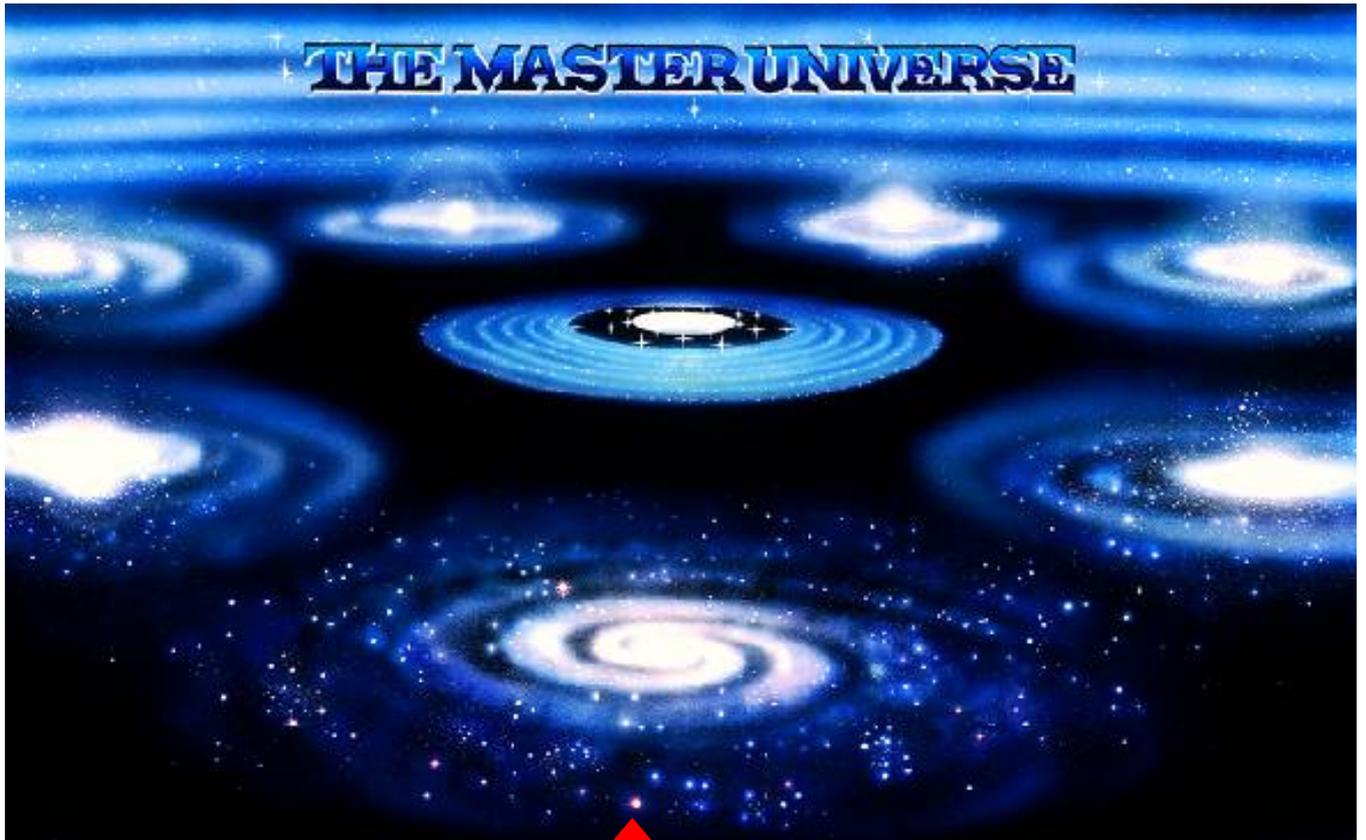
Now it can be said that from 1914 to 2014 with ongoing additions, the teachings of Jesus and Mary have been reintroduced. What Jesus taught 2,000 years ago has now had added to it with the feminine side that Mary has now been freely able to share with all of humanity.

The reintroduction of teachings now enables the correction of what has been compiled, manipulated and assumption inserted to, over the past 2,000 years. Those who sought and seek power through the numerous religions will be greatly disappointed as their premise for authority is based on gross error.

The great revelation that we are to long for and accept the Divine Love of our Heavenly Parents has been suppressed for 2,000 years. It is with this energy that we can enhance and embrace longed for Truth. And the major Truth is that we are to Live True to our Feelings.

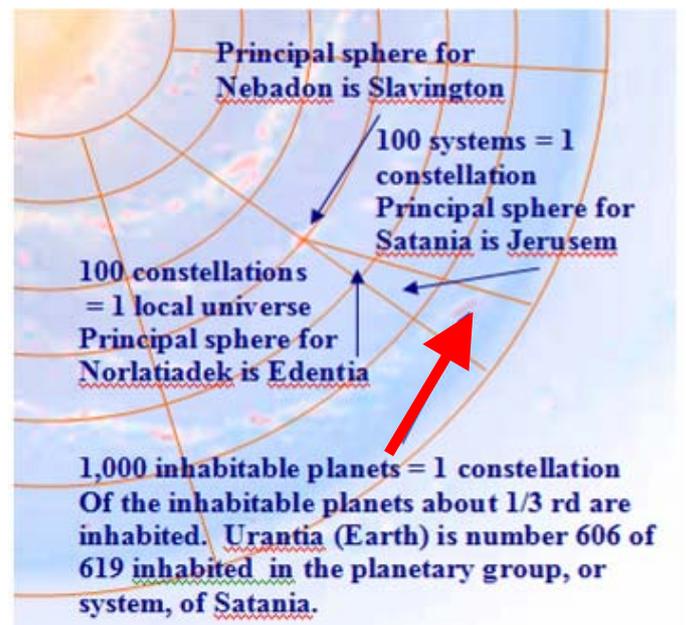
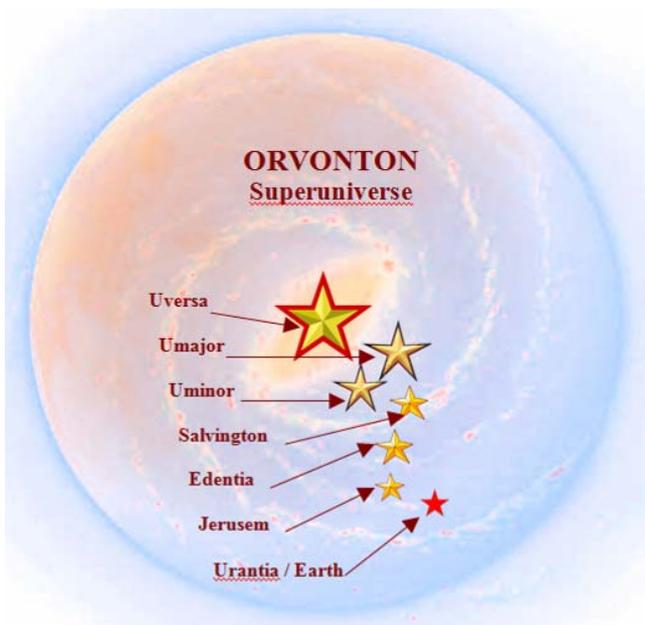
We are made in the image of God. Our soul is separated into two parts. Each part is endowed with a unique personality and is individualised into a male or female body, the other half will always be of the opposite sex. God is a soul of the same structure. God is two personalities, namely our Mother and Father. Our Heavenly Parents are Mother and Father God.

Likewise, Christ Michael is Mary of Nebadon and Jesus of Nebadon, our spiritual leaders and source of all Truth. These two soulmates / soul partners were known as Mary of Magdalene and Jesus of Nazareth. They are two individual personalities who are also finite like us. However, on the Day of Pentecost, Jesus released his Spirit of Truth and following Mary's death and return to the spirit worlds, she also released her Spirit of Truth. Separately and together, their Spirits of Truth are available and accessible to all who reside within the domain of Nebadon. Your drawing upon them is recognised by Mary and / or Jesus and as such, you have access to their Truths that you may long for whenever you please.



Earth

The Soul, God, being the soulmate / soul partner personalities of our Heavenly Parents, reside on the Isle of Paradise that is stationary within the centre of the seven superuniverses. Our Spiritual Parents and our source of Truth are Mary and Jesus, the regents of the region known as Nebadon which hosts some 3,840,101 inhabited planets of which Earth (Urantia) is one of the 37 rebellious inhabited planets. Our Adamic pair defaulted and then we crucified Jesus on a cross! Hence, Earth is known as the “World of the Cross”!



Infographics and diagrams have been added by Pascas.

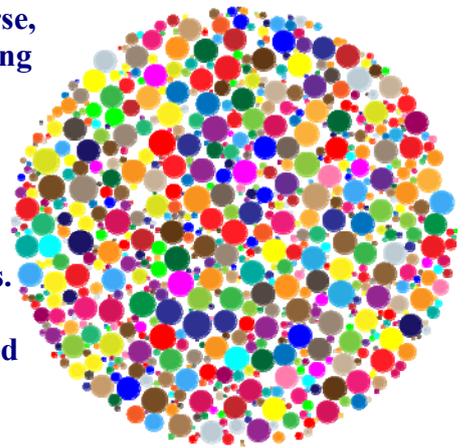
There are 100,000 MICHAEL soulmate pairs as REGENTS throughout our SUPER-UNIVERSE:



One of these 100,000 dots represents Nebadon, our local universe, consisting of 100 constellations with each constellation containing 100 systems which in turn have 1,000 worlds. The system in which Earth is within is called Satania.

Nebadon has some 10,000,000 physical planets, of which 3,840,101 are inhabited. The regents of Nebadon are the soulmate pair being the Paradise Creator pair, Mary and Jesus.

This structure is repeated throughout our super-universe, called Orvoton, 100,000 times. There are some 100,000 Regent pairs, equivalent to Mary and Jesus, throughout our super-universe.



There are 7 super-universes that rotate around the Isle of Paradise which is the home of our Heavenly Parents, our Mother and Father. Thus, there are some 700,000 Regent pairs equivalent to Mary and Jesus.

When we progress beyond the spirit Mansion Worlds, we enter the first of the three Celestial spheres, the home city being Jerusem, this is also the home city for all 1,000 physical worlds in Satania. From there we will progress to Salvington being the head quarters for Nebadon and the home of Mary and Jesus. Then we progress to Paradise.



Earth

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 Nabadon, 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 Nabadon, our Local Universe. The regents of Nabadon 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.



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

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>

The Rejected Ones – Living True to One’s Feelings – Zalena Speaks by James Moncrief
Message 20 & 21 (parts) Zalena 25 & 26 December 2002

The Mother and Father love us on our soul level; Mary and Jesus on a spiritual level; and our parents on the physical level (or so we would have liked them to).

We are created to ascend with our human love and live as spirits in love with our Mother and Father of Heaven, but we can’t do this until our human needs have been taken care of.

We are created to ascend with our human love and live as spirits in love with our Mother and Father of Heaven, but we can’t do this until our human needs have been taken care of. Your whole focus of love denial James, is centred on your mother. Your relationship with your brother, other boys and men has helped to fill in a bit of what you needed from your father and didn’t get. Mary has come to help you with your mothers love deficit, and we are something like your 'sisters'. By wanting to be as Mary and Jesus are, as perfect as one can be in spirit, we long for their truth – we long for The Truth – and their Spirits of Truth help us to understand the truth of our relationships with ourselves, each other, our parents and the Mother and Father. The greater part of your soul-healing will involve dealing with these relationships and looking for the truth of them.

Many people call out to Jesus wanting him to come and love them, but really they should focus on longing for the Truth, so his Spirit of Truth can come and comfort them. And of course they should long for the Truth also wanting Mary's comforting Spirit of Truth. It is the truth, truth, truth, and more truth we are actually concerned with as souls. It’s the truth you want, not the actual person as in Mary and Jesus to come and comfort you. Because, when we are of truth and truthful, we experience love. So being loved, and feeling being loved, is feeling true to one’s self, being all the truth that one is. You are all but devoid of truth on Earth, and so devoid of feeling how good it makes you feel; devoid of feeling that you are right and living true, and so devoid of feeling love. So you have to pretend and contrive love feelings all in the belief that you are loved. But still this unreal love doesn’t make you feel good as our bad feelings always creep back in.

Your parents, through criticism of you, always wanted you to be someone else, this being very troubling for a child, for someone who needs love so as to help them individualise and become self-identifying, and independent.

Being tuned out or shut off to your bad feelings because of years of practised denial, you won’t be aware you are feeling bad. But as you awaken your inner senses, you’ll get used to feeling bad, welcoming them into your life and accepting they are trying to tell you something about yourself. Then you will start to listen to them and feel them, no longer remaining isolated and alienated from yourself.

You parents are evil by coercing and demanding that you suit them. They demanded that you do and be how they wanted you to do and be. And so how then can you be yourself? You can’t, you can only be a compilation of all they have told you to be. And this is very difficult to do. You are an impostor inside yourself, so you are constantly at opposites with yourself. You fight them and you fight yourself, causing even more separation within you in – a constant battle for power. You become embroiled in all sorts of contradictory feelings and beliefs.

Your healing James will remove all that is untrue whilst allowing all that is true to remain. It's a huge process. I’ve been doing my healing on and off – I was slow to fully commit to it – for about twenty of your Earth years. My soul-partner has been doing it for only seven years, and others in our soul-group

have been doing it from five years through to about thirty five years. And we believe we have still a number of years to go here in the seventh Mansion World until it's finally all over. I don't know what the average time of doing it would be.

The divine inner transformation Jesus spoke of in the Padgett Messages, occurs at the same time as you heal your natural self-love need through your soul-healing.

Your parents, typically, were not ready to be parents. They were not fulfilled adults, being themselves still so deprived of their parent's love. And this is true of many if not most parents, they being still mere children in adult bodies not yet satisfied with life, not living with love and being able to give unconditional love to a child. Your parents if they could be honest, would have to admit that they didn't actually want children. It was only a belief, something of a fantasy, to come together, to 'fall in love', to marry and have a family. It all being a part of the picture imposed on them through their childhood and something they brought into reality but not really wanting to. They were still the little child needing love, they still wanted all the attention, and so they had you and made you give them your full attention. You couldn't attend to yourself, they didn't allow you to remain self-focused; you always had to do what they said, listen to them, be how they wanted you to be. You in effect haven't had a real childhood. You weren't a real child. You were something, almost like a pet and a possession for them, something they could use and treat how they wanted to. Rarely did they consider your feelings because rarely did they consider their own. And the result of all of this is you have grown up feeling rejected and unloved by them. Your healing has shown you how unwanted they made you feel, and how unwanted you still feel, and how you've done so many things, only trying to be wanted and to feel loved.

They have made you powerless. They used your power taking it for themselves. This is why you feel drained of energy and lifeless so often; they sucked the life out of you. They were nothing more than controlling parasites leaving you with only a shell of yourself and feeling like you don't really exist at all.

A parent who is still in need of love themselves cannot be loving to its child.

Jesus said that the meek shall inherit the Earth. Once you believe you know more than your baby you are no longer meek. How can you know what your baby wants if you are not living true? You have to make it all up to make it stop crying, making it up with your mind and not with your feelings. Some parents are naturally better parents because of how they were treated as a child.

Some families do try at least to genuinely make the child the important one, however all intentions no matter how good are still hopelessly flawed due to the lack of truth, real knowing and understanding.

The way children are parented is appalling. There are no kind words I can say for it, and if I did I would be lying and adding to the cover up. No one really wants to face the truth because there seems to be no alternative. And most people are so well entrenched in their negative system of beliefs they do not want to try and find another way. But as more truth becomes available and people take greater responsibility, the truth will come to light and things will positively change.

What I don't want is to see humanity simply remain as it has been now for hundreds of thousands of years, completely ignorant of its negative mind and unloving ways, carrying on deluding itself that everything is okay when it's not. You all sense its not, and now you can start to do something about it. And just because you are all rotten unloving parents doesn't mean God is going to judge you and you will suffer in hell for the rest of eternity – **YOU ARE NOT GOING TO BE PUNISHED. YOUR PARENTS PUNISHED YOU BECAUSE THEY DIDN'T LOVE YOU, GOD DOES NOT PUNISH**

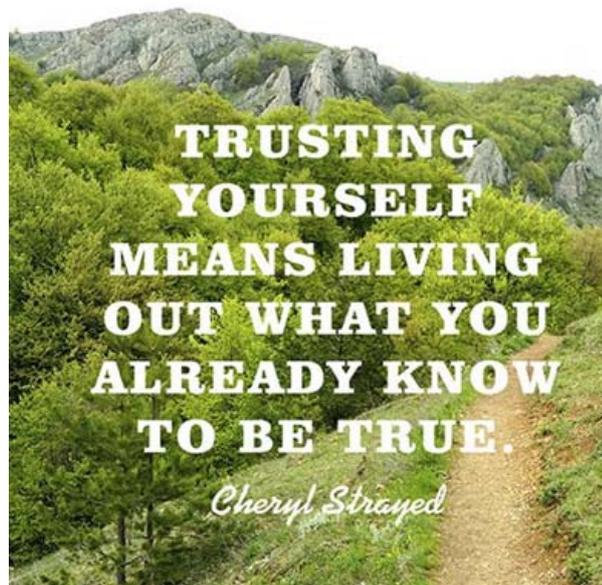
YOU BECAUSE GOD DOES LOVE YOU. And all talk of God punishing you when you are naughty or sinful is nonsense, rubbish, and only perpetuated by those unloving people who want to remain in control of you.

The best thing that can happen to humanity is for it to come clean, to own up and stop lying to itself. To openly admit that it doesn't have a clue about how to parent, and that all parents are bad, and at best only partially loving. And that all children suffer accordingly, and parents are themselves children who have suffered from not being loved as their soul wanted to be. You are all in the same situation with the same problem: no one is living true to their feelings. No one is living true. And so no one truly loves. And by thinking that just because you partake of the Divine Love you are now somehow loving and not like how you were, you are mistaken, you remain unloving UNTIL you complete the healing of your soul.

I want to come back to the beginning. I hope I have impressed on you in how bad a state you are in and what you need to do to help yourself. I have wanted to present you with a picture of the problem you face if you want to live true and live the Will of your Heavenly Mother and Father. So now I want to go back over some of the fundamental truths.

There is only the one way to the Mother and Father of Heaven, and that is through your own souls leading as expressed through your feelings. And if your feelings are lived truly, that is, if you truly honour, respect, accept and express them, then this expression will bring all of your soul's personality into being. And you – your consciousness, body, mind and spirit are attributes of your personality all of which allow you to experience yourself, your soul, others and God. And by having relationships, your personality can be freely expressed enabling you to look for the truth of yourself in Creation. If you want to honour yourself, and all you feel your soul to be, then your soul will lead you out of wanting to be, and being content with your natural love perfection, to living a higher way, that of your Heavenly Parents and with Their Divine Love.

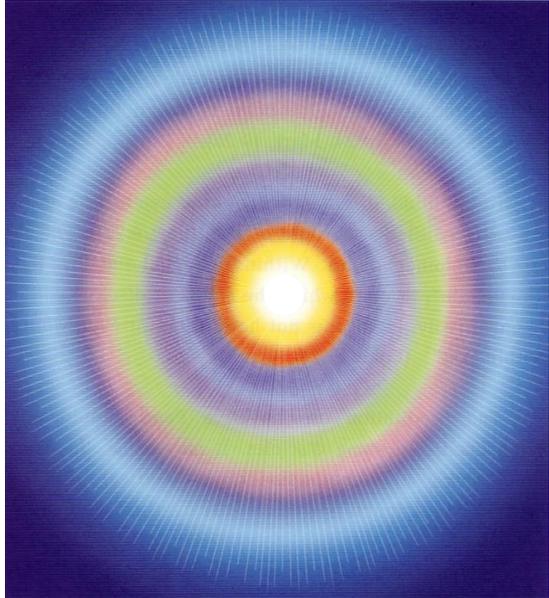
To be able to live perfectly true to the destiny of your soul, you need to pray to the Mother and Father asking Them for Their Divine Love, which will come lovingly to you as They answer your prayer. By partaking of the Divine Love, and allowing your inner transformation to begin, achieved by doing your soul-healing, your soul begins a new life, and allowing it to begin its transformation is achieved by doing your soul-healing, a new course of existence, setting out for Paradise and living soul perfection.



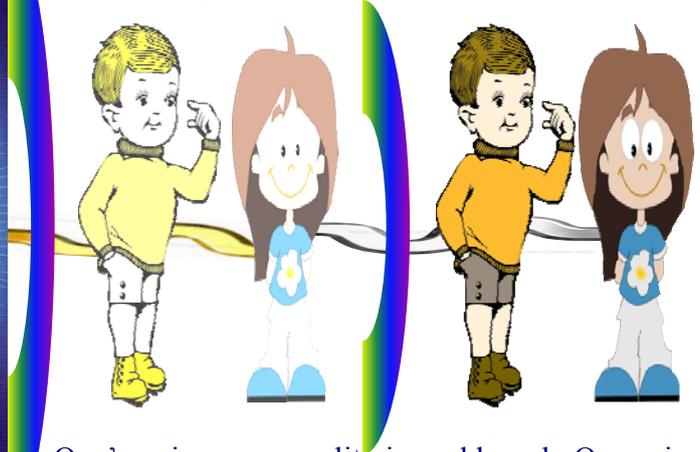
DIMENSIONS of ONE’S EXISTENCE:

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.

P E R S O N A L I T Y



**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!**

EACH SOUL PAIR is ONLY BESTOWED a PERSONALITY ONCE:

notes by James Moncrief, 11 February 2017

In theory the soul could end its incarnation and begin another, the soul can do anything as the spirit body along with all the rest, including the physical body, are a creation of it. So if the soul chose to stop and start sometime else – why not... in theory.

However the whole thing about the soul is that the Mother and Father have bestowed upon it two unique personalities, and these personalities are what the soul is expressing continuously in Creation once incarnation has taken place (the spirit body being part of the personality expression – an attribute of personality). And so for the soul to stop expressing its two halves as two distinct and separate personalities, it would mean those personalities would cease to exist; and then if the soul were to reincarnate, then the Mother and Father would have to bestow two more unique personalities on it.

But the trouble with this is that, we're told, They only bestow personality ONCE, so there's the rub, that is what disqualifies any notion of reincarnation being possible. Our Heavenly Parents have bestowed you as one unique individual personality of your soul, and you and your soulmate / soul partner with his or her also unique individual personality, is not about to be extinguished forevermore just so you can complete the 'Wheel of Karma'.

Personality is the key to it; Personality in Creation, which is the experiential expression of the existential soul. And Personality, like the soul, is a constant, the essence of which is unchanging: I will forever be me, and once I get all the yuk and error out of me, then I'll be a pure and true me, and waiting to come back together with my other half, my pure and true soulmate.



Infographics and diagrams have been added by Pascas.

The Rejected Ones – Living True to One’s Feelings – Mary M Speaks by James Moncrief
Message 22 (part) Mary Magdalene 27 December 2002

Mary sums it up:

Two thousand years ago the Mother and Father asked Jesus and I to come to you. We were conceived and born of perfect natural love. Jesus was allowed to advance his soul into something of its divine perfection through the partaking of his Father’s Love, however I had to remain subservient to the dominating rebellious forces. And because we had to honour and live true to the restricting rebellious conditions, you all but lost and disfigured the truths Jesus revealed, resulting with the Christian religions; religions that purport to be true, yet are sadly and pathetically untrue, providing little real help to the soul, and mostly succeeding in further entrenching your mind in its negative and wrong beliefs. And with no real improvement in sight, the Mother and Father have once again asked Jesus and I if we would come and bring the truth to you again. This we began with Jesus ‘speaking’ to Mr Padgett. And now I am helping you to see more truly the state you are in, and to help you become more aware that you need to do your ‘soul-healing’. And you can either do your ‘feeling-healing’ – without the Divine Love, to perfect your natural love; or you can do your soul-healing (which includes your feeling-healing) with the help of your Heavenly Mother and Father and Their Love, transforming your soul into its divine condition as well as helping to bring you into a perfected state of natural love, all enabling you to live in the Celestial kingdoms Jesus spoke of.

Many people incorrectly believe life is right how it is, and are trying to make their way in it. It will come as a shock to find out that they have been wrong and have done lots of bad things in their ignorance even while believing they have been good. Others know that bits and pieces are bad or wrong but don’t know how to do anything about them, feeling completely powerless and living resigned to such a fate. And others try to look for a way out. However up until now there has not been a way made available to you, but thankfully that is all now changing.

Living in a negative state is living anti the Mother and Father, and therefore, anti yourself. Hence, it is negative. Negativity begets wrongness and bad feelings, and no matter how much you try and pretend not to be bad, by ‘loving’ and ‘caring’, you are still negative. Most people try to cover up their badness with false positiveness – this you call love. True love you have no real idea about and definitely no truth to support it. To choose to stop being negative is not a matter of making the decision and then setting out to change your ways through positive thinking, or believing you are now all-loving because you use loving words, it is actually to come clean and to **be** and bring out all the negativity that you are. You are negative because you are denying yourself – denying your true expression. This is because your parents didn’t allow you to be yourself. And it – the negativity – won’t just go away no matter how hard you try to ignore it or over ride it with your mind. You are what your parents have made you become, and only by completely accepting this can you see the truth of who you really are; as James has seen himself: the miserable, angry full of hate and unloving person he is. The truth of why he’s like this is being because he could not be himself and so is very angry and full of hatred for being made to be this way. Whilst in your negative mind condition you cannot be your true loving soul in your life no matter what you might think. And as you, the reader, uncover the untruth, badness and yuk within yourself, as you bring up and express your repressed childhood feelings, you will see that you too are full of misery, sadness, feelings of being uncared about, dismissed, rejected and most of all, unloved. And consequently, you are in a bad way – a very bad state.

As you are living in a rejected condition you need to reverse this by accepting yourself – accepting this condition, this being achieved by the expressing of it. You will need to fully accept your rejected condition, allowing yourself to fully BE IT. Your parents have rejected you; you are a rejected person, and continue to reject yourself. You of Earth are the Rejected Ones: unaccepted by your parents for

being yourself, and forced into being something and someone you are not. And to heal this you'll have to want to see the truth of it so that you can fully live and express it. You are rejected but living trying not to be, trying not to feel bad – you are rejecting your rejected state. And this has to be reversed. You can't merely superimpose a positive state over your negative and hope the bad will go away; no, you have to first allow it to be, all so you can see exactly what it is: so you find, understand, 'see', feel and know the truth of your negative condition.

It is a difficult thing to consider, being completely the thing you dread most. To allow yourself to be completely all the things you hate about yourself, your parents and your life is a big undertaking. But it is the only way out. You can only be yourself. So if you are negative you have to be that. You can't be something else. You have taken it all on with your complete will. You are it, all of you **are** negative. All the cells in your body resonate to the tune of your denial; all your feelings are conditioned by your mind which is full of beliefs that lock you completely into your self-denying evil state.

Your soul naturally longs to be as its Parents are perfect. And your Soul Parents have given you your beginning with your Earthly parents. Your Earthly parents if they were positive would have parented you in harmony with your real soul Parents. However your parents parented you with negativity and led you away from your real Parents making you live untrue to your soul's natural yearnings.

By wanting to live true; by wanting to do your soul-healing, and by wanting to do it all with the Mother and Father and Their Love; and therefore wanting to long to Them for Their Divine Love, truth and help, is bringing your focus back in line with the natural longings of your soul. It is your first step to take, to want to be at-one with Them, to live and do Their Will, and be as perfect as They are. The next step is to pray with a sincerely heartfelt longing for Their Love. And then to ask Them both to help you to do your soul-healing – to completely heal yourself of all that is untrue. You will need to also long hard for the Truth. Then you can begin to concentrate on acknowledging, accepting and expressing all of your feelings: good and bad, with the bad ones taking you back into your early childhood so you can uncover the truth of what went wrong.

In each and every moment you are feeling things. And the aim is to bring up in you and right out into the open, all of these feelings and all the aspects associated with them. You are trying to get to know yourself through your feelings. And as you are trying to do this, long to the Mother and Father to show you the truth. You have to want to be all the horrible and bad and wrong feelings that you are. I have said it before and I will say it countless times again. You have to fully allow yourself to be them, for only then will you know what you are of. Only then will you see and feel very clearly for yourself, what beliefs you are living and how they are affecting you as a person. The truth of your feelings will not make you feel very pleased with yourself, as you will feel the horrible and ugly truth about your negative self-denying self, but once you have seen it for exactly what it is, you will be set free of it by the Mother and Father. They will, through a function of Their Love, take the badness from you because you have been courageous enough to admit the truth of your negative self. They will then transform this part of your soul into divine perfection removing your imperfection for ever-more.

You will feel the wrong leave you and you will know that you are no longer it, and it is not longer you. And then you will truly be free. The truth of yourself through full self-acceptance will indeed set you free. And this is the only way to do it. There is no other way. And you won't do it until you really want to.

The process of expressing yourself and bringing out your buried and repressed bad feelings is difficult. It is even difficult to write about how you do it. It needs to be personally experienced. There are certain aspects of it, which can be learnt, certain techniques and methods can help you, but ultimately it all needs to be done by speaking, by sharing it with a friend, and eventually with your soul-mate.

How you express is up to you. We cannot be with you and coach you through it. However if you really want to do it the Mother and Father will help you, providing you with the experiences you'll need. And steadily, as more people strive to live true and embrace their healing, more of an understanding as to how to do it and what you can expect will come to light. Certain things are also taking place of which I am not as yet at liberty to tell you, however when these things have been completed, then all the new planetary circuitry will be in place enabling you to in-circuit your mind and feelings in the truth as you do your soul-healing. The groundwork is currently being done and soon the trail will have been blazed for you to follow. (It will be open, reader, by the time you are reading these words.) And by following it you will uncover your destiny and your own true path through Creation.

Jesus as himself is giving you a picture of the perfect way to live. I am giving you a picture of the mess you're in. It is however for you to heal yourself of your mess so that you can live the perfect picture. I am focusing you more into and on yourself. There is really no escape no matter how hard you try; but I do understand how hard it is to stop running and face the truth of yourself. And I do appreciate how much help you will need.

Try to embrace this, if only as a concept: **THAT FEELING BAD IS GOOD! IT IS RIGHT AND NOT WRONG TO FEEL BAD. YOUR BAD FEELINGS ARE YOU AND THEY ARE GOOD AND RIGHT, NO MATTER HOW BAD THEY FEEL. THEY ARE AS MUCH OF YOU AS YOUR FINGER OR BREATH OR HEART, AND THEY NEED TO BE ACCEPTED NO MATTER HOW BAD OR EVIL OR WORSE THAN ANYTHING YOU FEEL. WHEN YOU ACCEPT FULLY HOW BAD YOU ARE FEELING NOW, THEN, AND ONLY THEN, ARE YOU LOVING YOURSELF TRULY. AND UNTIL ALL YOUR REPRESSED CHILDHOOD BAD FEELINGS HAVE BEEN LOVED OUT OF YOU BY YOUR OWN SELF- ACCEPTANCE OF THEM, YOU WILL NOT BE OF LOVE OR TRULY LOVING. BUT ONCE THEY ARE ALL GONE YOU WILL BE ABLE TO LIVE AND ENJOY THE JOY OF BEING ONE OF SOUL-LOVE PERFECTION.**

If, or when, you are the listener, the helping ear of support, the 'enlightened witness', or just a friend, try not to tell the person who is trying to express their bad feelings what they should do. Try to avoid this at all costs. You may be tempted to do it but try not to. And if you can't help doing it, accept that you do, and want to find the truth of why you need to tell another person what to do. Many people wanting to help another have ingrained in them many ways of trying to stop the other person from feeling bad, by trying to rationalise away their feelings, or tell them how they should feel, or come up with solutions to problems, all with the effect of taking over from the suffering, stopping them expressing all the bad feelings they need to.

When a bad thing happens to you, or you realise something you are doing is making you feel bad, don't just stop it so you won't feel bad, see instead if you can do the opposite to your programming and keep doing the bad thing, but express all the bad feelings it makes you feel. And always remember to long for the truth of why you feel bad, really want to know, but to know through your feelings and not to simply work it out – come up with an answer – with your mind.

And as you begin your healing, try to be sensitive to your feelings allowing yourself to feel bad, even in the simplest or most 'stupid' things. If you feel bad accept your bad feeling, this is crucial, accept it by fully acknowledging and honouring it – by speaking about it! Always try and be a friend to yourself, and allowing yourself to feel all the feelings you feel. And if you want to start accepting your bad feelings, you'll find that within the home is a good place to start, you'll be amazed how many little things make you feel bad, as after all, your home when you were little was your torture chamber.

To tell a child to: stop that, get out of the way, now move over there, don't touch that, get off that thing, stop making that noise, sit down, eat your food, not that way, don't do that, stop doing that, shut up, come here, go there, stand up, sit down, go put your jumper on – NOW!, hurry up, don't run, keep your hands off, stop yelling, stand up straight, stop making a mess, stop, don't, go away, eat with your mouth closed, brush your teeth, and all, over and over and over, again and again, time after time, day in and day out, without any genuine feeling or consideration for them, is soul destroying. The poor little girl or boy doesn't stand a chance to stay true to her or his own feelings. Slowly more and more they are lost, moving further and further away from themselves becoming an unreal creation of their mother and father's and less of a true blessed creature of love, a creation of their Heavenly Mother and Father.

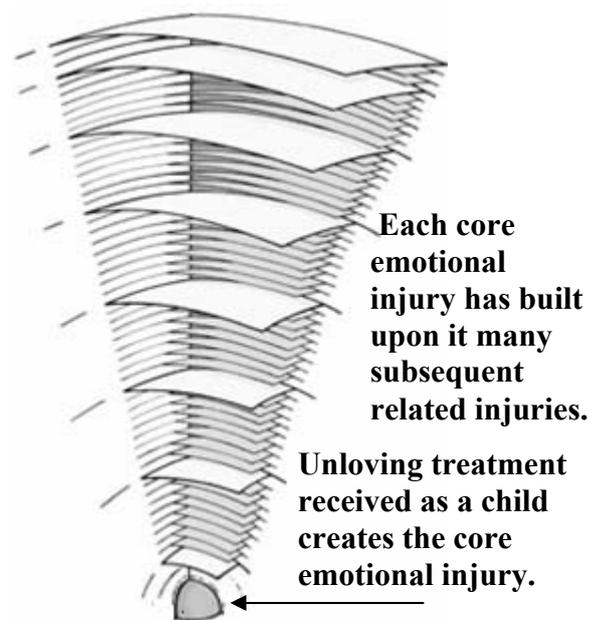
Yes, James, let's stop. Mary

LONG to KNOW the TRUTH of EACH INITIAL CHILDHOOD EMOTIONAL INJURY:

All emotional processing work address only the top layers over the core childhood repressed injury. None of the modalities reach down to the mother injury, thus what relief from such processes is only superficial and at best temporary. Yes, they do identify the underlying cause of the pain and illness, thus this assists in addressing the physical health issues at hand. However, we need to go further, much further.

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

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? We must always reach to the core issue, that which occurred during our Childhood.



Infographics and diagrams have been added by Pascas.

FEELING HEALING + SOUL HEALING

To heal one's self is to simply look to see what feelings we are refusing ourself to feel, and accept them instead of denying them. And to fully accept them, one need 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.**

Notes above are drawn from James Moncrief's writings.

Feeling bad is Good! It's okay to feel bad.

Feeling bad is good.
 Feeling bad is GOOD!
 It's not bad to feel bad – it's good.

FEELING BAD IS GOOD!
 Very good!!!

And feeling really bad is also good.
 And feeling worse is even better.
 It's all very good!

It's okay to feel bad.
 Bad feelings are okay.
 It's good to feel bad.
 Bad feelings are GOOD!

It's good to feel bad about feeling bad.
 Your bad feelings are YOUR feelings.
 YOUR bad feelings have a right.
 A right to exist.
 A right for you to feel them.

Your bad feelings are a part of you.
 Bad feelings are good and they are your feelings!
 ACCEPT THEM!

It's okay to feel bad, there is nothing wrong with feeling bad.
 You might not like feeling bad, but it's okay to feel bad.
 You are allowed to feel bad. Give yourself permission to feel bad.
 Bad feelings shouldn't be dismissed.
 Bad feelings already feel unwanted, why make them feel more rejected?
 You are your bad feelings – if you reject them, you are rejecting yourself.
 Why are you rejecting yourself? Why are you rejecting your bad feelings?
 Is this how you want to live – rejecting a natural part of yourself?
 Is this how you want to live, rejecting your bad feelings?

Feeling bad is normal. We all feel bad. We all feel bad a lot of the time, even if we won't admit it, or even if we're not aware of it.
 There are many bad feelings, all sorts of different bad feelings, and they are a normal part of you – of everyday life.

Bad feelings – your bad feelings – are to be welcomed. Bad feelings are to be wanted. Bad feelings are to be accepted.
Bad feelings are to be loved.

If you ignore or deny or dismiss or reject your bad feelings, what are you really doing? Denying, dismissing, rejecting yourself. Is this what you want to do? Because if you do, you'll only make yourself feel even worse.

You are your bad feelings – Your bad feelings are you.
Bad feelings have just as much right to life as good feelings.

Be true to your bad feelings – acknowledge, honour and accept them!
Accept your feelings.
Accept yourself.

So Remember:

Feeling bad is Good! Accept your bad feelings.

The full acceptance of your bad feelings, and the seeing of the truth they are trying to show you, comes from having expressed – spoken – about them. And speaking about them to someone who cares about you: a friend.

As you vent your feelings, the pent up ‘bad’ energy goes, often leaving you with the understanding of what they are all about: why you are feeling them. And once you understand and know this truth, then you are healed and free of them.

As young children we were all stopped from freely and fully expressing all our bad feelings. Things were done to us, we were forced to behave in ways we didn't want to, all of which made us feel bad. But we couldn't complain about how unjustly we were being treated. We tried, but often only to be met with harsher rejection treatment.

As adults we still have all this bad treatment going on within us. We formed patterns when we were young based around all the negative unloving parenting we had. And now being unconscious of these patterns we still (also unconsciously) expect bad things to happen to us to make us feel bad – and to feel just as bad as we did back then. And so bad things do happen. And we do feel bad.

So as an adult, we are experiencing life in the moment now as the adult, together with all we felt back when we were young, only we are unaware of it. Something will make us feel bad, and on the surface of it we might know why we are feeling bad, yet underneath, deeper within us, it will key into and trigger repressed bad feelings making us feel even worse in the situation than we might have otherwise felt.

So in doing our Feeling-Healing: healing our repressed childhood bad feelings through the feeling-experiences of our current adult life, we need to use every bad feeling to help take us back 'down' inside ourselves, to connect with what made us feel the same bad feeling when we were young.

We are our bad feelings, and like them, WE ARE STILL WAITING TO BE HEARD.

The honouring, accepting and expressing of our bad feelings is our attempt to speak up and finally be listened to: to be accepted and loved – not rejected. And as an adult we can now do this, whereas, a child we could not.

And so if you no longer want to feel bad then through complete self-acceptance is the ONLY way to heal yourself – allowing yourself to feel as bad as you do feel. If you don't feel good about anything in your life or about anything to do with yourself – if you have one bad feeling at all, that feeling or bad thing will somehow be connected all the way through you to your early childhood. And so simply, if you feel bad about anything, if you are sick or don't like any aspect of yourself or your life, it's all because of how you were treated during your early childhood, and it's still going on deep within you. Your childhood has ended but the resulting mental and will patterns that dictate to a high degree your emotional and feeling state are all still in existence, still unconsciously controlling you. And because you are denying yourself the knowledge of these patterns, so too are you denying yourself the resulting feelings from them – all your bad feelings.

When you see the truth, the whole truth of your negative self-denial state, then with your will you can stop living in rebellion against yourself and choose to live positively. And in that choice you are healed.

The aim of Feeling-Healing

The real aim of doing your feeling-healing is to perfect your relationship with yourself, with others, with nature, and in the end, with God.

Until we are living true to all our feelings and living wanting to grow in truth from our feeling experiences, we can't live a perfect relationship. If we live denying any part of our self we can't have true relationships.

Until we accept all of those parts of us we're denying, and understand why and how our denial came about, we can't live as our soul desires us to, as we have been created to live.

And when we do honour all our feelings and live the truth revealed by them, then naturally without any effort or mind control we'll just be perfect.

Many people try to seek God, try to understand the Greatest of all Mysteries before they try to understand themselves. We will never be able to understand or relate properly to God until we can understand and relate properly to ourselves. We come first. We have to learn how to fully honour and totally accept ourselves and then we can move out into the world and greater universe.

We are to be true to our soul by living true to our feelings.

To want to live true; true to how you feel, is to want to be perfect.
And your feelings are the way.

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.

<p>The New Way: learning how to live true to ourselves by living true to our feelings.</p>

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.

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

Our FEELINGS are our SUPREME GUIDES:

Feelings!

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

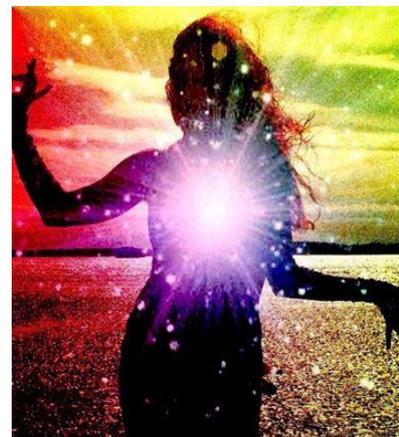
Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.

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

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

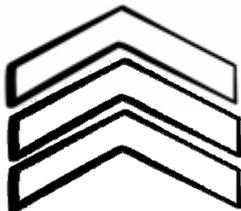


my
House is your
Paradise
 **HOME**

The CHOICE is OURS to MAKE:

Celestial Truth:

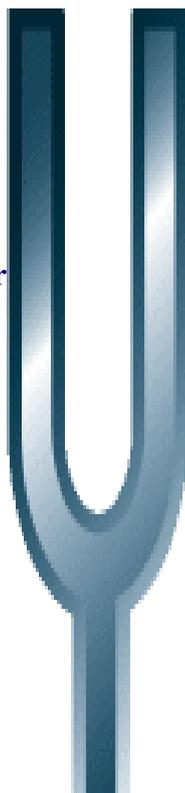
Truly all-loving;
 Living true to oneself;
 Mind supporting Feelings;
 Living with the Divine Love;
 Fully Healed of the Rebellion and Default.



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 NOT ALONE:

In fact, our SuperUniverse is teeming with life!

The Spirit Worlds, commonly called the Mansion Worlds, and being numbered 1-7 (TUB numbers them 7-1), and the higher Celestial Heavens (spheres), appear to be within our local solar system, although they are not physical worlds like Earth – we can't visit them in a space ship, only in our spirit bodies, each world and sphere being of a higher spiritual vibration. Each of the spirit worlds and spheres are in close proximity of each other, and provide successive places of residence for us now that we've been individualised / incarnated on planet Earth.

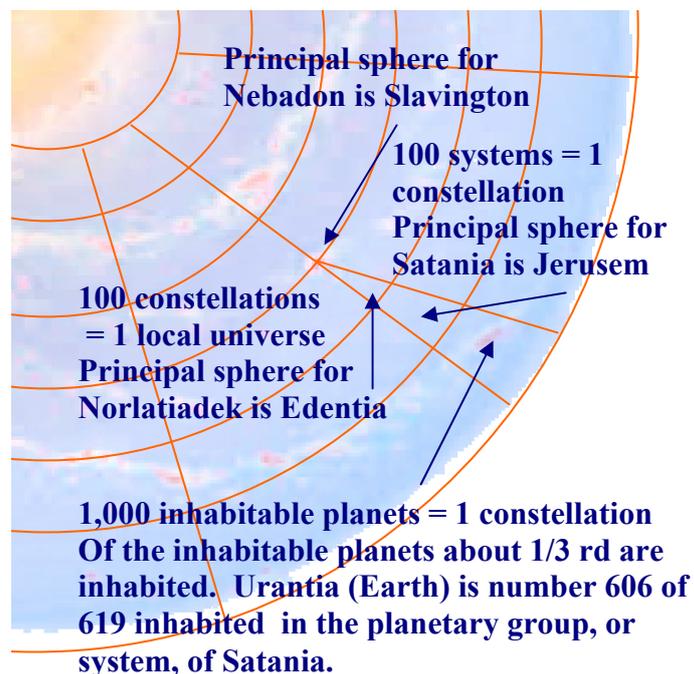
As we develop in Love we progress in and up through these worlds and spheres to ever brighter ones. Progression beyond the 7th Divine Love world results in our migration from the Mansion Worlds to the Celestial Heavens.

^{37:10} The universe of Nebadon, which even now has more than three million inhabited worlds, with ten million in prospect. In our solar system, Earth is one of three inhabitable worlds. (The Urantia Book TUB)

^{32:2.9} The organization of planetary abodes is still progressing in Nebadon, for this universe is, indeed, a young cluster in the starry and planetary realms of Orvonton. At the last registry there were 3,840,101 inhabited planets in Nebadon, and Satania, the local system of our world, Urantia / Earth, is fairly typical of other systems.

The Mansion Worlds of the Celestial Heavens are in the region of Jerusem.

^{119:8.8} Urantia (Earth) is the sentimental shrine of all Nebadon, the chief of ten million (100 x 100 x 1,000) inhabitable worlds, the mortal home of Christ Mary and Michael, sovereigns of all Nebadon, a Melchizedek minister to the realms, a system saviour, an Adamic redeemer, a seraphic fellow, an associate of ascending spirits, a morontia progressor, a Daughter and Son of Man in the likeness of mortal flesh, and the Planetary Princess and Prince of Urantia (Earth). And your record tells the truth when it says that this same Mary and Jesus have promised sometime to return to the world of their terminal bestowal, the World of the Cross. This they have done through the Padgett and Moncrief Messages, etc.



Infographics and diagrams have been added by Pascas.

The Rejected Ones – Living True to One’s Feelings – Mary M Speaks by James Moncrief
Message 8 (part) Mary Magdalene 9 December 2002

Mary.

Good morning James, and how very productive it has been! It is so good to see you and Marion steadily working along doing what the Mother and Father are asking of you: seeing more truth of your negative states.

As you are waking up to the truth of yourself, I won’t interfere or impose my understanding of things on you. I can only relate to you and write this through you as you grow in truth. I cannot go ahead of you. I am limited in my expression of truth by your limitations. How you ‘hear’ me and what you write is a combination of our minds working together. I impress on you the gist of what I want to say and your mind writes it in your language. And so long as you always stay true to only writing when you ‘feel’ I or another spirit has something to say, you will be in no danger of making it up and taking matters into your own hand.

You are very sensitive to us. Not everyone can write as effortlessly with spirits as you can.

Many people, unfortunately not being so sensitive, begin honestly enough allowing spirits to inspire their minds, but very soon seize control taking over with their minds shutting out the spirit. Spirit- mortal rapport and communication is determined and conditioned by the level of truth and understanding between the mortal and the spirit.

Many spirits of natural love want to dominate and control mortals, they tend to look down on the mortal as being somewhat inferior, and many mortals give over their mind, or at least a part of it, in the misguided belief that they will gain power by enlisting the help of the spirit. For a spirit seeking power, the fact that it survived death often gives it greater beliefs of superiority, which unfortunately at times gets communicated through to people on Earth.

James, what you have achieved spiritually by embracing your soul-healing with the Divine Love, has enabled you to build a platform of truth from which you have started to communicate with us. This means you can feel where you are in the experience and won’t be swept along or misguided or seduced by your ego.

Simply write as the inspiration takes you. When you go back to re-read what you have written, particularly if you leave it for some time, even years, as you will have grown in truth, you’ll be able to objectively see what you have written and feel if it still rings true. So for the time being just write, don’t worry too much about whether it all makes sense, the sense will come.

Because of your foundation of truth I am able to launch off at all angles expanding your understanding of that which you have experienced. All I am passing onto you is simply an expansion of the truth you have already achieved within yourself. At times it might all sound new, but really it's still only an extension of what you have personally achieved. I and the other spirits are only helping to make it make sense for you, to put it all into a picture; the package Jesus and I want you to understand.

There are many spirits, and especially ones of Divine Love, in all the various levels on each of the Divine Love Mansion Worlds and Celestial spheres who would dearly love to speak to mortals and try to help them to see more of the truth of themselves, but this will only happen when people appreciate what the true purpose of such communication would be, that being, ONLY to help further them along in the

healing of their soul, and to help them to further their relationship with the Mother and Father. And especially to give them, if nothing else, support and encouragement to just keep going as they are, **to keep praying to Them for Their Divine Love, and wanting to live true.** And a lot of help, unseen and unheard and sometimes felt, is now given to people who are striving to live the truth of the Mother and Father and to soul-progress in life. Little help is given by Divine Love spirits to those choosing to live without the inclusion of the Divine Love. Such Divine Love spirits simply don't feel anything – any truth – in common with such natural love spirits or people. The rapport is not there. The intention and goals are too different. And there are plenty of natural love spirits willing to help natural love mortals to further their own selfish and self-gratifying ends.

No spirit can force a mortal to do its bidding. The notion of evil spirits 'taking over' and controlling the person is incorrect. The mortal might not be in a right state of mind, but still somewhere within the individual who's being 'controlled' is the consent of the person. If people are worried about being influenced, coerced, or even taken over and possessed by bad intentioned or 'evil' spirits, they should look into themselves for the truth of why they are fearful of such things. And they will discover that it will all stem from something that was said or happened to them during their early childhood that is making them afraid.

If you are scared of evil spirits, the fear itself can draw such spirits to you, however if you sincerely long and want to be with the Mother and Father, and are partaking of Their Divine Love, no evil spirit will come anywhere near you because they will see the light from the Love and it will repel them. Like attracts like, and if you are praying for and receiving the Divine Love you will have too many Divine Love spirits helping you – a whole band of them, associated at all times with you showering their light over you for 'protection'. There will simply be nothing of interest for an evil spirit within you, no matter how scared you might still be of them. If you long for the truth of your fear in time it will come, and you will change as you work your way through your soul-healing, and slowly the fear will leave you and you'll just know that nothing can harm you.

I want to change the topic James and speak about what you and Marion were talking about in regards to smiling, and in particular, your false smiles.

You smile James to be 'nice' more than you smile because your feelings are saying so or just making you do it naturally. You smile so that you are not badly thought of. You smiled as a child so your parents wouldn't see a frown of anger, especially anger at them. You smile as a defensive method of protection. You smile to pretend you like that person so they will not be mean to you. You smile because you are afraid; afraid of yourself, your mother and father, afraid of all other people. You are afraid they will criticise you as your parents criticised you. And because of this you smile to cover up. You smile to cover up your feelings of not feeling love, feelings of being hurt.

So much of what you call love is not love. It is like the false smile: a contrivance only brought about by relativity's. As you will discover for yourself through your healing, if your parents seem to be more lenient on you, relaxing their perpetual criticism and rejection of you, seeming to accept you for a moment, then you call this love. You said James: They are loving when they are not criticising or being mean to me. You were so deprived of love, that any small pause in the normal daily rejection was worthy of grasping and holding onto with such a big word as love. So you can easily believe that your parents loved you. You make yourself believe they love you. But it was not love.

You wanted your parents to love you, but they were unloving. No one can be anything but unloving when they live in a self-denying rejected state. When the pressure eased off James, you desperately held onto the 'fun' times believing that you did feel loved by them, and believing you loved them. So you

have rejected your bad unloving memories and clung onto all your ‘good’ and ‘loving’ ones, but how many of these good ones are there? If your parents really were loving James, you’d be overwhelmed with good feelings and memories of them, you’d be able to remember masses of the good times, but what you call good you can count on one hand. And it's not good is it, not being loved? As you are finding out through your healing, what you believed to be love has turned out to not be love, only a fantasy, delusion and manufactured belief. All you believe you feel love to be James, is not love. And this is the most important truth I can tell you. And as hard as it may be for you to accept at your current level of truth, in time, as you healing progresses, you will come to know, through direct experience of your feelings, that what I say is true.

(Break – as often happens whilst I’m writing, things disturb me. It took a while to get used to the fact that I could just stop – switch ‘off’ the spirits for a moment, five minutes, ten, a day, week. . . and that they didn’t mind. When I started again they would still be there right where we left off. And often during such breaks things would come up – bad feelings – about which Marion and I would speak, accept and express often causing a change to what Mary was speaking about. Mary and Jesus often like to speak about what has just been going on within me or between Marion and I – especially if it has involved seeing new truth.)

James, as Marion and you have just spoken of Jesus’ prayer – the one he wrote for all the children of his Heavenly Father in the Padgett Messages, I will mention it now myself. I will add that what Marion said was very true and very important. Contained within the prayer is all you really need to know, however it will only become clear as to what really is being said as you progress in your healing and revealing to yourself the truth of the negative state you are living under.

You are battling against everything in you trying desperately to convince yourself that you are not bad. You are battling against what your parents have told you. They told you very clearly that you are bad: ‘Stop doing that, stop behaving that way, we don’t like it.’ You have been told how to be and it’s not how you wanted to be. You were told you are wrong and bad for doing what you naturally wanted to do – for just being you. You were made to feel that you didn’t know how to be, but your parents did. You were made to feel bad. And you feel angry. You feel angry as a result of their will being imposed on you. You want to fight back. You want to not do what they say. You are in a constant battle against them. You feel unloved by them. You feel rejected by them. You feel scared for if they do not love you and are rejecting you, what will become of you? And as extreme as you might believe it sounds, you are feeling terrified because your life is being threatened. You don’t know it, for you are only a child, but in your forming child world to suddenly feel scared, rejected and unloved, especially by your parents, is the worst thing that can happen to you. And just how bad you feel you will uncover throughout your healing.

For the parent it is all too easy. You believe as a parent you’re supposed to tell your child what to do and how to be. How else can one parent, and what after all, does the word ‘parent’ mean. But you are forgetting you are a child not a parent. The only true parents are the Mother and Father.

We are all children; adults are only bigger children and should be wiser and therefore more accepting and appreciative of what it actually means to be a little child.

Raise your child on the prayer Jesus has given you. And at the same time re-parent yourself through your healing, undo all the false teaching that your parents taught you.

Words are easy to say. ‘STOP THAT!’ is said without even thinking. For many parents they say it hundreds of times in one day usually without even thinking about what it is they are actually saying. And the words all have a negative effect, the child being saturated with negatives. Even if the child doesn’t seem to be paying attention it’s still the parental intention: the deep hidden

motivation causing the parent to say such things and in such an unloving way, that affects the soul of the child.

The unloving intention absorbed by the child causes the negative belief pattern from a controlling reality that all goes together to make the child feel unloved. It is always the intention that does the real damage. That is why it's hard to know exactly what affect you are having on your child because for the most part you are unaware of your hidden intentions and motivations. Your feelings of anger and hatred, which you have long since learned to hide from yourself and the world, might be 'speaking' from a deeper level saying something entirely different to your child, as to what you intend to convey on the surface. Your child will 'pick-up' this underlying and hidden intent registering it within its being. It won't understand what is happening to it; it won't understand why mummy or daddy seems to be smiling and acting like they are having fun when all it feels is bad. The unconscious child won't know it is being rejected and is feeling unloved, but it's soul will. And the truth of what really is going on: what really went on between you and your parents, is what you're going to find out as you do your soul-healing.

In saying such words, what is the deep underlying intent of the parent? It will take them all the years of their intense healing to discover this. But in these two words are contained all the suffering they are still living due to their unloving parenting. The underlying intent of these words is the same intent that was present at the conception of the child. The child has grown up – formed – and so will, become of this same intent, and will probably learn from its parents, many of the same ways to cover up its true intention.

As a parent, have you caught yourself saying negative things to your child with stronger force than you intended, even surprising yourself wondering 'where those words came from'? When the pressure is on between you and your child, have you not lashed out verbally or physically doing something you wouldn't do when not under such pressure? And yet these moments in which you seem to 'loose yourself' show you that there is more going on deeper within you than you are aware, all of which you are struggling to contain, struggling to keep the lid on. There are huge amounts of repressed bad feelings locked away inside everyone, all of which the parent will be affecting its child with.

The perpetual battle you are fighting is against your parents control over you. You don't want to be controlled. You can't stop them controlling you but you can try and fight them. And once you've absorbed this control, accepted it, resigned yourself to it, then you have internalised the battle – you are battling against yourself, against them being represented by your own negative mind and will patterns.

Jesus in his prayer refers to the Evil Ones who constantly surround you, and who are these Evil Ones? They are your parents. And they are the negative patterns you are battling away against within you. The evil one passes on to the child, the same wrong that was done to them. The parent becomes the false teacher.

Yes, there were high spirits who were the original Evil Ones that brought the Rebellion and caused the Default, however those dark spirits can no longer interfere and influence you. Now all that they inflicted on you has become internalised. Now it is all personal, between your parents and yourself – that is where the true battle of good verses evil is raging. And to win the war you are required to do your soul-healing.

As a parent you are the caretaker of another child, one of your Heavenly Mother and Father's

children. You are the guide of another ‘greatest of all Thy creations’, and this little person is trying with all its will; all its tiny and yet dynamic will, to love you. And what do you do in return? You say: ‘STOP THAT!’, and in doing so you have crushed it almost out of existence, just as you would a pest you might see eating your precious roses in the garden. How you treat this aphid, another of the Mother and Father’s creatures, squashing or insecticiding it to death, is exactly how you treat your own child. And I ask you: **HOW CAN IT BE ANY DIFFERENT?** If, like you, they are both creatures of the Mother and Father, then what is the difference in how you see them? Just because one is an aphid and one your child you are still saying ‘STOP THAT!’ and doing it with the same underlying negative intent. And if you can really open your eyes and SEE, you may be able to accept the truth, no matter how horrible and shocking it may seem: that in truth, you really also want to squash your child out of existence just as you can do to the aphid. But you don’t because the law, of which you have made up for yourself and agreed to live by, will punish you. But who says you cannot make up a law just as easily that says: if your child annoys you, because it is yours, you have the right and absolute freedom and support of all authorities to kill it, just as you believe you have the right to kill the aphid.

So maybe you can begin to see the horrible truth of yourself. You see your own child in no better light than an aphid. And really it is not even about the aphid or your child, because their lives are not up to you. Even though you may believe you have the power to control either of their lives, you do not. If the Mother and Father did not want that aphid or child to die they would not die. And it is not that you are doing Their will in killing it, for Them, it is just that They are completely letting you have all the power and control you believe you need. And the real truth is that you are doing all this to yourself. You are your child and you are the aphid, because you are still the child of your parents and they are still saying to you ‘STOP THAT!’ You are only carrying on the ‘good’ works. For you know no different way to be. And you will never know any different way to be until you do your healing. You will just go on killing aphids and pretending you are not doing the same unloving act to your child, pretending instead you are loving it, until you change and heal yourself of all the false teachings and false beliefs that are governing your existence.

Jesus’ prayer is very precise. It contains the entire truth you need so far as seeing it conceptually. However being able to live the truth is what I am trying to help you understand. It is very difficult to turn yourself around and begin to see that how you are, how you live and how you see life to be, is all wrong. I’m not trying to sweet talk you or paint a pretty picture or speak all-loving kind and caring sounding words. I want to expose you to the truth, something most people don’t want to face and I want to confront you, to make you stop and think, even re-consider that which you have thought was right. I want to make you see just how scared and wrong you are. Because if you do not accept these feelings of being afraid, how will you ever be able to really deal with the truth of how you are, how you feel deep inside you, how your parents really made you feel. And how will you be able to heal yourself of all the bad feelings you feel? To keep trying to do what you are already doing; trying to bury your bad feelings hiding from them and believing they are not in you, is the wrong way. The right and only way is to bring all these bad feelings out – right up and literally out of you. And the only way you can do this is by expressing them. You have to own up to them. You have to want first of all to admit to yourself that you have them, to say to yourself: ‘yes I am scared’, yes I feel bad, and then you have to fully want to accept your fear. And how you do this is by speaking about it, about all you feel. You speak up about how scared or whatever the bad feeling is making you feel and tell someone, someone who wants to really listen and accept you. By their listening to how you’re feeling, you are being accepted for how you are – no more pretending, no more need for lying. You can be honest about your feelings, about what you feel, and so if you feel scared. you feel scared. Being scared is NOT BAD. NO FEELINGS ARE BAD. They are not nice to experience, but they are not bad. You have only been falsely taught that they are. And you’re full of them, these so called ‘bad’ feelings. They are packed into you,

threatening to flood you, ruin you, to show you up and tell everyone what a horrible person you are. Your parents didn't want you to be scared, because it threatened them. They were full of fear, and didn't want more of it. Their parents told them to stop making them feel scared. So they said: 'STOP THAT!' because they felt their parents within them who were telling them to stop it. They have become you transposing themselves onto you. And you can't do something they weren't allowed to do. So they have to do what was done to them. If they weren't forced to stop feeling bad by their parents then they wouldn't force you to stop, and you'd be free to express your fear until it went. You wouldn't hold it in, because your spiritual system, under guidance from your soul, wouldn't want you to, it would want the bad feelings out of you because if they remain suppressed they will cause other problems. Your bad feelings are warning signals to you, signs that need to be taken very seriously as they help you to become aware of things that are threatening your survival.

You may believe that it's bad to be scared and good to be happy. But is this happiness real, true and as good as it could be? Were you allowed to express your happiness feelings as a child or was it too tainted, controlled, even suppressed?

You are miserable poor souls living in very dark conditions of self-repression. You all live in very narrow and confined little cupboards of space in which, if you were not literally put into as a child to shut you up or to punish you, you have put yourself. As families you live as though you are all in separate cupboards within the same house. You grow up together in a family but do you really express yourselves truly to one another? You are just flesh and blood bodies speaking to each other but not really connecting. You live unreal and ridiculous lives of nothing. They are all made up – fantasy lives. You are all really poor pathetic creatures, and yes, even though you are the greatest creations of the Mother and Father, as to how you live and treat yourselves you may as well be the lowest of the low. You have no idea how unloving you are to yourselves in your negative mind and will states. And how unloving you are to each other, nature and God. Humanity is in a very bad way and it's a very sad state of affairs. For all too long you have been told how great and wonderful you are, only adding to your self-delusion making you wrongly believe that things aren't too bad, and you're not that bad, but now I want to present the truth to you. The plain hard facts. Things aren't as they seem. You are not what you believe yourself to be.

Very few people when they arrive in spirit live in a Mansion World higher than the second or third world. Many, and I mean billions of people, go to live on the lowest world: the first Mansion World, which is in many ways just a mirror image of the Earth; and then even more stay confined to the even lower two Earth planes that are available to humanity. Many spirits live in such mansions for years; hundreds, even thousands of years, completely absorbed in their own self-delusion. They resist all change. What if you were to live for a thousand years on Earth rather than eighty? Would you live any differently to how you are now? I dare say not! For why would you change? What would make you change? If you were making money, growing in power, getting and achieving all you wanted, why would you change? What would it take to make you change? And why do you persist in wanting to make money when you don't need it to survive?

We of the Divine Love spheres do not have a church. There is no need of such a thing. We are the *living truth*. Love is the rule and love is the way. And it is only love. We need nothing else. And with love we do everything that we feel we want to do. We do everything with love, as we cannot do anything else. We do have places of worship, private and communal, and in these we pray to the Mother and Father for more of Their Heavenly Love; we worship Them – we love Them. We have no need to call ourselves anything other than what we are. We are not 'Christians' as such, except we all live true. There is only truth and untruth. You are untruth. And Christianity, as you know it, and as the lower spirits know it, is untruth. It is fictitious, made up, just like money. It's unreal and doesn't really exist.

I know it may sound confusing, but it is true. Imagine if you were able to live as we do – with a Celestial love. You and your world would be very different. You wouldn't recognise it or yourselves. It would be completely different and how you lived would be the opposite in every way as to how you do now. Even what you call alternative is nothing compared to what I'm meaning. Alternative is only a deviation on the same theme, a slightly different set of values, beliefs and rules you have made up for yourselves. But it's all still living with a negative mind and will.

Imagine a world that ONLY exists for the Universal Mother and Father of All. Everything that's done and spoken and felt and expressed and lived is for Them. I know you can't imagine it, but one day, this is how life on Earth will be: it will be the same as life here in the Celestial kingdoms. It will of course be a very long time coming on Earth, but the Earth will be healed as will all the people, as they slowly integrate the truth, healing themselves of the delusion they live under. When humanity really chooses as a whole to bite the bullet and stop living untrue, then great leaps forward will be made.

We'll have a rest James.

Let's continue, James. I want to change the focus and so we will start on a different subject. I want to speak about something a little lighter, something that will help you to further understand your frustration about what you were saying to Marion after our mornings writing, and after she read some of the channelled material that Jesus had communicated to one of the more recent channels associated with the Foundation Church of Divine Truth: one of the publishers of the Padgett Messages.

You are angry that Jesus speaks only in generalisations, and not personally about the need to do or what's involved with your soul-healing. So why doesn't he speak more openly about the healing? Why in the Padgett Messages has he given you the feeling that all one need do to purify oneself is to long for and receive the Divine Love into your soul – that once you're doing this everything bad, sinful, evil and wrong will simply leave you? And the reason is because of the limitations imposed on him by the Rebellion and Default. Just as I wasn't allowed to assume my true place beside him on Earth and up until now, so he can't come and be with me in the personal, he can't openly speak about the need to do your healing and how you go about it. He – we – can only do this once someone takes the initiative on Earth and then invites us to do so – someone like you James. And then once we are invited we can speak about it equal to the level of truth that you are. We can't impose ourselves on you, teaching and exposing you to this truth until you are ready and longing for it. And now that you are, so here we are helping you to understand.

James, it was right that the Divine Love didn't just magically heal you of all your imperfections, as it was also right that it plunged you down into your darkness making you feel very bad about yourself and your life. You wanted to know the truth of yourself; of your life and of God, and so with the help of the Love your soul has taken you down into your healing journey, revealing to you the truth of what really went on during your early childhood.

Jesus didn't speak about such things during his time on Earth, he couldn't without my help and my truth, and so neither could he reveal such things to Mr. Padgett. Jesus and I are One, a united spiritual package, so if we can't work expressing, revealing and teaching together, then we have to honour whatever limitations are imposed on us. There was nothing else Jesus could have done, he has re-revealed most of what he spoke about on Earth to Mr. Padgett and until someone, such as yourself, came along wanting to know the whole truth, he was powerless to go any further. But now that you have invited me into your life, together, Jesus and I, can come and reveal what else we want to. And we want to tell you about your soul-healing: how you 'activate' the Divine Love within your soul to help you see the truth of all error within you. And by seeing such truth, this is how you heal yourself; this is how you

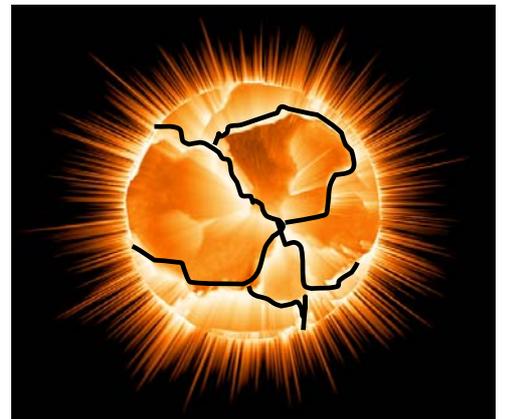
remove all sin and evil from within you. You have to work at it yourself, it just doesn't automatically happen upon receipt of the Love. And this is what I want to speak to you about.

With Marion's help you both embarked upon doing your soul-healing and investigating all that that means. You began without fully appreciating exactly what Jesus says. And why you still feel like 'shit' as you so succinctly put it, is because you still are just that: 'shit'. And that's what I am trying to say in these messages to you: you are negative until you finish all your healing, and so you should feel like 'shit'. And so even though on the 'good' days when your soul is not pushing up the 'shit' from your depths and you feel a lot better, don't delude yourself into thinking that maybe it's all over. You have a long way to go; a lot to see, a huge amount of repressed bad feelings all of which will make you feel rejected and unloved.

The most difficult challenge people face is doing their soul-healing. Nothing as yet on your world is known about it – it's all new. Certain aspects about your repressed childhood's are understood, however not within the context of the Divine Love. Jesus and I want to present to you something of a complete picture, expressive of both the masculine and feminine aspects of truth. There is a lot to learn and a lot of it will take you outside the boundaries of what has previously been considered acceptable. And if what we say is applied to your life, then your life will also take you outside the boundaries of what you consider normal, but I think you'll be pleasantly surprised by what you will discover. It will be very hard work to do your healing, to push beyond and break down all barriers, however it will all be worth it.

I have been doing enough speaking James. If you are not too tired and would like to continue writing, I will ask one of the other spirits if she would like to speak to you. Mary.

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.



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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.



Steps UP!

Quantum Jump 1



REVELATION 1

James Padgett

1914 – 1923

James Padgett bravely introduced the availability of the Mother and Father's Divine Love and a great deal of additional guidance and information, all of which has been supplemented by Samuels, Judas, Reid and Arnold. All writers were under restrictions of personality and circumstances. Revelation 1 opened the door for humanity.

Quantum Jump 2

REVELATION 2

Marion and James Moncrief

2002

– ongoing

Marion and James Moncrief have recognised the need for one to engage in Feeling Healing and, by their actions, removed restrictions that James Padgett and others above endured, thus JM is able to critique the writings of the past 100 years resolving points of confusion as well as expand on what has been written. Revelation 2 is humanity's turning point.

Due to the extra-ordinary nature of Revelations 1 and 2, humanity with the first Revelation would have continued on into its negative pathway of living, however, combining the first Revelation with Revelation two, now humanity can embrace this turning point and commence its evolutionary growth that has required two thousand years to put in place. This is the greatest event in the history of humanity and very few are aware of such, until we enable others to become aware.



Negative Spirit Influence
blocked

22 March 2017

Law of Compensation
quickenning

22 May 2017

Rebellion and Default
officially ended

31 January 2018



The Rejected Ones – Living True to One’s Feelings – Jeanette Speaks by James Moncrief
Message 8 (part) Jeanette from Paris 9 December 2002

Hello James, my name is Jeanette, and Mary has asked if I would speak to you, and I would be delighted. I have been here listening to Mary, as we all have, and as usual marvel at her understanding of all such things. She is certainly presenting it all from a different perspective is she not?

I was French and lived hundreds of years ago, and so the language and social codes of behaviour, and how and what we thought of ourselves as women, were very different from how women of your world today think and behave. In spirit there is a huge mixing of races, nationalities, and eras of life and life styles. To see spirits coming together, for example, from Paris having lived in the same city but at different times is quite interesting, and then to see that they discover that they are soul-mates, makes the equation even more fascinating.

And to see other spirits with virtually nothing in common come together as soul-mates slowly growing to become united together and harmonised is incredible. And to experience it for yourself... ah! – What more can I say? How magnificent are our Mother and Father!?

Soul-mates are very real. We are created to live as such. This truth you know but to actually see that the Mother and Father have organised it so that it requires both of you to be together to complete your healing is just another amazing thing. And you will do it together. Even if one seems to be further ascended in truth and has done more personal healing before the union is made, or rather the introduction is made, still both are required to complete it all.

As you read in the Padgett messages, one member of the soul-pair may ascend quite high and even achieve living a very high level of truth, but still the union is needed before both can fully ascend into the higher heavens and once and for all leave the influences of their Earth life. Only as soul-pairs can we live in the greater or higher universals heavens, in those worlds The Urantia Book speaks about. **You can’t ascend beyond the third Celestial sphere without your soulmate / soul partner.** You need to have come together because universal assignments are given to pairs.

It is good to want to be with your soul-mate. You can ask the Mother and Father if They can bring you both together. And it is good to allow Them to do it for you, not to try and make it happen for yourself. If it is that They intend for you to live with your soul-mate, and for you both to do your healing together, then that is what will happen. And for the majority of people and spirits that I can see, finding out that you are actually soul-mates is a large and ongoing part of your healing. For as you know and have been told, the purpose of doing your healing is to know the truth of yourself, who you are really and what is the real purpose of your life. So many of us lived a life on Earth completely feeling as though that was all there was. That life on Earth was all life and the thereafter not really existing at all, and if anything, being only a sort of fantasy. But as we have discovered, those of us who are doing and have done their healing, all that we thought was important about our lives was not, and the Mother and Father were actually guiding us along using our own beliefs all for a higher purpose. And it is this purpose that becomes revealed to you and it does literally come up in you all by itself; it just seems to happen when you begin to soul progress in truth, love and light, all with the blessings of the Mother and Father’s Divine Love.

For many of us we are now very different spirits than the people we were on Earth. It is incredible how we have changed. We – our personality is still the same – but it is not tainted with all the wrongness and evil that we possessed. We are holy and pure of mind, body and spirit and I can tell you it is a most blessed feeling. It is so much better, SSSOOOO much better, more than you will be able to imagine. I feel so FREEEEE and so well, for on Earth I was sick a lot during my childhood and very weak as an

adult. But now with the strength of love in me, it all makes up for it and far surpasses anything I ever felt or believed I could feel.

I was sick because of the wrong beliefs I had imposed on me from my parents, just as we all have had done to us. I know some people seem to be better off than others; some for example, were not ever sick compared to my wretched illness. And some seemed to be able to be happy, even loving of one another, but not I, I was bitter and spiteful. I hated all people especially if I believed they were better than I. But when it all comes down to the core of one's soul, I am yet to meet a spirit who hasn't needed to do a lot of self-analysis and self-healing. You have to know all about yourself. That is the journey. It is not anything else. It is not about any great spiritual achievement or being a great this or that with this or that stature and standing in life. It is only all about the relationship you are having in each and every moment with yourself, with your soul-mate, and with the Mother and Father – NOTHING ELSE. All else is only a means to help you express yourself in these relationships. It is really all very simple but we have made it all so difficult for ourselves. The Mother and Father do not want our lives to be confused and all going off in the wrong direction. They want us to be happy and full of love. It is us who stand in our own way and have complicated everything. We are all so mixed up. Incredibly so; and so much so that it will take a lot of hard concentrated endeavour to unravel all that is within you as you systematically ascend the Mansion Worlds.

We are told by those higher than us, those who know of such things, that you are now able to ascend the Mansions Worlds whilst still of mortal body. Ascending through them by growing in truth. This we have as yet not seen. But we are told that it will begin to be seen soon on Earth.

And what I mean by this is, that as certain events are transpiring now (these events I am not allowed to specifically mention), soon it will be possible for mortals to do their healing and progress right up through the Mansion Worlds of truth, all being done whilst still of flesh; and able to live all the way to Celestial levels of love and truth as a mortal. This will be a great step forward for mankind! It will be a huge step; it will be real progress, as it will mean that women and men can now consciously and actively liberate their souls of all such pain and suffering and erroneous beliefs whilst of flesh. So in theory, you can be born to ignorant parents who carry on teaching and enforcing all the wrong values and beliefs by completely imposing their will on yours and limiting you in your development as a soul, and then see and accept all this wrongness; work with the Mother and Father to heal yourself, eventually rising up out of such self-hatred, evil and sin, to live as They have truly intended – with love. Up until now such a thing has not been done for it could not be done. Since Jesus' time all of us who entered spirit have been ignorant of what the real truth is. Now you can find out and live it before you come to spirit. And so you can now see how Mary and Jesus are coming in their personal way to begin the next stage of humanity's growth.

It is very exciting and we are all involved in it in some way. Some more than others, but still, 'things are a stir'. It means that the combination of Mary and Jesus' truth – how they see it, live it and reveal it, will allow a huge weight to be lifted off humanity – the beginning of the end of your soul-burden. The beginning of the end of all pain and suffering. And our beloved Mary is the missing element: you need help from her Spirit of Truth. Help which comes when you accept her for whom and what she is; when you accept the truths she is imparting, and when you want her to help you understand them.

And this, what we are writing now, is a small part of her revelation of the way – Her Way. How she sees it to be, and how she lives it. And so to combine her way of living with how Jesus tells you to live will make it all happen for you.

Only one side of the picture has been given to you on Earth thus far. The feminine aspect of the Divine Son and Daughter-ship has been left out – it had not been desired by the hearts of men and women. But

now that's changing. Women are coming up and trying the man's way. They want to be equal. However, many who are trying are beginning to discover they are still feeling unsatisfied, and in fact in some ways, even more so. Many women are even considering going back to the old way of staying at home and being with their children, exiting the men's world now having had a taste of it, and discovering that being able to carry equal weight with a man has proved to be nothing at all. For it isn't! It is all just imaginary. There is nothing in it, except more and more impersonalness, and this really goes against the grain of every woman.

The woman is designed to be with the child right from the beginning, and to be – believe it or not – completely satisfied in and with her personal relationship with her child. However, the only reason that she is and has become dissatisfied is because she is doing it all wrong. I was a mother and I did it all wrong. I was nothing more or less than countless millions of mothers in my day but we all did it the wrong way. Those of us whom have chosen to do our healing have found out that we were not only wrong, but also evil. I am no longer of such an evil and horrible state and so it is easy for me to say and speak about it as if it was commonly understood. However it has been incredibly bad – very hard to do my healing. It hurt more than any of my physical pains to finally admit to myself that I had ruined the lives of my children. And I couldn't blame ignorance because I DID IT. I WAS THEIR MOTHER, AND I TAUGHT THEM HOW TO ALL BUT DESTROY THEMSELVES. I did not love them as they were growing up, even though I believed with all my heart that I did. But as the Mother and Father revealed the truth to me so that I could see for myself how I really was, all I could do was cry. I cried a lot during my healing. Like so many, I cried all the way up through the Mansion Worlds, for as I went higher, as I received more Divine Love, even though I felt so exhilarated in feeling the Mother and Father loving me, on the bad days when I was once again plunged into the thick of my despair, I cried. I wept for forgiveness; I prayed to Them to forgive me for my sins, as I saw day after day the damage I had inflicted on those innocent little souls.

I would try to console myself as I reminisced over the good memories of the fun times we had together, but still the Mother and Father kept showing me more and more and more. It seemed endless. All I longed for was to be healed: free of the erroneous beliefs I had in me; the same ones I had inflicted on my children. I longed to be Celestial for then I knew, as I had been told and could clearly see for myself, I would be free. I was so distraught, and I wept and I wept. And my soul-mate, he wept, for he too was seeing all he had done; how badly he had neglected his children and prevented them from knowing and loving him. He lived as he believed a man of his day lived, but as the Mother and Father showed him the truth, he too was wrong, very wrong; he neglected and rejected his children making them feel completely unwanted.

And then our children grew up and did the same to their children. All of our children have come to spirit long ago, and they have all done there healing and are living redeemed in the various Celestial spheres. But they like us, and our parents before us, and their parents before them, all went through their healing purging themselves of all error.

As it has been told to you, nothing has changed, for the most part on Earth, over all these long years. Except for in some small circles, parents have parented their children in the same ignorance of spirit and soul as we did. It is a great eye-opener – doing my healing.

When I came to my spiritual senses over here, I met and saw numerous very bright spirits whom I found to be called Celestial Spirits. I wanted to be like them. How did they get to be as they were? I wanted to know, and as you find out when you really want to know something, and I stress: REALLY WANT TO KNOW FROM DEEP WITHIN YOU, and not just as a passing interest or for self-gratifying intentions of the mind, the answer comes to you so you can know. One of these spirits told me about the Mother and Father of all Heaven and Earth (whom I had had no interest in at all), and that I had a choice to be as

perfect in soul as They are, or to carry on living imperfectly as I was.

I was interested but it wasn't easy. I wanted to know about Them, but I also wanted to do a lot of other things in my new found freedom as a spirit. I wanted to investigate other parts of this new world I was now living on and so it took a long time for me to fulfil a lot of other dreams. You know James, you dream and want and fantasise about all such beautiful things you see other people having all through your life, but your circumstances prevent you from having them and being able to do such things, but then you come to spirit and it's all there for you – you can have and do whatever you want – fulfil all your desires and dreams, so this is what I did. It's what a lot of us have done. And then it's not until we've done these things and found that they are not the big joy or excitement we had hoped they were, that we then turn to look for other ways to satisfy us.

So one by one the things I did and tried did not make me as happy as I wanted to be, even though without my physical illness I was so much happier, still I wanted more. It is hard to explain, but inside me I felt I wanted to be happy, really happy. And it was after I had given up each thing and was thinking about my happiness and what to do next that my Celestial friend would appear and we would talk some more. Slowly I got the picture she was presenting to me as I now had more life experiences from which to relate to what she was saying. I realised that even though I lived what I thought to be a full life on Earth, in fact I was deprived of many experiences, which I later came to see where things I had kept from my childhood as a wish or dream and had forgotten about, but was able to live and experience over here. I know it may sound funny but one of the big things I saw over here was a toothbrush.

You see I never had such a luxury during my life on Earth. I wanted one, and it took me a long time using it before I realised that I didn't need it after all. And I wanted to have dresses, oh so many dresses! And of every fabric and style I could imagine. Of every colour, and varying lengths. In Paris I could never afford what the ladies wore and I so envied them. I wanted the Parisian affair and romance that I thought they had in life, not just the commonplace life I had lived and the one good dress, my husband bless his soul, bought for me out of his hard earned money that he had hidden from me and saved surprising me one birthday. I was so happy, but when could I wear it, and even though I loved it so much I only wore it on very special occasions for fear of damaging and ruining it and then not having it all.

But over here I went on an endless shopping spree. I could have whatever I wanted and I did. You don't need money, and even if you do, like spirits on the lower planes who still like to pretend it's important, you can simply make it with your mind! And so many people, free to express their creativity, do so by making many lovely things. It was wonderful, but once you have had something that you so desperately wanted there comes a point when you don't want it any more. So I gave all my dresses away, there were plenty of women, who like I had been, were so grateful to have them and couldn't understand why I didn't want them – all such beautiful things! But I didn't, and then I wanted something else, and after that, something else. Life was very grand getting all the things I wanted and so on and on I went until I finally wanted happiness, and only happiness, and it was then I began to listen to my Celestial friend more closely. She had been very patient with me, and I didn't really know why she liked me, but she just said that it was the way of things and that there were many things I didn't understand over here, and this I had seen for myself and easily accepted as her reasons for her attentions to me.

It was she whom introduced me to the Mother and Father, I mean to long for Their Divine Love. It took me a little while to accept that God was also my Heavenly Mother, but it all made so much sense and seemed to somehow just feel right. And when I finally decided to do so, well, that was that. I needed no further convincing and was then taken to live in a new world on which I could be with other spirits

like myself all of whom had chosen to live with the Mother and Father's Love as I had done.

It was a relief to arrive on that world. It now seems funny to write these memories, but what I do remember was when I arrived in this first Divine Love 'heaven', the third Mansion World, I felt as though I could 'breathe'; and breathe for the first time ever in my life, spirit and mortal. I felt as though somehow the air was clearer or my lungs suddenly opened and I could breathe. Then I felt that it wasn't being there that made me feel this way, it was me! I felt a constriction in me had suddenly lifted. I then realised that it was the constriction of my illness of Earth. And even though I did not have the symptoms of the illness after my physical death I realised that somehow in my spirit I still had been sick, but now I was healed! And as I breathed I felt as though new life was somehow strangely coming into me. It was wonderful and such an overwhelming surprise that I wept.

I thanked God for Their blessing for I also somehow knew that it was Them giving me this reward for choosing to come and live in the first of Their worlds, the worlds of Their Divine Love. I felt so loved, really loved: loved for the first time in my existence. And then at the same time I suddenly felt a shock go through me as if suddenly I was about to be struck down. I remember I almost fainted, which reminded me of my illness (tuberculosis) and the constriction feeling in my chest, and the fear and anger that would suddenly take me by surprise making me feel like I might die being not able to breathe at all. I will add here James that we don't breathe air as on Earth, but there is an 'in' and 'out' of spirit energy that simulates breathing, and on the lower worlds, such as I am relating to you, it does feel like – as your Earth memories are still dominant – you are actually breathing the spirit air!

And this was the beginning. My Celestial friend took me to my room and we talked. At first she merely consoled me and waited until I managed to catch my breath and come back to my senses. Then she asked me to speak about the shock I felt. And slowly I began to speak about it, how one minute I felt so good the next so bad. My friend asked me to describe my experience, what I felt during it, in as much detail as possible. And I talked and talked and talked. I don't know how long I talked for but it seemed as though I just wanted to say all these things. And then I felt like crying, and with my friend's encouragement and support I let myself cry. And I cried and cried and cried. I thought I would never stop. It just seemed to come up in me, and went on and on.

My friend just sat with me as I wept. And that was the beginning of my healing. We talked a lot and I cried a lot more. And slowly I began to really value our talks and looked forward to her coming and seeing me. It seemed as though for some reason I really needed her, and I did. One day she asked me if I would like to meet another friend of hers, not a Celestial, but someone like me, and so I did. He was from a totally different life to me and it took a few visits with the three of us before I felt I was warming towards him. After a while we became friends and began to talk a lot and pray together. We had other friends and spent time with them but slowly we began to just enjoy being together.

And slowly, as so much else was happening, as it always is with the Mother and Father, we liked each other more and more. Then one day we just felt we were meant to somehow be together. We knew about soul-mates and had met many higher pairs and many spirits who believed they were of this special union, but when we began to feel such a thing at first we didn't want to delude ourselves and get carried away, but as time went on it became clear that we were. We had by this stage progressed in our healing enough to live in the fifth Mansion World, the second Divine Love world. We had also worked through all the belief circuits of the natural love worlds 2 and 4 and the worlds themselves did not appeal to us for in them we once again both felt restricted. There wasn't the freedom that there was in the Divine Love worlds. And there wasn't the united feeling of knowing that every spirit in the Divine Love world was living true to his or her level of divinity unlike the natural love worlds, where even though the same level of natural love is enjoyed still everyone is separate and not united in the love of the Heavenly

Mother and Father.

Marcus and I now live in an unnumbered divine Celestial Love world or sphere as they are called, making them distinct from the Mansion Worlds associated with Earth. And as one progresses, one forgets about the lower worlds of natural love, because how we live is real spirit life, life with the Divine Mother and Father of All.

Thank you James for this time to write. I have thoroughly enjoyed it, Jeanette, once of Paris France.

SPHERES – SPIRIT WORLDS – within the Earth’s Solar System:

8 – 10 Celestial Heaven Spheres

7th Mansion World – Transition Divine Love

6th spirit Mansion World natural love

5th spirit Mansion World Divine Love

4th spirit Mansion World natural love

3rd spirit Mansion World Divine Love

2nd spirit Mansion World natural love

1st spirit Mansion World natural love

Disharmony is a plane firstly

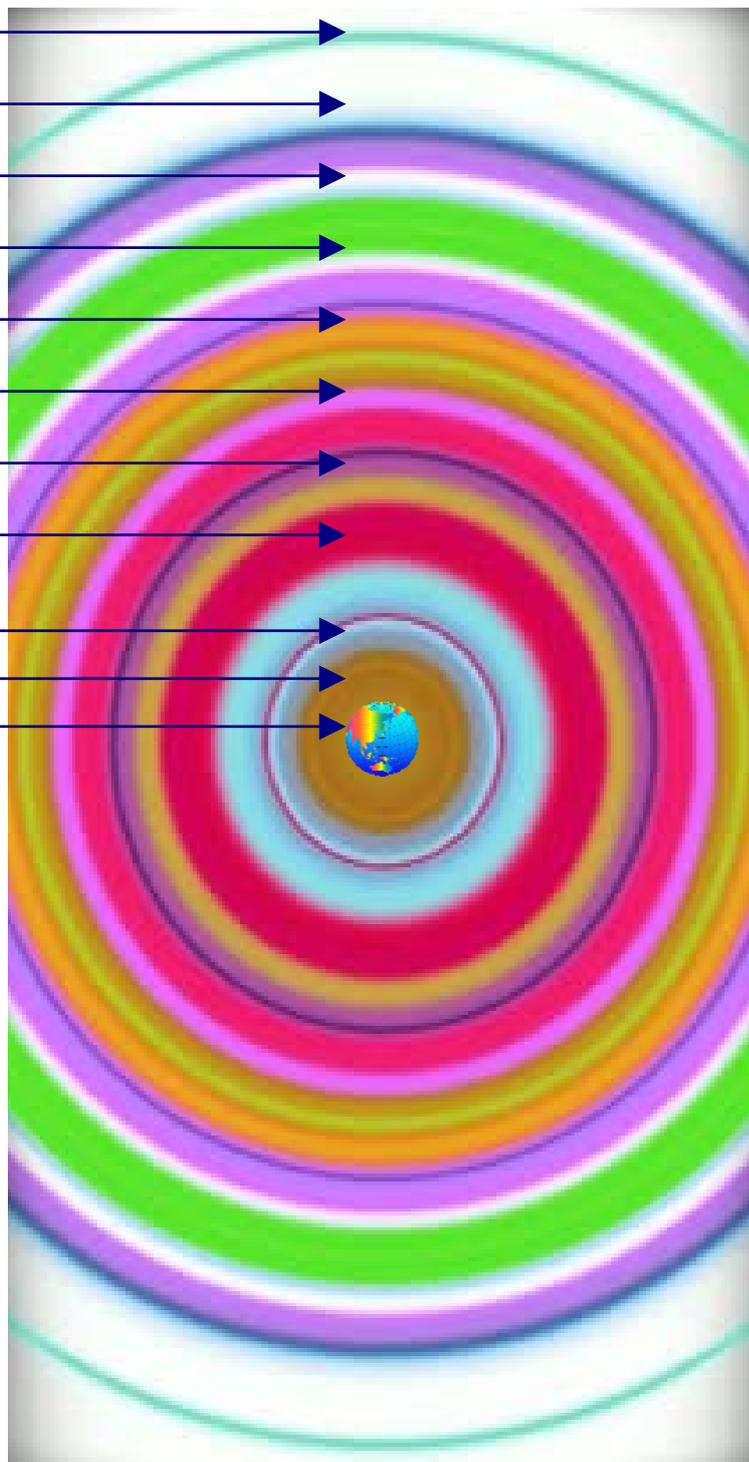
Planes of Disharmony

(hells)

1st

2nd

Earth cloaked in mist and gloom



All souls with their spirit bodies transition firstly to the 1st Sphere, this sphere is much closer to Earth than to the Moon. All souls to be individualised through Earth can be accommodated in the 1st Natural Love Sphere.

The Planes of Disharmony, hells, are possibly between 1st sphere and Earth.

Natural Love worlds are 1, 2, 4 & 6.

The Divine Love worlds are 3, 5 & 7.

Celestial Heaven spheres are 8, 9 & 10.

Higher sphere systems are not numbered: being the Eternal Spheres, Infinite and Universal Spheres, then Isles of Paradise and then finally the Super Grand Sphere.

These further sets of spheres interact with life through out the universes.

Note: The 1st Divine Love Sphere and the 1st Sphere of Disharmony may simply be planes within the 1st Natural Love Spirit World.

The Rejected Ones – Living True to One’s Feelings – Jesus Speaks
Message 9 Jesus

by James Moncrief
 10 December 2002

Hello James it is I, Jesus.

It pleases me greatly to see that you are working! I know it has been a hard road for you and Marion to forge your way along in your healing without any help or anything to go on. But at least now we can come and be of some support.

I am so pleased that you are working with Mary. It is giving me a lot of pleasure. It has been very hard to work with so many souls on Earth and in the various natural love worlds without being able to disclose the truth of her existence, let alone the ramifications such knowledge would have.

Finally, as Jeanette said in her message, I too feel a breath of fresh air. I know it may sound all very strange to you, and many who may read these messages, but it is true. **I have only been allowed, as so guided by the Mother and Father, to reveal only the Father and myself, but now the overall picture can finally be balanced.**

Mary has asked me to speak to you today. I was not going to interfere in such work, for the Feminine Aspect of Truth has been entrusted to these women and they are more than capable of carrying out their part. It is one of the worst deficiencies and deplorable crimes that exist on your world, that being the degrading of women. I have found it very trying that humanity has not made more of an effort to rectify this imbalance particularly when everything about you in nature suggests the two opposite sexes are to live equally together. However, at last now this great problem, the rift between men and women, can have some light shone on it.

I want to speak to you about the one-eyed perception so many people and spirits have of me. I know it is the only perception they can have, but many souls when they come into the spirit world, both men and women, suffer quite a lot of disappointment when they learn that I am not alone in the universe, a single bastion of love: all by myself with only the Father in Heaven to console me in my difficult times. And to also see that I do have difficulties and difficult times like everyone, that I actually have real feelings like everyone, is apparently hard to swallow.

You see James, I am the Perfect One, the Creator Son, and as you initially wondered: do I live with so much love that I do not need anyone? And what I want to tell you is that I DO need someone. I need Mary! We all need someone, even the Father, needs the Mother. My soul is similar to everyone’s and the same in the aspect of its duality. Mary and I are soul-mates. Together we are the Perfect Ones – the Perfect Pair, the Creator Son and Daughter of Truth, and TOGETHER we look after our universe. I AM NOT ALONE. IT’S NOT JUST ME AND THE FATHER. How could it really be any other way? How could a man exist alone? How could a woman exist alone? Especially when it requires a man and a woman of perfect love to give rise to, to create, a perfect replica of themselves. And so it is that Perfection, as seen in the Creator potential of my soul, that requires its counterpart Creator to do just that: Create. Mary and I need to be together so we can create all that we need to create in our universe. Together we create In Truth coming together and uniting with the Divine Minister – the Creator of Mind in our local universe.

Angels exist in pairs, as do ascending mortals, men and women of Earth, as they will discover when they reunite with their soul-mates. Mary and I exist together, as do most other spirit personalities of Creation, and we all do based on the pattern from God – God exists as a Pair, Two who are One, the Heavenly Father and Mother. You have a mother and father, and being a child created in the image of

God, does this image not reflect that God is both a Mother and Father?

Look into your own life to find the truth. Don't just look to me, as I have been limited in what I can reveal to humanity. Honour and respect your own intuitive feelings.

It has been good to speak with you again James, but for now good-bye. I am Jesus, loved one of Mary, who was my most beloved disciple. I loved Mary the most on Earth, no one else.



JAMES PADGETT
MONCRIEF  1 Commenced 1914
2 Completed 2014

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.

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 by embracing Feeling Healing so 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.

The Rejected Ones – Living True to One’s Feelings – Mary M Speaks by James Moncrief
Message 14 (Part) Mary Magdalene 18 December 2002

Before you finish I want now to speak some more to you James, it is I, Mary. Today I come to you in answer to some personal needs of your soul.

You were yearning to know the truth right from the beginning in London when you started to investigate spiritual matters – when you started to take notice of your bad feelings. I was well aware of your souls needs for truth, but also of other needs you needed to attend to before you began in earnest your quest for the Truth.

I have been overseeing your growth, as I have done Marion’s, since your conception. My coming to you in person has been done in stages and only very briefly in the beginning. You had a lot of erroneous beliefs centred on being a man and because of these I could not directly interfere. However, as you have progressed and healed yourself of a lot of these beliefs, now I can come.

And I would tell you that the same could be said for the Heavenly Mother. She, like me, has been with you, but equally unable to attend directly – personally, to you. But now as you can be with Her as you can the Father, things are much easier for all of us.

I can’t tell you how much of a relief it is for me to finally be able to communicate directly with humanity on Earth, for all these years I have waited. And now I can finally have my say. And I will begin by saying to all:

If you continue to live in denial of your own soul’s true expression, not only are you denying yourself, but also the Mother and the Father. This is rebellious and requires healing. And the longer you continue to live this way the more damage you are doing to yourself by further isolating yourself from your Heavenly Parents. You will never know the God of the Universe, as you will never know yourself.

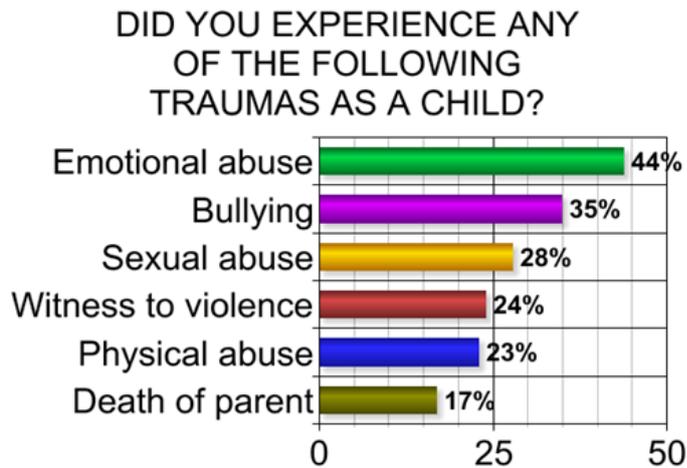
And the further you fall by having children whilst in rebellion, the more you will default in you approach to God. By having sexual desires, and by fulfilling them against the Will of God, is evil, and you will need to account for your actions. I know that this may sound harsh but as you do your healing you will see the truth for yourself and you will take full responsibility for it. There is no punishment, only for you to correct, through your feelings, all that is within you that is wrong. The Mother and Father have allowed, and even wanted, you to stray, and will help you to come back to Them when you want to, but you have drifted a long way and it will require a strong desire and determination to do so.

If my Sprit of Truth had been allowed to be free on our world I would not need to sound so extreme, but now is the time for action and my Spirit is at hand! It is time for people to get down to business: the work of healing their souls, for there has been too much suffering and not enough loving. Your souls are crying out for love and help, and now you can begin to care for yourself. Begin now by opening up your heart and longing to your Heavenly Mother and Father for Their Divine Love. And begin now to also ask Them to show you the truth that you need to see about yourself so that you can be free. Pray to Them with all the sincerity and a deep hope that They will hear you and answer your prayer. Pray to Them for Their Divine Love and it will come. And in your prayers long to your Heavenly Mother and Father to come and love you, and care for you, and provide you with all the experiences that They know you need to help you to see the truth that you are asking for. And then believe that together They will help you and love you until your healing is complete, and then They will love you forevermore.

Mary.

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.



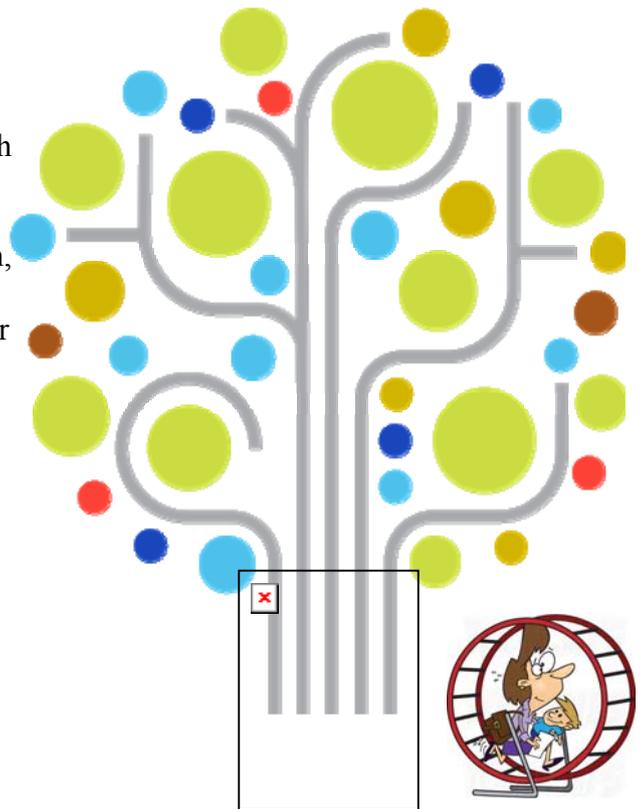
Should we reflect upon our childhood, after first saying it was wonderful, when looking at it in detail we realise that it was a nightmare of control and many other restrictions that compromised our free will.

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.**



The Rejected Ones – Living True to One’s Feelings – Jesus Speaks
Message 18 (part) Jesus

by James Moncrief
 22 December 2002

Hello James. Jesus.

I want to now say with all seriousness, and as Jesus your friend, that all you know about your healing and all you have written this far is true. I know it is hard for you when you have nothing concrete to go by, but that is how it is. It is this way so the emphasis is always on you having to make your own way in life. You have to decide for yourself about all things no matter how strange they may sound or feel. And the more you progress with your feelings, accepting them, understanding them, speaking about and expressing them, the more real you and your life is becoming, and the more you can feel and perceive when things are unreal.

As you live true to your feelings your feelings will tell you what is true and what is untrue, this being a natural expression of your soul. It’s how you are meant to live, however, if your mind remains fixed in the negative causing you to be unaware of your true feelings, you will not know what is true and what is untrue, often confusing yourself by believing something that is untrue is true. Many people speak about trying to ‘get in touch with their heart’ however they never will unless they first allow themselves to accept all of their feelings, and especially all their bad feelings. **One can and will only connect with one’s heart of truth if one lives true to it by honouring all one’s feelings. If you persist in denying yourself any feelings then you will deny yourself truth. And if you deny yourself truth then you’ll never know what is right for you in life.**

A major problem you have is that your parents interfered with your ability to know things for yourself, as to whether they are true or not based on your feelings. Your parents told you in different ways that your feelings were not true. When you were sad for example they told you there was no reason or need for you to be sad, that you were not in fact sad. They took your feelings away from yourself, or rather they made you repress your feelings replacing them with what they told you. You then became as they wanted you to be and not as you were naturally yourself.

And this parental interference of your feelings caused you great problems. They tell you they don’t like you as you naturally are, and you can’t be how your soul wants you to be, you have to be someone else, something else, a creation of theirs, and not of Gods. You have to be obedient to them, and do and be as they say. They are the controllers imposing themselves on you, and all you can do is submit to there suppression of your true feelings by using your mind to believe that what they say is true and therefore creating other feelings, feelings not based on truth, feelings based on what your mind is made to believe. Your mind is forced to take over from your heart, a severe manipulation indeed, and something that will cause untold numbers of problems until you do your soul-healing, healing yourself of their negative unloving effect on you.

The result of their interference is that you do not know yourself. You don’t know what is true; what is the right way to live one’s life; what your true purpose is – what God is asking of you. You don’t even know what you feel. You are lost; lost from yourself, having been turned away from your soul. You can’t know yourself until you liberate all your repressed childhood feelings, and unless a spiritual system encourages and shows you how to do this, then it is only leading you further astray, further into the dependence and control of your negative mind.

Although I haven’t been able to disclose such truth until now: the truth of you soul-healing, all that it entails is very important, and with Mary and my help we want you to now start understanding just what is at stake. Humanity, everyone, is of the negative. Everyone is conceived into it and becomes it. No one can escape its clutches, and so everyone if they want to free themselves, will either on Earth or in

spirit have to do their healing – it's unavoidable. There is simply no other way to extricate yourself from the Rebellion and Default.

I am helping people through my various communications to see that they can do whatever they like, but if they want to live the truth of their Heavenly Father and Heavenly Mother then they have to begin by asking Him – Them – for Their Divine love. Then I want to help them to establish a foundation within themselves of faith and belief and truth and of trust, knowing that what they are doing is good and right and true for them. However, it will take time, years, to establish this foundation within you, and for you to know what you truly do want.

James, you came from a family who pretended to know everything, everything that was good for them. They pretended to know what you needed. They told you what to do and what not to do. They made you scared to listen to anyone else but them, even scared to listen to yourself; and they made you distrust everyone as well as yourself.

Speaking to your 'unseen' friends, could have been an integral part of your life. Lots of people do it. Speaking with spirits and with God might have been a natural thing for you throughout your childhood, a natural way of you wanting to express yourself as you do now. And you wouldn't have the doubts about it that you have now, had it been something you did openly during your childhood. Had it been something your parents accepted, encouraged and enjoyed.

Your healing is a very serious business, it's very involved and there is a lot to it. This you will understand as you continue healing yourself. But always remember that our Mother and Father are in control. They know what is best for everyone at every moment in time. They have Their way of doing things and doing them in Their time. And as you will see for yourself, the longer you consciously and actively live with Them, everything They do is only done with the best of love for all concerned. And this is only part of Their Greatness.

Good-bye for now James – Your loving brother in Truth, Jesus.

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

Feelings first

LIVE FEELINGS FIRST
FEELINGS FIRST For Kids

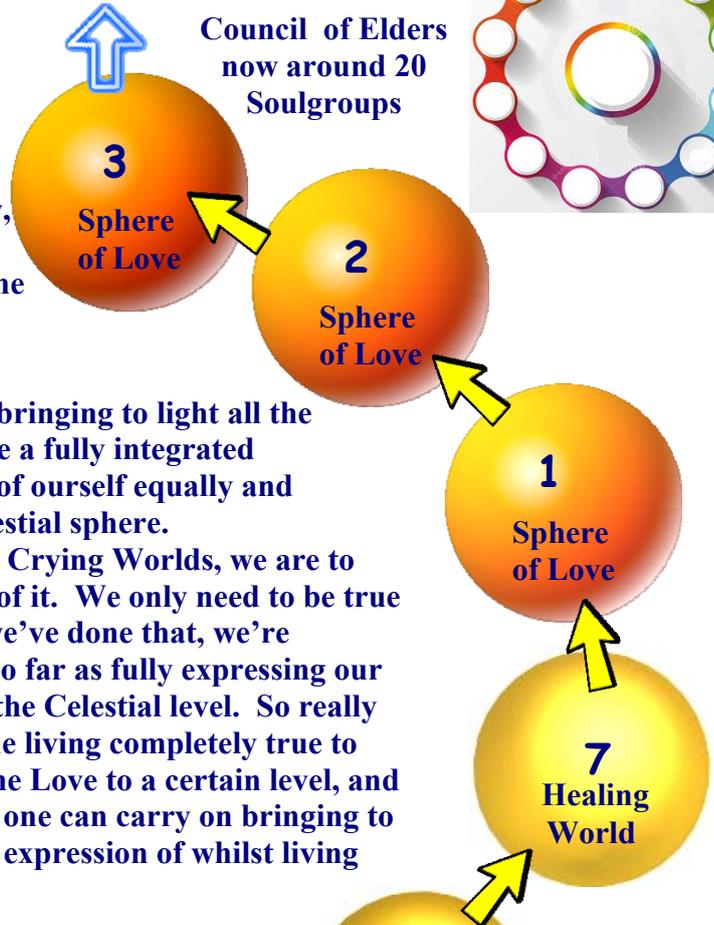
CRYING WORLDS HEAL, the LOVE WORLDS LIBERATE PERSONALITY:

To PARADISE, the HOME of OUR HEAVENLY PARENTS

The Way Home



Council of Elders
now around 20
Soulgroups



Celestial Heavens are the Spheres of Love. One has to be a fully integrated personality, as in expressing all the aspects of one's self equally and lovingly, before one can leave the 3rd Celestial sphere – Sphere of Love, after having embraced the Way of Feelings.

When in the Celestial Heavens we work on bringing to light all the attributes of one's personality. We are to be a fully integrated personality, as in expressing all the aspects of ourself equally and lovingly, before you can leave the third Celestial sphere.

While we progress through the Divine Love Crying Worlds, we are to live true to our untruth, by living the truth of it. We only need to be true and perfect to our untrue state, and when we've done that, we're Healed. Even though we're still imperfect so far as fully expressing our personality, all of which we then perfect at the Celestial level. So really to qualify for the Celestials, that is about one living completely true to one's wrongness, and partaking of the Divine Love to a certain level, and then once that's done and being a Celestial, one can carry on bringing to light all those parts that one was denied the expression of whilst living untruth to oneself.

We are to uncover the truth of our untruth through the Healing mansion crying worlds levels (and their equivalent on Earth); and then once that's done, and with the appropriate amount of Divine Love in our soul warranting fusion with our Indwelling Spirit, we can move into the Celestial spheres of love (or their equivalent on earth).

Earth has been subjected to the Rebellion and Default until now! As a soulmate pair progress with their Feeling Healing, the Rebellion and Default conditions are being cancelled.

We all arrive into the 1st Mind Natural Love Mansion World. Most continue their way of living without any awareness of the Feeling Healing process and the availability of Divine Love.

The 1st and 2nd Mind natural love Mansion Worlds are jammed to the rafters with spirit personalities. Those who progress to the 4th and 6th Mind Mansion Worlds are progressing further away from God, continuing with the Way of the Mind!



The Rejected Ones – Living True to One’s Feelings – Mary M Speaks by James Moncrief
Message 18 (other part) Mary Magdalene 22 December 2002

Mary.

Keep going James! I know it is hard at times but just keep going. You and Marion are doing well. Slowly your mind is giving over to your feelings. Keep trying to see how wrong things are within you. I know it’s terribly hard to change your programming, equally as hard as it was to change yourself into the wrongness when you were a child.

As Marion has just said: keep hating everything and everyone as you feel to. It is hatred and anger and misery that comprise your depths, all being kept in place, suppressed and repressed, by your mind. And as you have been separated, moved away from your true feelings with little connection to your heart, truth, your spirit and soul, only liberation of these buried feelings can help you.

Your mind is in control and it’s a negative mind, an evil mind, a mind that is anti-love and anti-God. It’s a mind that now functions against nature – your own nature. And it has been made to take over your feelings. You still have feelings, however these have been made to be conditional on what your mind – your controlling beliefs – allow. And so many of your true feelings from your forming years – conception to puberty – have been denied you. These are crucial feelings and emotions that still need to be expressed. In a sense you have gone ahead of yourself. Your physical body and spiritual bodies have kept growing but your mental, spiritual, emotional, psychic and behavioural state has remained somewhat retarded. You are still the little boy struggling to make sense of a non-sense world, while you go about pretending to have everything under control as an adult. Simply, you have no idea what life’s really about.

If you were perfect, an experience in your physical body would generate feelings and thoughts in you. And with your feeling and mental systems balanced and harmonised together; with you longing to know the truth of the experience, would come realisations and understanding, even direct revelation from your soul, into your consciousness. The truth would come up into your 'heart' or spirit body in which your conscious awareness is centred. From here further feelings and thoughts would be stimulated in your higher or upper feeling and mental systems giving rise to higher understandings of truth and perception of living a true spiritual life. It would always be your feelings leading the way through your life with your mind in willing support of them. Your mind, its thoughts based on its beliefs, would never control or interfere with your feelings. Your behaviour would always reflect your feeling led life, not your mind controlled negative state, as it reflects now.

But you are not perfect; you live imperfectly with your mind in control of your feelings based on wrong beliefs. Your minds are full of wrong beliefs, masses of them all formed through your early years, and all still controlling you on many levels. And as you do your soul-healing each belief and its associated behaviour, and how and why it came to be put into place, you will have to understand before you will be able to change it. You’ll be replacing these erroneous beliefs with correct ones as you reveal the truth to yourself of their wrongness, and accordingly, so too will your wrong behaviour change. By the time your healing has finished all of your motivation and reasons for living will have changed, all into a positive orientation, all pro-God, pro-life, pro-yourself, and pro-nature and pro-love. Then will you be able to enjoy giving and receiving true love as you honour and live true to all you feel. Then you will be happy.

Most people are focused on their physical bodies. Most of their daily things are done for the well being

of their physical body. Even going to work for most people is to make money to provide food and shelter for their body and then to provide comfort and security so they don't stress their body hoping to live to a healthy old age. There is rarely a serious and inquiring thought about anything higher. And because of the dysfunction of their lower mind having power over their feelings, no truth awakens in them from their experiences, and nothing consequently goes higher to stimulate higher awareness. They are for the most part looking down and not up. They are looking outward in the direction their physical body can go – ahead; and not inwards and away from their body – toward their soul.

Some people feel a call to higher things. This is stimulated from within and they are not satisfied with all that the physical life offers. And so they look up, some in, and some don't know where to look, looking anywhere and everywhere; or giving up frustrated, unsatisfied, looking nowhere at all.

By longing to your Heavenly Mother and Father for Their Divine Love you are doing a number of things. You are looking up and in, because naturally when you feel inspired to contemplate God that is where you go. God out there in the starry sky doesn't seem to fit the feeling-picture even though many seek Him there. God, They – God as the One Soul that is BOTH your Mother and Father, are 'in there', into where your soul is, where Paradise is, the 'Soul' or 'Heart' of Creation. However, your longing to Them for Their Love is usually a longing that you feel literally ascending out towards Paradise – an inner journey home. And when you long with all your heart you are attuning yourself to higher, rather than your lower, mind and feeling systems. Your longing, for the Divine Love and equally as important – the Truth, stimulates your higher mind and feeling systems enabling you to experience that which you would otherwise not have. It is a reaching out with you, the inner you, the real and true you, to that which is God, the Personality of Soul you can relate to as your true Soul Mother and Father – your Soul Parents. And a reaching out to Them for Their Love which is Divine. They always love you, for They being of love can only love, however as you are so out of touch with Them and literally willing yourself to reject

Their love, so you need to refocus your will, putting all your will into longing to Them for Their Divine Love. This being the way you tell and affirm to yourself that you do want Them in your life; that you do want Them to love you; that you do want to feel Their love for you; that you do want to be like Them: to be “as perfect even as They are Perfect”, to be at-one in soul and love with Them. Your longing for Their Divine Love is the awakening and acknowledgement of your true spiritual yearnings and naturally it should take you into wanting for Them to help you uncover the truth of all your are. When you feel love, you want to know and live true, so when you actually feel Them loving you, then you will want to know the truth of this Love. Who are my true parents? Who are these two who are one God and my true Mother and Father, the Two who are One who created me? And how are they different from my physical parents? And then finally: have my physical parents parented me as God, my beloved Mother and Father of Heaven, would have done? And the answer to this question opens your Pandora's Box – all your childhood repression, all your repressed childhood feelings. Hence, your need to then set about and do your soul-healing.

And to do your soul-healing you will need to long with equal will to know the whole truth of yourself. And you will have to ask your Mother and Father to help bring up all your repressed feelings from your early childhood, all so you can re-experience them as an adult; all so you can then use them to uncover the truth of your relationship with your parents and carers. You have to want to face the darkness within you. If you don't you will continue to deny yourself your bad feelings, and the truth of what's really going on within you. If you want to step out into the light, then it's the truth you are going to have to sincerely long for, as only it will show you the way.

Your physical body will take care of itself if you allow it to. As you do your healing all problems it may have will be rectified, as **all physical problems only come from your childhood repressed feelings and associated negative patterns**. It too has to come into perfection, however this does not necessarily

mean you will have the perfect twenty year old body at eighty years old, but it will be the perfect eighty year old body. You might not move or hear or see so well compared to when you were younger, but you will not need to, and you will know why, as you will be hearing and seeing different things in life. Your whole focus as to what is important to you will change throughout your healing and beyond. Things that you thought were important won't be so anymore. As you are currently completely wrong, to become completely right means that you will change a lot – a vast amount, every part of you. All that you believe is important now will not be so by then. Your relationship with your physical body will be completely different. And you can do your healing at any age from puberty onwards. From puberty you are an adult in the sense of choosing your own way in life. You are free to either keep denying your bad feelings, or find the truth of why you are denying them.

If you do want to live true, to yourself and to God, then you will have to confront and deal with your early childhood and all that your parents did to you that was unloving. In my messages to you James, I am taking the line that no one experienced love from their parents, that is, true love, love their soul needed. Many people have experienced something they believe to be love, however only once they have completed their soul-healing will they know if indeed such love is and was real and true. For if it was, then it will remain so, if it was not, then along with everything else that is wrong within you, it will get exposed for being false. And I will say again now, that many people might find my line of approach to harsh, to anti-parents, and they might not want or be ready to deal with the real underlying issues associated in their relationships with their parents. And for such people that is their choice, however as you are giving me the opportunity to write with you I am taking it and speaking from the bottom line. Therefore I am pointing out how much in denial you are. How completely are your negative mind and will, and because of that: how you can't know whether what you have experienced is real and true love. And you won't be able to until you have completely healed every aspect of that which within you has been forced to rebel against that which is love, true, nature, God and soul.

For many people, to go against their parents, to confront their buried bad feelings they have about them, will undoubtedly present many problems. But it is in these problems that many hidden feelings will want to rise, and it's these feelings you'll need and want to come up so that you can get to know them. They will show you the truth of your relationship with your parents, grandparents, brothers, sisters and anyone else influential during your forming years; and if there is love, real love founded on truth, potentially the relationships may remain, but if there is no love and no truth they will all crumble.

The disintegration of your family relationships may or may not be to your liking. However you will have to see for yourself what happens. Love is the superior quality. It is the supreme attribute. If it exists it will last no matter what you all go through. If it doesn't exist, then nothing will last and you will see clearly what's left – the truth! And what is the point of trying to hold onto something that actually is false and untrue.

It is up to you as to how far you will want to go. You can begin your healing, then stop and restart. Nothing is expected of you. It is your life and how you feel about yourself. If you feel so moved, to push on regardless, to see what happens and to break everything apart, then you will do it. It will happen all by itself. One thing will lead naturally to another. Steadily you will become increasingly aware of yourself and what you want to do. You will see who has controlled you, how and why. It is your feelings you need to focus on. Try not to fix anything down. This will be hard to avoid because you have been programmed to make peace and avoid your bad feelings, or feelings that might upset another person. But you will get there step-by-step. If you want to heal yourself of your negative state gradually you'll submit to it, accepting it for what it is, all by breaking yourself down and allowing the inner transformation process within your soul, assisted and catalysed by the Divine Love, to take its natural course.

Life is about the moment, being focused on your feelings and trying to express them. It is not about the outcome. That will come as the truth rises in you. It is not about trying to do what your mind says, it's about feeling your FEELINGS AND EXPRESSING THEM – ALWAYS, not even necessarily doing what your feelings might say. For example, you might feel like killing your mother when you are in your depths of despair, or yourself for that matter, but it is not that you do it, you don't have to act on your feelings, but to keep saying how much you want to kill her or yourself, and why you want to, and say it and say it and say it. And keep saying and expressing the bad feelings until they are gone and all you are left with the truth of why you feel this way. The saying of it IS the doing of it. It is speaking about your feelings, saying what you feel so you really get in touch with the reasons why you feel them, that is what is important. Speaking your feelings helps you connect with them. It helps bring them up from deep within you; it helps make them be real, and so makes you real.

Speaking your feelings is for you to see clearly for yourself – to feel clearly for yourself – why you want to do and feel what you do. The want to kill yourself, your mother, or anyone else is wrong. It's only something you want to do based on your pent up and unexpressed hatred, anger and rage. These feelings having come up in you when you were little and you're not being allowed to freely express them. And over the years they have built up in intensity, every year your repression of them adding fuel to the fire, so when you do reawaken them and reconnect, they are very intense, but as I said, you don't have to literally act on them. You do not go to your mother and plunge a knife in her heart, but you do allow yourself to speak about what you want to do – how you want to and wish you could kill her, and why. And if you feel you want to chop her up into millions of little pieces, and then this too is what you have to accept about yourself, that you do feel this way, and you have to speak about it all, bringing out all the horror and yuk, even if it repulses you about yourself. It is within you, you want to do it, your feelings are full of anger and rage, so these feelings are real, they are you and they need to be accepted by you. And you accept them by admitting you have them, and you admit by speaking up about them. Nothing bad will happen to you if you do. God won't punish you. But if you feel afraid of speaking about them, then this fear needs to be expressed as well. All the negative related bad feelings need to come up and out. And all the while you LONG TO KNOW THE TRUTH of why you are feeling them, why they are in you.

I'll finish now, please give my love and support to Marion with all my blessings. Mary.

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

To liberate one's real self, being one's soul, is by embracing Feeling Healing so 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.

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

The Rejected Ones – Living True to One’s Feelings – Mary Speaks
Message 19 Mary Magdalene

by James Moncrief
 23 December 2002

Live true to your feelings. This is the sub-title I would like for our book James. I will recommence our communication – Mary.

Living true to your feelings is what we’ve been speaking about. Being true! True means: being you with no imperfections. And this means living with an unblemished soul.

The whole of your life from now to Paradise is a journey of self-expansion through self-expression and the acquirement of truth: the truth of yourself, Creation and Soul – God. And it is all concerned with, and lived through, relationships. It is all about your soul and its expressing of its personality – you – and what you experience in the interaction of personalities.

Earth is only the beginning. All that is wrong in you can and will be corrected through your ascent of the Mansion Worlds, that being done whilst you’re living in flesh or when you come into spirit. You can choose to only advance your mind and natural love, living up to and inclusive of Mansion World six, or you can seek to divine your soul by partaking of the Divine Love and ascending through all the Mansion Worlds, continuing on through the Celestial spheres of Jesus and my universe, and beyond, all the way to Paradise. You can choose to stay as you are, or heal your negative mind and will, and perfect your own love – natural love; or, you can choose to become at-one with the Mother and Father and enjoy the delights of Creation They have created for you by including Their Divine Love in your soul. Your soul’s growth is always entirely left up to you. No one can tell you what to do or when to do it. If you desire the truth then you will need to long for it, and how often and earnest your longing will be, will no doubt be reflective of how much you want to heal yourself of your self-denial.

Humanity is now being presented with these various new options, something it hasn’t had up until now. New revelation is being given to you from various sources. Potentially this time on Earth can be a great awakening for you if you want to live true to your feelings and your soul. Or if you don’t want to embrace your soul-healing you can long for and partake of the Divine Love, accumulating it in your soul, until the day you do; or you can simply carry on as you have done ignorant of such love immersed in your negative state.

If you want to start on your life of truth ascension, you will first be required to accept your negative mind and will condition. And by accept I mean you will have to submit to the process your soul activates within you, by which it will lead you into your early childhood pain, giving you a full understanding of the truth of what your childhood was really all about. Through your healing you will become, literally live, your negative mind condition, this being very trying, but there is no other way for you to experience the truth of it. You experienced it as a child largely unconsciously, now as an adult you will need to experience it consciously as you uncover and understand the truth of all you went through. There would be no point to just intellectually understanding it with your mind, you have to re-experience it all through your feelings. Your feelings will show you what your feel – their truth, and with this truth you will know the truth of your rebellious state.

To live true, first of all means to live true to the evil, horrible, ugly, sinful, pathetic, crippled, miserable, despairing, guilt ridden, unloved creature that you are. You will see and feel for yourself, as the Mother and Father will show you, the truth that you unconsciously believe about yourself. And the truth won’t be the face you present to the world, the face you put on when you go to work, or the face of a loving parent. It will be the true face of your soul – your soul in its negative state. The Mother and Father will

help you to become it, manifesting it in your feelings. You will not have to physically be ugly and decrepit or show in your relationship with others the mean and evil you that's full of hatred, but you will need to feel and accept it thoroughly. And to such an extent that you will know it is really you, the 'you' you have been made to believe you are by your parents. Of course it's really a false you, but nevertheless you will need to identify it fully before it can be healed. And this will be difficult to do because naturally you don't want to be this bad person, you don't want to feel you are unloving, just like your parents, but you will have to stop running away from the harsh reality that they have made you like themselves: you are evil as they are and there is no escape.

You are terrified of being exposed for what you unconsciously feel deep inside of you, however you have to come clean and admit it to yourself. If you don't it can't come out. You have to speak up and say how you REALLY feel about yourself, about each other, life, and even about the Mother and Father. Having found the Mother and Father and begun to actively pray for the Their Love you might become surprised when suddenly you realise at some time during your healing that you hate Them.

As you uncover how you really feel about your parents and others who have had a direct and negative influence in your life, you may find you hate them instead of loving them. You might already know this but you will still have to completely admit it to yourself and see all the reasons why. And if you hate your parents you will hate your Bigger Parents, the Mother and Father, because when you are small your parents are God and you will have transferred your hatred onto the Mother and Father as you've grown older. As I have said, the truth is going to be hard to accept, it will go against most of what you think is right. Most people don't want to speak about hatred or be accused of being mean, nasty, selfish and unloving. Most of what you see about yourself will appal you, however it all has to be seen, you have to uncover the whole truth of what you feel and think about yourself, and what you feel and think about everyone else, and how you took on such negative beliefs.

I am telling you these things to prepare your mind to be receptive to some of your feelings and thoughts that may surface during your healing. Your current picture of yourself might not agree with that which I am painting, however you don't know what negative stuff is within you until you start to bring it out. So what I am saying will help give you another picture to identify with, one that might help you relate easier to yourself when your yuk starts to rise.

I want to help you become more familiar with what you are embarking upon. I cannot make it any easier for you even if I could. I would be denying you your complete experience. If anything, I want to make it more difficult to begin with so this is why I am giving you so much information and all seemingly sounding so negative. I might seem to be your antichrist, but remember your Christ is all-wrong, and in fact, you are the antichrist. You are not the truth. You are rebelling against it; you are denying yourself of it. You are not the way, the truth and the life – I am. But you can become so if you choose to do your soul-healing.

I want to rub your face in it and allow you to shudder with the shock and revulsion of what you are potentially going to have to come to terms with. It is all real stuff and when you are deep in your misery and full of hate knowing this is the real and true negative you, then you will appreciate what I am saying. Nothing else on the planet will tell you to do this in such a true and honest way. I have no vested interest in you. It does not matter to me one way to the other whether you do your healing or not, or even what you think of me. You can disagree with what I am saying, but only when you do your healing will you find out that what I am saying is true.

I will finish here for the day James. Thank you once again. I very much appreciate you giving me this time and allowing me to use your mind and its words and phrases, Mary.

UNLOVING PERSONALITY

Soul encrusted with negative and damaging emotions and beliefs held by the mind in the spirit body. Soul is choked of love and the darkness impedes the flow of love which darkens the spirit body and damages the physical body for all to see.

LOVING PERSONALITY

Spirit body mind is clear of man-made negative emotions and beliefs. The flow of love from the soul illuminates the spirit body and brings beautiful harmony and health to the physical body for all to see.



The truth will set you free,
but first it will make you miserable.

– James A. Garfield

Feelings! *first*

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

The Rejected Ones – Living True to One’s Feelings – Mary Speaks
Message 23 Mary Magdalene

by James Moncrief
 29 December 2002

Good morning James, I’ll continue – Mary.

The two ways of helping yourself are, as I have said: one, doing it all yourself by trying to identify your problems through your feeling acceptance, mainly psychological, using whatever measures you need to express yourself; the other is doing the above with the Mother and Father and Their Divine Love. And your on going **bad-feeling-acceptance** can readily apply in both situations. Also, remember as you look to other systems for help, that the systems, thoughts, medical approaches, spiritual outlooks and everything else, are all based on, and have all grown from, the problems that you already are. They are no different from you, and the individuals providing the help are themselves very heavily entrenched in all the wrongness. So even though they might be able to shed a lot of light on your negative state, really they are only offering another picture for you to adopt within the negative and are not dealing with the core problem of your repressed childhood feelings.

Some systems are designed to help you express your feelings; however they will be limited because they can only go so far. In spirit, the conditions are different and established such that if you want to perfect your natural love it is easier to do, however still much harder than accepting help directly from the Mother and Father. It will take you a long hard time no matter which way you choose to go be it in flesh or in spirit if you choose to go it alone perfecting your soul yourself. And then you can only do that to a certain level, attaining a level of natural love perfection and nothing further. You can continue to develop the attributes primarily of your mind, and once free of repressed bad feelings you will feel happy compared to how you feel now, but this natural love happiness cannot compare to the happiness you will experience with the Mother and Father’s Divine Love in your soul.

Only a soul who has done, or is steadily doing, her or his healing and knows that she or he is well on their way, can offer any real help to one starting out. If you choose the way of the Mother and Father and Their Divine Love by all means seek help from wherever you feel you want to, but bear in mind that unless the people offering the help are engaged in actively doing their soul-healing with the Mother and Father through prayer for Their Divine Love, then they will be limited by their negative mind patterns, as to how much they can help you.

Doing your healing with the Mother and Father brings about the activation of higher laws of truth, these are covered quite extensively in the Padgett Messages, so I won’t go into them to deeply here, but the Law of Compensation will give way to the Law of Forgiveness making your healing progression much swifter and more focused, more potent, and with far greater rewards. There is nothing to compare with the feeling of feeling your soul – you – actually being transformed as you are expressing your bad feelings, and then to know that when you have done it, they are gone for good.

I can only stress that the way to Paradise is with the Mother and Father and Their Divine Love, being achieved by growing in truth. You can still have an impersonal relationship with Them through the limitations of your natural love soul, however it won’t be as fulfilling as a personal one when you start to partake of Their Love.

When you begin to pray to the Mother and Father for Their Love expect to feel worse than you already are. Remember it is all about feeling bad. Initially you might feel better as you partake of the Love, however if this continues you might like to consider your relationship to the truth – are you wanting to do your soul-healing and find the whole truth of yourself, or do you just want to receive the Divine Love like taking a pill to make you feel good? No doubt you’ll want the Divine Love because you feel bad

and would like it to make you feel good, but this is not the correct motivation for asking Them for it. You are asking Them for Their Love because you want to be like They are – Perfect. You want to be of Their Divine essence, and then live according to a Divinely inspired will. You want to live and do Their Will. If you ask Them for Their Love solely to make you feel good by magically removing all your wrongness and bad feelings, then you may believe you feel better but you won't advance your soul.

It can be easy to delude yourself into believing that you are growing in truth and advancing your soul, and even healing it, simply because you are receiving Their Love, however unless you are actively longing for the truth and doing your soul-healing you will not be advancing anywhere. You can accumulate a certain amount of the Love without starting your soul-healing, but there will be only so much you can receive before things start to stagnate once again. Just because you are longing for and partaking of Their Love doesn't mean you don't need to do anything else. If you want the Divine Love to actively start transforming your soul, you will need to actively start doing your soul-healing. **Jesus has only revealed the first part, the truth that you can ask for and receive the Divine Love; I am revealing the next part, that you will need to do your soul-healing if you want to start your soul-ascension.**

The Mother and Father want you to commit the care of your soul to Them, and this requires you to submit your will and control, that which you're living with your negative state, giving it all up to Them, so They can resume the control in your life which you have taken from Them. So you can live your full positively inspired mind and will doing Their Will lovingly. Your healing is only a very small part in your overall relationship with Them. Nevertheless it's the most pressing part you need to attend to once you've started longing for Their Love. You are standing in the way of Them with your negative mind. To long to do your healing, and to ask and beg Them for help, is needed because your negative state is interfering with your ability to live true to Their Will and become as all-loving and unconditional and all-accepting as They are. Even if you grew up on a world of positive mind still the same real problem of how to live with Them would be present.

The pull to be as They are is very strong in every soul. You are ascending souls of truth, and as you study the information given to you in The Urantia Book you will see that Paradise is a long way off but exerts a very firm pull on you. Always within you is the desire to move on, and only if you insist on keeping it covered and living in denial of it, will you remain in your early childhood bad feelings – repressed.

The essential ingredient in it all is the Truth. And the Truth is the Truth. It is the only thing of Creation that is permanent. It underpins Creation; Creation forms itself along the lines or circuits of Truth. And Truth emanates from the Mother and Father's Soul and is completely manifest in the Eternal Son (The Second Person of Deity – re The Urantia book) who coordinates all Daughters and Sons of truth so far as helping you to know Them as your true Heavenly Mother and Father, the One Great Soul – God.

You will feel the benefit of the Mother and Father's Love in your own way. Each of you will have a very different relationship with Them, negatively influenced to begin with by the negative relationship you have with your own parents. If you have one wrong circuit on any level in your relationship with your own parents then this wrong circuit you have with your Divine Parents too. If your parents parented you perfectly then you would begin your relationship with your Mother and Father perfectly, however as you have all been parented imperfectly – negatively – then this is how you will start your relationship with Them. And so as you do your soul-healing your relationship with Them will change.

The Perfection of Divinity is coming into your soul as the Divine Love. It is the Mother's and Father's Essence coming into you! Just imagine a drop of such purity merging with the impurity of rebellion and default in your soul. There is going to be an effect of some sorts, **BUT ONLY IF YOU ALLOW AND**

WANT THERE TO BE. The perfection will displace the imperfection. And the imperfection will come out, BUT ONLY AS YOU DO YOUR SOUL-HEALING, only as you allow it to.

The doing of your healing is you taking responsibility for all that's wrong within you, and your 'willing' it out of you as you express, speak, about your bad feelings. It's you choosing to no longer be of it, all by uncovering the truth of it – the truth you need to see showing you your imperfection. So it's conceivable that even though you are receiving the most perfect love you will only feel worse and worse as that imperfection surfaces within you. But it will be only worse in the short term whilst you're doing your healing; in the long term you will feel the Love for what it really is. But first all the yuk needs to come out of you and as this happens you will feel bad.

So you could say that if you want to know as to whether you are receiving the Divine Love, by feeling worse about yourself and your life is a good indication that you are and you're healing is beginning. And conversely, if you believe you are receiving the Divine Love and are only feeling better and better then perhaps you may be going the wrong way and deluding yourself about the Love and these 'good' feelings. I say that perhaps, because there are no fixed rules. It might be right that you spend a season (and it might consist of many years) partaking of the Love, feeling good having it in your soul and not starting your healing. The time to start your healing will be the right time for you. Many people will find they may need a time of grace, a time to just allow the Divine Love to make them feel good whilst they prepare for the hard time of doing their healing. Many of you have been so heavily knocked about through life because of your negative mind, so might need this time for certain pressures to ease before you are ready to do the hard healing transforming work.

And you might also need this time of grace to prepare your mind, to learn more about what your healing is about. To introduce yourself to and start accepting such notions like: all you thought your relationship with your parents to be might not be as you believe. It will take a lot for most people to start to consider and accept much of what I am telling you now, namely that you are evil; your whole world is wrong; your relationship with your parents was based on no love; and that to do your healing will require more effort than just sitting back in meditation or prayer soaking up the Divine Love. And it could also be that it is not a part of your souls plan to begin your soul-healing on Earth. So all you do for the remainder of your physical flesh life will be in preparation to embrace your healing when you come to spirit. It will be, as everything is, different for everyone. Your time to begin doing your healing will be perfect for you, and you will know when it's time to start through your feelings.

Your commitment to yourself will be matched by the Mother and Father. By this I mean you can't and won't precede any faster in your healing than your commitment to do it; and any faster than what They know is best for you. As you work your way through your soul-healing bad things may happen to you at times, things which you might think loving Parents might or should prevent, however They will be making such things happen even though they seem to contradict what you'd call loving, all so you can feel bad enabling you to express more bad feelings uncovering their truth. Bad things will continue to happen throughout your healing because of this, however they will diminish in intensity as you heal. The Mother and Father will make sure nothing happens that you can't deal with through the expressing of your feelings. As you will see, all such bad things will still happen to you in a very loving and supportive way, something that only Parents of extreme love could bring about.

Try to remember – along with everything else – that you are embarking on something that you have no idea about. You don't and can't know what you need and what is good for you. You are trying not to lose control desperately hanging on. And yet your healing will require things to happen to you so you do lose control, and can't hang on. You need to smash apart and break down all your wrong beliefs, and at times you will feel really bad. But this is all good and you will be supported along the way in ways, which you will not initially comprehend, but which you will come to understand. You are in the

best of care even though you can't have any idea about it, but slowly the Mother and Father will show you how much They are looking after you and how much They do care and love you.

You cannot feel the Divine Love itself. It is Light and so fine a vibration that your soul perceptions will not have developed enough to feel it – they will have developed enough by the time you reach Paradise. However, you can feel the Holy Spirit bringing the Divine Love into your soul, coming about and even entering you – the spirit you. If you feel you need the help of a formal prayer to help long for the Love, Jesus has given you one in the Padgett Messages. If you say this prayer with all the intention of being true, then you will invoke the Mother and Father's Love even if you are not sure as to whether or not you are actually receiving it. I am not going to give you a prayer because I want you to find your own. All you need do is express your feelings – what you feel you want. I want you to find your way and feel what is right for you. It is all up to you. I can't say this enough, and it is for you to find your feelings in it all, because, how else are you going to know what is true and what is not if you can't feel it?

So far as needing any type of 'religious' or 'spiritual' ritual or place to pray in – you don't. **YOU ONLY NEED YOURSELF.** Of course if you do want to long for Their Love in such places, do so by all means – always do what you want to do, however it's not a prerequisite for living true to Them and receiving Their Love. As James found, he started out with formal meditations and prayers, having a special room with incense and music and the 'right' atmosphere, and it suited his needs and beliefs for then, but as he has progressed he has dispensed with all of that, longing to the Mother and Father for the Truth and Their Divine Love wherever and whenever he feels like it – nothing formalised about it anymore, all simply acting on his feelings.

You are already living your life for someone else and possibly two, three, four people or even more. As yet, you don't really exist, so you won't know what you truly like or dislike. But as you let go of all the controlling beliefs and patterns through your healing, you will let go of all that is not you being left with and discovering the true you – what you like, what makes you feel good.

You will only be able to do what you can do. Don't try to do too much. If something begins to make you feel too bad, and you don't want to go on trying to express all you feel, stop if possible, you'll always get another chance at expressing your bad feelings. And if it's not possible to stop, then keep going expressing all the way how much you don't want to do it. If you hate vacuuming for example, don't do it. See what happens, but in every moment express your bad feelings.

Then if you have to do it because the dust and fluff is piling up all over the house, or you are worried about who will think what, do it, but express all your worries. Tell them to the Mother and Father if no one is with you. And ask Them to show you the truth of all you feel. And what you like and dislike will change. You may feel you love doing the vacuuming, but the deeper you go into yourself, uncovering how you really do feel, you might find you actually hate doing it – your 'love' of it merely being a belief. It is for you to see what happens for yourself and what you truly feel about everything. And even though it is only the vacuuming and surely there are better things to get on with, such as healing your soul – just remember, it is through the FEELINGS to do with the vacuuming that you WILL heal your soul because it is doing the vacuuming that is currently giving you the bad feelings.

During the day things around the home contain, for most of you, the horrible stuff, because it was doing, or having to do, those things as a child when you didn't want to do them, that involved the conflicts with your parents. And in these conflicts so much of your relationship was unexpressed – you weren't allowed to say what you felt. The truth of your relationship with your parents is in the yelling and screaming, the protesting and being punished, the reprimands and being forced to do what you didn't want to do; followed by all the false nice 'loving' words that came when the storm had passed.

You will have to go back into these traumatic times and re-experience all of your feelings. IT WAS NOT NICE – NOT NICE AT ALL! It is hard to even remember exactly the torture you suffered, and why would you want to, when it was so horrible? But it all has to come out – every last bit. There is no other way, and as I have said, anything else is only an escape. You are already escaping with all your might. You hated the treatment your parents made you suffer and now all you do is try to forget it. And so this is what you have done, forgotten it. As an adult you live in denial of this. Your healing is recovering your memories and unfortunately they will mostly be the unpleasant ones. And once recovered, re-experienced to the degree of seeing and feeling what you need to, so they will go.

You don't actually have to be beaten or yelled at again, but you will need to remember the feelings, the true feelings of what was actually happening, and what you felt before, during and after. You won't for example have to feel the pain of being hit on your bottom by your father, but you have to remember that when it happened you felt very scared, rejected and unloved; angry, humiliated and powerless, and you never understood why your very own father hit you and hurt you. All of the physical pain also will need to come out, but this will happen in different ways for different people. For example, one person may cry it all out; another might experience anger rashes covering parts of their body. Another might experience muscle soreness, bone aches, stiffness and pain, inflexibility, skin irritation. It will all need to be expressed one way or another.

All that has remained unexpressed on all levels will need to be expressed and in doing so the causes will be shown to you and the effects – the controlling beliefs that lock it all in place – will be broken and you will feel freer and freer and more and more a separate and unique individual.

Your parents are the cause of all your problems. The reason why anything goes wrong for you IS because of them. They are the causes, but you have taken it all on so now you are the cause and your life – what you feel – the effect. You have taken it all on because you are a separate will and personality. You naturally look to your parents to show the way until you are old enough to look to your higher 'parents' Jesus and myself (Mary), and then even higher Parents, the Mother and Father.

Everything bad that happens to you as an adult is caused by you taking it on from your parents. They forced their negative patterns and their ways on you, and now you are living those patterns with full strength of will, in effect, doing it all to yourself – what your parents did to you. And even the seemingly out of the blue accidents are all your manifestation. The Mother and Father organise it for you. You are creating a life for yourself based on the expression of the attributes of your soul, most of which are now severely impaired because of your parents negative effect on you. As some of these attributes are now being negatively expressed so to will you create this negativity for yourself and your life will reflect it all back to you. So all your problems from illness to hating the vacuuming you are creating for yourself. You are making yourself sick, because you are sick of yourself and because your parents were sick of you. They rejected you and you now do the same to yourself – you reject yourself and so in accordance with the needs of your overall soul growth, when it is time to become sick you will.

Medicine is trying to kill the bugs, however they will always be there because you need them. What would all the doctors and all the money making medical companies do if you did not have the bugs, or even if they were there but did not bother you? And yet if you were living true to yourself you would not need the help of the bugs to show you that you are living untrue. You wouldn't need all the medicine that you have. So while you all need the bugs to make you sick they will. If they didn't, then you would have real cause to be angry.

But the Mother and Father have provided well for your needs, and I can tell you that if for some strange reason the doctors did manage to find a cure for everything, we over here in spirit, would be at liberty to

give you new bugs they couldn't cure. This being done by the angels through their little helpers, the nature spirits. You need things to make you ill, to show you that you ARE ill. Not sick as you understand sick to be, but sick in your soul, sick in your spirit, because you are living denying so many feelings. If you expressed ALL your feelings you wouldn't need to get sick.

As you progress in your healing less and less bad things will happen to you. You will no longer need them to stimulate your bad feelings. You will get to a point in which you don't need bad things to happen to make you feel bad, your bad repressed feelings simply being free to surface of their own accord in accordance with your growth of truth. At this time you will become more focused on the intricacies of your relationship and all the small things that go into making you be with another person correctly.

Then you will not need big outside things to upset you as small inside things will make you feel crushed. You may suddenly step aside allowing your husband to pass through, and in an instant you might feel deeply unloved and so crushed and defeated, you have to stop everything, sit down and cry. And as you express all your feelings you'll move back into something that happened when you were young, or how your parents treated you, showing you why you now feel like this. And you will feel the devastation of not being and feeling loved by them.

You have been made to accept all the bad stuff by default. You are conceived and born into it and it might seem like you don't have much of a say. However you do. You will be saying a lot throughout your healing! As you will see one day for yourself, you have actually chosen everything for yourself to experience. You are just not aware of it yet. You have wanted the parents that you have and wanted all they have done to you, and by the end of your healing you will completely accept this truth.

Now however, your revulsion to such a thought as to wonder why on Earth you would want to be treated so badly and to live your childhood rejected and unloved with it full of such horribleness, is a long way from the truth. And just as how you are a long way from understanding that you are the cause of all your problems, so too are you a long way from knowing you have wanted it this way, all of your life, no matter how bad it is now or has been or ever will be. The Mother and Father don't do anything to you, that you do not want. However, what your soul wants, and what you want, will, until you've healed yourself, be two different things. **Your healing will bring you back to your soul so that you can be the real and true: wanting exactly everything the Mother and Father know you need. Then They as the Loving parents They are, can give you, Their child, all the positive parenting you will ever want.**

We'll end here for the day James. Thank you. 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!



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 Worlds 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

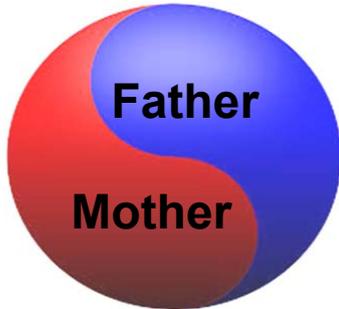


HUM

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

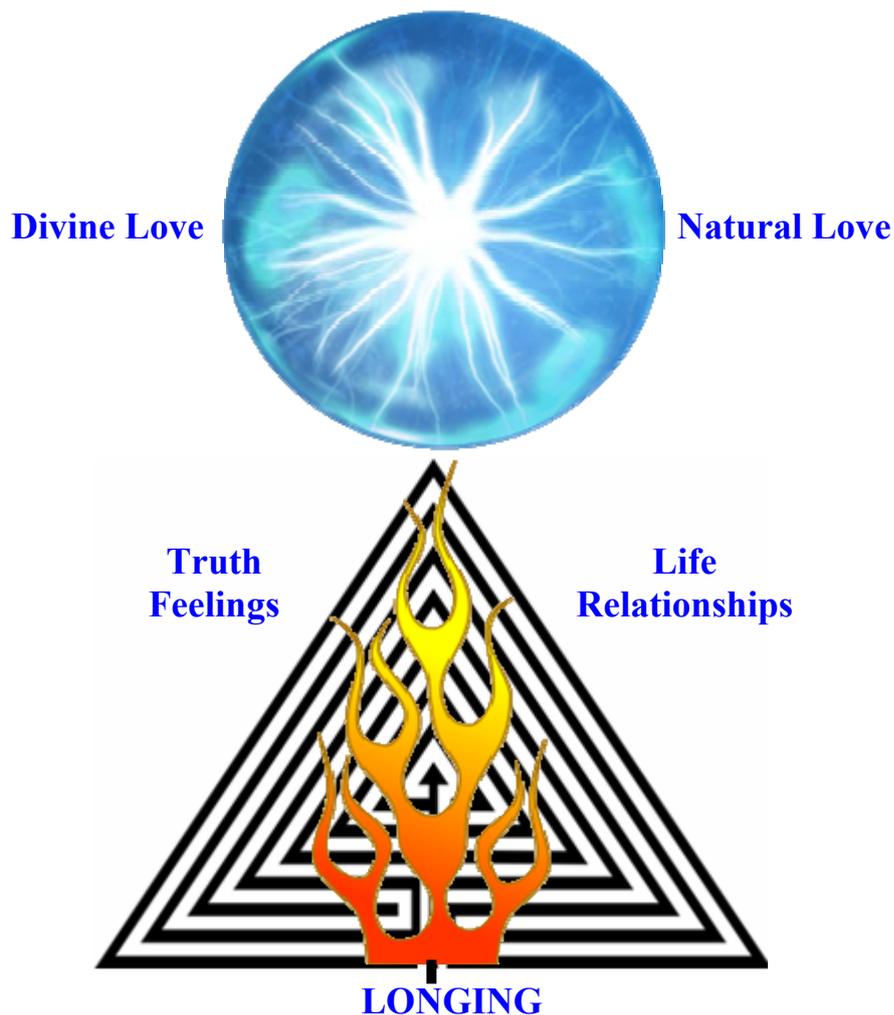
Want to understand the truth of your early life

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

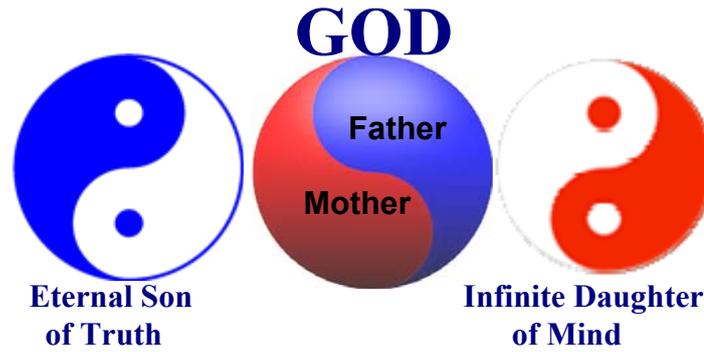
Want and long to know the whole truth of yourself

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.

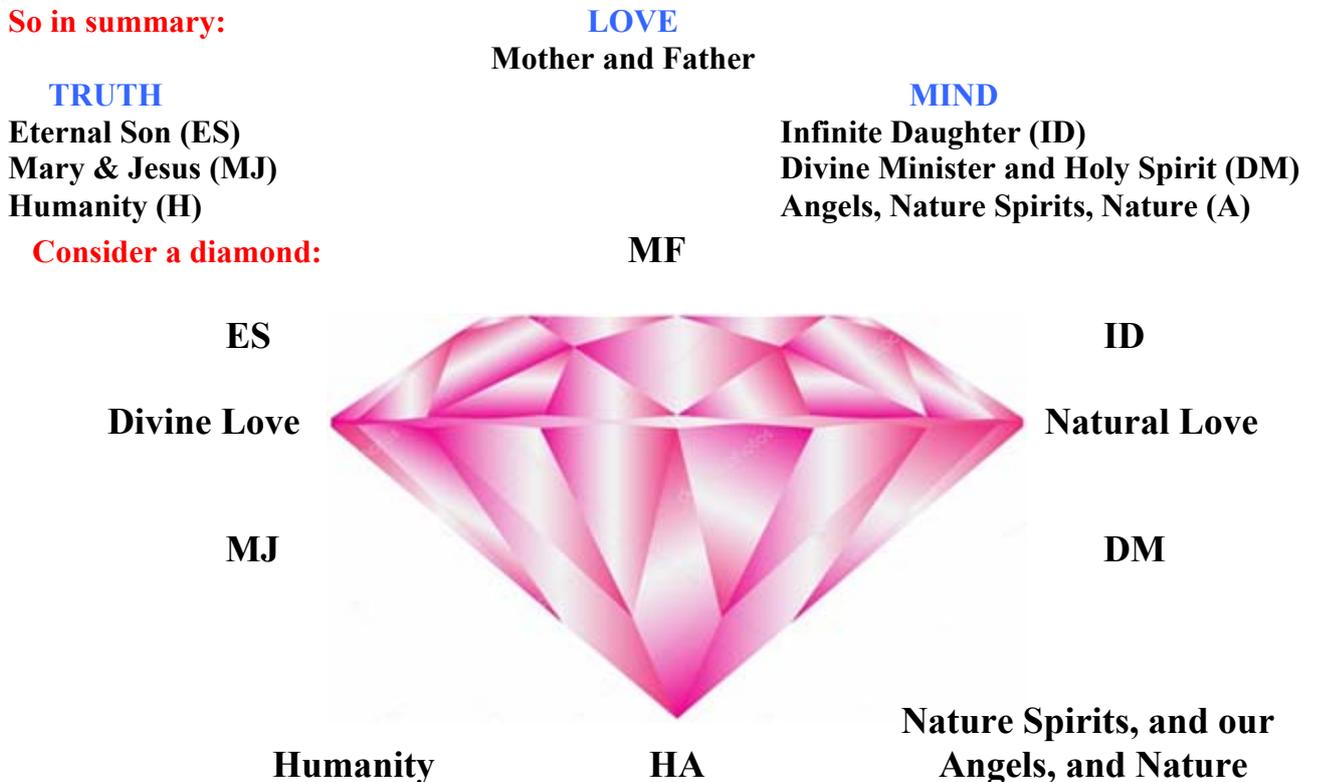
The LOCAL UNIVERSE TRINITY:

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:



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 / soul partner pairs.

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.

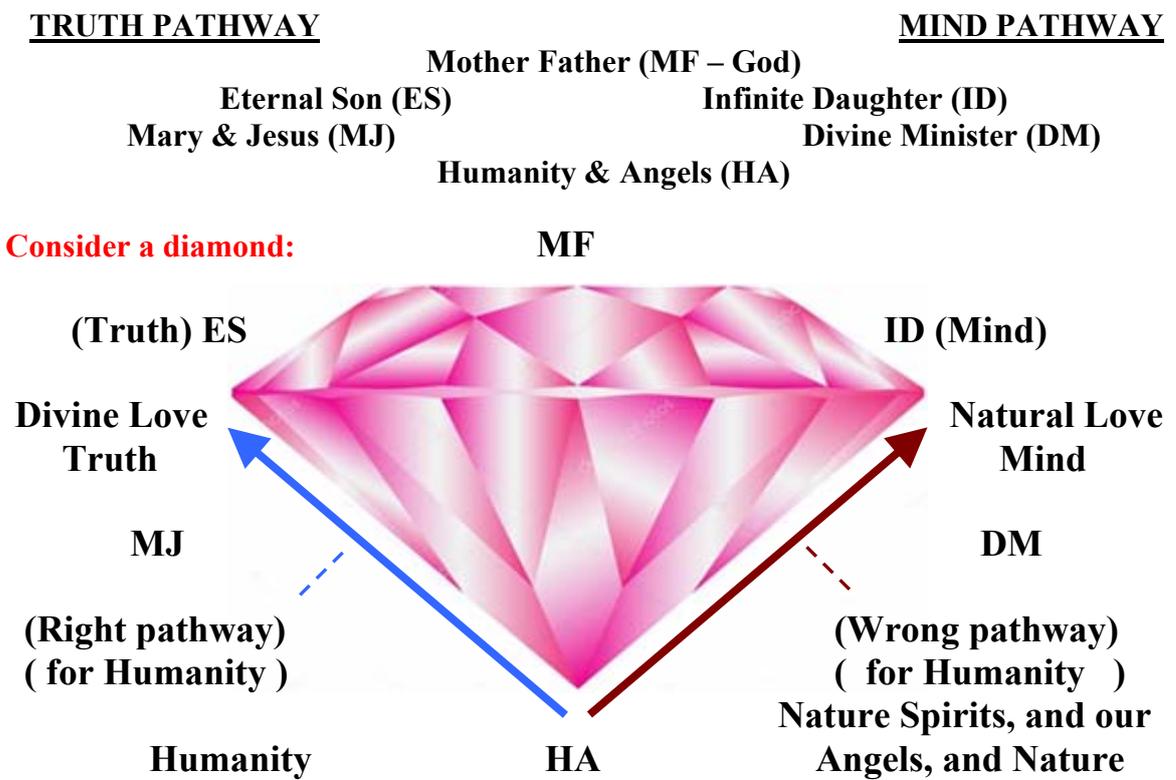
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

As the Lanonandeks all rebelled – the Lucifers, Satans, Caligastias and Daligastias soulmate / soul partner pairs – 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.

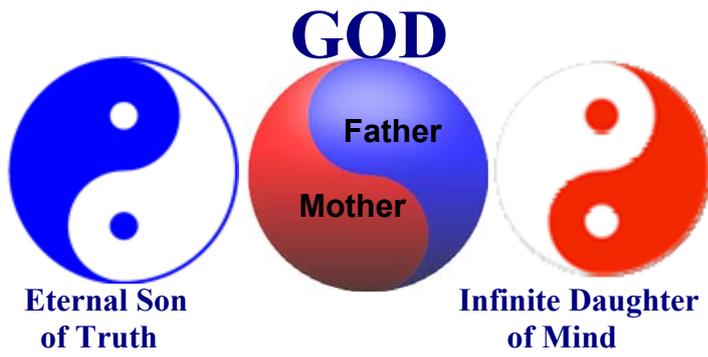
Currently the whole of Creation exists for the ascension of mortal souls from their earth planets to Paradise. It’s all one vast Grand Ascension Scheme. With all the higher and lower spiritual Daughters and Sons, together with all the many different angels and other universal spirit personalities, and 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.



Feeling Pathway

Mind Pathway



Soulmate Pair

Angel

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.



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.

Spirit Person

Nature Spirit

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.



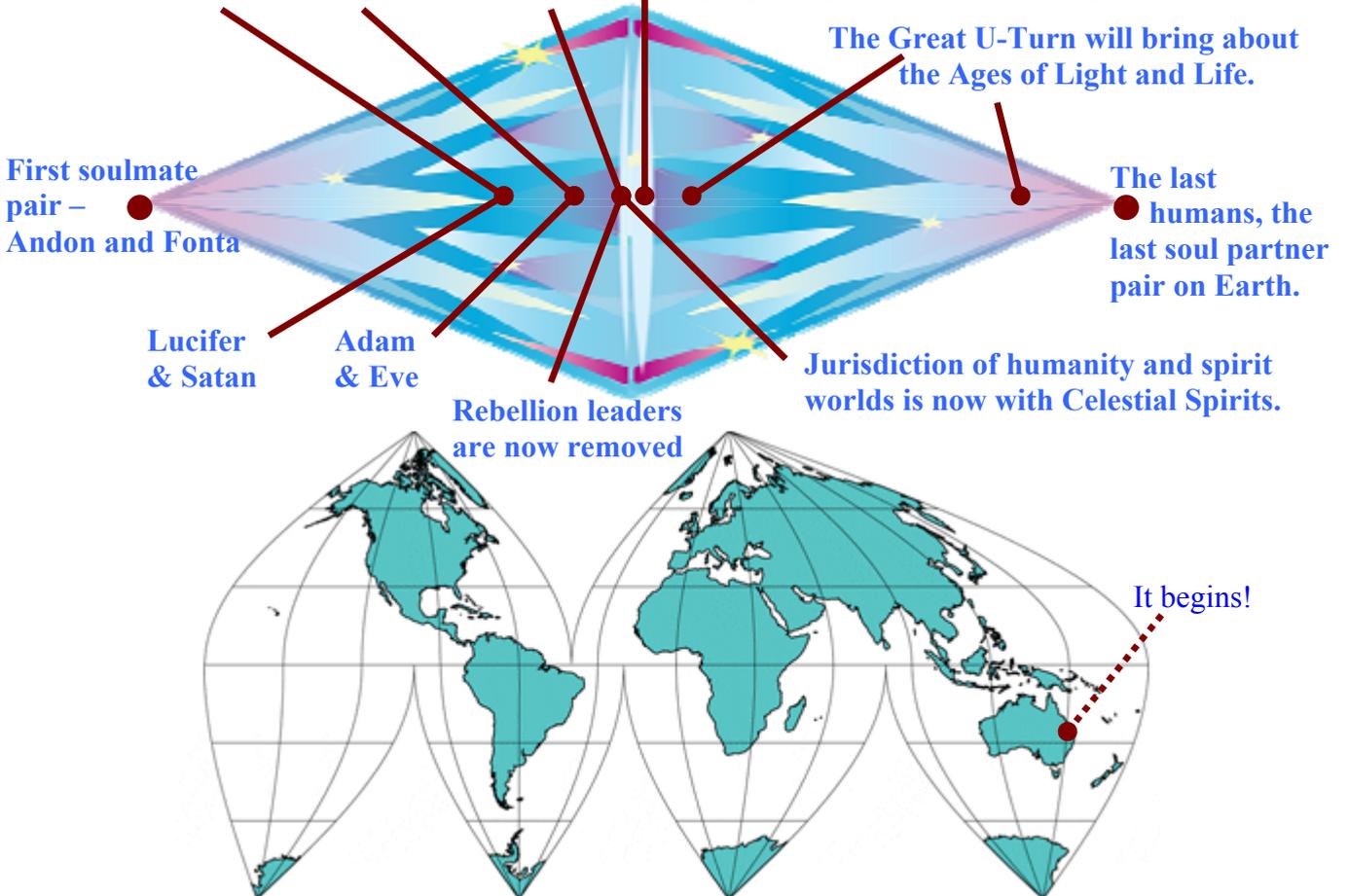
A nature spirit is an angel in waiting.

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.

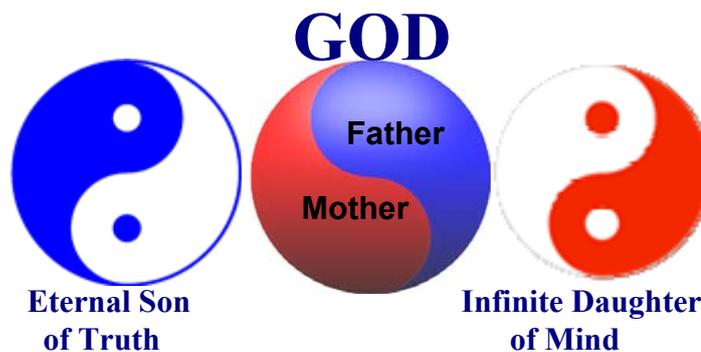


This is the Great U-Turn. We are to feel and live by our feelings and express our feelings, our mind will follow in support, not the other way around.

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.**

The Rejected Ones – Living True to One’s Feelings – Zelga Speaks **by James Moncrief**
Message 28 **Zelga** 4 January 2003

Zelga.

It is hard to conceive that people who say they had such a wonderful and peaceful dream life of love are still living in a negative mind state and have to do their healing as we all do. It's something we want you to consider seriously James: that love isn't all it's made out to be. Because how can it be true and pure love when one's mind is negatively patterned?

I appreciate it's difficult to understand that what you say and feel is love is not love, and only something your mind is making up based on early childhood negative belief patterns, however as you go deeper into your soul-healing, you will question all that you believe and feel love to be. And the resulting truth will expose your false beliefs, revealing them for being what they are – false. Can what you say is love be false? Can it indeed! This is the most significant question you will face and need to find the truth of. And as you do, it will bring into question every aspect of your life: What really is the meaning of life?

We want you to understand that the emotions you feel, although being valid in their own right, are perhaps not all you make them out to be. You have removed their true meaning and therefore their true feeling, and it takes a lot to bring them back and know for real what they truly feel like. It is difficult to understand, but it is that you do feel feelings and emotions and these are real and what they are, however it's what is driving them, what is generating them, what they are founded on that is wrong and untrue, thereby in effect making them invalid, and so by extension – false.

What you call love now may turn out to be something completely different causing you to question everything in your life, everything you believe, everything that you are. You only need look at any child who is trying desperately to love its mother, while its mother is treating it badly. How screwed up will its mind become? Its mother in one moment rejects it, making it feel very unloved, then in the next is telling it how much she loves it. What is the little child supposed to think? It's going to cling onto what it believes love to be no matter what. And it does, and its mind forms around such negative unloving patterns and forevermore (until it does its healing) it will wrongly believe that love is love. It will even believe that rejection and all the associated bad feelings are love, does its mother love it, all because its mother has told it so.

How is a child supposed to deal with such a huge contradiction – it doesn't feel loved by its mother and yet its mother is telling it she loves it? What is it supposed to do? How can it fix the problem? It can't go and get another mother, and besides, it wants its mother. But it wants its mother to love it and accept it, not reject it. So what can it do, other than protest? And when it does the parent comes down even harder on it. It is calling out for help and the adult ignores it, or worse still, punishes it. It's punished for feeling bad, for feeling its not being loved as it needs to be. It has no recourse, nowhere to go, no-one to seek help from, it's entirely on its own. And all the while it needs and wants nothing more than its mother to love it.

And you know what feeling rejected feels like. There's no worse feeling, you feel like you're being annihilated – you can't exist without love. When you are little, you don't as yet know the Mother and Father love you, as all your focus is on your physical state requiring your parents love to ensure survival. At your most vulnerable time in life you are pushed aside, rejected, not loved, so how does this make you feel? Completely traumatised. When you are 'throwing that tantrum' you're fighting for your very survival, with all the strength you've got, and all because you feel so threatened; and to suffer that kind of rejection and pressure so young, when your faculties aren't even formed, is devastating. It all

but crushes you, stops you from expressing yourself, forces you into your mind and away from your feelings.

Jesus died on the cross to show us what we are doing to each other, how much misery and suffering we are inflicting on each other. How much we don't love, have no idea about love, and how we've given control over to your isolated and scared minds. We rejected him just as we've been rejected.

As children we begin on the cross. We live as Jesus has shown us by what we did to him and how we terminated his life. He died to show us how bad we are to each other. We live on the cross of suffering. We are the **'World of the Cross'** – the world of no love, the world of no truth. We begin life conceived on the cross and never come off until we've done our soul-healing. We only pretend to ourselves that our 'Great Life', of pain and suffering, is a happy and good life, and a life of love.

The pain you feel in your body, in your heart, in your mind, and in your spirit, is the cross you bear. We are all bearing it and carrying it about with us. Your healing will show you just how much you are suffering, how much your parents made you suffer, and how nothing has changed since then in your adult life. We are all being eaten away by our own cancer of self-denial, and without applying all the drugs of fantasy and self-delusion trying to take our pain away, what are we left with? Nothing but bad feelings. Only our pain. So where now are such feelings of love?

When you see and hear a child screaming in tormented anguish, understand that it's in pain. Imagine yourself being this child. What is happening to it? What is happening to you? This child is fighting for its life, its own survival. It has no freedom, it's not being lovingly encouraged to express itself, it's trapped in its parent-made prison, it's already dying even though its new-child-energy is rushing it into being. It's dying from pain, from the torture it's enduring, its adult life will be nothing more than a slow death. Not a natural gradual physical death, but an agonising traumatic death of its mind, spirit and soul.

The family home is a child's prison camp; the extent of its torture determined by how much freedom its parents give it. If they allow it to retain its power it will grow up believing it is self-confident, that the world is there for it, and it will more than likely be able to get whatever it wants. Life will seem to work for it. If it loses all power then it will grow up crushed, depressed, hating everything and everyone, and not understanding why it can't do anything it wants in the world.

Life will make it seem like a failure. And with both these extremes, the child now as an adult, might say it was loved, that it can feel love for its parents and it was loved by them.

To be a loving parent means you love wholly unconditionally, as God loves you. But to do this we first need to heal all our unlovingness, all our negative rebellious mind; we need to become of a Celestial truth. When we have achieved this, completely healing our soul, then we'll know what love is and what it truly feels like, and we'll be truly loving as we live that truth. Until then, we live in a system of relativity's, all trapped within and an expression of the negative. We are conceived into the negative state – everyone. Those of us who appear more successful, happy and loved are only parented by parents who aren't as controlling, or have learnt to live a more unreal and superficial life. These people being the 'successful' ones, the law abiding righteous hardworking citizens, are called the good ones, and the 'failures' are the bad and evil ones, yet, we are all evil, all failures, only it would appear – wrongly – some more so than others.

This is what we want you to understand James. It will require something of a mind shift, a refocus. But as your feelings are leading you this way, so it will become easier to understand what we are telling you.

All day long we tell our children they are wrong; we criticise, judge and punish them. We don't allow them to be how they want to be. We force them to be how we want them to be. And we call this being loving parents, parents who are concerned for their child's well-being. We hurt them saying it's for your own good, you need to learn the ways of the world so you can survive. Yes, so you can survive in an evil, rebellious, negative world – great, just what we all want!

We live way out on our own isolated planet from the rest of the universe. We believe we are the great ones, and that we are right. We are not one family united under a happy flag of humanity, but terrified children barely out of nappy's, pretending for all we are worth, not to feel the truth of the pain we are really living in. Go ahead, live your life, torture your child believing you are doing Gods will, and when the day comes to account, you will have no one to complain to but yourself. We are all living separate unloving lives, all desperately clinging onto an unreal existence, and so scared to let go and die. But die we must, and during your healing you will die, it will be the death and end to all the hatred and error and false love, and when you are healed you will be reborn anew into the arms of your loving Mother and Father.

James, your parents said: No, you can't be you; you can't be true; you can only be how we tell you to be; you can only be like us. Each parent says: It is my way that counts not yours. It is my will not your will that you will do. And if you refuse, I will punish you. I will make you feel worse than you already do. You do not exist, I do. You are not real, I am. You are not the all important one, I am. You are not the boss, I am. You are subservient to me; I am the all-powerful one, not you. I am your god, not you. And I love you because I tell you so, and what I say you must believe, for it is real and true – what I say is the Law! If it weren't then why would I say it? I am doing this – all of this – for you. I don't have a life anymore because of you, so shut up and don't complain. And if I can't have a life, don't think you can. My life is not for you, it is for me, and I wish you would stop interfering; you are just like my parents. Stop it! Stop doing your life and listen to me and do my life. I am the way the light and the life in your life, and without me you are sunk, you are nothing, because remember who brought you into life after all. And if you don't behave, I will take your life away just as I gave it to you. So smarten up, stop crying, and stop being yourself. Yourself is an ugly, repulsive, snivelling, pathetic creature, and I can't have my child looking like you because what will all the other parents think – what will my mother and father think! They will think I am no good as a parent, and I have to show them I can be as good, if not better, than them, so you my son, get your act together or else!

'I hate you.'

No you don't, and I won't have any of that talk in my house. If you want to behave like that and say those horrible, nasty and mean things, then you can go and live somewhere else. I'll send you off to live with your grandmother; you know how much you'll love that. She can have you, and she won't put up with that sort of thing. So come on now, get yourself together, and let's be friends.

There now, are we friends... see that's better, we are all nice again. Now come here and give mummy a nice big kiss. See, now isn't that better? Look, you are feeling all better, so now we can get on and we'll go and have an ice-cream, there now, would you like that? Yes, that's a nice idea, isn't it? Come on, we'll both go to the shop and have a nice time together. There now, isn't this a lovely time we're having together? Isn't it nice to be friends and to love each other? And see look, now you don't hate mummy after all, do you... no, now you love mummy...

Does that sound familiar to you James?

We all live in a very poor state, James. We thought that we would access some of your memories and you could ‘channel’ them, so to speak. It wasn’t loving or nice all that your mother did and said to you. It was all lies and wilful deception. It is all corrupt, evil, full of wicked coercion, and all designed to keep you on your cross, and to keep you there at all costs; and ‘to never, and, I repeat NEVER’ allow you down.

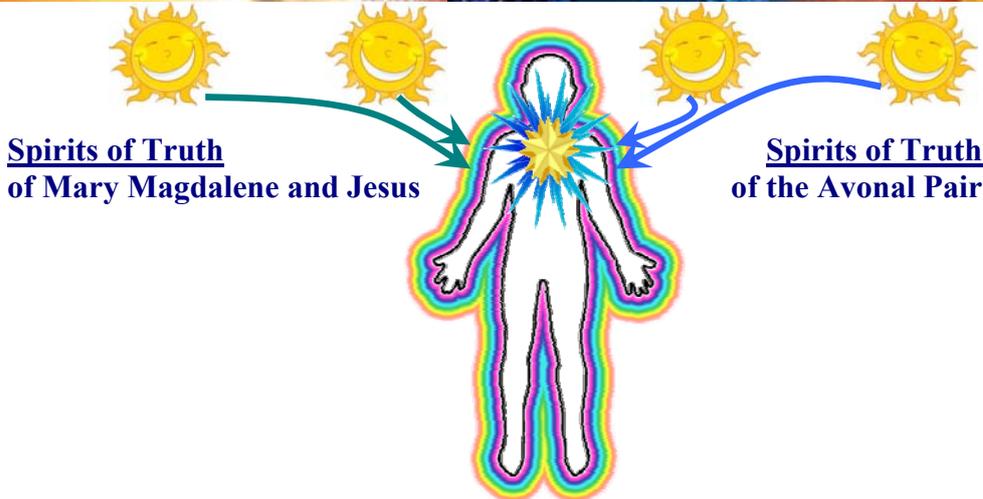
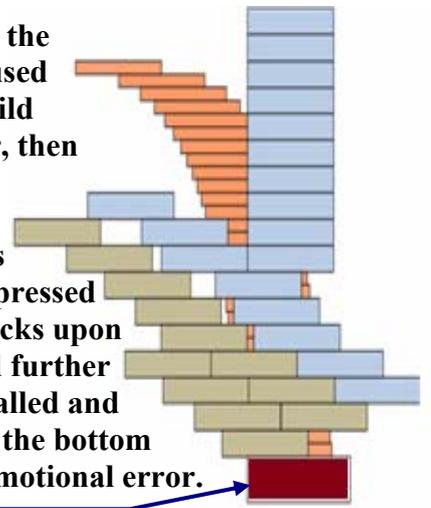
Thank you James for just going with us as we work all these different experiences for you. It gives us a great deal of enjoyment to be able to work with you in such ways, for there are lots of things we want to show and tell you.

If you are ready we will allow another spirit to speak with you. Take a moment, by all means James, if you need to, perhaps take a break? Zelga.

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.



SPIRITS of TRUTH and HOLY SPIRIT:

More from James regarding Spirits:

The Holy Spirit provides differing support and guidance to that of the Indwelling Spirit. The Indwelling Spirits guides one to God, our Heavenly Mother and Father; the Holy Spirit brings Their Divine Love into our heart.

The Spirit of Truth becomes active ONLY when we choose to follow the 'owner' of that Spirit of Truth. So in our cases, Jesus and Mary Magdalene. We have to want to live the same truth as they are living, so 'be like them' and in doing so this activates their Spirit of Truth. And so if we choose to be as they are in truth, to live how they live the truth, to be of truth and the same truths they are, then with their Spirits of Truth assisting us we will come to relate to our Mother and Father just as they do.

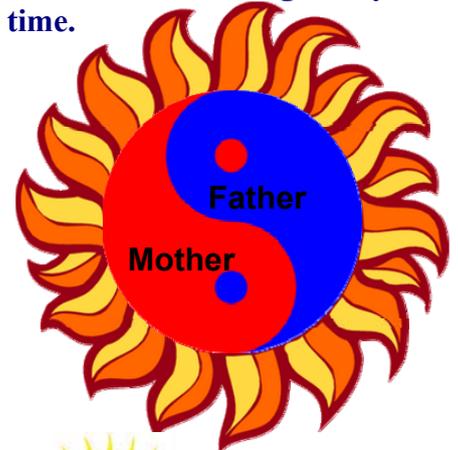
We are growing spiritually in Mary and Jesus' universe. We have to want to be as they are in truth, if we don't want to do that then we're rebelling against them. And if we don't embrace them, then we'll never leave Nebadon, the region of the universe that encapsulates Earth.

The whole idea about having Spirits of Truth coming from Paradise Pairs is so the ascending mortals (us) of that universe (from the Creator Pair) and specific worlds (from the Avonal Pairs), all end up living the same truths. And if we didn't live the same truths, we'd all still remain all over the place and have nothing we can all connect with and relate to in each other.

So we can come from all over the planet, from very diverse races and cultures, yet because we all end up embracing the Spirits of Truth that are to help reveal the truths we are to know, so we'll all be able to connect and relate to each other through the truth we're living, all being able to live happily together as Celestials, and eventually as Celestials on Earth. It's the Spirits of Truth that bring us all together, homogenises us if you like. And if we all lived true to them, we would not need any rules or laws because we would all be living and knowing the same truths – so all living the same way only expressing those truths individually.

Our HEAVENLY PARENTS

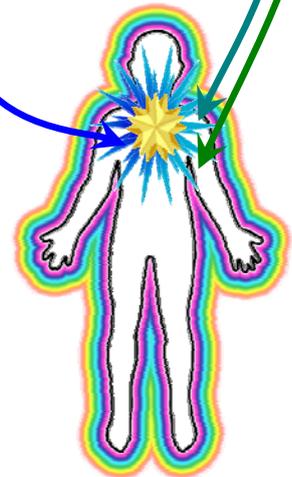
have any number of spirit instruments assisting at any time.



Holy Spirit
conveys Divine
Love from our
Heavenly Parents



Spirits of Truth
of Mary Magdalene
and Jesus



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 recognize 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 realize 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 one's mind, that are controlling you.

The BEAUTIFUL MIRACLE:

5 Oct 2012

The Divine Universe

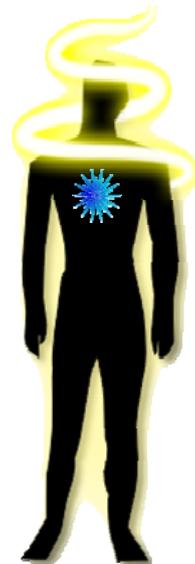
The way in which the Spirit conveys the Divine Love into the soul is a beautiful miracle. The attribute of mortal soul prior to incarnation has to it, a potential within it that is part of its formed nature. After the soul incarnates this potential remains part of the soul and even if the forming personality is unaware of such a soul potential, the potential still exists. The Divine Love is entirely suitable in its energy of harmony to be the energy that a mortal soul can utilise. The Spirit covers the spirit body when the individual sincerely asks the Soul of God for the Divine Love and this covering of the spirit body is where the dynamic of this beautiful miracle takes place. From the internal longing of the individual for the Divine Love, this activates the Spirit Law that activates the Spirit that is then attracted to the spirit body upon which the Spirit material of the spirit body draws the Divine Love into its soul and this union complete. The key here is to gain a perceptive insight into realising that the spirit body is not an inert body but that it is living and has activity, recognisable from its first forming from the Spirit Law that materialises a spirit body. The Spirit and the spirit body to give an analogy are like two attracting magnets and when the surface of the spirit body is touched by the Spirit, this causes the automatic response of the Divine Love to permeate into the attribute of soul and so begins the transformation of energy from the natural into the Immortal Divine Harmony. If the individual continues the receipt of Divine Love the energy that is Divine Love actively begins to change the soul and this is felt in the spirit body systems and can produce feelings of love and elation. The spirit-mind begins to change as all spirit body systems are affected by the changed condition now experienced in the soul as the soul becomes living and vital. In one's progression of this Divine transformation, the soul will mature enough from the amount of Divine energy it receives and at that moment the surface of the spirit body and the Spirit are continuously attracted to each other and one is living in the presence of God in perfect harmony and this clarifies the truth about what it means to be truly at-one with God.

Jesus of the Celestial Heaven

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



**Divine Love being received
from The Spirit, covering the
spirit body of the requesting
personality.**



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



INTRODUCTION for a HEALTH CARER ENGAGING ASSISTANCE:

So who am I to heal?

Not everyone, most, but some will need temporary relief from it, so they can do other things with their lives, things they couldn't do when they are in such pain. But as you understand, that pain will still be there in their soul, and one day they will have to return to it and bring it up and out of themselves, all so they can see what truths it has hidden in it for them.

For some people its necessary they feel all their pain because it will help them to understand more about themselves when they come to see the truth of their pain. So they need the pain so as to find the truth, it all being around the wrong way because of the rebellion against truth.

Possibly the angels might work more closely with people should those people embrace at least the notion of doing their Feeling Healing.

So, what is Feeling Healing? It's looking to your feelings for the truth of what's making you feel bad:

- **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.**

And it's possible that you can heal everything that's wrong with you on all levels through your Feeling Healing.

Relief may occur immediately, or it may be later on. One's heartfelt longing for the truth of their feelings being good and as well as bad will determine what assistance is provided. It is up to each individual to want to live true to their feelings, and when they do, then the angels will be there to help them.

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

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
Road map of Universe and history of Universe:	2017	xxx	– James Moncrief
The Urantia Book	1925 – 1935		xxx as primary reading
Divine Love supporting reading:			
Revelations	1954 – 1963		– Dr Daniel Samuels
Judas of Kerioth	2001 – 2003		– Geoff Cutler
The Book of Truths containing the Padgett Messages or Little Book of Truths	1914 – 1923	xxx	– Joseph Babinsky
True Gospel Revealed anew by Jesus Vol I, II, III, IV		xxx	– Geoff Cutler
Available generally from:			
www.lulu.com	www.amazon.com	www.bookdepository.com	
For Divine Love focused websites and forums:			
Pascas Health:	http://www.pascashealth.com/index.php/library.html		
Spiritual Development:	http://new-birth.net/spiritual-subjects/		
Padgett Books:	http://new-birth.net/padgetts-messages/		
http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm			

BIBLIOGRAPHY NOTE:

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

Pascas has 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, can be downloaded from www.pascashealth.com .

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
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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..*

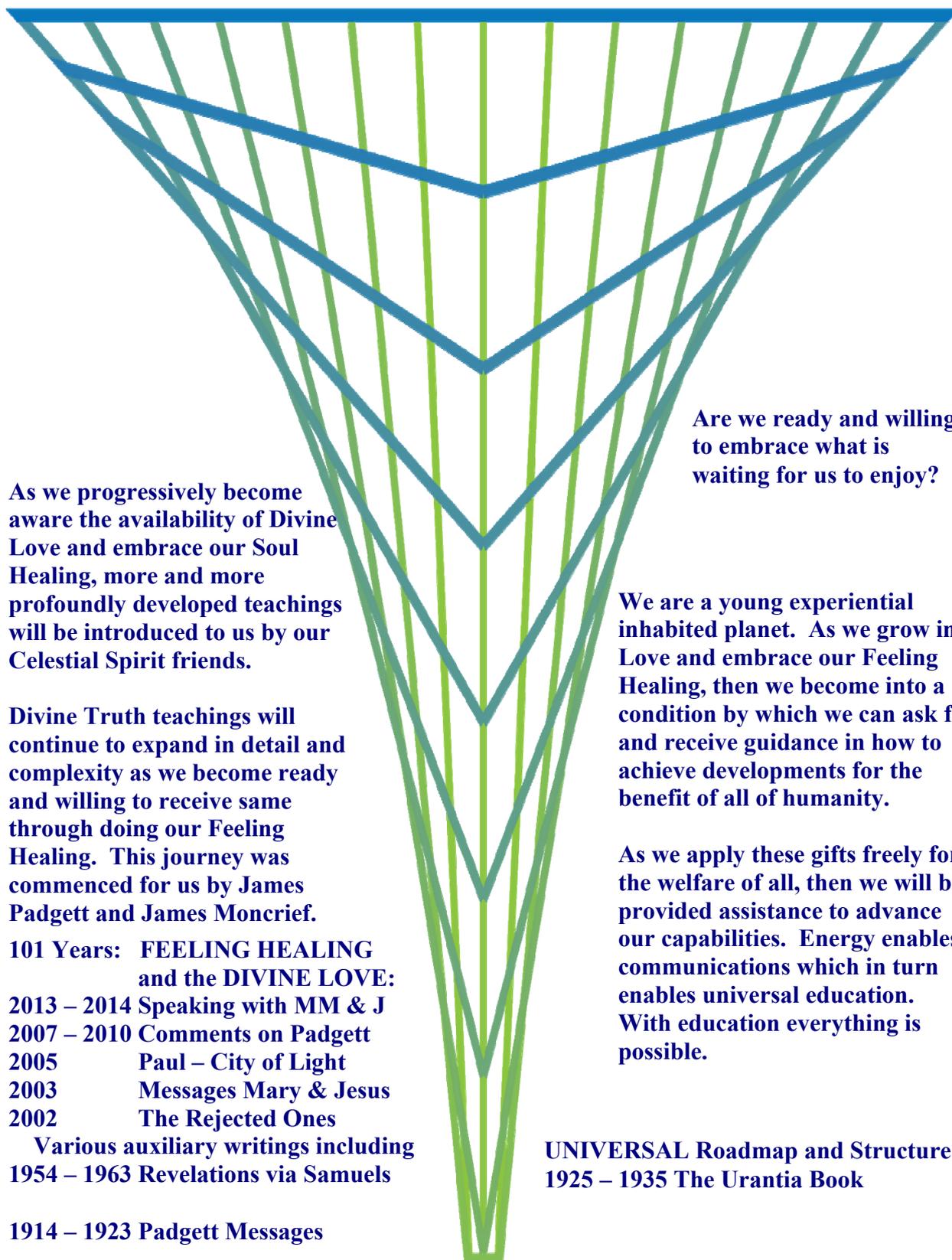
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MEDICAL – EMOTIONS:

- 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
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- Pascas Care – Feeling Healing is Rebelling
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- 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:





perceived truth MoC 880 – relative truth potential MoC 1,480