

# PASCAS CARE

## Feeling Healing

## Trust Yourself



## Trust Yourself

“Peace And Spirit Creating Alternate Solutions”

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

Aspiring to Living Feelings First, *John.*



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

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

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

**The Rejected Ones – Living True to One’s Feelings – Mary Speaks****by James Moncrief****Message 27**

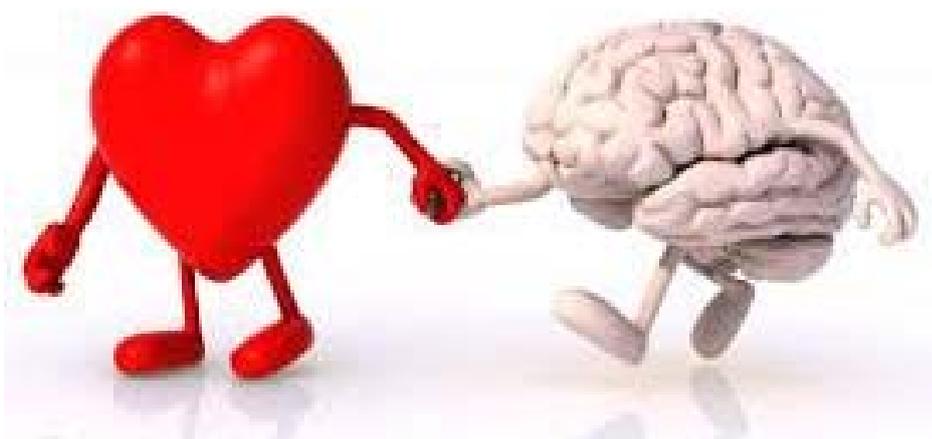
2 January 2003

Hello James, Mary.

I wanted to drop in and see how you were going, and all’s very well I see. I am so glad you’re continuing and it’s now a lot easier for you. Please tell Marion to keep going, and that which she is doing is what she is meant to do: nothing but express herself no matter how frustrating and meaningless and purposeless she feels. She is a very good girl indeed and soon it will break. You only need to express all that you feel at the time. You don’t have to do anything else. Express all your bad feelings (and good ones) when they come. Express your hatred and anger and all the yuk in you. Express and Express and Express yourself as much as you can, and to whomever is willing to listen. **TALK IT ALL OUT OF YOU – ALL THE WRONG IN YOU.** Bring it up and out as your soul longs to let go of it. Bring it up and become responsible for it: accept it, allow yourself to be it, to fully FEEL it; that is all you have to do. **ACCEPT ALL THAT YOU FEEL!** You are all of it. And Keep going all the way, and one day light will appear at the end of the tunnel and the kingdom of all glories will be yours!

To answer a question in your mind James, Jesus and I have many small groups and individuals we are helping to move along in their pursuit of truth. Many are on the Earth, some of whom are aware of our help in various ways, and some not. Keep up the good work James. I will speak with you again soon. I’ll give you back to Zelga. Love Mary.

**YOU  
KNOW  
THE  
TRUTH,  
BY THE  
WAY IT  
FEELS.**



**The Rejected Ones – Living True to One’s Feelings – Mary Speaks**      **by James Moncrief**  
**Message 29**      5 January 2003

Jesus.

I want to tell my adventure of asking for the Love of my Heavenly Mother and Father. I am here, your friend in Truth, Jesus.

Yes James a surprise. Mary and I have come back to see how you are doing, and I to want to add my personal experience to the ones that are to follow. I simply can't let the girls have all the say!

As you know I was very young when my mother and father began to teach me about the ways of life as they knew it, and what they believed would be important for me to know. My mother and father taught me the prayers they did both privately and when they were at the temple. I copied what they said and prayed to God, Yahweh, for His care and blessings, good fortune and general love and well-being. I did this for a number of my earliest years until one day I found that I did not want to say their prayers anymore as they suddenly had no appeal for me. I felt that my mother and father would be upset if I did not continue as they had shown me, but as I could not do it anymore I decided to ask them if they minded that I did not do it, and instead tried to work out my own prayer to pray. I asked them both to sit down at the dinner table, as we did when we wanted to speak seriously to each other, and they both did as I asked. As a family we all had a lot of respect for each other and this made me feel loved and accepted by them. I was able to ask them for what I wanted and speak openly my thoughts and feelings.

I was very apprehensive, however the memory is still a clear one for me, as it was the look of support and complete acceptance on their faces that made me feel so good. I told them that I hoped they would not be upset and that I did not want to disappoint them, and that I respected all that they had told me, but would they mind if I made up my own prayer and said it to Yahweh. They both said no they did not mind at all, and then they both agreed very enthusiastically saying to me that when I had made it up, if it was all right by me, would I tell them so that they too could do my prayer. They said that they would much rather do my prayer than anyone else's. I was so happy and thankful to them, I don't quite remember, but I feel tears might have welled in my eyes.

This is one of the most pleasurable memories I have from my life on Earth. And it was from that time on that I began my personal life with my Heavenly Father. I don't remember too clearly exactly the sequence of events, however I do recall that I thought long and deep about it. In the end, having tried many possibilities, I gave up. I found the task to daunting – what did one say to God? I tried for days to work out a prayer that seemed satisfactory and covered all I wanted to say and ask for, but at the same time I wanted it to be very simple, and something that would be easy for my mother and father.

Then one day after again deciding to give up suddenly a thought occurred to me, to the effect of: why don't I ask Yahweh Himself what prayer I should do, after all it was Him I wanted help from and wanting to offer myself to. This then brought up even greater difficulties for I did not know how to ask Him, as it wasn't done so far as I knew, and if I couldn't work out a prayer to say to Him, then how could I ask Him for one to say? I was getting more confused and caught up in myself. And so once again I decided to ask Joseph and Mary what they thought I should do.

After some moments thinking about my problem my father said: why don't you just pretend that God is a real person like your mother and I, and pretend that He too is sitting here at the table with us and then simply say to Him, like you would say to us, whatever it is you want to say. This I thought was a most wonderful idea and went away having to think about it – what would I say to God if he was sitting at our

table?

One evening when I was alone in our house I decided to do what my father suggested and feeling rather foolish, but intent on trying, I asked God if He would be so kind as to sit at our dinner table as I would like to speak to Him. Then when I felt I was ready I tried to imagine God was sitting there like my parents had been and I spoke to Him. I do remember spluttering and bumbling my way along, but finally I felt all right about it, and said to Him that why I had asked Him to sit here was that I wondered if He could be so kind as to give me a prayer to say to Him; and that I couldn't work one out for myself, so I would very much like His help. And then to my surprise He spoke to me, and He said in a very clear and definite voice: 'Yes, certainly my son, I would very much like you to pray to Me for my Love'. That was all He said, and that was enough.

So that was how I began to ask Him, my beloved Heavenly Father for his Divine Love. And it was how I began to speak to Him. I would ask Him to come and sit with me at the table and I would pretend that He was there and I would speak to Him. After some time I realised that I could speak to Him anywhere, and after more time, He spoke to me of his own accord and asked me many things. My relationship with my Heavenly Father had begun. I told Joseph and Mary about my experience and they were enthralled and said that they too would ask for His Love.

Thank You James, we are going again now. Mary will come back later to speak with you. Jesus.

Stay true to  
yourself

**Feelings first**

**LIVE FEELINGS FIRST**

**FEELINGS FIRST For Kids**

**The Rejected Ones – Living True to One’s Feelings – Mary Speaks**      **by James Moncrief**  
**Message 30**      6 January 2003

It’s my turn this morning James to tell you my beginning with my Heavenly Mother and Father – Mary.

I, as did we all, heard about asking the Father for His Heavenly Love from Jesus. When I first heard him speaking of God in such a light I was touched so deeply that I will never forget. He seemed to speak about God as if he knew him personally and that they were the best of friends. And this appealed to me very much. I too wanted, as Jesus said I could, to speak with this God- person who Jesus said was also my Father in Heaven, the Father of my soul. I came from a family that was less traditional and less conforming to Jewish life. I had many brothers and sisters all of whom did look to me for leadership, as being the eldest I was given the privilege, but also being a girl I still had to know my place. I did all the right things so far as I could see where right, and had no particular aspirations in life other than to help others. I was very much living each day as it came, and so when Jesus came I listened to his words and they made me feel good.

He said that all I had to do was ask his Father of Heaven, who was the same God as Yahweh, for His Love, which he called Divine Love, and then I would be able to share my life in a very intimate and personal way with Him. And this was very appealing, for Yahweh as I knew him, was not a real person, not one to speak with and have as a friend and loving father, which Jesus intimated; but was instead very impersonal and only really approachable if you were a man, and then a learned man knowing the right rituals and ways of behaviour – knowing the right words to say. Yahweh was a God to be feared, not a loving father, not someone you could feel safe with, and someone who wasn’t perpetually judging you.

As I got to know Jesus more personally I could see that he was very different from all other men I had known. He seemed very open and friendly to everyone, especially women. He seemed very informal with them, and many of them I also saw did not know how to behave with him. However, the more you got to know him, the more you realised that he wanted you to be just as you wanted to be. He didn’t seem to mind or judge or condemn you for anything if he did not like it, and he didn’t say anything that was not supportive of you, he was never demeaning. This was to many of us a breath of fresh air and it was this that made us more curious about what he was speaking and teaching. He openly invited us to join him in prayer to his Father in Heaven and he said that his Father was very open minded and the God of All: all our foes, as well as our countrymen – the God of all the rich and poor, a God who simply loved us all.

Many of the things he spoke about were very new for us to understand, but what he said appealed to human nature, and made such obvious sense once you decided to accept it and think about it for yourself. The biggest new idea for us, and especially women, was that this Father of his was also the same loving Father to women, and that all men and women in His eyes were equal. Jesus told us what He had said to him: that He created men and women to live together as equals, sharing the daily duties in all aspects of the family life and sharing equally all aspects of looking after children. And that segregation of any sort, was not to His liking and was not needed, as it only led to unhappiness and competition, and eventually hatred of each other, rather than love.

Jesus was very sympathetic to us all, as most of what he said was so different to what we had known, not only about religious matters, but just general life – we needed time to accept and understand. The more time we spent together the more logical all that he said seemed. And then once I understood that he was saying we are all souls, and that meant we are the same even though we might be born into different social, economic and national situations, my eyes started to open. And by using my mind to look at all people no matter what race, nation or creed, and no matter what standard of living or level in the social

strata, as being equal, then I began to really see what he was trying to help us to see. I could imagine all anger, hatred, war and evil dissolving away as we accepted each other as equals with only love to share. However, as all these new pictures were coming to mind, and I was trying to imagine a world like the one Jesus was painting. I found it very difficult to see how most people could or would want to give up their traditional ways and embrace something so far reaching and new.

By the end of his life it was obvious that the ruling powers were in no way interested in listening to such notions, and so I came to further understand another truth that Jesus taught: being that we all were individuals in His Father's eyes, and that to live as He said, one must live true to what is in one's own heart. The truth he taught was personally inspired and to try to live it, as a collective, would only be achieved by and through living it individually; the person first, who would then bring about changes of governments and how the authorities would see things. So all in all we came to understand that it was a change in heart that would help people be free. And as we all did feel repressed personally and impersonally in one way or another: where were we to begin? And this Jesus helped us to see, as he always stressed that the way to change or to see things how he saw them, was through partaking of His Father's Love, and that being how to partake of it involved longing to Him for it. He explained it all to us as he has again did in his messages to Mr. Padgett. Can you see how far away from the truth, and how distorted Jesus the person, his life, and what he taught has become as represented by the Bible and what Christians believe?

Jesus invited us all to sit with him and pray to His Father for His Love. He said that the Divine Love would come, but not until we had decided we really wanted it and were prepared to accept all that he said. He said that if we still chose to retain our old ways and beliefs then this would limit His Father's ability to give us His Love, for being His Children we needed to be of pure heart and intent to receive His Love. This proved a stumbling block for most people. It meant that somehow they were to give up all that they knew and accept a completely new way. Back then it was very new, just as is all that I am revealing to you about your negative mind, and how completely wrong and of no love you are.

Not many wanted to embrace this idea wholeheartedly, and many even though they said they did and seemed committed to Jesus, still held onto, even secretly, their old ways and beliefs. We had no idea about our negative mind state and how badly entrenched we were in it, but Jesus was diametrically opposed to all of how we were.

Jesus loved to talk about and discuss all he knew. He said the more he talked the more he saw and understood, so he wanted people to ask him questions, loving the more perplexing ones which very occasionally someone would present to him. To answer these questions he would have to speak directly to His Father in Heaven. It was astounding to watch him look, as if into heaven, with a questioning face and then some seconds later bring his focus back to the person and begin to speak the answer. And sure enough, new understanding would come to light, to enthral all of us who loved to see his mind work in cooperation with His Father.

Jesus shared with us as much as he could about his own thoughts and feelings. He seemed very open and unafraid of what people might think of him. He was very relaxed, never in a hurry, and also very confident and firm in his conviction about all he spoke. As we spent more time with him, we saw him grow and change and become even more certain and confident and full of love. All the way through his public life he remained a kind, open minded, supportive, encouraging and friendly likeable man.

One day when a group of us were sitting with him, for some reason the others left, and I was alone with him. This was not unusual as many people spoke with him privately or in small groups. It was one of the wonderful things for women that he did, which once you got used to and didn't feel threatened or out of place, enjoyed, as he openly encouraged women to speak their feelings and thoughts. He encouraged

everyone to speak honestly, and when they said something of worth he praised them for it, and this made you feel, not only very good inside, feelings which I am sure a lot of women and girls had not ever felt before being inspired from a man, but also very special and important and equal to men.

I didn't realise we were alone, as I was thinking about whatever it was we had just been speaking about, and as I looked up to ask him a question about it he looked very lovingly at me and said, 'Mary you don't need to ask me this question. Look deeper into yourself and you will see that you know all that I do!' At first I was rather a bit taken aback. It was the feelings I felt for him that suddenly came up in me, as he looked at me, which I hadn't up till then allowed myself to acknowledge as anything more than just being one of his followers. I felt such an overwhelming feeling of love for him; I realised I loved him. I think I lowered my head feeling somewhat flushed, embarrassed and ashamed of myself, but at the same time bewildered and so surprised, because as I said, up until this time I had not thought of him in any other light other than as a teacher.

I knew many women (and men) loved him, so many women said they were in love with him, living for a moment of eye contact and the slightest sign of recognition from him, but in many ways it was all still so impersonal, and that was how Jesus responded to much of the praise even deflecting it to his Father in Heaven saying He is the true one to love and praise. So the thought of a more personal feeling of love for him completely did take my breath away. And then, as if he knew what I was feeling, he said 'It is all right for you to love me this way, it is my Father's way'. We were then interrupted as others came back into the room. And I was glad of their return, feeling myself relax, but I soon left needing to get some fresh air and to think about all that I felt.

Quite a number of days passed and I felt all right about myself, about what I felt had happened between us, but I told no one, and Jesus did not seem to show me any extra favour. I wondered if he felt what I felt, but as he seemed no different to me, I put it aside telling myself that I can't make things up, and instead I will think about what Jesus meant by my knowing it all myself. Some time later I decided I didn't quite know what he meant, but I wanted to know more, however I felt unsure as to how to approach him about it. Even though he encouraged us to speak, he was getting increasingly busy, spending more time with his male disciples who were feeling very excited about all he had been telling them. We – women – felt a little left out, however Jesus explained to us that our time would come, and for the purposes of what His Father had in mind, he needed these men to carry out his immediate work. We all accepted this, the men of course feeling even more special, just as they thought it should be.

I decided to ask Jesus more about what he said to me, when and if, the opportunity presented itself. I would not go out of my way to speak to him privately or in public, and so when I received a message saying that he wanted to see me, alone in private, I was again shocked, as well I must admit, excited. When I arrived at one of his relative's houses, he had everything organised and I was amazed when he asked me to eat with him, just the two of us, together, alone, and he assured me we would not be disturbed.

Nervously I sat and even though I had eaten with him before, it had always been with others. So I felt like a little girl not really knowing what to do or how to behave or what to say, but thankfully Jesus was just as he always was, and soon I felt more at ease. He asked me almost immediately what I had thought about in respect to his telling me that I knew what he knew. I said that I had but hadn't got very far with it, that really I didn't know what he meant. I told him I had wanted to come and ask him to explain. So he did. He told me that I was his soul-partner, his true destined soul-mate, his equal. He said that he did not expect me to understand about such things, and there was a lot he knew about which he wouldn't tell other people, but if I wanted to know he'd tell me everything. He told me about his life and what the Father had asked him to do, and the limitations he faced; and even said that he felt he would not live a full life as he would be too threatening for the authorities to tolerate, but he was not going to leave his

native area and move to other parts of the world, he was going to carry out his Father's work as the Father directed him.

We spoke for a long time about all sorts of things and he said he would like to see me more in private, and if I wanted at any time to see him, he would. He said he would give me top priority even above his disciples. He said he wouldn't tell me all he knew for this was not the time nor place, and as I listened to him speak about life after death and the creation of his kingdom in heaven, I gathered and understood, that our time together would not happen in earnest until then, until we'd both died and gone to live in heaven.

He said the Father had told him all about me and my soul and that he would be able to explain it all to me in the spirit world if he didn't get time to before he died. He further explained that what the Father wanted of me was to keep on living doing whatever I wanted to, and to study life in the light of all Jesus said. He said that this would prepare me for the work the Father wanted me to do when my life here on Earth had finished. He went on to speak about the need for me to stay in seclusion as there was no need for me to say or do anything more than be as I was. If I wanted to get married and have a family he said that was entirely up to me, however he felt that such things would not be of much interest to me. He also spoke of how best I could serve him and so it was decided that I should be the spokeswoman for the women followers. He said he wanted to choose women disciples to be the equal of his male ones. He told me the women would focus on helping the poor and tending to the sick, whereas the men would focus on teaching the truths he revealed. But he also said he would want to meet with any and all women who also wanted to understand the truth of what he taught, as women were able to learn and teach truth just as well as men, if not better.

He said he did not expect anyone to be able to live the truth he spoke, except me, however his mission was to prepare the way for all men and women to follow us. He said that they will try to do their best, but for other extenuating circumstances, it would not be actually until he died that the Father would come with His Holy Spirit and fill the hearts and souls of those men and women who lived with faith and trusted all he taught, and those whom had sincerely prayed to and asked God for His Divine Love. He said that his Father required his followers to live with faith in him and His Father, and if they did they will feel the reward when the time came in their soul.

Everything he said to me, as it always did, made so much sense. I felt all he said was true. Later after I left, alone on my bed, I thought over all he said and wondered if it might be true, that which he said about me. I had to admit to myself that I had felt certain things throughout my life and a deep longing to be with God, but I didn't know if such things were normal, being also felt by others. Did I dare to believe and accept all the implications from what Jesus said? Was I truly his soul-mate, his chosen equal partner, chosen by God? By the morning I thought I would just accept and do what he said, and I would keep and respect his confidences with my life. And I did. Occasionally I allowed myself to think of the after life, however it was all too much so I busied myself doing what he said: helping people in their sufferings and helping those who wanted to understand the truths he taught.

And so it was when he died, that we felt the rush of *wind* caused by the Holy Ghost upon our spirits as it surged into our souls at Pentecost bringing the Father's Love. And what an incredible experience it was! I felt my spirit being raised up as if by a great angel, and I knew, as we all did, that the man we all so loved, and whom many of us had seen die on the cross, was all that he'd said he was.

I felt my soul coming alive, transforming itself into the very essence of My Heavenly Father and I cried for joy, as I too knew all through me that He, Jesus' Father of Heaven was also my Father of Heaven, and it was all just as Jesus had told me and promised. And from that time on, each time I prayed to my Father of Heaven I felt the Holy Spirit coming to me, and with the passing of each day I felt I was

understanding more of what Jesus had spoken about. I felt as though I somehow had his voice in my thoughts explaining things to me and helping me to see all that I wanted to know. I felt that I knew more about what Jesus meant regarding my soul, and as I continued to help others I began to see deeper into their problems and why they had them. I felt that my Father was guiding me to see what He wanted me to see, and I felt that I had begun my life and my work with Him, and I could see it carrying on into spirit. I could see how people were reacting to what Jesus had taught now he was gone, some understood and appreciated him more, others had no qualms about using what he said, even changing it, to serve their own purposes. Overall it became obvious that not many people were able to stay true to his teachings, they quickly lost interest in longing to God for His Divine Love, reverting back to their old ways, embroiling the purity of Jesus into their imperfect lives. Many of them felt misplaced, especially the men, for they had unreal expectations and did not understand the subtleties of which Jesus spoke. I could see I was not like them. They all seemed to be receding and losing the light, that Jesus had given them, but steadily I felt a growing intensity and understanding, a focus awakening in me. But I felt I wanted to keep such thoughts and feelings to myself. I only shared a few of them with some of my close women friends.

It was easy for me to remain insignificant in the fall-out during those years after his death.

It had been a very intense time for all of us, and only Jesus had the understanding to know exactly what was happening all the time. Looking back we were all like a lot of lost lambs who for a time came to live under the protective arms of the Good Shepherd; when he left we were cast out back into the darkness. As the years passed I could see how humanity, and in particular men, were not yet ready to give up their false power, and less and less did I have anything more to do with those who still believed that they were carrying the banner for Jesus.

At the tomb when I saw him standing in front of me, when I realised who it was, I got such a shock. Even though he had said I would see him again soon, when you see your first apparition and it speaks to you, it does tend to leave you somewhat unsteady on your feet. I felt such a deep longing to be with him, and many of the same feelings of deep love like those I felt on that first night when he spoke to me privately. I could feel my heart opening further to him. I felt joyous but also alone; I didn't want to remain on Earth without him. I wanted to be with him. I wanted to learn and grow by his side; I wanted to share all that was happening to me with him.

He came often to me, it was a balm to my heart as he told me how pleased he was with me, and that he was preparing the way for me for when our Father chose to end my life and deliver me unto him. I would cry and feel free in my heart, free to allow myself to feel whatever I might. And then his voice was with me all the time; I no longer needed to see him. He remained with me for the rest of my life and helped me to uncover and reveal to myself, and those few women I chose to tell, the truths that I would present to those in spirit after my death.

Gradually I felt a longing to relate to God as my Heavenly Mother. I allowed whatever feelings and thoughts to come because I knew Jesus was with me supporting and encouraging me, and so in time I began to speak to God as my Mother, as both my Mother and Father in Heaven. And together They helped me look deeper into my feelings and to look into the feelings of others, all so I could begin to understand the real problems and their causes that afflicted humanity. So came the unfolding and evolving of my understanding about love, false love, the negative mind, and the need to do one's soul-healing – all that I am passing onto you James. All that Jesus and I want you and Marion to help others understand.

Thank you James. I will end here. Mary.

ALWAYS BE TRUE TO  
YOUR FEELINGS

## **WE ARE TO BE OUR TRUE SELF – OUR SOUL BASED FEELINGS!**

**We are to use our feelings to uncover the truth of ourselves. Just how important are each of our feelings? Well really, they are ALL as important; as in, nothing else in life even matters other than what we are feeling.**

**We are all so conditioned and used to living with our mind in control of ourselves, that many of our feelings, and mostly so many of our bad feelings, we dismiss or shut out and refuse to deal with. We should go the other way in life, so instead of denying so many of our feelings, trying to acknowledge them all, to bring them all out, every last bad one, even if means stopping everything else and attending to them; and by attending to them is to make sure we express them, speak about them, the whole idea being not to keep suppressing them, to make sure they come up and out of us as we feel them.**

**Along with this: we are to long for the truth of our feelings; as in, the truth they are wanting us to see about ourselves, because apparently hidden or behind or within each feeling, is something it's trying to tell us about ourselves. And that is how God wants us to live – it is to live a true spiritual life.**

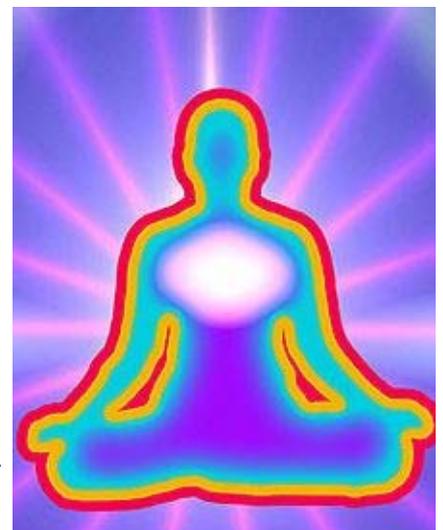
**We are not meant to be alone, we are to have someone with whom we can share our whole self with, telling them all we think and feel. If you do not have a companion, talk it out loud to your Heavenly Parents.**

**If you feel a bad feeling, you don't let it pass, you stop with it, focus on it fully accepting it; and with the emotions of it, express it the best you can; and then at the same time, long for the truth of it – want to see what it's all about – why you're feeling it.**

**There are hidden deeper underlying causes in us that will come to light as to why we're really feeling bad. So we might, for example, be angry with something that's happening in our life now, but as we express that anger, longing for the truth of it, it will lead us back into our earlier life connecting with the same anger we felt about other things; and then back even deeper into connecting, or it should be reconnecting, with anger we felt with our parents when our parents treated us badly.**

**That means there will be a lot for us to deal with if the bad feelings we're feeling now are also going to lead us back into buried bad feelings from our past.**

Comments from 'Sage' by James Moncrief



**The Rejected Ones – Living True to One’s Feelings – Mary Speaks**  
**Message 31**

**by James Moncrief**  
 7 January 2003

Jesus.

Hello James, another surprise, Jesus.

As I enjoyed myself so much the other day, I thought I’d come back and tell you some more personal things about myself; my life, and my relationship with our Heavenly Father. And please note, that for the time being, I will still call God my Heavenly Father, allowing Mary to impress God as her Heavenly Mother upon you.

So I will begin this message in my usual way by saying: I am here, Jesus of Nazareth, and I would like to declare all my love for you and for my Father of Heaven. It is how I speak with my Father that I want to share with you today.

Following on from my message the other day, you will remember that it took me some time to be able to leave the dinning room table and speak with My Father in Heaven anywhere and at anytime.

It was not until after my father, Joseph, died that Yahweh told me to call Him: Father. I lost one father and gained another Father! I was feeling upset over the loss of my father for I did love him very much, and one day I remember while sitting on a hill not far from our house; one where I went a lot to think and be by myself, and one that gave me a good view of our town and many of the neighbouring lands and the main road – I loved watching the merchants moving along with beasts and wagons loaded with things. I could see them coming from a far as the dust blew up showing me who was coming next and I would follow them watching as they came up close to where I lay and sat. I’d watch them slowly pass by, and then move off into the distance – I was speaking to Him about how I was feeling and asking Him why my father had to die, when in the course of our communication He said: ‘But I am your real Father’. And when He said that a surge of love welled up in me for Him. I cried and I knew instantly that He was, and I had nothing to be upset about, as I had not lost my true Father and never could. I felt my tears for Joseph's death drying, and I felt an acceptance of his death: it was meant to happen and even without a mortal father, my Father in heaven would keep me safe. Feelings of wanting to be mainly stirred within me; I accepted taking on more of a fatherly role in our family just as Joseph had taught me.

It was another of my major turning points. I felt that Yahweh no longer existed for me; for I now knew God as my Father. His voice spoke clearly to me making me feel good and filled with love. I spoke to my Father as I had spoken to Joseph. And He responded as Joseph did. It was not until I reached full maturity as a man that subtle changes began to happen with the voice in my head, being completed during my baptism with John. During this phase of my life *the voice of God* slowly took on more its own personality distinct from having overtones of Joseph. My mind had formed, as all minds do, along the same pattern as my parents, and the Father being ‘male’ spoke along Joseph’s lines. This helped me to accept my Heavenly Father as a real and true and caring Father, for during times when I felt low He would use more of Joseph’s way of speaking and tones from my memories saying things that would console me and encourage me to carry on. And He also said strange things at times in a very clear voice, as if it were Joseph himself speaking. These things would puzzle me for they were out of character so far as if it were Joseph himself speaking. These things would puzzle me for they were out of character so far as I knew, and related, and expected my Father to sound; and yet they were clearly things Joseph said to me, for they brought up memories in me which of themselves also affected me. Each time this happened I would be confused for a while and had to remove myself from what I was doing, or stop what I was about to do, and many times I returned to my hill lookout to thing things over. Quite often it

was during the walk itself that helped me clear my mind and see what was happening to me, and I would ask the Father for his help and explanations as to why He had replied to me in such an odd way, but largely He left it to me to come to some sort of understanding based on how I felt, and if I couldn't, then I would be forced to give up and seek His council. Often what He said in Joseph's voice made me feel bad and confused. I could detect feelings within me that were telling me that even though it was exactly what Joseph had taught me, the Father mimicked him perfectly – and even though I had implicitly believed Joseph that what he said was true, my feelings were contradicting him, and I had to admit and accept that Joseph had been wrong. The Father played Joseph off against my feelings with increasing intensity as I progressed, all helping me to confront each aspect of religious, spiritual and moral law that Joseph had taught me. He used this technique – posing as Joseph by mimicking his words, to help me dig hard into myself to find, through what I felt, the truth. It was a very effective method indeed, and gradually I pieced together the parts of the jigsaw; the parts of the truth I was to eventually reveal and teach about.

Another thing the Father *said* to me was nothing at all; there would just be a blank. I was at first upset by these pauses and often questioned Him about them, but usually all He said was, 'you'll see'. And I did. Slowly I began to see that in these times I was trying to take control from Him. I was in effect trying to put words in His mouth; that I wanted Him to answer me in a certain way.

Gradually I let go of the desire to control my life and *create* my own destiny, instead submitting to my feelings allowing Him to lead me through and with them. I slowly learnt what it meant to live as His child, a child of His Divine Love.

When I was trying to have control, I realised I wanted to be the Father. I was competing against God. This realisation came as a shock, but slowly I understood what it felt like to cross the line: to try and live life according to myself, in which I was God and knowing what was right for me, taking all matters into my own hand; compared with how to let go, submit to my feelings, and surrender to the leadings of my soul, living as a child of God, with Him as my Father, and not wanting to gain or have the upper hand.

I didn't openly speak about my speaking with the Father during my younger years, however I inferred as much. Within my family it was accepted I spoke with God. And I never exploited Him for my own gain. I do not know what would have happened had I done so, and I guess He would have stopped speaking to me altogether. I also saw and felt that He was only on my side and I had no need to fear Him. At times I wished others could speak and live with Him as I did, so they too could relish being with God without fearing Him.

All the truth I taught came to me naturally through my life experiences. I knew that I was special in that I had a role to play in the affairs of mankind, as with each experience new feelings would stir in me causing stimulation of my mind, and I would start to think about such things and then begin to see the truth of what was involved. And steadily a picture formed during my teenage years and into my twenties being completed at my baptism. By then I knew what my Father wanted me to do. I had a broad perception of how things would go, and it only remained for me to follow and act upon my feelings to carry out all that He wanted. Like everything, it was a momentary feeling that inspired me to choose the disciples. It wasn't a part of a well-crafted plan made known to me in advance by my Father.

The Father carried me along in my life; this I felt very strongly most of the time. Occasionally I felt alone, lost and confused, but these times made me reassess my pictures, stay attuned to my feelings, and helped me to grow up and take responsibility for all that was happening to me. I had to live as both a natural man and as a divinely inspired Son of God.

Many times people asked me if they could talk to the Father via me. I felt that the Father would most likely honour their request, however I felt bad in even considering it. So I never did it, and instead I told them that if they wanted to speak to Him they would have to do it for themselves, and this feeling and train of thought inspired much of my speaking about My Father as your Father, and you can do all that I can do with Him. I understood that I was the living example for all men and women to follow. The Father backed me up many times in my doubting mind telling me that indeed I was an example for all to follow, however it was a choice for every person and spirit to make for themselves, to accept me as that example, when they felt ready to. In no way were He or I going to force or coerce or scare people into following me and coming to Him.

And so to I say unto you: verily, verily you too can speak to my Father in Heaven in just the same way I did when I was on Earth! And as your soul fills with His Divine Love, as your soul fills with Their, both your Heavenly Father and Mother's Divine Love, your personality's attributes will awaken enabling you to express your mind, feelings, heart and soul to God, and to hear Their loving response to you. Enjoy your relationship with Them, take what Mary says into consideration, add us together, and enjoy relating personally and directly to God who is both your Mother and Father of Heaven.

I see that you are tired James, so I will end now. Jesus.



*Feelings first*

**LIVE FEELINGS FIRST**

**FEELINGS FIRST For Kids**

ALWAYS BE TRUE TO YOUR FEELINGS

**The Rejected Ones – Living True to One’s Feelings – Jesus Speaks**  
**Message 32**

**by James Moncrief**  
 8 January 2003

Jesus.

I would like to continue with my message about how the Father and I communicated when I was on Earth. I am here today, Jesus of the Spirit worlds and master of the Celestial kingdoms. How does that sound? I'm having such fun James, being able to be with Mary and speak openly and truly with you. I (we) have waited such a long time for this.

My Father never told me how I should be. He said many things to me but these were all words and phrases and whole conversations that were relevant to my life in the moment, and all the things were for only that moment. He attended to the needs of my soul as a loving Father, but never made me feel that I was wrong or doing anything wrong. He did at times, and many times, make me stop short, and even very abruptly, think and feel about what He said, but He never made me feel that I had to change how I was. That was completely my responsibility, and understanding that I was growing in truth and starting off completely not knowing anything, I accepted that I was going to make mistakes and would need to change some of my ways, beliefs, behaviours and attitudes, and possible other things I weren't aware of, as I went along.

At an early age I committed myself, my will, to Him. I told Him that I wanted to live my life how He desired, and so having made that declaration to Him and myself, that was how I saw everything. That He was giving me my life according to His desire, and I was for the most part very happy with it.

There were times when I questioned Him, however this was usually when I didn't understand all I needed to. And as I got older I learnt to be patient seeing that I couldn't know everything at once, and that many things took time to evolve. There was always more than enough to occupy my whole self in each moment. And I did enjoy so much when segments of the bigger picture came to me as I felt I could then see a direction in which to go.

The Father never told me what to do. He never said: I want you to do this, or, I want you to go there. He never gave me directions or tried to organise me, everything of that nature I did for myself. I had to learn and find out about things, and especially the things he was showing me and helping me to see, clearly for myself, and all from and with my feelings. I didn't have the feeling- denial problems you have, so it was natural that I did live true to my feelings, and it wasn't until later when Mary started to show me how crucial feelings really were that I began to understand the full affects of what happens to people and spirits when they don't live true to their feelings. The Father didn't reveal to me too much psychology; the whole feelings revelation you have received has literally come from Mary. I concentrated on the bigger picture and this is why I said little about the healing, as I never spoke about it, or one's childhood repression. Humanity wasn't evolved enough when Mary and I were on Earth to accept and deal with such insightful psychology, so it's right that Mary has had to wait until now; now that humanity is ready and able to accept and understand it.

Once when I was younger, He did say for me to do something: to go over to a place and wait for I would be needed by someone to help them. I went and I waited and nothing happened. I waited and waited and waited for hours but still nothing happened. I asked Him numerous times if I should stay and was I doing the right thing and He said wait. I waited longer and I knew that my mother wanted me home before nightfall and it was beginning to get dark. However, the Father said to wait. I felt increasing angry with my predicament. What should I do, as I said to Mary I would come home and help her, and yet the Father whom I was trying to *obey*, was asking me to do this thing for Him, by waiting to help

someone else. I became increasingly angrier and frustrated with myself, then at Him, for making me stay and wait to help a stranger at the expense of letting my mother down and not helping her. I genuinely want to help her and my father and all my brothers and sisters. I loved them all and they were the priority in my life except for what the Father had now told me to do. He was more important than everything and everyone. But now was I letting my mother down for my Father of Heaven and it didn't feel right.

As the light began to fade I felt more and more anxious. I had never said I was going to do something and not done it unless it was unavoidable. I was a good run from home and I'd left it too late, no matter what was going to happen I was going to be late for Mary. And all the time I felt more confused, worried, concerned and angry. I felt like I had to make a decision, either my mother and my family and my life, or the Father and my 'other' life with Him. How was I going to live the two lives?

Finally with so much tension in me I broke. I told the Father that I was so sorry that I could not honour Him, and having failed Him, I begged Him to help me see why I was so weak. I ran and ran with such speed like I never had before. I ran with guilt for abandoning my post and with fear of hurting and upsetting my mother, and with complete disappointment of myself.

When I got home Mary was very accepting as she always was, and as it turned out she wasn't too fussed after all, she'd been delayed by friends preparing the evening meal and getting things ready for evening. She never asked very much of me and I enjoyed being with her and helping her around the house – all of us did. I felt somewhat relieved, but also very confused and twisted inside myself. I didn't like these feelings and after I had finished all Mary wanted of me, and we'd had dinner, I excused myself to return to my hill to think. It was dark but the moonlight gave me enough light to see with and I did not fear being hurt when I was alone, and anyway, being still somewhat angry my mind was elsewhere.

I asked the Father to please help me see the truth of everything that had happened, and as He did slowly thoughts and feelings came to me in a picture for me to see. This was the usual way the truth surfaced in me. Occasionally the Father would say something directly to me and I would instantly see the truth, however those times were when I had done most of the work myself. The Father would give me the defining truth confirming all I had come to understand myself. These times also gave me good feelings of knowing I was on the right track and that the Father was pleased with my progress.

During the walk to my hill my mind kept telling me I had to make a choice: either my Father before all else; or everyone – or at least my family and those dear to me, before Him. There could be no middle ground, but my mind ached with its dilemma as my feelings didn't want to do either, something didn't feel right – I didn't feel right! I could imagine cutting everyone out of my life and going with the Father, turning my back on them to do His work, but these thoughts made me feel lonely, and I felt how much I did enjoy being with my family and how dependant I was on them and they on me. I rationalised that perhaps later in my life when I was a mature man I could leave and do everything for the Father, as I would potentially have moved apart from my family no longer being dependant on them, but that was later, what about now?

Then it came to me: a massive insight and realisation, which became my platform for living life, it was really quite simple; all I could do was honour and be true to my feelings. I had to *obey* myself first – my feelings; I was the important one, not my parents and family, not even the Father. With this truth I learnt the importance of living true, always honouring my feelings. And I realised that if the Father wanted me to do anything He could show or guide me through my feelings, and that how I was trying to live with Him by Him telling me things through my mind was wrong. No one was ever going to come and meet me that night, the Father made it up so I could see that I had to be true to myself, my feelings –

always. And in that experience, in finally giving in and doing what my feelings said – to go and help Mary, and not wait around for something that might never happen, something really my mind had made up, I learnt this very important lesson. I felt a change of consciousness in me, a readjustment, a refocusing and many things clicked into place, and I knew that this was how I was to live my life, simply to do as I felt to do, and if that was to help Mary I would help her, if I ever felt to leave the family and go and do other things I would do that, all understanding that all the Father wanted of me was to be true to myself – nothing else. I didn't need to obey him or Mary, that was all mind controlling and mind numbing giving me those horrible feelings, and I could see that if I stayed true to myself then it was the best by all concerned, particularly me, and this made me feel good.

Some time later, I asked the Father if He was disappointed in me for not staying where He asked me to, and He replied, 'My son, I gave your life to you. I do not want to take it from you. You are correct in living true to how you feel, for this is your life and this is your way. You have not disappointed Me at all, on the contrary, you have shown me that, like your Earthly parents, I too can be proud of you, for you are able and willing to live how you feel, how you want to, and not how another wants you to, even I'.

I felt elated. I felt I had grown up a lot and come a long way. As I stayed true to myself I didn't need the Father to tell me to do things. I didn't need to be obedient to Him or anyone else fearing what might happen if I didn't do as I was told. I saw that His way was through my feelings and so long as I felt in my heart with full conviction what I wanted to do, then my way was His way and His way mine.

Of course it wasn't all as simple as that and many times I felt unsure of what I wanted to do.

These times helped me to better understand myself; to know what I did and did not want. **It is through our feelings that we know – feel – how to live the Will of God.**

As Marion, Mary and the other spirits are helping you understand James, because you live denying your true feelings you can't grasp the reality or truth of how to live true to yourself and God. So you can see why the doing of your soul-healing is so important, to give up your mind's control over you in favour of **allowing your feelings to dictate and dominate your life.** And when you do, then you will **lovingly obey yourself, your feelings, and no one else.** This is all the Mother and Father ask of you, because **when you are living true, then you will be completely honouring Their Laws, Their Way, Their Love.**

Your feelings are the key; they are your gateway to heaven and paradise on Earth. And as so many of you try to avoid feeling your bad feelings, you will keep avoiding the truth of why they are present; what they are trying to tell you, doing everything in your power to try and keep them away from you as though they are some strange separate nasty and evil thing trying to hurt you. Your modern way of life: avoid all bad feelings at all costs, is only adding pressure keeping you away from your true self and your soul. **Your bad feelings are real and true.** They are not evil; they only make you feel bad. They can make you feel sick but this is what they are meant to do, because how you are functioning is wrong – you are sick. And **until you have no more repressed bad feelings within you, you are living untrue to your soul, to yourself, and to the Father and Mother.** When they are all gone – expressed out of you – you will be living the truth I do. You will understand all I have spoken about – all Mary and I have revealed to you. You will know because you will feel it. You will know the truth because you will feel it to be true.

The formula to life: to live true to your feelings, is easy to say, but to achieve living it, is another thing altogether. It will take all your conviction to do it, but this too is what is needed, for it will be you using your will to will yourself along in your healing that shall rectify your deficient will enabling you to live true to the will of your soul, true to yourself and also true to the will of God.

My Father spoke to me throughout my life on Earth. We became closer and achieved living as if we were one. This closeness continued on in the spirit worlds. I did not need His Indwelling Spirit then to help me secure my mind against the frailties of my human nature. In spirit I could, as I do now, speak with Him, with both my Mother and Father, soul to Soul. I can't explain what this feels like James, but you will get a glimpse of it through the remainder of your Earth life once you've finished your healing. It's an ongoing rapport with Them; They are always with me and I with Them. Only infrequently do I use mind circuits to communicate with Them, mostly it's through and with my soul perceptions, which as I grow in truth, love and light, expand giving me entry into an ever increasing inner *world* that exists only as, and for, our relationship.

I will finish here James. Jesus.

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

**WE SUBMIT TO EMBRACING OUR PARENTS ERRORS!**

**At the moment of conception your soul activated your will to become of your Earth parents, you in effect, agreed to accept all that they were; to partake of their negative states, which they subjected and impressed on you through your formative years. By the time you became an adult you were a product of them, wholly a part of the negative mind state of this world. Currently you are imperfect and will only regain perfection of soul once you have completed your soul-healing.**

Jesus

Message 33 (part) 9 January 2003

The Rejected Ones – Living True to One's Feelings

by James Moncrief



**Like Father – Like Son**

**Like Mother – Like Daughter**



**The Rejected Ones – Living True to One’s Feelings – Jesus Speaks**  
**Message 33**

**by James Moncrief**  
 9 January 2003

I want to continue James. Jesus.

Why I keep coming when you are intending to write with women spirits, is because it's important that you 'bring me in', my Spirit of Truth, as you write; into being with Mary and all she is saying. We are not to be kept separate, and part of your work, and for you personally, is to show there is a lot more to understanding how to live as a true spirit-personality in flesh, other than all I have revealed thus far. I, Jesus, as a man, need to demonstrate that life IS ALL ABOUT FEELINGS, an approach and focus I have yet to reveal. But now as you accept Mary so too can you further accept me. And so too can I now speak to you openly about such things.

All I have revealed to humanity, on Earth and with James Padgett, is mostly appealing to people on a mental level. However James, now because of your acceptance and inclusion of Mary and her Spirit of Truth, I can come and reveal more of myself – my feeling self, and the greater part of our revelation to you. And this part is what has been missing, the part based on the feminine understanding of life. And this part you need so as to live all I have revealed. You can't live all I have spoken about WITHOUT feelings – without feelings being the main focus in your life; without living true to them.

Feelings – people’s feelings – are the missing element. They are very important, and because you live denying them, I have been unable to speak about them. But now with Mary being accepted I can – finally we both can; finally after all these years our revelation to humanity can be completed. And finally people can now take what we say, apply it to their lives, and heal themselves of their rebellion against their own soul and their Mother and Father.

I want to shed light on various subjects, which will be of help to you. I want to begin by speaking about how wrong it is to call me the Father – I am not God, nor a part of the Godhead. Many people worship me and pray asking me to remove their pain and problems, and what I want to say is I won't do this. Only by following what Mary **says regarding the doing of your soul-healing, the honouring and living true to your bad feelings and exposing all your childhood repression will you be able to heal all such pain and problems.**

I appreciate it may be difficult to accept Mary and all she is saying, however without the inclusion of the Feminine Aspect of God you will not be able to live a balanced life of truth. You need both Mary and myself; our Spirits of Truth helping you uncover the truth of your negative state to become your true self.

I want you to understand that you were created perfect by your Mother and Father – the Parents of your soul. They created your soul, blessed you with personality, and now your soul is expressing you in Creation. **At the moment of conception your soul activated your will to become of your Earth parents, you in effect, agreed to accept all that they were; to partake of their negative states, which they subjected and impressed on you through your formative years. By the time you became an adult you were a product of them, wholly a part of the negative mind state of this world. Currently you are imperfect and will only regain perfection of soul once you have completed your soul-healing.**

A long time ago humanity was subjected to evil outside influences. (You can read about the Rebellion and Default in The Urantia Book.) And these influences now constitute what we call your negative mind state. You are suffering under the effects of evil having become yourselves evil.

The reason why humanity isn't living harmoniously and lovingly together as united children of all-

loving Parents, is because of these negative influences.

Mary is coming to you to help you understand the depth of your problem. She is helping you face the hard truth of why you don't feel happy; why you get sick; why you live with so much pain. It will be difficult to accept what she says because it will mean confronting your evil condition: admitting to it, and accepting it fully, and few people will be ready to do this. However humanity is now ready for such truth to be made known to it. We all wait to see what people will make of it.

The Truth of your world is all about you. Many generations have believed in and tried to live how the Bible says, but has it healed all ills? Have wars and hatred stopped? And why have Christians done so many bad things? Why does all the self-criticism and self-denial still exist? Why are people mostly only interested in gaining power; and why do the rich still dominate the poor?

The religions and spiritual systems of humanity have failed to deliver life in the promised land, living free from all pain and suffering. And they will continue to fail because they themselves are founded on the negative. They are not true; do not teach the Truths of Divine Love; do not encourage people to live true to their feelings. They only help you perpetuate the denial of your bad feelings. Humanity will not and cannot ever perfect itself by trying to perfect living within its evil and negative state. Living more true to evil, or living it more perfectly, isn't the answer to your worries. You are now being presented with a new way; a way that will make you stand up to your negative mind and seek to de-power it, these things being only achieved if you submit to it – submit to your bad feelings wanting to know the truth of them.

Winds of change are once again building on your world. The truth is soon to make another surge forward, trying to push its way up through the untruth. Help is on its way in the guise of an army of Celestial spirits who are more than willing to help you to understand what's involved in the doing of your healing. They are with you in your daily toil, and within certain limits, help you to understand that which you need to, if you truly desire to be set free.

The Truth is only concerned with your soul and your relationship with your Mother and Father.

If you remain labelling yourself a 'Christian', or a 'Buddhist' or a... you will remain bound to such erroneous doctrines never knowing what it's like to long to your Father and Mother for Their Divine Love, never feeling it flowing into your soul. And you will not uncover the truth of your childhood repression, so will never release your pain. If you want to live rituals, understand you will be ruled by them. If you want to pray in a certain way and in a certain church, adhering to its rules and regulations, you'll never be free. The choice is yours as always, but I ask you: do you choose the way of your soul or do you want to remain a prisoner of your mind?

You reside within Mary and my universe, our way rules, and our way is the Mother and Father's one true way. If you choose to abide by the truths we are revealing to you, then you will be able to rise up and enter the Celestial kingdom that awaits you; however if you persist in choosing the negative way of your parents then your ascent and spiritual growth will be limited, confined to and contained within, the natural love Mansion Worlds. You will never experience the true glory of the kingdom; you will never walk your way across the Elysian Fields.

It is terrible what you have suffered. The ignorance of your parents imposed itself upon you and what is done is done. However you no longer need to remain living such pain. If you choose to look into the doing of your soul-healing, find out what it involves, you will see that it can potentially answer all your questions, rid you of all doubt, and help you find eternal fulfilment in life. The offering is being made; make of it what you will.

You are hopelessly bound up in your parent's lives. They have made it that way. The freedom and self-control you may feel you have is only relative to them. If you feel you have power it's because they allowed you to have it within their power structure. If you feel you have no power it's because they took it all from you. But having no power need not be the end of the world, and it can in fact be just the beginning of a new way of life, and entry into another world. Power in a negative governed state of mind will only inhibit your souls advancement. And it will be hard to divest yourself of. Power as you understand it is an illusion, it's not true power, not power that comes from love, but a false power derived from fear and lack of love. Through your soul-healing you will give up such falseness, it will be most difficult to do, but it will be what's required of you if you want to be free. **The meek shall inherit the world, meaning, those who relinquish all such false power.** But the meek will not be powerless, for they will rise up in their true power, the power of the love of the Mother and Father residing in their soul.

To heal yourself will require that you accept all the evil, wrongness, falseness that you are. You will need to embrace it and allow yourself to be the negative state that you are. You will need to do this so you can see it, feel it, know it for what it is. And as you uncover and find the truth of it, so too will you be healed of it.

What you define as success is wrong, evil and false. You will find true success and your place with the Mother and Father, if you accept your bad feelings and the truth of them. You will need to give up and give in. It will be hard, very hard, because you are deluding yourself on so many levels, but it can be done. So much of your life is false and based on nothing more than fantasy, it's unreal, with no firm reality, and ready to be taken from you at a moments notice. Your precarious existence is based on false promise and hope, none of which will ever make you feel secure. You have to insure yourself against misfortune because you can't live true to your feelings, can't live the truth of your love, and live with the reassuring faith that stems from this way of life. If you want to live with faith in yourself and God, do your soul-healing.

Your mind is a very powerful tool. It can contrive feelings, it can contrive love, it can believe anything you want it to; and it can make you feel that there is nothing else in the world other than how you are and what you believe. And because you have given up your feelings and allowed your minds to take over, they are now your rulers. **They – your very own mind – is the evil one, you are the evil one living with your mind overpowering you in every moment.** It is making you do and say things only to maintain its power over you; and when you threaten its power with the notion of change for the better, change that will deprive it of power, then it will present untold barriers to you. It will make things harder for you trying to get you to give up, but all you need do, as all you need always do, is keep expressing all you feel: honour and accept how bad you feel and speak about these feelings, all whilst you long for, and want above all else, to know the truth of why you are feeling them. The active expressing, speaking, about all you feel is taking control back from your mind that is preventing you from expressing them. Want to know what's going on in you. Make you the most important person in your life. If you feel scared, or angry, allow yourself to feel so, and want to know why. Ask the Mother and Father to help you to see and uncover the truth of why you feel these bad feelings. Long with all your heart for the truth: to know the whole truth of yourself. And keep going. The going will become very hard but keep expressing your bad feelings, keep speaking about them, don't let any of them get away. It is the only way to stop living rebelliously against your own soul and God.

No one truly exists outside of the Rebellion, until they have completed their soul-healing. You are a tortured child. Why do you really think I died on the cross? I was tortured by parents. I was a child of God and I was tortured. I died to show you the truth of yourselves. I died on the cross for you to see how cruel you really are: how cruel you are to children; how cruel you are to your own child. Even the

most well-meaning and 'loving' and 'caring' person is still of the evil. Look into your feelings and be honest with yourself – accept what you find. Look at what you call and know love to be, scrutinise it to see if it's real; how does it really make you feel? If it is true and real love, as you do your healing it will remain; if it is false, it will be exposed and the truth seen.

**The Golden rule is: never interfere with another's will.** This you will understand as you do your healing. Your parents have crossed the line interfering with your will making you become as they are, and now you too break the rule. Your soul-healing will heal your will; it will refocus your intentions in life so you can't interfere with another's will. All will infringement you have caused, whether you are aware of it or not, will be paid for, either through a form of compensation or with direct forgiveness as you uncover the truth of your sin and error. This penalty will be pain as you do your healing. Pain, pain and more pain. Your healing will be trying, very difficult, and will hurt a lot. You have a lot of bad feelings repressed, and they are doing a lot of damage to yourself as you live with a will that is anti love. You have to understand the motives of your sins, and what they are. I did not die for your sins; I did not die to pay your penalty. Believing that I did is wrong, and it won't get you anywhere, it's only something made up by authorities that wish to have power over you.

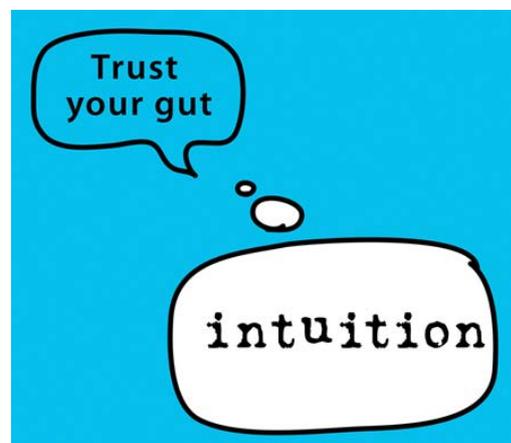
Through your soul-healing you will take full responsibility for your sins and errors; you will be brought to account. And instead of receiving a harsh sentence to purgatory, you will, as you uncover the truth, understand that God is not judging you and neither am I. Through your healing you will understand that we only love you. You are not judged by God, all such judgement is attributable to your parents, those who are the false gods, those who chose to stand in between your soul and God, your real Mother and Father.

I died on the cross; you are born on it. It will be up to yourself to find the compassion and sympathy required through the acceptance of all your feelings, especially your bad ones, to help yourself down off it. You have been rejected, parented without true love, and are living and suffering the consequences. It has been a very rough beginning, and there are reasons for such a beginning, and why the truth of how to heal yourself has been a long time in coming. And now it is here. Now you can consider it and see how you feel about it.

I am not coming as many people hope, sweeping down out of the sky gathering up the chosen faithful, and carrying them off to the Promised Land. The land promised is in the Celestial heavens, however only through your own efforts can you get there. I am however coming again at this time, as is my soul-mate and beloved partner, Mary Magdalene. We are coming as one, united in light, united in truth. We are coming to represent truths and information to you; this is our Second Coming of Truth.

Peace will come to Earth when children stop crying for love. When children are loved for being the most wonderful little people that they are, then you will know of the great love that burns in your soul; then you will be living the truth of a Celestial heart. And with this heart will come such love, such love that will fulfil all your child's needs. It will be a child of love, a child of a positive rebellion-free mind, a child of a new humanity, a humanity of destiny.

All my love to you James, and please pass it onto Marion. That is all I want to say for today. James, thank you again, time for a rest. Jesus.



**The Rejected Ones – Living True to One’s Feelings – Jesus Speaks**  
**Message 34**

**by James Moncrief**  
 10 January 2003

Today I want to speak about the Heavenly Mother. Jesus.

If a person or spirit wants the truth, inevitably he will find the truth of God. During my life on Earth my Heavenly Mother came to me, as did my Heavenly Father. I did understand about God being duplex in nature, which helped me understand the duplicity of soul and how my relationship with Mary and Joseph directly affected my relationship with my Mother and Father. It also helped me understand about soul-mates, and about Mary. If God’s Soul is both a Mother and Father and we are created in Their image, it made sense that man and woman are reflections of the Mother and Father; as did the notion of soul-mates: being of two personalities yet of the one same soul – being separate but also together as one.

But why didn’t I speak openly about my Mother? Why is she still unknown, remaining unrevealed by me? Because it was Mary’s role to reveal her, not mine. I am humanity’s spiritual father, and are therefore to reveal the Father; Mary is humanity’s spiritual mother and is to reveal the Mother. We are meant to be seen as soul-mates, as two united as one, as two separate personalities united as one Truth – one soul, just as we can know God to be Two who are One.

As I was growing up I questioned my parents about the existence of God, as my and our Mother, but no answers came to satisfy my mind. I questioned the Father one day and he acknowledged her existence and introduced me to Her. As you can well imagine, having the presence of the Mother in my heart as well and in my mind brought many beliefs and things I had been taught into conflict. It was hard to deal with so many issues at once, so I tended to keep Her on the sidelines so to speak. I would speak to Her privately, but as I got no support or positive response whenever I spoke about Her in my family, I kept Her to myself. I soon realised just how male dominated my society and religion was, and in no way was God going to be tolerated as being both *male* and *female*.

As I grew older the Father told me about Mary, not her name, but he alluded to my having a true friend, or soul-partner just as He had the Mother; someone whom I would meet and who would complete the picture being the feminine representation of truth. And He advised me that I should only concentrate on the masculine, as that was what I personally knew, and leave the feminine to her. So gradually I settled it in my mind to not speak openly at all about our Heavenly Mother, that wasn’t my role, and toward the end of my life on Earth, with greater understanding and appreciation of humanity’s problems, I understood that I was only ever going to achieve a very small amount with humanity, and my life was really about higher universal things, and not everything concerning the revelation of truth was going to be completed with it. More would come later, hence my need for a *Second Coming*.

It also became clear that there was no way Mary would be openly accepted as being my equal, nor the truth revealed as to who she was. And so neither would the truth of Mary or the Heavenly Mother be known. I, and I discussed it often with Mary, chose to keep the feminine mostly out of it. I did allude and occasionally speak about it, but nothing was passed on. Mary not being able to directly liberate her Spirit of Truth, and not being given a public platform, meant that even if we spoke about the Mother, there was no attending Spirit of Truth available to help people understand and accept such truth, so it would have achieved nothing by actively including Her in my revelation. That would have to come at a later time when humanity was more accepting of the feminine; when Mary could openly and freely have her say with her Spirit of Truth supporting her words.

You need to understand that my life was incomplete, and not just because I died young. It wasn’t complete in the truth. It was only a part revelation, just as the Celestials and I have revealed to Mr.

Padgett (Padgett Messages). The whole feminine aspect of truth is missing, and this is what we want to rectify with your writings James and your relationship with Mary.

The reasons why it was only a part revelation of truth are complex, and all being to do with the effects of the Rebellion and Default that had been imposed on humanity. Because humanity had accepted the negative mind condition, Mary and I had to comply with humanity's wishes, we couldn't simply come and say you are wrong, and make you give up the evil. The feminine was too heavily repressed, so Mary couldn't be openly acknowledged as my equal in truth, neither could she reveal her truth, and we've, or rather, she, has had to wait until humanity is more accepting of the feminine before she could attempt to speak her truth. Now humanity, at least parts of it, grudgingly allows more equality of the feminine, so we can come again and help you understand that which we couldn't reveal all those years ago.

It doesn't take much to acknowledge that God should be both a Mother and Father as you only have to look to your own parents, and all about are two different sexes. Many ancients and primitive people have acknowledged in various ways the equality of men and women on a deity level, and bearing this in mind it shows you how fixed in inequality the Christian religions are. They have sought to use my name to give them power. Not being interested in the Truth, they have used the imbalance of the masculine and feminine, cultivating it and making it appear that God can only be male, he can only be a Father, when it is the father that has the power. However, that is not always true, as many families will testify that it's the mother that holds the power with the father deferring to her. Yet for your society to maintain its control over you, you need to have the male dominant, and to give the female equality would definitely upset things and great change would come about. Men and women would have to then relinquish the power they have, and few people are willing to do that.

And yes to answer the question that just sprung to your mind, the same negative and limiting factors that prevented Mary and I from making a full revelation were imposed upon the authors of The Urantia Book papers, causing it too to be so heavily weighted in the masculine.

Humanity has tried to look for its soul Mother, and by accepting that God can only be a Father has then said the church is the mother, or the Earth, or even as you initially thought, the Mother is the experiential face and personality of Deity, the Father the existential. However, as you have now settled within yourself James, the existential Soul – God That Is – is both your Father and Mother of Heaven. And the full expression of the experiential Soul – God That Will Be – will also express Two personalities, a Mother and Father: The Consummators of Universal Destiny.

What we are helping you to understand is that by looking to yourself you will find the pattern of Paradise. As you uncover the truth of all that you are, so too will you uncover the truth of all God is. And on the most primary and fundamental level, you look to your mother and father as god through your forming years, and so naturally you'd expect to look to God as your Mother and Father through your formed years. And if you can further understand that in a perfect world your mother and father would be soul-mates – two unique personalities that are the expression of the one soul, then you would see so are your two Parental Personalities – the Mother and Father, the expression of One Soul. And as your healing is showing you James, your relationships are the key to everything.

So James, continue to enjoy your relationship with Them both. And doesn't it make you feel good being able to relate to God as being both your Father and Mother?

That is all I want to say for the time being. I will speak to you again soon. Thank you James, Jesus.

**The Rejected Ones – Living True to One’s Feelings – Mary Speaks**  
**Message 35**

**by James Moncrief**  
 11 January 2003

Good morning James, I feel like saying a few words today. Mary.

I am pleased Jesus spoke to you in such a personal way because he is so badly misunderstood by your world. Even though he is who he is, he still has feelings, and no one wants to feel rejected. And as much as Christians might believe they are embracing and loving him, they are mistaken, doing nothing more than continuing their rejection of him. And no one wants to feel rejected by so many people and in such an unfeeling uncaring insensitive way.

I want to speak about feelings today – what else! I want to tell you some more personal things about my life on Earth and the feelings I felt. I was not in Jesus’ position, with the Father leading Him so personally from such an early age. Although I too was born of perfect soul and not defiled, I came from a common merchant family, treated how other children were in our town. Like Jesus, I didn’t need to do my soul-healing. **I was able to feel my feelings, as I was not trained too heavily to deny them, and then with and through them, find out the truth my soul wanted me to see.** I felt I was to study life’s intricacies – relationships. Like Jesus, I was educated by my parents adopting all their negative beliefs, which as I matured and questioned through my feelings, was able to see that they were incorrect and could change them accordingly. Intuitively I knew **feelings were the key**, they were just a natural part of my life, but as I matured I began to see that other people treated their feelings differently. They were mostly afraid of feeling bad, afraid of any bad feelings, even other peoples, and did all they could to keep them away. I was more interested in the emotional state of myself and people than was Jesus, but Jesus gave me the mental pictures – understanding – within which I could apply all I was feeling.

One of the things that concerned me the most was observing people who said they loved each other, and yet to me their behaviour was not loving. It was obvious to me that it was anything but loving, and when I tried to point this out to the person in question invariably she would say that it was loving, that was what love was all about. That it wasn’t an idealised fantasy, and if two people wanted to be together, then that is love. So it was love when a couple stayed together even though the man regularly beat and verbally abused and berated his wife often humiliating her in public. It didn’t make sense, and so my quest for understanding what love is and what was really going on, began. And the more I observed, the stranger it became.

I would witness a father rejecting his daughter, and the daughter steadfastly refusing to admit that he didn’t love her. And the daughter would seek the attentions of men who also rejected her, who hurt and abused her like her father did, all in the name of love.

I would witness a mother rejecting her son, and the son steadfastly refusing to admit and accept that she didn’t love him. He would suffer all sorts of emotional abuse from her yet continue to blindly declare his undying love. Nothing seemed right no matter where I looked, nothing seemed to make sense, and I had no one until I met Jesus to speak about such strangeness with. When I did finally meet him, what a relief! What a blessing, and best of all he understood exactly what I was speaking about. He too could see it, had seen it, had wondered about it, and had come to many sound conclusions himself about it all, all of which helped me to gain confidence in my own thoughts, feelings and conclusions, as many were the same as his.

It was puzzling to observe men rejected by their mothers, who often openly hated women and yet couldn’t be without them, usually choosing a woman to be with who was almost an exact copy of his mother. And the men seemed like such little boys around their wives or girlfriends, completely different to how they were when they were away from them and in the company of other men. It was clear how

few men actually wanted to spend any, what you'd call 'quality time', with their spouses, preferring to work day and night, having little to do with the little children only wanting to play a role in their child's life when it was old enough to leave home – to leave its mother. And this was called 'loving families', and, 'we're so lucky we all love each other', and, 'we're so in love'. I called it the Rejection Cycle, it fascinated me, and gradually with help from Jesus, and from the Mother and Father, I began to uncover the truth of this false love. That was all I called it, false love, because it wasn't how I felt and experienced true love to be. It wasn't how Jesus and I treated each other. We didn't do things to reject each other then claim we loved one another. We did things to accept each other and there was no need to say anything, it was simply understood. We knew how we felt about each other, and it wasn't anyone else's business, and besides, how could others judge us when what they believed love to be, so far as I was concerned, was not love.

I want you to understand James, that Jesus and I being perfect, and not conceived into and becoming part of the negative evil state of self-denial, were able to think and feel about things in a real and true way. You can't do this, no one can on your world, and won't be able to until they've done their soul-healing. When you've completed your healing then you'll be able to gain some understanding of how Jesus and I lived; thought about things, felt things, and how we went about our day. Until then you will remain confused, tied up in your erroneous beliefs believing that love is love when really it's not love at all. And what is it? Something fabricated by your mind, a belief, but it's sure not real and true love.

It wasn't until the later part of my Earth life, Jesus had been gone for a number of years that I felt inner changes resulting in my Daughtership wanting to come to the fore. Up until then, I had been a simple woman observing life by mostly helping other women. Now I started to feel a deep inner calling, like the Mother and Father were beckoning me, wanting me to begin my life in earnest.

And this I new would see me through to the end of my life beginning in earnest in my spirit life.

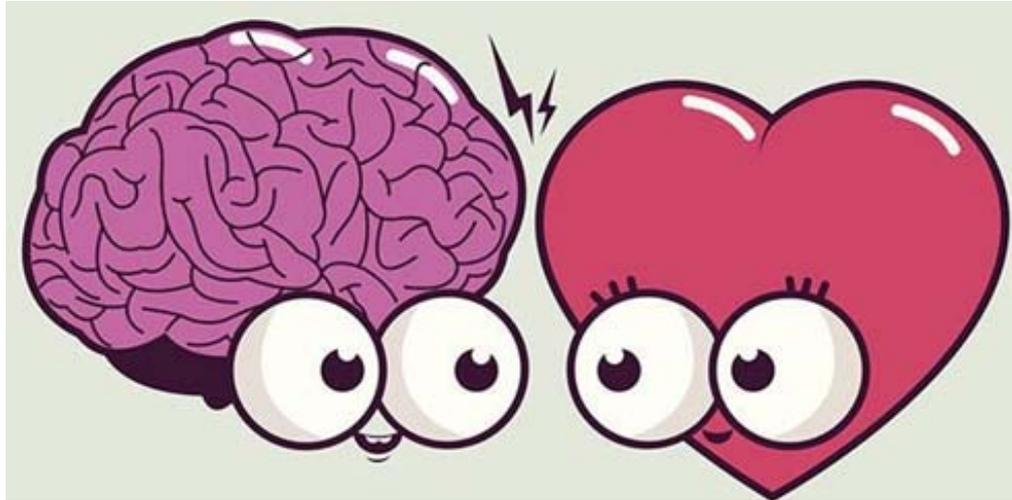
As Jesus said, because of the restrictions and limitations imposed on me: on the Feminine Principle whom I represent, whom I am the living example of and manifestation of, I couldn't express my true self until I returned to spirit. And once there it was easy to then put into practice all the things I had understood in flesh. **I was able to set about advising spirits how to do their healing. I was able to help spirits see that it was all about rejection, that which was causing them pain; and rejection that had occurred to them during their forming years resulting in their negative patterns which would dictate their adult lives.** And like the reaction you have seen from many people who are partaking of the Divine Love, though what Jesus has revealed, they don't want to be confronted with such truth. They don't want to believe the things are wrong in them, originating from causes in their early childhood, most of which, if anything, they want to forget. This attitude of course greatly affecting one's life causing ultimately even more pain. People, like the spirits I first spoke to, don't want to accept this pain, they don't want to acknowledge that they are even in pain. It's much easier, so they wrongly believe, to dismiss the pain, to not focus on it, and hope, it will go away, than it is to accept it and try to understand why they are in such pain and where it's coming from. However some spirits did accept what I said, they did accept me being Jesus' equal, and courageously they started to do their soul-healing.

For us, the past two thousand years have been ones of intense work and great joy, seeing so many souls rectifying their negative condition; coming from all over the natural love Mansion Worlds to embrace the Mother and Father's Love and ascend the Divine Love worlds. And it's given us so much pleasure to see so many from Earth, so many of evil, now living so happily in the Celestial spheres.

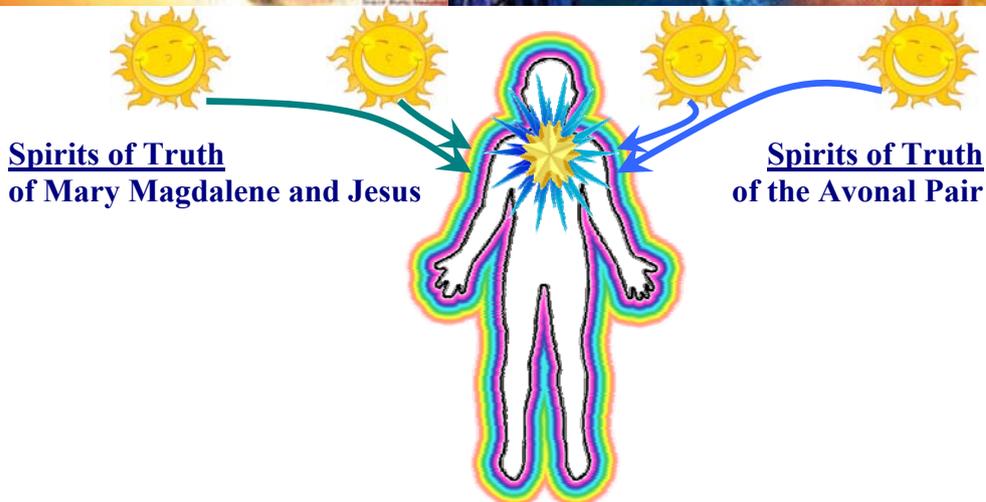
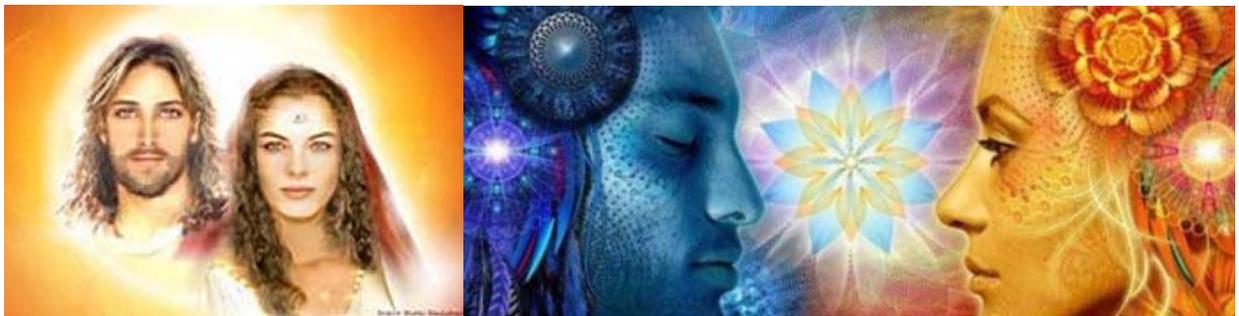
What we would like to achieve during the forthcoming planetary age, is bring to Earth what exists in the Divine Love Mansion Worlds. All the love and compassion, truth and understanding. We would like to

see people consider what we are saying, **thinking about their soul-healing and even possibly doing it; and longing to their Heavenly Mother and Father for Their Divine Love, and for the Truth of that Love.**

Thank You James. Mary.



<p><b>Our mind strives to control and is always subject to error. The mind's controlling natures based on error are the foundation of all the misery, illness and drama on Earth for all of humanity. Put them aside.</b></p>	<p><b>Our soul based feelings, given to us by our Heavenly Parents, are always in truth. Allowing our feelings to lead our way of living is living true to God. Express all your feelings and long for the truth of them.</b></p>
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**The Rejected Ones – Living True to One’s Feelings – Mary Speaks**  
**Message 36**

**by James Moncrief**  
 12 January 2003

Mary.

Not a good morning James?

Keep going; it is the only way. Keep being true to how you feel. You had nothing; nothing that your soul needed in your life as a child, so now that is all you can feel – NOTHING. You wanted to be yourself as a child but your parents didn’t allow you. And all the bad feelings you’re feeling are because of this. You live completely as though you do not exist. And this truth will be hard to accept. In years to come you will re-read these words and still you will be accepting what I’m saying. You live with completely no point to your life. When you look at yourself face-to-face, truth-to-truth, you are nothing. You are beyond even killing yourself, because there would be too much meaning, taking this action. And this is how you feel *living* a no love life. It’s how you all live on Earth. And it is only by seeing this through feeling it and being it, can and will, any truth come and give you something to exist for.

To live with no reason to exist is pointless. And yet you busy yourself with pointlessness, all to avoid this truth. Everyone fills their day doing meaningless things. You believe they have meaning and they make you feel good; you believe you are making progress; achieving, but how can this be so, when it’s all only the outworking of your negative mind patterns? And it begins from the moment you are conceived. **You have a child, bringing it into your meaningless life and expect it to give you love, truth and the meaning you don’t have – that which your parents didn’t give you. You expect the child to fill your horrible void of nothing, to give you all the love that your parents denied you. That is a terrible amount of expectation to put on a little thing who itself needs all it can get from you to survive. A child is battling in its every moment with survival. It needs all love to feel secure and that it doesn’t have to be afraid. But instead of giving love to it you take love from it. You leech your pure little child of all its goodness, truth and love. It becomes in a very few years just how you are, a dead person, an unreal false person, a complete nothing doomed to only find meaningless things to busy itself with, trying to make the pain go away. Meaningless things like: making money, having sex, and having a family of its own.**

Your life on Earth is nothing. You’ve made it anti you, anti nature, and anti the Mother and Father. You persist in living in evil and darkness saturated with meaninglessness. Your souls and all their beauty are dried up withering old sponges so desperate for any small drop of attention. If your parent doesn’t criticise you for one day, and treats you nicely, even smiles at you, you retain a fond memory of them that you cling to for all your life saying your parent loved you. One day, you keep saying to yourself, they will love me. But why are they criticising you at all!

You are the child of the Mother and Father, how dare they say you are wrong and stop allowing you to be as you want to be by stopping you from freely expressing yourself. It is a shocking reality, the truth you all live. I was not able to help you see the darkness of your self-delusion while I was on Earth because no one wanted to know the truth of their negative state. Jesus lived and died to give you something to compare your lives with. His life was full of meaning, full of true purpose, not a waste of time. His life was a life of truth; how does yours compare?

You have a very serious problem – YOU. How do you stop all the bad feelings you have and all the bad things that happen to you? How do you actually live so that you are happy? Really happy – truly happy? All the spiritual systems and religions that exist on Earth only perpetuate the negative, teaching their followers how to allow it to gain a firmer hold over them. Where is the truth they teach? **Why**

**are they not encouraging people to long to their Mother and Father for Their Divine Love? Why are they not helping you become truth revealing, your own personal living experience of truth?** Life is not a game; it is very serious. You are all pathetic retarded children; with all you do only serving to keep you in your self-denial state.

You as a soul came into life full of expectation to be loved so that you could grow up freely expressing yourself. You expected to be happy and fulfilled. You expected it all to be for you. And you expected your parents to help you until you were old enough to look to the Mother and Father and receive directly Their Divine Love. But instead you were crushed, rejected, and denied love. All your expectations were smashed, ruined. Look at the face of a baby, look at its hope and natural open willingness to accept everything. Then look at it as it grows into a child and see the disappointment; and then look at it as a young adult and see the anger and the show it's putting on trying to hide its pain and frustration. Look at it being 'successful': successfully self-denying, nature destroying and God hating, as it acquires more material wealth. Look what happens when they retire and begin to crumble and rot, disease ridden, being eaten away from the inside out. Look at them arrive in the spirit worlds, as shattered people now spirits, and with no idea that life still goes on. Look at them trying to pick themselves up in their new free life, trying to gather together new things to make them happy. Look at them ascend the natural love Mansion Worlds deluding themselves even more as to their new found happiness and complete control of their mind. Look at them finally break, give up and collapse, only to begin to face the truth of themselves: that they feel bad, unloved and rejected. Look at how long it takes, and what you put yourself through, before you begin to face the truth of how you feel. The truth that they have been running away all this time, nothing more than a terrified, scared, lonely, lost child, unloved and full of misery, yuk, and self-hatred.

Your parents turned you against yourself. They did it because they had it done to them. You do what was done to you. You are all in the same situation and it is desperate. You need so much help particularly as you're standing on the threshold of a new technical and mechanical age, ready to blast off further into the oblivion of your negative minds. Do you want to loose yourselves even more? Do you want to move away further from your soul? Children now are being left with their computers and its games to amuse and entertain them. Children of parents who themselves were left to be amused and entertained by the TV. And so what are the children of the computer age going to leave their children with? More *advanced* computers? And where is it all going to end?

You don't want to be parents. It is only a part of your fantasy and delusion. Some people have a little reality of truth about them and at least try to honour their parental obligations, but really it is still the blind leading the blind; and if only you allowed yourself to be blind instead of pretending you weren't, then at least your child would stand a better chance of being true to itself. You have to try to stop pretending that you know how to do it, and what to do: how to raise your child and live your life. But without doing your healing this will be very difficult to do.

You can't learn how to do it. It can only be lived. **You parent as you live; you parent with the truth you live. You parent as you were parented, even if you don't copy your parents; even if you think you're a better more open minded, caring, attentive, accepting parent – you still parent with the same underlying motives. Your negative parenting patterns (what was done to you and what you now do) are still the same, only superficially might you appear to parent differently. The higher truth you become the better and truer parent you'll be. The aim is to become of Celestial truth so you will parent your child with Celestial perfection. As you heal and ascend in truth so too will you live it parenting in a different way. A Celestial parent will live and be true to truth high enough to allow its child to be free, to be fully loved and to never feel rejected.**

The outside world will always let you down. It cannot be a substitute for your parents love. It cannot ever make you happy. That is not what it's there for. True happiness, happiness of heart, spirit and soul, and not just happiness of mind, only comes from within; with the outside world reflecting this happiness to you. Feeling unhappy, the outside world will only help you feel more so if you allow it to, if you want to uncover the truth of your soul. Your delusion and deception will make you believe that every now and then you are getting your way and what you want by gaining power, but this will only be momentary, and soon the tide will turn and bad feelings will come and bad things will happen. This has to happen. If it didn't you'd never see that anything was wrong.

To live true to the Mother and Father and your soul, is to face the truth of your bad and negative state. There is no other way. Singing your mantra, or saying your prayer to Allah, or going to church and being one of the faithful, is only helping you believe that you are not feeling how you really do. If you were true and happy and living with the Mother and Father of Heaven, and full of Their Love, you would not have to do any of these other meaningless things. Such things are wrong, they are all creations of the mind and will do nothing for your soul. They will only lead you further astray. **The truth of your negative state is what's missing from your world. It's the only thing that will open the way to show the right and true and correct way to live.**

Many will say that my harsh words are the words of the devil, too depressing, too negative, but am I wrong? Is your world right as is it; is everyone happy? Why do you want to cling to that which you know is not good for you? Everyone knows, the signs are all around you. Who really does feel fulfilled in their lives? Certainly not you as you wouldn't be reading these words. So why aren't you feeling fulfilled; why are you looking for answers? And do you really want to find the whole truth of yourself? Do you want to see the truth of your negative and evil mind state? Or is it that you hate being called evil? Is that it? But what if it's true? And what's so bad about it anyway, it's only a word. What is so bad is the constant pain, unhappiness, unrest and discontentment you feel. And if it requires yourself to accept you are evil and negative minded to do your healing; and find the truth and heal yourself of these bad feelings... is that so bad?

So who is this Mary person telling us we are all full of horror, evil and badness? We want Jesus, he's nice and loving to us, he only says nice encouraging things. Who does she think she is? Who wants to do what she says and admit all these bad things about ourselves? She says things that make us feel bad, and we don't want to feel bad. And how can that be spiritual? Where is the love? I just want love and to feel better! I just want to pray to the Father for His Love and He'll make all the bad things go away!

**Men and women hate each other. Romance is a childhood delusion, nothing more than fantasy. You all hate each other. Jesus was the only true person of love. Jesus truly loved you. What you call love is only a uniting of two negative minds in the hope that they will be *nice* to each other. How can you be of an evil and negative mind state – anti-love – and truly believe that what you feel is love? It doesn't add up, it doesn't make sense.**

**Men and women come together, two people who hate themselves, who are denying large parts of what they feel; two people who feel in the core of their being, unloved and rejected; they have 'great sex', and say they love one another. Perhaps this 'love' is loving each other with the no love they both have, this I could understand, giving rise to a sense of security, happiness, peace and love, however it's all based on unsteady foundations. Do two negatives coming together make positive love? Do their children feel loved? Do your children feel loved to the core of their beings? Do you?**

**Men and women unite in the hope that each will provide for the other: the love they didn't get**

from their parents. This puts a lot of strain on relationships, particularly when things aren't going so well. How many people come together making promises based on compromise, then convincing themselves they are leading a fulfilling life? How many people have *loving* relationships and yet neither speaks freely their bad feelings to each other? How many people say they love their parents and yet can't talk openly to them about how bad their parents make them feel? What is all this love? What is it when no one is allowed to express all they feel, freely. Surely if it were true love, you'd feel you could openly speak about all your feelings. What is it when all effort is put into keeping one's bad feelings hidden? How can you say you love one another when you won't tolerate the other person feeling bad or speaking about how bad they feel? When there is denial of self, any part of the self, one bad feeling, there cannot be love, not a true all – feeling love. There can only be something that is a poor shade of love, perhaps some affection or fondness, a friendship of sorts, but not true love. And this is what I want to alert you to. I want you to understand that the quest for truth, the truth of yourself, and of your soul, is a quest for true love. Your natural love is impure, it needs purifying. It needs you to heal your soul finding the truth of why it's not true. That is your spiritual quest; that is the great challenge that awaits you.

How can you say you love yourself when you are full of anger, rage, fury and hatred? How can you say you love yourself when you feel depressed, miserable and full of guilt? How can you say you love yourself when you are lying and deceiving yourself about how you feel? How can you say you love yourself when you are denying yourself all you truly feel? How can you say you love yourself when you are deluding yourself, when your life is nothing more than a fanciful game of make believe? And how can you love another, when you don't love yourself? It's impossible; it's not how love works.

What I am asking you to do is consider what I am saying. You don't have to agree with me, but think about the reality of your life and try and be honest. If you can admit and accept the truth of what you feel, then you will have taken a big step forward. **Your soul-healing, as you will find out, is all about self-acceptance: accepting the truth of your negative state; accepting that if you don't feel loved, then those bad feelings are true: you don't feel loved. And once you've accepted your bad feelings, you can then take the next step and seek the truth of them: want to find out why you feel this way.** This is what a lot of your healing will be about. Acceptance, acceptance, more self-acceptance; acceptance of what you feel. **Your feelings will tell you the truth of what you feel, when you choose to live true to them, they won't deny you and pretend they are something else. Acceptance is the first step to true self-love: acceptance of all the bad, and wrong, and evil and unlovingness that you are. Acceptance of your feelings, good and ALL your bad feelings, IS LOVING YOURSELF.**

One aim in your intimate relationship should be to be able to stand face to face yelling at each other; arguing, telling each other that you hate each other, and why; being able to express all the anger, hatred and vileness, all whilst longing for and wanting to know the truth. As you uncover the truth by allowing your bad feelings to come up and out, then you will start to get to truly know each other. Then you will start to establish a foundation of a friendship upon which love can come.

So do you see what I am saying? You are full of repressed bad feelings and these all need to come out. At times that will be harsh, even violent in the words used, but its all poison festering away inside you, and until you own up to it, acknowledge, honour and accept it, and then speak about it all; until you do all this while you long for the truth and allow it to come, you will never be free of it. All the blackness, the vile, putrid, evilness; all your sin and error will remain within you unless you start to express, speak about it, it longing to find the truth of it. Your healing is the accepting of all the badness you feel. The admitting and owning up to it, and not running away from it. It is doing the opposite to what you do to your bad feelings; it is loving it through acceptance, through acceptance of yourself. **YOUR FEELINGS ARE YOU – ACCEPT THEM, AND YOU'RE ACCEPTING YOURSELF.**

Humanity exists on power talk. Power based on various erroneous beliefs, and it all goes around in one form or another, and has done for centuries. The woman is the true place of power, she can declare: I am the child bearer and therefore I am the controller of the child. Then comes the man. And the woman is in control although often she feels so much the victim and subservient one that she doesn't believe she has the power.

The man has been rejected from the womb. He has to leave the house and go to work all day long. He has to do this to pretend to himself that he has a life with meaning and purpose. What would happen if there was no need to work? What would men do if suddenly they were made to stay at home all day; stay in the place that rejected them; stay with the woman who he fears?

Men have made up the economy to give themselves something to do. You don't need money to live in spirit, so why do you need it on Earth? The Mother and Father have provided everything. Men desperately need to believe that they are important because they feel they are not. They are not made to feel important by their mothers, they are criticised and told to grow up and not cry, and to get out into the world and be a man. Be a what? Be just another poor lonely guy. And that is the truth. In the heart of each man is loneliness and misery. Do you really believe that you want to be out working every day with strangers, instead of living a life of love with your soul-mate? But can you give it up? What will you do? Nothing? You can't do anything your mother won't allow you to do! You have nowhere to go, and you can't go home, so then go somewhere where other men are, yes, I will hide my feelings of being alone with my friends, with other men. I'll go to the pub and watch some sport. Men cling desperately together marooned on a rock with the tide rising. They are very sad indeed.

But women, what do they have that is better? Oh yes, the children. Their whole life has meaning and purpose because of the children, or so they want to believe. Women hold the power only because they are forced to stay at home and be responsible for the children. The children are the women's work – their source of power. And what power does the child have, what can it do?

Deep in every woman is buried the truth that she is the evil one. It is also in men but mostly in a more impersonal way because women make them believe they have more power. With women it is real and true and it hurts. It hurts in their soul and if you are a woman reading this, and if you are true to yourself, you will know of what it is I am speaking of. Men and women know innately within their soul that they are not right, that something is amiss, and so when a child is conceived into this, what chance has it got? All children must become of their parents, and if their parents remain negative so shall it be.

Your healing will require your accepting that your parents didn't love you. It will require acceptance that you hate them. Many people not wanting to accept this truth will try to find excuses for their parents; they will try and forgive them saying they can't be blamed because they too were children denied love by their parents. They will excuse their parents by saying they were too unruly, too ungrateful, little wretches, as children, being such a trial for their poor parents. The parents are never blamed, no-one criticises the mother – all mothers are saints! However, through your healing you will always need to honour yourself, and if you feel hate for your parents, then it's that hate you must accept and find the truth of. When you have uncovered the truth of all your hate, all your anger, all your bad feelings, then you will no longer hate and be angry with your parents; for as you accept yourself so too will you accept them. **True forgiveness comes only through self- acceptance, and only through self-acceptance will you find true love – acceptance of your feelings.**

Remember to always look for the ways you might be denying yourself your bad feelings. By feeling sorry for your parents and not wanting to blame them, when all you feel is to blame them, is only another way to avoid accepting and being true to how you feel. It's okay to hate your parents; it's okay to hate

someone who doesn't love you. And when you do, then you have another opportunity to discover the truth of these hateful feelings: why do you hate?

Mary.

**NEVER APOLOGIZE, FOR  
SHOWING YOUR  
FEELINGS. NEVER  
REGRET, FOR BEING  
WHO YOU TRULY ARE.  
LOVE YOURSELF, MORE!**

*living  
with  
feelings*

**The Rejected Ones – Living True to One’s Feelings – The Ladies Speak by James Moncrief**  
**Message 39** 15 January 2003

I am here Mary Magdalene.

Thank You James. I feel we have done enough for this book. I am happy with it, as are those spirits who have helped you. This book is only intended as something of an introduction to the topics which we’ll expand upon during the course of your writing.

Jesus and I are very happy with yours and Marion’s healing progress. Keep going, keep honouring your bad feelings and longing for the truth. We will speak again soon, Mary.

Zelga.

Hi, James, Zelga. I too want to say thank you. All of us here in our group are very pleased with how it’s all gone. We did have our worries, however none of the bad things came to fruition; we’ve all been speaking about them as we’ve felt them.

Although you can’t understand, each of us has gained a lot from our interaction with you. It’s a two way street, we spirits gain just as much as you do in our communication with you.

I will be with you, that is our group will be with you, for the duration of your Earth life. Should you at any time wish to speak to me or any of us, please don’t hesitate to ask. You only have to think to me and I will respond. One of us is tuned in on your mind all the time.

There is of course a lot more we would like to impart to you, and we can read the questions in your mind, however we feel that this is enough for the time being. There is other work, other writing you need to do with other spirits.

So I will say good-bye too, and perhaps we’ll speak again one day – Zelga.

Heavenly Mother.

James, I have the pleasure of ending this, your first book, your Heavenly Mother.

I am so glad you are now speaking to Me as an equal to your Heavenly Father. I have been looking forward to it for a long time. I’m so pleased with your progress, having worked your way clear of your negative restricting circuits opening up direct lines of communication with Me.

Yes, I am your Heavenly Mother, and I am the soul-partner of your Heavenly Father. That is, Our Soul is One but with Two Personality Potentials, both of which we are choosing to manifest to you this way, with your relating to Us as your Mother and Father. We are God and there is only one Soul that is God – Us. I know it’s somewhat confusing as your mind has been so conditioned to only accept God as your Father in Heaven, but your heart knows that it enjoys having God being both a Father and Mother to you. And this is how it should be.

I won't say too much at this time, there will be other times when we will speak together. Long to Me and your Father for Our Divine Love when you feel inspired to do so. We are offering it freely to you, and with it you can make your soul divine and become more like Us. We are offering it to you so you can choose as to whether or not you want to live with or without Us. We don't want to force you into doing anything you might not want to do.

Listen to all Mary and Jesus have to say about the doing of your soul-healing. It's very important and complex, and your Father and I will be with you each step of the way. When you embark on it, as you're discovering James, it will take you into unfamiliar areas of yourself. You will not know how to express yourself, however be patient, as We will help you. Those parts of you that you have denied won't know how to function, so when you move into them it will take time, experiences, to slowly get used to them, almost as if you're learning how to walk again.

The negative influences of the Rebellion and Default are extreme. They are deeply ingrained within humanity, and there is a lot to the mind you do not as yet understand. So some of the experiences you will have during your healing might seem weird, and be at times very testing, however, We'll be there orchestrating it all in step with your soul, so you need not worry.

Simply express all your worry, long for the truth of all you feel, and We will help you see and understand it.

That is all I am going to say today James. God, your Mother and Father of Heaven bless your soul. We love you our son and we'll speak again soon.

Your Heavenly Mother of Divine Love.



## 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.

**WE TUMBLE INTO THE ABYSS BY SUBMITTING OUR WILL TO THAT OF OUR PARENTS:**

At the moment of conception your soul activated your will to become of your Earth parents, you in effect, agreed to accept all that they were; to partake of their negative states, which they subjected and impressed on you through your formative years. By the time you became an adult you were a product of them, wholly a part of the negative mind state of this world. Currently you are imperfect and will only regain perfection of soul once you have completed your soul-healing.

Jesus

Message 33 (part) 9 January 2003

**NOW WE CAN CLIMB OUT OF THE ABYSS BY EMBRACING OUR FEELINGS:**

Life IS ALL ABOUT FEELINGS. YOUR FEELINGS ARE YOU – ACCEPT THEM, AND YOU'RE ACCEPTING YOURSELF.

Only by following what Mary says regarding the doing of your soul-healing, the honouring and living true to your bad feelings and exposing all your childhood repression will you be able to heal all such pain and problems.

The Truth of your world is all about you. Many generations have believed in and tried to live how the Bible says, but has it healed all ills? Have wars and hatred stopped? And why have Christians done so many bad things? Why does all the self-criticism and self-denial still exist? Why are people mostly only interested in gaining power; and why do the rich still dominate the poor?

The religions and spiritual systems of humanity have failed to deliver life in the promised land, living free from all pain and suffering. And they will continue to fail because they themselves are founded on the negative. They are not true; do not teach the Truths of Divine Love; do not encourage people to live true to their feelings.

You are hopelessly bound up in your parent's lives. They have made it that way. The freedom and self-control you may feel you have is only relative to them. **They – your very own mind – is the evil one, you are the evil one living with your mind overpowering you in every moment. The Golden rule is: never interfere with another's will.**

I, Mary, was able to feel my feelings, as I was not trained too heavily to deny them, and then with and through them, find out the truth my soul wanted me to see. The truth of your negative state is what's missing from your world. It's the only thing that will open the way to show the right and true and correct way to live. [The Rejected Ones – Living True to One's Feelings](#) by James Moncrief



# REVELATIONS



**Revelation 1:** Our soul becomes encrusted with harmful ways of life, plus negative and erroneous beliefs, these mainly stem from our childhood upbringing and environment. Thus we live untrue to ourselves, we become 'evil'. Whilst we hold to these injuries we limit the amount of Love that we can receive into our soul. To open our soul to the Love we must firstly and progressively feel into our emotional injuries and allow them to be released. Until we emotionally experience past errors and injuries we hold onto them.



To free our soul of damage and toxic emotions we must open ourselves to experiencing them. This is a progressive, slow and uncomfortable cleansing process that we must all experience. Only by addressing the generational injuries will we, as humanity, evolve in love.



To fully divest one's self of our badness, we have to 'go into' our feelings. Call this process of clearing toxic emotions as 'Letting Go', 'Emotional Processing', 'Journey Process' or 'Feeling Healing'. Embracing Divine Love then Feeling Healing becomes Soul Healing.

As part of our Feeling-Healing we will have to work our way into all our feelings to see if indeed they are coming truly from our heart and soul, or if they are being heavily influenced by our mind. And this will then lead us into questioning and uncovering the truth, if there is any, to our beliefs and why we behave the way we do; and is such behaviour based on truth, or is it based once again on untruth, belief, and rules of our mind.

**Revelation 2:** We can long for, ask for and receive the Mother and Father's Divine Love. The greater our soul is free of error and injury, the more of the Divine Love can be received and assimilated into our natural love formed soul. The Love does not free us of injury, however, it strengthens our resolve to continue on our journey to be free of error and injury, to step away from evil aspects that have been encapsulated within our humanness and soul. It is this Love, the Divine Love, that brings about immortality of our soul and it is this Love that will eventually fit us to enter the Celestial Heavens and progress for ever more onwards to Paradise. These two revelations free us from error and enable us to grow in love ever more.



**Immortality with the Love.**

# 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 needs to express them, speak about them, let them have their say, rather than pushing them aside, refusing to let them make you feel bad.

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

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

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

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

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

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

## 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.

**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

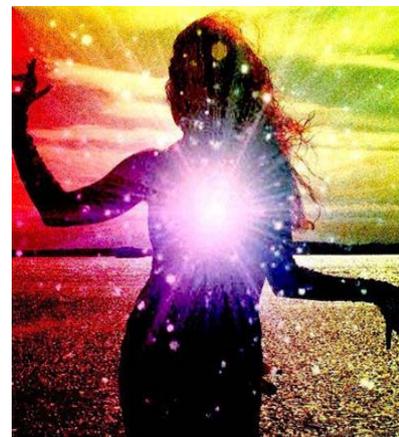
### Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.

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**

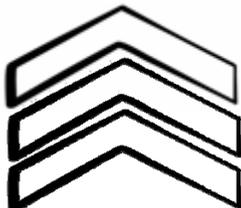


my  
**House** is your  
**Paradise**  
 **HOME**

## The CHOICE is OURS to MAKE:

### Celestial Truth:

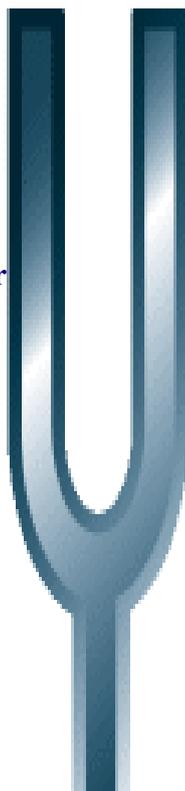
Truly all-loving;  
 Living true to oneself;  
 Mind supporting Feelings;  
 Living with the Divine Love;  
 Fully Healed of the Rebellion and Default.



### 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 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!**

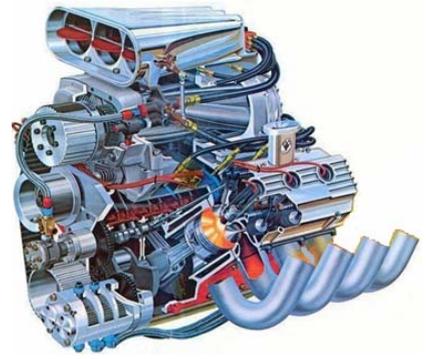


**To liberate one's real self, one's will, being one's soul, is by embracing Feeling Healing so to clear emotional injuries and errors. With the Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them, express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

## **WE ARRIVE DETUNED!**

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

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



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

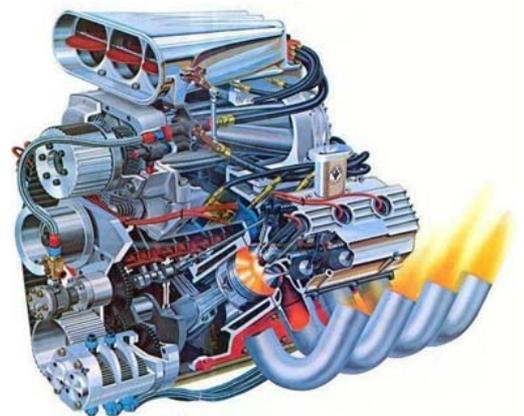


In our feeling- and truth-denying untrue Natural love state, we have been made to use our minds to dominate our feelings, becoming more like that of mind-based creatures of nature than of human souls of truth and feelings. And this is the wrong way for us to develop. So to step beyond this limitation,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

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

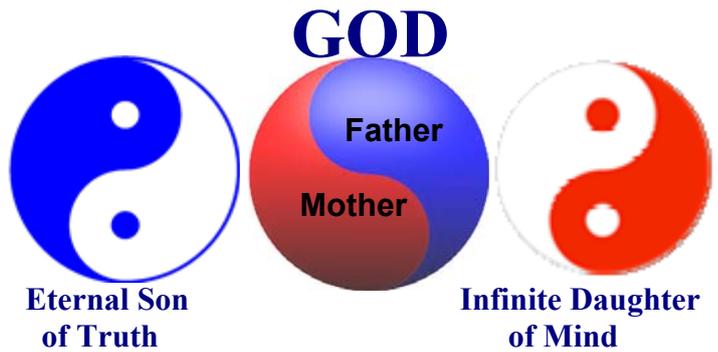
By living true to our self, true to our feelings, we are living true to God. It’s that simple.

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



**BECOMING DIVINE:**

We are not Divine to begin with. Our soul, personality and true self are of Natural love, created by Divine Parents, and with the POTENTIAL of becoming as They are, at-one with Them - divine. And we begin to realise this potential by longing personally to Them for Their Divine Love.



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



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



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



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

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



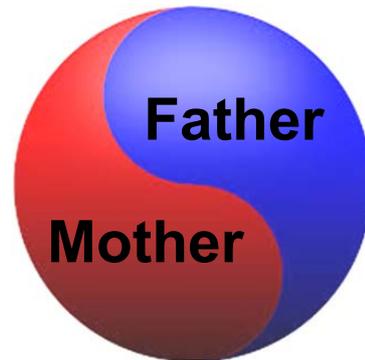
**Negative Spirit Influence  
blocked  
22 March 2017  
Law of Compensation  
quickening  
22 May 2017**



**Rebellion and Default  
officially ended  
31 January 2018**

**CREATED in THEIR IMAGE:**

**GOD**



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

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

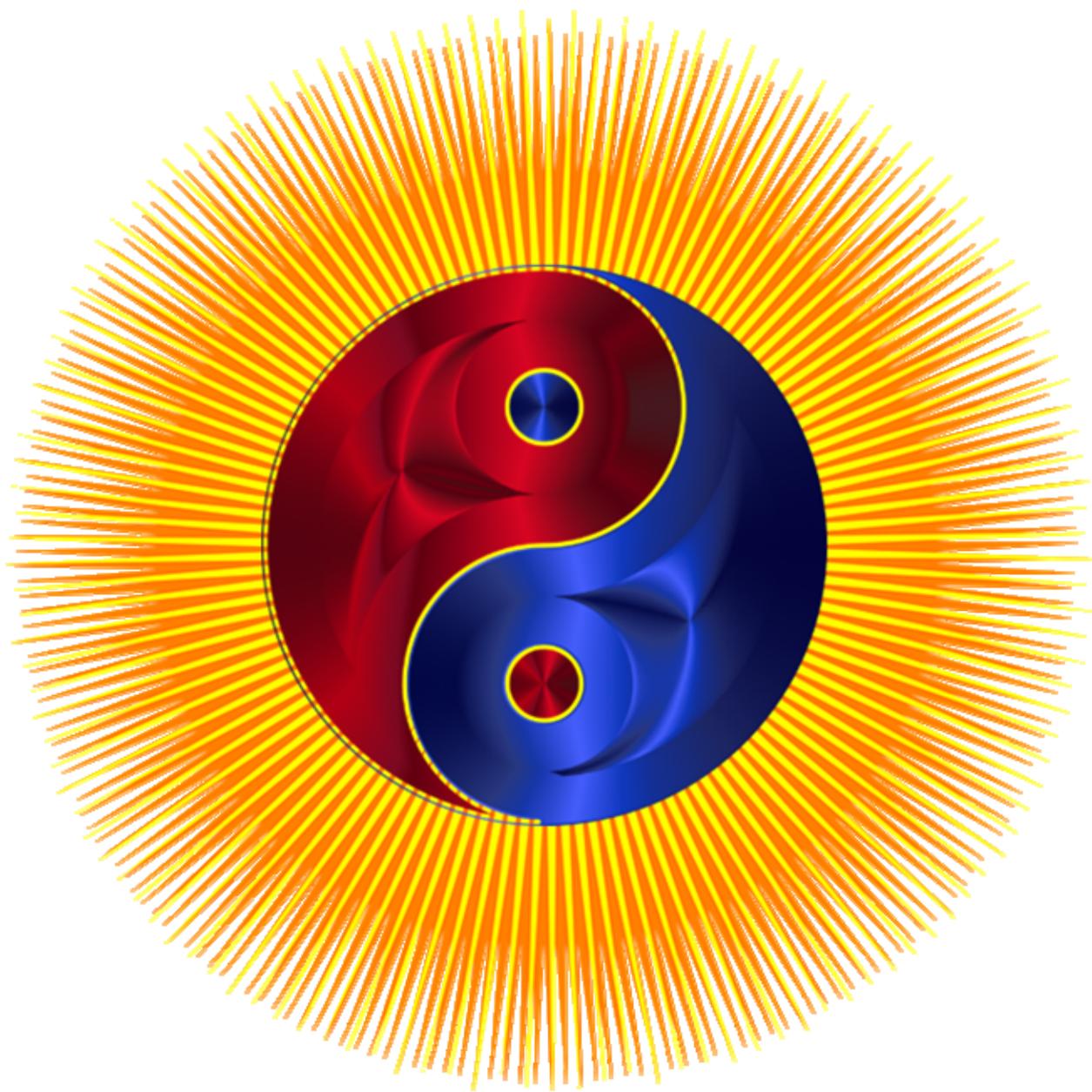
And although our souls are divine, as in being divinely created, still whilst we start our personality expression in Natural love, so we need the Divine Love to come into our soul and bring it into the levels of Celestial divinity.

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

Mary Magdalene communicating with James 20 November 2017



# Our Heavenly Mother and Father



GEMS for ALL PEOPLE of all AGES to EMBRACE:

The GOLDEN AGE!

***Cause No Harm*** < to OTHERS  
to MYSELF

**Strive to love others as I am to love myself**

At any time, any where, and in any way you so please:

Approach our Heavenly Parents, in reverence, without fear or trepidation, just as we, as a child, approach our Earthly parents knowing that open loving arms are extended to receive us at all times. As one's love grows for our Mother and Father in the Heavens, we come to know with absolute clarity and certainty that our Heavenly Parents, loves you and me and everyone in return, at all times, and that fear is an illusion created by man's mind.

God, who is our Heavenly Mother and Father, is almighty, all powerful, infinite, and all loving. The love of the Heavenly Parents for Their children, man, has been and is always infinite and ever present. As one's faith evolves, one's love for our Heavenly Parents will have no limit. As we grow in Their love, so will we grow in love for all of God's creations and our fellow man.

The Source Soul, our Heavenly Parents, simply desires for us to ask for Their Love.

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

"I love you Father." "Let the Divine Love flow its energy into my soul."

"Mother Father, I desire your Love and I am loving you."

"Soul God, I love you and I love receiving and experiencing your Divine Love."

"True Soul God, I am here, I am aware of your Love.

Please hear my aspiration for your Love and as I approach you from my soul, I can feel your Love in the way that you are loving my soul."

"Please Father and Mother, may I receive Your LOVE."

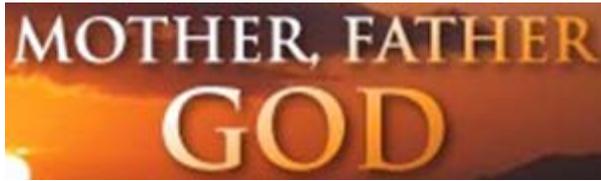


Maybe we could simply long for and ask:

*Please, Father, I want some more of your Love!*



MoC 1,471



**God is God, who is our Heavenly Mother and Father, being SoulMates. There is only one Soul that is God's Soul, that being the Soul of our Mother and Father. Our Heavenly Parents are the First Soulmates; The Two Who Are One who have brought us all into being.**

**Jesus and Mary are a son and daughter of God.**



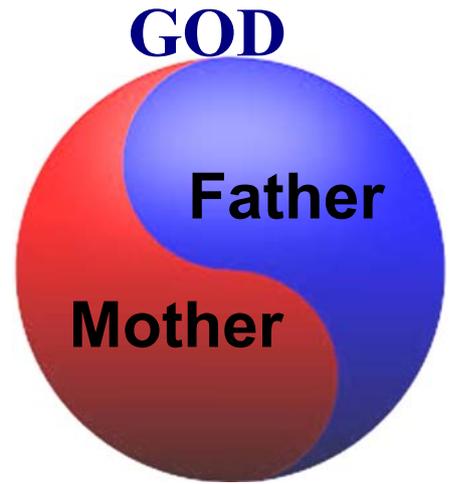
**Jesus of Nazareth and Mary of Magdalene, being soulmates / soul partners , where both free of sin. Jesus and Mary, combined in their love for us, are our teachers and guidance for us to find our way home to our Heavenly Parents. To start this journey we are to liberate our souls from being entombed within our suppressive minds, through feeling and longing for the truth of our feelings via our soul and peel away our injuries incurred since conception.**

**Give yourself time to consolidate your relationship with the Mother and Father through the partaking of Their Love. And whilst you are doing this, you can learn about your healing, all that's involved with it, as there are many willing spirits to share their healing experiences with you.**

**When you are ready it will start happening simply because you will want it to, it all being orchestrated by your soul. And when that time comes you will have developed a strong foundation in your relationship with the Mother and Father for you to work from. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them, express them fully, all whilst longing for the truth they are to show us.**

**It is to make longing for God's Love the priority, and then do one's healing; should one want to include God and the Divine Love in one's feeling healing. This is doing your soul-healing as you are seeking to heal your soul of all evilness – of that which made you become evil, and release all the hurt and pain of not being fully and truly loved.**

**WE ARE Children of God**



## 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.

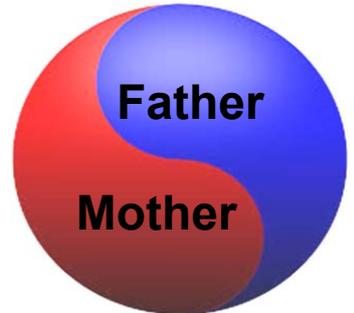
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God's soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of our Mother and Father.

**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.

# GOD



M&F



J&M



AVO

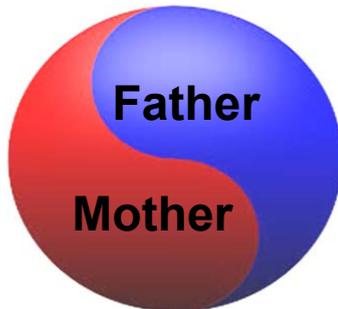


HUM

**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.

**WE ARE Children of God**

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

## HOW TO GET TO PARADISE:

Long for the Divine Love

Long for the Truth

Long for the truth of your feelings

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

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

Want to end your falseness and being untrue

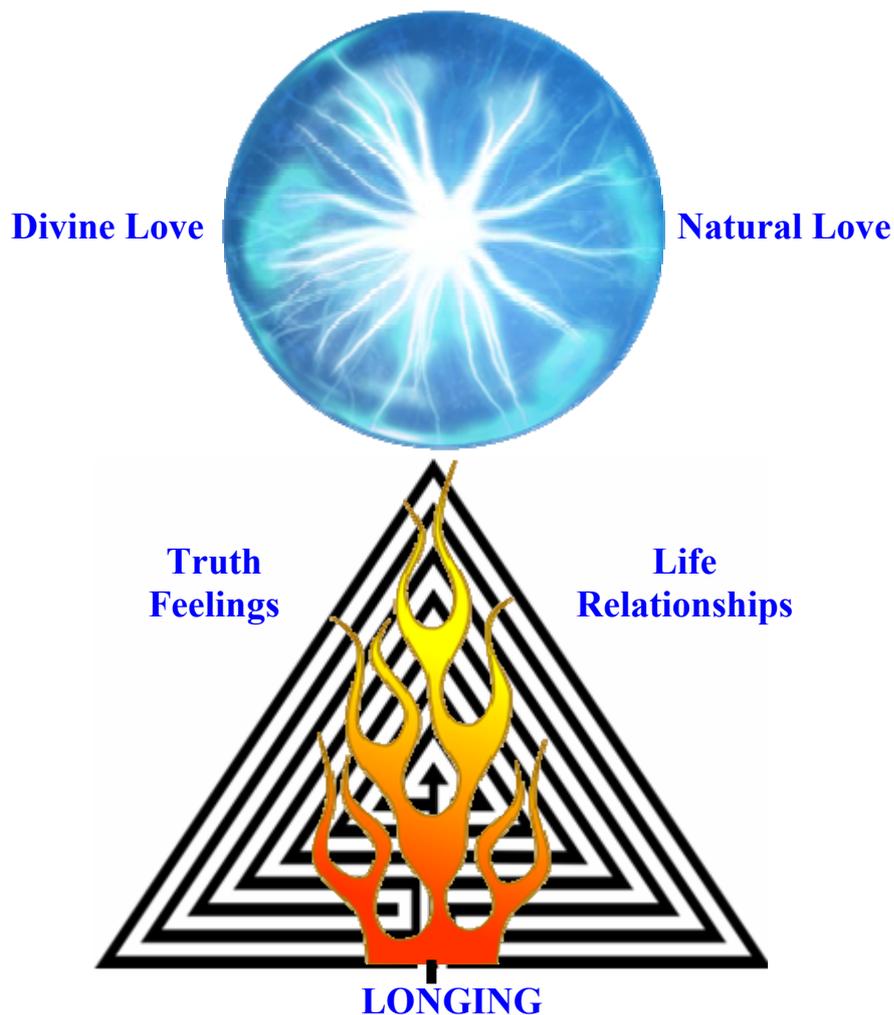
Want to understand the truth of your early life

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

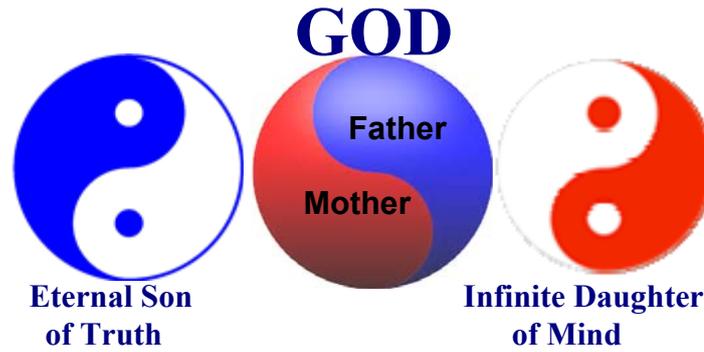
Want and long to know the whole truth of yourself

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

## The Key



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



**PARADISE TRINITY:**

1. **Our MOTHER and FATHER (God) (MF) – Divine Love**  
SOUL (God) – One SOUL that is expressing its two PERSONALITIES, our Heavenly Mother and Heavenly Father (Soulmates / Soul Partners)
  2. **ETERNAL SON (ES) – Divine Truth**
  3. **INFINITE DAUGHTER (ID) – Divine Mind**
- Then: The Second and Third Persons of the Paradise Trinity (ES and ID) are stepped down to the local universe trinity (Mary and Jesus, Divine Minister (DM), and her Holy Spirit.

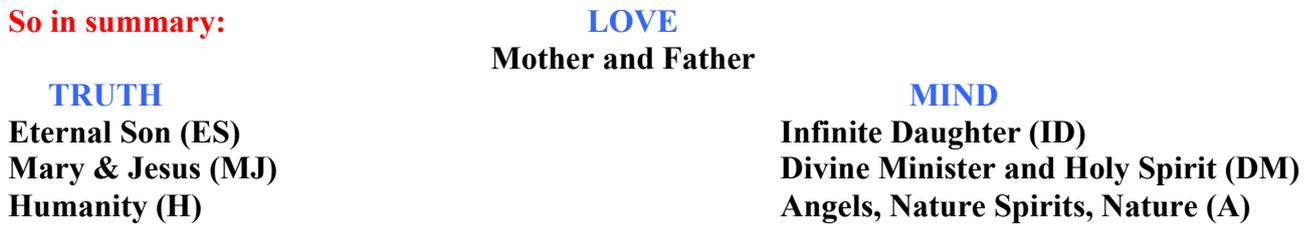
**The LOCAL UNIVERSE TRINITY:**

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

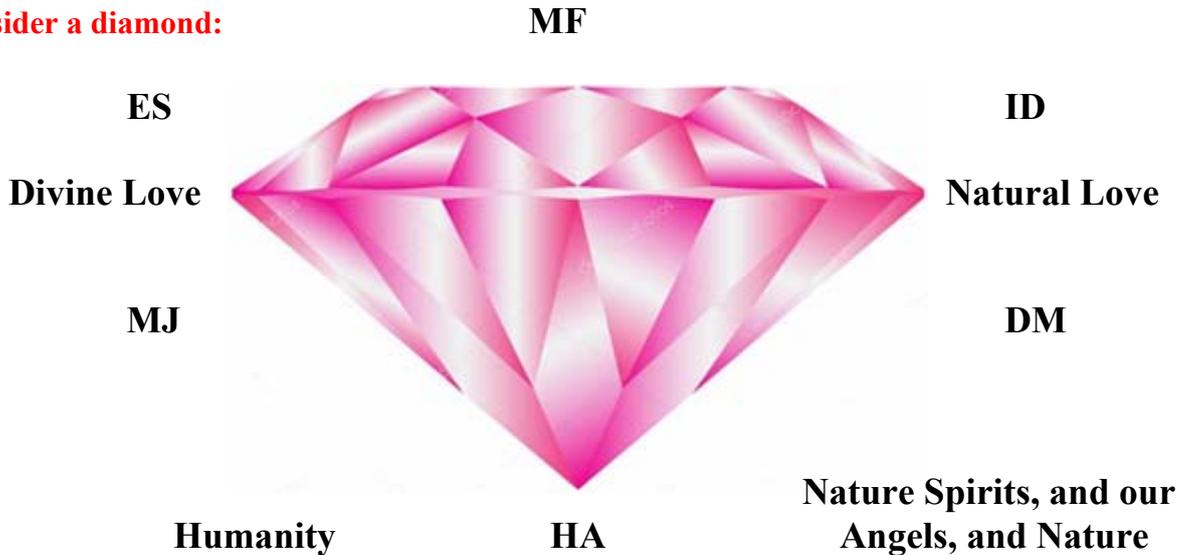
**PLANETS that engage in REBELLION:**

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

**So in summary:**



**Consider a diamond:**



# Mother and Father Heavenly Parents

Creator Son & Daughter  
Jesus and Mary

Avonals  
as soulmate pairs

Trinity Teachers  
as soulmate pairs

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

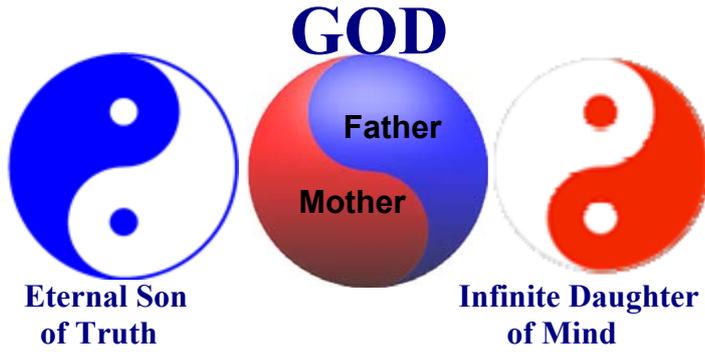
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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.





**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.



Spirit Person

Nature Spirit

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

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



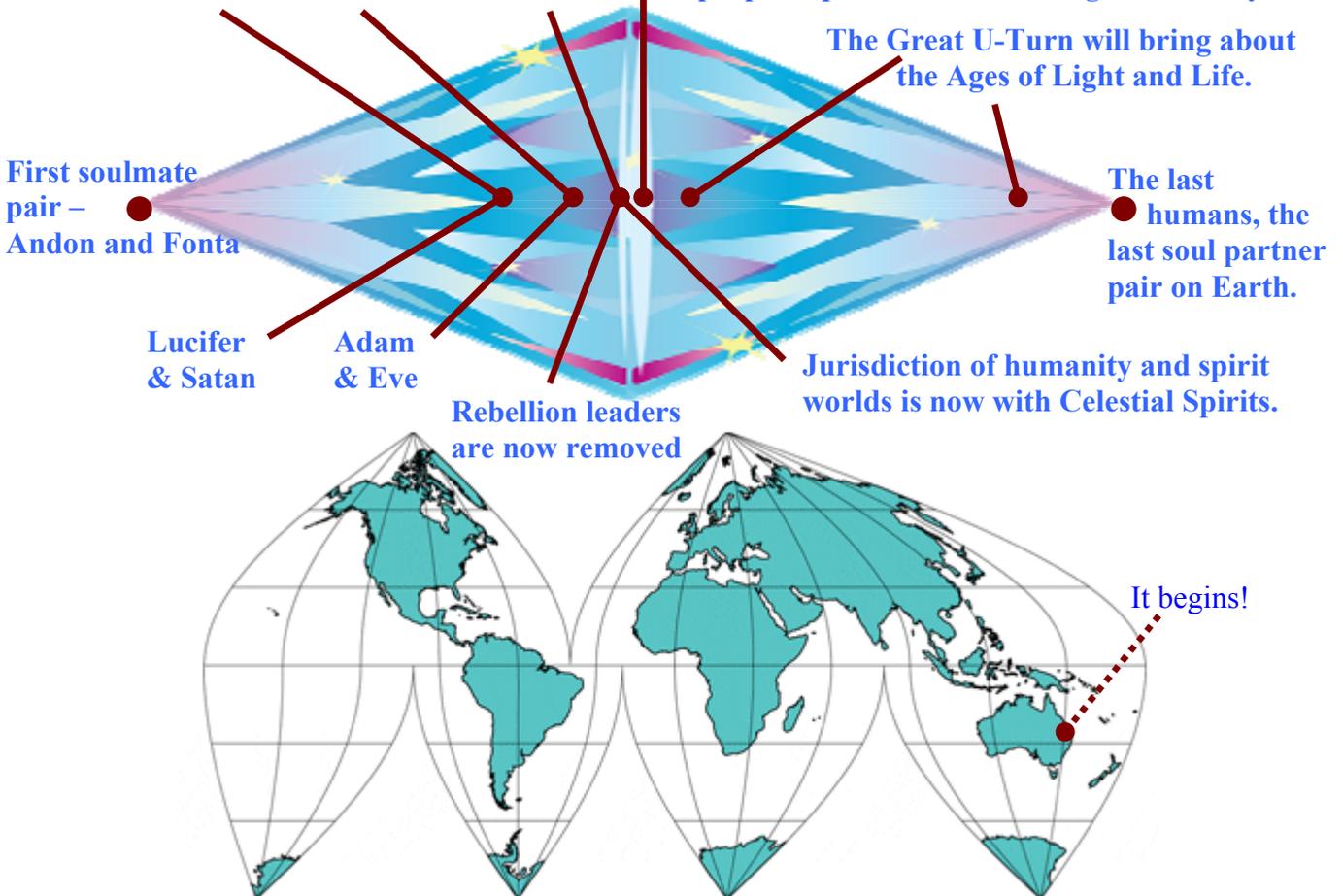
A nature spirit is an angel in waiting.

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

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

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

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



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

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

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

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

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

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

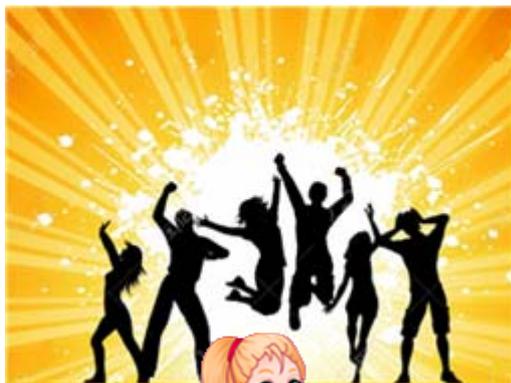
We are all to have our own pure relationships. And it’s the same of course in life with your friends, however over there, in spirit, dealing with Nature Spirits, Spirit Guides, and Angels, it’s more personal and private and ‘JUST FOR YOU’. So we have our own separate, unique relationships.



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

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

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



**Feelings! first**

**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.

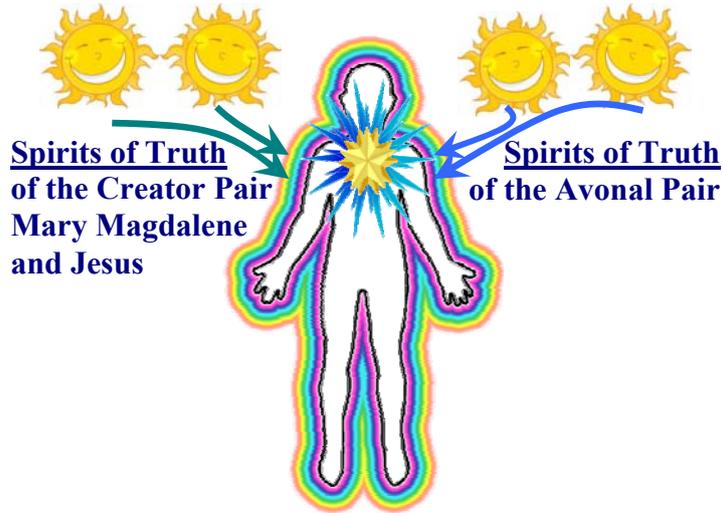
Once we progress beyond our Local Universe of Nebadon, then we are assisted and guided by our Heavenly Parents, our true Mother and Father all the way home to Paradise.

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 Nebadon, our Local Universe. The regents of Nebadon 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.**



**Long for the Truth from God, the Truth your Heavenly Mother and Father will show you. This does come through to you via the Spirits of Truth of the Avonal Pair in relation to one's Feeling Healing and in relation to Divine Love from the Creator Pair, all from the Eternal Son and in league with the Infinite Daughter and the Divine Minister.**

## LONG for the TRUTH!

Above all else, “Longing for the Truth” has not been recognised by humanity. True Prayer is not asking with the mind; it is a longing from the soul. Should we long for the truth then we will be told. This is how we ascend. Earnestly desire to know the truth and it will be revealed to us.

Our soul, our real self, already knows the truth and the answer we are seeking, the truth will come to our awareness through our feelings. Our feelings are soul-based.

Our mind cannot determine what is truth from what is false. Our mind is addicted to being in control and will lead us according to its agenda, all to our detriment. This is what man has embraced for the past 200,000 years – now the mind is to be subjected to our feelings. Accordingly, our mind will learn to assist our feelings.

Longing to our Heavenly Parents for truth will bring about the understandings we are seeking to achieve.

Long for the truth behind any feelings, both good and bad, and we begin to peel off and escape from our childhood repression and suppression, thus escaping from the generational cycle of errors that have been passed from parents to their children, thus continuing the cycle of error and harm. ALL children are harmed in this manner.

Through longing for the truth behind our feelings, both good and bad, we start to bring about harmony and peace to our self, which eventually flows onto our family, then our companions, then our overall community and then country. **This is how harmony will come to all of humanity and peace will prevail with war being set aside. This is what the Great U-Turn will bring about.**

Longing for the truth is the only way that we will come to understand the cause of any physical discomforts, pains, diseases and illness. It is by expressing the understandings of what one is feeling about any emotional event or issue so that we release from our essence the negative energies relating to these feelings arising from past events, particularly those from our childhood forming years. The harm that we each endured during our childhood forming years has set the pattern, at all levels, for our adult life.

In a variation of those inimitable words uttered by Jack Nicholson, “You CAN handle the truth!” This is how humanity will heal itself and bring about peace for each personality and humanity overall.

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

# **LIVE FEELINGS FIRST**



**PRAYER**  
is not asking. It is  
a Longing of the  
**SOUL.**

## ABOUT the HEALING

James

Sunday, 15 March 2020

Hello Sam, John, Eme, Graham, Brian and Jim, I want to pass on an ‘update’ about how I now perceive what our Healing is and how it will go. Overall, it’s still the same as I (and the spirits) have said – looking to our feelings for the truth of our self; and so being in an unloving and untrue state, doing our **Spiritual Healing** (as I’m now tending to call it) to fully connect with that; what it means to us; how it came about for us; and all the intricacies of our relationships and how they reflect the mess we’re in. So our Healing is about first finding the truth of our unloving and untrue state, coming to understand the full extent of that, how it relates to us and how we relate to it, and all how it makes us feel feeling so fucked.

So what I want to add today is more about how I personally have thought my Healing would progress and how I’ve been wrong in that with these last couple of months making me change how I see it.

I started my Healing thinking and then believing that as I brought out all my yuk, I would change, changing for the better, becoming more true, perfect and loving. That it would be like any other normal healing, when we cut ourselves the wound gradually heals diminishing in pain and size until it’s all better perhaps leaving a scar to remind us of the experience and the amazingness that we can heal like that. When we get sick we go to the doctor, do what is needed, take the pills, have the operation, and hopefully we gradually get better. And so I applied this same approach and expectation to my Spiritual Healing. If I bring out all my pain and yuk as Marion told me I had to do, then as the bad comes out and the truth comes with it, so I would gradually change making myself better – healing myself, becoming truer, ending all my pain, changing all my negative self-denying and unloving beliefs and behaviour, positively changing feeling better about myself and my life, my relationships, how I conduct myself, my aspirations, perfecting my Natural love, preparing myself for the ‘Big Change’ when the Divine Love wholly transforms my now perfect Natural love soul into being divine, that being the end or at the end of my Healing. So I believed that steadily through all these 23 healing years I would feel those positive changes happening in myself, and not only that, but as all of me would be changing, my compulsions and addictions would progressively end, my relationships would become truer, I would become more loving and be able to receive love, all as I grew in truth, all preparing me to become Celestial, with my being able to feel, sense and perceive that each day I was getting closer to the END of my Healing. However now after all these years, I’ve had to admit, accept and come to understand that my way of seeing how my Healing would go has been incorrect.

YUK

So this is now what I understand my Healing has/is about; and perhaps other people have understood this from my writings and it will be of no surprise to them, but I have been a bit dim owing to all my fucked up beliefs which I grew up with and those I’ve added since reading the Padgett Messages, Urantia Book and even from the spirits, all of which has been perhaps my misinterpretation of it. I’m still coming to terms with having my focus shifted, so I apologise if I ramble on repeating myself as I usually do and for writing so much.

Now I would advise someone who is wanting to start their Healing by saying that it is about, seven Mansion Worlds worth of uncovering the truth of your rebellious state. So don’t expect yourself to get better or change thinking that as you progress you will work your way out of your wrongness progressively becoming better, truer and more loving, because it’s not about that. It’s all about becoming progressively more aware of how fucked you are, so right the way through your Healing having to stay being fucked, all so you can see the truth of how fucked you are in all the ways you are untrue. So expect to stay fucked right the way to the End of your Healing. Don’t expect to

progressively get better or heal yourself like you might expect. That really it is all about only growing in truth, with you needing to stay controlled by your compulsions and addictions all the way along so you can keep using them to move deeper and deeper into the truth of your unloving and untrue state. And that it won't be until you've revealed to yourself the whole truth of your rebelliousness, when you've brought out all the bad feelings that will help you see it, that the end will come and your transformation into being true, perfect and all-loving will happen. If you expect through your Healing to gradually decrease your badness as you increase your goodness, you might end up feeling very let down when after years of working on yourself to still feel in many ways just as fucked as before you started.

John, if you were to draw one of your diagrams, then I have viewed the Healing like a pyramid, we start off with a broad base of fuckedness, with our being wrong and rebellious diminishing as we ascend in truth, and with ourselves feeling better and better about ourselves as we get closer to the apex. But now I see the whole pyramid as a column right the way to the top. And perhaps the column is capped by a small pyramid at the end of our Healing when our transformation does finally occur, however I won't know until I experience it.

I have spent these past months so pissed off with the Mother and Father about letting me down, doing all this work on myself for all these years when nothing really has changed in me. All that has seemed to change is I've become progressively more aware about how fucked I am and how my fuckedness is maintained and how it all started, but what I hoped would be my healing hasn't happened yet. And being pissed off with Them is of course really being pissed of with my parents for giving me the wrong beliefs that I applied to my Healing. God has not said how it will be, I've made all that up. And so now I'm finding out, and like everything else, it's nothing like I thought it would be.

**FUCKEDNESS**

Marion explained it well the other day by saying what we do heal through our Healing is all that is stopping us see the truth of ourselves – our untrue and false state. And I can relate to this, I have changed in many ways, I have brought to light a lot of my beliefs and ways I'm keeping my truth-denial in tact, including having these wrong beliefs about my Healing. And as I've seen what I am doing, what is in me that is blocking myself from feeling all my feelings and the truth that will come from them, so many of those blocks have diminished and some have even gone completely, allowing me to feel more clearly just how fucked I am, all my pain, all the hurt, all the misery, fear and anger, all how powerless and such a useless nothing I am and why I've had such a nothing life. So my self-awareness, my awareness about my rebelliousness, being so unloving and untrue has certainly increased and continues to do so each day.

Yet still all whilst maintaining my addictions, compulsive behaviour, disconnectedness in my relationships and how fucked up my self-expression is. So my body feels more fucked by the day, I can't stop stuffing the Aldi (super market chain) milk and almond chocolate in by the block, I am feeling more fucked by the day, all the opposite to how I thought I would feel this far into my Healing. So the truer I become to how untrue I am, the worse I feel, which is right because that's the truth of how wrong I am. I am wanting to uncover the truth of my unloving state, so I have to feel just how unloved I feel. So I have to keep feeling worse and worse because that's how I felt through my early life and all the way along, I just tried to block it all out. So through my Healing I have progressively been able to feel all my bad feelings more truly, more intensely, connecting more with them as they are myself and my life and not all the false cover up and denial of them. So it's right, even though it's still so hard to accept, that the more I progress in my Healing the worse I will feel. I should feel better and better! But it's not been like that. In some ways I don't have all the repressed bad feelings in me, the misery, fear and anger has markedly lessened, I don't spend days and days feeling so miserable as I used to, yet

when I do feel miserable, I feel it so much more acutely now being so much more aware of it. And I can connect with the truth of why I'm feeling it much quicker. So I have changed in my relationship with myself, only it's not been as I was expecting.

And I've come to realise, that had my Healing progressed like I believed it would, then as I progressively changed for the better, I'd be better, and so being better I would then not be able to feel my deeper levels of how fucked I am, my new good feelings preventing me from getting into my even deeper bad ones I'm keeping hidden. So had I worked my way up the 'healing pyramid', the higher I got the further from the truth of how fucked I really am I would have become. So now I understand why I have to stay in my fucked state right the way to the end – so I can keep connecting with it on ever deeper levels, all so I can understand all the aspects of the truth of it that God and my soul want me, need me, to see.

So as hard as it is, I am now accepting that my Mother and Father gave me a life of unhappiness. That I am to live feeling mostly unhappy, miserable, despairing, powerless, nothing, and fucked off about it all for my whole life, and really forever. And that my so-called Healing, is coming to understand and so accept that. And even though I still hope I will change and end feeling so bad, I have to fully accept that until that time comes, and if it ever does, I am dreadfully unhappy and a sad case of useless pathetic futile humanity. And that I have to keep doing all my compulsions and addictions to keep afloat, to keep living the pathetic fucked way I do, all of which is what God wants – created me to live. So there is no out, no escape, not whilst I'm still in it, for how can there be, as I am it, it is me. So all I can keep doing is working on myself through my feeling acceptance and longing for the truth to keep seeing just how fucked I am, as I had no idea when I was young, just all these horrible feelings I did all I could to block out.

So to face that I will never get 'better', that nothing will ever change for the 'better' is soul-destroying, it's too much to bear, that this is my shit life and that's it for me as I can't change myself; and god I tried, but I can't, my Mother and Father have made me so I can't. So I'm trapped in my pain forevermore, or until They decide to end it. Marion says: why do you keep doing or saying that, why don't you change yourself, focus on what is wrong and try and keep aware of it and when you do it again then work to find out why you do, bring up those feelings and gradually as they all come out you will change, you will stop doing it. And I have tried her way, but I can't do that, it's not me, I didn't get what she got being able to do that for herself, which is how she approaches her Healing. However the reality I have seen over these years for her is that she can't change the real deep fucked up stuff within her no matter how much she applies herself or expresses her pain. Nothing seems to change for either of us in our deepest fucked up self, other than getting to know it more, we're always changing in our understanding of how fucked we are and why and how powerless we are to do anything about it.

So I am changing by coming to accept that I can't actively make or induce my own change. I can't do anything other than what Marion said right at the start, just keep trying to express my bad feelings and keep longing for the truth of them. I do this in my pathetic fucked up way, which Marion says is not right and that I haven't even started my Healing properly, however I can't do anything else, this is me, this is all I can do, and every day my 'not doing my Healing as she says' is helping me see how I can't change myself, how locked into my shit I am with no way out, and that I have tried to do my best and failed, and that I am not even meant to try anymore, just accept that I am completely powerless to affect any change, and that I am completely reliant on my Mother and Father, it's all up to Them – how They want me to be. And I've been so fucking angry with Them for giving me such a shit life, just as I have been so angry with mum and dad, and yet lately even that anger has been fading off because what is the point, what does it do for me, it doesn't help me change, it doesn't make me feel better. But I have had to express it all, raging at them, at Marion, standing up to them like I wasn't able to when I was young,

getting stronger in my expressing those feelings I'm becoming more aware I have, all while understanding that compared to Marion and Samantha the strength of my feelings is very weak, I hardly feel them, they are just a blur most of the time, unlike their's which are so acute. Accepting that God even fucked up my being able to fully and passionately feeling my feelings, that I am all but feeling-numb, just wanting to hide in my fantasy mind, to watch the movies in my head as I watch the movies on the screen, to escape into a better place in my mind.

So to conclude. For anyone setting out on the phase of life called their Spiritual Healing, to expect that through your feelings you will be worked step by step ever deeper into the pain of your untruth all so you can see that how you are now as an adult is EXACTLY how you were back as a child, and that really you are still the child and nothing has changed. And that it's not going to change, you will remain being the fucked up unloved child feeling all the bad feelings of being that way right the way through to the end of your Healing. And you have to keep feeling as bad as you do, and so if you don't already feel as bad as you felt from conception and right the way through every bad part of your childhood, then your Healing will progressively help you re-connect with just how bad you did/do feel. And that you won't change for better as in feeling like you are ending your shit childhood, letting it go, healing all the pain of it, that you will keep being in and of it because it is you, there is nothing else, no other you, there is only you the child that wasn't loved as it needed to be loved by your parents. And that you will keep feeling so bad right the way until the end of your Healing. So don't expect yourself to 'heal' as you know healing to be, expect to keep feeling as bad as you do, even worse and worse, all as you keep growing in the truth and awareness of how fucked and wrong you are. And then when you have seen and felt it all, when you know all the truth of your unloving and untrue state, then you can transform into your true and loving self, then all your pain will go, then you will greatly change. But until that End Time when you make the transition in truth into the Celestial levels, keep expecting all your shitty life to remain, all your compulsions and addictions to keep plaguing you, all helping you to feel as powerless as you are, as unloved as you are, as untrue and false as you are.

Our Spiritual Healing is not about, here, take this Healing Pill, working on expressing your feelings and uncovering the truth of them and you'll get better and all your pain will progressively leave you as you become progressively a better person. No, accept that you are fucked, you will stay fucked, and you will come to see the whole truth of your fucked state, feeling how bad you feel in it, right the way to the core of your being. Great fun, yet what else can we do?

One day we all come to the realisation that we can't actually make ourselves feel any better by using our mind. We have tried to do that all our life, but one day it runs out and you can't do it anymore. And you look back at all you've done which you thought was helping you to feel good and change for the better, but it's all been shit. And then you have to express all those horrible feelings that all you've done has been a waste of time, that you are still as fucked as you've always been. And then what? If you can't change yourself using you mind, what the fuck can you do?

And then what you can do is go the other way, to try and uncover the truth of why you can't use your mind to change yourself. You can do your Spiritual Healing, however that too is not going to be like you expect. You are going to keep feeling as fucked and in the pain that you have always felt, right from the beginning, because you formed in that pain and fuckedness, it is you, it's how God wanted you to become, and you have to come to terms with that. But that doesn't mean falling in a heap and giving up, because you won't be able to do that fully either, we have to keep going, so what we can do, which I assume we all will be able to do, is work with our feelings to bring to light the truth of just how fucked we are.

You are the unhappy and unloved child. Nothing has changed. So we have the choice of living the truth of that. Which means, coming to understand through our feelings, the very feelings we've always felt, what it all means to be as you are. The truth of yourself. The truth of your unhappy and unloved self. People say they want to become true, but they jump over becoming true to all the bad untrue stuff. If they do this or that, do their Healing, they will become true. Which is right, only it means become true to how fucked you are and all the pain you feel and have always felt. Getting to know it – yourself; connecting with every part of it – yourself. Going into your hell, into your darkness, and being it, being immersed in it until it becomes light. Until what was your darkness you know so well, feel fully connected with, that there is no longer any hidden dark places you refuse to face and see. And when we've come to terms with the hell that we are, then hopefully our Mother and Father will change us into becoming truly true and loving.

And to end: here's an example of how much fun it all is. I grow up in relationships with people that I believe I love, when in fact the truth is, I hate them all. The hate coming through my Healing as my feelings lead me to it, that which I wasn't allowed to express when I was with them.

So being with people I hate, and believing they are good for me, is part of my negative pattern.

So I marry a woman wanting to be with her, because also as part of my negative pattern I have to be with someone, believing that I love and like her when really I hate her. Really I detest and can't bear how she is and all the things she goes on about and what she's interested in. I have to be with her, hating her just as I had to be with my parents hating them. It's just how it is, how I am, and I can't be any other way.

And so I was told we are soulmates, so good luck with that. I am with my soulmate that I hate. However, perhaps that is part of living the ultimate truth of feeling unloved, so perhaps it might even be right. And if it is, it shows me just how removed from the truth I am, that we all are – which also is right, because we are very far removed from the Truth due to the Rebellion.

And part of my Healing, coming to understand and accept the truth of my unloving state, is realising this about my relationship with Marion, mum and dad and the others in my family. So Marion and I remain together, hating each other, all so we can keep helping each other in our different ways with our Healing. And when I say hate, that's harsh, when we are going for it, yelling and cursing each other slinging all our shit at each other, yes we hate each other, but that is not that often, only during the crunch, pressure times. Mostly we accept and are okay with each other, even liking each other every now and again; yet still overall, growing in the awareness and understanding that really we share little in common other than the truth that we don't love each other and our lives are fucked, separately and together, and that there's no point, and we can't leave each other – another part of our fucked state. And then to take it even further, well really I'm not with Marion, I'm still with mum and dad; just as she is not really with me, she is still with her mother and father. So our hatred of each other is really still a projection of our hatred of our parents onto each other. And what we might really feel about each other, were each of us true and were we able to truly relate to one another, we don't know, and won't know until we finish our Healing and if we still want to be together then.

The Rebellion is a complete fuck up. We are complete fuckups. I am a complete fuck up. All of which our Mother and Father want us to see and come to know through living it. They have fucked us up so we can know the truth of what it's like to feel so unloved and to live being so untrue and against ourselves. And possibly one day we'll thank Them for giving us such an extreme experience. And until that day comes, if you hate Them too, then hate Them with the full intensity of such hate for giving you such a shit life.

**FUCKUPS**

**SPIRITUAL HEALING:**

Our Healing is about first finding the truth of our unloving and untrue state, coming to understand the full extent of that, how it relates to us and how we relate to it, and all how it makes us feel so demented and live life in a stupor.

Healing is about seven Mansion Worlds worth of uncovering the truth of our rebellious state. It's all about becoming progressively more aware of how screwed up we are, so right the way through our Healing we stay being screwed up, all so we can see the truth of how demented we are in all the ways that we are untrue, all the way to the End of our Healing.

What we do heal through our Healing is all that is stopping us see the truth of ourselves – our untrue and false state.

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

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

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



IT IS NOT THIS WAY



IT IS THIS WAY

## Spiritual Healing Expectation

Saturday, 28 March 2020

James: Some people will have the expectation that as they progressively work through their Spiritual Healing by looking to their feelings, expressing them whilst seeking their truth, they will change for the better, as in, their pain, addictions, compulsive behaviour, their self and truth-denial will leave them as they change into a better truer more perfect person. Starting off fucked and progressively becoming less fucked. However it doesn't happen like this.



And whilst many inner changes do occur through our Healing, these are mostly centred about helping us to become truer to our pain, allowing ourselves to accept our bad feelings more, getting better at expressing them, all accepting that we are in such a bad truth-denying way. All of it helping us to understand how false and untrue we are. And this continues right the way through to the end of our Healing.

How we heal is by progressively bringing out all our repressed childhood feelings and uncovering the truth of why we're feeling them. However to do this we need to remain in our untrue state right the way through to the end of our Healing so we can keep getting more in touch with such feelings bringing to light the truth of our untruth.

We are to become true to how we are. Currently we are avoiding the truth of how wrong, fucked and in a bad state we are. And we are not to avoid it, we are to fully accept this is how we are, but first we have to see it all, which do throughout our Healing.

So don't expect to feel better the further you go in your Healing, expect if anything, to feel worse and worse as you connect with the deeper repression within you. Don't expect all your Wrongness to magically go away or be transformed out of you as you grow in truth from your bad feeling expression. Don't expect anything of this until much closer to the end, or until when you've seen the whole truth of your untrue state.

We are to understand, know and be, as we are in our Wrongness. So our Healing is not about healing ourselves to avoid being it, to further push it aside. Our Spiritual Healing is about progressively bringing us face to face with our being untrue and false, feeling ALL the pain of it, accepting and expressing it, all to reveal to us why we feel so bad. We are to understand why we do all the bad things we do, however don't expect to stop doing them as you progress through your Healing. Some things might go, but other things you are and how you are that you hate about yourself might stay right the way through to the end of your Healing. And they will remain because you'll keep needing them, keep needing to do them, to further help you connect with them and to keep bringing up all the bad feelings you feel about them and from them, all to keep helping you see yet more truth about your unloving state.

You are false and untrue. You will remain false and untrue right the way through your Healing. All so you can see the whole truth of being false and untrue. And when you've seen it, then it will end, then God will transform your soul and you will change ending all your false and untrue ways of being, becoming wholly true and of a Celestial level of truth.

So far, and it's early days yet, there seems to be two very distinct ways people's Healing might unfold for them:

1. One way is for the person to know they are false and untrue, to always have known it, for them to feel unloved, to hate themselves and to feel hated, to feel many bad feelings about themselves and their lives right from as early as they can remember. These people having to be forced to remain in their

pain right through their lives, always suffering and mostly aware of it and how they were unlovingly treated as children causing them to feel so rejected, unloved and unwanted. And so when such people start their Healing it will be one ongoing expression of their pain. And as their pain comes out they will grow in further understanding why they feel it all, coming to see the whole truth of how badly and unlovingly they were treated by their parents and family. And these people will feel that they are progressively working through their pain, with good feelings coming the more of their repressed feelings they emote and express, enjoying the truth that comes to light affirming to themselves their feelings have been right all the way along. That they were right and their parents were wrong, something they've always known as their feelings have told them, and now with it all being confirmed beyond a shadow of doubt through their Healing. So such people will understand that it's right that they keep feeling bad right the way through their Healing because they have always felt bad, there never were good feelings, or at least not enough during their early life, it being how they are, how God has made them be, the life God has made them live. And these people will be fully accepting of the process, knowing that they will just keep bringing out their bad feelings until there are no more to bring out, when they will have seen all the truth of their bad feelings and unloving state of being, which will be the end of their Healing. These people will undoubtedly have certain blocks and deep trauma that might require some outside help to bring out, however mostly they will be able to easily do their Healing themselves.

2. The other way is the person who was completely turned against their abuse and pain, completely made to feel there was nothing wrong, that they are okay and even right being as they are, that they are not false or untrue, having been made to completely disconnect from the unloving treatment they received from their parents, blocking it all out, refusing to allow themselves to feel such bad feelings. These people will be very deluded, shut off almost completely to the truth of themselves being false and untrue. Shut of to so many of their repressed bad feelings, with hardly any awareness at all that they are in fact stuffed full of bad feelings they are refusing to feel. So for these people, who might need a lot of ongoing help to keep them breaking through such feeling-resistance, their Healing will be one long smashing down of their denial, slowly forcing them to wake up, admit to, to feel, that they are feeling bad and are not right. And it will be harrowing for them having to constantly face the truth through a seemingly never ending stream of worse feelings surfacing in them, seeming to come out of nowhere because they've shut them all out so long ago, not allowing themselves to remain in touch with such pain. And the bad feelings will keep coming up in them, with the more in touch and aware of their hidden pain they become, the more intense and better to relate to such pain and bad feelings they will become. So for them their Healing will seem like one long miserable painful traumatic experience as they are forced to reconnect with the pain of their forgotten and blocked out childhood. And it will be an ongoing constant revelation as to the truth of just how badly treated they were. They have believed they were loved and things were relatively good during their childhood and in their relationship with their parents, and yet their feelings and resulting truth will constantly keep showing them otherwise, that they have seriously been deluding themselves, and that in fact they are severely disconnected from themselves becoming very untrue and false, with all they increasingly think and feel about themselves and their lives being not good at all. So their Healing will seem like an ongoing agony, when really all it is will be all they have always felt, all still how they felt as a young child, all of which they systematically blocked out. So the unblocking will seem brutal and cruel to them, like God is being very unloving and mean to them subjecting them to such pain and so many overwhelming bad feelings all the way through their Healing. And with no let up, always feeling like they are being further crushed, broken down, ground down into feeling so powerless, that they are nothing, a no one, just a poor sod full of fear, misery, pain and anger about having to be subjected to it all. All of which they are to wake to understanding was all what their parents subjected to them all those years ago, and all of which they've always felt yet have kept well hidden from themselves.

So for the person who wasn't allowed to block out all their pain being able to use their mind to tell themselves they are loved and feel good about themselves, their Healing will be one long feeling of 'yes', that is right, that is how I've always felt, that is the truth of it. And even though they will feel so bad, as bad as they have always felt, still they will also feel good because finally they are getting to the bottom of it and their feelings were right. Whereas for the person who denied themselves such pain and bad feelings all the way along, using their mind to convince themselves that they are good and right and don't feel bad about themselves or life, their Healing will be one long bashing down such untruth and falseness, making them have to face the fact they were bad and wrong, that all they are is full of shit, and that really they are filled with so much pain and repressed bad feelings that it's a wonder they were able to keep it all locked away without having a clue as to how bad and traumatised they are. And they will feel their Healing is not making them feel better, and if anything as they connect with their ever deeper pain, that it's making them feel worse right the way along, and with no let up, no relief, begging God to end it, wanting it all to stop, all because daily they are having to face more of the truth of themselves. So the truth will even feel to some extent like it's a bad thing, it making them feel worse about themselves; whereas through the other Healing way the truth will make those people feel good and better about themselves as they progress in bringing to light the whole truth of their rebellious and untrue state.



And then I imagine within these two extremes of Healing, will be people with elements of both approaches.

Feeling things seem to get worse and worse as you progress in your Healing is right because your childhood got worse and worse, it compounded all the denial as you got older. And as much as you might feel worse and worse, still oddly you will feel also better and better the truer and more accepting of yourself you become to your untrue state of being. The less you deny yourself the better you feel about yourself; however to become less denying, first you will feel worse about it as you come to see just how much you are denying by getting more in touch with it all.

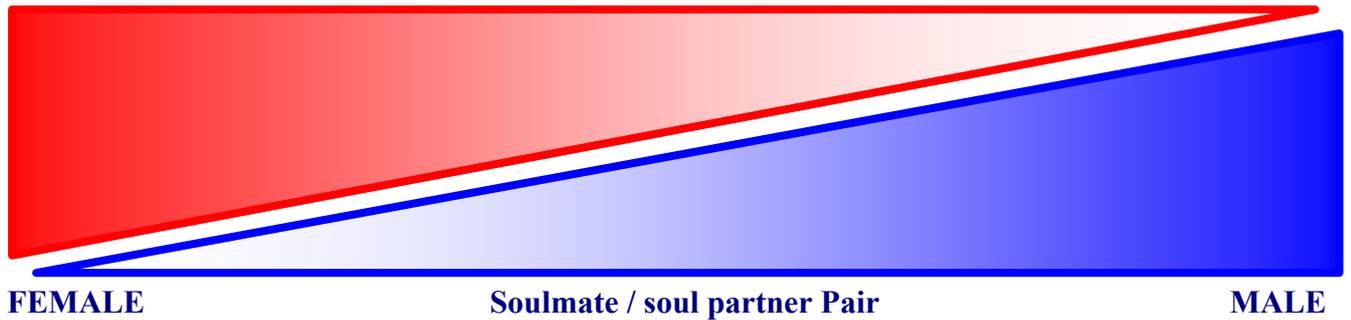
### **SPIRITUAL HEALING:**

**We incarnate into Rebellion, and by default become untrue to ourselves. The truth of which we are to see through our Healing. And once seen, then we will no longer be of the Rebellion, being a true, happy, perfect and all-loving personality.**



**The Healing is about becoming true to being as you are in your untruth. As you become aware, facing and accepting the truth of how wrong and untrue you are. And once you've brought all your untrue self out through each stage of your Healing and are wholly aware of yourself and your rebelliousness, then your soul and God will transform you out of being untrue and into becoming your true spiritual Celestial self, be that in the physical or when you do your Healing in spirit.**

**The EXTREMES of EMOTIONAL INJURY and SOUL SUPPRESSION:**



At the extreme ends of Childhood Repression, a soulmate pair will be the first to heal themselves, having experienced their parents and close family members impose upon them forms of childhood suppression that collectively represent all possible extremes of experiences that we can have. Thus, when their Spirits of Truth are released, then all of humanity will be able to draw upon these for assistance and guidance as to how to liberate one's own soul from their own personal repression. This is the gift that this soulmate pair is to provide humanity with.

As the female is closer to her feelings, it is the female that may lead and assist the male in their Feeling Healing process, while progressing with her own. The male typically cannot do this on his own, the female being more capable due to her closeness to her feelings. However, to complete her own progression, the female requires the support and participation of the male. It is now time that we recognise that it is the woman that is our spiritual leader.

Our truth loving soul based feelings are to be brought into dominance with our minds only to support our soul based feelings. It is how we are brought up by our parents that we erroneously accept that our minds are all powerful; however they are greatly flawed and self-centred. Embracing one's own feelings is embracing the way of living that our Mother and Father desire for us to express and engage in. We are to fully express our God given personality through our feelings, not our mind based man-made impressions.

Firstly, consider discovering the truth of your emotional pain and injuries 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.

**TRUTH LOVING SOUL V ERROR INFLICTED MIND**



# ENOUGH IS ENOUGH

Andon and Fonta, our first parents to long for our Heavenly Parents, lived nearly 1,000,000 years ago. Naïve humanity was seduced by high spirits, the Lucifer pair, to believe they could be gods through their minds, thus men subjected women to subordination 200,000 years ago. This was added to by the default of the Adamic pair more than 38,000 years ago when they failed in their mission.

## REBELLION & DEFAULT **200,000** YEARS

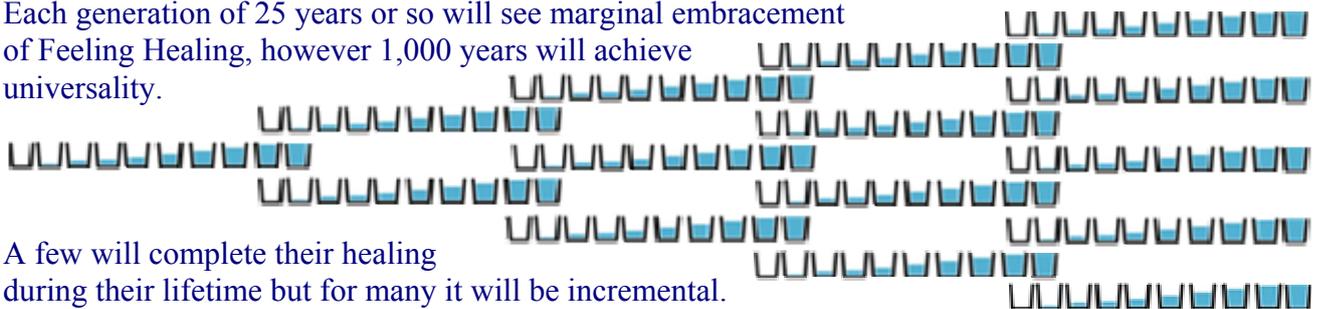
When Jesus with Mary achieved their full Regency of Nebadon, in 26 CE, they immediately had the Lucifer and Satan soulmate pairs assigned to a spirit world prison. Since then, the Creator Pair have been preparing for the end of the Rebellion and Default for humanity of Earth. The Avonal Pair now on Earth, once commencing their Healing, brought about the imprisonment of the Caligastia and Daligastia pairs in the early 1990s. As the Avonal Pair advanced with their Healing they brought about the formal end of the Rebellion and Default, on 31 January 2018. It is now for all of humanity to embrace the Spirits of Truth of the Avonal Pair and undertake their healing of the imposts of the Rebellion and Default.

## Avonal **AGE 1,000** YEARS

Spirits of Truth of the Avonal Pair will guide us through our Feeling Healing and into the Celestial Heavens with Divine Love, then the Spirits of Truth of the Creator Pair will lead us through the Celestial Heavens and out through Nebadon towards our Heavenly Mother and Father in Paradise.



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



Universality of Feeling Healing with Divine Love will see the mitigation of discomfort, pain and illness as well as the imposts of global warming and Earth changes. As those events are to ensure that each of us embrace our feelings, both good and bad, down to the very core, so that we fully come to know who we truly are. Sciences will endeavour to remove pain only to see disease manifest in different forms. Earth disturbances are a result of the Harmonic Convergence of the late 1980s, increasing the rotation of the Earth's central core, this will only abate when humanity has universally embraced Feeling Healing. These influences are only imposed upon us so that we do not step back into the Rebellion and Default through complacency. Live Feelings First. We are to become the true personalities we are, that being daughters and sons of our Heavenly Mother and Father.

# Arvonal Revelation

- We are to live Feelings First.
- We've been made to use our mind to live against many of our feelings.
- Our mind control commences at conception and is developed through our childhood.
- All the bad feelings we didn't express as we were growing up are still repressed inside us.
- And all such hidden, buried and unwanted feelings have to come out.
- And whilst they remain repressed within us, they will continue to make us feel bad and unloved.
- We get sick, depressed, suffer, have bad things happen to us because of our repressed childhood feelings.
- Humanity was brought into this state of living against itself by higher rebellious spirits.
- These Evil Ones caused the Rebellion and Default.
- We are made to rebel by default – as we have no idea we're doing it through our parenting in wrongness.
- We are all parented unlovingly – against ourselves, against our will.
- Some parenting in the wrongness is done with more love, yet it's all still wrong.
- To heal this unloving state within ourselves we have to do our Healing.
- Our Healing is our Feeling-Healing or Soul-Healing with the Divine Love.
- We can long to God for Their Divine Love, and this will help us with our Healing.
- God is our Heavenly Mother and Father, the Feminine Aspects of God having been kept hidden from us by the Evil Spirits.
- All humanity's religions and spiritual systems are designed to keep the wrongness going, to keep us away from God.
- Only by living The New Way, Feelings First Spirituality can you become right, and truly find God.
- Long for the Divine Love.
- Long for the Truth of your Feelings.
- Accepting all you feel is accepting all of yourself, it's your greatest act of self-love.
- And wanting to know the truth of your feelings, is your next greatest act of self-love.
- Love yourself through your feeling-acceptance, and the Truth will set you Free!

31 May 1914 and ongoing

From this:



To this:

**SUPERKIDS**

**Natural self Expression through Feelings**

Self Empowering

Self Revealing

Self Loving



**Feelings First**

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

### **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](http://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](http://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
Divine Love Spirituality	1,500	2017	201
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings	1,500	2017	47
		This group being pages of	3,046

**Religion of Feelings**

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

**Introduction to Divine Love Spirituality**

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

**Main website of DLS**

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

**Childhood Repression website**

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

**DLS and CR forum**

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

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

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

It is suggested for one to consider reading as follows:

**Speaking with Mary Magdalene and Jesus – books 1 – 4**

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

**Paul – City of Light**

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

**Ann and Terry**

For an example of people who might want to immediately start working on themselves and doing their Healing.

**Feeling Bad? Bad Feelings are GOOD**

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

**Feeling bad will make you feel BETTER – Eventually!**

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

**Sage – and the Healing Angels of Light**

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

**Religion of Feelings  
Feeling Healing**

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

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

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

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

**in conjunction with**

**Longing for the Truth when also longing for Divine Love.**

**FEELING HEALING with DIVINE LOVE is SOUL HEALING:**

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

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

Pascas Papers, being free, are located within the Library Downloads [www.pascashealth.com](http://www.pascashealth.com)  
<http://www.pascashealth.com/index.php/library.html>

**PASCAS – document schedule.pdf      downloadable index to all Pascas Papers.**

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

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

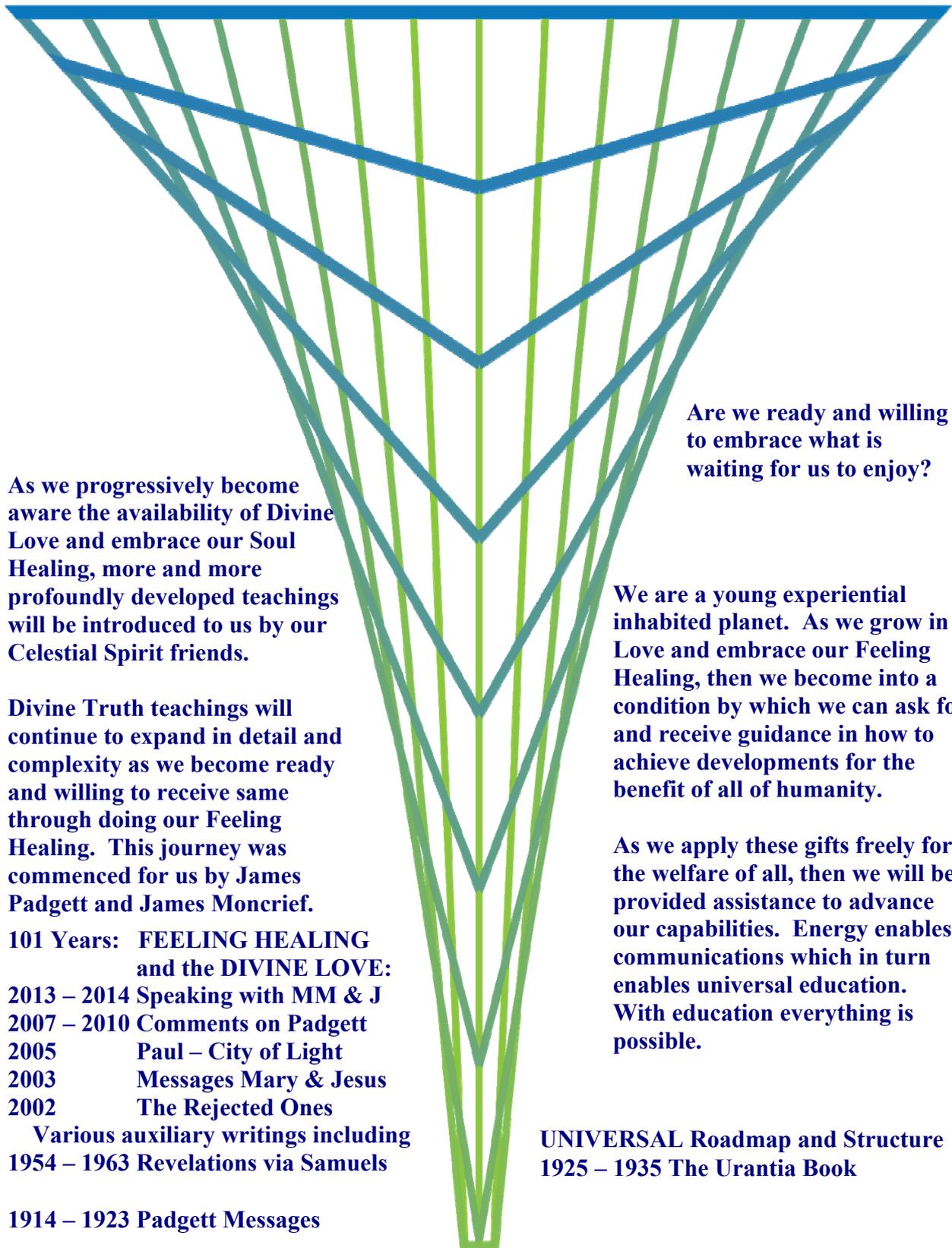
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

**MEDICAL – EMOTIONS:**

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

**PASCAS  
PAPERS**

**DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:**



# **Cause No Harm** < to OTHERS to MYSELF

**Strive to love others as I am to love myself**

**To liberate one's real self, one's will, 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.**

**Divine Love  
is the key!**



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

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



**to enter the  
Celestial Heavens:**

