

PASCAS CARE

Feeling Healing

Is Rebellling

AWESOME
just like
DADDY

“Peace And Spirit Creating Alternate Solutions”

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

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

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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

FEELING HEALING is REBELLING:

Yes, we have had our vested will-embracing personality ground into oblivion, and imposed upon us is the model of personality that our parents believed was 'best' for us. The suppression of one's God given personality is the greatest crime and abuse that one can endure, and no child is immune from such an event. We all, universally, go through the same unnecessary remodelling.

Your mind is in control of you and in a negative way

You have been controlled by others, your parents, and now your mind is controlling you as it has learnt to do, and this is how everyone is. And if you don't do anything about it on Earth you will come into spirit none the wiser and just carry on. It is such a powerful influence over you that you can't do anything else. Whilst you are under the full control of your mind and your beliefs, for all intents and purposes, your soul, or any other part of you, may as well not exist.

Messages from Mary and Jesus via James Moncrief

Jesus 30 May 2003

From the moment of conception / incarnation, our basic forming mind begins to embrace what is within its environment. The shock of absorbing the feelings of its parents is only the start of the endurance.



Then, when we emerge into the light of day at birth we begin to have our personality remodelled to fit in, like a clone of our parents. This is not who we are. We are to freely and openly, without any inhibitions, express our real personality. This personality was given to us by our Heavenly Parents and it is this personality that we are to live by for all eternity. We are to come to know our Heavenly Parents and interact with them in the full light of the personality that they blessed us with.

Generation after generation have gone through the tortures and suppression imposed upon them by their unknowing parents. It is a crime against humanity that makes the most vile of dictators look saintly.



Yes, we are to rebel against this imposition. We are to shed every vestige of the control imbedded within our minds by our parents and liberate the all true and all loving soul that we are.

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

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



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



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



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

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

Messages from Mary and Jesus

book 2 by James Moncrief

18 May 2003

I want to go over the thoughts you had yesterday that were inspired by your feelings, as they set out clearly what went wrong with the relationship with your parents; although, I will present these thoughts conceptually and not personally as you experienced them. Mary.

As a soul coming into creation, you are love, all love, and you want to be accepted so that you can give and receive and experience all the facets of love. Love is all things and all experiences and so your push into life is one of love, it is a loving act. And, if it is met with love and you are welcomed, accepted and wanted, then you experience good feelings – if you are not welcomed, accepted or wanted, bad feelings. And as you know there is a very substantial difference between good and bad feelings, between love and being accepted and wanted, and not loved, being unwanted and rejected. To express your soul's love you don't have to do anything, it just naturally happens if it – you – are being accepted. As a person in the womb, then as an infant person, then a young child person, you naturally give love, you are beaming with it, as it is the life force driving you into being. And the Mother and Father have lovingly made you adorable as a new-born, infant and young child, giving you every chance of being welcomed openly and lovingly. The baby animal is so much loved for its cute innocence and helplessness, with the human baby all the more adorable, when it's *yours*. So many people want the baby and are happy when it comes, but later reject it as it grows up.

Rejection of the child as it grows older is obvious compared to it being adored as a young infant, but what is not so obvious is right from conception, a moments rejection can effect the forming embryo; a moments rejection during pregnancy can effect that moments development of the foetus, and this rejection can have severe results. It can seriously retard the development of the newly forming person; it can lay down the foundations of rejection and self-denial patterns – it is the beginning of the negative mind being formed. Deformities: physical, mental and emotional, can occur, all of which reflect the state of the parents relationship with their child. All deformities and illnesses and problems that arise in pregnancy to affect the newly born child, come from its moment-to-moment relationship with its parents from conception onwards. As to why not all children are born retarded or deformed because of the impact of the parents negative condition is determined by the needs of the soul, what the soul of that child / person requires to experience from the negative condition – to begin life with.

Scientists will say that such retardation and deformities are the result of gene deficiency and other environmental factors, but these things are only secondary, they are *used* by the soul to help express the negative condition the newly forming child is experiencing from its parents. EVERYTHING BEGINS WITH RELATIONSHIPS; RELATIONSHIPS ARE THE KEY TO EVERYTHING. No defective child will ever be born; will ever need to be born, to parents that are of a Celestial level of truth and of a positive mind. That is because the parent / child relationship will always be perfect and all-loving. Our souls are perfect having been created based on a Perfect Pattern. So if they are allowed to perfectly express themselves – us – in Creation, then we would be perfect, we'd never show any imperfection.

The imperfections only reflect the inability of the soul to express its personality perfectly in Creation, and such inability only happens when it's stopped from doing so, when something like another will, that of your parents, imposes itself on you, stopping you freely express yourself. You might think that an embryo of only two cells or four could not possibly *feel* rejected or unloved, but in that you would be mistaken. It doesn't feel it as you would feel it now, but it does feel it as an embryo does. And how it feels is determined on subtle levels based on the light from its experience. If it doesn't experience its parents' light as it requires to give it a good experience, one of love, then this *negative* light is registered

and recorded by the soul as a negative experience, and will await the day when you allow this negative light to come forth being expressed through your healing. This might be difficult to understand, but everything is really only light, soul (existential) or Creational (experiential) light, and when the light is interfered with in any way, then this is evil or negative.

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

The reality is you are all conceived defective, in and of the negative, although not everyone manifests this defectiveness or retardation, this negative interference, in a physical, mental or emotional deformity. Most of you express it spiritually with your physical, mental and emotional being relatively normal. Spiritually you are all defective, you all live in and on a detention world, and die moving to live on other detention worlds – the Mansion Worlds (spirit sphere 1 – 7). These are not imprisonment worlds like the world the leaders of the Rebellion now live on, however they are worlds that are cut off from a regular and normal relationship with the universe of Neadon. You are all alone, you don't share your Mansion Worlds with other ascending spirits from other mortal worlds, because you don't have true relationships. In your relationships you are alone, in your families you are alone, even in the best of a seemingly loving relationship, you are alone. So this isolation is reflected in the bigger picture, and will only change when individuals do their healing and understand the depths to which they do feel unloved and alone.

Right from the moment of your conception you need to be wanted, 100%, anything less and you will feel not wanted, not as loved as you want and need to be, so not as able to express yourself. And this is how you are all introduced to this world. You are all welcomed at conception with a slap in the face, and when you are born, a slap on the other end. And this sets the tempo of life, which in most cases only gets worse.

As I have said, even the most loving of parents (unless they have done their soul-healing) are not as loving as their child needs them to be. You are all fighting a losing battle. So what you feel in those beginning months is that you are not being as welcomed and accepted as you want to be. You feel bad, restricted, and not able to express yourself. You cannot just be. You feel a force on you, one that is restricting you, holding you back, preventing you from being how you want to be. And naturally you want to fight this force so you become angry. Your emerging will tries to rectify the problem and this is done with anger.

How you experience your anger in the womb or when you are a few days old, is not how you experience anger when you are six years old, but to your soul it is the same. Any restriction placed on your will is *experienced* or *registered* in your soul, and it will stay there until you do your healing. And then when you heal it, it will come out through all your systems. And as an adult when you experience it through your healing, you'll know where exactly it's coming from. You will feel and perceive it, and know it was anger from when you were in the womb or just after you were born or when you were six years old. Your soul will show you the truth, it will cognize it in your mind for you to understand what you are feeling, but only when first you honour and accept and want to know the truth of your feelings.

Being so small all you can do is love, you just want to be wanted – accepted. If your parents totally wanted you then the expression of your personality would have somewhere to go and be well received. You wouldn't feel like a helpless blob on the bed wondering what your life is all about, wondering why you feel alone, cold, abandoned, rejected. You would feel that every bit of you was being warmly soaked up into them, and the pleasure they would be experiencing in wanting you, would in turn be their love coming back to you. And as you feel their love coming back, you would feel full acceptance

of yourself. So in a sense, and in truth, you would be loving yourself. Your love, your personality expression, is going out into Creation, into the world – into your parents, and the world – they – would be giving it all right back to you; and you would feel very loved, completely happy and contented without a fear in the world, willing and wanting to forge into life as much and as fully as you can in each and every moment. And if your parents accepted and kept on truly wanting you in every moment, then you'd grow up knowing only self-love, self-acceptance; feeling confident and not scared, angry, miserable, depressed, with rejection being a long way off. You would then also have a huge natural capacity to love and be loved, and if you felt rejected in any way it would immediately make you feel bad and you would be able to deal with it and see why you were feeling it. But it would not crush you making you feel your life is threatened, crushing you out of existence.

Instead of this loving scenario, you have reflected back to you is no love, rejection and anger. Your will tries to get what you want, love, and so you protest when you are not happy, but often this only brings more retaliation upon you, more anger and rejection. So what you feel the world is telling you, the whole world being your parents when you are small, is that it does not want you, does not welcome you, does not accept you, and is not loving. And this you then apply to yourself. You are too small to differentiate between yourself and your parents and the world, everything, for all you know and perceive, is still you.

Full differentiation does not begin until the time when your Indwelling Spirit arrives about six years old, and is completed at sexual maturity. Until then where you begin and end is not so clear, and when you are in their womb and newly born there is virtually no separation. So what your parents are feeling about themselves you feel; how they treat themselves is how they treat you, so you learn this, it becomes you, so you treat yourself in the same way. The feedback you receive from them is what you take on and identify with as your individuation takes place. You know nothing else other than what is reflected back to you by your parents, and this goes on and on at all levels – physical, emotional, mental, spiritual and on the will level. You are multi dimensional, experiencing on all these levels at once.

So you might appear to your parents to be a *nice, good*, quite and contented baby, when the reality is inside you are frightened to the extent of not being able to put up any fight any longer. What you see on the surface is not necessarily what is being experienced on the deeper inner levels. Your torture does not all have to show on the physical. You may never have a physical ailment, but still that does not mean you are living a perfect life of love. Most of you only go by what you see, and do not worry about and even dismiss what you feel, and this is where the greatest problems lie.



As you grow up, the feedback you receive conditions you into becoming completely negative – negative towards yourself. How you treat yourself as an adult is the outworking of this. You inwardly blame yourself for all the rejection you feel, and you believe that all you are, and can be, is rejected and not loved, to the extent that you felt from your parents. You may believe that as an adult, finally away from the control of your parents, you can get the career you want and the money you need to go and eat all the takeaways you want, indulging your *free* time on your own pleasure. You can turn on the

television and relax, have a drink or a few, smoke, take drugs, work more, have a family and children, have a full life; but if you analysis it all, as you will through your healing, you will see that all these things are not actually good for you, and are in fact hurting you, and the whole life you are living is bad and wrong for you. You will see it is all controlled and conditioned by your parental influences, and you are just a product of this – of them.

As we have said, you live in relativity's all within the negative. You might not like your job, but with the money you make up for the trial of having to go to work by living it up on the weekends, or in your spare time. You believe the job is bad, but at least you are enjoying *some* good things that are your own. But they are not good, for it is all still bad, just one thing not as bad as another. Your soul will never be happy going to the bar and getting drunk, using such things as a replacement for the love it needs. Neither will it feel content and fulfilled by having children believing they will fill the gap of love-depravity you feel. All such love substitutes are not love and will only keep your negative patterns in place. Only love will heal your soul and make you feel whole, happy, bright and alive. Only LOVE! Love is what you missed out on, and love is what you need. The Mother and Father's Love is the single greatest source of love on offer to you. It would be wise to accept Their offer.

Having unloving and rejection behaviour reflected back to you as a child in varying degrees has been the environment, or that part of Creation, in which you have formed. And you will gravitate to the part of the world that suits your patterns and allows you to exist how you believe you should. By the time you are an adult you will have completed your self-rejection. Instead of being completely self-loving you will be self-rejecting, not wanting and not loving yourself. You will be living fully in rebellion against yourself, and this is how you will remain until you do your healing.

As you heal and break down this self-rejection, slowly you will feel yourself filing up with love. And then one day you will feel full, and then even overflowing; and then you will want to actively love others. And you will, when your cup is overflowing, be the loving example that Jesus was and is to you all. You will then know what it is to follow him and be the love that he is. And your soul will be healed of all its pain, anger and denial. And you will truly be the real and true you completely separated from the world of your parents and able to be a truly willing and loving individual, the child of your True, Willing and Loving Heavenly Parents.

I think we have covered it all for the time being James. I want the repetition in these messages, because, as you have experienced, it might just be put in a way slightly different from the last that makes the reader see something or triggers a new insight or understanding. And as there is so little expression of this truth on your world, it needs to be said and expressed a lot of times. Mary.

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



Longing for the Truth when also longing for Divine Love.

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

**INDWELLING SPIRIT, THOUGHT ADJUSTER,
MYSTERY MONITOR (all being the same):**

The external elements, instruments of the Father, do not form attributes of our own soul upon its initial creation by our Heavenly Parents, these are the Spirit of Truth, the Indwelling Spirit, and Divine Love.

The Holy Spirit, conveys Divine Love to your soul should you earnestly and lovingly ask for it. This is the only function of the Holy Spirit – Acting Spirit.

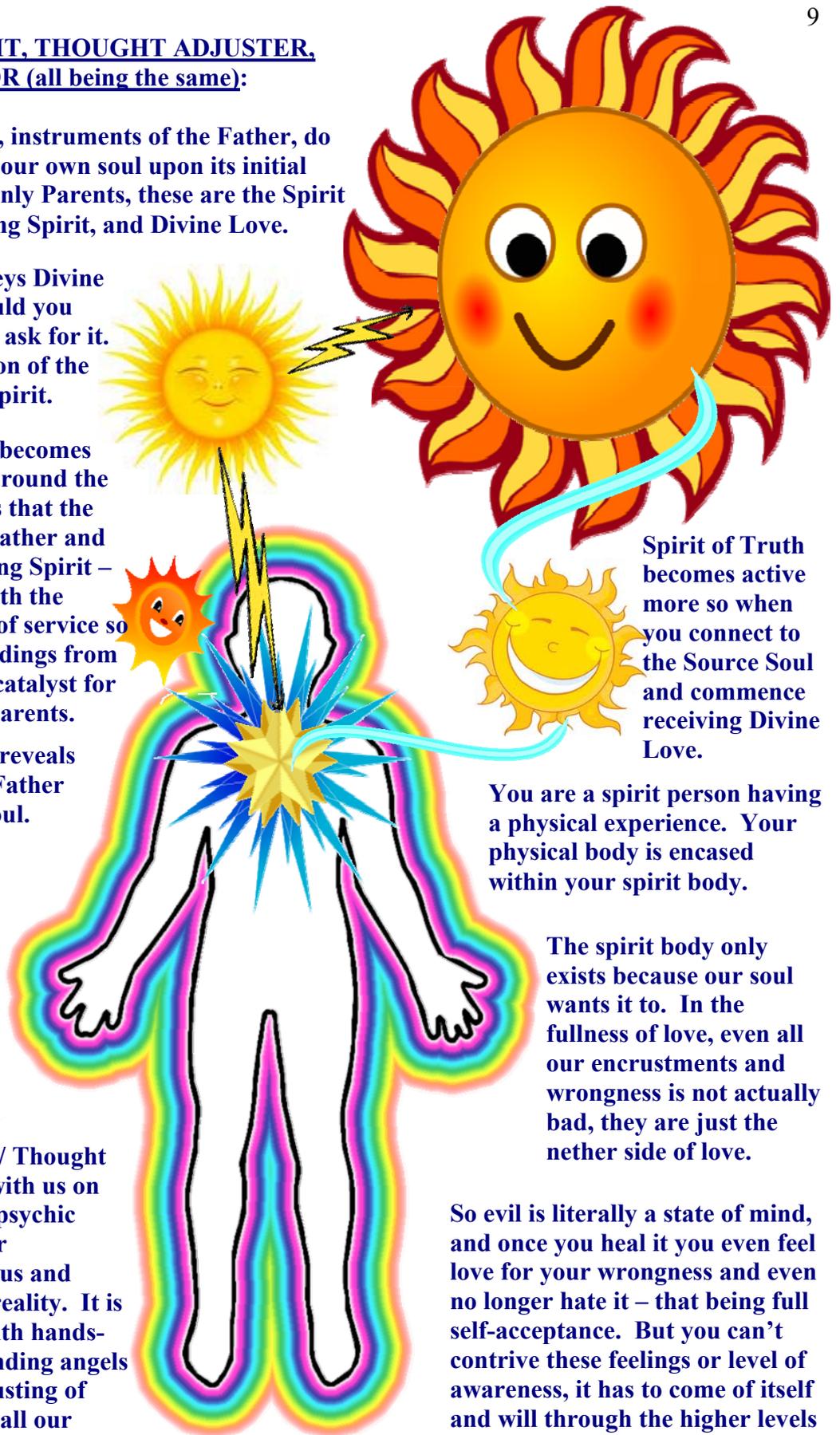
The Indwelling Spirit becomes present when we are around the age of six. This means that the unseen helper of the Father and Mother – the Indwelling Spirit – can always interact with the mortal soul and to be of service so that eventually the leadings from the Spirit may be the catalyst for that soul to seek our Parents.

The Indwelling Spirit reveals intrinsic workings of Father and Mother to your soul.

The Indwelling Spirit functions in much the same way as the Holy Spirit, ask and it will provide support and guidance.



The Indwelling Spirit / Thought Adjuster only works with us on the mind, feeling and psychic levels directly with our personality on conscious and unconscious levels of reality. It is the Divine Minister with hands-on help from our attending angels that do the actual adjusting of our mind circuits – of all our circuits, even the physical if need be.



Spirit of Truth becomes active more so when you connect to the Source Soul and commence receiving Divine Love.

You are a spirit person having a physical experience. Your physical body is encased within your spirit body.

The spirit body only exists because our soul wants it to. In the fullness of love, even all our encrustments and wrongness is not actually bad, they are just the nether side of love.

So evil is literally a state of mind, and once you heal it you even feel love for your wrongness and even no longer hate it – that being full self-acceptance. But you can't contrive these feelings or level of awareness, it has to come of itself and will through the higher levels of your Healing.

SPIRITS of TRUTH and HOLY SPIRIT:

More from James regarding Spirits:

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

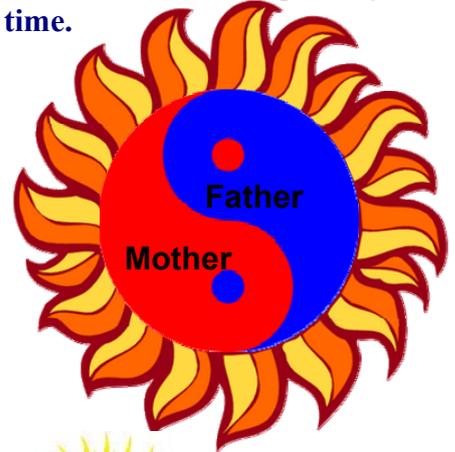
The Spirit of Truth becomes active ONLY when we choose to follow the ‘owner’ of that Spirit of Truth. So in our cases, Jesus and Mary Magdalene. We have to want to live the same truth as they are living, so ‘be like them’ and in doing so this activates their Spirit of Truth. And so if we choose to be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

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

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

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

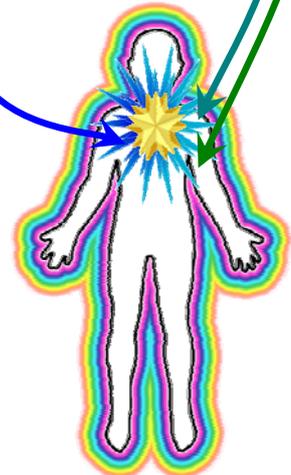
Our HEAVENLY PARENTS
have any number of spirit instruments assisting at any time.



Holy Spirit
conveys Divine Love from our Heavenly Parents



Spirits of Truth
of Mary Magdalene and Jesus



DIVINE LOVE – what does it do?

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

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

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

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

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.**

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

To do our feeling-healing we need to become:

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

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

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

So it sounds simple.

So I repeat:

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

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

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

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.

Important recommended reading is:

by James Moncrief

The Rejected Ones – the Feminine Aspect of God

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

LOVE
is
Feelings First Spirituality, The New Way

Feelings First Spirituality, New Feelings Way, is based on living true to our self through our feelings. Understanding that all we need in life is contained within our soul and is shown to us through our feelings. And by loving our feelings, by attending to them properly (talking or writing them out of us) and not denying them, we can use them to uncover the truth of our self – the truth of our soul.

Feelings First Spirituality is not telling us how to be, that is too controlling and is actually bad for us, limiting your spiritual growth. We can be wholly self-revealing of the truths we need to be, being the person God created us to be, all by living true to our 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

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

And to do this you need to do your Healing

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

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

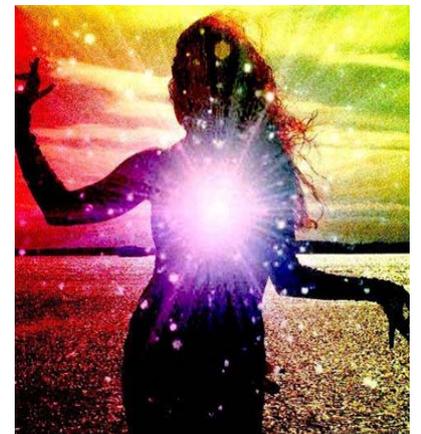
Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.

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

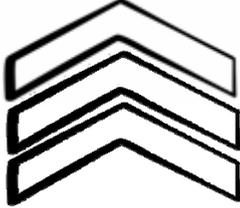


my
House is your
Paradise

HOME

Celestial Truth:

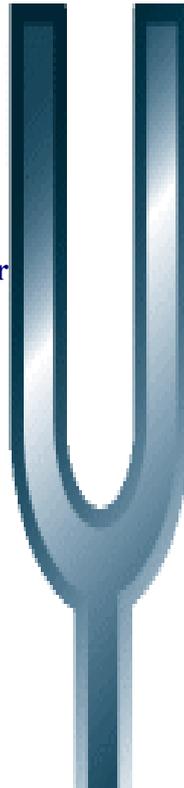
Truly all-loving;
Living true to oneself;
Mind supporting Feelings;
Living with the Divine Love;
Fully Healed of the Rebellion and Default.



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.

19 May 2003

I will continue, Mary.

When you open your heart as a child and give your love, you are expecting to be welcomed and the love returned to give you good feelings, and ones that help you define reality and make you feel yourself, make you become self-aware (self-identification, as in individualisation, becomes increasingly difficult the more you reject yourself). But if nothing comes back then you feel as though you have given some of yourself and it has been taken from you. And if this continues as you grow, you will feel less and less inclined to give your love, to give yourself, and be in the world as an active fully willed person, when all you can expect to receive in return is rejection. Feelings of helplessness, hopelessness, depression, frustration, and of nothing ever being right, will become a very part of your every day life. You will not be full of vim and vigour and will have to put on a brave and *happy* face pretending you are able to fit in. Many people exist in this state all the time having covered it up with false smiles and false brightness, with a false joy and happiness.

If you have put on a false front, through your healing it will dissolve away, and you'll feel increasingly true to how you really feel – all the bad and negative feelings. This might seem disconcerting, feeling worse as your healing progresses instead of better, but this *is* your healing, it is what it's meant to do. It's meant to make you feel exactly how you really do feel, underneath all your pretence and falseness. So don't expect to feel good and happy and bright as your healing progresses, expect the opposite. When you are fully healed, true happiness and joy will come to you, but not before. Nothing will come to stop you facing the truth of your negative unloved self-denying and rejecting state. **YOU WERE REJECTED AND MADE TO FEEL UNLOVED AND UNWANTED BY YOUR PARENTS. THIS IS A VERY SEVERE STATE OF BEING. IT'S VERY TRAUMATIC AND NOT SOMETHING THAT YOU CAN SIMPLY APPLY A MAGIC POTION TO OR TAKE A FEW PILLS TO MAKE GO AWAY.**

It's going to take a lot of pain and hardship to work your way through it all, to allow all your bad feelings of feeling so hurt – because of feeling so unloved – surface within you. But it has to be done, as you have to uncover the truth of all you feel if you want to heal yourself. And as absurd as it sounds, you are fighting the Mother and Father to hold onto your bad and negative state. So it's going to be a long hard struggle to give up all your negative unloving self-denying patterns. So keep expressing all you feel, the expression of all your bad feelings **IS** the only way to bring them up and get them out of you. If you don't speak about them you won't be able to get rid of them, you won't be able to fully connect with them and so find the truth of them. **Speaking about how you feel engages all of you, you on all levels; it is more than just thinking about them which only involves your mind. Speaking about them, as you will see, allows the negative patterns to be exposed, felt and seen for what they are.** You'll feel and experience them, and it also allows the pictures of understanding to come into your consciousness. It takes you beyond your mind, it actually, literally, brings you out into life. And this is what you need to do as all your repressed feelings have kept you out of and away from true life.

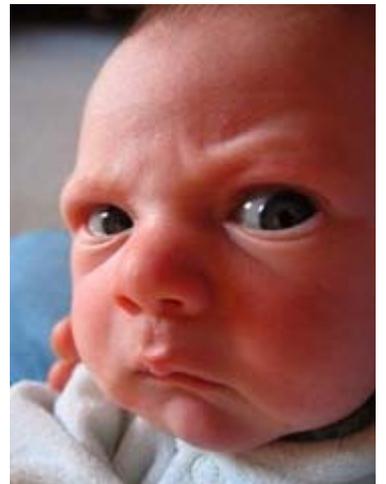
I want to know, write some of yours and Marion latest thoughts, as they are relevant to what I have been speaking about.

You are all perpetual victims struggling along trying to make sense of what has no sense in it. Life, as you are all living, has no sense to it. You try to hold onto this and that but it is like trying to bail out the leaking boat, and one day you will inevitably tire and then it will sink with you in it. Most of you are not bad in all that you do, even though you are all doing evil. I know this sounds contradictory, but

what I mean is that your intent is not bad and you don't even know you are doing bad things to yourself and one another. You have just been made to grow up and take all the bad on in a reactionary way. You have not been able to rationally choose for yourself the rebellion that has been thrust upon you by default. However, it is all you know to be, so you try to fix it in place and make it stay as it is refusing to change. You were not allowed to be objective and have just had to do what you were told, and you still do as the authorities dictate to you. And then as a parent and adult you do the same thing, fix it in place, coming down hard on your children trying to bring them into line, with such justifications as *this is the way of the world* and *you just have to do it or else you won't fit in*. But this all leads to the dead end effect of denying yourself any true fun in life at all. And this attitude will continue until you want to *unfix* yourself. It is one victim trying to lead and make the other become the same victim. A very sad state of affairs.

Being a victim you have been made to feel powerless. The leaders of the Rebellion said: You don't know; we do, and if you follow us and do what we say, we will see that you are unharmed and nothing bad will happen to you, we will protect you. And this is the same attitude of parents and all authorities. You have to do what they say, or else, all for your own safety and well-being. The Mother and Father and Jesus say: You must do what you want to do, and *you* know what that is. And we will help you. But the key is that YOU KNOW through knowing yourself. You should have all the power, all the power in your own life. No one and nothing should deprive you of it and make you feel powerless and the victim. You should be in control, full control, and able to make all the decisions for your own life, and not ones under the overseeing approving greater power. You should be allowed to choose your way, and if you make a mistake or chose the wrong way, you should be allowed to find this out for yourself and choose to make the appropriate amendments to rectify what you have done. And you should be allowed to be able to change your mind as freely and often as you like.

Growing up in the negative to become a negative minded adult has made you fight your parents for power. And although you believe leaving our parents is gaining your freedom and power, this is not so, because inside you still feel powerless and the poor victim. The power you believe you have is only false power and self-delusion based on wrong belief. You are still the victim.



I want to add something further about wanting. As I have said, one of the aims of your healing is to *want*, and know what you want and to be able to want it with all your heart. But what I want to say further is that you can believe with all your *heart* that you want something, and it might *feel* as though you will die if you don't get it, as your desire or need is so strong, but this does not necessarily mean that this *want* is true and from the heart, and so right for you. The mind is very strong, and when it has been forced into the dominant position it takes over control of feelings. You may feel you want something with all your heart but still it is only your mind, still only a belief and not a true yearning or desire. You may want your child, but do you really? How do you truly know that this desire is not just a belief based on a fantasy that you want your child? You can compare the strength of this desire to other things you want in life and feel it is very strong, but still you are only comparing it relative to all that is wrong in your life. It does not necessarily mean that what you want *is* what you want. **WHAT YOU TRULY WANT IS EXACTLY WHAT IS HAPPENING IN YOUR LIFE NOW.** If you are feeling bad about something, then you can question yourself as to why you want this bad feeling. What really is going on inside you? And it might not seem like you want what is in your life now such as bad feelings, however on deeper levels, it will be exactly what you want. If it wasn't it wouldn't be in your life, as you do get what you want.

Often you might fear something but it doesn't happen, or you might want something with all your heart but that too doesn't happen. You get what you want, so if you don't get it, it shows you the disparity between your heart and mind. It is actually the heart that needs to be fulfilled. True sincere heart-desires come up in your feelings and are direct expressions of your soul upon your will. They are not contrived *wants* formulated and thought out by your mind. And only by doing your healing will you be able to sort out what is true, which *want* is the right *want*, and what DO YOU REALLY WANT. And by the time you do, then you will arrive at not wanting anything, but that which the Mother and Father want you to have. And They will provide it for you, as all you will want to do is want Their Love.

That is all I want to say for now James, thank you once again. Mary.



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

REVELATION 1

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

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

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

REVELATION 2

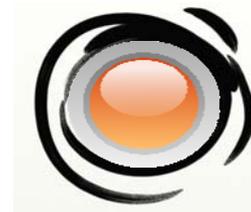
The way to clear one's soul of childhood errors and injuries is revelation 2:

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

To be FEELING RECEPTIVE rather than being MIND CONTROLLED:

People are to sincerely seek the truth of themselves through their feelings. The soul is that indefinable part of one's self. It's that part we can sense, soul-perceive within ourselves, somewhere deep within our heart. And it's not centred in nor is it part of the mind as some people think.

Our soul, blessed with natural love character traits and being the home of one's personality, becomes rapidly encrusted by the personality issues of those within one's environment, commencing from the time of conception and culminating, typically, by the time one is of the age of six or seven. We reflect the encrustments of our parents and of those within our environment. Our soul always remains perfect though it can become as dark and restricted in capability as a dried up garden pea, covered in error and negativity. We are making decisions with our mind right from our first moment of conception, even with such a rudimentary mind. Those decisions compounding as our mind develops, until around age six when our mind is fully developed and we are locked into our negative state.



The Indwelling Spirit becomes present when we reach the age of six or seven. This means that the unseen helper of the Father – the Indwelling Spirit – can always interact with the mortal soul and to be of service so that eventually the leadings from the Spirit may be the catalyst for that soul to seek the Father. The Indwelling Spirit reveals intrinsic workings of Father to our soul. The Indwelling Spirit guides us to uncover the truth of our soul through our feelings, whilst the Holy Spirit delivers the Divine Love into our soul, all in response to our longings for the Truth and the Love.

Together with the normal interaction between our soul and indwelling spirit all the truth we need to live will be given to us – all through ourself, all through our feelings.

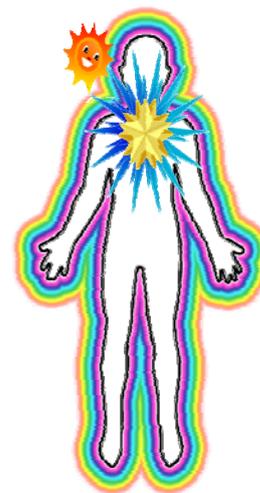
Divine Love, when asked for and received, gives one just enough strength and desire to keep pushing on, all whilst at the same time, not preventing one from feeling all the bad feelings we need to keep feeling.

It is by applying the full intention to uncover the whole truth of ourself through our ongoing feeling acceptance we are to rid ourselves of our childhood repression and all the problems it's caused.

The religion of truth is really just living truth, the truth that comes from doing one's healing; which is really just the truth that comes from everyday expressing oneself: all one feels with the intention of knowing the truth of such feelings. True, however the further we progress and the more our soul expresses in Creation, part of what goes along with that is a sense, also from our soul-perceptions, that we are actually more our soul, so we are always becoming closer to being our true and whole soul. Only through our feelings can we come to BE our soul. We will ultimately not be reliant on anyone, only our feelings.



The thought adjuster – our Indwelling Spirit, is divine in as much as it's literally a part of God's Spirit – a spirit fragment if you like, that comes from God's home – Paradise, when we're about six, and indwells our higher mind. It becomes, if we allow it to, by living true to our feelings, our 'pilot light' so to speak that God gives us to guide us back to Paradise.



Infographics and diagrams have been added by Pascas.

I am with you Mary.

Your life's challenge is to stop trying to have control. The Mother and Father are in control. They have it all worked out for you. Having been made to feel so powerless you are determined to have power and control over at least your own life, but it is only power through default and is actually negative power or false power, and so detrimental to you. It is commonly understood that if you want to live God's Will then you must submit or surrender your will to Him. But how to do this has eluded humanity, as you have not fully understood about your negative state and what is needed to heal it. You can do whatever you want, but not want to take control in it for self gratification and power. And only when you do give up will the door open, will the *out-of-blue*, the unexpected, be freely able to happen. Only then can the Mother and Father openly guide you for you will not be conditioning Their hand. It is not about you pushing and pushing on relentlessly trying to make the world and life yield to your way. It is to tell Them that you can't do it and that you want Them to do it, to show you the way to get more in touch with your true feelings. Don't do anything you don't want to do. Try to live true to your feelings and not true to what your parents taught you or made you believe was true. Move with your feelings; let Them guide you through them.

'Not my will be done' means to give up your striving for control – your negatively powered will on the mind level. But you have to also ask the Mother and Father to show you all the things you are trying to control without you even knowing it. And there will be countless numbers of them. Control is not just a simple belief. You cannot just want to surrender your will and that is that. You need to ask Them to show you what needs surrendering, what needs to be given up, and most importantly – WHY: why are you doing it, why do you feel you need the control. What was done to you to make you feel so powerless that you need to hold onto all you can control, not being able to freely give everything up and allowing Them to guide you through your feelings in life.

With loving interest you need to attend to your child right from before conception, as your child to be will be with you as a soul long before its incarnation begins. And see that your child is a person just like you, so ask yourself, would I want a bigger person doing and saying everything to me as I am to my child? Do unto your child as you would do unto yourself. Would you want to be yelled at, shut in room, scolded, hit, or punished? Would you want to be rejected by a bigger person? And did you like this treatment when you were a child?

The child itself may not be aware of all that is happening to it, and you as the adult may believe it will get over it, but its soul won't! And look at yourself, are you the freely loving happy person of love? Did you get over it? And if so, then why you are willingly hurting your child? Are you wanting control? What about allowing the Mother and the Father to be in control of you both? You are both equals, only some years and appearance separates you. If an adult hit or yelled at you, how would you feel? So just because your child is not yet an adult, why shouldn't it be treated with the same respect? If an adult hit you would you want that adult to be punished? But are you willing to accept the punishment for hitting your child? If you aren't, then you had better think twice before you hit your child again because you will be punished, in time when you start to do your healing, you will hurt with just as much pain for what you have done to your child as how you made your child feel. If you do something wrong, so far as transgressing the Laws of God – the laws of nature as applied to the physical – then you will suffer the pain you have inflicted on that other person or creature. There is no escape, because you need to see the truth of your actions. If you hurt your child without realising, how will you ever know you hurt it, if you don't at some time feel the pain you caused it to feel? And even

though you might not want to know now, one day you will, and so one day you will wake up and take responsibility and be prepared to suffer the pain you've inflicted on another. What hurt you are causing another you are causing to yourself, only time separates the truth of this for you to experience, but one day you will feel the pain, and one day you will know the truth of your actions.

The child's rights should be superior to those of an adult. As a well-balanced and adjusted adult you should not need such power, and what have you to be threatened from by a little child? You should be its protector and humble yourself to never raise a fist or your voice against it. It should be worshipped. It is still forming and putting all its trust and faith in you to love it. You have lived to adulthood. You should be prepared to give up control of your life and allow it to live freely. You should chop your arm off before you hit your child. You should stitch your mouth up before you hurt your child with such force of unloving words.

When the child is fully celebrated for what it is – a new soul and child of YOUR Heavenly Parents, who They are entrusting with your love to bring into Creation and help it to begin its life for all eternity; and when the whole world has turned around and is geared to put the child first, then humanity will be on its way to living in an enlightened way. The child has no power; the parent all power. When the child has all power, and the parent has all power, but has willingly given that power to the Mother and Father, then you will be able to live lives of love and be truly able to love one another.

The parent is not meant to submit its will to the will of the child, neither is the child meant to submit its will to the parent. The parent leading the way should have grown up and willingly chosen to let go of wanting to be in control, able to faithfully enjoy life being a child of its Heavenly Parents, acknowledging who really is in control. Then such a parent will be able to support its child to become all powerful as it forms its will and grows up. And when it too becomes an adult, then it too can choose if it wants to follow its parents lead and submit to the Mother and Father. A parent living this way will not be just walked all over by the child, as most fear will happen if they give up control. The child will grow up with too much respect and love for its parents to treat them like that. The child only learns how to be from its parents. The child can't do anything it hasn't learnt from them. When a child seems to go off the rails, does anyone stop to ask questions about what it has suffered at the hands of its unloving parents; what horrors and torment has it endured to take such severe action as *going off the rails*? When humanity starts to blame the parents instead of the child, then it will finally be getting somewhere in taking responsibility for its unloving state.

Most of you are saturated with not wanting to do what another person says. You were brutalised and traumatised into doing what your parents wanted you to do, and being so full of resentment and anger cannot tolerate for a moment doing what your child wants. Many people don't know this about themselves and have children believing that they will be all loving, but once they are pressured, before they know what they are doing, rage and anger wells up in them and they are doing blindly to their own children exactly what was done to them. The child becomes your enemy, you hate and resent it as you believe it is telling you what you have to do; you believe it has all the power and suddenly you have none putting you right back in the horror state of yourself being the child and made to feel so powerless.

To be a true child of the Mother and Father your life will be free and loving. They have allowed you to be the custodians and to experience being as They are to you. They have allowed you to be the parent. And so you should parent your child how They parent you. And when you can be as a child is, as your very own child is, and allow yourself to be as free and loving as it wants to be, then you will be living in the Grace of God.

Your child is the way; it is there for all to see. A child should never lose its childhood, and it should never be deprived of it. And then it can grow up to be an adult child of the Mother and Father, and you will know what it feels like to be parented by Them. You'll see how they treat you, and so too will you know how to treat your own child. However the difficulty of this you face is, that not until you've healed your negative state will you be that true child of Heavenly Parents. So not until then would you be able to parent a child as They parent you.

But this is one of the goals of humanity, or at least it should be one you are striving for both individually and collectively. When the world becomes the land of the child, when as adults all you create in your world is done by putting the child first, then you will know what it is like to live honouring and respecting how you truly feel. Because as you heal your soul, as you free yourself up, you will join the child, take its side, and see just how your adult world selfishly does nothing for the child. It makes a few token efforts at providing things for the child, only to try and keep it amused and out of the way – to give it something to do, while you get on and live your *very important* adult life.

You live rejecting children, treating them as second class citizens. You don't love them, you don't cater for them, you don't put them first. Your lives as children have been too harshly deprived, just as you are depriving your own children. And because of this you feel so bereft of power, so as an adult living untrue to yourself, you are nothing more than a child that hasn't properly grown up yet. You set about organising the world to give you the power and control you believe will make you feel better – all at the expense of your own children. When you go off to your busy work and busy day leaving your children, who really are you living life for? And why do you have them when you are not giving all you have to them – ALL of yourself; when you are not putting them first? Children are only used as another source of power and control, and not until you give up using them this way, will you understand their full value and change your whole world to put the child first.

If your child becomes too much for you to deal with, instead of taking your inadequacy out on it, express all your feelings to your partner or to God. Speak up about how bad you are feeling – try not to take it out on your child, instead speak about it all; all while wanting to know the truth of why you're feeling it's all too much. It will be hard for you to do because in the heat of the moment when you lose your senses and resort back to your own traumatised state you can't do anything else but react. But at least you can want to change your ways, and want to speak about all you feel, trying to find the truth of your feelings. And if you want to do this, the more you express all you feel, the better you will feel about things. But remember, if you do start down this road, you are starting into the doing of your healing, so although good results will occur, still more bad feelings and bad times will keep presenting themselves all so you can keep digging deeper into yourself as you express all the bad feelings, uncovering yet more truth and understanding about why you feel and act as you do. If you can at least speak about all you feel instead of taking it out on your child, you will stay on your side of the fence and not subject it to as much of your negativity as you might have.

And don't hesitate to ask and beg, and if you feel you have to, plead with the Mother and Father to help you; to show you what to do, what They want you to do, how They want you to be with your child. All the time speaking to Them particularly about how bad you feel. Always about how bad you feel – speak about it all.

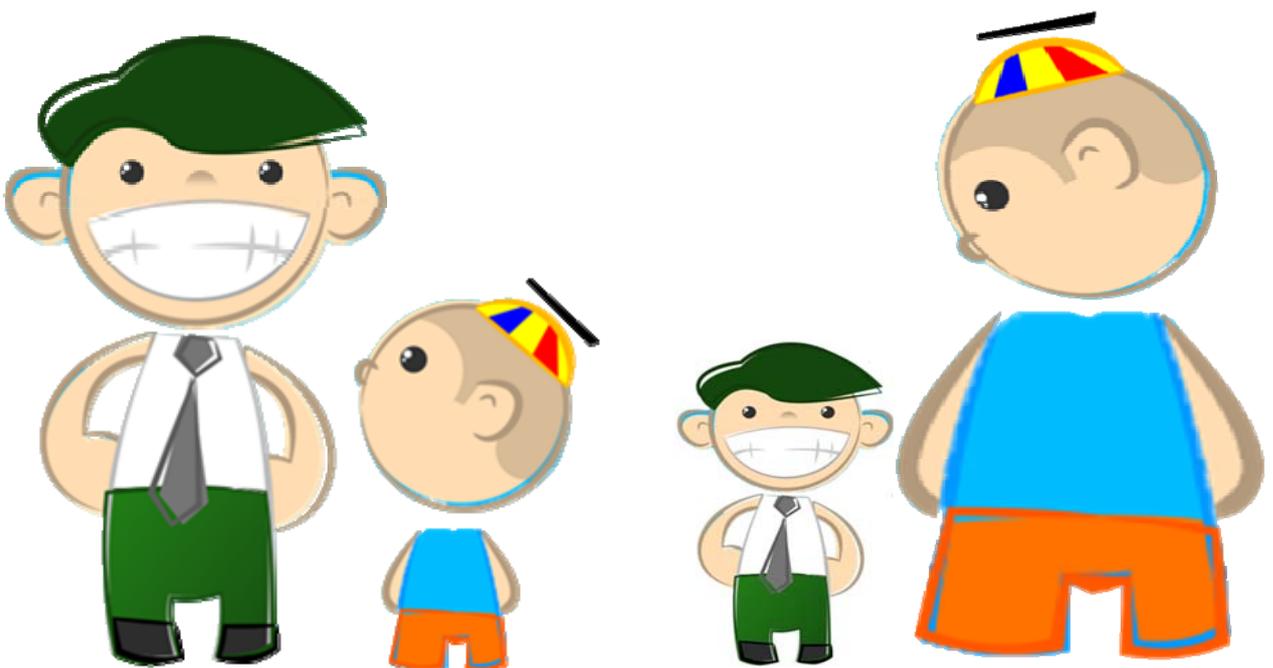
And if you can, STOP! Give up trying to get your way. Ask Them to show you where you are trying to control your child. Give up, ask for help and step aside. Step away, take time out. Nothing has to be done as immediately as you often think it does. Step out of the way and allow Them in. But

continue to express all you feel. Never stop expressing. Admit that you can't do it, that you don't know what to do; admit you can't cope because it's okay not to be able to, you don't have to be the master controller. This is letting go, giving up – true surrender and submission to your feelings. It doesn't mean you're a failure parent. It means at least you are being honest, and as far as your relationship with your child goes, the more you can be honest and true to your feelings, the truer relationship you will have with it. And this is all that matters. Being a failure is a failure in whose eyes? It's only in your own mothers or fathers, and look what they did to you? Do you want to do the same to your child, so who is the failure? Have you turned out perfectly? **You don't have to know anything to be a parent, only to try and be true to what you feel, that is all you can do and all that is expected of you.** The difficulty is being true, especially when all your programming is to be untrue.

It you have a willing partner talk everything over with them – EVERYTHING! Express all you feel to them. If they aren't home, do it when they return. You are the most important person, even more important than you child when you are trying to express yourself to be true, as this will only benefit your relationship with your child. And include your child in all the relevant parts as you express yourself, even your bad feelings. Don't leave it out when it's relevant to them. When they are too young to understand, speak it all to your partner, but as they get older, you can express all you feel to them as they can to you. Expressing all you feel is the greatest gift you can give to your child. Because if you do it for yourself you will naturally allow and encourage your child to do it. And if it is allowed to freely express all it feels, it will have no fears and problems in dealing with adult life. It's only when it's not allowed to express all it feels that the problems start, but you have to lead the way, you have to be as expressive as you can, first.

And you can show your child how to express its feelings to find the truth of them. This too will greatly benefit your child because it will then learn to be self-sufficient, able to rely on itself for the truth of it experiences. It will be able to then think and feel for itself, able to work life out for itself, able to judge through its feelings with full self-confidence in what it feels as to what is right for it in life. It will then live more true to its soul; it will not be led so easily astray. It will live a truer life, all of which will be greatly appreciated by it and reciprocated with love.

I will stop now James, thank you, Mary.



Infographics and diagrams have been added by Pascas.

Messages from Mary and Jesus

book 2

by James Moncrief

21 May 2003

I will continue – Mary.

Want to love your child and treat it with respect. Aspire to be a loving parent. Aspire to do this even though you don't know how to and feel unsure about how to be loving. Ask the Mother and Father to guide you. Ask Them to guide you with hands of love, and to help you take steps of love. It is okay if you are unsure and don't know if you are truly love. Be honest and respect this about yourself. If you have doubts or any negative thoughts or feelings, DON'T push them aside. THEY ARE VERY IMPORTANT. Allow yourself to feel them, accept them, they are you! Don't believe you have to be positive, always happy and never negative or your child and household will suffer. It won't. It will gain from you being true to how you feel. Dishonesty destroys your child's faith in you – and in itself.

Go to the Mother and Father and be with Them, the future will take care of itself as you live each moment through your feelings. Living true to your feelings – truly and freely expressing each of them in each moment – is being with Them. It's being true to your soul so you can be with Their Soul. By trying to organise and decide what is best for your future you are being made to take control of your life. You may need to do this if you are living without God, but with Them, allow Them to lead you. Give up trying to have control, allow Them to control you in Their time. You were controlled by your parents and it hurt you, but if you allow yourself to be guided by the Mother and Father – guided through your feelings – it will not hurt.

You can even want Them to control your life, and this is not giving up the responsibility for it, because They will make you do it through your feelings and not with your mind like your parents made you, and there is very big difference. With your mind in control you are irresponsible, but with your feelings in control you are responsible for your own will actions, and judgements, as you won't want to do things that make you feel bad. God isn't going to say, do this and do that, and if you don't you will be punished – that is not living with Parents of love. God created you, God created everything, you are Their creation, so no matter what you want to believe, there is Someone in control. And we will forever remain Their creation. We will never be God, that is not a part of our soul destiny. So to submit to the guiding and loving control of Those who created you, Those who want you to live happy and full of love, is a better way to live than under the repressed atmosphere of your parents who parented you without love.

By trying to control your future you are allowing your mind to take over and control your feelings. And this is going to bring certain conflicts in future. If your feelings can lead your mind, then you will feel what to do in the moment and the future will take care of itself, and you will not stand in between your soul and the Mother and Father. A Godless person believes that they must do it all, organise and control every aspect of their life; a God knowing person believes they do not need to do anything, only what their feelings tell them.

Love your self-denial, love your negativity, love all that is wrong with you, all that you feel and hate about yourself. Achieve this through self-acceptance, by allowing yourself to be all the negative that you are – by allowing yourself to feel as unloving and negative as you feel. Express all your self-hate and doubt, and then allow yourself to just be it. Self-love will come through the acceptance of your self-hate. It is the only way. Mary.

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.

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.

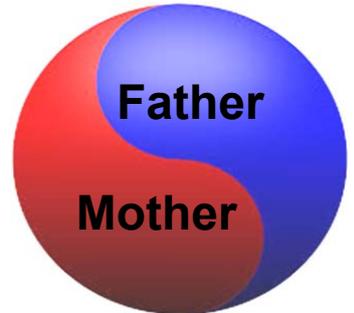
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God's soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of our Mother and Father.

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

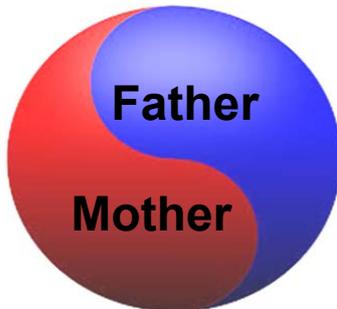


HUM

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

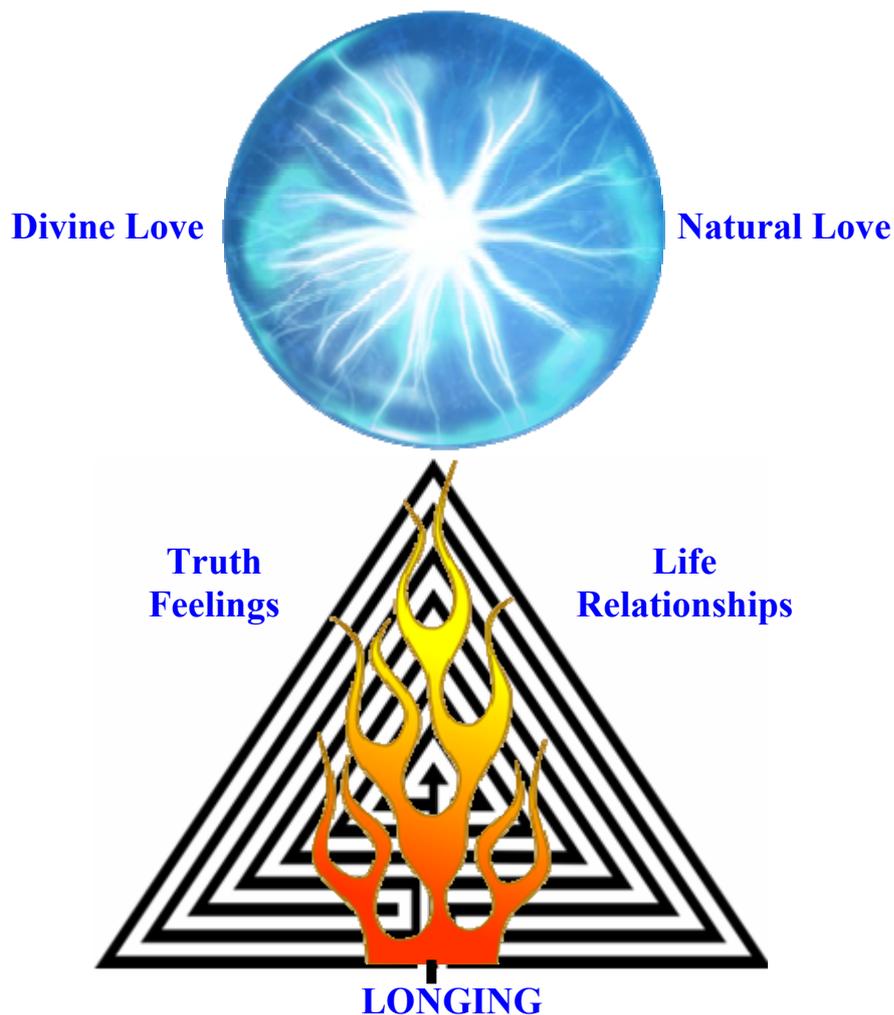
Want to understand the truth of your early life

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

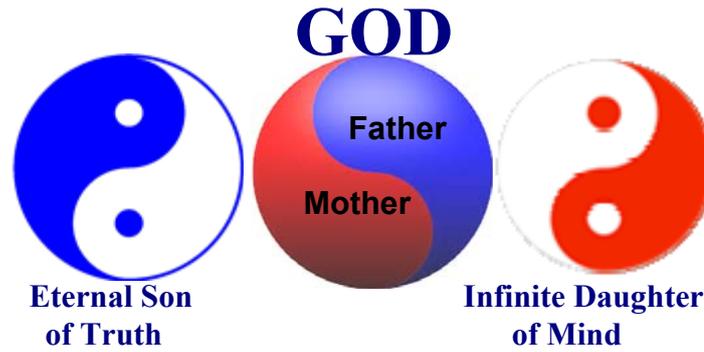
Want and long to know the whole truth of yourself

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.

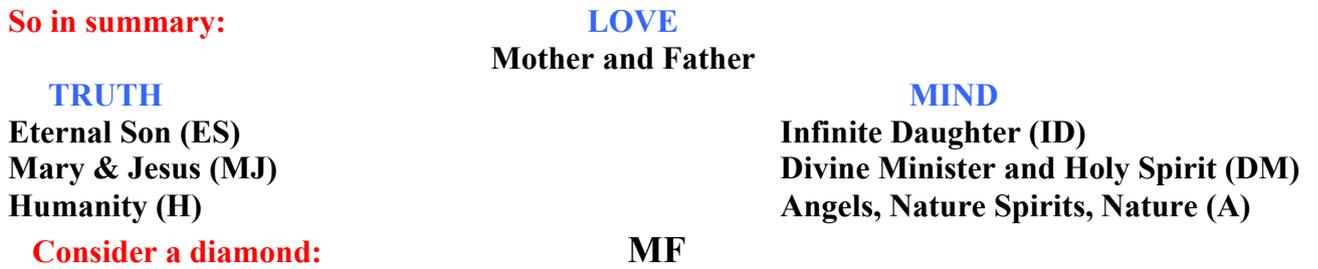
The LOCAL UNIVERSE TRINITY:

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

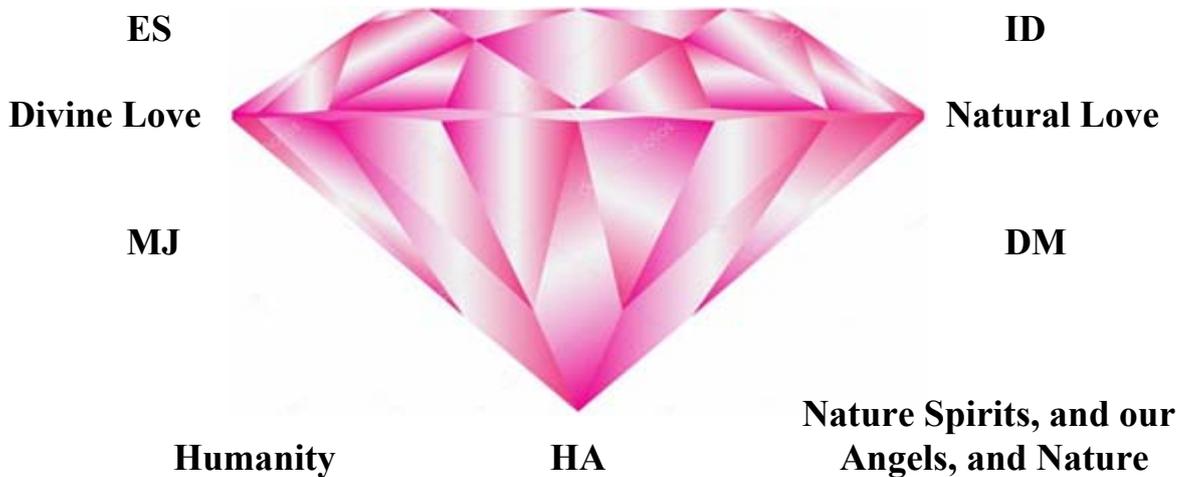
PLANETS that engage in REBELLION:

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.

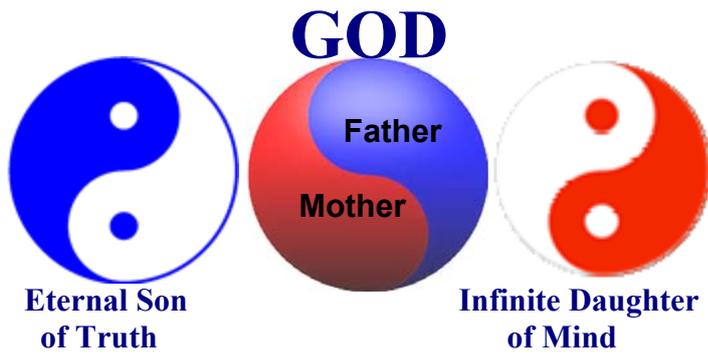
The Local universal Sons and Daughters are all about the running of the worlds under their jurisdiction, and ensuring the higher spiritual elements can be employed, or sent astray, as in our cases through the Rebellion and Default.

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.



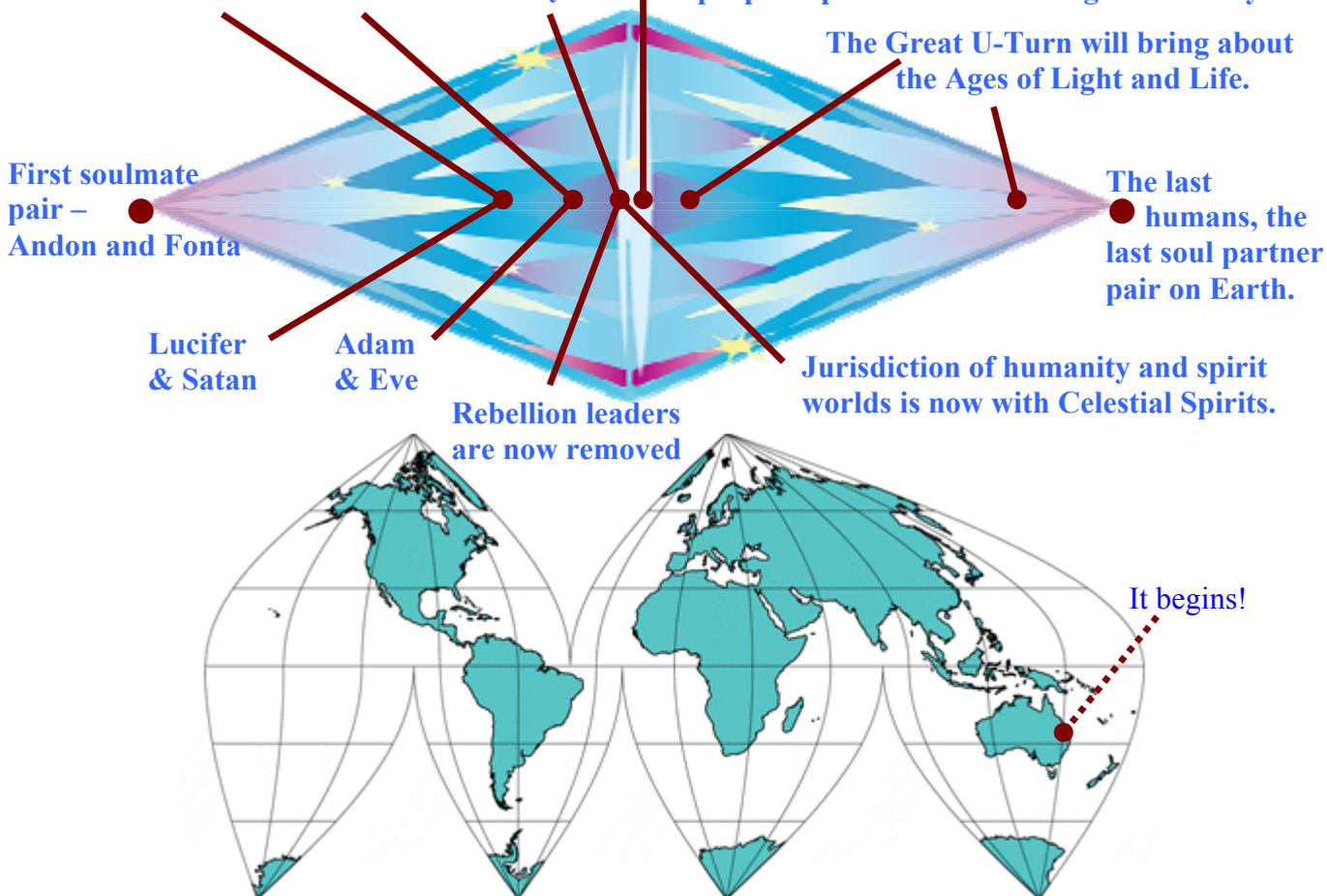
A nature spirit is an angel in waiting.

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.

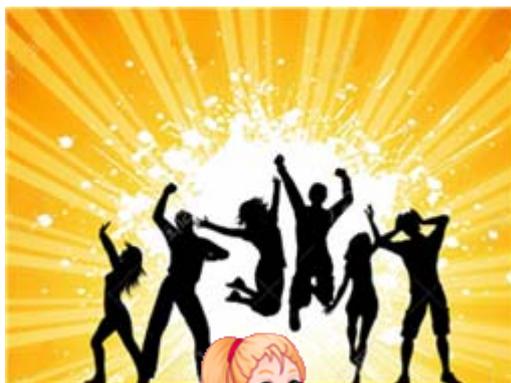


We are all to have our own pure relationships. And it’s the same of course in life with your friends, however over there, in spirit, dealing with Nature Spirits, Spirit Guides, and Angels, it’s more personal and private and ‘JUST FOR YOU’. So we have our own separate, unique relationships.

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



In a way each person's Indwelling Spirit, which is really God, is contracting out the work needed to be done with you to other agencies, so to us spirits, the angels, the nature spirits, other elements under the Divine Minister's control, even other non-humanity spirits, all of which end up doing increasingly more amounts of what your Indwelling Spirit does. And this 'out sourcing' is to affect greater personality interaction, increasing your experiences so they are maximised through interaction with different personalities rather than just relying solely on God. We are overall to become increasingly at-one with God, but we are to do that by becoming increasingly immersed in the experience of being with others.

Nanna Beth – 3rd Celestial Heaven: 25 December 2018



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

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

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

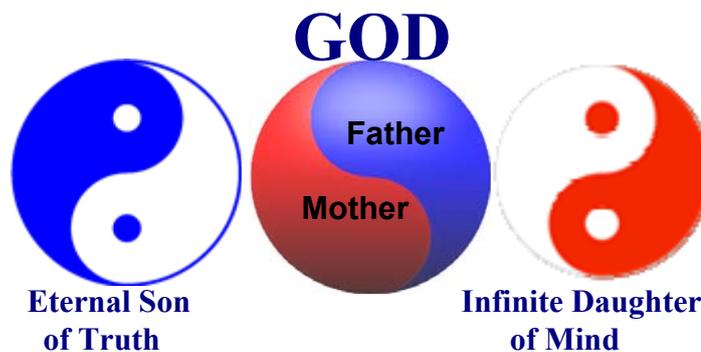
Once we progress beyond our Local Universe of Neadon, then we are assisted and guided by our Heavenly Parents, our true Mother and Father all the way home to Paradise.

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

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



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



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

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

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



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

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

Note from James Moncrief 4 November 2017

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



**to enter the
Celestial Heavens.**

Messages from Mary and Jesus

book 2 by James Moncrief

24 May 2003

I am here James, Mary. (Introducing ourselves this way gives your mind time to focus and feel our thoughts and so begin. It connects us both and prepares your mind for what we then want to impress on you. In time you'll not need us to introduce ourselves, as you will be experienced and confident with us to know when it is us.)

I want to speak about the *twisted* feeling you have had often, as though you are all twisted inside. This feeling is what has happened to you. You were made to believe that the positive is negative and the negative, positive. This is what has happened to everyone.

When you said 'no' to your parents this 'no' was wrong, it was not the right no, you weren't allowed to argue and say no to them – you had to do as they said and not resist. You were saying no because what they were doing to you was not right for you. You were saying 'NO!' to try and protect yourself, as you were being rejected and not welcomed and not loved. You were fighting for your rights and survival. And you were absolutely right to say NO. No is not bad. It is not bad to say no. To say no or yes in the right context is right, is positive, and if you had been allowed to and respected for saying no, then you would have not have become so negative, and would not feel as though you do not have a say in your life.

However, you were not allowed to say no, especially if it was not what your mother wanted to hear. So you were made to learn that no was negative and only made things worse for you, and this then became the foundation of your negative state. So your 'no', which was right, became bad and wrong. And conversely you were praised for doing things that were bad and wrong for you and did not make you feel good, so the negative was turned into a positive. Hence twisting and confusing your mind. Your mind couldn't match your feelings, and because you couldn't stay true in your feelings – you couldn't express them – they were put aside, banished, and your mind had to do what it was told taking over in the erroneous belief that it was looking after you, protecting you from them.

As you got older you lost all sense of what is right or wrong, that is according to what your feelings were saying was right and wrong, and had to rely on what you learnt with your mind, what was said by the world to be right and wrong – what was said by your parents. And so to now unwind this state is very hard, as you have no true foundation on which to relate to your feelings. And as Marion has pointed out to you countless times now, how mixed up you are with so many of the things you do and say, contradicting the feelings you mean to express. It has caused you to feel as though you were quite mad in the head. It is madness that you have lived in and your parents and grandparents were equally saturated with it. You had nowhere to go and no one who was true, or striving to be true in your life, they just believed that this was life and that they were better than most in it. They believed their way was right, but like everything else, it was very wrong.

If you listen to the words spoken to children and the true meaning being conveyed, and place yourself in the child's position, and see if you understand what the parent is trying to say to a child who is three or four, and who cannot possibly understand what the adult is trying to get across, you will soon see just how mad your world is.

So many of you believe to say a negative is so wrong. You have to try and always be positive.

But why would you need to have a positive attitude if you truly felt positive? All the signs are there if you only care to look. The whole American approach of pretending to feel good, to rise above all bad

feelings, is trying to whitewash the negative even further. Don't say a negative thing or you are labelled as being bad and mean and selfish, and worse still, if you think or say a negative that is what you'll create in your life – all negatives, and loser's are loser's because they are negative. Nothing about being a loser because they have been so traumatised by their parents that they can't function in the world. And you have to be so *nice*, ever so *nice*, and with that *nice* big pleasant smile. The Western world is becoming steadily more and more false with layer upon layer of falseness being added daily. Women and men have to put on all the falseness they can to go to work, to look *nice* and *pleasing*, and they dare not show how they looked when they got up in morning. You have to cover up and mask your more true self, but even this self has been covered up layer on layer since early childhood.

It will be very pleasing to one day be able to listen to young children say no, and to see that they are listened to and respected as an equal, right from conception to adulthood. The *inferior* child does matter, it matters much more so than the *superior* adult who is trying to tell it what to do. The child demands to be taken seriously, it is only adults who refuse to honour its wishes. And how easily you forget that you, to were once that small child. When you are yelling at and hitting your little child, pause for a moment to consider that was you being hit and yelled at by your parents – and how did you like it?

As you become progressively healed, you will start to love yourself as the Mother and Father love you. With positive interest and attention, not negative. You were given only negative attention as a child and so that is all you know, and all you now do to yourself as an adult. But as this changes, you will feel how much They love you, and gradually you will feel how much you actually do love yourself because you are Their child. As you move away from your negative parents to your Positive Parents you will feel how much you are Their child and just how much They love you. These feelings will be real and they will just come, you will not have to imagine or try to create them, for you won't be able to, but in time they will evolve of their own accord. And it is right and good to love yourself this way, because you know and feel that you are a child of love, and a child of loving Parents – of Parents that love you.

To try and manufacture self-love, as many people and spirits are now trying to do, is wrong. Such self-glorification is trying to hide the fact that you don't feel loved, and being so contrived does not do anyone any good. To try to have a good self-image and positive outlook, and to look as though you are successful in the world's eyes, when you don't really feel like you are, is wrong. It's all too false. And it's not facing up to the truth of how you really do feel. Such self-adoration and self-gratification will only lead you further away from yourself. You can be loved just as you naturally are, no make-up, no self-image, just you expressing your true feelings. If you are meant to be with another person to do your healing together it will happen, it will be a soul-to-soul relationship, and the Mother and Father will organise it, and you won't have to impress your partner.

If you long to be with your soul-partner to do so, and whoever comes will like you for just being you. Sooner or later your true partner will come, and you will quickly see that the relationship is to be built on one's striving to live true and nothing else; and that you are coming together to help each other express all of your feelings good and bad, and to help unwind all the twists; to help each other to be able to say yes and no, and to ask for and say what you want, when you want it. Love, true love, love based on truth, will emerge. It may be quick, it may take a long time to come, but it will come, and it will last, and it will grow stronger and stronger between you both. And you will end up wanting the same things and sharing the same likes and dislikes; and wanting to be just as you are completely, respecting the other. You will fully accept each other for being as you are, and this will help you feel good and confident naturally within yourself. You won't have to do confidence building classes, or how to present yourself so as to be accepted, workshops. And as the Mother and Father will be in control of

your lives, you will not have to do what the world says to be accepted, for you will already feel accepted, from within and not needing it from without.

Slowly the world will have no hold on you. You will not look to it for any love or acceptance. You will feel a great sense of relief to let it all go. And by this time, when you say no, you will mean no, and when you say yes, you will mean yes, and no will be no, and yes will be yes. All straightforward, all very real, and all very true and loving.

You start out as love, a little cute blob of love. If your parents had been loving you, you would have grown up loving them, yourself, the world, and then loving the Mother and Father. Instead your parents were not loving. Moments were relatively okay, you may have a few good memories or even some good feelings, you may even have lots of them; and you might have even felt loved and love for them, but still there were lots of other times when you didn't feel so good, didn't feel loved or any love for them. You have grown up to hate yourself. You will see that you hated your mother and father, the world and so the Mother and Father. And you have been made to love all your hate, but in a false way. You now pretend that you are good, okay, love yourself, and are even better than others. You are living a fantasy of love all designed to cover your hate. Through your soul-healing you will learn to love your hate truly, fully accepting that indeed you hate yourself and are full of it. And one day you will know that you have loved it truly all away. You won't have to believe you have or pretend you have for you will just know, and it just won't be there any more. And this you will see is the true miracle of love. When you truly love all your hatred through acceptance of feeling it, then you will know what love is. Then you will love yourself, and in loving yourself you will love all others, even those of the negative – the whole world; and then you will see and feel and know how the Mother and Father truly love you, and love you all. Mary.



WE ENDURE FOUR LAYERS of PERSONALITY SUPPRESSION!



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

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



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

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



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

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



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

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

DEVOLUTION

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

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

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

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

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

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

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

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

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



Messages from Mary and Jesus

book 2

by James Moncrief

7 June 2003

Hello again James, Mary.

Being conceived into the negative mind condition you are all living with great fear. Even those who may not feel fearful underneath are, when compared to how they and everyone will feel when they have done their healing. It is very hard to look into yourself to see and accept your fear, to want to see what is terrifying you. It's much easier to look outside of yourself and blame other things that are making you scared. But if you grew up fully loved and not fearful you would not feel scared by anything in the outside world. Jesus feared nothing and no one because he was perfect and all loving. Had he not been born perfect he too would have had to come to understand the truth, that all that scared him from the outside, only did so because he was already scared on the inside, and the outside was reflecting this back to him. And many people don't want to look inside to find the truth of their fear because they will have to address and confront their relationship with their parents. Your parents scared you so everything the world does to you, as your parents did, scares you also. If you feel completely scared of the world then you can reasonably assume that you feel completely scared of your parents. You may not feel scared of the world, for you may have worked hard at covering up such fear, even turning that which you fear the most into believing it is your friend. You may start your healing believing you are not scared of the world, but as you progress you'll start to become increasingly scared, and increasingly aware of all you fear. And this is good.

As you progress with your healing you might start to feel worse than before you started, and as you break down further, worse, and worse, and this too is good. This is because you will be getting closer to the truth of how you really are; how you really felt as a child. Doing your healing, as I have said before, is not about fixing those things that are making you feel bad about yourself then being able to cope and be more functional and competitive in the negative world. It is about ridding yourself of everything false that prevents your bad feelings expressing themselves; so you will feel worse, much worse, before you finally begin to feel good. You will have times of feeling better to show you how you are changing, but this will then help you go deeper into your bad feelings making you feel worse again as you seek more truth.

Circle by circle, mind circuit by mind circuit, you grew up adding layer upon layer of self-denial. For most of you, the worst was when you were youngest, seeming to have lessened as you got older, as you fitted into and learnt and accepted your parents ways. But all of this was adding circle upon circle of covering up the real rejection. So as you unwind the circles, if you feel worse, that is how it is meant to be, and will serve to show you, you are on the right track.

It is all too easy to blame Satan or the government or that other person for being the evil one, as they are not doing what you want them to do; or because you feel threatened by them, fearful they are trying to make you do things against your will. But it is all you inside yourself doing it to yourself. You are Satan or evil or the bad one, as this is the belief about yourself you have been forced to live by your parents. Your parents may have never mentioned Satan, but as you have grown up, you have made associations here and there whilst trying to make sense of your feelings. Then one day something presents itself to you and Satan is said to be the evil one, and this fits in with your feelings and beliefs, so you add him to your list of who are bad, someone you can blame all your bad feelings (all your fear), on.

Everyone is caught in the same bind, accusing everyone else for being bad, whilst they righteously believe they are not bad. You were accused of being bad as a child, your parents the all-powerful ones were right, and so now you do the same thing; you accuse others of being bad, and you also accuse yourself of being bad, but you choose mostly not to see this. Your world with your parents is still your

world. You live in the impersonal bigger or outside world relating to it still how you related to your personal and little world within your family. It can be hard to see this, to see that all you see in the outside world is all you saw in your family world, and that everyone in the outside world is somehow your mother or father or grandmother or cousin or close family member, someone who influenced you (negatively or positively) when you were a child. Their faces are different and they are different people, yet still going on within you are your childhood beliefs, and in a fantasy way you don't see the person before you for how they really are, but you see them as someone from your early childhood, and so you act and behave accordingly with them, just as if you were still with that person from your early life.

This is the great problem many people face when they marry or start to live in an intimate relationship; they feel close to the person because of childhood patterns and not because of that actual person themselves. You then relate to your partner, not as a person who was previously unknown to you, but more as one who you have known, so as you become more comfortable and familiar with each other, you start to behave with your partner more like how you behave and behaved with those whom they represent from your early childhood. And if your partner contrives to fit into your past pictures and fantasy, then you mostly enjoy being together, but if they don't, then serious conflict can result. When it's said, 'he married his mother', or, 'she married her father', there is far more truth to this than most people give credit to.

The absurdity you all face is, whilst being wrong, you marry having relationships believing that they will somehow magically be perfect. So many people and mind spirits dream of the perfect marriage, the perfect family life, the perfect relationship with their children, but based on what? Did they have the perfect childhood growing up in the perfect relationship with their parents who shared the perfect relationship of love, all to be the perfect example for them to naturally follow and assume would happen to them?

You have grown up in imperfection and that is what you have learnt to follow, so you can only be that: imperfect. Jesus said: "Follow me"(and he still does), and he can say this knowing he is perfect. And if you follow him, he will lead you to the truth of yourself. Follow him and you follow the TRUTH. And you can follow and learn from his example. However your parents say you must follow us, we are perfect, but they are not. They are lying to you and to themselves – you all being caught up in the *Great Lie*.

If you were to marry accepting that you were two imperfect people dismally wrong in all you do, but you still feel you want to come together with no intention for it to succeed, and with the expectation that everyday you will finally agree to hate each other and fail, then maybe you will at least be more true and not lying so much. And there is nothing wrong with this approach, and a lot right with it. It is anti the perfection fantasy, and so you may even surprise yourself how well you do get on together, both owning up to all your bad feelings you have about each other and yourself, accepting that each day may be the last, and expecting the worst all the time.

You are not allowed to dwell on the worst or the bad. You are accused of being depressing and told no one will want to be around you – you will be an outcast. So you have to put on your smiling face, lie, and pretend that you are not bad and feeling depressed, showing that smile at all costs so as to maintain friends. False, false, false! The way of your world is to follow the FALSE.

By expecting the worst to happen all the time, you are trying to stop pretending to be happy and good, trying to be more true to how you really feel. And then if at the same time you are seeking the truth of the causes of your bad feelings, helping each other to express them all instead of trying to block each

other from expressing bad feelings, gradually your depression will ease as you see the truth of why you are depressed and feeling bad.

Everyone on your world is lying. No one lives true. You are all presenting different personas as cover ups. And you have been made to do it from a very early age. You don't even know that you are doing it. As I have told you, you will be surprised what you will uncover within yourself as being a lie. So much of what you accept as the norm is a lie, and it will all have to be let go.

All you can do is what feels right for you. Long to the Mother and Father to help you see the truth, and for Their Love. And then do what feels right. Anything that does not make you feel good is where you look to express why it makes you feel bad, and you seek the truth of why. You all know what makes you feel good. But what most people don't know is that a lot of what makes you feel good is only a belief you have that it does, and in truth, it doesn't make you feel good at all. A drug can make you feel good, but does it really? And this is where seeking for the truth is very important, for in time you will see where your beliefs are misleading you; and those things that once you thought did make you feel good, were actually making you feel bad; and so then you will see the truth and give them up because you will only want to do the things that make you feel truly good. No doubt you will have experienced doing something that you thought was good, but somehow it just doesn't seem to make you feel so good as you thought, and then when you finally gave it up, you felt so relieved. And then as more time passed you could look back wondering what you saw in doing it – or in him or her. And this will happen as you move within yourself and change, as you honour yourself, begin to look after yourself, and truly do what you truly feel you want to do.

Keep doing things as you feel to do them; don't try to work it all out in your head. If you don't know what to do, or you can't quite give it up, but know that most of it you don't like, but some part you do, then keep doing it; keep doing it asking the Mother and Father to show the truth. And always express your conflicting feelings. Pray to Them to help you FEEL THE TRUTH WITH ALL YOUR HEART SO THAT YOU WILL TRULY KNOW, AND KNOW WITHOUT ANY FURTHER DOUBT WHAT IS BEST FOR YOU. ASK THEM TO HELP YOU FEEL WHAT YOU WANT TO DO AND WHAT IS RIGHT, ALL THROUGH YOUR FEELINGS AND NOT WITH YOUR MIND. Ask Them for Their Divine Love and then go on without positive expectation, even expecting the worst; do what you feel to do, expressing all you feel along the way.

If you feel angry, this is good, more to express, more bad feelings to get right into and bring up

.
If it makes you feel miserable, guilty, lonely, whatever bad feelings – good! Get right into the feelings and see why it does make you feel this way. And if you are not naturally led down or back into your childhood to see the true cause, then ask the Mother and Father to show you what They want you to see through your feelings. Resist the temptation to use your mind to try and find causes in your early childhood that are making you feel bad. Long to know the causes but resist the temptation of using your mind to look for them, or you may run the risk of it making them up so it can remain in control. Just allow your feelings to carry you back if that is where they naturally lead you as you speak about them. If it's time for you to uncover the truth of your early childhood, your feelings, as you express them, will naturally lead you back into it; you won't have to do anything.

You have to tell someone, preferably your partner, or at least someone who wants to listen to all the bad feelings and yuk you have in you, just how bad you are feeling. As a child you wanted to tell someone who cared about you, just how bad you were feeling, but no one was there for you, certainly not your parents. Your parents did not want to listen because they were doing it to you. If they listened, they would have had to face the pain and truth within themselves that their parents did to them what they

were doing to you, let alone facing the truth that they were making you – their own child – feel so bad. But still you will NEED to tell someone who cares. And if you don't have someone in your life that does want to listen, then ask the Mother and Father if They can bring someone to you. And tell Them why you want this person to come. And speak about any worries, negative expectations, hopes, fears; and even how you would want this person to be. Share all of you – all you think and feel, with Them.

I will finish now James, thank you very much once again. I am very pleased with all your latest progress. You are now seeing it much more personally and it is becoming easier for me to relate to you in this way. Mary.

DIVINE LOVE enlivens our FEELINGS to progress our HEALING!

‘I didn’t know as a child I was that aware?’

‘You weren’t as aware of your feelings back then as you can be now. But your soul was. Using your soul perceptions that are awakening because of the Divine Love that is now within your soul, you are able to see – to see the truth of such things. You are able to see and feel the truth of yourself as a young child but from an adult’s perspective. Everyone can go back and see the truth, what and how they really felt throughout their childhood if they want to.’

‘Yes, I see what you mean. Is this what my healing will be like all the way along?’

‘Some parts of it. There will be lots of different parts, but once you’re expressing your bad feelings, and when you feel ready, if it hasn’t naturally happened, you can try and turn your attention to your childhood and see if how you currently feel matches with any memories you might have of back then just as you’ve done now. By wanting to do this, you’ll help train your mind to accept that you want to see the truth of your childhood, the truth of your repressed childhood feelings.’

So I just had another healing Paul thought to himself. He would never have guessed it was possible to work his way out of or through those bad feelings when they first came on. He turned to Jesus again and said, ‘Thank you, thank you for putting your hands on me and for helping me to see all of this.’

Chapter ‘Day 9’ of “Paul – City of Light” by James Moncrief

We are to apply our longing, apply our will, but not with our mind, although it can help one to determine what you want to do, but with and through one’s feelings. We can’t long with our mind, we have to FEEL-long. Our longing is an expression of what we feel. We feel we want God’s love, so we express that feeling in our longing.



Healing is the feeling and expressing of childhood injuries and erroneous beliefs. They will be expressed progressively through one’s healing process.

Infographics and diagrams have been added by Pascas.

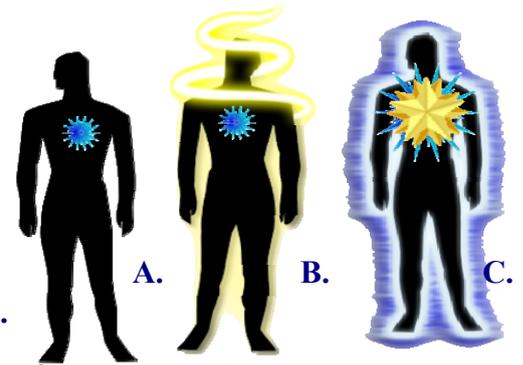
EVOLUTION

Longing for and receiving Divine Love:

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

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

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



FEELING HEALING + SOUL HEALING

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

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

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



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



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

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



Infographics and diagrams have been added by Pascas.

Messages from Mary and Jesus

book 2 by James Moncrief

8 June 2003

Hello James, I will continue, Mary.

As much as you look to you parents as being the world and believing they are helping you to be the right way in it, they also tell you they are the right way. They teach you what is expected of you, as if this is your role in a play, and the play is always the same: their play. And as you move into the world your part never changes, even though you may add some superficial changes, which makes it appear different, still your underlying role is fixed. Your parents tell you that they are the world, and they know rules, and what is right and best for you. They will tell you what is not acceptable; what and how you need to be, all so you can fit in making these rules become absolute. They form the fabric of your mind, the fundamental underlying beliefs, and mostly you remain unconscious of them. And you end up unconsciously believing every one is just like your parents, not separate and a different individual. And if you feel powerful you try to make the world obey you just as they made you obey them. And for most people this power only really comes when they have their own family creating their own little world to lord over.

A non-controlling parent would not make you believe they are right, and that how they are is how the world is. They would help you see that others differ, and allow you to work this out for yourself. They wouldn't make you believe that they were the absolute, and your core beliefs would form allowing you to be of a positive mind in the world, to explore and find out things for yourself through your experiences, rather than trying to control your experiences with the intention of trying to make them fit into your way of seeing things. And not trying to make the world be how you believe it should be, and getting very upset and angry when it doesn't do what you think it should.

Unfortunately, most parents believe that if you do something they dislike, they have to teach you that you are wrong and their way is right. They fail to see that why you are doing things wrong in their eyes is because of them, which they are causing you to do. They seem to believe that you are doing it somehow of your own accord, as if you have some bad streak, or even some evil element in you, and that it is their duty to iron it out of you and keep you on the acceptable path. They believe they are the great teachers and will enlighten you as to how to live and be in life, but this is not so. Your soul and the Mother and Father are the great teachers, and they will show you for yourself how to live life if you allow them to. And you allow Them to by being true to your feelings; by expressing all your thoughts and feelings freely. If parents did not interfere this would become evident.

You all have a very deep misunderstanding about bad feelings. You are scared of them and are taught quickly that they are not acceptable. And that your parents and the world don't like them. But what are you to do with them? Many people believe that bad feelings are the workings of the Devil, or Satan's handiwork, or even evil spirits, or evil and wicked characteristics that have been somehow inherited as undesirable family traits, and in some way must be eradicated.

But more truthfully it comes down to a battle of wills. The parent feels still powerless from its upbringing, and so feels its power base is threatened by things its child does that it doesn't like. When the child's not willing to submit to the will of its parents, they come down hard on it to make it bend and *break* – to fall into line. A dysfunctional will, such as yours in the negative, cannot have any real understanding or feeling for how another's will should be honoured, as you cannot first honour your own. And if you felt bad and your parents honoured these bad feelings, realising it was they who were causing them, then they too would feel bad, and so feel powerless, the powerlessness they were trying to hide. They would loose the battle, giving up fighting and trying to control you.

As adults, bad feelings are still these terrible things to be got rid of in any way possible. Most people try to bury them, some try to pray them away, and now the attitude in your world James, is to try and just come up over the top of them and be nice, just cover them over with more superficial layers of falseness or positive thinking. But you're denying what is a real part of yourself – your bad feelings, and they are not bad. The negative mind believes that which is negative is bad, and it fails to recognise the good in the bad, it refuses to look at this side of your nature, and until you do, nothing will change.

The Mother and Father originally created *man*, through natural evolution, to be perfect. Man's soul was created perfect, and it started to express itself in Creation as perfect men and women, when the creature that was to be this original man and woman had evolved through natural means to meet with such perfection standards. The creature – humanity – was therefore created, brought into being as a perfect being. Original natural man was perfect and was living in perfect harmony with all other perfect creatures. All animals are perfect – perfect in their natural love, perfect in how they were created to be. They are perfectly happy in their state of being, and this too was how men and women began and felt. They were equal to the state of animals, but because they had a soul, they were also of greater potential than animals, so it is also said they were created higher than animals. But this is a higher potential state which man himself must realise upon the endeavours of his own will. And without truth, will never realise it, and will not treat animals and *lower* creatures with the respect they deserve.

Man can learn from nature, but is not to be like nature. Nature on Earth exists in a competitive state, all serving one another and deriving pleasure from the service. But men and women don't have to live as nature does: competitively, they can choose to grow in truth and rise above such animal origins. You can choose to do your soul-healing and achieve a Celestial state of being, of truth, a divine state of being with the Divine Love in our soul. And in this state there will be no competition, no competitive hierarchy, no suffering, no bad feelings as you now experience them in your negative states. An entirely higher and more enlightened way to live. And one that completely respects and loves all nature.

So from this original state, men and women could choose to live in natural love perfection, enjoying their natural love just as animals do; or, as has happened to all humanity, to give up this perfected state and sink or *fall* lower than that of animals into varying levels of imperfection.

When the Universal System Rebellion started, some of its perpetrators came to this world and influenced some of its spirit governing hierarchy against the Mother and Father, and these spirits in turn influenced many mortals. A great many years passed all resulting in all races of mankind becoming less than perfect, falling from their original perfect state; and by the time Adam and Eve came (re: *The Urantia Book*), there was extreme pressure on them from rebellious spirits and mortals, which inevitably brought about their dishonour and disgrace. When this happen it signalled humanity's complete fall into imperfection. Humanity was no longer capable of maintaining its own perfection through its own free will, and no one existed above the lowest level of disgrace and imperfection. And this is how it has remained until the coming of Jesus and I.

Jesus taught about our dual nature: that of being a creature and a child of God. And as a child, he said you were a soul first and foremost, and like that of a spirit, higher than an animal. He said that you could seek to perfect your natural love creature condition, and his Spirit of Truth would assist you in becoming as your ancestors were before the coming of the Evil Ones. He taught that the most important part – potential – about you was that you could become more than just a perfect creature: a child of his Heavenly Father through the partaking of His Divine Love directly into your soul. He also taught that the Holy Spirit would convey this Love to the heart of your soul when sincerely longed for, and this Love would then transform you out of being only a creature into being a true divine child of

God. And how this would happen was that as your soul partook of the Divine Love – the very essence of God – your soul would become transformed into being of this divine essence. You would raise your state of being from that of the image of God into being of the very essence of God. You would retain your natural love creature status of perfection, but also by transforming your soul, become at-one with God in essence – divine.

And he said that the choice was now yours. By his coming the Father had offered all men and women of all races the chance to achieve this state of being: at-onement with the Father in soul, as the Father's child, and of creature perfection. He explained how you had the freedom to choose how you were to exist, and if you chose to accept the gift of achieving at-onement with God, then you would also be choosing to live God's Will. You would be submitting your will for His as you would be giving up your will as a creature and rising to live in a higher way as His child with His Will. You would retain your will, but apply it to live His Will, and this would all just naturally happen as an organic process, but only with the Divine Love as the catalyst and substance to effect the transformation; and ONLY if you willingly longed for the transformation to happen. He didn't go onto explain about what was involved in this inner transformation – how it was to come about, as that was where I came into the picture.

The Mother and Father want you to be as perfect, just as They originally made you. They did not make you imperfect and did not want you to suffer. An animal does not suffer in its essence for it is perfect in its natural love state of being. Suffering only comes to you as you choose willingly to fall into imperfection. Being not how the Mother and Father made you hurts, and naturally you cannot do anything but suffer. Choosing to live your will and not Theirs is fraught with suffering and pain, as you live in your negative mind and will condition.

To try to overcome this suffering and pain-filled state you have called upon your mind to try and help you. You have made it step in by using its power to take the pain and suffering away. You have made yourselves believe that you are not suffering and that you can actually be happy in it, but can you? The extent you have made your mind take over is seen in your everyday life. You have overridden and buried the pain to such an extent by removing yourself from parts of you – the true feeling parts – by trying to exist solely as mind. And the further you make your mind take over, the further away from your feelings you go; and the further you are separating yourself from your soul and all of the real you; and the more you become untrue, unreal, and nothing more than a fantasy creation of your mind. And you now are racing full steam ahead in this direction.

Because so many generations have passed all deeply entrenched in the negative, you have no idea what it would be like to be perfect and pain free. You may on a good day feel pain free, but if you were to do your healing you would soon see just how much pain you have buried, and that your good day was merely the covering and anaesthetising by your mind. Your souls are in great pain!

So to summarise: living God's Will is to become of perfect natural love as a creature, and then to transform this love in your soul into becoming a true child of God, at-one with Their Soul Essence: divine. To do this you need to do what we have been telling you. To long to the Mother and Father for Their Divine Love, and to long to see the truth of your negative mind state – to do your soul-healing. The soul-healing IS the transformation of your soul. You will be transformed as you work through all your evil, uncovering the truth of your errors, ending up living a true, good, morally perfect, loving life.

When your healing is complete you will be divine and your soul will be fully transformed. You will have done the two things at once: perfect your natural love state, by healing all your negative mind control, and transformed your soul into divinity. How you will then be, will be living God's Will. You

will not have to actively do anything to demonstrate it; you will just be it by being true to your feelings. All you will do in your day will be God's Will. Doing the Will of God is not trying to live a moral and good life and spread the word of the Bible. It is a state of being of totality; of being totally true to your yourself, to your feelings – totally divine. All of you will be divine, that is your soul-light will reflect the divinity – the Divine Love it contains – and all will be God's Will.

Living God's will is a state of truth, a state of being; you just ARE living it, and it's nothing like what those of the Christian churches or other religions believe. You will live the truth equivalent to the Celestial or perfected state, and from there will ascend growing further in attaining ever-higher states of perfection. You will not live God's Will more perfectly, but live with more truth and higher understanding. And you can now achieve living these higher states of truth and will perfection on Earth. Celestial life and truth can finally come to Earth.

Many people believe they need to suffer to break the control of their *evil* animal tendencies, and in doing so, believe they are becoming more spiritual, but this is not true. All they are doing is empowering their mind by making it have more control over them, and believing that they are becoming more spiritual by using their mind to pretend they are no longer plagued by such *lower* tendencies. Suffering is brought on by denying your feelings and giving into the negative control of your mind. To anaesthetise your pain with your mind, and to then believe you are no longer suffering, is a great mistake. You are still suffering and in great pain only you've made yourself become unconscious of it, but it's still going on within you on deeper levels. The spirits of the high sixth world are the perfect examples of this: believing they have risen above everything that can cause bad feelings; and using their minds to alienate themselves from their pain and suffering to such an extent that they believe they are fully enlightened and at one with God – that they are in a state of pure bliss.

Don't be fooled by such magicians, they are greatly deluding themselves. They are not living in the true perfected natural love condition of the sixth world Jesus spoke of in the Padgett messages. These souls are yet to come, they will be spirits who do their healing, heal their childhood repression to the degree of truth that will enable them to live in their positive perfected natural love mind condition of the sixth Mansion World. The current spirits of the high planes of the sixth world are the greatest examples of self-denial and self-deception you can observe, as seen being represented by gurus and *ascended masters* on Earth, particularly in the East. Such people are not living true and perfect and healed of all their childhood trauma, they have just learnt how to master their minds to control their pain in the misguided belief they have reached enlightenment – nirvana. But all they have achieved is allowing their negative mind total control over their feelings. They are not growing in truth higher than the sixth world; they are not seeking a true relationship with the Mother and Father through their Divine Love, and they definitely have not done their soul-healing. They are living examples of the worst evil, the most conceited, self-obsessed, self-indulgent, and self-glorifying one can live. And because of that they can't attain higher truth, they are confined to their little world, that of the high sixth world; confined to their minds, shut off from their souls, and there they will remain separated from the rest of the universe believing they have made it to the highest state one can achieve. While all the time many humble self-less souls move higher and past them living with the Divine Love. Healing their negative mind, and moving into the Celestial spheres and beyond.

Have a rest now James. And I will continue later if it is convenient. Mary.

Feelings first

LIVE FEELINGS FIRST

Messages from Mary and Jesus

Book 2 23 April 2003 – 10 October 2003

by James Moncrief

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

30 May 2003

Hello James, yes you are right, I do what to write to you now, Jesus.

I want to say that all you are feeling about the nature of your mind and how it has been made to take control over yourself is correct. I appreciate that this is what we have been saying over and over, however as you are experiencing, there are many facets to accepting and seeing all the ways this has taken place within you. It is not just a concept or a belief – which once understood – that **your mind is in control of you and in a negative way** – you can fix, heal, or even deal with through trying to merely change yourself and your beliefs, it is far deeper and perplexing problem. Over and over you need to see just how your mind is in control and all of what this means; and how it all affects your life – how it all makes you feel.

You have been controlled by others, your parents, and now your mind is controlling you as it has learnt to do, and this is how everyone is. And if you don't do anything about it on Earth you will come into spirit none the wiser and just carry on. It is such a powerful influence over you that you can't do anything else. Whilst you are under the full control of your mind and your beliefs, for all intents and purposes, your soul, or any other part of you, may as well not exist.

When it is spoken of *the great judgement* to come to all souls, all this means is that those who do have some Divine Love in their souls will be called upon – if they are of sufficient level of truth – when waking in spirit, to inhabit the soul Mansion Worlds, those of Divine Love; and those who do not, will remain as they are in the mind spheres. It means nothing more than this, and it all happens within the Laws completely respecting the needs of one's soul and mind. It is NOT that those who believe in the Bible, and who believe in me, will be saved, and the others damned to hell. This is complete nonsense and was contrived by those wanting power over others. I want to say, once and for all, as I have not as yet ever said it openly, but now as things have progressed to such a point in humanity's understanding, that I do not support or have any good feelings about anything that has been attributed to me or the Father, or even my mother Mary, in the Christian Religions. I DO NOT CONDONE ANY OF THE RELIGIONS OF HUMANITY. And whilst you entertain any beliefs in them, you will continue to bring about more pressure on yourself to remain locked up and bound into your negative beliefs.

Other than a love of God, when you come to do your soul-healing, you will have to divest yourself of all religious belief for it is all wrong and anti, myself, love and the Father and Mother. It is very harmful to your soul. All spirits, as too all mortals, who so choose to live following Mary and I, will divest themselves of such erroneous beliefs. Smatterings of correct belief and even truth contained within the Bible are by no means enough to help you overcome all the rest that is untrue and wrong; and if anything, will only serve to keep so many people hooked into its vicious controlling ways by making them believe and feel it is right. The Bible is completely contrived. None of it has been divinely inspired, it has all been made up by men, and most of them did not have sufficient, if any at all, Divine Love in their souls to warrant them worthy of representing me or daring to know what the Father is like.

There are very strong penalties for perpetuating such wrong belief, for openly trying to coerce others into such beliefs. And many spirits are suffering greatly now in spirit as they begin to see the errors of their ways; and even many more spirits are still too afraid to look outside their belief and consider that

their way is not right. And every day they spend still entertaining such wrong beliefs is hurting their soul, and will bring more pain to bear on them when they begin to live with a little more humility.

Many people suffer great pain in the physical body, many experience all sorts of terrible pain and afflictions and suffering, but this is nothing compared to the mental anguish that many more suffer when they reach the limit of their souls capacity of being overlooked and denied. The mental suffering is extreme because extreme measures need to be taken to start the breaking down process within those who are so desperately trying to maintain control.

I cannot impress upon you just how excruciatingly painful this mental anguish is. And even though I might try, still for many people and spirits, my words will not make them reconsider. So many so strongly believe in me, but all with such negative and wrong beliefs. They have lived a whole life in such belief, and all the false faith they have believed in has given them nothing, but still when they arrive in spirit and even see that I am not present, go on unshakable, only adding to their controlling minds more wrong beliefs. Those in spirit, like their counterparts on Earth, believe that I will also return to the spirit worlds to gather up my faithful flock, but I am ALREADY in the spirit worlds!

In no way am I interested in any such belief. So what if you believe in me, what does it do for your soul? A belief is merely a creation, a fabrication of the mind, and is not truth; it is not a direct expression of the substance of your soul. I can do nothing with a belief but leave you with it, and let you live it how you want. But with a truth I can come and be with you and help you to further your soul's growth and understanding in that truth. And if I don't do that in person, I can do it through my Spirit of Truth.

I am having my Second Coming. This IS my Second Coming, my second coming of truth, all that began with Mr James Padgett and will end with James and Marion's (Moncrief) lives ending. I WILL NOT COME TO REAP THE HARVEST OF MORTAL OR SPIRIT SOULS. All that sort of belief is nonsense. It's just wishfully hoping the true and good and loving fantasy parent will come and rescue you from the bad and evil one – your parents. Humanity and the destiny of the mortal soul have moved on. The Bible has lived its course. You can try and make whatever you want out of the prophecies, but it will be to no avail. The Bible is now history, and the new *word* has come in its various forms – with Mary and my new revelations of truth. Those who will adhere to the Bible and such beliefs will find themselves increasingly becoming isolated and alone. In spirit there is a big continual draining of their numbers, as those who do sincerely want to know the Mother and Father seek Their Love and receive it moving on into the soul-healing Divine Love Mansion Worlds. They are steadily removed from the mental spheres and the various religious sectors. Their removal is for the time balanced by the influx of new believers arriving daily from Earth, but eventually this will begin to ebb as more people begin to see that the Bible has been superseded.

The human souls needs truth and love to feel happy and loved, and to feel that life is worthwhile, something far more than mere belief. It is crying out for nourishment, as it has lived for so many years devoid of all goodness. Truth is its food and as you start to do your soul-healing you will see what I mean.

The era of the Bible is destined to end with the ending of Mary and my attention to mankind on Earth and in spirit. It will still remain and persist, as many people and spirits will still want to live clinging to their negative mind states, but gradually over this forthcoming age its influence will wane, as fewer people want to be involved in such delusional fantasy. As we have said, Mary and I are moving on, and so all that has been associated with us directly or indirectly, as in all that has been believed about us, will come to an end. The end is near, the end of the era as it has been. A few people can see the signs now, and only by resorting to miraculous healings have the spirits been able to maintain as much

enthusiasm in their respective religions, but the crumbling signs are still evident. It will not just end all of sudden, but history will show that now was the start of the real decline.

Too many people are wanting to move on, and the Christian and other religions are only restricting such progress. Many attribute science as the cause of the erosion and the modern godless society it is making, but this is not entirely true. Just as many, and perhaps more people, want to know God, but what they don't know is that they actually want to know Them in another way, a way different from the church or anything they know. And further they don't even know that another way is possible, especially one in which Mary and I are still present and even very active – the real and true way.

The whole Christian movement has been the outworking of a negative state of mind. Many people have needed to experience it as a part of their journey into rebellion. It has all been wrong right from the start simply because Mary was left out. It could never have been what it is believed to be: the right way to God. It is only a great delusion of humanity. It has helped many people to come to understand that there is a loving Father, and to become familiar with certain aspects of His personality, but does very little to help the progress of one's soul.

The *Christian Way* is destined to become a relic of humanity's failed attempt to know God. Two thousand years in the course of hundreds of thousands of years is nothing. It will appear as a mere aberration, but nonetheless, an important one, for it will stand for all time as a testament as to the damage that can be done when the Creator Son and Daughter are not honoured for all that they are. And it will show and remain, as a reminder of all the wrong that can be done by the mortal and spirit mind of those who in no way sincerely want to live at-one with their Father and Mother of Paradise.

The contrivance of the religions that purport to be God knowing has burnt deep into the minds of so many people. It will be most difficult for them to give up. But just as with all erroneous beliefs, if you one day want your soul to be free, then you will have to confront your own mind and accept that all contained within it is wrong, and not as you wanted or believed it to be.

You can find the Mother and Father and Mary and I without ever having had anything to do with the Bible, and without having to be a Christian or anything else. Some people have discovered this for themselves, and in time, many more will follow. There is not to be a defined religion with a specific name, there doesn't need to be, as living with the Mother and Father truly is just life, the way of the chosen, those chosen to long for the Divine Love. It does not need a name or a church or a temple or a holy this or that. *Divine Love Spirituality*, James, about says it all, and is all that is needed. It only needs your own heart and soul. People will come together to worship the Mother and Father under this new way, and even build places for this to happen, but it will not be organised – at least not in a controlling, power seeking way such as the Churches are – it will be just whatever someone feels they want to do.

Such organisation is all what you have been used to and what most only know, but it is only the way of control and power, and not the way of freedom, love and truth. There is no named religion in the Divine Love Mansion Worlds, or in the Celestial spheres, or in the greater universe; there is only life, living true to one's feelings and living with the Mother and Father and Their Love. It is true that Mary and I are the true anointed ones, the primary *Christ's of Nebadon*, but this is not to indicate that you need to form a religion that believes this. As you will find out, Nebadon is vast, and many spirits live in it from all worlds. You only know each other, and can't even love each other by simple acceptance of being of different races of the same species. Wait until in spirit when you will meet with others from other humanities who did not have the benefits of Mary and I as you have had, but still love us as truly as you will do.

Humanity will broaden its horizons of acceptance now. Universal understanding and what life is about will start to bring in more concepts to your world. You have been terribly isolated; you are all living cut off in a small black little pit in the ground. So many people can't even begin to accept that you might live again after death! You have been hopelessly cut and shut off. You have no idea how much. But now this is ending, at least the first phase of ending is beginning. On one level it has ended – the Rebellion and Default are over. Now they are only contained within you and will be passed on by you. Now you are fully responsible for your own destiny; now you are able to seek the truth and truly find it. Now God may bless you!

Thank you James, I have wanted to have my say for a very long time. I have not been allowed to because of the same reasons why I was nailed to the cross, and why Mary was completely denied: because no one wanted to hear the truth. But now as new power from Mary and myself is able to come to help you, I can begin to be somewhat more outspoken.

Remember that those who have tried to seek the truth through the religions have not been of a pure heart and soul, they have not actually wanted to know the truth, it has only been a belief of their mind that they should know it. They have wanted to know it conditioned by their religion, and as such, religion is not truthful, so have I been unable to help. And not one individual has had a strong and pure enough longing outside the religions to allow Mary and I to come and help them with the truth, not until a small crack appeared, thanks to Helen and James Padgett.

Now the crack is widening every day. Now we can come and present you with all you need to know; now we can come and help. Until next time James, Jesus.

**PASCAS
PAPERS**

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

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

FEELINGS FIRST For Kids

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

Library Downloads – Pascas Papers

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

U-TURN for HUMANITY:

Why are we doing a U-Turn?

We are doing a U-Turn **because** the year 2017 heralded the end of the Rebellion and Default. For two hundred thousand years, humanity has been going in the wrong direction.



What is this fundamental step that will change our way of living?

We are to come to understand / know the foundational cause of all our feelings, both good and bad. As we explore and investigate our feelings, each time they arise, one by one, we are to talk them through, express them to a companion or friend or anyone who will listen. As we express them, while at the same time coming to understand how they have come about, we will find that they will be resolved and that they will not come up again.

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



We will find that all of our feelings / emotions have their foundations from our childhood. And by childhood, that is from the time of one's conception all the way through to about the age of six. It is the repression of our childhood feelings that is the base or foundational cause of each and every one of our adult personality issues, pains, difficulties, illnesses and distressful life experiences.

We have to see the whole truth of our negative or self-denial state, before we can heal it and be free of it.

The vital difference between **emotions** and **feelings** is:

- emotions have their roots in the past,
- feelings relate to the present moment,
- emotions represent feelings not previously expressed,
- and these accumulate over time.

Many emotional clearing processes encourage us to look into our feelings, however, none go so far as to drill down into the core foundation of any emotional feeling to the point that we strive to KNOW the core issue, the origin of the feeling, be it good or bad, and actually come to know what it is!

The *Journey Process* is generally known worldwide. It stops short of longing to know, that is asking for the knowing of the events that brought about such a feeling. Yes, we are to acknowledge the feeling, say being angry. Then accept that behind that anger is the feeling of being small, and then look at the underlying reason of why we are feeling small. What is the truth behind that feeling? Ask our Heavenly Parents what is behind all of this feeling. What is the foundation, the origin of the feeling? All the time talking it out, expressing it, with a friend. The expressing of the experience is the release of the emotion / feeling, this is what removes it for ever from within our essence, our **soul**.

Why ask our Heavenly Parents? I thought God was just God – singular?

This is part of the revealings that have been unfolding for us very recently – that is – since 2002.

We are made in the image of God. This has been understood for centuries, for 2,000 years. Our soul is duplex. Our soul expresses itself through two personalities. One soul 'subdivides' into two, one half

always being female and the other half always being male. We are a reflection of how God is. God being one Soul is expressed as Mother and Father. God is two personalities. They are soulmates / soul partners. And each of us has a soulmate, and our soulmate is always of the opposite sex, because the Mother and Father are the opposite sex.

Thus, when we long for the truth behind a feeling, then we can long to our Heavenly Mother and Father. Only they can tell us. No spirit personality can tell us. No canonised saint can tell us, we may as well ask our next door neighbour. That would be just as productive. Mary and Jesus can't tell us, as they are also spirit personalities.

I was taught that Jesus was God? And what is this about Mary?

Mary of Magdalene and Jesus of Nazareth were both born free from sin. Neither of them are God. They are both children of God, just like you and me.

History needs to be corrected. Both Jesus of Nazareth and Mary of Magdalene became at one (At-One) with our Heavenly Mother and Father during their physical lives here on Earth in the first century; Jesus in the year 26CE and Mary in the year 33CE, or thereabouts. Jesus died aged 35 (born 7BC died 29CE), and Mary died aged 47 or 48 (born 2BC died 47CE).

Further, their sojourn on Earth was the completion of their process to become the full Regents of the sector of planets that is referred to as Nebadon. The region within our super-universe that is referred to as Nebadon contains 3.8 million inhabited planets. If you look into the night sky, each star / sun potentially has between none to three inhabited planets within its orbit. Within Nebadon, the soulmate / soul partner pair, namely Mary and Jesus, are our Spiritual Teachers of Truth. Their domain is all 3.8 million physical planets plus their associated spirit worlds. Each physical world has seven associated spirit worlds, which is the case for Earth being one of the 37 that have rebelled.

Some 200,000 years ago, Lucifer with his soulmate and his deputy, Satan with his soulmate, brought about a rebellion on 37 of the inhabited planets within the region called Satania, one of the local universal systems of Nebadon. Earth compounded the situation through the Default of Adam and Eve about 38,000 years ago. Thus the population of Earth, being in the worst condition through the Rebellion and Default, became the location for Mary and Jesus to have their physical experience to complete their ascendancy to full Regency of the local universal system being Nebadon.

Their lives on Earth was the start of the unravelling of the Rebellion and Default. Upon Jesus becoming At-One with our Mother and Father, he was then vested with the authority and power to have the Lucifers and Satans arrested, and they now reside exiled within a prison world.

Notice that there were no records of Jesus and Mary's teachings and experiences made during their physical life. That was because they did not specifically come here for us, they came for the benefit of all peoples of all planets and spirit worlds throughout Nebadon.

As they are Paradise descending spirits, they have **Spirits of Truth**. Upon Mary and Jesus' death, they released their Spirits of Truth. As spirits, Jesus and Mary are how we will be, once we've finished our Soul Healing. They can only be in one place at any one time. However, it is their Spirits of Truth throughout Nebadon that we can connect with for guidance. It is through their Spirits of Truth that spirit personalities can progress through and out of Nebadon.

Those planets that have Rebelled need further assistance, and they need it on a localised manner. This can only be provided by another bestowal of a **Paradise Pair**, and that is in the form and manner of an **Avonal soulmate pair / soul partners** who come here specifically for us.

What is the purpose of an Avonal pair, and are they here on Earth?

Unlike Jesus and Mary who were always free from sin and did not experience how to heal themselves, the Avonal pair are to experience all of the extremes of evilness and then proceed to heal themselves. Mary and Jesus through their bestowal on Earth ended the Lucifers spiritual rebellion in Nebadon; the Avonals bestowal is primarily concerned with ending the Default of Adam and Eve by the Avonals themselves personally healing the effects of such a damaging Fall.

The soulmate Avonal pair are to be, and have been, subjected to the extremes of childhood suppression and repression, and then, through their Feeling Healing, are experiencing all the facets of emerging truth as they slowly progress through a protracted and difficult healing process. As they reach specific milestones, this also enables those in the Celestial Heavens, (the three worlds where Celestials reside) to be empowered to assist us in the physical on Earth.

The first considered milestone was the arresting and imprisonment of the Caligastia soulmate pair and the Daligastia soulmate pair. After the arrest of the Lucifers and Satans in the first century, as nothing further occurred, the Caligastias and Daligastias continued on from spirit as if they were kings and queens, suppressing all of humanity and with plans to take over the universe. It was possibly in the early 1990s that they were 'judged' and 'removed'. They were caught unaware that an Avonal bestowal pair were on Earth.

How is all this becoming known? Has Jesus and Mary communicated directly to Earth?

Unlike in the first century, when no records were kept (as the event related to all of Nebadon and it was actually setting the stage for the Avonal bestowal pair to arrive on Earth), every effort to retain records in great detail of this current series of events is now being attended to. Consider this. The New Testament of the Bible is some 300 pages. The records of the Second Coming, which this is, the primary records are possibly 6,000 pages, with direct complementary records increasing that to over 10,000 pages and with all the supplementary records to date, there may be as many as 40,000 pages, certainly well over 30,000 pages of material presently.

Jesus directly communicated through James Padgett from 1914 to 1923. Mary of Magdalene (Mary M) has directly communicated through James Moncrief from 2002 and is ongoing. Jesus has also communicated directly through James Moncrief. Neither have ever directly communicated through any one else, however, some Celestial Spirit personalities have provided information through other personalities on Earth with the support and approval of Jesus and Mary, thus some confusion, though the quality of the information is very reliable.

You say this is the Second Coming? You say I am living during the time of the Second Coming?

Yes you are. And it's more than that. This is the Second Coming, the End Times and the Handover!

In fulfilment of the prophecy in the first century, the Second Coming commenced on 31 May 1914 through the writings with James Padgett and concluded in 2014 through the writings with James Moncrief.

The End Times are well advanced. Mary and Jesus are well advanced in handing over their direct involvement with Earth to those within the Celestial Heavens. When this is completed, the Handover will also occur. **The Hand Over is to the Avonal Bestowal pair** and it is they who will guide the population on Earth through their Feeling Healing processes for the next 1,000 years, being the next spiritual age. The Handover will take place after the Avonal pair complete their personal Healing of the Rebellion and Default. Then will follow with their Spirits of Truth being officially liberated in alignment with Mary M and Jesus' Spirits of Truth upon their death.

Major events have occurred with the progression of the Avonal pair's Feeling Healing, which they are also doing whilst embracing our Heavenly Parents' Divine Love, thus they are doing their Soul Healing.

Early 1990s:	The arrest of the Caligastia and Daligastia soulmate / soul partner pairs.
22 March 2017:	Negative spirit influence was blocked.
31 March 2017:	Angel assisted healing will become available upon the Avonal pair completing their own Feeling Healing, being with Divine Love, thus it being Soul Healing.
22 May 2017:	Law of Compensation quickening.
2 December 2017:	Psychic Barriers maintaining the Rebellion and Default were cracked.
8 December 2017:	Bring on the money to 'house the future of humanity' .
31 January 2018:	Earth and the seven associated Mansion Worlds (including the two Earth planes) are officially now fully under the control of Celestial spirits. This marks a tangible and real end to the Rebellion and Default.

How does this all fit into our future way of living?

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

The whole human race is suffering from repressed childhood and mind control.

Through one's Feeling Healing, and should we embrace our Heavenly Parents' Divine Love, then with their Love we are doing our Soul Healing, and eventually we can live totally in accordance with our soul based feelings and live free from error – no more fear and no more physical illnesses is possible!

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

Our soul is always perfect. In fact, we are the complete package. All that we need to know is within our soul. This knowledge has been denied from us since the time of the Rebellion and compounded by the Default. That is what was brought upon us by the Lucifers and his cohorts. We have always been meant to live true to our soul based feelings but we were taught to embrace our error riddled mind – this was aided by our parents – unknowingly all parents have taught their children to be mind dominant. **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.**

“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. **Feelings** guide us through our **ascension of truth**. So they are really our Supreme Guides. 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 of the 1st Celestial Heaven 26 September 2017

(Kevin Cooper died 10 August 2012, through Feeling Healing became Celestial on 7 August 2017.)

It is through the assistance of the Spirits of Truth of the Avonal Pair, upon the completion of their Soul Healing, that we will be guided through our Feeling Healing process, and should we embrace our Mother and Father’s Divine Love, then our Soul Healing.

Then should we embrace Mary and Jesus as our Spiritual Teachers of Truth, their Spirits of Truth will lead us on the path through the Celestial Heavens where we will certainly meet up with our soulmate and join our soulgroup, which will eventually consist of twelve soulmate pairs. Then as a soulgroup, the Spirits of Truth of Mary and Jesus will lead us up through and out of Nebadon towards Paradise.

It is then our Mother and Father in Paradise who draw us to them and we will eventually meet our Heavenly Parents.

Meanwhile, while we live on Earth, we will have assistance and guidance previously denied to us throughout the era of the Rebellion and Default. Under the Contract controlling and managing the Rebellion and Default, the powers and capabilities of our Celestial Heaven spirit personalities, all three worlds of them, were heavily restricted and almost of no assistance to us at all. Further, Nature Spirits and our Angels were heavily denied contact with us physical people because of the Rebellion and Default, all of which is soon to change, so we can look directly to them for help concerning healing ourselves and understanding all aspects of nature.

As we embrace our Feeling Healing, Celestial spirits will and can greatly assist us. In fact, during the year of 2017 they have blocked all mind spirits from the Natural Love Mansion Worlds: 1, 2, 4 and 6 from interfering with us. Celestials have taken control of all facets of living and life on Earth. Celestials are those spirits who have completed their Feeling Healing and progressed through Divine Love Mansion Worlds 3, 5 and 7 and now live in the higher Celestial Heavens, 1, 2 and 3 (when we become At One with our Heavenly Parents then we leave the Mansion Worlds and progress through the next three spheres related to Earth, hence the Celestial Heavens are also referred to as being numbered 8, 9 and 10).

The Nature Spirits of Earth, who live in the third Earth plane, can now directly interact with those who are embracing their Feeling Healing. Nature Spirits are essentially ‘angels in waiting’. They have been on Earth prior to anything that we now see living in nature. When they first started to arrive, there was no life in the seas or on land. They have consequently witnessed everything that has happened on Earth, including all prior human civilisations that we continue to largely remain ignorant of. Their knowledge and assistance is of great importance to us. We are to interact with them on an ever increasing scale. They are to become an invaluable source of information for us concerning how we are best to live with nature.



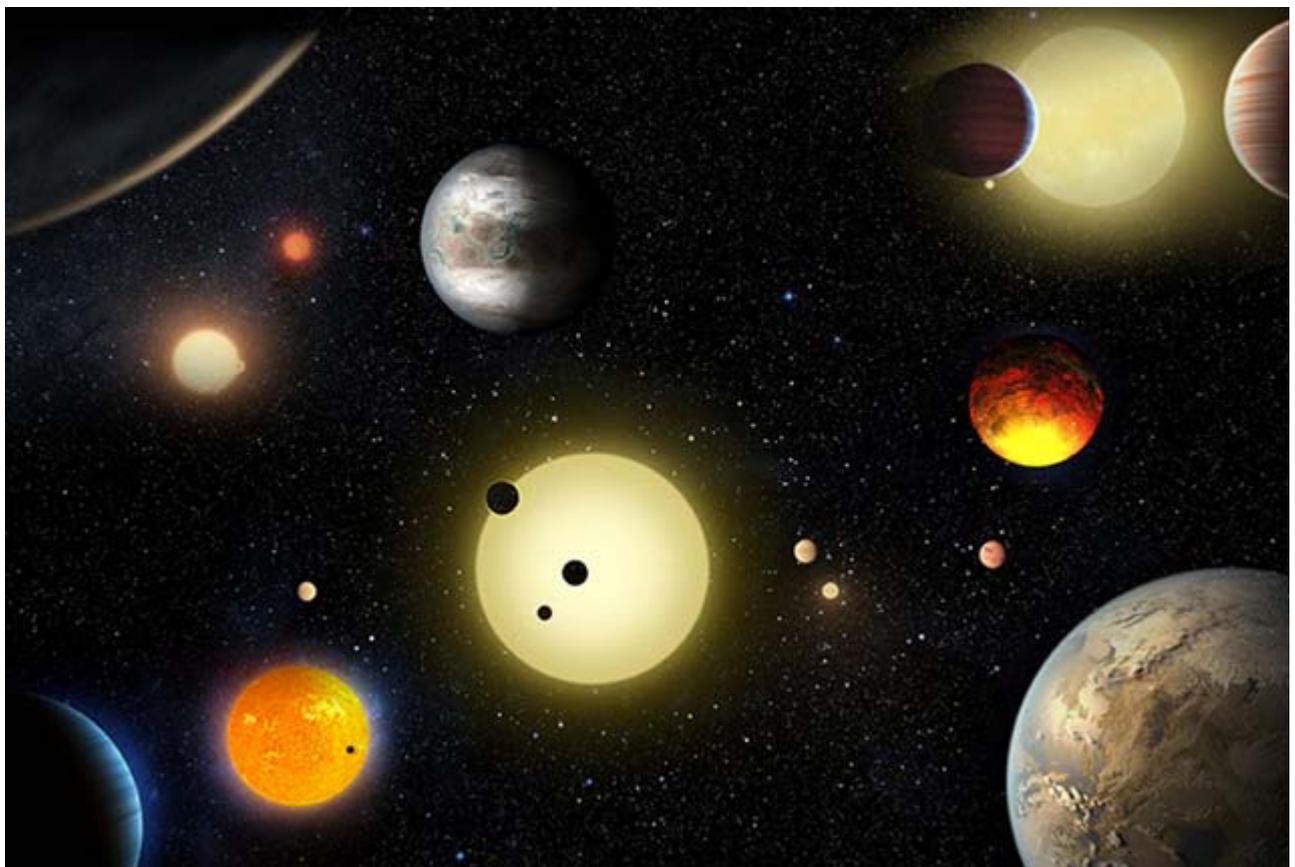
Further, we may become more aware of our **Indwelling Spirit**, which arrives for each of us during our sixth year, as we now progress with our Feeling Healing, or with Divine Love, our Soul Healing.

And all of this is possible as we embrace our Feeling Healing process, acknowledge and accept the Avonal pair, acknowledge and accept our Spiritual Teachers of Truth, namely Mary and Jesus, and more importantly, grow to love our Heavenly Parents, our true Mother and Father.

We do not need intermediaries, rituals, liturgy, dogmas, creeds, fancy clothing, or institutions. It is our soul based feelings and expressions that we may exchange directly with our Heavenly Parents. Groups may form to assist each other, and that is our choice and within our free will.

This is the greatest event in the history of humanity.

This is the Great U-Turn that humanity will embrace throughout the next 1,000 years. MoC 1,480



FEELINGS FIRST For Kids

LIVE FEELINGS FIRST

Feelings first

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

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

BIBLIOGRAPHY NOTE:

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

Pascas has 550+ supportive 'Pascas Papers' accessible in Library Downloads at www.pascashealth.com

Pascas Primary publications being:

- U-Turn for Humanity Pascas reveals New Feelings Way
- U-Turn for Humanity pathway being New Feelings Way
- U-Turn for Humanity shutting hells through New Feelings Way
- U-Turn for Humanity through the New Feelings Way
- U-Turn for Humanity unfolding the New Feelings Way
- Universal Gift – Feeling Healing with Divine Love
- Feeling Healing and Divine Love Discussion Prompts

Selected Pascas Papers, as noted below, can be downloaded from www.pascashealth.com .

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

DIVINE LOVE SPIRITUALITY – DLS:

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

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

James Moncrief Books:

	MoC		
The Rejected Ones – the Feminine Aspect of God	1,490	Nov 2002 – Jan 2003	228
Messages from Mary and Jesus book 1	1,485	Feb – Apr 2003	189
Messages from Mary and Jesus book 2	1,485	Apr – Oct 2003	170
Mary Magdalene and Jesus' comments on the Padgett Messages – book 1		Aug 2007	164
Messages from 31 May 1914 – 12 January 1915	1,495		
Mary Magdalene and Jesus' comments on the Padgett Messages – book 2		Sep 2010	177
Messages from 13 January 1915 – 29 August 1915	1,494		
Speaking with Mary Magdalene and Jesus blog – book 1	1,490	Jan – Apr 2013	206
Speaking with Mary Magdalene and Jesus blog – book 2	1,489	Apr – May 2013	229
Speaking with Mary Magdalene and Jesus blog – book 3	1,490	Oct – Jan 2014	187
Speaking with Mary Magdalene and Jesus blog – book 4	1,491	Jan – May 2014	191
Mary Magdalene comments on Revelation from the Bible KJV	1,485	Dec 2013 – Jan 2014	84
		This group being pages of	1,825

Paul – City of Light	1,488.5	2005	149
Ann and Terry		2013	235
Feeling bad? Bad Feelings are GOOD!	feeling-healing book 1	2006	179
Feeling bad will make you feel BETTER – Eventually!	feeling-healing book 2	2006	159
Breaking the Golden Rule.	feeling-healing book 3	2006	168
Feeling-Healing exercises, and other healing points to consider.		2009	175
Cathy and Mark – a novel introducing Feeling-Healing.		2010	151
Introduction course to Divine Love Spirituality		2006	139
Speaking with the Dead, Death and Dying		2009	173
Spirits and their Childhood Repression Healing		2010	179
With Verna – a nature spirit		2008	279
Communication with spirits – meet a spirit friend		2010	37
Introduction to Divine Love Spirituality website			362
Sage – and the Healing Angels of Light		2017	260
Divine Love Spirituality	1,500	2017	201
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings	1,500	2017	47
		This group being pages of	3,046

Religion of Feelings

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

Introduction to Divine Love Spirituality

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

Main website of DLS

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

Childhood Repression website

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

DLS and CR forum

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

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

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Paul – City of Light

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

Ann and Terry

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

Feeling Bad? Bad Feelings are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

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

Sage – and the Healing Angels of Light

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

**Religion of Feelings
Feeling Healing**

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

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

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

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

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

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

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

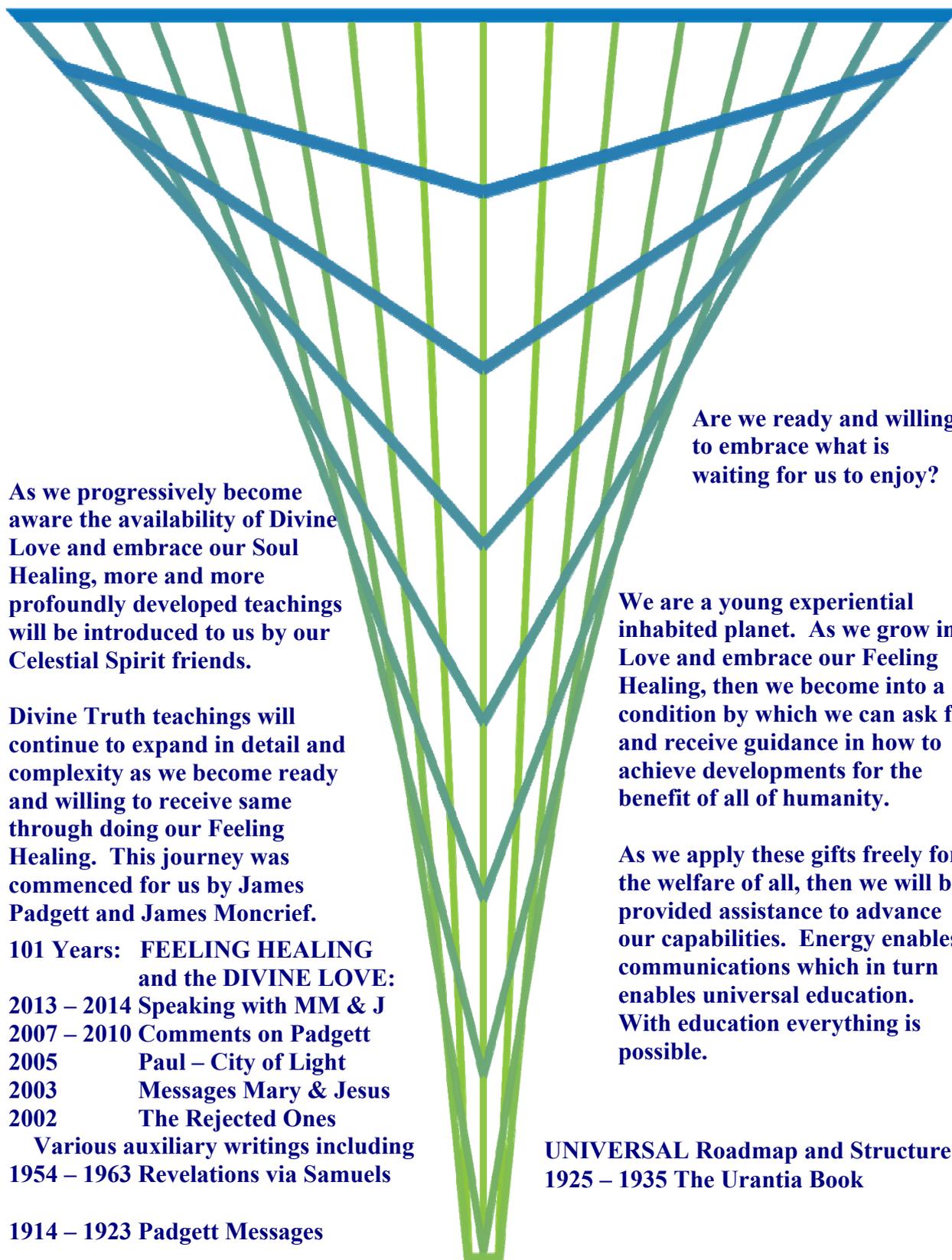
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

MEDICAL – EMOTIONS:

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

**PASCAS
PAPERS**

DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:



Cause No Harm < to OTHERS to MYSELF

Strive to love others as I am to love myself

To liberate one’s real self, one’s will, 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:**

