

PASCAS CARE KIDS of the WORLD



Communities



“Peace And Spirit Creating Alternative Solutions”

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

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

PROUD INDIGENOUS CULTURE:

After studying a Diploma of Criminology at Bond University, Queensland, Australia, respected Indigenous Elder Dennis Braun has set his sights on tackling the spiralling rate of youth suicide and addiction in the communities around his home town, Katherine in the Northern Territory, as well as Alice Springs in the same state.

From the dusty outback to the vast plains of the Arizona desert, Bond University graduate Dennis Braun's interest in Indigenous culture and criminology has taken him a long way.



A respected Elder of the Arrentre Nation around Alice Springs, Braun is one of four Indigenous students to graduate from Bond in June 2014 after completing their studies.

The first Indigenous student to complete a Diploma of Criminology at Bond, Braun enrolled two years ago after working on the Bush Court circuit in the Northern Territory (N.T.) providing paralegal support for Aboriginal people.

His desire to support troubled Aboriginal youth saw him research youth rehabilitation undertaken by the Native American people of Arizona, the Navajo people, visiting their reservation in August 2013 with the support of Bond University.

“I wanted to compare Navajo Indians with the Australia Aboriginal people,” Braun says.

“Their approach to rehabilitation is totally different – the way they treat their youth in detention centres is they don't lock them up.

“Instead they take the kids out bush and do things like canoeing, hunting, swimming, abseiling and talking with the Navajo Elders around the campfire at night about Navajo history, with the Elders telling them by undertaking criminal activity they're disgracing Navajo culture.

“I'd really like to see us take a similar approach over here. It's better than just locking the kids up like we do.”

After graduating, Braun is determined to use his Diploma to fight spiralling levels of youth suicide and addiction in the communities around his home town of Katherine and also Alice Springs further south.

Bond University Nyombile Indigenous Support Centre Manager, Jason Murray says Braun will be missed around campus.

“We are really proud of Dennis, he should be really proud of himself,” Murray says.

“Dennis always had a view of the bigger picture where he could go back and help his community.

“He is an Elder and for us that was a really good learning experience as well – he had all this wisdom to share.”

The Nyombile Centre, which opened two years ago, provides academic, cultural and social support for Indigenous students on campus. There are currently 46 Indigenous students enrolled at Bond, including 16 students on scholarships.

“The success rate of our students has been fantastic,” Murray says.

“Academically, our Indigenous students are performing as well as any other cohort in the University and I think that is something that Bond should be really proud of.”



Navajo Nation and Aboriginal Nations Learning Together



Navajo Indians, New Mexico

The purpose of this research to Arizona and New Mexico



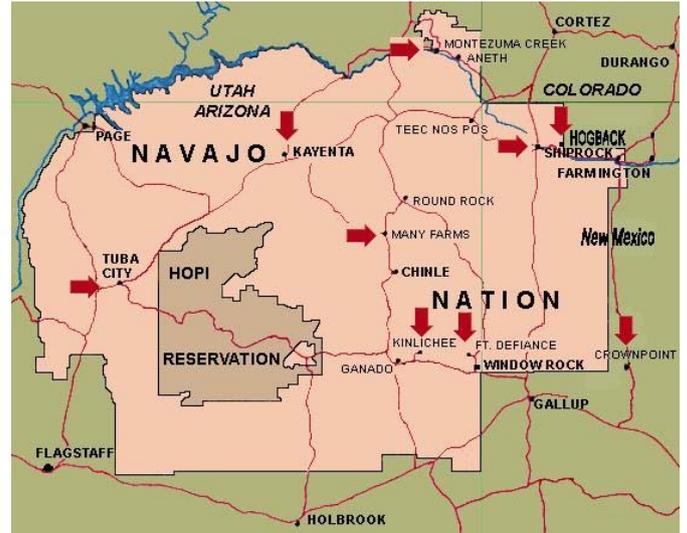
Dennis Braun



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and

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Gallup Youth Detention Centre Gallup, N.M (New Mexico, USA)

Juvenile Detox Centre, Gallup, N.M

Battered Family Services, Gallup, N.M

Crisis Line, Gallup, N.M

South West Indian Foundation, Gallup, N.M

Sgt Billy (a lady Police Officer) of the Navajo Police Department, Gallup, N.M

[Agencies in Albuquerque, Gallup and Window Rock]



Lessons from and for the Navajo Nation and Aboriginal Nations

The purpose of this trip to the USA was to research:

- (a) The Navajo Nation strategies to combat drugs, alcohol, domestic violence and anti-social behaviour amongst their people,
- (b) Evaluate the likelihood of enacting some processes, and,
- (c) Consider comparatives of the two nations, the Navajo and other native tribes and some 57 tribes of native Australians in the greater Katherine (N.T.) region.

The word *Navajo* comes from the language of the Tewa native tribes and translates to 'great planted fields'. The Navajos called-and still call-themselves Dine or Dineh, which simply means *the people*, their land they call *Dinetah*.

The Navajo Nation covers some 27,000 square miles (70,000 square kilometres) in the states of Arizona, New Mexico and Utah, making it the largest Native American reservation in the U.S. and claims approximately 298,000 enrolled members, with the second largest tribe in population with over 173,000 Navajos who live on the reservation. According to the 2000 census 298,215 persons declared Navajo ancestry or tribal affiliation.

Like many Aboriginal communities, most Navajo homes do not have electricity, running water, or telephones; they have no urban centres and most roads remained unpaved.

In Australia, the Federal and Northern Territory (N.T.) government agencies are trying to formulate strategies to getting families back to 'country'. **The Intervention** allows free-for-all entry including mining without permission from Traditional Owners; plus the right to drink on Aboriginal Land was taken away, causing many to move to the outskirts of towns, resulting in a lot of anti-social behaviour, both parents and their kids.

The Americans had a different and better approach.

Navajo Code Talkers, USA

The Navajo were the only tribe in the United States not infiltrated by Germans studying the various tribal dialects under the guise of art students, anthropologists, etc. For this reason the Navajo was the only tribe offering complete security for the type of work under consideration as the Navajo tribal dialect is completely unintelligible to all other tribes and all other people.

So their language was the secret code which the enemy could not break.

Navajo soldiers were used during the Pacific Campaign from 1942-1945.



Northern Territory, Australia

North of Katherine there are some 57 dialects spoken amongst the Aboriginal Tribes and for convenience, kriol (pronounced like creole), is a uniform language based around English.

On arrival ..

On my first night there, I decided to go for a walk; James, the motel security guard, advised me never to venture outside of my room after hours due to the violence on the streets. This is something we practice in Katherine, particularly around ‘pay-day’.

James went on to say that some years back, Albuquerque was a great place to live and raise children; the only drug that was spoken of and smoked was Gunja (marijuana); people did walk at night and window shopped.

However, gangs are growing, with some coming from El Salvador (Spanish being the second most spoken language in the USA); the fighting for their ‘patch’ and the violence related to drugs as well as illegal alcohol sales; much more dangerous and cheaper drugs brought in by cartels and laundering dirty money through brothels taken over by the gangs.

There is a hope that things are starting to get back to normal, with more shops opening, unemployment numbers are down as ‘Hollywood is coming to town’, with movies being shot in the area and the very popular (in Australia as well) Breaking Bad, which is shot in and around up town and down town Albuquerque. On the other end of the scale is the opening of several Indian casinos, with anti-social behaviour, gambling addiction (and subsequent impacts on families) and homelessness.

Apart from all this, Albuquerque is beautiful country with great potential; some of the people I met were very friendly; every one that asked for a cigarette always said ‘thank you sir and enjoy your afternoon’.

One such man was Jeffrey, who describes himself as a ‘Navajo African American’ (Grandfather is Navajo, Grandmother is African American), in the days slaves ran away and were allowed to join any number of Tribes throughout mainland USA.

Jeffery has nothing, owns nothing and asks for nothing, but he greeted me every day with a smile and offered friendly advice and directed me around Albuquerque; he suggested I always carry small change (for beggars). When I gave him an Australian Aboriginal Art T-shirt, he almost cried saying “I expected nothing like this”.

The reaction of the security guard at the Imperial Inn was similar.



Alcohol abuse

The biggest killer amongst Navajo (Gallup, N.M.) and Australian Aboriginal people (Northern Territory) is substance abuse; I can only speak of these two Indigenous Nations due to my studies.

Whilst I was in Gallup, the temperature was mild (compared to Katherine N.T.), about 20 degrees Celsius (68°F); however, in winter, the temperature can drop below zero; police officers and ambulance drivers have a terminology for people they find frozen to death as a result of alcohol stupor on the streets of Gallup, “popsicles”.

Gallup New Mexico is a city of 21,000 inhabitants and for years, billed as *the Indian Capital of the world*. In the 1970s and 1980s, Gallup became known as “Drunk Town, USA” and by 1988 more than 34,000 people were picked up each year and crammed into “drunk tanks” for 24 hours for their own protection.

Very few of those being picked up in Gallup were residents of the city; 90% of them were Native Americans, mostly Navajos from the 25,000-square-mile Navajo Nation reservation.

This sounds very familiar to the alcohol problems in the Northern Territory; the percentages of drunks picked up are much higher than Gallup, New Mexico, USA.

At every liquor outlet in New Mexico (N.M.), there is a security guard who only allows people in if they drive up in a car; ‘walk ins’ are not be allowed to enter the bottle shop.



This could work in the Northern Territory (and in other Aboriginal communities), as the majority of the drunks don't own cars and there are no drive throughs.

There is no Mandatory Sentencing in Gallup or New Mexico but they encourage the drunks to volunteer to be referred to a rehab facility for 6-12 months, majority of those choose the latter. Alcohol is prohibited in the reservations and non-Navajo travellers or those who live and work on Navajo Land are escorted to the border and told not to return if caught with it, first time around it is poured out, second time around there are heavy fines and jail time.

Alcohol is easily smuggled in, there are road blocks but ineffective and Law enforcers believe it is a waste of money and time, where that money could be put back into the community services such as a better rehabilitation centre and such services.

Non Navajo who live and work on reservations think they have a right to have alcohol and their house is a “safe zone” but according to law enforcers there are no such place. The Northern Territory had the same problem after **Intervention** in 2007, when a politician thought she had a right to bring in a bottle of wine for after dinner night cap; contractors working on Aboriginal land were also bringing in alcohol, but that had been remedied now as there is absolutely no grog / alcohol to be consumed or brought into Aboriginal Lands.

There is the Gallup Community Service Centre that drives around at night picking up drunks that have fallen asleep on footpaths, parks and Government building, taken to the Dry-out Centre for a 24 hour stay. The next morning, staff at the centre will have a chat to the person with the alcohol problem about being referred to a rehab centre for a longer stay, some take the invitation but some don't. To receive help, the alcoholic / drug addict has to admit they have a problem.



In the Northern Territory, Australia, we have 'spin dry' centres and I would like to see the staff trained to get people to attend a rehabilitation facility. The majority of the time you have the same clients coming in every night just for a bed, it should be not used as a bed and breakfast centre

For too long, homeless people had been maltreated by individuals who ignore the law. No matter what kind of condition a person is in, it does not give anybody the right to hurt that person. The number one issue is the safety of any person.

Interesting Facts

You may not have noticed, but Australian Aboriginal people tend to point with their lips instead of pointing with their finger; well the Navajo people have the same custom and it is classed as rude to point with a single finger. I have heard many times, during my trips to communities, an elder saying to someone younger "don't point, its rude".

I queried at a fair where can I purchase a snake skin wallet for my son, was told Navajo people will have very little or nothing to do with snakes, they are classed as evil and it is wrong to have anything to do with the snake, it is just forbidden.

Life Healing Centre, Gallup, N.M – Battered Wives,

I spoke with a nice lady, Barbara, in Gallup; she said the victims they receive are from walk-ins, referrals, friends / family, or by the Navajo Police Department. The victim will sometimes come in with her children and they are fed, clothed, seen to by a doctor and may stay as long as the healing takes place. The centre provides family shelters, transitional housing, residential treatment centres and other residential services for women.



In the N.T., Australia, the domestic violence agencies provide legal representation and referrals for the victim to see councillors, medical practitioners and Centrelink (government social services agency); and through the Courts, seek some type of compensation for the victim.

During my time in Katherine, I have witnessed the violence between males and or females; I wouldn't wish the beating of a female or any other person, even my worst enemy. This is not our custom and it started happening when alcohol and money became readily available.

An option worth considering

I think the only solution to this problem is stopping the “walk ins”, tax hard on alcohol and smokes, quarantine more money to the basic card, have thirsty Thursdays, (no take away). The American Indian women had a great deal of power before settlers arrived. These Native women owned land, controlled village commodities and most famously, elected men to represent them in national council. Alice Springs, in the Northern Territory, women have taken the right step by taking charge in certain decisions such as night patrols and stopping vehicles coming back to communities late at night.

As Brother Noel Pearson mentioned that we have to one day let go off the Governments hand and walk by ourselves, stop being a welfare state and relying on handouts, we need a hand up. Royalties are a pain when it is paid out to individuals when it should be paid into the community's accounts for repairs and top up payments to Community Development Employment Projects (CDEP) workers.

If we are given a treaty today, are we ready? Can we handle such a task, to run our own future, I don't think in my life time but maybe our children's children will be ready to forge. If we get our act together, get children back to schools and parents to be parents, not drinking partners. This will be a huge ask but it has to start today. I have witnessed the drinking, the gunja smoking, the abuse and the lack of respect for each other and that has to stop, as I said the problem is within and self-determination is a big thing, we have to want it.

Youths

The Juvenile Substance Abuse Crisis Centre that I visited in Gallup, N.M., accepts referrals from juvenile probation, self-referrals and in some cases from other agencies. They provide activities constantly to keep the youths occupied at all times, such as: rock climbing, compass training, rope courses, hiking / camping, first aid, CPR (cardiopulmonary resuscitation) classes, education and cultural programs. I have worked in such places in Australia and never seen or heard of such programs, we are slipping with our young people? It is like we lock them up and hope they turn out okay.

A community camp out in the bush with elders to bring these youths back to country / culture, away from the TV, phones in the centres and nurtured back to their communities, families and the way of **life**. Elders should be given jobs in each community to monitor and organise activities for all youths over schools breaks and long weekends, get families back into their lives, with culture for good measure.

During my time in New Mexico, I had not seen young people walking around with mobile phones, iPods, and tablets and according to authorities, they communicate well without communication, good to see. Looking at young people today in Australia, everyone has one and used constantly. Priestley's Paradox, “we communicate with communications”

Gallup Youth Detention Centre.



Elders

Elders are treated with respect; they are called the “teachers”. Every family who has children will allocate one child to spend time with the grandparent for a week; this child will be taught about Navajo food, clothes, respect, history and language. When the elder cannot care for herself / himself, the family will take them in until they need proper care at an age care facility. The age care facilities are really good and they are cared for the best possible way that elders should be treated.

Interesting facts

Every supermarket has a chilli roasting area out front, the boxes at the bottom left are brought in by the grower, he roast them ready for sale and boy are they a hit and hot, we can introduce this into our Friday night BBQs whilst watching football. The chillies themselves are 9 inches long and there are red or green, people get a box full for US\$5, once home the chillies are bottled with vinegar or eaten as such with mutton stew and fry bread.



Graffiti and damaged phones are rare throughout Gallup; the youths do show respect for their land and culture. It was good to see, no crappy graffiti on buildings, phones in working order and a phone book intact, which I have not seen for years unless you go to a post office.

The small things like this shows that something is working and we need that. We have to find a solution to the problem and I think the problem is within.





Here I am at the Albuquerque Rail Station with a yellow cab and the Katherine Times.



They do have a good sense of humour!

God Bless.
Dennis Braun

John chatting with Nanna Beth through James:

Wednesday, 28 February 2018

John: My feelings have been that the Australian Indigenous peoples are also subject to the Default. The Urantia Book suggests that the Default by Adam and Eve was about 38,000 years ago, whereas the Australian Aborigines appear to have become isolated here some 60,000 years or more ago. That suggests that the Default may have been a lot longer ago than what The Urantia Book suggests. What timings should we consider for these events and how were the Aborigines impacted by the Default? Similar scenarios may apply with other isolated older cultures also.

Nanna Beth, 3rd Celestial Heaven: Everyone on the world since Jesus and Mary's time have been completely bound – conceived into – the full Default and Rebellion. Pre Mary and Jesus, there was isolated pockets of less impact from time to time, not a thorough mixing, but since their time, everyone has been of it.

The Australian Aborigine was isolated from time to time, however enough outside contact was maintained to ensure the genetic transference of the Default affected all communities, and then you must remember there have always been fallen angels and mind spirits working on people from spirit (the angels up until Mary and Jesus). So psychologically and genetically, the effects of the Rebellion and Default have been well dispersed and thoroughly integrated.

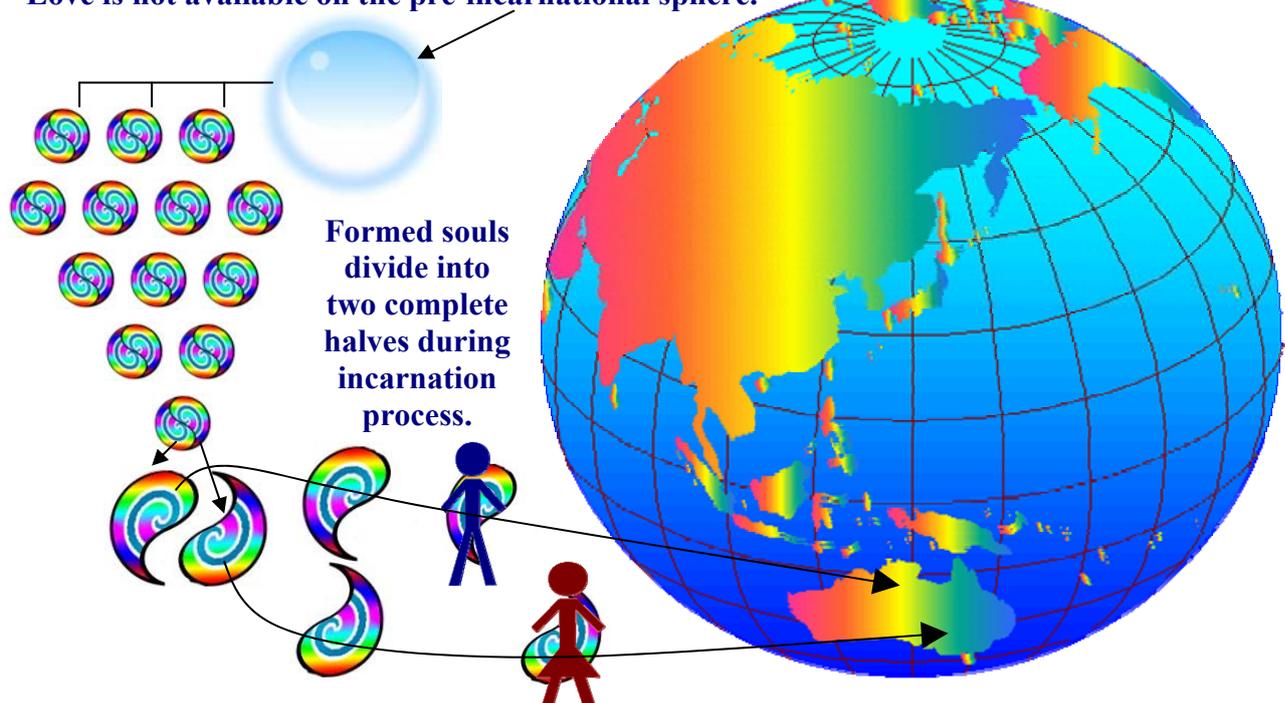
And in fact it's been the unseen work of the mind spirits that have done the most damage, as people in spirit have naturally wanted to 'bring their people up to speed on Earth', so even though considered 'primitive', no indigenous peoples were left out of it, particularly as the Caligastias and Daligastias saw to it that everyone was under their control.

WE are all BROTHERS and SISTERS, having the same PARENT:

Our soul is our real self. Our personality, memory, intelligence, loving emotions, senses, and much more reside within our soul, being our real self.

Our soul, at the conception of the physical body, is attracted to the viable embryo and a spirit body is formed that is the template for the physical body and the home for the soul which then nestles into the spirit body for ever, never to be separated from the spirit body.

PRE-INCARNATIONAL SPHERE is invisible to all spirits as are the souls thereon also invisible. Divine Love is not available on the pre-incarnational sphere.



We have no control as to who our physical parents are to be. Accordingly, we do not choose to be of any particular nationality, or cultural group. Further, as our soul, when created by the Father, the Source Soul, is duplex. One half of our soul incarnates into a male physical embryo / body and the other half into a female physical embryo / body.

Though we can never determine who our soulmate maybe during our physical life, it is reasonable to anticipate that that person of the opposite sex may become involved with your physical life experience. This will become revealed as one develops and grows in love as our journey continues in the spirit worlds, not before. Our memory, which is within our soul, does not forget anything, all will be recalled when we enter the spirit worlds. It is this recall that brings to our attention the need for compensation, there is no judgment, just your memories coming into full light.

Incarnation being at the time of conception is the start of our journey, it is the moment when we achieve individuation upon melding with the embryo and the nationality, culture, and heritage that may be associated with the physical body has not one iota of relevance to our long term being. We are all individualised to realise our way to the Father's abode, the Creator of our soul, our real being.

SOUL:

The Real You is your soul, you are one 'half' of that soul.

Each half of the original soul incarnates a spirit and physical body simultaneously, they being connected. The soul expresses each of its two personalities as a woman and man. True soulmates are always of the opposite sex.

Sexuality is an attribute of the two personalities the soul expresses; the soul itself does not know sexuality.



The soul connects to the two spirit bodies it has created by 'golden cords' of light; and the spirit body is in turn connected to the physical body by 'silver cords' of light.

The spirit body is your astral body. The etheric is really the body that is the template for the physical and one that doesn't hold consciousness.

The soul remains invisible to the spirit and physical bodies, only being discernible by its luminosity through the spirit body.

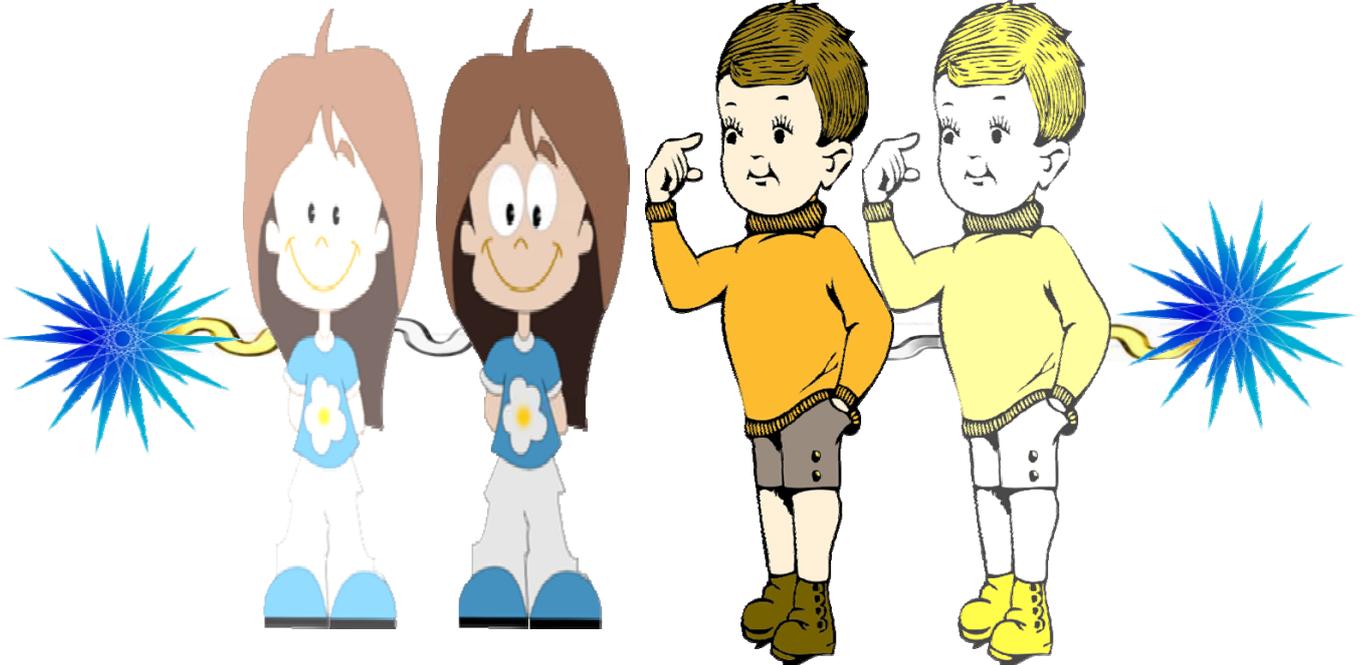
95%+ of humanity currently are within the 1st sphere of development.

PERSONALITY

Soul Spirit Body Physical Body

PERSONALITY

Physical Body Spirit Body Soul



PARENTING:

Tuesday, 16 October 2018

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

If you are wanting to Heal yourself and become true, then part of that Healing will be about your relationship with your children – uncovering how unlovingly you've treated them whilst possibly believing you were loving and doing the right thing for them. And if you are yet to have children and do

want them, then there will be lots of opportunities for you to find out more truth of your unloving state as you look to expressing and longing for the truth of all you feel – which is doing your Healing.

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

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

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

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

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

SUPERKIDS

Natural self Expression through Feelings

Self Empowering

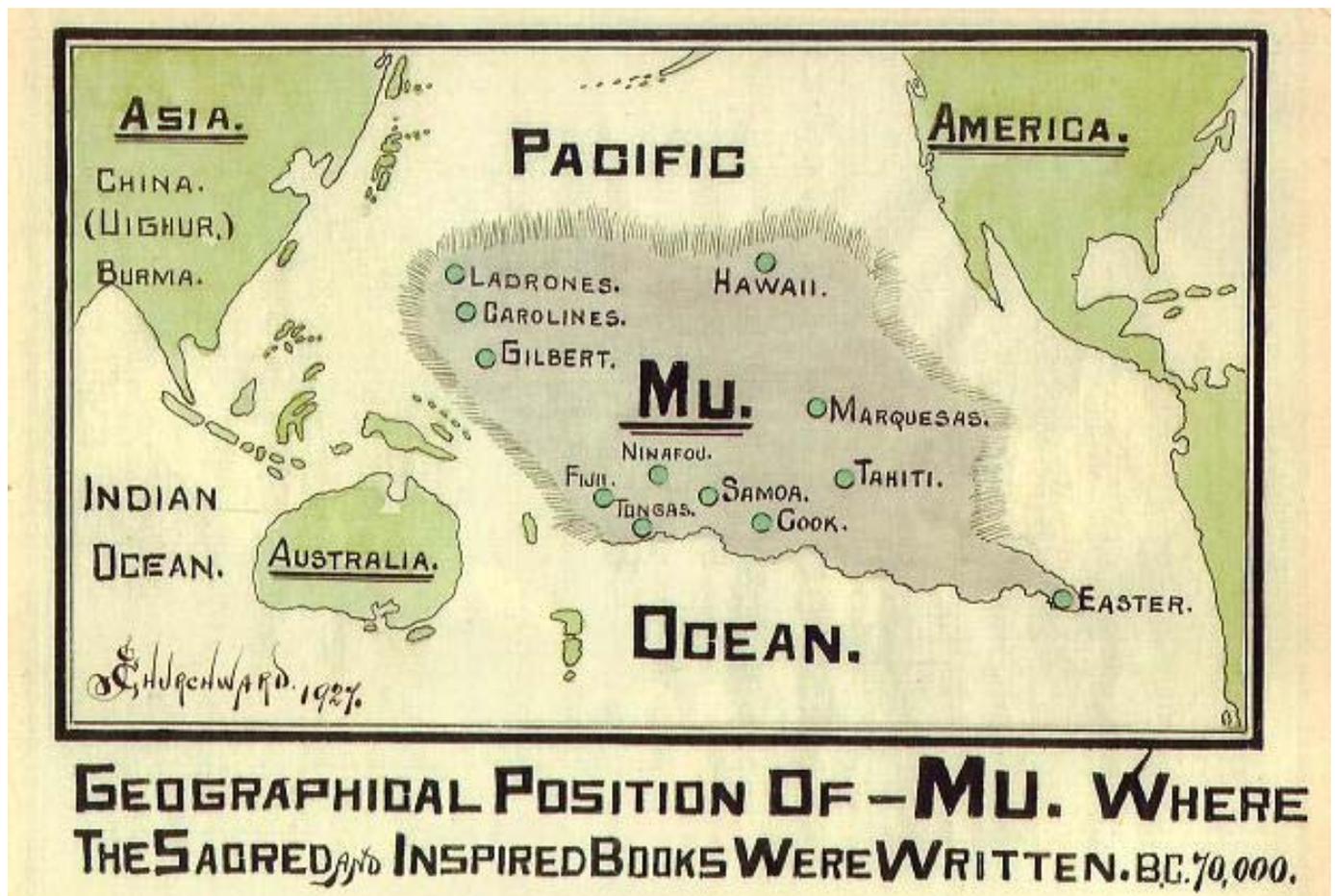
Self Revealing

Self Loving



Feelings First

TEN TRIBES of LEMURIA (MU):



Consider this! The dominant tribe on the south west sector of Mu migrated to Malaysia, New Guinea, Australia and New Zealand as early as 70,000 years ago. The similarities of facial features are undeniable!

Further, the dominant tribe on the north east sector of Mu migrated to America some time later than 70,000 years ago.

The children of the Motherland (Mu) sailed all over the world in their ships. P80 The Children of Mu

These are the observations determined by Colonel James Churchward, and much more.

The Books of the Golden Age was penned by **Col James Churchward in 1927 and published in 1997**. The first Book within this one book, being Book 1 is titled "The Sacred & Inspired Writings of Mu" and the book is not in print in as much it is a photocopy of Churchward's hand written book.

Col James Churchward (born in 1851, died in 1936) spent seven years in India being trained by his dear Rishi friend in how to read the clay tablets that originated in the Lost Continent of Mu (Churchward published a book by this title also). From this training, Churchward realized that he could read the hieroglyphics on most ancient structures from around the world.

The ancients in Mu dated their clay tablets by imprinting on various clay tablets the position of constellations in the sky, thus the dating of them is easy for those with an astrological background.

In all, some 10,000 clay tablets make up a set, thus the amount of information within them is enormous. We expect that work is currently underway in India to decipher a set of these ancient clay tablets and make the records available for all.

The writings of the great library are not all of the same date, some only go back 12,000 to 14,000 years ago. The Sacred Inspired writings are the oldest, they date back to more than 70,000 years.

In these tablets a complete history of man is given from the time of his advent on Earth in the Land of Mu.

The date of his first appearance on Earth is given as either 200,000 or 270,000 years ago. Churchward could not determine the exact date from the writings, not to his own satisfaction: but, with their astronomical charts one skilled in the science of the heavenly bodies could determine the exact date.

The history and way of life of the very civilised population on Mu (Lemuria) is one of beauty and the founding of the wisdoms that are found in the many diverse cultures around the world:

The Negative Confession of Ani details the 42 questions in The Egyptian Book of the Dead by EA Wallis Budge on page 346 (the basis of the Ten Commandments). The papyrus of Ani dates back 3,500 years. Also in the Egyptian Book of the Dead, (the papyrus of Ani) are elements of the Lords Prayer on page 251. Lawrence Gardner in Genesis of the Grail Kings makes reference to the origins of the Lords Prayer on page 274.

‘The Lord’s Prayer, the greatest work of its kind ever penned or spoken, is to be found in the Sacred Writings of Mu.’

P46 Sacred Symbols of Mu

‘The First Religion: The Sacred Inspired Books were written for the purpose of teaching early man religion; therefore, man’s first religion was the teachings of the Sacred Books. The basis of this religion was Love. Man’s Love for the Heavenly Father and His works. The Divine Love of the Heavenly Father for His son Man.

‘Every teaching was plain and simple without a particle of theology. The most ignorant could understand every phrase in it. There was nothing of any kind indefinite. It was impossible not to understand it thoroughly. Man was taught to approach the Heavenly Father, not with fear or dread, but with confidence, and above all, Love: as a child would run to its earthly father who is standing with outstretched arms to receive it. Love stood at the head of the 12 great virtues, because Love governs the Universe and the Heavenly Father is The Great Love.

‘After studying the teachings of these writings, if one were asked, “Where is God’s greatest temple on Earth?” One should answer: “In the heart of man; the perfect temple for the adoration of God; the perfect temple for silent meditation and Love; the temple available at all times and in all places, any hour of the day or night, whether it be in crowded city or desert plain, for the Love and Adoration of the Heavenly and the temple where man can become at one with the Heavenly Father.” Tell me, what other temple can fill its place?’

P204 The Children of Mu

There is great wisdom in ancient cultures, these foundations can now be brought to bloom!

MAP of CONSCIOUSNESS:

Dr David R Hawkins developed the Map of Consciousness and published same in his book, Power vs Force, in 1995 after 20 years of research:

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700 1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑ 600	Bliss	Illumination
One	Complete	Joy	↑ 540	Serenity	Transfiguration
Loving	Benign	Love	↑ 500	Reverence	Revelation
Wise	Meaningful	Reason	↑ 400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	↑ 350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	↑ 310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑ 250	Trust	Release
Permitting	Feasible	Courage	↑ 200	Affirmation	Empowerment
Indifferent	Demanding	Pride	↓ 175	Scorn	Inflation
Vengeful	Antagonistic	Anger	↓ 150	Hate	Aggression
Denying	Disappointing	Desire	↓ 125	Craving	Enslavement
Punitive	Frightening	Fear	↓ 100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	↓ 75	Regret	Despondency
Condemning	Hopeless	Apathy	↓ 50	Despair	Abdication
Vindictive	Evil	Guilt	↓ 30	Blame	Destruction
Despising	Miserable	Shame	20	Humiliation	Elimination

	The Final Doorway to Enlightenment / Nonduality
	The beginning of the Nonlinear Realm 500
	The beginning of Integrity 200

Note:

The Map of Consciousness scale is from 1 to 1,000

The Map of Consciousness (MoC) table is based on the common log of 10. It is not a numeric table.

A calibration increase of 1 point is in fact a 10 fold increase in energy.

A calibration increase of 10 points is in fact a 10,000,000,000 fold increase in energy.

Thus the energy differentials are in fact enormous!

KINESIOLOGY MUSCLE TESTING:

Applying kinesiology muscle testing, one can determine if something is true or not true.

Further, holding in mind the Map of Consciousness table, one can calibrate the level of truth in relationship to the table for anything.

In this way, emotional issues can be investigated and then by employing the Emotion Code process, emotional traumas, all of which are man made, can be resolved and removed.

So What is Muscle Testing?

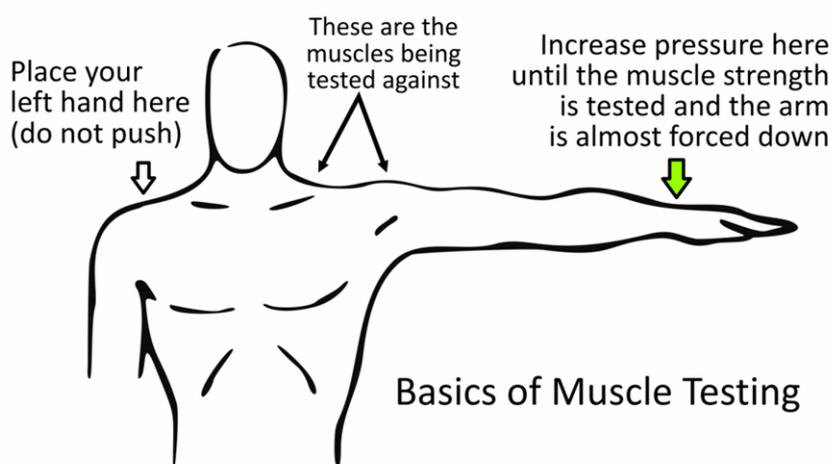
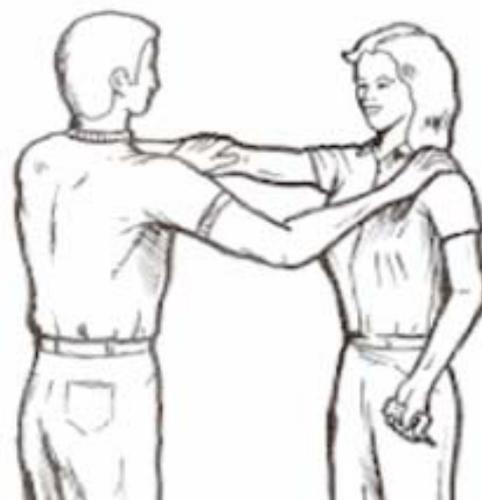
Muscle testing is a **diagnostic tool** except you don't use any implements. It is the interface that opens a communication line between you and the subconscious mind (within your spirit body). Note; muscle testing is not a treatment. You ask a question (or make a statement) and you get an answer in return. Also, intuition plays a huge role in the diagnostic process. Trust it and above all – practice. Anyone, can learn this. You don't have to be a doctor. In fact, you can be a domestic engineer, teenager, artist, or anyone who is willing to learn. All you need is an open mind and heart.

You may be wondering how is this going to help me? Why can't you (practitioner or client) just tell me what the problem is? Unfortunately, most people don't tell the truth or know the underlying cause of their problem. We are not saying that you are lying. In most cases, you don't know or lack the skills to do so. Frequently, you may think you know the answer but it is usually something entirely different. The body tries to communicate with us but we just don't listen. In the case with the woman in the demonstration video, her body has been trying to tell her that there are some unresolved emotional issue(s) in her body. But she had no idea. All she knew was that her back has been giving her problems.

Now, Dr. Bradley Nelson teaches several muscle testing techniques in "The Emotion Code" book such as the "swaying" and "basic arm test" method. The book covers how to muscle test on yourself and other people. Since many may be working by themselves, using the sway method may be optimal.

Are you ready to allow your subconscious mind help heal you? **Here are steps to do the "basic arm test."** By the way, you will

need a willing partner who does not have any pain in the shoulder or any part of the arm. Decide who will be the tester and who will be the testing "subject".



1. Preparation. The tester has an empty mind and no expectation of the outcome. The tester and test partner are adequately hydrated (with distilled water). Both parties are relaxed and open.
2. Ask the subject (testing partner) to stand up and hold out their arm straight out, horizontal to the floor. No tight fisted hands or no tight arms.
3. The tester will place two fingers (the pointer and middle fingers) on the stretched out arm on the wrist area or just slightly right of the wrist bone.
4. The tester's free hand should be placed on the testing "subjects" opposite shoulder to support them.
5. Inform the subject that you are going to make a statement and you are going to press down on their arm. Instruct the testing subject that they are going to resist gently as you press down – neither one of you should use a whole lot of force. This is not a wrestling match.
6. Have the testing "subject" state their real name. For example, "My name is John."
7. The tester gently pushes down smoothly and gently for about 3 seconds.
8. The testing subject's shoulder should stay locked. This is an affirmative answer.
9. Have the testing "subject" state a name that is not their own. For example, "My name is Debra."
10. The testing subject's shoulder should give way. Then it is a negative answer.

Here are the **top 5 tips** for effective and consistent results with muscle testing:

- Drink Plenty of Water. You need to be hydrated.
- Keep an empty mind. Have zero expectations of the outcome.
- Stay away from electronic equipment such as cell phones and personal computers.
- Gently push or pull when testing on another person.
- Keep the questions simple "Yes" or "No" statement / questions.

Muscle testing is a tool to be employed in addition to all other methods of discernment, not as a replacement. The process is complementary to other practices in health management or other applications.

The process can only be used for loving purposes and will not function when the objective is not for the benefit of all. Thus, should one's purpose calibrate under 200 then the results will be in error.

When a party in the process is not responding, then a proxy can be used just as effectively. You will find that when the condition of a person calibrates under 200 then the process will not respond.

You cannot delve into the future with kinesiology, it just does not know.

Dr David R Hawkins who developed the application of kinesiology muscle testing in conjunction with the Map of Consciousness has published nine books on the subject.

Anything that calibrates under 200 is not life enhancing, it is also not in truth, and is generally not beneficial to one's wellbeing. Anything under 200 is the result of man's negative initiatives and is of his own making. That is, when something is out of love, then it will calibrate 200 or lower. Anything that is unloving, harmful, or detrimental to man is of his own making.

Anything that calibrates over 200 is life enhancing. As the energy calibration progresses up the scale, even past 1,000 as the scale goes to infinity, the more beneficial this is for one's wellbeing. When all aspects are calibrating 600 or higher, healing is possible.

Consider these lifestyle options now that one can review their energy calibration as per Dr David R Hawkins' Map of Consciousness utilising applied kinesiology:

Negative Activities	MoC calibration	Positive Activities	MoC calibration
Bull Fighting	35	Soccer	455
Boxing	180	Ballroom Dancing	475
Body Piercing	180	Mother's Homemade Cookies	520
Cloning (Human)	180	Thanksgiving Day	515
Movie – A Clockwork Orange	70	Movie – A Space Odyssey	440
Movie – Psycho	80	Movie – What the #\$*/ Do We Know?	455
Movie – Jaws	140	Movie – Big Blue	700
TV – “Reality” Show Contest	125	TV – National Geographic	450
TV – “Reality” Shows	130	TV – Oprah Winfrey Show	510
Industries – Commercial Tobacco	160	Industries – Health	210
Industries – Gambling Casinos	160	Industries – Vintners, Wine	300
Rap, Heavy Metal, Gothic Music	35-95	The Beatles Music	460
Alcohol Addiction	90	Fresh Food	480
Drug Addiction	95	Unconditional Love	600

Whilst we are receiving our Heavenly Parents' 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 our Mother and Father are actually loving us! When we progress, it is God's way of loving us into love and then we live what we are, love.

**PASCAS
HEALTH**



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



NATURAL LOVE or HUMANITY'S ERRONEOUS EMOTIONS:

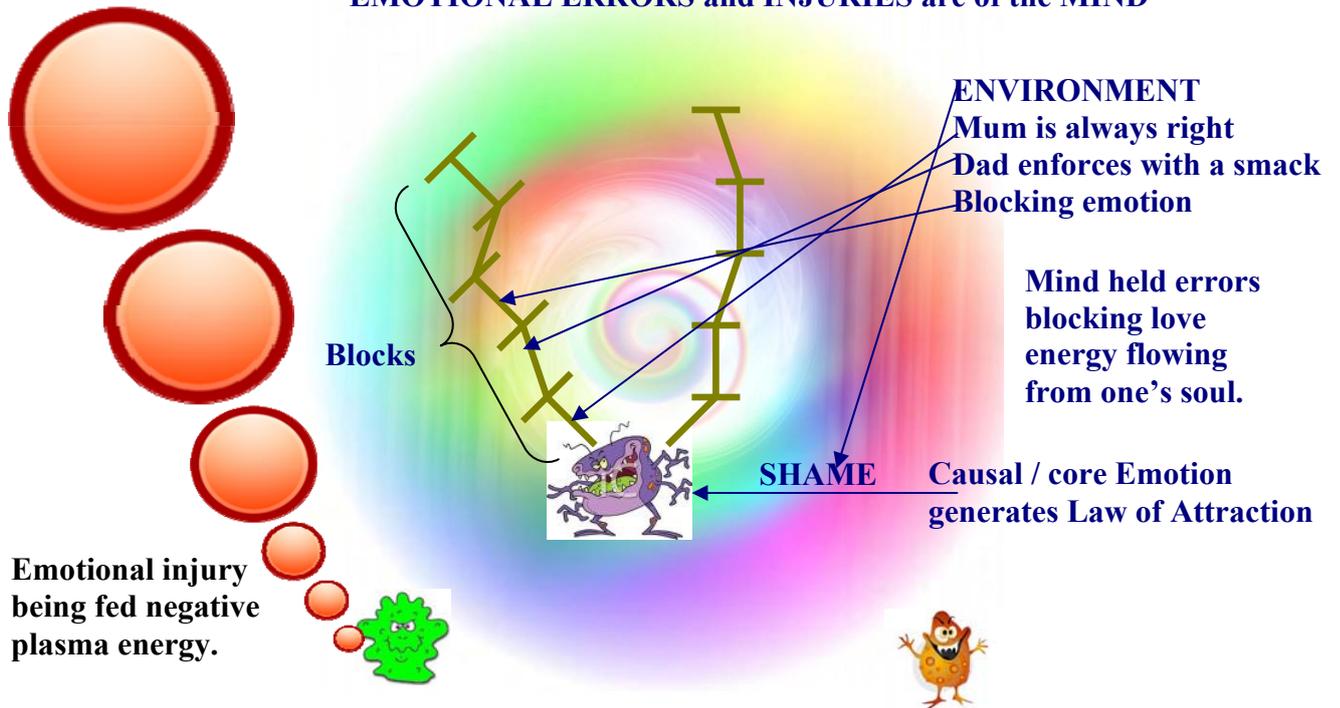
Your soul, being your real you, is an emotional being. Your soul, though a thought of God, does not possess anything of the divine within it. It existed in a state of bliss, in a natural love state, pending individualisation which is achieved at conception which is the time of incarnation. Your soul is endowed with natural love emotions noted within the top section of the Map of Consciousness scale, being those emotions calibrating above 200.

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700 1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑ 600	Bliss	Illumination
One	Complete	Joy	↑ 540	Serenity	Transfiguration
Loving	Benign	Love	↑ 500	Reverence	Revelation
Wise	Meaningful	Reason	↑ 400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	↑ 350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	↑ 310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑ 250	Trust	Release
Permitting	Feasible	Courage	↑ 200	Affirmation	Empowerment

Humanity's erroneous emotions are those calibrating below 200 on the Map of Consciousness. The environment around a newly conceived child progressively degrades the condition of that child's soul. When the child reaches about the age of 7, the child's soul condition will reflect the parent's condition. These negative emotions are like a crust around the pure soul it has within.

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Man made dis-empowering emotions:			↓ 200	All the negative emotions	
Indifferent	Demanding	Pride	↓ 175	Scorn	Inflation
Vengeful	Antagonistic	Anger	↓ 150	Hate	Aggression
Denying	Disappointing	Desire	↓ 125	Craving	Enslavement
Punitive	Frightening	Fear	↓ 100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	↓ 75	Regret	Despondency
Condemning	Hopeless	Apathy	↓ 50	Despair	Abdication
Vindictive	Evil	Guilt	↓ 30	Blame	Destruction
Despising	Miserable	Shame	20	Humiliation	Elimination

EMOTIONAL ERRORS and INJURIES are of the MIND



Consciousness Calibrations Worldwide	
Level of Consciousness	Percentage of population
600 +	1 in millions
540 +	0.4%
500 +	4%
400 +	8%
200 +	22%
200 -	78%
World wide average	212

Fields above 500 - Love based
Awareness
Beingness
More feeling based activity, rather than
intellectual – in the mind based activity.
Energy field of Love is the one that heals.

Fields 200 – 500 - Doingness
Intellectual
Life is seen as an opportunity.
We are getting closer and closer to truth.

Fields below 200 - Wanting & Craving
Desiringness
Fear Driven
Self hatred
Grudges
Values are based on what one has.
The energy fields below 200 are opposed
to life, do not support life.

Chronic illness indicates a huge denial of the soul.

Illness = out of harmony with love and truth.

It is the release of emotions that are out of harmony with Truth and Love, and the praying for the inflowing of Divine Love that brings about health and harmony to our bodies.

MoC	No. of Countries	Average MoC	Average Life Expectancy	Per Capita Income 2013
400s	10	406	78.50	US\$46,690
300s	13	331	71.77	US\$20,508
200s	10	232	69.45	US\$14,927
High 100s	18	176	69.00	US\$12,283
Low 100s	7	129	61.88	US\$6,560
Below 100	11	66	52.73	US\$5,500
WORLD		212	70	US\$13,100

Correlation of Levels of Consciousness – Soul Condition – and Society Problems				
Level of Consciousness	Rate of Unemployment	Rate of Poverty	Happiness Rate “Life is OK”	Rate of Criminality
600 +	0%	0.0%	100%	0.0%
500 - 600	0%	0.0%	98%	0.5%
400 - 500	2%	0.5%	79%	2.0%
300 - 400	7%	1.0%	70%	5.0%
200 - 300	8%	1.5%	60%	9.0%
100 - 200	50%	22.0%	15%	50.0%
50 - 100	75%	40.0%	2%	91.0%
< 50	95%	65.0%	0%	98.0%

Note:

The Map of Consciousness (MoC) table is based on the common log of 10. It is not a numeric table.

A calibration increase of 1 point is in fact a 10 fold increase in energy.

A calibration increase of 10 points is in fact a 10,000,000,000 fold increase in energy.

Thus the energy differentials are in fact enormous!

MAP OF CONSCIOUSNESS

Level	Log
ENLIGHTENMENT	700-1000
PEACE	600
JOY	540
LOVE	500
REASON	400
ACCEPTANCE	350
WILLINGNESS	310
NEUTRALITY	250
COURAGE	200
PRIDE	175
ANGER	150
DESIRE	125
FEAR	100
GRIEF	75
APATHY	50
GUILT	30
SHAME	20

PERSONALITY TRAITS:

Less than two dozen people on planet Earth.

Would not pick up a weapon let alone use it. These people gravitate to the health industry and humanitarian programs.

Debate and implement resolutions without argument and delay.

Debate and implement resolutions in due course.

Debate and implement resolutions with some degree of follow up generally needed.

Management supervision is generally necessary.

Politics become the hope for man's salvation.

Cause no harm to others starts to emerge. Power overrides force.

Illness is developed by those man erroneous emotions that calibrate 200 and lower.

Armies around the world function on pride. Force is now dominant, not power.

Harm of others prevails, self interest prevails.

Totally self reliant, not God reliant.

Fear dominates all motivation.

Suicide is possible and probable.

At these levels, seriously harming others for even trivial events appears to be justifiable.

Poverty, unemployment, illness, etc., this is living hell on Earth.

WILL or FREE WILL:

SPHERE  **MAP OF CONSCIOUSNESS**

10	Level	Log
9	At-onement Transition &	
8		
7		
6	ENLIGHTENMENT	700-1000
5	PEACE	600
4	JOY	540
3	LOVE	500
1	REASON	400
	ACCEPTANCE	350
	WILLINGNESS	310
	NEUTRALITY	250
	COURAGE	200
Spheres of Disharmony = Hells	PRIDE	175
	ANGER	150
	DESIRE	125
	FEAR	100
	GRIEF	75
	APATHY	50
	GUILT	30
	SHAME	20

When we have removed all unloving emotions from our mind, our mind only will engage God endowed emotions. We lose the free will and now the will of the soul dominates the mind. Our will is now at one with our Mother and Father. We now can enter the Celestial Heavens.

Soul based emotions are all love based forming our natural love soul, created by the Source Soul. The will of the soul is always love based as desired by our Mother and Father. We are embracing the will of our Parents when we respond to these soul based emotions.

Our soul is subordinate to our mind. Our mind has free will and responds to all emotions, God given and man made. We allow our dominate emotions to determine our actions. This is exercising our free will. Only Divine Love with Feeling Healing removes errors.

Erroneous emotions are all about causing harm to others and/or to one's self. These lead us to a period in the hells to prevent us from harming others and experience compensation. Seek the Love and grow!

LIFTING ONE'S COMMUNITY'S SOUL CONDITION and QUALITY of LIFE:

Can man lift himself by his bootstraps? Why not? All he has to do is increase his buoyancy and he will effortlessly rise to a higher state. Force cannot accomplish that feat; power not only, but constantly does. Ask for and receive Divine Love, the LOVE, which is power personified!

The main obstacle to man's development is his lack of knowledge about the nature of consciousness itself. Society constantly expends its efforts to correct effects instead of causes. Example; modern health system endeavours to mask the symptoms rather than treating the cause of illness.

All human endeavours have the common goal of understanding or influencing human experience.

Levels of consciousness are always mixed; a person may operate on one level in a given area of life and on quite another level in another area. An individual's overall level of consciousness is the sum total effect of these various levels.

Although the levels of consciousness span great variation, it is not common for individuals to move from one level to another during their lifetimes. The energy field which is calibrated for an individual at birth (or certainly by their seventh year) only increases, on average, by five (5) points, on the Map of Consciousness, over a lifetime. That an individual's level of consciousness is already in effect at birth is a sobering idea with profound implications. Consciousness itself, in its expression as human civilization, evolves slowly indeed, through innumerable generations.

As a child, we typically will calibrate at the same level as our parents, should they be in harmony with each other. If they are out of harmony then a child may reflect the calibration of one or the other parent. Thus our life experience is heavily influenced by the parents of the family that we are born into.

It has taken humanity 2,000 years to grow from an average calibration of 90 to around 210 currently.

Some family groups have overall calibrations in the high 400's. Other family groups have overall calibrations around 100. The life expectancy differential for them is around 20 years! These comparisons can be considered between villages, suburbs, cities, states, countries, etc. Our parents determine the probability of our life experience should we not lift ourselves up by our bootstraps and investigate, and seek to improve our emotional condition being our soul condition.

A one point growth in our calibration is a 10 fold jump in our condition. The calibrations are based on the common log of 10. Thus, any improvement is massive in progressing the potential for our life experience.

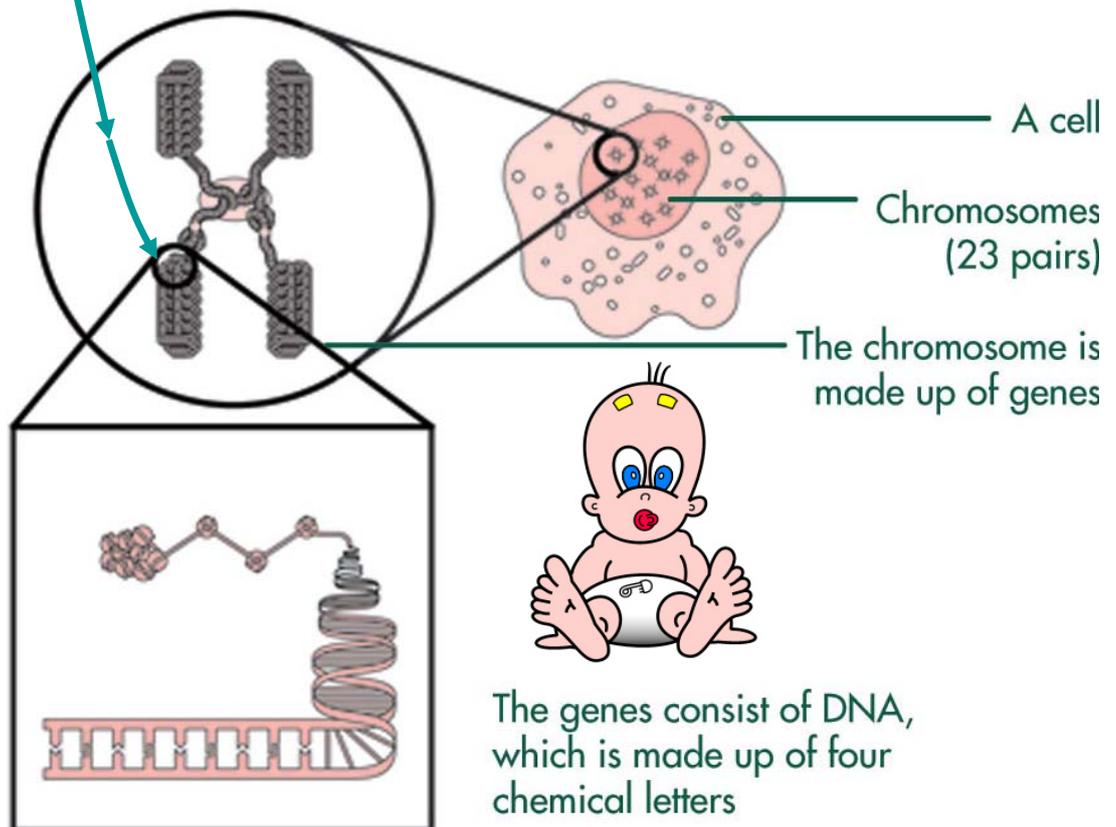
We are a personality having a physical experience in a physical body that has heritage linkages, such as Indigenous or European or Australian, etc. It is our soul condition and personality that we need to focus upon, not our heritage.



Like Father - Like Son



Emotional injuries and errors that parents hold are readily absorbed by their children, and these emotional issues can negatively affect their children's genes. Similarly, should the parents resolve these negative emotions / errors then the corresponding repair can appear within the children's emotional structure and physical state including their genes.



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, Mother and Father, I want some more of your Love!



MoC 1,471

MOVING FORWARD:

There is no condition in which one can find one's self that one cannot recover and grow from.

No matter what one's soul condition is in, one can grow from that position.

Providing support through every possible network, be they traditional religious organisations, social and humanitarian networks, publications, media, etc., enlightened education material can be made available in numerous formats to enable people within all the regions of the planet to be given the opportunity to consider ways and means to improve their quality of life.

One such avenue is to expand the ambit of the standard health care clinic to embrace a more comprehensive approach to life style support for friends and patients. This can encapsulate nutrition, employment opportunity development with education, and spiritual development. All of this is now possible with the availability of internet and global communications.

At all times, the greatest teacher is that of experiencing. Giving the opportunity for one to experience what is being offered is fundamental to one actually learning and embracing what is being made available.

Before such experiential teaching opportunities can be offered, those who are conveying such educational material need to be living what they offer and also be demonstrating what is being offered.

All of this needs to be considered with love and care. This is the goal of **Pascas Care Centres**.



Like Father – Like Son

Like Mother – Like Daughter



GROW in LOVE:

No matter what one's soul condition may be, one can grow in love. It is the substance of the Love energy that brings about harmony and peace to one's being. Love is a substance. It is a substance that can be measured and readily identified by the use of kinesiology muscle testing in conjunction with the Map of Consciousness scale.

When a person earnestly longs for and asks for the Father's Love, one will always receive that Love. The Spirit of the Father, namely the Holy Spirit, will always respond. It is the only function of the Spirit to convey the Father's Love, Divine Love, to the person longing for it. It is this Love that slowly washes away the negative man-made emotions from the mind of the spirit body of the person.

As these man-made emotions slowly dissolve, one will find that they progressively become less and less inclined to error. That is, a person slowly steps away from causing harm to others. It is the make up of these man-made emotions that bring about one causing harm to others and to one's self.

Harm generating emotions are all slow vibrating energies, it is these energies that permeate through the spirit body and subsequently cause harm and illness to the physical body.

By embracing the Love, one's quality of life steadily improves, one's happiness grows, one's financial stability improves, those around the person become more harmonious. The greatest gift that one can give to another is the awareness of the availability of our Mother and Father's Love, together with the Feeling Healing process.

The more you receive, the more you can receive. The more you receive, the more often you will begin to ask for It.

It is only by asking for receiving the Love will we be able to step away completely from:

Alcoholism
Drug addictions
Family abuse
All forms of harmful behaviour!

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

Please Mother and Father, may I receive Your LOVE.

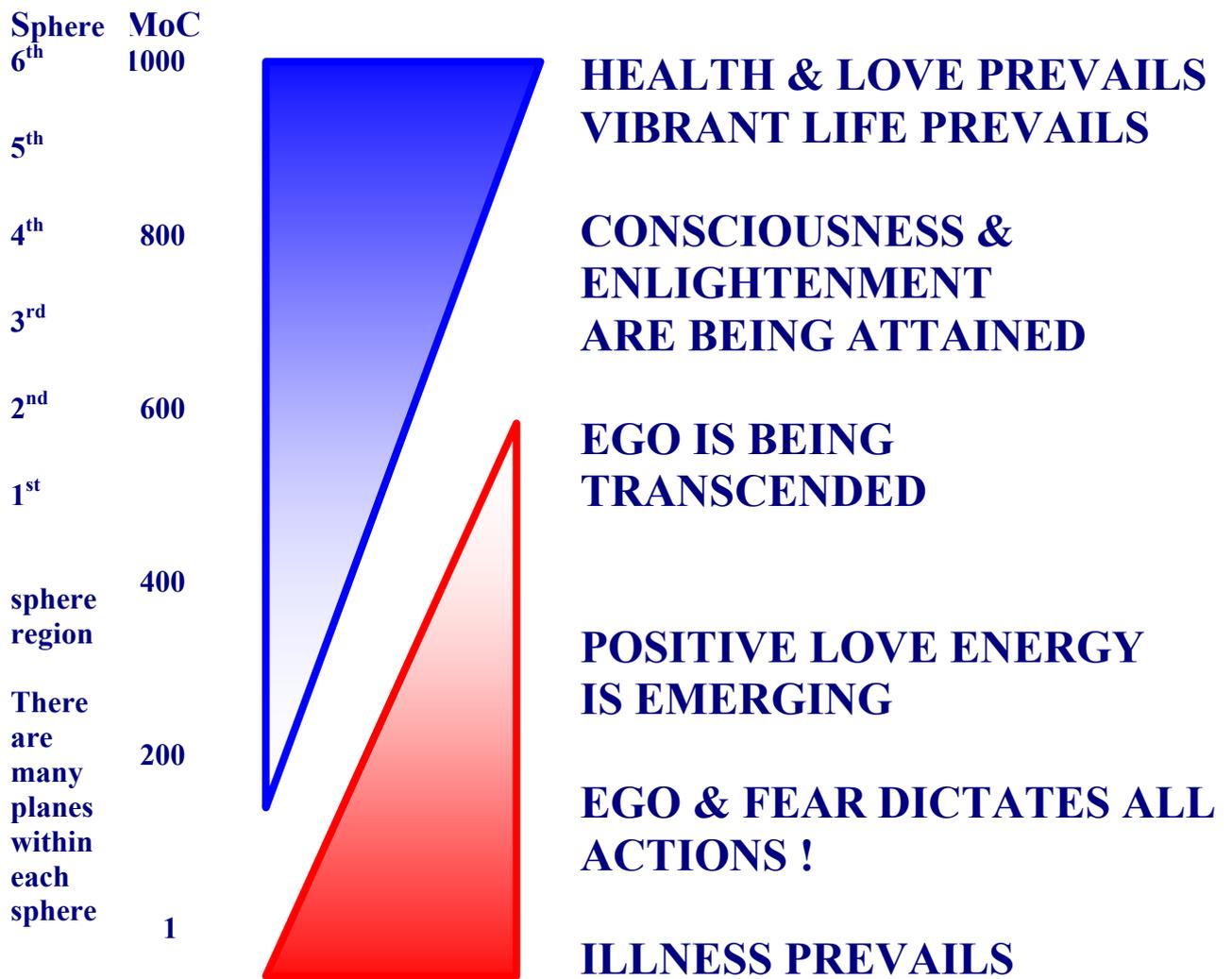
“Every day is a day of devotion.”

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

Our Heavenly Mother and Father simply desire for us to ask for Their Love.

“All dis-ease is mind generated, and all healing is generated by the love energy of one’s soul.”

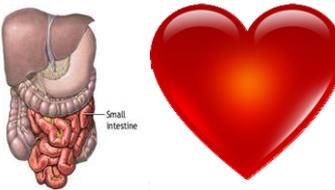
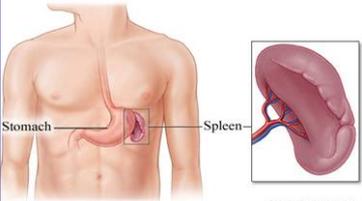
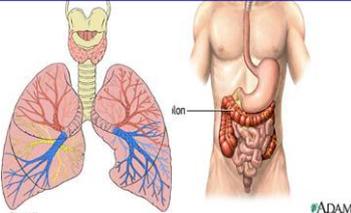
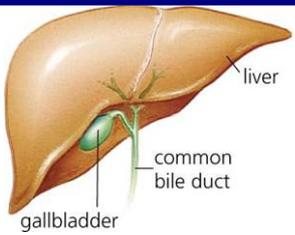
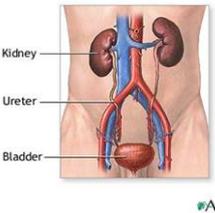
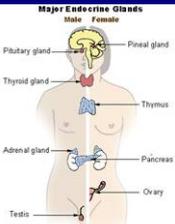
The Ego (mind based) manifests illness; the lower one’s level of consciousness (soul condition) then the more prevalent will be illness. Below the levels of 200, the ego and fear of the mind dominate; however, as you raise your level of consciousness by growing in love and achieve a level of 500 or higher, you begin to transcend ego dominance. At the level of 600, all healing is possible.



“Mother and Father, open my soul to this Gift, Your Love. Open my soul and may Your Holy Spirit touch my soul and pour within it your essence, your Love that I may be transformed, that I might be your true child, embraced and carried, lit along my life’s path in the glory of your Light and care and protection.”
 Jesus 11 May 2016

EMOTIONS affect SPECIFIC ORGANS:

Emotional injuries and held errors have specific energy signatures and vibrations. So does each part of our physical body. Errors held within one’s mind affect the flow of energies through one’s spirit body, the spirit body is the template of the physical body. The resulting energy flow constrictions then initiate issues, and then pain, and then illnesses within the physical body.

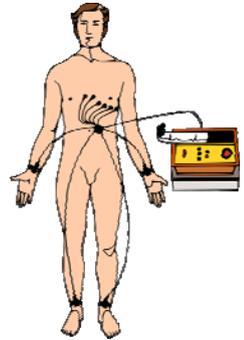
Organs	EMOTION CODE™ CHART		
	Column A	Column B	
	Row 1 Heart or Small Intestine	Abandonment Betrayal Forlorn Lost Love Un-received	Effort Un-received Heartache Insecurity Over joy Vulnerability
	Row 2 Spleen or Stomach	Anxiety Despair Disgust Nervousness Worry	Failure Helplessness Hopelessness Lack of Control Low Self-Esteem
	Row 3 Lung or Colon	Crying Discouragement Rejection Sadness Sorrow	Confusion Defensiveness Grief Self-Abuse Stubbornness
	Row 4 Liver or Gall Bladder	Anger Bitterness Guilt Hatred Resentment	Depression Frustration Indecisiveness Panic Taken for Granted
	Row 5 Kidneys or Bladder	Blaming Dread Fear Horror Peeved	Conflict Creative Insecurity Terror Unsupported Wishy Washy
	Row 6 Glands & Sexual Organs	Humiliation Jealousy Longing Lust Overwhelm	Pride Shame Shock Unworthy Worthless

STEPS and ASPECTS associated with IBOGAINE THERAPY, or ADDICTION THERAPIES:

Your willingness, desire and intention to step away from any given substance dependency is paramount. Without your passionate desire and intention to put the addiction behind you, nothing can be achieved. With your fully committed intention and desire then everything is possible.

To embrace an Ibogaine Therapy program, this entails some preplanning. Such planning embraces steps prior to the therapy, during the therapy, and post therapy.

Your heart and liver's health needs to be understood. An ECG (Electrocardiography) is to confirm that you heart is functioning appropriately, not missing beats, and a liver function test to ensure that the body cleansing process does not overload your kidneys.



Critical to successful treatment is the taking of yourself out of your existing environment, away from the sources of supply for your addictions and also from associates who may have been participating in these or similar addictions.

The treatment program maybe as little as three days but as long as a week. You will be supported by minders 24 hours a day during the intensive period of the treatment which may be for three days. Plan for three days intensive during two weeks accommodation required for a program.

Once the intensive program is completed, it may be best for changes to be made in your lifestyle patterns. Returning into the environment were you obtained the substances to support your old addiction makes for the success of the therapy and your recovery very difficult and subjective.

A review of your existing eating habits will be made prior to commencement of the program. Addictions deplete the body of many nutrients, such as minerals which are the carriers of nutrition throughout your body, as well as vitamins and other nutrients. "Fresh is best". Processed food is depleted of life force and laced with preservatives and many harmful chemicals. The body needs fresh pure loving nutrition to rebuild. Changing the diet towards a 'fresh is best' platform and adding supplements to the diet is essential.

Exercise programs need to be considered. Expanding upon those exercises that you may consider routinely in your day to day living is very constructive for the rebuilding of your fitness.

We are first and foremost spiritual beings. Our soul is made up of very fine energy. The addictions have arrived through damage to the fine matrix around the soul. The repair to the spirit body based emotional errors leads to recovery of the health of the spirit body which is the template for your physical body. The greatest gift in the entire universe that you can give yourself is to pray for, ask for, and receive Divine Love, the Father's Love. Divine Love will steadily bring about the recovery of your soul, and subsequently your physical health that will then prevail over the long term.

Predict My Future: The Science of Us: When Teens Run off the Rails:

Part 2 of 4. Examines the issue of juvenile delinquency and why most teens manage to stay on the rails.

<http://www.sbs.com.au/ondemand/programs/health-science-technology>

<http://www.sbs.com.au/ondemand/video/677561411781/predict-my-future-the-science-of-us-when-teens-run-off-the-rails>

SELF CENTRED ACTIONS and AGGRESSION HAS CONSEQUENCES:

Any action that causes harm to one's self, or to another, degrades your soul condition. Your soul being your real self.



We may have a big powerful physical body, but our real strength is the condition of our soul. Should we assert our unloving nature and desires, then our soul's radiance and energy is progressively degraded. This can extend to the point where our soul's radiance is nothing more than that of a dried up darkened garden pea. 

Our soul condition is reflected through our spirit body for all to see. Upon entering the spirit world, into the 1st sphere, a healthy loving soul will be reflecting out through a spirit body the same size as that of the physical body whose personality has now separated from that body.



A degraded soul results in a significant diminishment of the size of the spirit body. The poorer the condition the smaller the spirit body – significantly smaller. Further, there is little to no radiance, therefore, little to no light. There is greatly diminished capability in all aspects of spirit life and a great loss of the capability to move about.

In this condition, one is isolated into a very lonely dark environment to begin the long process of recovery and development of love for one's self and for all those around them.

One is always being loved, and help is always available, one just has to learn to accept this offer of love.

One can always recover and grow in love from what ever condition they may find themselves in.



Violence is never Justified

UNCRUSTING the SOUL:

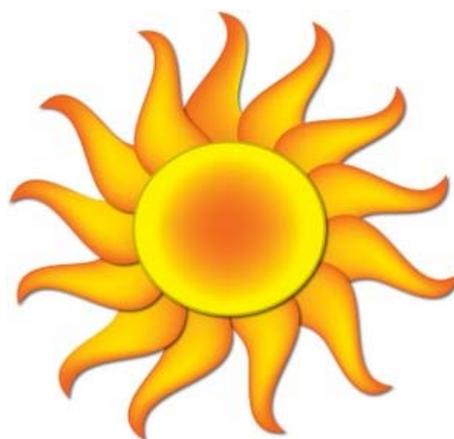
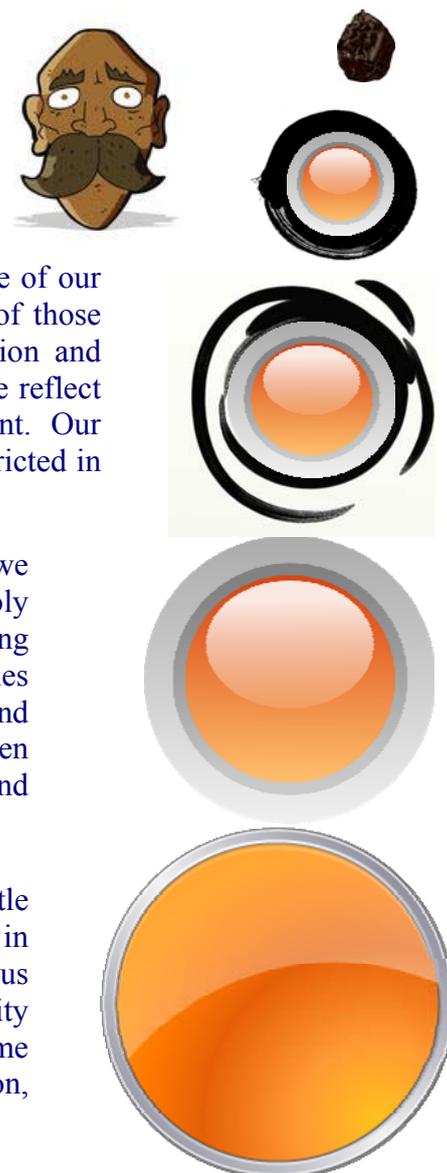
Our will power, applied as strenuously as humanly possible, appears to achieve little progress in developing the loving sides of one's personality and even less progress in lifting negative and difficult character traits, but progress is achieved all be it slowly.

Our soul, blessed with natural love character traits and is the home of our personality, becomes rapidly encrusted by the personality issues of those within our environment, commencing from the time of conception and culminating, typically, by the time we are of the age of 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.

Should we earnestly and lovingly ask our Parents for Their Love, we will receive Their Love, the Divine Love, conveyed to us by the Holy Spirit, and with this Love in conjunction with one's Feeling Healing that dissolves these encrustments, these negative emotional injuries and errors, slowly but surely. This crust that has developed around our soul, our real self, will slowly be broken down and then lightened, and as it diminishes our soul begins to absorb more and more of the Love and then grows in size and vibrancy.

The Divine Love when it first comes, usually comes with very gentle feelings. As we grow in sensitivity to our errors and are penitent in addressing these issues, the Love will grow and grow in our soul thus lifting us from fear and anguish to that of a blossoming personality radiating love and joy for all within our presence. Our journey home will have commenced, never to return to times of doubt, depression, fear and harmfulness.

Enjoy the journey with the Love of your Creator and Indwelling Spirit guiding you home.



HEALTH with or without the LOVE:

Divine Love, with Feeling Healing, has a powerful positive effect on the physical body, balancing the hormones and generally promoting physical health, which is really the same thing as saying that the state of a mortal's soul impacts directly on that mortal's physical health.

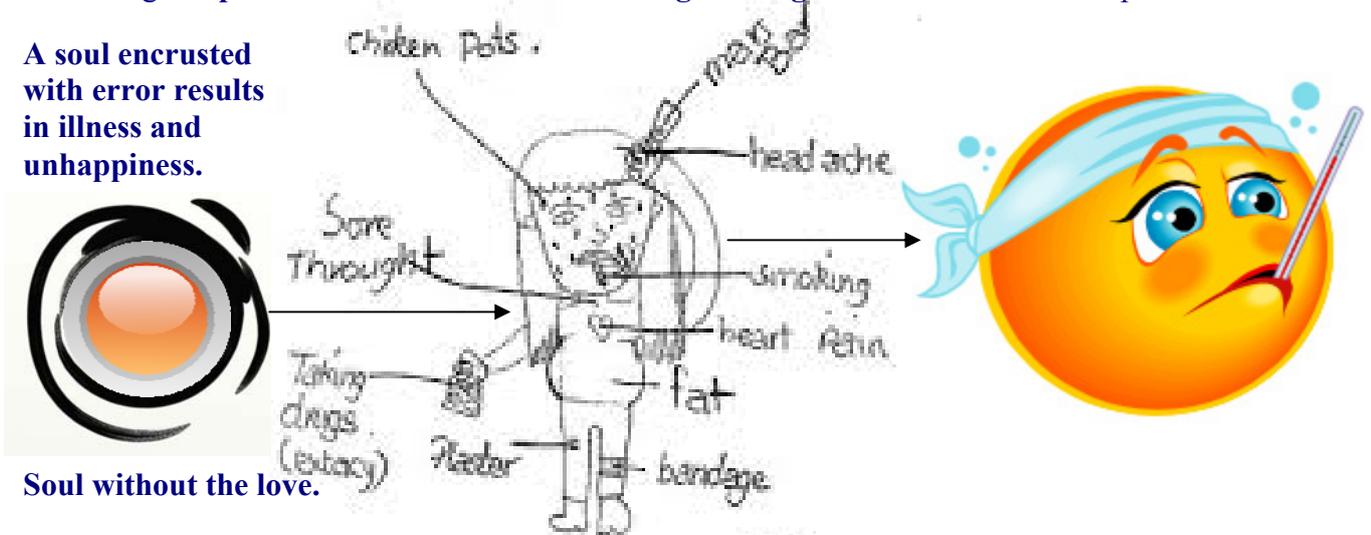
The Master, because he experienced the New Birth soul condition as a mortal, his physical nature was directly affected, so it would be accurate to say that because of this, his nutritional needs were somewhat different from other mortals.

Throughout his ministry (when the New Birth soul condition was his), he was actually in perfect physical health, and this was apparent through a sense of well-being that actually manifested on a physical level as well as a spiritual one. Aman 24 January 2007

The influence of sinful emotions and thoughts and actions upon the soul is such that the spiritual emotions and aspirations of man becomes dormant, and as though not existing, and the soul itself is encrusted with evil.

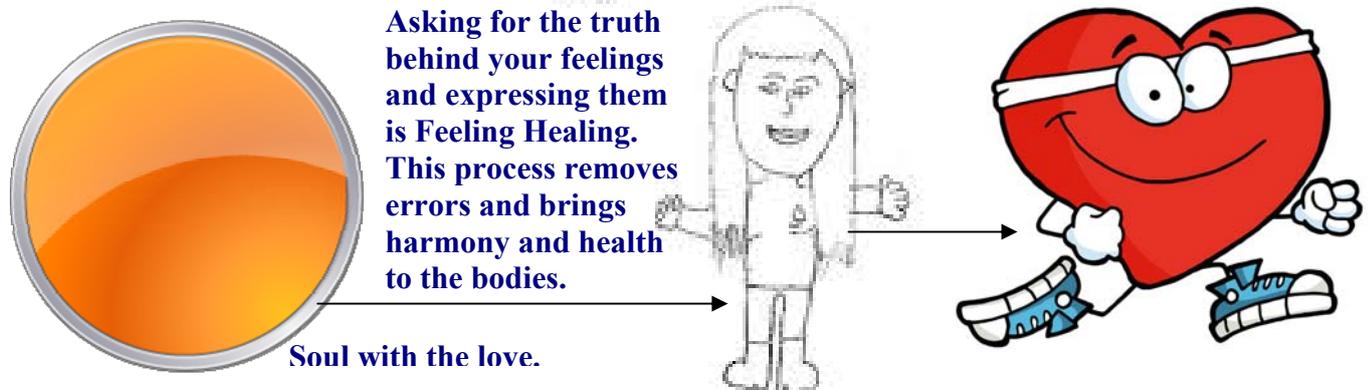
Through prayer, thoughts and soul longings, the spiritual nature in man can be developed so as to dominate the personality, and he will act in accord with the feelings and emotions of his soul. The evolution of man from the natural being to the purified soul and, if he so desires it, to the state of the divine angel is possible with the Love and Feeling Healing. Jesus 8 September 1955

A soul encrusted with error results in illness and unhappiness.



Soul without the love.

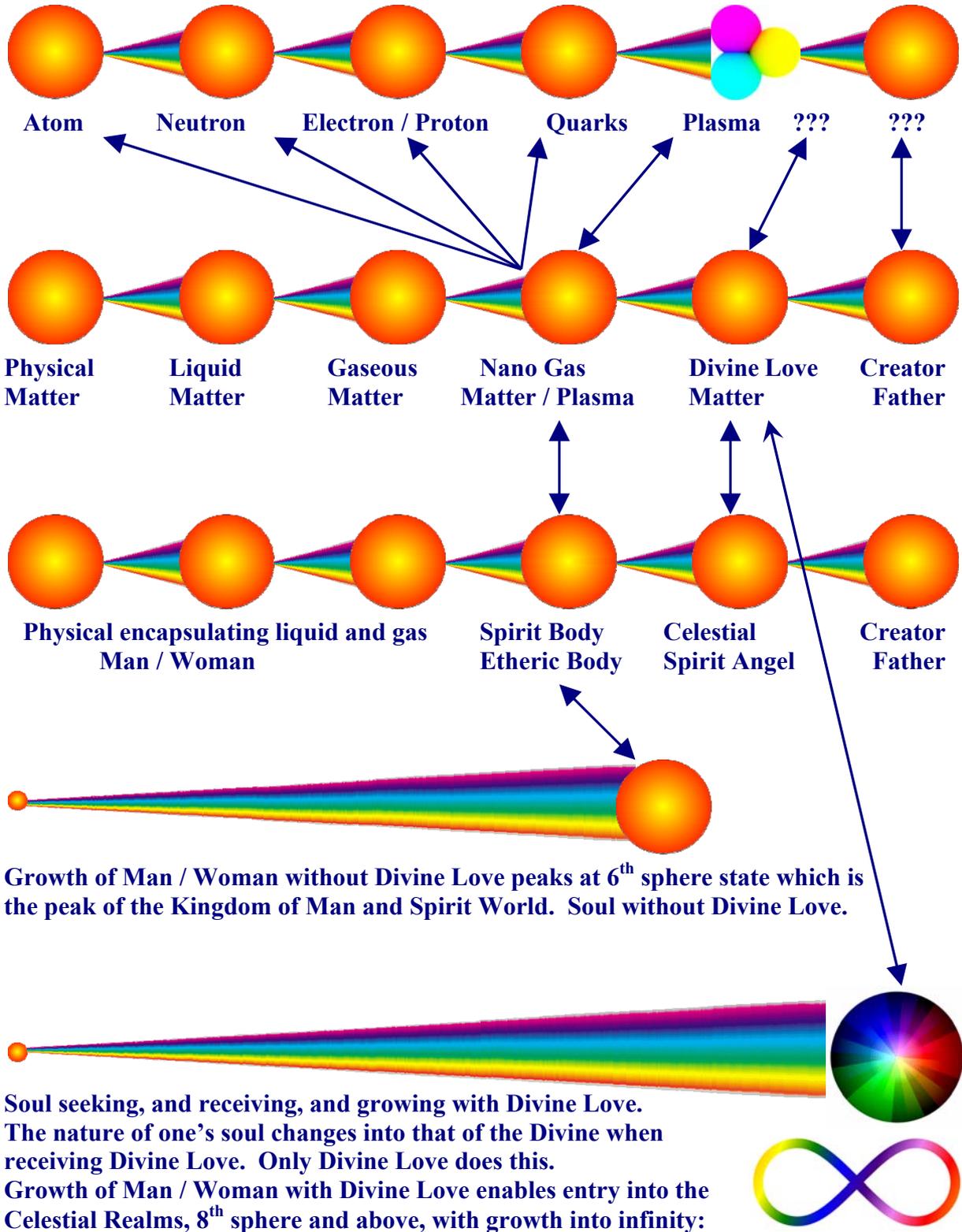
Asking for the truth behind your feelings and expressing them is Feeling Healing. This process removes errors and brings harmony and health to the bodies.



Soul with the love.

STAGES of MATTER:

Matter becomes finer and finer and more incredible within each phase:



Growth of Man / Woman without Divine Love peaks at 6th sphere state which is the peak of the Kingdom of Man and Spirit World. Soul without Divine Love.

Soul seeking, and receiving, and growing with Divine Love. The nature of one's soul changes into that of the Divine when receiving Divine Love. Only Divine Love does this. Growth of Man / Woman with Divine Love enables entry into the Celestial Realms, 8th sphere and above, with growth into infinity:



Child Help – ChildSOS:

ChildSOS program is to assist in addressing child abuse advents. This not only supports the child through such crisis but also the abuser. **ChildSOS** is an integral part of every **Pascas Care Centre**.

ChildSOS will be the adopted name to be used by Pascas to differentiate these goals from the Childhelp operations in USA.



<http://www.childhelpusa.org/>

Mission

ChildSOS is to meet the physical, emotional, educational, and spiritual needs of abused and neglected children. We do so by focusing our efforts in the areas of treatment, prevention, and research.

Philosophy

Childhelp USA® credits its success to its founders' visionary beliefs, which are the heart of the organization:

- **Childhelp USA believes that every child has a unique contribution to make to the world.** We do everything within our power to help each child heal and develop self-esteem to reach their God-given potential.
- **We believe unconditional love is the foundation upon which all healing begins.** The entrance of each Childhelp USA facility features the words "All Who Enter Here Will Find Love."
- **These children, who have seen the worst that life has to offer, deserve the best that we can provide while they are in the care of Childhelp USA and ChildSOS.**

SAFE HOUSE – ABUSED CHILDREN and ABUSED WOMEN:

Domestic violence, also called battering, spouse abuse, family violence or intimate partner violence, is a pattern of assaultive and coercive behaviours in which an individual establishes and maintains power and control over another with whom he/she has an intimate, romantic, marital or family relationship. Abusers often use threats, intimidation, isolation, violent acts and other behaviours to establish and maintain power and control, which is the crux of domestic violence.

The following are common types of abuse that may be used sparingly and at discernable points of a relationship, or repeatedly and consistently throughout a relationship.

- Physical Abuse
- Sexual Abuse
- Verbal Abuse
- Emotional / Psychological Abuse
- Economic Abuse
- Immigration Abuse
- Marital Rape

What is the Cycle of Violence?

- Men who have witnessed their parents' domestic violence are twice as likely to abuse their own wives compared to children of non violent parents
- Girls who have witnessed domestic violence are more likely to stay in an abusive relationship as an adult.
- More than 50% of batterers also abuse their children or their victim's children.

Help a Family Member or Friend – Break the Silence – Talk About It

You might think that something as simple as talking to a friend about abuse couldn't possibly make a difference. But it really can. Just knowing that someone cares enough to ask about the abuse can break through the wall of isolation that can exist around victims of relationship abuse.

If you think a friend or loved one is being abused, talk to her about it. Listen to your friend. Let your friend know you care. You don't have to be an expert. You just need to be a friend.

- Gently ask direct questions about the situation.
- Listen without judging.
- Tell your friend the abuse is not her/his fault.
- Emphasize that when your friend wants help, it is available. Explain that domestic violence tends to get worse and become more frequent with time and that it rarely goes away on its own.
- Explain that relationship abuse is a crime and that protection from the police or courts as well as from local domestic violence programs is available.



- Work with your friend to identify resources that can provide assistance, emotional support and build self-esteem.

If you want to talk with someone yourself to get advice about a particular situation, contact 'SAFE House' or 'Child SOS' or Pascas Care Centre.

Once you have brought the subject up, bring it up again. Try not to get frustrated if you reach out to a friend and she/he stays with the batterer or goes back to the partner. Ending any relationship is a process that takes time. Ending a violent relationship is even harder. Usually, the victim fears for her/his life; not wanting the children to grow up with a father / mother. Perhaps self-esteem is so damaged that your friend thinks she/he can't make it without a partner or believes the abuser when told the violence is her/his fault. Or your friend just wants the violence to end, not the relationship.



At all times, PASCAS CARE, through Child SOS and SAFE House, is focused on the needs and pleas for help of BOTH the victim(s) and the perpetrator(s). All parties directly and indirectly need consideration and assistance. Be it child abuse, domestic violence, suicide, etc., all these events and scenarios have very wide and firmly established issues, often stemming from family upbringing that has instilled a way of life that is often considered 'normal'.

Each situation is unique. All such situations are a chronic demonstration of the lack of love. The journey back to harmony and a loving way of life is achievable for everyone. No punishment if required, no judgment is to be considered, just making available an environment of safety and security and then the sharing of guidance and love that is at hand for all of us to ask for and receive.

Never in the history of humanity has there been the potential for us all to grow in love and share this love to all by enabling them to become aware of the availability and the potentiality that it provides for each and every one of us.

SUICIDE – HOW CAN WE ASSIST THOSE IN THIS DESPERATE NEED FOR HELP?

There is much we can do in instances in which persons who have determined to commit suicide and then have them abandon that idea and realize that it would be a most grievous error for them to take their lives.

As it becomes progressively generally understood that our Celestial Friends commenced on the 31 May 1914 to deliver high level spiritual teachings and guidance, and that this work by our Celestial Friends continues today, that with these teachings one can clearly assist and guide another out of their apathy, despair, despondency and desperation. As we share the understanding, amongst other aids, of the availability of the Father's Love, how to pray for, ask for, and receive it, then such debilitating emotions will dissolve and one's journey in love and beauty will blossom.

There are now published more than 5,000 pages of these most beautiful messages, here is one:

Jesus: On suicide.

<https://new-birth.net/contemporary-messages/messages-sorted-year/messages-1984-2000/jesus-on-suicide-ar-16-jan-2000/>

Aptos, California, Received by Amada Reza.

January 16, 2000

I am here with you now, my dear sister in Christ, and I am your brother and friend, Jesus of the Bible and the one who many look to as the Master, but I am a master only insofar as I have made the Love of the Father a part of my soul, and that this Love has transformed my being into a likeness to the Father, and in this way only can I claim to be an example of a life that others may follow.

What I wish to speak about this morning is on the topic of suicide and explain why it is a sin against the Law of Love, the highest law of God.

All things created in the universe were created for a purpose such as was conceived by the Mind of God, and that purpose was good and in harmony with all other life forms which comprise the world as you know it. Within each living organism there is what you are familiar with being referred to as the "life principle," which is the essential energy of created life, its purpose and blueprint, a present and active part of the synergy of all life.

Within each thing a sense of being energizes the creation with the activity of its purpose, and this is what causes all the species of the animal and plant kingdom to survive and, in many cases, thrive in even the harshest of conditions. So man, as God's greatest creation, made in the likeness of His Own Soul, was given a purpose to fulfil, and he was endowed with a gift of the free will which elevated him to a position among all creations as the one who could not only survive in his environment, but become the master of that environment through understanding the workings of the laws and observing the relationship of all living creatures. Each living organism exists compatibly within its environment and would be described as symbiotic, creating a sense of harmony and synergy, but only man has, through the use of his free will, been able to disrupt this balance.

The instinct to survive is paramount to sustaining the life force and securing the purpose of a creature or thing. If someone were to arrive to that condition of thinking and feeling, and desire to not only ignore this common and basic instinct, but to devise in his reasoning that he should terminate his life, this would essentially disconnect him from the purpose for which he was created. Life adapts to the

challenges of its surroundings, such as the life principle demands. There is value and honour in recognizing the role we each have in this world and allowing ourselves to fulfil that role. The natural love was also given to man upon his creation, and this love is able to bring him to the peaceful and relatively perfect harmony that God provided His children with. But the free will is such a powerful tool which can be used to destroy the very thing that was so lovingly born into reality by the Mind of God.

What could transpire in the mind of one who believed that his life was better ended by his own will, that his purpose within the scheme of things was no more? This very thought against the instinct of survival is also against the true purpose of his creation as a child of God – to love and be loved, to exalt the highest creation by living within the keeping of the Law of Love, and return to the Source of all life, becoming at-one with his Maker. What greater honour is there for man? But when one turns his eyes from his potential and from true soul love, and plunges himself into a self-made torment of hopelessness that argues with his very desire to live and breathe, alas, his deserving and honourable soul will suffer by his own hand. And until he turns back to love and thoughts of harmony, not only within himself but with all creation, he will remain in his darkness.

Why I write in this way is give a perspective that all things have a purpose, and it is important to embrace that purpose with fervour and energy, recognizing our relationship to all other things in our environment as one of harmony and truth.

The truth is a quality and a substance that will bring the soul and mind to understand its purpose, which so many want to know of. It will bring mankind to the realization that the free will is to be used within the scope of the Law of Love – and when love becomes more and more an active part of his thinking and feeling, and is the key motivator behind his actions, the truth of how this world can be a true paradise will become reality, not only to him but to all others.

I am your brother and friend,

Jesus of the Bible and Master of the Celestial Heavens

Our love and assistance, at all times, extends to all of the extended family of those who are suicidal.



**PASCAS
PAPERS**

WE are INCARNATED with Natural Love, but not with Divine Love:

We are conceived with natural love, however, we are not endowed with anything of the Divine. While we are without anything of the Divine, namely Divine Love, we can grow our natural love attributes and progress to that of being the perfect man whose lodging is found in the 6th Sphere. We do not have immortality without having received Divine Love.



Natural love radiance is very different from that which Divine Love brings.

The two loves complement each other, bringing about greater harmony.



When we become aware of the presence of Divine Love and subsequently ask for and then receive the Divine Love, our soul steadily starts to change to that which is Divine and we achieve immortality. This is the Immortal Choice that we can make whilst here in the physical or later in the spirit world. Once we add Divine Love to our being, we continue then with the two loves, that of the natural love and also that of Divine Love. As we continue and receive Divine Love, our soul condition progresses so that we may eventually enter the Celestial Heaven, 8th sphere and above, then progress further to enter the Eternal Spheres and then the Spheres of Paradise.



We are endowed by our Parents with natural love, maybe we neglect this gift from time to time. As we progress in time, we can add the greatest gift there is to our being, that is by asking for and receiving Divine Love. Not only does the infusion of Divine Love, with one's Feeling Healing, repair our natural love attributes, we evolve into a joyous and loving person in all respects. With the infusion of Divine Love, with the two loves, we become the complete being.

TRUTH is the FOUNDATION:

We're told that love cures all, and it does, but only if truth is present. If there's no truth then there is nowhere for the love to register or act upon. So it's all but useless. Even if you had a huge hit of love it would possibly make you feel good for a while, just like your drugs, but then it would fade and you'd want another hit.

**TRUTH
& LOVE**

But with the truth, it's not like that. The truth stays, it's real, concrete, it's: THE TRUTH. It never goes, so once it's within you, that's it, it stays for ever-more. And so you live it, you become the living-truth that you are. So as we grow in truth we move up higher in the spirit worlds ever closer to Paradise the well-spring of all truth – the Eternal Son. But without the truth we have no depth, no solidity, we've still got that hopeless feeling of floating around adrift at sea, that feeling of feeling lost and without direction, and all the rest of it, that which we've felt most of our lives.

And gradually as the love has come based on our truth, so we've felt better and better about ourselves – better about ourselves from the inside, and not needing anything like we did from the outside. We've felt more independent and not needing to be loved by anyone other than by ourselves and each other. We've stopped needing our parents to give us that big hit, or any hit; we've stopped needing them, because we've been able to express our feelings for ourselves uncovering the truth of ourselves through them. And that's what it's about I say, we're not meant to be dependant forever on our parents, and had they loved us truly then we would have grown naturally in truth through our life experiences, weaning ourselves from them, and not needing them in the negative dependent ways they made us need them.

So it's the truth, always coming back to the truth, all because we are truth-loving souls, that's what we as ascending mortal souls are, the truth and the mind and love, but we need the truth to make the mind have something to base itself on, and we need the truth so we can feel loved and so we too can love. No truth, and whole thing – us – doesn't work, and that's what we've been coming to terms with through our negative truth-less life: that it doesn't work. And we know it doesn't work because it didn't make us feel good. We felt shit, and that's all because we weren't allowed to be our true selves, and because of that we weren't allowed to be true and so grow in truth. And had we, everything would have been right and felt good, and we'd be overflowing with love and the happiness and joy of life that truth brings. That being what we will be when we've finally healed it all.

Spirits and their Childhood Repression Healing by James Moncrief 10 August 2010



FEELING HEALING is ABOUT GOING EVER SO DEEPLY INTO ONE’S OWN PAIN:

You are going to feel all the bad you feel now, and all the bad you felt during your childhood. If you don’t remember feeling bad during your childhood, you still have to want to see if there are bad feelings buried deep in you that you are not aware of, feelings you have shut out of your mind, so its imperative that you must want to feel bad – that you want to accept your bad feelings and stop denying them.

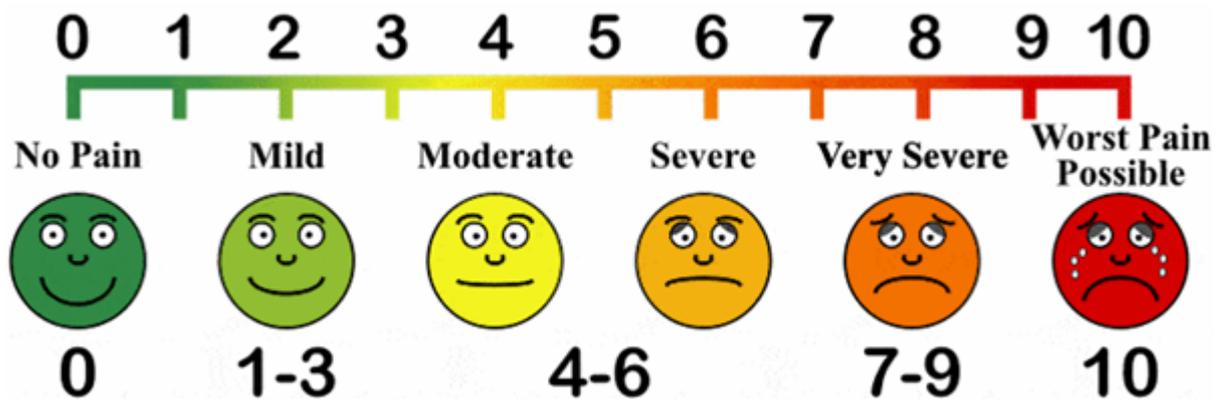
I want you to understand that feeling bad is good, it is the right way to go, it is heading in the right direction, it is your ascension, your spiritual growth – what you need to do to heal your negative mind. It is to do the opposite to your training, to allow yourself to feel as bad as you do, instead of dismissing all your bad feelings and pretending you don’t feel them. It is going against all that you know, and all that has been taught to you, and is against all of your minds conditioning. But still, as I said, you are setting off in an unknown direction, and feeling bad, and wanting to feel bad, and allowing yourself to feel all the millions of bad feelings that will come up in you, IS THE RIGHT WAY. It will be very new to you, and you might feel bad about this, and about feeling bad, but that is all good, and that is what I would expect. The Mother and Father will provide experiences for you that will make you feel bad: angry, miserable, pain and many other bad feelings. All those feelings you wish would just go away are the ones you now must wish to have, and own, and express, and own up to, as being a part of you.



And all through it I want you to ask, and even if necessary, to beg, the Mother and Father to show you the truth of why you are feeling bad. THIS IS EXTREMELY IMPORTANT – TO WANT TO KNOW THE TRUTH OF WHY YOU ARE FEELING BAD. For without wanting to know why – what’s the point, you may as well just keep on denying them, doing things believing they are making you feel good.

I don’t want you to go to Them with your mind for a quick answer, although you can discuss everything with Them; but to ask Them to SHOW YOU THE TRUTH THROUGH YOUR FEELINGS, so you can feel, and experience, and know categorically for yourself, why you feel bad. The truth will come up independently to your mind. Your mind should be kept out of it, until the truth has come as a result of your expressing your feelings, then you can use it to think about all you have seen about yourself. You have to want to know your feelings, all the reasons why you feel so bad. Mary

Messages from Mary and Jesus book 2 via James Moncrief 28 April 2003



WE ARE TO LIBERATE OUR SUPPRESSED PERSONALITY:

We NEVER lose our personality, it is ours, and it's our precious gift from our Mother and Father. We are always who They have made us be. Personality is sacrosanct. It's the most valuable thing in Creation, it's what all Creation rides on, it's what all Creation exists for: the expression of personality.

All our Healing does is liberate our true personality, so it doesn't actually change us, and in make us be a different person, it just liberates all the parts of us that were stopped from freely expressing themselves.

All that is wrong or bad or imperfect within you, will turn into being perfect, right and good. You get rid of all the bad stuff by liberating all the hidden good, and as that comes to light, so the bad fades and then leaves altogether because you no longer need to be that false untrue you, the one your parents have made you be. But YOU, the basic intrinsic you, never changes, and all you don't love about yourself will go as you gradually love yourself more, all as you keep bringing out your repressed feelings.

Helen talking to James Moncrief 5 April 2017

When you start to do your soul-healing you are moving away from the control of your negative mind.

We all have a great responsibility to Creation and to our Heavenly Parents: to strive to be true and adhere to the perfection of our soul, so that by our own existence, as shown in our lives, we are helping to build Creation in the right way. A positive mind is of perfection and will add positively to Creation; a negative mind only seeks to add imperfection and destroy Creation. Creation being created by perfect love will only tolerate imperfection for so long. Although you are living a valuable experience in your evil and negative mind states, Creation and your soul will only tolerate such self-denial for so long. One day, if not sooner rather than later, you will feel the pressure on you to change, to find out why you are not happy and not all loving – to find out the truth of your no-love, denial state.

When you start to do your soul-healing you are moving away from the control of your negative mind.

Love can only go where truth exists.

Messages from Mary and Jesus via James Moncrief 13 March 2003

PARENTS STEP ASIDE and RELINQUISH CONTROL of CHILDREN:

The Father and Mother have created us to be Their living expression, so if we sincerely want to express our love for Them, to Them, then the best way we can do this is to honour this truth. By expressing yourself fully, you will allow the Mother and Father to fully express Themselves through you – you will be living and doing Their Will. From this you can see that the true life is one of a full will being expressed, so one's soul can come into being by using its will to express all its different attributes. In doing so you will be perfect in all that you are, and living life with love and full happiness. You will feel inwardly and outwardly fulfilled all the time and never feel in deficit as you do now.

Because of your parenting you were denied your full self-expression and so you are not fully expressing yourself, you cannot feel love to the extent you want to. Your parents came between you and God. They pretended to be God, albeit mostly in ignorance, but still the effect on you who was looking to them for all you needed, was to believe everything they told you as being true. You believed and trusted them, living with all your faith in them. So being false god's caused you to deny your real soul Parents. And that is the state you are all living under. This is the Rebellion and Default. You have rebelled against the Mother and Father by believing your parents (because your parents were wrong and untrue) instead of God, and you have done it all on both sides (the child and parent) in ignorance and by default. No one actually sets out to do it in the full conviction of what they are doing is evil, unlike that of Lucifer and his soul-partner, but still you do it, even though you do not know the truth of what you are doing.

So to put it right, you have to want to see where you have put your parents in place of the Father and Mother. You have to heal – change – all the wrong beliefs that you attribute to them, and all the negative behaviour patterns you have adopted to satisfy their demands. As you have not been allowed to express yourself freely this is what you need do. So it is why we keep repeating this and the fact that it is through expressing your repressed bad feelings and longing for the truth of them, that you will allow yourself to become fully self-expressive. All your unexpressed soul-personality attributes will begin to be expressed, allowing you to become the real and true you.

Everyone should be allowed to express themselves however they want to, hence – do unto others, as you would have them do unto you. It should be the united goal for everyone to be able to fully and freely express themselves. If one soul is not fully expressed then humanity will not be able to come to full fruition. If you are not completely expressed, then you will never know the truth of love. And you will never know how to be the living example of that love, or what it feels like.

Right from conception through to being an infant, a child, an adolescent and to being an adult you need to be able to fully express yourself. If you are stopped in any way then you will need to heal this one day. Love is the only way to heal yourself, as it was lack of love that brought about your interference in the first place. So this is why we have said that no one truly loves their child or each other, because it cannot be so due to the influences of the Rebellion and self-denial.

If the parent can step aside and relinquish the power position and just be still the child themselves supporting their child to grow up free to express itself, knowing that the true parents are the Mother and Father who are looking at them both, then they will allow Their guidance and support feeling more at ease in their lives. Then the parent and child will live true loving relationships of self-acceptance and acceptance of each other. Neither will feel they need power over the other as neither will feel powerless, and the battles that constitute most families will not happen. Parents

need to set the example, and their child will follow. And it will be the reverse to how you are now in every way. You cannot theorise about how to be this way or try to make it happen, as it can and will only happen by parents first doing their soul-healing becoming the living truth of perfection, and love for their child to follow.

When you stop trying to be the Mother and Father and find your rightful place, then you will live the truth of the Will of your Heavenly Parents, without trying to live the will of your earthly parents.

Messages from Mary and Jesus – book 2 Jesus 25 April 2003

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



ALWAYS BE TRUE TO YOUR FEELINGS

CHILDHOOD REPRESSION of FEELINGS STARTS from CONCEPTION:

Just look at a young child growing, each day certain things make it feel good and other things make it feel bad, and for some children, there's a lot of time each day spent feeling bad – others a lot of time feeling good. And all that good and bad is intertwined, and it all has to be worked back through. So all that is truly good and not what I'd call, false-good, is kept; and all that is bad and has pretensions of being good, goes away, which happens as you express it all out of you.

But the key to it is wanting to express it all out of you – and wanting to see it all: facing the truth of what comes to light. You've got to be willing to bring it all up and out, so you can see it and face it and accept that it is you – that yes, this is really how I am feeling. And then as you do that, you are increasing the awareness and understanding of yourself, of why you are the way you are, and that is all the truth coming to light. And along the way as each bit comes up within you, based on how it makes you feel, you decide whether or not you want to keep being as you are, and so naturally, you'll want to get rid of all the bad stuff and keep all the good.

But the whole thing is, and this might be hard to understand, that you yourself, other than deciding whether or not you want to keep being as you are, don't – because you can't – actually do anything else to change yourself. So you simply keep accepting how wrong you are right the way through until you've seen and accepted it all, that this is the rotten, ugly, horrible, evil truth of myself, and you don't even try to make yourself not be it; you allow yourself to be the nasty, unloving, evil person you are, seeing it and feeling how being it makes you feel; which won't be too good, but you keep going accepting all those feelings and wanting the truth of them. So you don't try to fix or change yourself, you just accept how you are feeling. And then when you've seen the truth of your feelings that are to show you, which can happen at any time throughout your Healing, the causes of those bad feelings will be removed by your soul and your angels, and that's it, you are no longer as you were. And your whole system adjusts, and gradually you come to realise that you are changing, that you are no longer the bad person you were. And then one day, when the BIG DAY finally arrives, you know with all your heart; and so, with all your truth, that you are no longer evil, no longer wrong, and that your Healing is over, you've been completely transformed into being a true person.

So you see it's a process, so something that takes time because you need things to happen to make you feel bad; and you need time to express and work through all your bad feelings; and you need time for your whole system – you – to adjust to all the changes; and that is your true spiritual growth, because you are growing in the truth of yourself – do you see what I'm saying?

So the whole key to it, which is what you are saying, is that we are to become our true and perfect self.
Sage and the Healing Angels of Light by James Moncrief



LIVE TRUE to YOUR FEELINGS:

A massive insight and realisation, which became my platform for living life, it was really quite simple; all I could do was honour and be true to my feelings. I had to *obey* myself first – my feelings; I was the important one, not my parents and family, not even the Mother and Father. With this truth I learnt the importance of living true, always honouring my feelings. And I realised that if the Father wanted me to do anything He could show or guide me through my feelings.

It is through our feelings that we know – feel – how to live the Will of God.

You will come to see why the doing of your soul-healing is so important, to give up your mind's control over you in favour of **allowing your feelings to dictate and dominate your life**. And when you do, then you will **lovingly obey yourself, your feelings, and no one else**. This is all the Mother and Father ask of you, because **when you are living true, then you will be completely honouring Their Laws, Their Way, Their Love**.

Your bad feelings are real and true. They are not evil; they only make you feel bad. They can make you feel sick but this is what they are meant to do, because how you are functioning is wrong – you are sick. And **until you have no more repressed bad feelings within you, you are living untrue to your soul, to yourself, and to the Father and Mother.**

Jesus

message 32, 8 January 2003

The Rejected Ones – Living True to One's Feelings

by James Moncrief

ALWAYS BE TRUE TO YOUR FEELINGS



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

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

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

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

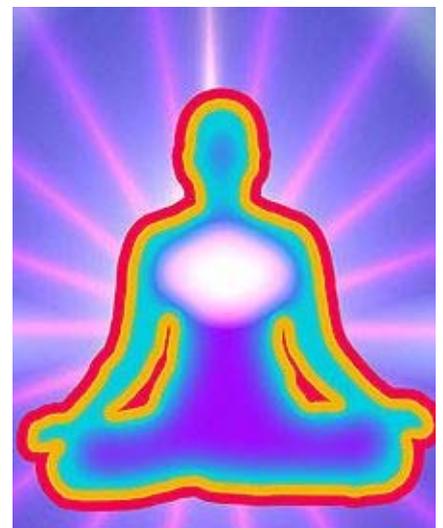
We are not meant to be alone, we are to have someone with whom we can share our whole self with, telling them all we think and feel. If you do not have a companion, talk it out loud to your Heavenly Parents.

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

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

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

Sage and the Healing Angels of Light by James Moncrief



TO SAY NO!

Messages from Mary and Jesus Jesus 6 April 2003

To say no and reject someone is not something that's nice to do. You don't want to hurt another's feelings; however there might come a time when this is what you'll have to do so you can come back to, and focus on, yourself – being able to attend to your own feelings with the intention of healing yourself and growing in truth. You are the most important person in your life. Your parents took this knowing and feeling away from you by making you believe they were the most important people in your life.

To help another and be praised for that help, might be nothing more than helping your parent; putting yourself aside, helping them do what they want you to do – denying yourself, and then getting praised by them for being so nice, kind and caring. At some point you will have to give up your parents control and domination over you. You will have to stop caring for them and turn to care for yourself. Caring for another can be detrimental to you, and not the noble cause you thought it to be, if you are using it to deny your bad feelings dishonouring and disrespecting yourself.

EVERYTHING is WITHIN OUR SOUL:

Messages from Mary and Jesus Mary 6 April 2003

Everything is already within your soul. You have the capabilities to free yourself, to do whatever is required. All that you have experienced right from the very beginning is still within you. All the pain you experienced as a child is within you, and all the reasons why it was so painful is all stored in your soul. As you progress in your healing your soul will liberate it all steadily into your spirit body and then in turn into your feeling, thought and physical systems. Step-by-step you will be led along as you express all you feel. And step-by-step you will see more of the truth of yourself. Your soul will unfold all it knows within you. The Mother and Father will help you to see all They want you to see, will love you, and tell you what you need to know when you ask Them for Their help. Reach out to Paradise, to your Heavenly Parents. Reach inwards to Them for their Indwelling Spirit. Find Them in your soul.

The CHILD is to FREELY EXPRESS ITSELF:

Messages from Mary and Jesus 13 May 2003

Mary:

The greatest gift you can give your child, is allowing it to be freely able to express itself, helping it to feel good about being able to say and express and communicate all it feels. THERE IS NOTHING BETTER FOR A CHILD TO FEEL THAN KNOWING ITS PARENTS COMPLETELY WANT IT TO BE EXACTLY HOW IT FEELS IT WANTS TO BE. To be completely unconditionally accepted for all that it is. Then it feels loved.

ALLOW CHILDREN to EXPRESS THEMSELVES:

Messages from Mary and Jesus – Jesus 6 April 2003

If you could see children that are left to be free, they will ask when they are ready, and it makes the parent feel good being able to give. This makes the parent feel needed and not just taken for granted, as its child is coming to it, and it makes the child feel good because it is responding to its inner inspiration and feelings; it is making the approach in the relationship with its parents and gets what it asks for. But you ask: What happens when the child asks for things it can't or shouldn't have, what then; should the parent just give its child everything it asks for? And the answer is no, whilst your of and in the negative because the child will not be asking truly from and with a positive mind.

OUR CHOICE TO LIVE the WILL of OUR HEAVENLY PARENTS:

Messages from Mary and Jesus – Jesus 6 April 2003

The Father and Mother offer you this choice, however you have wanted to live as you are, and They won't take this choice to do so away from you; that would be violating your free will, and your Heavenly Parents don't take such liberties as your earthly ones do. They want you to uncover and see for yourself all that you are doing that is wrong. Why you are doing it, what happened to you to make you choose to do it, and how you've been manifesting it in your life. And once you are cognisant of it all, then you are free to choose as to whether or not you continue living it. And if you choose not to, then They will remove all trace of such wrongness, evil and self-denial from you.

Living God's Will is not just a matter of doing some sort of work for Them. This is incidental. Living Their Will is living in your perfected soul state of being, which will only begin when you are a Celestial *angel* of truth. Up until then you are still working to resolve all that is wrong within you. All that is sinful, evil, wrong, bad and negative. When you are truly free, you will be doing the work God is asking of you, all by simply living true to all your feelings and being your full and true expression in Creation. All that you will do in your life will then just be things you love to do, you won't feel like it's work, and yet it will be exactly all the Mother and Father want you to do, the very same things you feel you want to do.

Your deep longing to do and live and be true to the God's Will, is from your soul as it yearns to be free. And when you are fully self-expressive, living true to all your feelings, then this deep yearning will be satisfied. You will feel you know you are living in your true place in Creation, in perfect harmony with everyone else. You won't feel out of sorts, disillusioned, meaningless and without purpose. You won't feel disconnected from yourself. You won't feel like you're on the outside looking in on a life that somehow is beyond your reach. You will feel whole, centred entirely in and at-one with yourself, just as you feel at-one with God. You will feel in each experience you are fulfilling your soul's light-pattern-of-destiny, and this will make you feel good.



WE SUBMIT TO EMBRACING OUR PARENTS ERRORS!

At the moment of conception your soul activated your will to become of your earth parents, you in effect, agreed to accept all that they were; to partake of their negative states, which they subjected and impressed on you through your formative years. By the time you became an adult you were a product of them, wholly a part of the negative mind state of this world. Currently you are imperfect and will only regain perfection of soul once you have completed your soul-healing. Jesus Message 33 (part) 9 January 2003

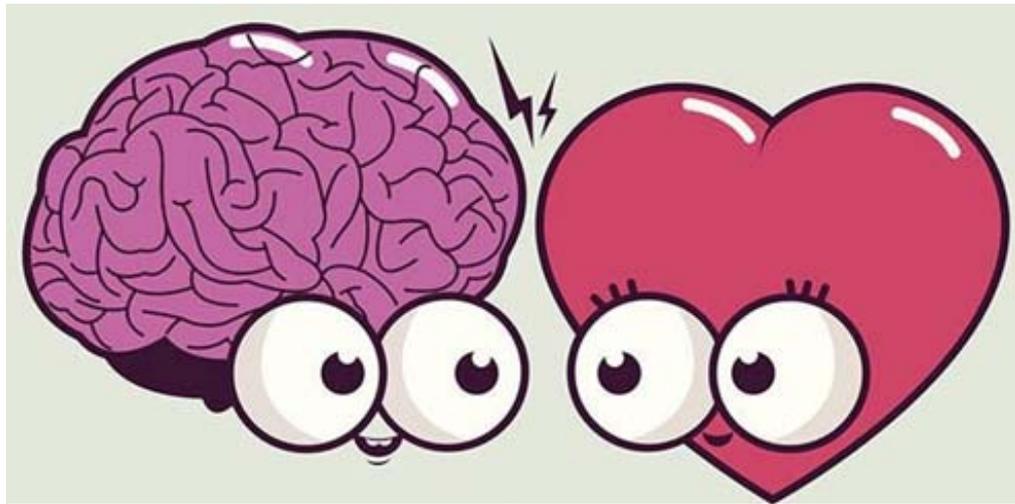
The Rejected Ones – Living True to One’s Feelings

by James Moncrief



Like Father – Like Son

Like Mother – Like Daughter



Our mind strives to control and is always subject to error. The mind’s controlling natures based on error are the foundation of all the misery, illness and drama on Earth for all of humanity. Put them aside by expressing them.

Our soul based feelings, given to us by our Heavenly Parents, are always in truth. Allowing our feelings to lead our way of living that is living true to God. Express all your feelings and long for the truth of them.

WILL TO THAT OF OUR PARENTS:

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

Jesus
Message 33 (part) 9 January 2003

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

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

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

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

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

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

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



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

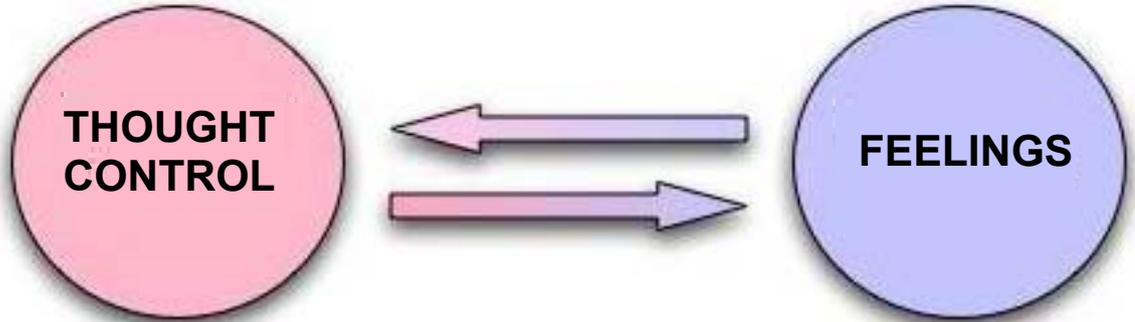


Be controlled by your oppressive mechanical mind, or set yourself free through your feelings and allow your soul based truths to surface. Allow your feelings to be felt, and seek the truth of them. This is how we can all evolve in love.

Our minds are infused with childhood injuries and errors. Only by expressing them as they surface, and finding the truth of them that we set ourselves free and grown in love.



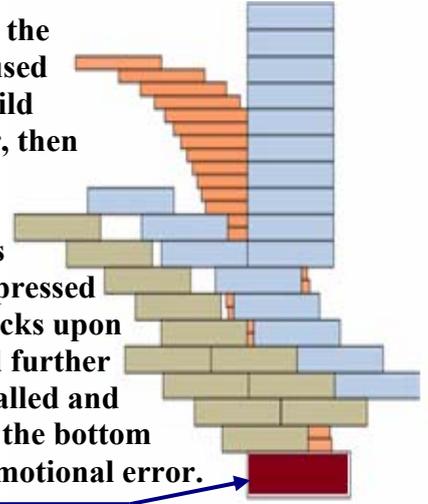
ERROR INFLICTED MIND V TRUTH LOVING SOUL



OUR CHILDHOOD EMOTIONAL INJURIES ARE OUR CORE ISSUES TO EXPRESS:



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



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



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

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

WE ENDURE FOUR LAYERS of PERSONALITY SUPPRESSION!



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

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



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

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



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

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



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

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

DEVOLUTION

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

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

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

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

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

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

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

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

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



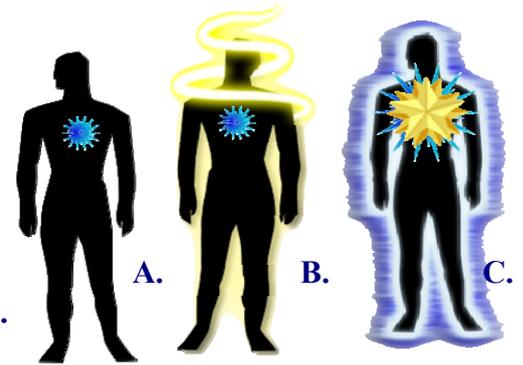
EVOLUTION

STEP 1: 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.



STEP 2: FEELING HEALING + SOUL HEALING

It is the Divine Love that strengthens one's resolve to persevere in 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.



FEELING HEALING + SOUL HEALING

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

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

You CAN'T find the truth of yourself, or anything else, through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You the Way', then the truth will come as you express them. So to do our Soul-Healing consists of these steps, all of which are ongoing until it's done:

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

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

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

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

To do our feeling-healing we need to become:

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

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

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

So it sounds simple.

So I repeat:

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

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

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

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



in conjunction with

Longing for the Truth when also longing for Divine Love.

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

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.

Steps UP!

Quantum Jump 1



REVELATION 1
James Padgett 1914 – 1923

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

Quantum Jump 2

REVELATION 2
Marion and James Moncrief 2002
– ongoing

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

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



Negative Spirit Influence
blocked
22 March 2017
Law of Compensation
quickenning
22 May 2017
Rebellion and Default
officially ended
31 January 2018



Our FEELINGS are our SUPREME GUIDES:

Feelings!

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

Kevin 26 Sep 2017

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

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

FEELING HEALING

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

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

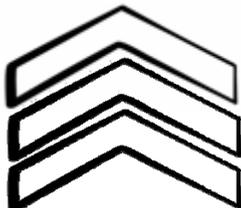


“What our soul needs in accordance with our own, individual, **Soul-Light-Plan-Of-Destiny** (your life's true destiny plan), They, being our Mother and Father, will give you as required. The only way we can know truly what we need is to honour and follow our true feelings. They, springing from our soul,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

The CHOICE is OURS to MAKE:

Celestial Truth:

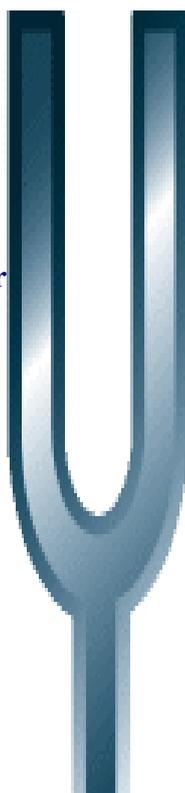
Truly all-loving;
 Living true to oneself;
 Mind supporting Feelings;
 Living with the Divine Love;
 Fully Healed of the Rebellion and Default.



THE FEELING WAY

Feeling – Ascendance
 Unlimited progression

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



THE MIND WAY

Mind – Transcendence
 Limited progression

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



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

Hell:
 Exploiting the Rebellion and Default.

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

EMBRACING the LOVES:



Our soul is formed from the substance known as natural love. This natural love enables us to develop to that which is the perfect man, an excellent, capable and loving personality.

However, there is a limit to our growth founded on natural love fore there is nothing of the Divine within the substance of natural love.



Should we ask for, and then receive Divine Love, then the Divine substance of Divine Love can be added to our being, thus providing us with an infinite potential for growth and development in the Love that is Divine.

The natural love and Divine Love are not divided when in the soul.

The natural love is harmonious in the Immortal greater love, the Divine Love, and so, never shall an Immortal faith and Immortal truth fall.



Adding Divine Love to your being can be likened to developing a powerful engine based on natural love to that which is found within a most powerful muscle car. One's performance capabilities progressively develop as the regular fuel of natural love is slowly, but steadily supplemented with the fuel of Divine Love, thus changing that which is founded on natural love to that of the Divine, namely Divine Love.



Your fuel steadily is converted to that which is of the highest octane level ever envisaged.

The Divine Love is the wonder of the universe. How this invisible substance causes so much change in our mortal nature is a miracle to behold and experience.

Living with the Divine Love brings about harmony throughout all of one's bodies, systems and personality. One's capabilities and love continue to greatly expand.



Divine Love always has its effects in harmony with the expression and development of natural love. Therefore your awareness and expression of natural love in your life is a vital element in accepting Divine Love into your life and fostering its development of your soul. Divine Love is the great harmoniser and is therefore not isolated but its effects are universal.

Divine Love is the 'ultimate' high octane fuel.



WE ARRIVE DETUNED!

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

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

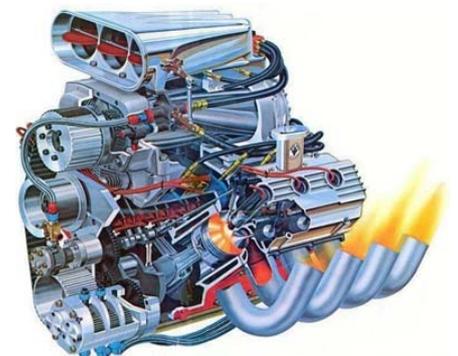
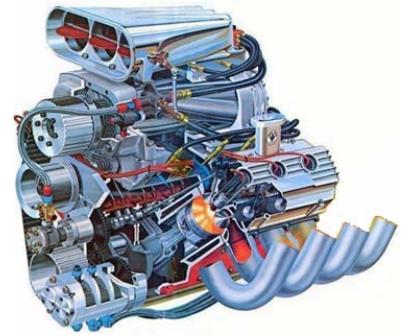
As a consequence, we are ‘detuned’ from our Natural love state and divine origin. You could say we arrived with all parts functional, however, in our untrue, dysfunctional and distorted state, we’re badly in need of a severe service, tune up or a complete reconditioning. Our goal being to bring our true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

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

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

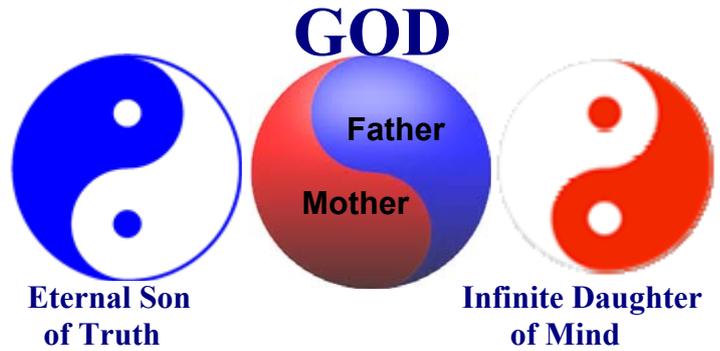
By living true to our self, true to our feelings, we are living true to God. It’s that simple.

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



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

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



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



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



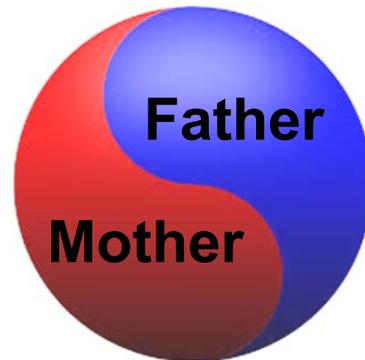
Upon starting our physical life experience on Earth, our divinely created soul begins to express us as one of our soul’s two personalities in Natural love. However because of Earth being in Rebellion, so we are parented into a rebellious and anti truth and anti love state of mind control over our feelings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



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

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



CREATED in THEIR IMAGE:**GOD**

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

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

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

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

Mary Magdalene communicating with James 20 November 2017



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.

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:

11. emotions have their roots in the past,
12. feelings relate to the present moment,
13. emotions represent feelings not previously expressed,
14. 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.



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



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. 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 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** 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 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



**DIVINE LOVE does not TRANSFORM one's SOUL
FEELING HEALING is what TRANSFORMS one's SOUL**

The Divine Love does transform our soul from Natural love into Divine Love. It's our Feeling Healing that 'transforms' or heals our erroneous expression of Natural love. We have to 'heal' and so perfect our Natural love, so it can then be transformed by the Divine Love.

Divine Love does not even begin the real work of transforming one's soul, for those who focus upon receiving Divine Love to the exclusion of embracing one's Feeling Healing, they are just expanding their mind's control over themselves. Should this be one's passion, then upon passing into the spirit Mansion Worlds they will find that they can continue along this path all from within the Divine Love followers segment within the first natural love Mansion World! Yes, only from within the first natural love Mansion World.

Most of humanity on Earth does not want to face the very truth their feelings are making them feel every day of their life. So if they want to keep living in the spirit Mansion Worlds as they did on Earth, in complete denial of their feelings and the truth they are to shown about their wrongness, they can.

However, for those who have embraced Divine Love and begin to engage in their Feeling Healing process to begin the transformation of their soul, they will be able to sense the Divine Love already within their soul 'driving them on'. One's understanding and adjusting will be changing rapidly to that of embracing all about the Healing and doing it – all being supported by the Divine Love that one may have received previously. All one may have done with the Divine Love may make their introduction into their real Healing, by using their feelings, much easier than it is for other spirits from the mind worlds who are at the same time having to wrestle with many of their old religious beliefs or mental programming, having to take on a whole new mind-set which one could see would take some of them years, whereas for someone who has been longing for and receiving Divine Love for some time it may be only a matter of weeks. This also applies to those living in the physical.

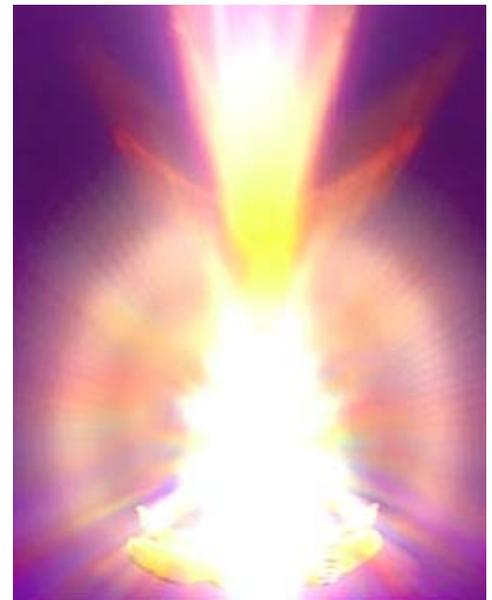
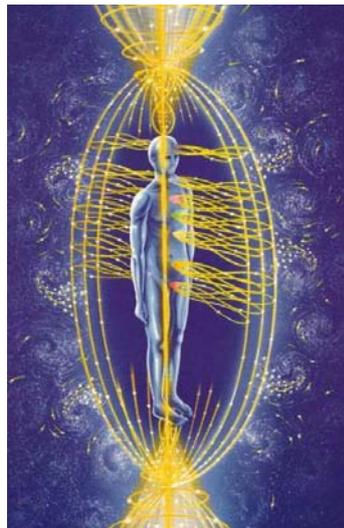
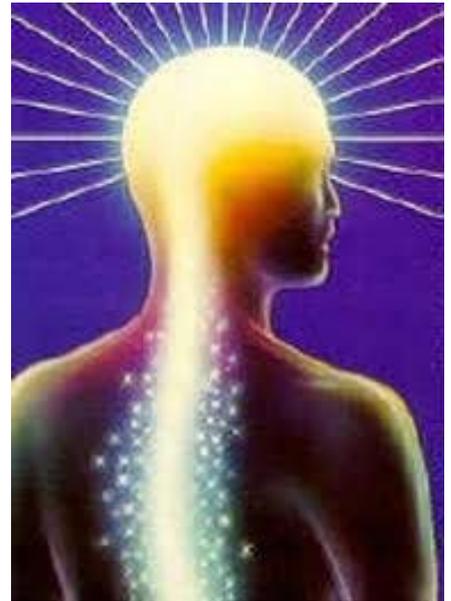
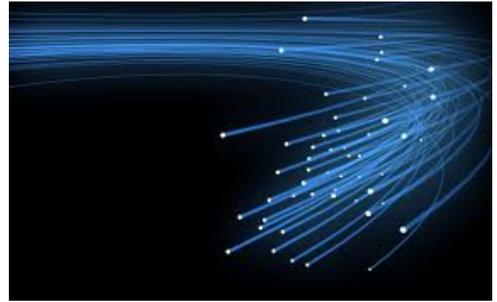
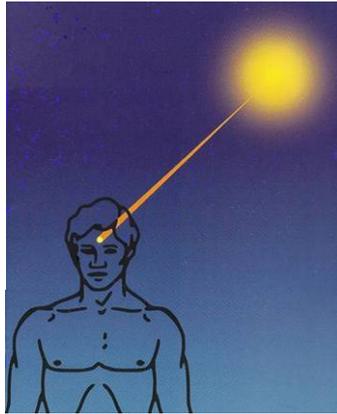
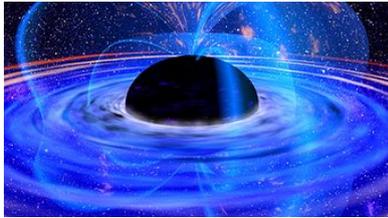
It is the Feeling Healing process that transforms one's soul towards perfection, towards the ability to fully express one's true personality as given to us by our Heavenly Parents, it is the Divine Love that then fits that transformed soul to be able to enter the Celestial Heavens.

Reference: Pascas Care Letters – Divine Love does not Transform

CONNECTION with GOD:

Holy Spirit infusing Divine Love.

Progressive escalation of Divine Love flowing.



EXPERIENCING RECEIVING DIVINE LOVE:

Be still and quiet; reflect in silence. Love is present. Keep asking, longing, and never cease: this is your part. It is your cooperation actively engaged that brings the transformation and continues the process.

You cannot see it; sometimes you will experience it as simple quietness and calmness. This is as pure and real as any other experience, whether demonstrative joy through laughter and dance, or other expressions.

Divine Love is present; it is always present. It does not fade or disappear. Rest, relax and breathe. Pray and wait.

Maintain daily prayer and meditation. When you do this you are building a home for the dwelling of the Divine Love. Your continual invitations establish an attitude of welcome to the Divine Love. These build a bridge for the Divine Love to carry you to new and higher levels of change and transformation: places of new realms for your soul growth and development.

The Voice of Divine Love

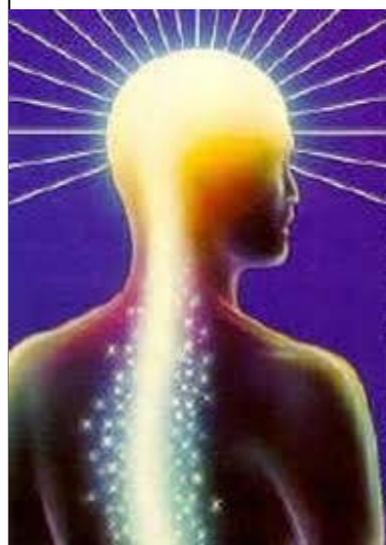
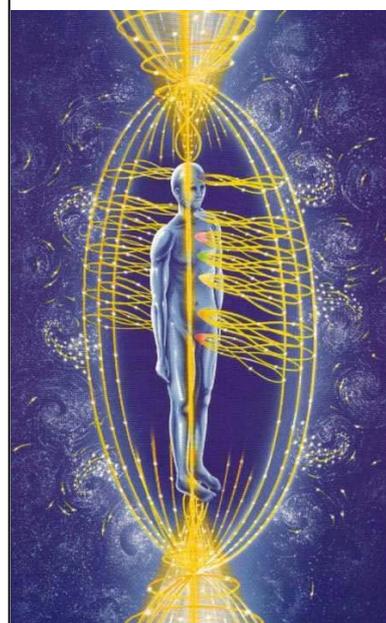
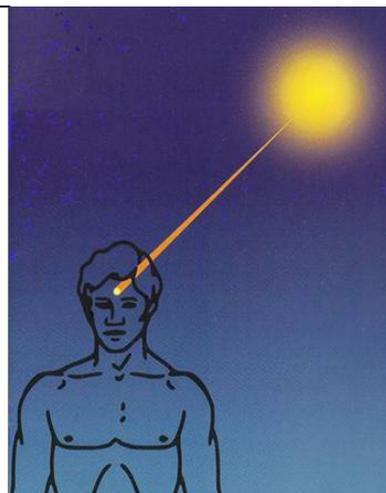
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As the receiving of the Love is always assured when longed for and asked for, the experience of receiving may become apparent by the occurrence of a warming embrace in the region of the third eye chakra, or with some, around the heart chakra region. This may be very subtle and gentle for some and may be for a few moments or extend for some time. Many do not physically feel the Love embracing them and this is totally fine, nevertheless the Love is being received.

On a few occasions, one may feel the love through the third eye region and then feel it expand as if it were to become a warming buzzing 'hat band' progressively expanding around one's head. This can intensify and feel as though one's cranium is about to pop off! Should this continue to intensify, then the sensation may flow down one's main meridian to the base of one's spine. Now that is something else! Relax and enjoy the great gift for this can be an experience that may continue for a short while or for quite some time.

Always, when one longs for the Love, it will shower over one's body and be absorbed in through the spirit body chakras into one's soul. Occasionally the Love will overflow from one's soul and some will reside within one's spirit body. At no time will you be discomforted. This light golden blue energy substance is the ultimate high octane super fuel gifted to us by our Heavenly Mother and Father to us all.

MoC 1,500



LUMINOSITY of the SOUL grows with LOVE:

**DIVINE LOVE is a SUBSTANCE**



Angels actually do not have wings.



One's soul can grow from the condition of a dark dried up pea to that of a Celestial Angel by asking for and receiving Divine Love. Divine Love changes the essence of the soul to that of the Divine. Nothing else can do this.



**CREATOR,  
MOTHER,  
FATHER,  
GOD.**

**Father**  
**Mother**

Divine Love is delivered through the Holy Spirit, should you ask for Their Love.

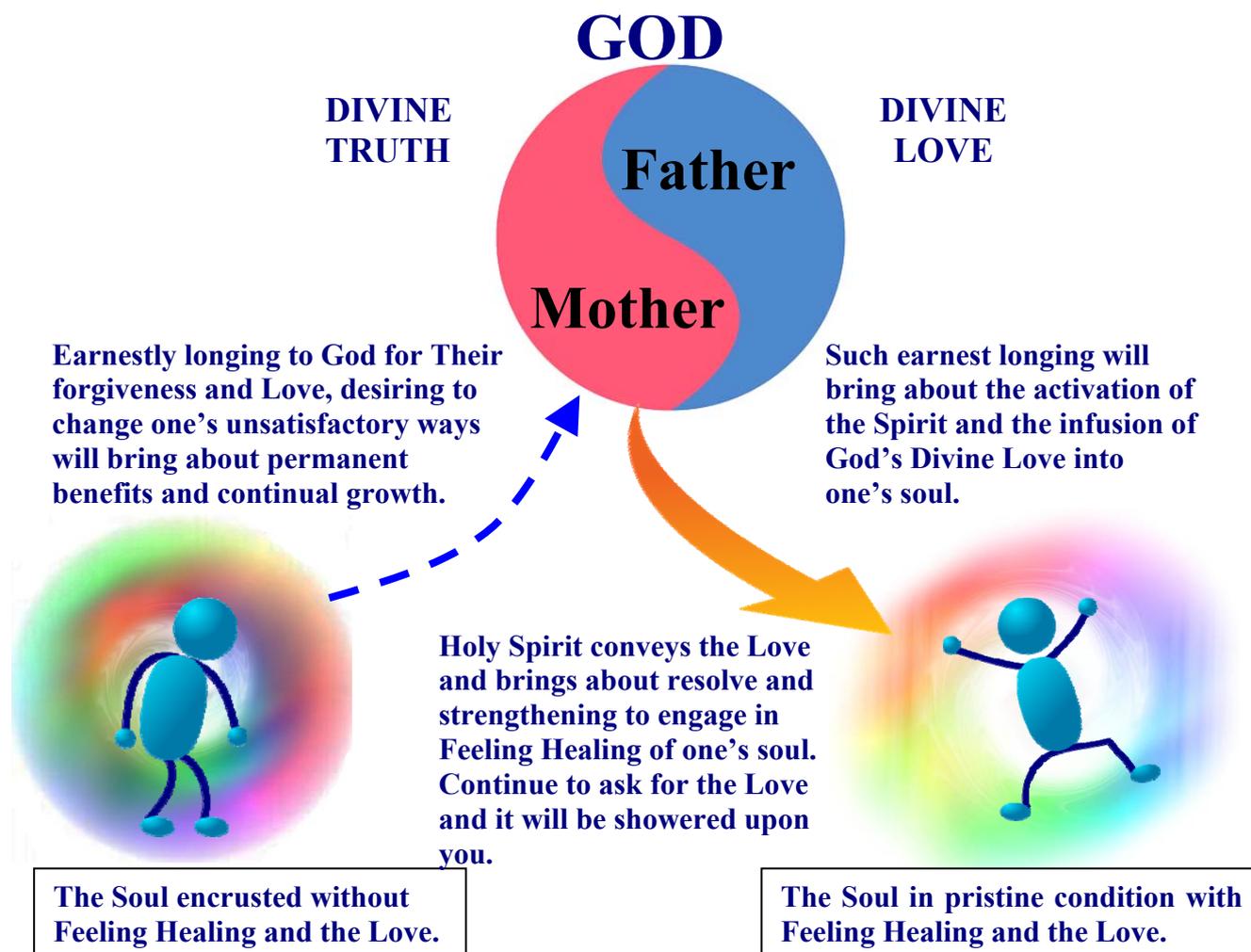
Your soul can be likened to a plasma ball.



Soul releases errors and negative emotions via one's Feeling Healing with Divine Love.



MoC



### Natural Love Flow

*Natural love is Creation's love;*

*One can swap back and forwards between paths*

*I am God*

*Intellectual*

*Self reliant (trust myself)*

*Self-determination way of life*

*Mind dominates*

*Adult like*

*Control*

*Millions of paths (man created)*

*Peak possibility is 6th sphere*

*time to complete path:*

*100 years to over 1,000 years*

### Divine Love Flow

*Divine Love is Soul's love.*

*One can swap back and forwards between paths*

*I am God's son / daughter / child*

*Emotional*

*God reliant (God relationship)*

*Soul-spirit living harmony*

*Soul dominates*

*Child like*

*Feeling*

*Defined path (God created)*

*Peak possibility is infinity*

*(sphere / mansion world are same)*

*5 years to over 10 years to at-onement*

## HEALTH and HARMONY of the BODIES:

Man suffers from evil and error and disease.

First arises the necessity of understanding how, and by what means these things came into existence, and then it will become easier for the understanding of the means and the way by which they may be eliminated from the life and apparent nature of mankind.



These things, foreign to God's creation, were created by man alone in the excessive and unlawful exercise of his will power in following out the suggestions and desires of his animal appetites, which unduly asserted themselves when man lost a part of his spirituality by his disobedience. Man must understand that these excrescences (morbid outgrowths) to his perfect creation are real and existing, and result in his own damnation and alienation from the good, and are antagonistic to his original and natural condition of perfection – and that they cannot be swept out of existence by the mere assertion that they are not real.

Man must understand that they are the creatures primarily of the inordinate exercise of the animal appetites and desires, and not of the exercise of the mind, and that they are to be eradicated by the same process in reverse order as was used in their creation. The purity of his true being is always besmirched (soiled) by the impurities of his own artificial being, and always will be, until he eliminates these impurities which, as to him and to his fellow man, are real, persistent existences.

As sin and evil are not the creatures of the spiritual desires, but wholly of the animal, then to eradicate from man's being these things of evil and sin, the efforts of man must be directed towards the supplanting of the unlawful and inharmonious animal desires and appetites, by appetites and desires arising from the same source that is in harmony with the laws creating this very source.

The loss of the spiritual aspiration, or the perversion of the animal appetites, similarly causes man to become out of harmony with our Mother and Father's laws. Man in order to become free from these foreign parts of his being, must strive, not by a denial of their reality, but by the effort to supplant them. Man is a creator as well as a creature, and as these things are the creatures of man alone, then so far as the being of man is involved, they have a reality which will persist until their creator – man – has destroyed them. Jesus 9 July 1916

Only by man longing for, asking for, and receiving the Love of God and longing for the truth of his emotional errors will man be assisted and be able to remove that which is disharmonious to his bodies and rid that which is in error and sinful and disease from his bodies.

Harmony within one's soul brings about harmony in one's bodies and a healthy body. Feeling Healing with the receipt of God's Love, Divine Love, slowly but steadily brings about health to the physical body.

## DIVINE LOVE HARMONY:

**Immortal harmony:**

**Transformation of the soul is a beautiful harmonious gradual awakening.**



In a gradual way with the Divine Love and Feeling Healing, as changes in the soul and spirit body occur, these changes will result in the personality slowly accepting the source of these changes as being the Soul God and with the independent will, one can have complete acceptance of our Heavenly Parents, Mother and Father, God.

People have loved God and felt loved by God and they have in deed received the Divine Love without ever knowing the truthful identity of this Love insofar as the truths relating with its causality in the human soul and affect upon the spirit-mind.

Part of the nature of the Divine Love in our souls is that it activates our spirit body systems and soul so that the nature of God is seen and experienced in the living and this places us in touch with the many Spirit attributes that extend from God and have their existence in God, such as our Indwelling Spirit. God no longer remains inactive to us; inert, inanimate, or an unknown but rather a Soul of living energy whose energy in the harmonies of Love and Spirit, is personified as love that we experience. If I can convey the essence about the nature of Divine Love it is that in its energy, exists the harmony and potential so that one can see the potential that this Love brings to bridge the gap of separation between the individual and God by the harmonies of soulfully living.

**The Divine Love completes the form of the human being.**

In essence, one need only direct their soul and the heart of their soul to our Heavenly Parents, the Soul being God, and in this faith one can experience the Love by humbly asking for this Love. This is all that is needed and the touchstone upon the Love's approachable nature.

The Love is never harmful or given by God that results in a caused effect of disharmony in the individual. The diversity of human individuality is a great characteristic of human nature and as with experience, one needs experience to ascertain a truth about a certain thing. Experiencing the Love provides a substantiated knowing from which a more objective reasoning follows and a maturity happens.



**PASCAS CARE – HEALTH CLINIC – THREE UNITS IN ONE + some!**



**Aspects of a Pascas Care Centre:**

- a. Pascas Care Clinic functions like any other medical centre. The size and capabilities are determined by the population to be supported and the relevant issues pertaining to the community.
- b. Pascas Care Day Treatment is related to day surgery services. This may extend to addiction treatment programs.
- c. Chaldi College is a training and educational unit. Chaldi is a conceptual Chaldean education system that prevailed more than 26,000 years ago, slaves and kings were educated side by side

- freely. The education units are focused on short courses to address prevailing issues within the community.
- d. Pascas Café is a community café. In essence it is the ‘reception’ area for the Clinic as a whole. The primary purpose is to promote healthy eating, that is, ‘fresh is best’, as well as general discussions between those who visit the centre.
  - e. Family abuse may require safe lodging facilities. These would be located separately from the Pascas Care Centre, however, the management of secure lodging facilities would function from the Care Centre. Child SOS is support and safe secure lodgings for children as well as SAFE House being support and safe secure lodgings for domestic violence victims, both men and women.
  - f. Youth engagement and mentoring. Chaldi College would function as the main provider for these opportunities. This includes programs leading to employment opportunities, however, in the initial phase the primary goal is the raising of self-esteem and development of optimism and changing of lifestyle. Outdoor facilities may be many and varied. There is a need to consider many age groupings and the specific needs of the different sexes. What is readily available throughout the district in which the unit is located would be embraced and consideration would then be applied to what is considered necessary in addition to what is available.

At all times, not only is the friend in need to be considered, but so are those around him or her. An abused child needs assistance, but so does the perpetrator of that abuse. A woman who has been assaulted needs assistance, but also does the man that did the assault. A family that has experienced a suicide requires wide level support and guidance.

The Library section of [www.pascashealth.com](http://www.pascashealth.com) has available a great deal of literature and guidance to assist all concerned on most of these issues.

Goals of Pascas Care are lead by our desire to:

**Treat the cause rather than the symptoms, this is the focus of Pascas Care.**

P.7 Pascas WorldCare – and 500 + Years!

Further stated policy, Pascas Care – Kids of the World:

**The greatest gift for our children that we could possibly provide is to enable for them to grow up without fear.**

To achieve these seemingly out of reach goals, we need to bring together the many efficacious modalities that will aid the patient / friend to gainfully proceed down a pathway to health. At all times it is the friend’s will and desire that we are to respond to.

**And these gifts come about through the gift of embracing the Feeling Healing process and receiving Divine Love.**



<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](mailto:info@pascashealth.com)

**LIVING FOOD versus DEAD FOOD:****FRESH is BEST!**

The Map of Conscious table as developed by David Hawkins enables the energy level of anything to be ascertained by using kinesiology. The table goes from 1 to 1,000 and then beyond.

The Map of Consciousness (MoC) table is based on the common log of 10. It is not a numeric table.

A calibration increase of 1 point is in fact a 10 fold increase in energy.

A calibration increase of 10 points is in fact a 10,000,000,000 fold increase in energy.

Thus the energy differentials are in fact enormous!

Living foods, vegetables and fruit, typically calibrate from 450 to 550, say 500 on average.

Dead foods, meat from 360 to 440, and fish from 270 to 480, calibrate 400 on average.

Living foods already have a massively higher energy factor, some 100 points advantage over dead foods and that is before processing and cooking. Much of the living foods can be eaten raw, not so with dead foods.

Each processing step typically depletes the energy level by around 100 points per process.

Grinding or mincing the meat deduct 100 points.

Cooking the meat (the longer it takes, the more it depletes) deduct 100 points.

Packing and freezing the cooked food. deduct 100 points.

Packaged food of any description that is on the shelves of a supermarket typically calibrates around 200. Any food that calibrates over 200 is life enhancing (just!), any food that calibrates under 200 is not life supporting. Food that calibrates under 200 is difficult for the body to process and expel, the body stores the food until it can expel it. Hmm ... do you often see a vegetarian obese?

Thus consider the life enhancing qualities of fresh vegetables and fruits as against processed meat products and then consider the resources that are employed to produce the fresh vegetables and fruits as against meat products, the land space required, the water required, the grain that is required rather than being eaten fresh, the energy in fuel required to manage and deliver the products, the labour, etc.

Home produce, grown in mineral rich soils, without the intervention of chemicals, allowed to ripen on the stalk, vine, tree, etc., picked and eaten on the same day. Now, that is when **Fresh is Best!**

# Fresh is Best



**Eat** the Colors of the Rainbow

**MAP of CONSCIOUSNESS CALIBRATIONS reflect the nature of the TOPIC:**

The level of truth of a topic or subject is reflected in the calibration through employing Dr David R Hawkins' Map of Consciousness with kinesiology muscle testing. A publication or movie about manufacturing food would be around 200, whereas meals prepared in a loving home would be around 500. The subject of pornography through to war would be less than 200, whereas natural love topics can readily be over 500 and up into the 800's plus. Material introducing Feeling Healing with Divine Love, by its nature, will range between 1,480 to 1,500 on Dr David R Hawkins' Map of Consciousness (MoC), in its purest form of presentation. This has never been previously achieved.

| <b>MAP of CONSCIOUSNESS</b>                                                                               | <b>MoC</b>    | <b>calibrations</b>                                                                                                                                 |
|-----------------------------------------------------------------------------------------------------------|---------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| God, our Heavenly Mother and Father                                                                       | Infinity      | Location being Isle of Paradise                                                                                                                     |
| Celestial Heavens peak                                                                                    | <b>1,500</b>  | 3 <sup>rd</sup> Celestial Heaven (10 <sup>th</sup> spirit Mansion World)                                                                            |
| Feeling Healing / Divine Love teachings                                                                   | 1,480 – 1,500 | 3 <sup>rd</sup> Celestial Heaven spirit guided                                                                                                      |
| Now at one with Heavenly Parents                                                                          | 1,081         | 1 <sup>st</sup> Celestial Heaven entry at Jerusem                                                                                                   |
| Feeling Healing with Divine Love                                                                          | 1,080         | 7 <sup>th</sup> Divine Love transitional sphere to Heavens                                                                                          |
| Natural Love peak                                                                                         | <b>1,000</b>  | 6 <sup>th</sup> spirit Mansion World peak – can't go further!                                                                                       |
| Pascas WorldCare (as a platform)                                                                          | 880           | 5 <sup>th</sup> spirit Mansion World healing Divine Love.                                                                                           |
| Lamsa Bible (minus the Old Testament and Book of Revelation, but including Genesis, Psalms, and Proverbs) | 880           | 4 <sup>th</sup> spirit Mansion World equivalent being natural love orientated, the Bible is taking one away from truth – their soul based feelings. |
| Koran                                                                                                     | 700           | 4 <sup>th</sup> spirit Mansion World equivalent.                                                                                                    |
| Torah                                                                                                     | 550           | First five books of the 24 books of the Tanakh.                                                                                                     |
| Cookies made for Family                                                                                   | 520           | Made with love (this supports cooking shows).                                                                                                       |
| Enter EITHER natural or divine pathway                                                                    | <b>500</b>    | 2 <sup>nd</sup> natural love OR 3 <sup>rd</sup> Divine Love spirit world.                                                                           |
| Peak of mind total orientation                                                                            | 499           | 1 <sup>st</sup> spirit Mansion World peak.                                                                                                          |
| King James Bible (from the Greek)                                                                         | 475           |                                                                                                                                                     |
| Roman Catholic Church                                                                                     | 450           | Church (worldwide) – mind controlled – reason.                                                                                                      |
| Home cooked sea fish + organic salad                                                                      | 410           |                                                                                                                                                     |
| Home roasted free range chicken + salad                                                                   | 410           |                                                                                                                                                     |
| Wine or Beer                                                                                              | 330           | (in moderation!)                                                                                                                                    |
| Roman Catholicism administration                                                                          | 305           | As an institution in year 2004.                                                                                                                     |
| Tea green                                                                                                 | 300           |                                                                                                                                                     |
| <b>Humanity</b>                                                                                           | <b>212</b>    | The population of the world overall.                                                                                                                |
| Vegetarianism                                                                                             | 205           |                                                                                                                                                     |
| Muesli                                                                                                    | 205           | Above 200 is pro-life – positive.                                                                                                                   |
| <b>Food</b>                                                                                               | <b>200</b>    | <b>At this level and above food is life enhancing.</b>                                                                                              |
| Food, Commercial Cat                                                                                      | 192 – 202     | Below 200 is anti-life – negative.                                                                                                                  |
| Food, Commercial Machine-made                                                                             | 188 – 200     | Energy dense but nutrition poor.                                                                                                                    |
| Black Tea                                                                                                 | 185           | Refining of most foods removes nutrients.                                                                                                           |
| Percolated Coffee / Cappuccino / etc                                                                      | 165           |                                                                                                                                                     |
| Corn Flakes                                                                                               | 85            |                                                                                                                                                     |
| Fish (living in ocean)                                                                                    | 20            |                                                                                                                                                     |
| Bacteria                                                                                                  | 1             |                                                                                                                                                     |

**PASCAS CAFÉ – Community Café – focus:****Energy Level of Food as calibrated based on the Map of Consciousness scale 1 – 1,000:**

The scale is based on the common log of 10, a 1 point jump is a 10 fold increase in energy.

|                                          |            |                                                        |
|------------------------------------------|------------|--------------------------------------------------------|
| Cookies made for Family                  | 520        | <b>Blessing</b> food adds 15 points to calibration.    |
| <b>Green Juice = Raw Power</b>           | <b>510</b> |                                                        |
| Home cooked sea fish + organic salad     | 410        |                                                        |
| Home roasted free range chicken + salad  | 410        | Calibrations above 350 involve organics.               |
| <b>Raw Food = Raw Power food blessed</b> | <b>365</b> | <b>(overall menu)</b>                                  |
| Roadside Farm Stands                     | 355        | A 1 point jump is a 10 fold increase in energy.        |
| <b>Raw Food = Raw Power – Byron Bay</b>  | <b>350</b> | <b>(overall menu)</b>                                  |
| Vick's (product)                         | 345        |                                                        |
| Wine or Beer                             | 330        | Single serve per day.                                  |
| Campbell's Soup (product)                | 325        |                                                        |
| Uncle Ben's Rice (product)               | 315        |                                                        |
| Quaker Oats                              | 305        |                                                        |
| Pepsi (beverage)                         | 305        | Single serve per day.                                  |
| Coca-Cola (beverage)                     | 305        | Single serve per day.                                  |
| Tea, Green                               | 300        |                                                        |
| Food, Blessed Homemade                   | 215 +      | Organically grown foods have approximately             |
| Food, Homemade                           | 209 +      | 75% to 350% the nutritional and mineral                |
| Food, Blessed Machine-made               | 207        | value of commercially grown foods.                     |
| Food, Commercial                         | 207        | Organic home grown foods is even higher.               |
| Vegetarianism                            | 205        |                                                        |
| Grilled / BBQ steak                      | 205        |                                                        |
| Muesli                                   | 205        |                                                        |
| Donald Duck (cartoon)                    | 205        | Above 200 is pro-life – positive.                      |
| <b>Food</b>                              | <b>200</b> | <b>At this level and above food is life enhancing.</b> |
| Food, Commercial Cat                     | 192 – 202  | Below 200 is anti-life – negative.                     |
| Food, Commercial Machine-made            | 188 – 200  |                                                        |
| Black Tea                                | 185        |                                                        |
| Body Piercing                            | 180        |                                                        |
| Milk – Pasteurised                       | 180        |                                                        |
| Coffee                                   | 175        |                                                        |
| McDonalds, KFC, Hungry Jacks             | 175        | All food below 200 is detrimental to health!           |
| Microwaved Store Meals                   | 170        |                                                        |
| Taco Bell Fast Food                      | 165        |                                                        |
| Pizza Fast Food                          | 165        |                                                        |
| Public Hospital Meals                    | 165        |                                                        |
| Alcohol Addiction                        | 90         | 6 or more drinks a day.                                |
| Corn Flakes                              | 85         |                                                        |
| Cigarettes                               | 85         |                                                        |
| Marijuana                                | 80         |                                                        |
| Cocaine                                  | 7          |                                                        |
| Heroin, Methamphetamines                 | 6          | Every and any substance can be calibrated!             |

Most calibrations are sourced from David Hawkins' book 'Truth vs Falsehood'.



## **Feeling Healing – Healing yourself through your feelings.**

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

## Manifesto of Divine Love:

1. We love one another as Mary and Jesus, our spiritual parents, love us. And so we seek their Spirits of Truth.
2. Our all loving Heavenly Parents, our Mother and Father, we love and honour at all times.
3. We worship only our Mother and Father, God, and Creator of all things.
4. We treat our Creator's name with respect and love, and earnestly seek Their Divine Love, and at all times pray for It, ask for It, and receive It.
5. We set aside a regular day each week for Sabbath rest and worship of our Heavenly Parents, God, and seek Their Love so that we may grow closer to Their fountain head of Truth and Love.
6. We are to be as we feel, even if it's sinful, but in doing something that is not in alignment with God's Love and Truth will make us feel bad, that is provided we allow ourself to feel our bad feelings, and so we can then use our bad feelings to find out the truth of why we feel bad and why that thing we have done is bad. We embrace our Feeling Healing.
7. We strive to cause no harm to another, nor cause any harm to one's self. We do not do to others what we would not have them to do to us. We treat our fellow human beings and all living things, and the world in general with love, honesty, faithfulness and respect. Violence, at any times, is never justified. Golden Rule: that one must always honour another's will as one honours one's own.
8. At all times in our intimate relationships we strive to express and live true to all our feelings, all so we can use our feelings to uncover the truth they are trying to show. The truth of ourselves, of our relationships, and the truth of everything else, including God.
9. We do not covet or steal anything that does not belong to us. Honesty in all communications, actions, undertakings and activities in all facets of life is our rule of life.
10. In all that we do, we are to be truthful. We are non-judgemental, for none of us have the capacity or authority to judge another. We are always ready to forgive all wrongdoing.
11. We do not desire anything or anyone that does not belong to us. Comparing oneself to others and longing to have what they have leads to errors. We are to be content by focusing on the blessings our Heavenly Parents, who made us in Their soul's image, provides for us.

## ***DIVINE LOVE – what does it do?***

**Divine Love, which is a substance, progressively:**

**Transforms one's soul from that which is of natural love to that which is Divine**

**As natural love is enhanced with the Parent's Love, we reject our tendency to error**

**Divine Love, our Parent's Love, restrains errors, untruths and emotional stress**

**As we reject the condition to error, we develop our love for our brothers and sisters**

**Divine Love helps one with the discovery of truth through one's soul-feeling healing**

**Our natural intelligence grows, perceptions rise with our soul intelligent feelings**

**As Law of Compensation is resolved, the Love reduces returning to being in error**

**Receipt of Divine Love, the Parent's Love, grows our faith, we become God reliant**

**As our faith grows our propensity to undertake one's Feeling Healing strengthens**

**With the Love, our Feeling Healing becomes Soul Healing, this we are to undertake**

**Without the Love we remain self reliant and dependent upon our own will power**

**Only with the Love will our soul condition grow rapidly, all around us also benefit**

**The Love is the only substance that changes the human soul to that which is Divine**

**Only by asking and receiving Love do we become fitted to enter Celestial Heavens**

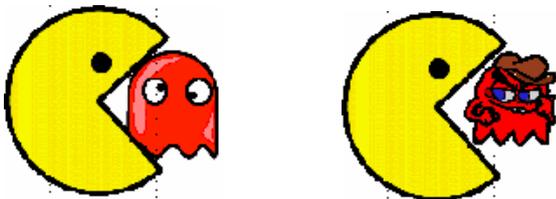
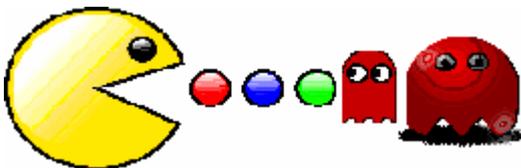
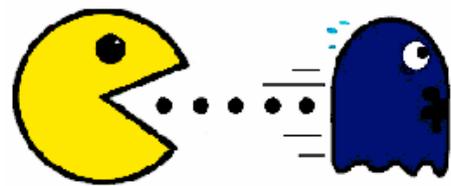
**Only by asking for and receiving the Divine Love does our soul become immortal.**

PROCESS of FORGIVENESS  
PROCESS of FORGIVENESS  
PROCESS of FORGIVENESS  
PROCESS of FORGIVENESS

is also the PROCESS of REMOVING HARMFUL EMOTIONS  
is also the PROCESS of HEALING BODIES Physical Spiritual  
is also the PROCESS of SOUL GROWTH with the LOVE  
is also the PROCESS of CLEANSING the SOUL



Our Heavenly Parents send the Holy Spirit, the Spirit, to those who long for and ask for Their Love and assistance. All you need do is ASK!



“The New Birth is the flowing of the Spirit of God into your soul and the disappearing of all that tends to turn your heart from the truth and Love of God in conjunction to doing one’s Feeling Healing.”

“The Holy Spirit is God’s messenger or instrument that carries into the soul the Divine Love that is bestowed on the truly penitent man.”

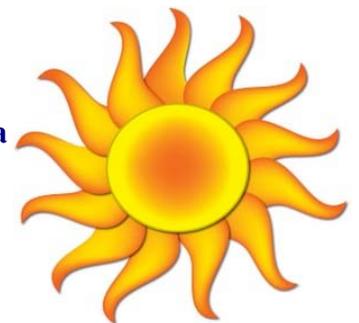
“The Holy Spirit when the penitent prays for the Love the Holy Spirit will respond and fulfil the work that the Mother and Father has provided it to do.”

“The only thing that saves a man from their sins / errors and reconciles them to the Mother and Father is that they must become conscious of God’s Truths and receive the Holy Spirit into their souls.”

Continuing with one’s longing for Truth and asking for our Parents’ Love enables progressive removal of emotional errors and injuries that then lead to the removal of core emotional damage, and then, subsequently, the progressive filling and expansion of one’s own soul. Removal of these soul injuries through Feeling Healing also leads to the removal of damage to one’s spirit body and the restoration of one’s health.

It is only by the infusion of this Love while longing for Truth within one’s soul in sufficient quantities does one become fitted to enter the Celestial Heavens.

Soul development, with the Love, can take a soul from being a dried up garden pea to that of a simple candle, and then onto that of a blazing sun!



**The LOVE that brings about FORGIVENESS:**

This Divine Love, and by this I mean the only way through which salvation can be obtained, can enter and fill the soul through the sincere longing of the soul to assuage the thirst for at-onement with the Father through prayer.

Revelation 17 – November 12th, 1960 – Jesus

**The only way for man to achieve forgiveness of sins is through the obtaining of the Divine Love or through purification of the natural love, a long and tedious process that fits the individual soul for a place in the Sixth Sphere.**

Revelation 50 – October 18th, 1954 – Jesus

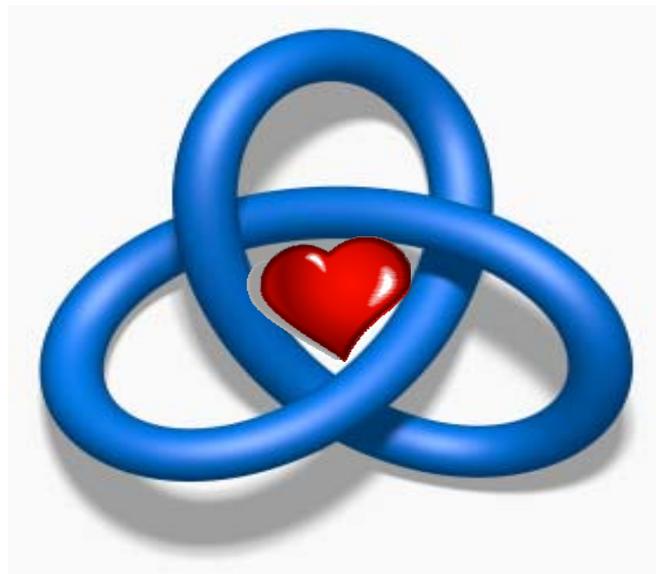
Divine Love fits a personality to enter the Celestial Heavens, way above the 6<sup>th</sup> Sphere. Without this Love, man cannot enter the Heavens. It is this Divine Love that brings about immortality for man.

This great Love of the Father was created or rather has always been, for the redemption of the vilest sinner who seeks and believes.

March 24<sup>th</sup>, 1915 – Ann Rollins

Only the Divine Love can give man of a Divine Nature, and that no self development or cultivation of the Natural Love to the greatest and most sublime extent are sufficient to make man at one with the Father in the divine sense and which makes the spirit a partaker of this Divine Essence of the Father. One needs to come to understand the difference between the two loves and what the New Birth means.

March 24<sup>th</sup>, 1915 – Jesus



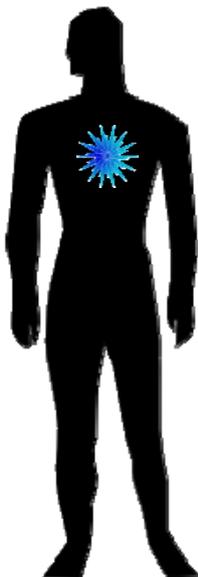
**Immortality with the Love.**



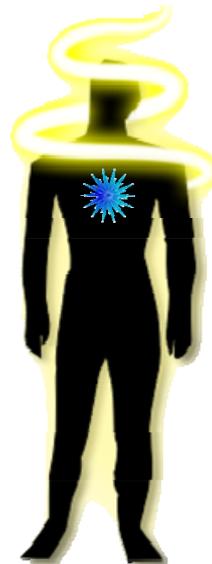
*“Never can one man do more for another man than by making it known of the availability of the Feeling Healing Process and Divine Love.” JD*

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

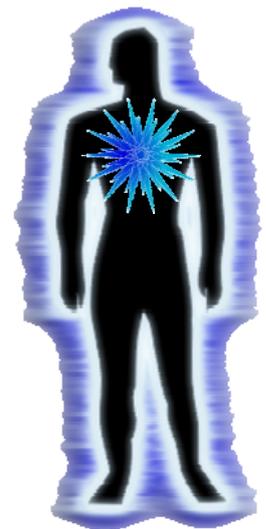
**Soul within  
spirit body  
prior to receiving  
Divine Love.**



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



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



**SHINING TOWARD SPIRIT:**  
**665. The Shining toward Truth**

Vol III, p. 157, 14 Nov 2014 – 14 Mar 2015 Zara and Nicholas

[www.lulu.com](http://www.lulu.com)

It is I Matthew, a teacher of the Divine Love. I have communicated with you recently, now I desire to provide you with a visual description of the Love.



Imagine a continuous Energy shining light blue that is unbroken with a seamless surface that surround every mortal and Immortal spirit. Imagine if you were to become aware that this energetic field of light-blue Energy existed in its shining radiance just near where you are. Now that you are aware that this unbroken Divine Love is unified energetic field of living Love, by opening toward the Soul of God and aspiring for the Divine Love, the Acting Spirit gently brings a small portion of this shining blue Energy into your soul

The Divine Love that you have received remains part of this great Energy that the Divine Love is and even though this small portion of Divine Love, now within your soul, in its shining radiance and energetic cause, it is never separated from the continuous energetic field of Energy that the Divine Love is. Having partaken of this Energy it is with perception that one is aware that the Divine Love within one's soul is the same Divine Love that every person and spirit who has partaken of this Love, participates with. Even though in our individuality we partake of this Divine Energy, this Love is never broken away from the Source and Origin from which this Divine Love emanates.

The Divine Love is bestowed into our finite soul by the Acting Spirit, but this Spirit remains in contact with our spirit body and does not enter the finite soul to become part of our finite soul essence that we are. No mortal or Immortal spirit can manifest in their soul the Acting Spirit so that this Spirit – this Holy Spirit – becomes part of our existing finite spirit body. Only the Divine Love and its Energy becomes part of our finite soul, which causes the change to our spirit body. The Acting Spirit always remains its own attribute and never does a Celestial spirit claim ownership or take possession of the Acting Spirit within their soul. (The Holy Spirit / Acting Spirit is an instrument of the Source Soul, our Father.)

This is one of the wonderful Truths by which we who have been transformed by the Divine Love understand our personal relationship with our Mother and Father's ever-present Acting Spirit. The shining Energy of Divine Love is all around us and when we have partaken of this Love, part of our finite nature becomes independently shining in this true perfect Love.

I provide these words that may appeal to those who are visual and to express the universal appearance of the Divine Love and the personal touch when in contact with the Acting Spirit.

Matthew

**Whilst we are receiving our Heavenly Parents' 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 our Mother and Father are actually loving us! When we progress, it is God's way of loving us into love and then we live what we are, love.**

## **The Only Prayer That Man Need Offer to the Father:**

**The Prayer for Divine Love**

(as given within the first century)

2 Dec 1916

I am here, Jesus

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

**P.438 Book of Truths through James Padgett / Jesus**

Let your prayer be as follows:

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

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

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

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

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

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

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

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

**Amen**

MoC



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

|                                                                                                                                                                            |                                                                                                                            |                                                                           |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| <b>Primary recommended reading:</b>                                                                                                                                        | <b>consider commencing with:</b>                                                                                           | <b>Paul – City of Light</b>                                               |
| <b>The Book of Truths</b>                                                                                                                                                  | <b>1914 – 1923</b>                                                                                                         | <b>xxx – Joseph Babinsky</b>                                              |
| <b>containing the Padgett Messages or</b>                                                                                                                                  |                                                                                                                            |                                                                           |
| <b>Little Book of Truths</b>                                                                                                                                               |                                                                                                                            | <b>– Joseph Babinsky</b>                                                  |
| <b>True Gospel Revealed anew by Jesus Vol I, II, III, IV</b>                                                                                                               | <b>xxx</b>                                                                                                                 | <b>– Geoff Cutler</b>                                                     |
| <b>The Rejected Ones</b>                                                                                                                                                   | <b>2002 – 2003</b>                                                                                                         | <b>xxx – James Moncrief</b>                                               |
| <b>Messages from Mary &amp; Jesus</b>                                                                                                                                      | <b>2003</b>                                                                                                                | <b>xxx – James Moncrief</b>                                               |
| <b>Paul – City of Light</b>                                                                                                                                                | <b>2005</b>                                                                                                                | <b>xxx – James Moncrief</b>                                               |
| <b>Mary Magdalene and Jesus'</b>                                                                                                                                           |                                                                                                                            |                                                                           |
| <b>comments on the Padgett Messages</b>                                                                                                                                    | <b>2007 – 2010</b>                                                                                                         | <b>xxx – James Moncrief</b>                                               |
| <b>Speaking with Mary Magdalene &amp; Jesus</b>                                                                                                                            | <b>2013 – 2014</b>                                                                                                         | <b>xxx – James Moncrief</b>                                               |
| <b>Sage and the Healing Angels of Light</b>                                                                                                                                | <b>2017</b>                                                                                                                | <b>xxx – James Moncrief</b>                                               |
| <b>Road map of Universe and history of Universe:</b>                                                                                                                       |                                                                                                                            |                                                                           |
| <b>The Urantia Book</b>                                                                                                                                                    | <b>1925 – 1935</b>                                                                                                         | <b>xxx as primary reading</b>                                             |
| <b>Divine Love supporting reading:</b>                                                                                                                                     |                                                                                                                            |                                                                           |
| <b>Revelations</b>                                                                                                                                                         | <b>1954 – 1963</b>                                                                                                         | <b>– Dr Daniel Samuels</b>                                                |
| <b>Judas of Kerioth</b>                                                                                                                                                    | <b>2001 – 2003</b>                                                                                                         | <b>– Geoff Cutler</b>                                                     |
| <b>The Golden Leaf</b>                                                                                                                                                     | <b>2008</b>                                                                                                                | <b>– Zara &amp; Nicholas</b>                                              |
| <b>The Richard Messages</b>                                                                                                                                                | <b>2012 – 2013</b>                                                                                                         | <b>– James Reid</b>                                                       |
| <b>The Divine Universe</b>                                                                                                                                                 | <b>2012 – 2013</b>                                                                                                         | <b>– Zara &amp; Nicholas</b>                                              |
| <b>Family Reunion Afterlife Contact</b>                                                                                                                                    | <b>2014 – 2015</b>                                                                                                         | <b>– Joseph Babinsky</b>                                                  |
| <b>Traveller, An Immortal Journey</b>                                                                                                                                      | <b>2014 – 2015</b>                                                                                                         | <b>– Zara &amp; Nicholas</b>                                              |
| <b>Destiny, Eternal Messages of Divine Love</b>                                                                                                                            | <b>2015 – 2016</b>                                                                                                         | <b>– Zara &amp; Nicholas</b>                                              |
| <b>Feeling Healing</b>                                                                                                                                                     | <b>2017</b>                                                                                                                | <b>– James Moncrief</b>                                                   |
| <b>Religion of Feelings</b>                                                                                                                                                | <b>2017</b>                                                                                                                | <b>– James Moncrief</b>                                                   |
| <b>The Way of Divine Love</b>                                                                                                                                              |                                                                                                                            | <b>– Joseph Babinsky</b>                                                  |
| <b>Divine Love – The Greatest Truth in the World</b>                                                                                                                       |                                                                                                                            | <b>– Joseph Babinsky</b>                                                  |
| <b>The Human Soul</b>                                                                                                                                                      |                                                                                                                            | <b>– Joseph Babinsky</b>                                                  |
| <b>Divine Love Flowing</b>                                                                                                                                                 |                                                                                                                            | <b>– Joseph Babinsky</b>                                                  |
| <b>The Truth</b>                                                                                                                                                           |                                                                                                                            | <b>– Werner Voets</b>                                                     |
| <b>Through the Mists, The Life Elysian, The Gate of Heaven</b>                                                                                                             |                                                                                                                            | <b>– Robert James Lees</b>                                                |
| <b>Life in the World Unseen</b>                                                                                                                                            |                                                                                                                            | <b>– Anthony Borgia</b>                                                   |
| <b>Gone West</b>                                                                                                                                                           |                                                                                                                            | <b>– J M S Ward</b>                                                       |
| <b>Post Mortem Journal</b>                                                                                                                                                 |                                                                                                                            | <b>– Jane Sherwood</b>                                                    |
| <b>After Death / Letters from Julia</b>                                                                                                                                    |                                                                                                                            | <b>– William T Stead</b>                                                  |
| <b>Thirty Years Among the Dead</b>                                                                                                                                         |                                                                                                                            | <b>– Carl A Wickland</b>                                                  |
| <b>A Wanderer in the Spirit Land</b>                                                                                                                                       |                                                                                                                            | <b>– Franchezzo</b>                                                       |
| <b>Life Beyond the Veil Vol I thru to V – Rev George Vale Owen</b>                                                                                                         |                                                                                                                            | <b>– Geoff Cutler</b>                                                     |
| <b>The Holy Bible from the Ancient Eastern Text</b>                                                                                                                        |                                                                                                                            | <b>– Dr George M Lamsa</b>                                                |
| <b>Available generally from:</b>                                                                                                                                           |                                                                                                                            |                                                                           |
| <b><a href="http://www.lulu.com">www.lulu.com</a></b>                                                                                                                      | <b><a href="http://www.amazon.com">www.amazon.com</a></b>                                                                  | <b><a href="http://www.bookdepository.com">www.bookdepository.com</a></b> |
| <b>For Divine Love focused websites and forums:</b>                                                                                                                        |                                                                                                                            |                                                                           |
| <b>Pascas Health:</b>                                                                                                                                                      | <b><a href="http://www.pascashealth.com/index.php/library.html">http://www.pascashealth.com/index.php/library.html</a></b> |                                                                           |
| <b>Spiritual Development:</b>                                                                                                                                              | <b><a href="http://new-birth.net/spiritual-subjects/">http://new-birth.net/spiritual-subjects/</a></b>                     |                                                                           |
| <b>Padgett Books:</b>                                                                                                                                                      | <b><a href="http://new-birth.net/padgetts-messages/">http://new-birth.net/padgetts-messages/</a></b>                       |                                                                           |
| <b><a href="http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm">http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm</a></b> |                                                                                                                            |                                                                           |

**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                      | 44    |
|                                                                  |                        | This group being pages of | 3,043 |

**Religion of Feelings**

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

**Introduction to Divine Love Spirituality**

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

**Main website of DLS**

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

**Childhood Repression website**

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

**DLS and CR forum**

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

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

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

It is suggested for one to consider reading as follows:

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

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

**Paul – City of Light**

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

**Ann and Terry**

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

**Feeling Bad? Bad Feelings are GOOD**

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

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

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

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

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

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

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

**The Padgett Messages being published as:****The True Gospel Revealed Anew by Jesus volumes 1 – 4****Book of Truths by Joseph Babinsky****The Urantia Book****Release one's pain through expressing one's feelings.****in conjunction with****Longing for the Truth when also longing for Divine Love.**

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

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

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

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

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

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

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

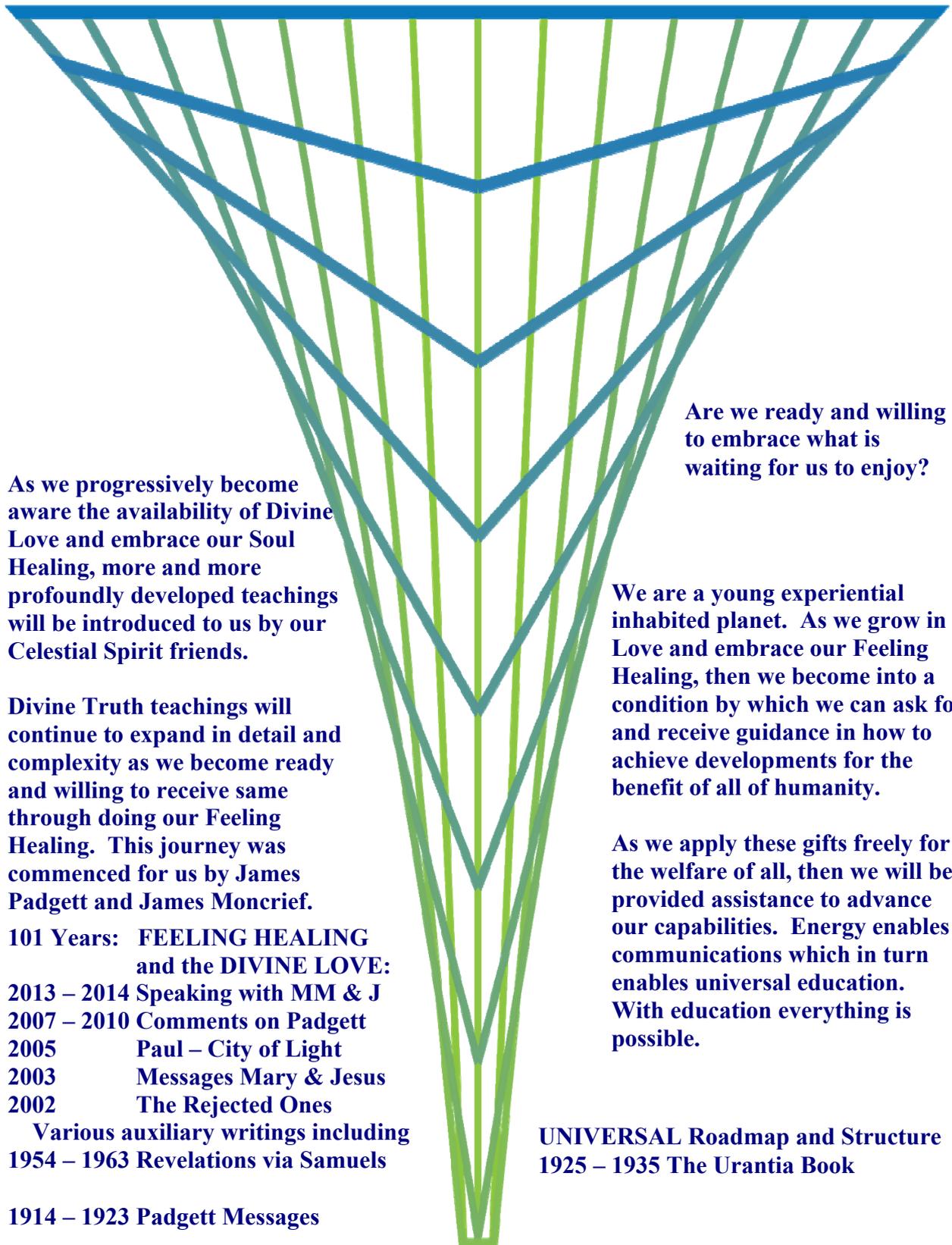
Pascas Care Letters A Huge Upturn  
 Pascas Care Letters Big Revelation  
 Pascas Care Letters Feeling Healing Benefits Children  
 Pascas Care Letters Feeling Healing Way  
 Pascas Care Letters Little Children  
 Pascas Care Letters Women's Liberation and Mother

**MEDICAL – EMOTIONS:**

Pascas Care – Feeling Healing  
 Pascas Care – Feeling Healing All is Within  
 Pascas Care – Feeling Healing and Health  
 Pascas Care – Feeling Healing and History  
 Pascas Care – Feeling Healing and Parenting  
 Pascas Care – Feeling Healing and Rebellion  
 Pascas Care – Feeling Healing and Starting  
 Pascas Care – Feeling Healing and Will  
 Pascas Care – Feeling Healing Angel Assistance  
 Pascas Care – Feeling Healing Being Unloved  
 Pascas Care – Feeling Healing Child Control  
 Pascas Care – Feeling Healing Childhood Repression  
 Pascas Care – Feeling Healing End Times  
 Pascas Care – Feeling Healing is Rebelling  
 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:**



**SOUL CONDITION luminosity is reflected through one's spirit body, thus all spirit people can see the relative condition of another. In this same way, a spirit person can see the soul condition of those living within a physical body.**

