

# PASCAS CARE KIDS of the WORLD



**Media Impediment**



**“Peace And Spirit Creating Alternative Solutions”**

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

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

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

Living Feelings First, *John.*



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



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



**Immortality with the Love.**

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



**CHILDREN:** (Natural love focused) P.258 Journey to the Heart of God by Almine

In pre-teen years, children are innately connected with their sub-personalities. Their inner warrior fights for what it wants, whether it's a toy or not having to go to bed. It is a fact that the inner nurturer takes care of the child and is at one with the inner child and its needs. For example, the child asks for what it wants; the biggest cookie, the softest place on the couch. The inner sage guidance reveals who is 'bad' person and even though the mother may try to get the child to be polite to that person, he will say, "I don't like him".

The unbroken family unit further mirrors to the child these inner pieces. The mother takes care of the child's needs, the father protects the child and the grandparent has the time to share wisdom through stories of their own life.

But during these pre-teen childhood years, the child identifies with the mirrors of its sub-personalities – its family. "When I grow up I want to be just like Dad" is often spoken by a young boy as he pretends to hunt or fish or be a soldier like his father. Little girls can be heard speaking to their dolls in the same tone their mother uses in speaking to them. And so slowly but surely the social conditioning of the family starts to determine the way the child sees him or herself and the world. This conditioning will control him, to one degree or another, the rest of his life unless he actively throws it off.

As the child enters the teenage years, he steps out of identifying with his family members and tries to find his own identity. Because humanity as a whole has not understood the value of the sub-personalities, the teenager is often encouraged to abandon them, causing intense pain of alienation from his inner pieces.

The inner child is shunned as not belonging in the tentative new identity of emerging adulthood. The inner child becomes disconnected and so the nurturer indulges the emerging adult which makes the teenager very egocentric. The result is that teenagers are wholly self-centred through most of their teenage years.

Because the warrior's job is to protect the sovereignty of the individual by guarding its borders, the greater the parental control over childhood, the more the teenager rebels against parental authority. Often they do not understand their own rebellion and feel guilt and confusion in addition to the pain of alienation. In this turmoil the gently guiding voice of the inner sage goes unheard.

The result of this inner identity crisis is that the teenager seeks his identity externally. The media capitalises on this by marketing certain images as desirable. The teenager, lost and cut off from inner and parental guidance, now is able to be controlled into seeking identity through material things such as possessions, brand names and so forth. Peer groups now become a further source of not only identity but approval. The child that is raised with more disapproval than praise is particularly vulnerable to control by a peer group.

In our twenties as we step into adulthood, we find the overwhelming control of government, institutions and other systems eroding the illusion that we have the freedom to shape our world and be who we want to be. Instead, the demands of the world now shape us. There are bills to pay, job applications, taxes, the requirements of employers. We become slaves to the pay packet.

The idea of a free human being seems to be a myth as we find ourselves controlled by the demands of material life, the bondage of social conditioning and, in the event of a painful childhood, the hold past pain

has on us. Where then can the concept of freedom be found and lived in physicality? The answer lies in that place of complete silence; the place where time does not exist: Zero point.

For those who live in the constant clamour of their minds, it is hard to imagine an existence where silence is the prevailing state of the mind. This silence within is the hallmark of one who no longer identifies with ego and form, but instead has become one with his true identity; a being as vast as the cosmos having a human experience.

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

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

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

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

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

**“Every day is a day of devotion.”**

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

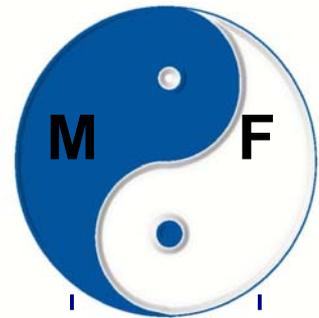
**God's Divine Love: Pray for it, ask for it, and receive it.**

**Our salvation IS the embracing of Feeling Healing and Divine Love.**

**OUR EMOTIONS REFLECT THOSE of OUR PARENTS and OUR ENVIRONMENT:**

God is the oversoul of the universe.

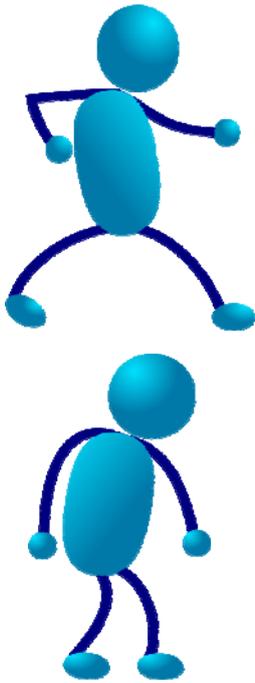
God's Divine Love flows into our Soul.



or

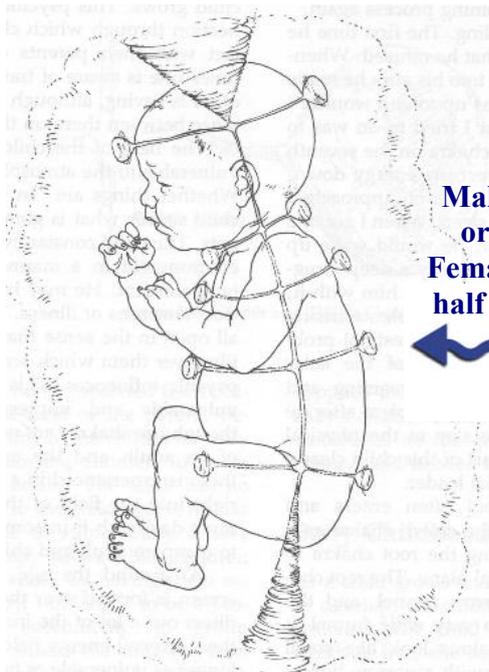
**SOUL**

- Emotions**
- Desires**
- Passions**
- Aspirations**
- Intention**
- Memories**
- Free will**



Father's emotions

Mother's emotions



Male or Female half of

Emotions flowing to unborn baby, then born baby, from those around the baby.



Our Personality is a feeling of God, thus creating our unaware Soul.

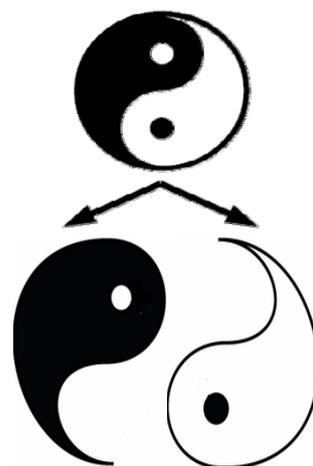
At conception, our unaware personality (soul) forms both a spiritual body and physical body. Incarnation / conception starts the road of self discovery, children reflect parent's emotions, their ancestors, and also, of those around them. Parents attract us to incarnate.

**The SOUL CONDITION of BABY at CONCEPTION is PRISTINE:**

A feeling of God creates our soul personality, the soul then splits into male and female elements. At the time of creation of the soul, the state of the soul is that of natural love as of the 6<sup>th</sup> sphere. The location of the soul at that time is not of the 6<sup>th</sup> sphere. The soul halves are then attracted to different parents.



Baby at 8 weeks



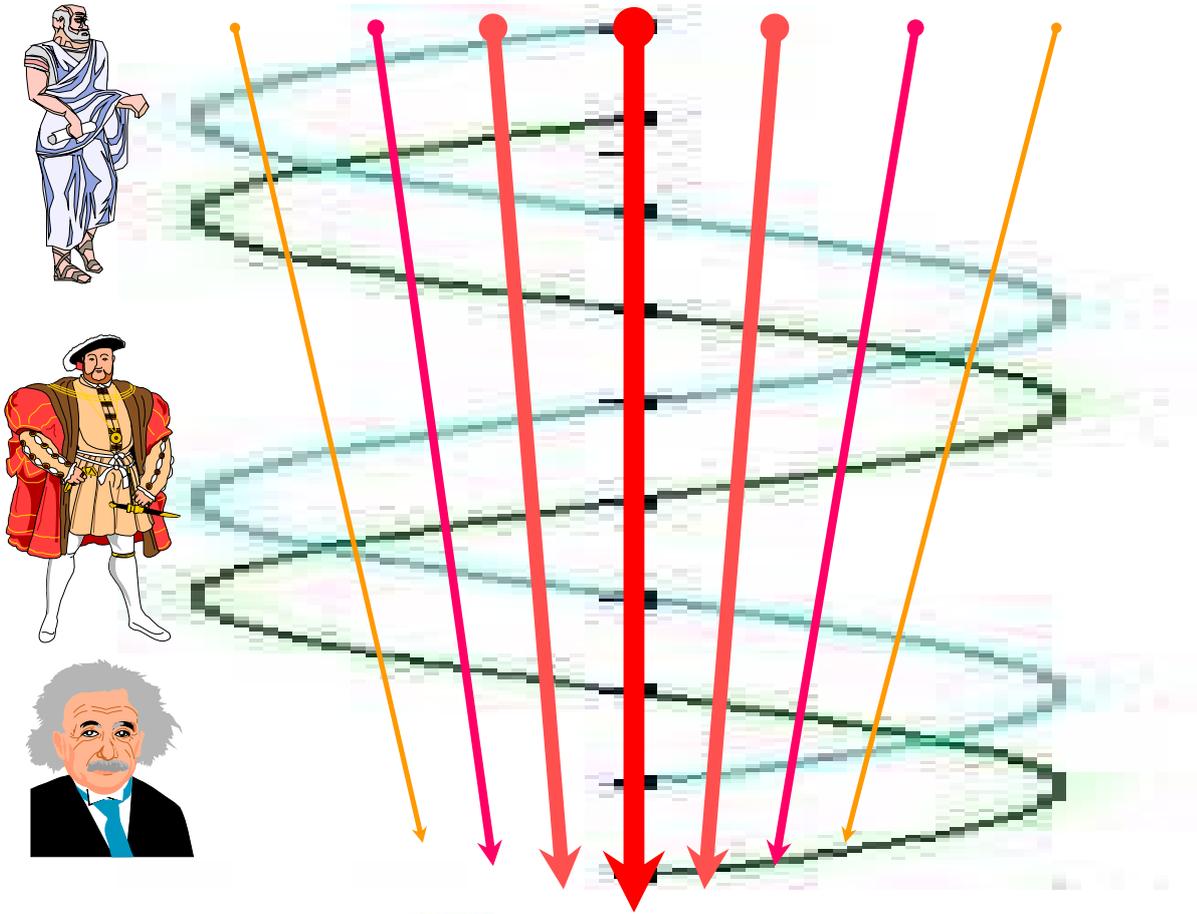
The two soul halves may be incarnated up to 20 years apart, male and female halves are never in the same family.



Emotions flowing to unborn baby, then born baby, from those around the baby.

During gestation and early years after birth, the soul condition of the baby drops from the 6<sup>th</sup> sphere state to the level reflecting that of the parents and of those in frequent contact with the baby. Kinesiology testing repeatedly shows that the consciousness level, soul condition, of the child reflects that of one or the other parents all the way through their childhood until such times as to when they leave home and commence their independent life and establish their own environment.

**OUR BLOCKED EMOTIONS FLOW DOWN FROM GENERATION to GENERATION:**



**Childhood illnesses, and illnesses of baby within the womb, stems from blocked emotions passed down from generation to generation.**

**We are a product of all that has come before us.**

**Our own soul condition is reflected in our children.**



**To assist baby, as well as yourself, work to clear your blocked emotions.**

**Clearing your emotions improves your soul condition as well as that of your children.**

**Baby's body, when conceived, is always perfect. Their soul condition is also perfect.**

**GENERATIONAL TRANSFER of EMOTIONAL BLOCKS and INJURY:**

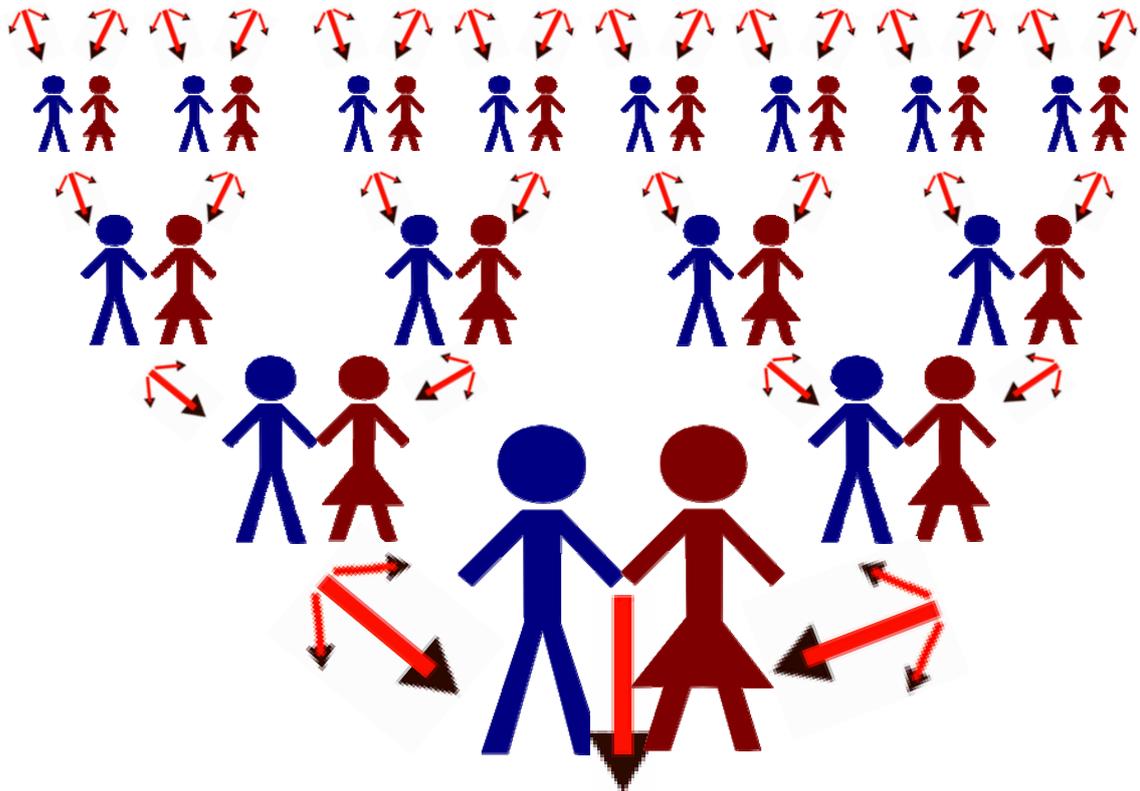
Our children are conceived within the 6<sup>th</sup> sphere state, by the time they are born, or shortly thereafter, they have absorbed their parent's emotional injuries and their soul condition typically reflects that of one or the other parents. Our children continue to mirror our soul condition, or that of one of the parents, up and until they leave home and start to establish their own home with a partner.

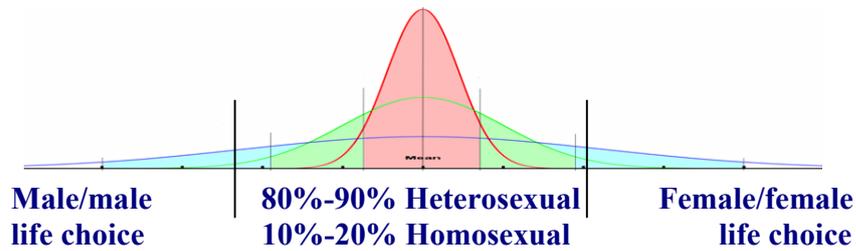
Thus, to assist our children, we must firstly resolve emotional issues within our selves.

In turn, we are a reflection of our parent's soul condition and their parent's soul condition and so on back through the generations. We can break this cycle by working on our own soul condition, feeling our emotions and processing our fears and blockages.

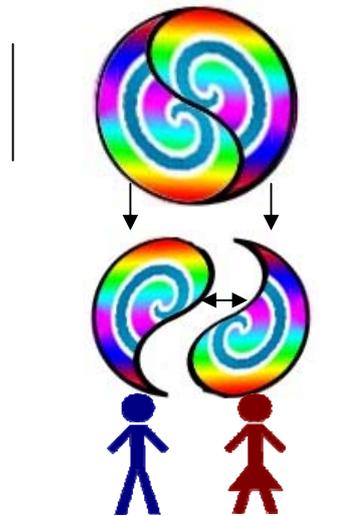
These emotional blockages and injuries frequently manifest in our children as illnesses, even before birth or shortly there after. It is the accumulation and combination of issues held by past generations that insidiously manifest as life threatening illness episodes within unborn and new born babies. Parents clearing their emotions can lift autism from their children!

Specific emotional injuries or blockages manifest as specific health issues. Thus, an illness episode or pain can be readily related to specific emotional issues that need processing.





**Our soul splits into bodies of the opposite sex, thus creating the soulmate pair. In the spirit world we bond closely together again as we progress up through the spheres.**



**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.**

**"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**

**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.**

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."

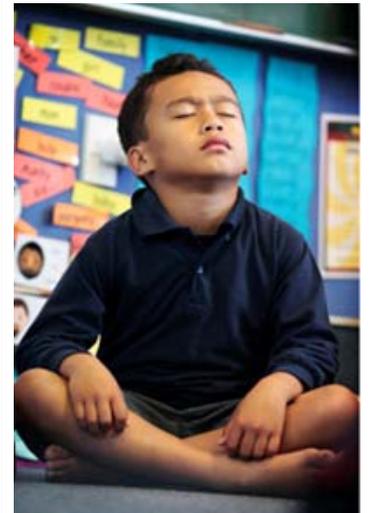
"Mother, Father, I desire your Love and I am loving you."

"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

## **OUR AVERAGE LIFE:**

From the book Buddhism for busy people by David Michie, first published 2004 (page 90)  
(We rank among a tiny percentage of the most fortunate beings to have ever lived)

From the countless trillions of animals, when we move up a realm to the six and a half billion humans, what we find, according to various analyses by the United Nations is sobering to say the least:

- 2.5 billion people live on less than US\$2 a day. Put another way, 40% of the world's population receives only 5% of its income.
- A cow in the European Union 'earns' more than most people in Africa, its owners receiving a daily US\$2.20 subsidy while 75% of Africans live on less than US\$2 a day.
- At the current rate, it will take more than 130 years to rid the world of hunger.
- Every hour more than 1,200 children, in the world's poorest countries, die from preventable diseases.
- Today, someone living in Zambia has less chance of reaching age 30 than someone born in England in 1840.
- In India, the death rate for children age 1-5 is 50% higher for girls than boys. Expressed differently, 130,000 children die each year because they are female. Next door in Pakistan, 2 million children miss out on the chance of education – because they are girls.
- Every year over 900,000 people, mainly women and children, become victims of people-trafficking.
- There are 100 million 'missing' women who would be alive but for infanticide, neglect and sex selective abortions.
- 113 million school-age children are not in school – 97% of them in developing countries.
- Of the world's 200 countries, only 82, with 57% of the world's population, are fully democratic.
- 61 countries, with 38% of the world's population, still do not have a free press.

Behind this list of cold statistics lies an immensity of human suffering which most of us can't begin to imagine. Many of us ... would define themselves as living pretty average or 'middle-class' lifestyles, which may be true in terms of the society in which we live. What we overlook is that the majority of our fellow humans have no access to the developed-world benefits we take utterly for granted. 'Average' income levels, education and health systems, law and order and democracy, which we regard as normal, are, in reality extremely abnormal. By any objective measurement, our 'normal' existence constitutes a life of overwhelming privilege. Being middle-class in a First World country in reality means to live among the luckiest top 10% of the human population, to enjoy leisure and fortune of a kind only 90% can only ever dream about.

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

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

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

## **TELEVISION & CHILDREN:**

I think I've also heard you say that television is the arch-enemy of imagination. Exactly what is television doing to our children?

**Joe:** Television literally prevents neural growth in the developing brains of children. When young children watch too much, it suppresses the capacity of their brains to create an internal image of some thing, or some one, or some event not presented to the sensory system by the environment, which is the essence of what we call "imagination." Researchers used to think that it was only the content of the programming that was negatively affecting children. Now we have ample evidence that the technology of the device is very harmful in and of itself. In other words, the simple act of watching television has profoundly negative effects on the physiology of human beings.

**Chris:** How so?

**Joe:** It's a long story, dating all the way back to the early 1960's when it was discovered that kids' minds go catatonic in front to the "tube." This has to do with the way that the brain reacts to radiant light, which is the light source of television and computer monitors, and reflected light, which is what brings us the rest of our visual experience. This is too complicated to go all the way into here, so let me just say that the brain tends to close down in response to radiant light sources. We've all seen how hypnotized children get when they watch television for any length of time.

My biggest concern has to do with the way the television industry countered this effect by introducing what are known as "startle effects" into children's programming. A startle effect is anything that triggers the brain into thinking that there might be an emergency out there and alerts it to pay special attention to the source of the disturbance.

Television accomplishes this with sudden and dramatic changes of intensity of light or sound and a rapid shifting of camera angles. Eventually, however, the brain starts habituating itself to the situation, realizing that these are just false alarms, and it starts to tune out again. As a result, every ten years or so the television industry has had to up the ante by making the startles bigger and bigger, until finally what we have are periodic bursts of violent imagery in children's cartoons and so on, to the point now where there are an average of sixteen bits of violence every half-hour. Here the nature of the program content does matter. While the higher brain, or neocortex, knows that the images on TV aren't real, the lower, or the "reptilian" brain does not. This means that when a child views violence on television, the reptilian brain sends a series of alarm messages up to the emotional brain, which in turn immediately contacts the heart. The moment the heart receives any indication of negativity or danger, it drops out of its usual harmonic mode into an incoherent one, triggering the release of the single most potent hormone in the human body, known as cortisol. Cortisol instantly wakes up the brain and causes it to produce trillions of neural links in order to ready the individual to face the emergency.

Then, as soon as the heart gets the message that the coast is clear, another hormone is released to dissolve all of the new neural pathways that weren't used to make a quick, adaptive reaction to the perceived threat. The trouble with current-day children's television programming is that there's never any letdown, and the brain of the average American child, who has watched 5,000 to 6,000 hours by the age of five or six, is suffering a

great deal of confusion as a result. The massive over-stimulus from TV is causing the brain to mal-adapt in ways previously thought impossible. It is literally breaking down on all levels of neural development.

**Kim:** can you give us any specific examples?

**Joe:** I'll give you a couple. The German Psychological Institute has conducted a twenty-year study of 4,000 children per year, children who have watched the average 5,000 to 6,000 hours of television by the age of six. Researchers found that twenty years ago young people could distinguish between 360 different shadings of a single colour category like red or blue. Today it's down to about 130. That's over a 2/3 loss of their ability to detect shadings of colour. Now, this is strictly a neuro-cognitive breakdown. The most serious change they uncovered was a breakdown of the brain's ability to cross index its whole kinaesthetic / sensory system. That is, more and more children's sensory systems are acting as isolated components in the brain and less and less as coordinated whole gestalts.

When they placed the young test subject in a natural environment that had no high-density stimuli, such as come from television, they grew very anxiety-ridden, bored and tended toward violence. The final disturbing finding of the German study is that there has been over the same twenty-year period, a 20% reduction in the children's awareness of their natural environment. This fits right in with Marcia Mikulac's studies in the 80s on evolution, where she discovered a 20% to 28.5% reduction in American children's ability to bring in environmental sensory signal as opposed to that of children from pre-literate, non-technological societies. So, the German studies back up what we've already known about the desensitization of children who are exposed to the inappropriate stimuli from sources such as television, rock music and computers.

**Chris:** Jerry Mander pointed out in his book on television that when television was first introduced it was advertised as this wonderful, democratic technology that would make everybody's life better and serve as an educational tool available free of charge to all. And the American culture of the fifties bought this fantasy lock, stock and barrel. So how about computers in the 90s?

**Joe:** Well, computers fall into essentially the same category. Here's one example that demonstrates how they can have the same debilitating effects on the mind that television has. Researchers took a single page from a fourth grade level textbook that had explanatory writing and a couple of diagrams or pictures on it and asked three groups of people to review the information. Group A was given the piece of paper itself to study. Group B was shown a movie of the page, and group C viewed it on a television screen – which is exactly the same as a computer monitor. Twenty minutes later they tested them on their comprehension and retention of the material. Group A, who held a paper copy in their hands, averaged a retention level of 85%. Those who saw it on the movie screen had a retention level of between 25% to 30%, and those who studied it on the TV monitor had a retention and comprehension level between 3% and 5%. When they mixed the groups up and tested them again with different pages from the book, in every case the retention and comprehension was identical.

This again has to do with how the brain is constructed and the way it responds to radiant light rather than reflected light as a source of information. And it should make us pause to consider, but it won't.

**Chris:** Why?

**Joe:** I attended a computer conference at the University of California at Berkeley during which twenty-one of us from all over the world spent four days discussing the computers-in-education issue. At that very time the State of California had a 500-million-dollar bill pending for a pilot project of K-12 computerized education. They asked me to come and speak to any legislators who would listen and give them a report on what we had discovered during those four days at Berkeley. The woman engineering this, who at the time was head of the Republican strategy department, was fired for asking me to come and speak. It just goes to show you how much money and power is involved.

**Kim:** But, so many occupations these days involve computers. How do we teach young people what they need to know about computers without relying on them too much?

**Joe:** At that four-day symposium at Berkeley we concluded that everything hinges on age appropriateness. One professor from MIT made the passionate plea that we must encourage children to develop the ability to think first, and then give them the computer. After that the sky's the limit. But if you introduce the computer before the child's thought processes are worked out, then you have disaster in the making. This is because, as Piaget pointed out, the first twelve years of life are spent putting into place the structures of knowledge that enable young people to grasp abstract, metaphoric, symbolic types of information. The capacity for abstract thinking developed as a result of the natural concrete processes that have been going on for millions of years. The danger here is that the computer, which operates by the same artificial, cathode-ray-tube technology as the television, will interrupt that development. [Interestingly, we do not stabilise our chakras until the age of 12.]

**Chris:** TV and computers aside, I get the sense from a lot of young people I know that they feel something is missing from their lives. Have you noticed this in your travels?

**Joe:** I've often talked about three important characteristics of all teenagers. The first is a feeling they have of great expectation that something tremendous is supposed to happen in their lives around the age of fifteen or sixteen. The second is the feeling that some greatness exists within them. The third is a longing that is so intense it can never be assuaged. And so at this point teenagers begin looking for models of who they can be, someone to help them define and put that deep longing into perspective. And what do they get? They get MTV, they get rock stars, they get all of the rest of the trash in movies and on television.

**REALITY, SPIRITUALITY, & MODERN MAN:**

p.208 by Dr David R Hawkins

Current popular video games often calibrate as low as 90 on the Map of Consciousness, celebrating murder and rape. This is inducing the emotions of uncaring, tragic, grief, regret and despondency.

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**VIOLENT VIDEO GAMES – PSYCHOLOGISTS HELP PROTECT CHILDREN from HARMFUL EFFECTS:** <http://www.psychologymatters.org/videogames.html>

**Psychological research confirms that violent video games can increase children's aggression, but that parents moderate the negative effects.**

### Findings

Fifty years' of research on violent television and movies has shown that there are several negative effects of watching such fare (see <http://www.psychologymatters.org/mediaviolence.html>). Because video games are a newer medium, there is less research on them than there is on TV and movies. However, studies by psychologists such as Douglas Gentile, PhD, and Craig Anderson, PhD, indicate it is likely that violent video games may have even stronger effects on children's aggression because (1) the games are highly engaging and interactive, (2) the games reward violent behaviour, and because (3) children repeat these behaviours over and over as they play (Gentile & Anderson, 2003). Psychologists know that each of these help learning – active involvement improves learning, rewards increase learning, and repeating something over and over increases learning.

Drs. Anderson and Gentile's research shows that children are spending increasing amounts of time playing video games – 13 hours per week for boys, on average, and 5 hours per week for girls (Anderson, Gentile, & Buckley, under review; Gentile, Lynch, Linder, & Walsh, 2004). A 2001 content analyses by the research organization Children Now shows that a majority of video games include violence, about half of which would result in serious injuries or death in the 'real' world. Children often say their favourite video games are violent. What is the result of all this video game mayhem?

Dr. Anderson and colleagues have shown that playing a lot of violent video games is related to having more aggressive thoughts, feelings, and behaviours (Anderson & Bushman, 2001). Furthermore, playing violent games is also related to children being less willing to be caring and helpful towards their peers. Importantly, research has shown that these effects happen just as much for non-aggressive children as they do for children who already have aggressive tendencies (Anderson et al., under review; Gentile et al., 2004).

Parents have an important role to play. Psychologists have found that when parents limit the amount of time as well as the types of games their children play, children are less likely to show aggressive behaviours (Anderson et al., under review; Gentile et al., 2004). Other research suggests that active parental involvement in children's media usage-including discussing the inappropriateness of violent solutions to real life conflicts, reducing time spent on violent media, and generating alternative non-violent solutions to problems-all can reduce the impact of media violence on children and youth (Anderson et al., 2003).

### Significance

Children spend a great deal of time with violent video games at exactly the ages that they should be learning healthy ways to relate to other people and to resolve conflicts peacefully. Because video games are such good teachers, it is critical to help parents, educators, and policy-makers understand how to maximize their benefits while minimizing potential harms.

## Practical Application

In 1993, the video game industry began putting ratings on video games (E for 'everyone,' T for 'teen,' and M for 'mature'). Psychologists such as David Walsh, PhD, have conducted research on how useful the ratings are and how easily children can purchase mature-rated video games (e.g., Walsh & Gentile, 2002). This research has caused the video game industry to improve its ratings systems and to improve its policies regarding marketing mature video games to children.

Research has shown both the deleterious effects of violent video games on children and the ease with which children can purchase mature-rated games (e.g., FTC, 2003). These combined types of studies have influenced several major retail stores (e.g., Sears, Target, Walmart) to create policies preventing children under 17 from buying mature-rated video games. Researchers are continuing to study how effectively stores enforce such policies.

Some researchers have created school curricula to help teach children to reduce their total amount of screen time and/or the types of programs and games watched/played. Although the research is still limited, these curricula show many positive effects, such as a reduction of aggressive behaviours on school playgrounds (Robinson et al., 2001).

Some cities, states, and countries have considered legislation preventing the sale of mature-rated video games to children (similar to laws preventing the sale of tobacco to children). Also, Dr. Anderson is among the psychologists helping policy-makers to understand the problems that violent video games can pose for children's healthy outcomes. In addition, numerous child advocacy and parent support groups have incorporated video game research findings into their web sites and educational materials. Examples include [National Institute on Media and the Family](#), [Lion and Lamb project](#), [Young Media Australia](#), [Children Now](#), [Center for Successful Parenting](#), [Action Coalition for Media Education](#), and [Victorian Parenting Centre](#).

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

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

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

***Violence is never Justified***

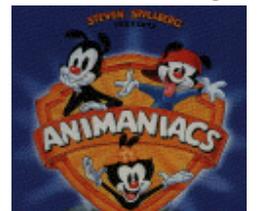
## **MUSIC, TELEVISION, and VIDEO GAMES and their EFFECT on CHILDREN!**

<http://www.cwrl.utexas.edu/~tonya/VideoGames/3.html>

The children of today are surrounded by technology and entertainment that is full of violence. It is estimated that the average child watches from three to five hours of television a day! Listening to music is also a time consuming pastime among children. With all of that exposure, one might pose the question, "How can seeing so much violence on television and video games and hearing about violence in music affect a child's behaviour?" Obviously these media have a big influence on children's behaviour: we can see it in the way they attempt to emulate their favourite rock stars by dressing in a similar style and the way children play games, imitating their favourite cartoon personalities or super heroes. [Studies](#) have shown that extensive television viewing may be associated with, "aggressive behaviour, poor academic performance, precocious sexuality, obesity, and the use of drugs or alcohol." Television, video games, and music are very influential and if there is too much violence available for children to watch, play, or listen to, this can sway their attitudes in a negative direction.

### **Music**

Music is a big part of children's lives, especially as the children become older and enter adolescence. We can see how influential rock stars are just by looking at the children of today: they dress and sometimes try to act just like their idols. Music can be very powerful and there have been numerous stories in the news of teenagers trying to commit suicide or committing crimes and then blaming it on song lyrics. Perhaps the music itself is not such an influential agent, but the artists are and if they are behaving in an unbecoming manner, many kids will try and be like them. For example, rappers like Tupac Shakur, who was sentenced to 30 days in jail for trying to hit a man with a baseball bat during a concert in 1993 (AP Nov. 14), and Ice Cube, who goes on trial next month on charges of shooting a man to death at a bowling alley (AP Nov. 11), are seen as heroes to a lot of children. Most people would agree that they are not very good role models and that the lyrics that they write promoting shooting policeman and raping women can have a negative affect on children's behaviour. However, there are examples of music having a positive influence on kids are also prevalent. The girl rap group Salt-N-Pepa, who are often categorized according to their sexual image, also project an image of feminine strength. Cheryl James, a.k.a "Salt," said, "We get compliments from women like, 'You inspired me to get out of an abusive relationship.' It makes me feel good about what I do" (AP Nov. 5). There are also some good examples of music, which brings a more positive feeling to the group. An example of this can be heard in the animaniacs compact disk.



### **Television**

Television is especially influential on the children of today. Thirty years ago, not every home had a television; they were considered a luxury that only the rich could afford. Now, most households have two televisions and children watch them incessantly. Many children's programs are extremely violent and a child can learn violent behaviour from watching these programs. For example, about a month ago, in Norway, a small girl was beaten, stripped, and left to die by three boys aged 5, 6, and 6. When asked why they had assaulted the girl, the boys replied that they were doing what the "Mighty Morphin Power Rangers" do. Also, they said they were copying the "Teenage Mutant Ninja Turtles." It has been shown

that viewing violent programs can alter a [child's behaviour](#), making the child afraid, worried, suspicious, or increasing that child's tendencies towards aggressive behaviour. Several Northern European countries, including Norway and Sweden, have taken "The Mighty Morphin Power Rangers" off of the air because they feel it is too violent for children to watch. In Canada the "Mighty Morphins" have also been dropped. The show was condemned by the Canadian Broadcasting Standards Council as, "too violent," and the Global TV network has said that it will edit out some of the more violent scenes (AP Nov. 3). Television can be very powerful in influencing children, but it is not the only medium that can affect children. For example, there was an instance in Wales where a ten year old boy saved his mother's life. She had fallen into a pool and was drowning and her son saved her, saying that watching the popular show "Baywatch" had helped him save her: "I realized my mom was in trouble. I didn't stop to think, I just knew I had to jump in and save her. When I reached her side I remembered how the lifeguards on 'Baywatch' rescue swimmers and tried to copy them" (Reuters Nov. 3). [Peggy Charren](#), director of Action for Children's Television, said in a recent article that when, "properly used, quality television introduces children to a world beyond their classroom and motivates them to learn." She goes on to say that children can relate easily to TV and by using a medium they are familiar with, children are more apt to absorb the material they are learning.

## Video Games

Another form of entertainment that can have a strong influence on a child's behaviour is video games. Children today spend hours in front of the television playing video games, most of which have some sort of violent theme. A recent study found that, "the two most preferred categories were [games](#) that involved fantasy violence, preferred by almost 32% of subjects; and sports games, some of which contained violent sub-themes, which were preferred by more than 29%." The most popular are the martial arts games, from which there are hundreds to choose from. The violence in these video games can desensitize children to violence and alter their perception of reality. It can give them the idea that violence is an acceptable way to deal with problems and conflict. But not all video games, television, and music for children is negative, some can have a positive affect on children. There are many examples of educational and positive video games for children. For example, there is an entire business dedicated to developing more challenging and interesting software for children's use. Some programs are designed to allow children to explore different places or environments, whereas others are developed to teach and drill specific facts or academic skills (Mac User 92). Playing [computer games](#) can give a child intellectual confidence and can help increase his or her motivation level: "Many computer games promote a feeling of mastery," said Erna Fishhaut, a Specialist Reviewer who wrote the article "Video Games: A Problem or a Blessing?" which outlines ways that parents can choose video games and programs that enhance their children's learning. As you can see, each of these media has a strong influence on the lives and behaviour of children, but whether that influence is good or bad is up to the artist, television star, or program writer.

## Conclusion

In conclusion, television, music, and video games are all things that are fun and sometimes educational for kids. However, these media can be a bad influence on children, depending on the content. Children are extremely impressionable and if they are exposed to violent television, music or video games then they will start to emulate that show, artist or song, or video game with their behaviour. These are all so powerful that they should be used to teach children how to problem solve and help them expand their minds, not show them how to kill someone or teach them other violent behaviour.

**DAVID HAWKINS, author of POWER vs FORCE:**

**Synopsis and Study Guide**

Would a situation like the Gulf War have a negative effect with entrainment into lower fields? How would you verify that?

It would be best to test the levels of consciousness of the various segments of American society. On the one hand you have the growth of the 12 Step movement which effects almost every family in America. You see the separation in society between those who are more spiritually aware and committed. And on the other hand you have the media.

The great source of negativity today is through the media, through Rock music, the glamorization of the trivial, the tremendous power that programming and advertising has over people, the destruction of youth through consumerism and violence. Dark forces through the media are infecting large segments of our youth. We have a high percentage of youth growing up today who have already been destroyed and entrained into powerful negative energy fields. The glamour figures who are worshipped today are dominated by negative energy fields. If you watch the fare on television there are nights when every channel is on murder or one sort of depravity or another.

One of the reasons that there is so much negativity on television is because most people are living out of the lower fields of fear and guilt. This is what fascinates them. Almost every one in America is suffering from PTSD (Post Traumatic Stress Disorder)

Corporations own the media. The law of society now is the bottom line. It is a culture of egocentricity and satiation of material wants and artificial pleasures brought about by the media.

Where do you see this will lead us? It appears we are rapidly spiralling downward.

We are spiralling down in certain segments of society. Other segments are going up. People are not interested in spiritually evolving until their physical needs are taken care of. You have sub continents whose people live on the edge of starvation. As you fulfil their material needs they begin to look for something better.

The advertising media is caught in the level of desire and has tremendous influence in the U.S: today. The process at this level is one of entrapment. Wantingness is an on-going state. Like any addiction, there is no satiation point. Wantingness is the opposite of that which is real, which is in the exact moment now. All of the lower levels take you out of the now. Fear takes you into the past, desire into the future, anger is into the past. We have a perpetually unfulfilled culture.

The source of all joy is in the radical instant of the now. It is found only in the immediate now, not one millionth of a second in the past or a millionth of a second in the future. And that exact now which was described by the Buddha and which I came to know in my own experience, is the immediate now.

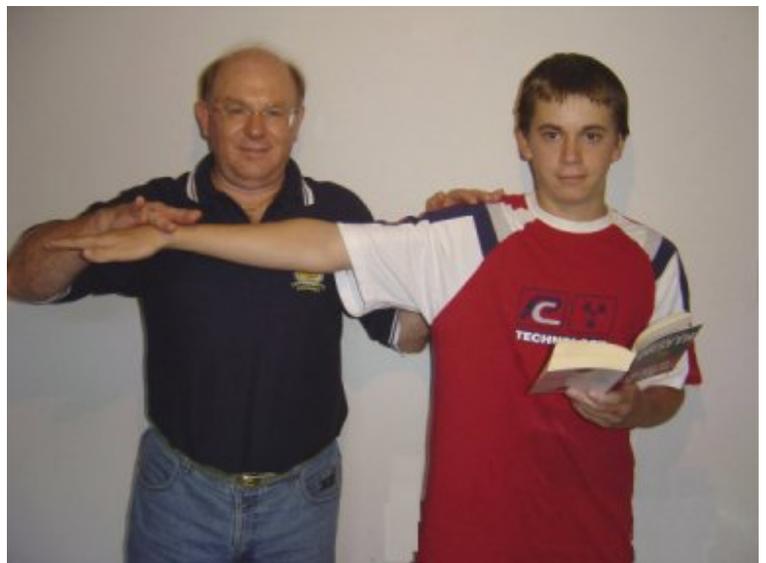
When one wants to go back into this worldly space and leave the altered state, one lets consciousness bleed a little in order to function in the world, knowing all the while it is bull shit. But without some energy being put into it one cannot function in the world. It is like an indulgence for a purpose. I teach people to live in the exact instant of the now. It can take a lifetime to learn or you can get it in an instant.

### **Kinesiology Testing can become impossible after watching Television:**

Occasionally, a suitable test subject gives paradoxical responses. This can usually be cleared by doing the “thymic thump”, as was discovered by Dr John Diamond. (With a closed fist, thump three times over the upper breastbone, smile, and say “ha-ha-ha” with each thump and mentally picture someone or something that is loved.)

The temporary imbalance will then clear up. It can be occasioned by recently having been with negative people, listening to heavy metal rock music, watching violent television programs, playing violent video games, etc. Negative music energy has a deleterious effect on the energy system of the body for up to one-half hour after it is turned off. Television commercials or background are also a common source of negative energy.

As previously noted, the kinesiological method of discerning truth from falsehood and the calibrated levels of truth has strict requirements. Because of the limitations, calibrated levels are supplied for ready reference in prior books by David R Hawkins, and extensively in *Truth vs Falsehood*.



### **Power vs Force p.230**

Kinesiological testing showed a fairly typical TV serial caused test subjects to go weak 113 times during a single episode. Each of these weakening events suppressed the observer’s immune system; each weakening reflected an insult to the viewer’s central as well as autonomic nervous system. Invariably accompanying each of these 113 disruptions of the acupuncture system were suppressions of the thymus gland; each insult also resulted in damage to the brain’s delicate neurohormonal and neurotransmitter systems. Each negative input brought the watcher closer to eventual sickness and to imminent depression – now the world’s most prevalent illness.

Subtle grades of depression kill more people than all the other diseases of mankind combined. There is no antidepressant that cures a depression which is spiritually based, because the malaise does not originate from brain dysfunction but from an accurate response to the desecration of life. The body is the reflection of the spirit in its physical expression, and its problems are the dramatisation of the struggles of the spirit which

gives it life. A belief that we ascribe to “out there” has its effect “in here”. Everyone dies by his own hand. That is a hard clinical fact, not a moral view.

Whatever calibrates above 200 supports life – life enhancing and therefore may be functionally defined as good, whereas whatever calibrates below 200 on the Map of Consciousness is destructive, non-supportive of life and thus be declared functionally evil.

### **I, Reality and Subjectivity**

P.417 by David Hawkins

In the modern world, the disguises are more sophisticated and enormously seductive. For instance, by seducing man into intoxication, the negative energies create an opening into the psyche of the addict and attract by pleasure. The current most ingenious ruse by means of the carrier wave that accompanies much of modern music. Naïve critics think that the negativity is represented by the lyrics, but that is not where the negative messages lie. As cited in previous writings, if the sound of such music as heavy metal is occluded by white-noise headphones so that the music cannot even be heard, the listener instantly goes weak when tested with kinesiology. The test subject calibrates below 200 and subsequently stays at that level for a period of time.

The psyche of the captured victim has now been enslaved by an energy frequency that dominates via the well-known phenomenon of entrainment. An entrained psyche is now open, vulnerable, and easily influenced toward destructive activities and group identifications with whole subcultures that worship violence and vulgarity. They dominate the airwaves and entertainment media aimed at the young people, who are the most naïve and easily seduced by pleasure and glamour.

The motive of these energies that are threatened by spiritual truth is to counter truth by subverting it. At the present time, the greatest entrance onto this planet of lower astral forces is through the media – television, movies, music, and especially video games – which blatantly glamorise evil in the forms of violence, seduction, and the denigration of spiritual symbols that are purposely mocked for shock value.

### **Truth vs Falsehood**

P.101 by David Hawkins

The energy of classical music has a very positive impact on later behaviours and learning capacity, and increases the level of consciousness. It results in more advanced development of neuronal connections and patterning. Interestingly, it also results in higher mathematical capability and the transitioning from lower to higher mind. The exposure to classical music in childhood and early life results in attraction to peace, truth, and beauty, and aversion to violence, falsity, and gross vulgarity. The sensitivity to aesthetics provides a natural crossover network that also facilitates the emergence of spiritual awareness and non-ego awareness.

Clinically, the benefits of early life exposure to classical arts are confirmed by a 75% lower rate of crime.

### **Television Trauma**

Television can be a great distraction. It is often placed in hospitals as a form of entertainment. It can be useful in distracting the mind from thinking about your present illness, as the attention is taken away from your physical body, slightly decreasing the pain and physical suffering. However, it also limits you from

exploring the deeper purpose and cause of your cancer or other illness, which can be easily accomplished without distractions. Having cancer is an opportunity to resolve inner conflicts, emotional trauma and fears and requires attention to be able to resolve these issues and beat your cancer or other disease.

**Television decreases the body's full breathing cycle and places the nervous system in a constant state of fear, excitement, anger and other jittery emotions.** These feelings are fine if experienced naturally, but if over stimulated through television drama and suspense they tend to interfere with normal digestive and immune functions. Television often has a negative influence on recovery time. If you plan to watch television while in hospital or medi-hotel, watch programs that make you laugh, add sunshine to your day and make you feel much more positive.

### **The Arm of the Child**

P.45 The Eye of the I by David Hawkins

It is the arm of innocence that the dark legions of the world fear most of all for it unmasks the disguises by which they hold sway over 78% of the world's population which calibrates under 200 on the MOC.

If one drops denial, one will see that falsehood, manipulation, and distortion of truth cater prevalently to man's lowest propensities and pervade all society. The popular computer games are neither innocent nor harmless; they are calculated killing training machines to deaden the spiritual sensitivity by conditioning the mind to thoughtless maiming and killing. The deliberate killing of prairie dogs is not 'sport' but callous mayhem. Drugs are not 'cool', but enslaving. Heavy-metal rock and rap music are neither liberating nor amusing; they are a deliberate mode by which to entrain the consciousness of youth. The media pretend to innocence as they rake in the huge profits that stem from catering to man's lowest weaknesses and vulnerabilities.

The innocent child's arm is frightening to the vast establishments which draw their attraction from ignorance. The fallacious 'war on drugs' is revealed to be the very cause of the problem and the bulwark of the whole drug trade which it created, empowered, and enriched.

We need to manage the media content that is made available to our children so that their fullest potential is allowed to blossom.

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

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## MAP of CONSCIOUSNESS

<b>God-view</b>	<b>Life-view</b>	<b>Level</b>	<b>Log</b>	<b>Emotion</b>	<b>Process</b>
Self	Is	<b>Enlightenment</b>	<b>700 - 1,000</b>	Ineffable	Pure Consciousness
		↑			
All-Being	Perfect	<b>Peace</b>	<b>600</b>	Bliss	Illumination
		↑			
One	Complete	<b>Joy</b>	<b>540</b>	Serenity	Transfiguration
		↑			
Loving	Benign	<b>Love</b>	<b>500</b>	Reverence	Revelation
		↑			
Wise	Meaningful	<b>Reason</b>	<b>400</b>	Understanding	Abstraction
		↑			
Merciful	Harmonious	<b>Acceptance</b>	<b>350</b>	Forgiveness	Transcendence
		↑			
Inspiring	Hopeful	<b>Willingness</b>	<b>310</b>	Optimism	Intention
		↑			
Enabling	Satisfactory	<b>Neutrality</b>	<b>250</b>	Trust	Release
		↑			
Permitting	Feasible	<b>Courage</b>	<b>200</b>	Affirmation	Empowerment
		↓			
Indifferent	Demanding	<b>Pride</b>	<b>175</b>	Scorn	Inflation
		↓			
Vengeful	Antagonistic	<b>Anger</b>	<b>150</b>	Hate	Aggression
		↓			
Denying	Disappointing	<b>Desire</b>	<b>125</b>	Craving	Enslavement
		↓			
Punitive	Frightening	<b>Fear</b>	<b>100</b>	Anxiety	Withdrawal
		↓			
Disdainful	Tragic	<b>Grief</b>	<b>75</b>	Regret	Despondency
		↓			
Condemning	Hopeless	<b>Apathy</b>	<b>50</b>	Despair	Abdication
		↓			
Vindictive	Evil	<b>Guilt</b>	<b>30</b>	Blame	Destruction
		↓			
Despising	Miserable	<b>Shame</b>	<b>20</b>	Humiliation	Elimination

**Power vs Force** by David R Hawkins, MD, PhD – the Hidden Determinants of Human Behaviour

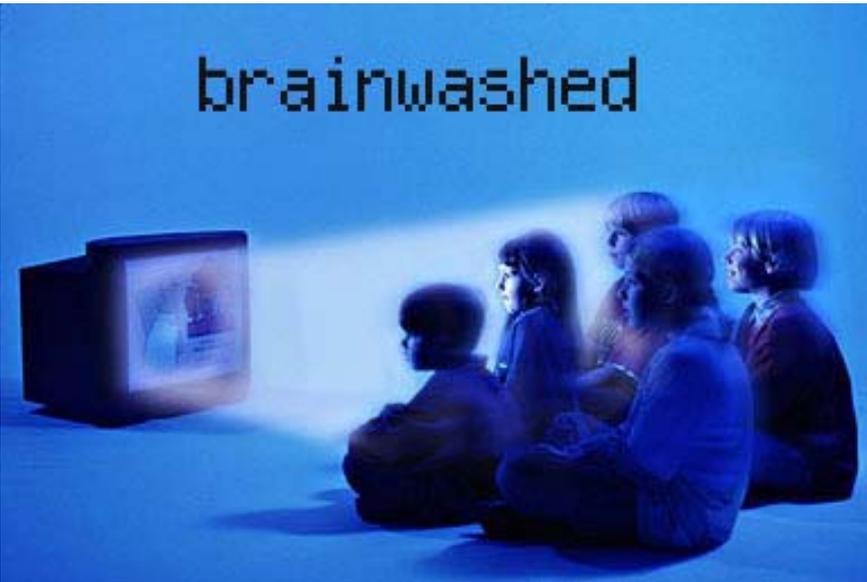
ISBN: 1-56170-933-6 published Hay House Australia Pty Ltd [www.hayhouse.com.au](http://www.hayhouse.com.au)

Or [www.veritaspub.com](http://www.veritaspub.com) for the trilogy Power vs Force, The Eye of I, and I, Reality and Subjectivity.

**TELEVISION as 'BABY SITTERS':**

Watching television interferes with the neuronal process of circuits, plus genetics (p.218 Truth vs Falsehood).

The negative effects of child watching television during its first nine months are particularly high, so much so that children even under even three years should be kept away from television.



T.V. Is a pacifier, a baby sitter, a means to breed terror, a waste of time when used to play video games all day and night, but if used correctly it is a way to spread the knowledge.

## **CHILDREN and MEDIA VIOLENCE:**

### **Did you know?**

- By the time a child is eighteen years old, he or she will witness on television (with average viewing time) 200,000 acts of violence including 40,000 murders (Huston, et al, 1992).
- Children, ages 8 to 18, spend more time (44.5 hours per week- 6 1/2 hours daily) in front of computer, television, and game screens than any other activity in their lives except sleeping (Kaiser Family Foundation, 2005).
- Since the 1950s, more than 1,000 studies have been done on the effects of violence in television and movies. The majority of these studies conclude that: children who watch significant amounts of television and movie violence are more likely to exhibit aggressive behaviour, attitudes and values (Senate Committee on the Judiciary, 1999).
- Media violence affects children's behaviour states the American Medical Association, American Academy of Paediatrics, American Psychological Association, American Academy of Family Physicians, and American Academy of Child & Adolescent Psychiatry (Congressional Public Health Summit, 2000).
- Children are affected at any age, but young children are most vulnerable to the effects of media violence (Bushman, 2001). Young children:
  - are more easily impressionable.
  - have a harder time distinguishing between fantasy and reality.
  - cannot easily discern motives for violence.
  - learn by observing and imitating.
- Young children who see media violence have a greater chance of exhibiting violent and aggressive behaviour later in life, than children who have not seen violent media (Congressional Public Health Summit, 2000).
- Violent video games can cause people to have more aggressive thoughts, feelings, and behaviours; and decrease empathetic, helpful behaviours with peers (Anderson, 2004; Gentile, 2003).
- Children who watch more TV and play more video games are not only exposed to more media violence, but are more likely to act more aggressively with peers and tend to assume the worst in their interactions with peers (Buchanan, et al, 2002).
- Violence (homicide, suicide, and trauma) is a leading cause of death for children, adolescents and young adults, more prevalent than disease, cancer or congenital disorders (American Academy of Paediatrics, 2001).

### **What's Happening**

Six prominent medical groups (American Academy of Pediatrics, American Academy of Child & Adolescent Psychiatry, American Psychological Association, American Medical Association, American Academy of Family Physicians and the American Psychiatric Association) warn of these effects of media violence on children:

- Children will increase anti-social and aggressive behaviour.
- Children may become less sensitive to violence and those who suffer from violence.
- Children may view the world as violent and mean, becoming more fearful of being a victim of violence.

- Children will desire to see more violence in entertainment and real life.
- Children will view violence as an acceptable way to settle conflicts.  
(Congressional Public Health Summit, 2000)

Many factors in the portrayal of media violence contribute to its affect on children and teens (Comstock, 1994, Huesmann, 2001):

- What are the consequences for aggressive behaviour? Is it rewarded or punished? Aggressive behaviour on screen that lacks consequences, portrayed as justified, or is rewarded will have a greater effect on children.
- When the violence is committed by an attractive or charismatic hero, with whom the child identifies, the effect of that violence will be greater.
- When the child's attention is focused on the violence on the screen, causing the child to be engaged or aroused, the impact is greater.
- If the child sees the violence in the show as being realistic, reflecting real life, the impact will be greater.

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

## **WHAT can we do to HELP our CHILDREN'S BRAIN DEVELOP?**

[http://home.datacomm.ch/rezamusical/tv\\_johnson.html](http://home.datacomm.ch/rezamusical/tv_johnson.html)

1. ***Keep the television turned off as much as possible.*** One author recommended avoiding television as much as possible for the first 12 years of your child's life and then encourage your child to always read the book first before seeing the movie. It helps to cover the TV with a cloth or store it away in a closed cabinet or closet. Out of sight really helps the child keep the TV out of mind (Large 1997). Remember that what we do serves as a role model for our children. We can't really ask our children to stop watching TV if we keep doing it – that will eventually lead to power struggles.

When the television is on, then try to neutralize its damage. Select the programs carefully and watch TV with your child so you can talk about what you see. Keep a light on when the TV is going since that will minimize the effects of the reduced field of vision and provide a different light source for the eyes. Try to sit at least 4 feet from the television and 18 inches from the computer screen. Plan to go outside (to the park, woods, or beach) after viewing television.

2. ***Read a lot of books to your children (especially ones without lots of pictures) and tell your children lots of stories.*** Children love to hear stories about our lives when we were little or you can make them up. Bedtime and riding in the car provide good opportunities for telling stories. Telling our children stories helps to stimulate their internal picture making capabilities.
3. ***Nature! Nature! Nature!*** Nature is the greatest teacher of patience, delayed gratification, reverence, awe and observation. The colours are spectacular and all the senses are stimulated. Many children today think being out in nature is boring, because they are so used to the fast-paced, action-packed images from TV (Poplawski 1998). We only truly learn when all our senses are involved, and when the information is presented to us in such a way that our higher brain can absorb it. Nature is reality while television is a pseudo-reality.
4. ***Pay close attention to your senses and those of your child.*** Our environment is noisy and over-stimulating to the sense organs. What a child sees, hears, smells, tastes, and touches is extremely important to his or her development. We need to surround our children with what is beautiful, what is good and what is true. How a child experiences the world has a tremendous influence on how the child perceives the world as a teenager and adult.
5. ***Have children use their hands, feet and whole body performing purposeful activities.*** All the outdoor activities of running, jumping, climbing, and playing jump-rope help develop our children's gross motor skills and myelinate pathways in the higher brain. Performing household chores, cooking, baking bread, knitting, woodworking, origami, string games, finger games, circle games, painting, drawing, and colouring help develop fine motor skills and also myelinate pathways in the higher brain.

Finally, the future of our children and our society is in the protection and development of our children's minds, hearts and limbs. What we are aiming for in the thoughts of our children is best summarized in this fine verse from William Blake's *Auguries of Innocence*:

To see a World in a Grain of Sand  
And a Heaven in a Wild Flower  
Hold Infinity in the Palm of your Hand  
And Eternity in an Hour.

**TELEVISION and COMPUTER GAMES:**

P.230 Power vs Force by David R Hawkins

While the young are being programmed by specialised TV and computer games that glorify violence, their parents are being brainwashed by adult media. Kinesiological testing showed a fairly typical TV serial caused test subjects to go weak 113 times during a single episode. Each of these weakening events suppressed the observer's immune system; each weakening reflected an insult to the viewer's central as well as autonomic nervous system. Invariably accompanying each of these 113 disruptions of the acupuncture system were suppressions of the thymus gland; each insult also resulted in damage to the brain's delicate neurohormonal and neurotransmitter systems. Each negative input brought the watcher close to eventual sickness and to imminent depression – now the world's most prevalent illness.

Subtle grades of depression kill more people than all other diseases of mankind combined. There is no antidepressant that will cure a depression which is spiritually based, because the malaise does not originate from brain dysfunction but from an accurate response to the desecration of life. The body is the reflection of the spirit in its physical expression, and its problems are the dramatisation of the struggles of the spirit which gives it life. A belief that we ascribe to “out there” has its effect “in here”. Everyone dies by his own hand. That is a hard clinical fact, not a moral view.

What makes the endless television programs, which are concerned with mayhem and its various forms, so attractive? It is because what is being acted out on the screen, where it is safe, are all the forbidden unconscious fantasies in our own psyche. Once we are willing to look at the same movies on the TV screen of our own minds and see whence they really originate, the attraction of such “entertainment” disappears. People who have acknowledged the content of their own shadow have no interest in crime, violence, and fearful disasters. Negative forms of entertainment typically shut down one's immune system for around 24 hours – or longer! TV is a serious health hazard!

**Sustained and chronic fear gradually suppresses the body's immune system. Fear is what blinds us to the real dangers of life. In fact, fear itself is the greatest danger that the human body faces. It is fear and guilt that bring about disease and failure in every area of our lives.**

We could take the same protective actions out of love rather than out of fear. It is Love that protects us. It is natural love that we are endowed with, being the energy substance that is our soul. It is love energy of the soul that heals our physical body. Should we long for, ask for, and receive Divine Love, then the imperfections enveloping our soul are progressively dissolved and our capacity to heal ourselves is greatly enhanced. It is when we are within a loving environment that one's immune system is activated and strengthened.

**HOW EMOTIONS EMERGE AS AN ILLNESS:** Healing and Recovery P53 by Dr David R Hawkins

Every time someone goes below level 200 (Courage) as per the Map of Consciousness (MoC) scale, we find upon testing that their energy system is imbalanced. Characteristically, most people will ‘blow out’ one particular acupuncture meridian rather than another.

For example, every time they have negative thoughts or feelings consequent to a negative belief system, they may impair the heart meridian. As the years go by, every time they have a resentment, go into self-pity, or criticise someone else, it disrupts the energy and flows down the heart meridian. This depletes the life energy of the heart, and the continual repetition begins to alter its physiology in very delicate ways. It begins to express itself through irregularities in the autonomic nervous system, which operates in the functioning of the body organs.

As a result, there begins an impairment of the physiology of the heart itself, including the lining of the arteries. As the years go by, the habitual disruption of the heart meridian brings impairment on the physical level, which is an expression of what has been held in mind. That is the basic premise – the body expresses what is held in mind, not vice versa. The body expresses a person’s habitual way of thinking.

The mechanics of negativity short-circuit the acupuncture system and the autonomic nervous system. This in turn alters and impairs the sensitive electrical and chemical processes that are going on in the cells, resulting in pathological changes within the anatomy and dysfunction that results in a coronary attack, heart disease, or heart failure. The heart failure comes about partly as a result of years of negative mental attitudes. The mind would like to blame it on cholesterol, stress, one’s lifestyle, genetics, what goes on in the family, and so on. These are all merely explanations, excuses, and rationalisation to try to make intelligible that which is not clearly defined.

When looking at the exact mechanics, we see that what we hold in mind begins to manifest on the physical plane because it is the mind that has the power. The mind is within one’s spirit body.

One of the difficulties to overcome in self-healing is the willingness to accept the great power of the mind. We cannot let a negative thought go unchallenged. Disease is an expression of one’s attitude and habitual way of looking at things.

The specifics of healing a particular illness consist of (1) letting go of resisting the sensory experience of it, (2) no longer putting names or labels on it, and (3) using no words at all. Welcome experiencing what you are experiencing in a very radical way at the same time (4) cancel the thought form and belief system, and (5) choose the energy field of Love, which heals.

To put oneself in an energy field of 540 is to automatically heal oneself. A loving thought then heals, and a negative thought creates illness.

How do we pick up the negative belief systems? We pick them up through television and well-intentioned people. Their intention is to prevent these illnesses in us by educating us about them. Instead, we find that the mind is now programmed to accept a specific belief system. Unconscious guilt then comes up and utilises that belief system, which causes an impairment of energy flowing through the energy fields that run down through the twelve meridians of the acupuncture energy system.

That being said, there is no need to analyse one's condition, just receive healing by embracing, longing for and asking for the light golden blue energy substance being the Divine Love.

**The healing of the body alone should never be forced. Complete healing takes place only through the Soul, via the spirit body, via the nervous system and the spirit consciousness of each cell.**

**HARMONY within the SOUL = HARMONY within the PHYSICAL BODY:**

**Emotional injuries, erroneous beliefs, harmful intentions are all damages encrusted upon one's soul. Such injuries are to the spirit body in which the soul is nested.**

**Such man made errors degrade the pristine soul and such damages impact upon one's spirit body which in turn emerge as discomforts, then pains, then as illnesses within the physical body.**

**Medical assistance and treatment may alleviate the illness / pain however the cause remains.**

**Until we endeavour to remove the errors and injuries, the propensity for the illness remains.**

**Love energy from the Father is the only substance that alleviates and progressively removes errors and injuries, and this Love energy is the only substance that permanently brings about harmony and health for our soul which subsequently brings about health to our spirit body and physical body.**

**Earnestly pray for, ask for, and receive the Love from the Father, such Love will always be provided to those who ask for same – always!**

## ENERGY DETERMINANTS – Relationship between Body, Mind and Soul:

The physical body calibrates at 200 on Dr David Hawkins' Map of Consciousness. Many people feel and believe that their body is their real self, this is not so.

Further, the brain is not the origin of the mind, as science and medicine had believed, but the other way around. The mind controls the brain. The brain is activated by the mind's intention and not vice versa. Reason, which emanates from the mind, calibrates at 400 to 499, thus controlling the brain.

What is held in mind has the power to alter brain activity and neuroanatomy. Thought is powerful because it has a high rate of vibration. We are subject to what we hold in mind. Errors in belief bring about energy flow blockages.

Superimposed around the physical body is an energy body whose form is very much like that of the physical body and whose patterns actually control the physical body. This control is at the level of thought or intention. This superimposed energy body is one's etheric / spirit body, the template of one's physical body and home of one's mind.

The basic dictum to comprehend is that the body obeys the mind; therefore, the body tends to manifest what the mind believes. Illness is generated in the physical body by erroneous held beliefs within one's mind.

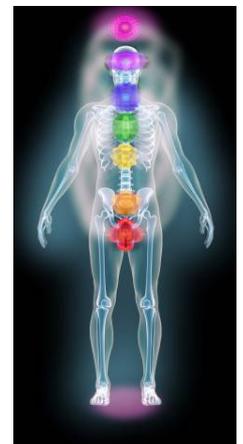
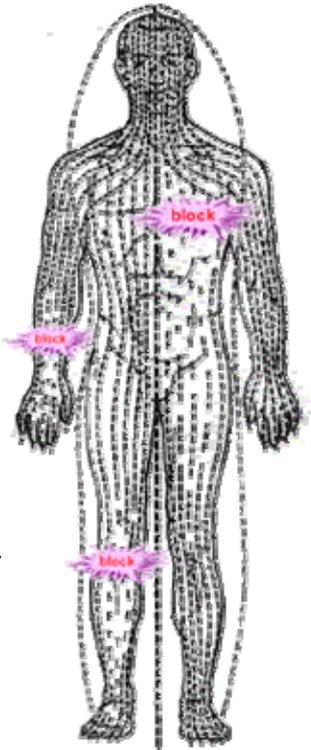
It is the energy level of love that steadily brings about a release from erroneous and harmful man-made emotions and beliefs. The energy level of love calibrates at 500 and higher. One's soul is connected by cords of light with one's spirit body. One's soul is the home of one's personality, natural intelligence and memory, it is our real self.

One's soul is always perfect and is made of the energy substance called natural love. It is by growing one's level of love does one enable sufficient energy to flow through one's chakras of the spirit body and subsequently into one's physical body that erroneous and injurious beliefs are dissolved and the potentiality for health of the physical body to become permanently repaired a possibility.

On the Map of Consciousness (MoC), the **charkas** calibrate as follows:

Crown	600	7 <sup>th</sup> chakra
Third Eye	525	6 <sup>th</sup> chakra
Throat	350	5 <sup>th</sup> chakra
Heart	505	4 <sup>th</sup> chakra
Solar Plexus	275	3 <sup>rd</sup> chakra
Sacral or Spleen	275	2 <sup>nd</sup> chakra
Base or Root Chakra	200	1 <sup>st</sup> chakra

The greatest infusion of Love, and the easiest way for one to transcend levels of emotions, that is, to evolve, is to long for, pray for, and ask for the Father's Love, Divine Love, being a light golden blue energy substance. Try the experiment.



**CONSCIOUSNESS vs LIFE EXPECTANCY:**

“What nations of the Earth today vibrate to those things that they have and are creating in their own land, their own environment? Look to the nations where the span of life has been extended from sixty to eighty years.

“What is the spirit of a free nation? Most individuals proudly boast “freedom”. Freedom of what? Those nations who have taken those vows that man shall be free should also take those vows “He shall know the truth and the truth then shall make him free”.

[https://en.wikipedia.org/wiki/Education\\_Index](https://en.wikipedia.org/wiki/Education_Index)

MoC		Level of Consciousness	Life Expectancy Years	Political Rights & Civil Liberties	Education Index 2013	Per Capita Income 2013 USD
400s	Australia	410	80	free	.927	US\$43,000
	Canada	415	79	free	.850	43,100
	Germany	400	77	free	.884	39,500
	Hawaii	405	80	free	.890	44,000
	Hong Kong	400	80	free	.767	52,700
	Netherlands	405	78	free	.894	41,400
	Singapore	405	80	free	.802	62,400
	South Korea	400	74	free	.865	33,200
	Switzerland	400	80	free	.844	54,800
	United States	421	77	free	.890	52,800
	400s upwards average	406	78.5		.861	\$46,690
300s	Bolivia	300	64	partly free	.674	5,500
	Brazil	300	63	free	.661	12,100
	Central America	355	70	partly free		10,000
	China: People’s Republic	300	71	not free	.610	9,800
	Egypt	350	63	not free	.573	6,600
	Europe	355	72	free		34,500
	France	305	78	free	.816	35,700
	Greece	300	78	free	.797	23,600
	India	355	63	free	.473	4,000
	Italy	380	79	free	.790	29,600
	Japan	355	81	free	.808	37,100
	Mexico	300	71	partly free	.638	15,600
	Scandinavia	350	80	free		42,500
	300s – 399 average	331	71.77		.684	\$20,508

200s	Argentina	285	75	free	.783	18,600
	Iceland	255	79	free	.847	40,700
	Indonesia	215	68	partly free	.603	5,100
	Manchuria	200	71	not free	.694	4,000
	Nepal	205	58	partly free	.452	1,300
	New Guinea	202	63	partly free	.376	2,900
	Puerto Rico	250	76	free		16,300
	Russia	200	67	not free	.780	18,100
	Taiwan	295	76	free		39,600
	Tibet	200	60	not free		2,300
	Turkey	245	71	partly free	.652	15,300
	200s – 299 average	232	69.45		.648	\$14,927
High						
100s	Balkans	185	70	partly free		6,000
	Bosnia	180	71	free	.655	8,300
	Burma / Myanmar	155	55	not free	.371	1,700
	Cuba	180	76	not free	.743	10,200
	Iran	190	70	not free	.683	12,800
	Israel	190	79	free	.854	36,200
	Jordan	185	77	not free	.700	6,100
	Kuwait	190	76	partly free	.646	42,100
	Middle East	170	67	not free		6,000
	North Korea	175	71	not free		1,800
	Palestine – West Bank	185	72	not free	.662	2,900
	- Gaza Strip	185	71	not free	.662	2,900
	Saudi Arabia	175	68	not free	.723	31,300
	Sicily	175	78	free		24,000
	South Africa	190	51	free	.695	11,500
	Syria	155	68	not free	.553	5,100
	Turkmenistan	150	61	not free	.679	9,700
	Yemen	160	61	not free	.339	2,500
150s – 199 average	176	69.00		.639	\$12,283	
Low						
100s	Iraq	120	67	not free	.467	7,100
	Lebanon	130	71	partly free	.631	15,800
	Madagascar	125	55	partly free	.458	1,000
	Pakistan	140	61	partly free	.372	3,100
	Ukraine	140	66	partly free	.796	7,400
	Vietnam	140	69	not free	.513	4,000
	Zambia	110	37	partly free	.591	1,800

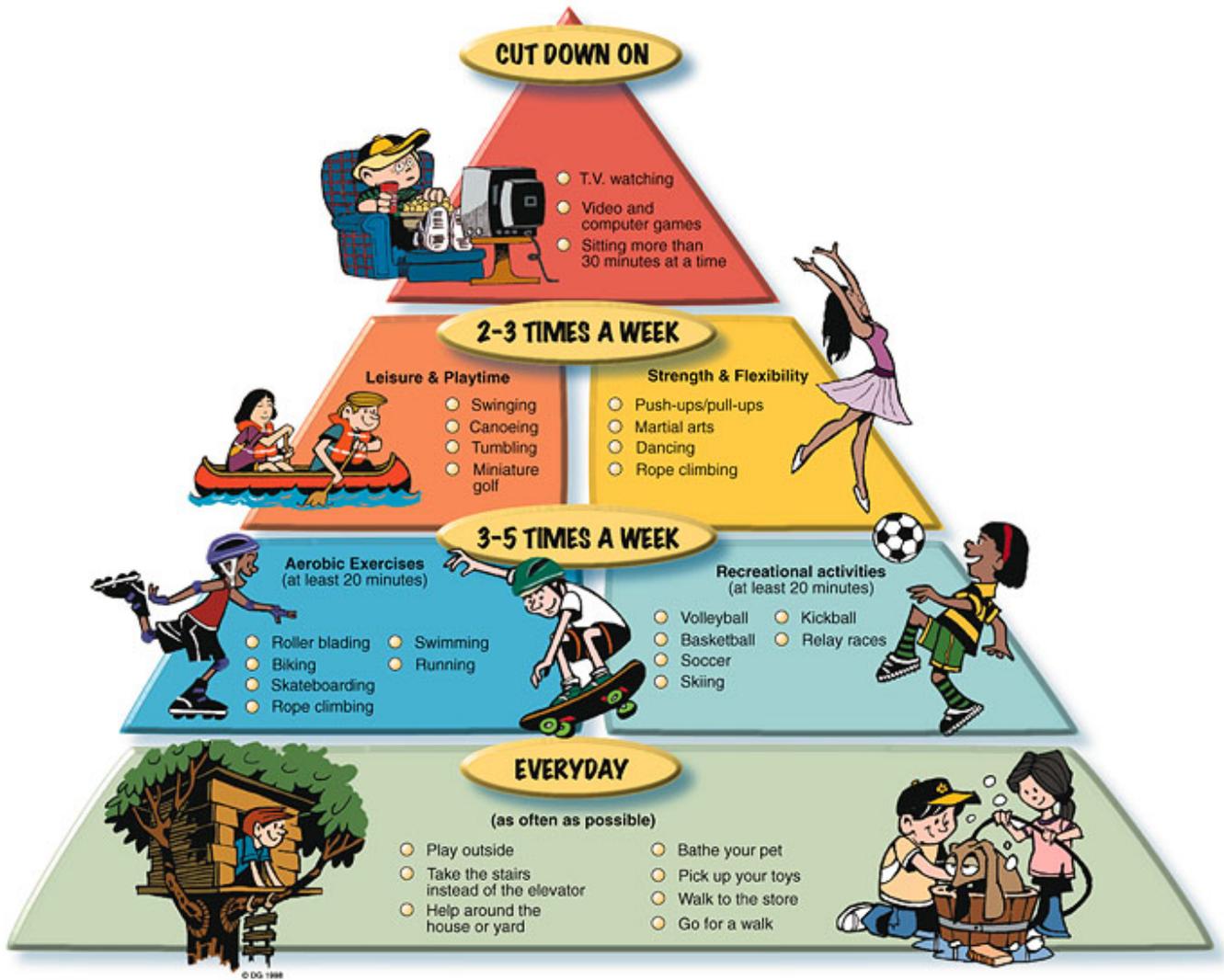
	100s – 149 average	129	61.88		.567	\$6,560
Below						
100	Afghanistan		46	not free	.365	1,100
	Algeria	90	70	not free	.643	7,500
	Angola	50	38	not free	.474	5,700
	Congo	70	47	not free	.511	400
	Haiti	55	49	partly free	.374	1,300
	Libya	90	75	partly free	.698	11,300
	Nigeria	55	52	partly free	.425	2,800
	Oman	90	72	not free	.603	29,800
	Rwanda	70	39	not free	.478	1,500
	Sudan	70	57	not free	.306	2,600
	Uganda	40	43	partly free	.479	1,400
	Zimbabwe	50	38	not free	.500	600
	Below 100 average	66	52.17		.488	\$5,500
World	Worldwide	212	70			US\$13,100

Freedom in the World 2014 Findings		
Freedom Status	Country Breakdown	Population Breakdown
FREE	88 (45%)	2,826,850,000 (40%)
PARTLY FREE	59 (30%)	1,822,000,000 (25%)
NOT FREE	48 (25%)	2,467,900,000 (35%)
TOTAL	195	7,116,750,000

The Map of Freedom reflects the findings of Freedom in the World 2014, which rates the level of political rights and civil liberties in 195 countries and 14 related and disputed territories during 2013. Based on these ratings, countries are divided into three categories: Free, Partly Free, and Not Free.

A Free country is one where there is broad scope for open political competition, a climate of respect for civil liberties, significant independent civic life, and independent media. Partly Free countries are characterised by some restrictions on political rights and civil liberties, often in a context of corruption, weak rule of law, ethnic strife, or civil war. A Not Free country is one where basic political rights are absent, and basic civil liberties are widely and systematically denied.

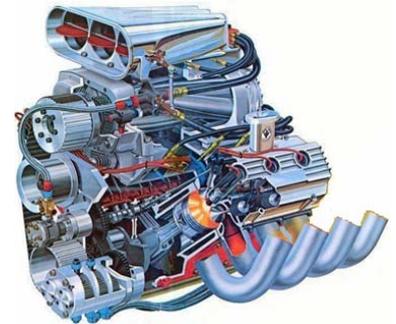
<http://freedomhouse.org/sites/default/files/MapofFreedom2014.pdf>



## **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.

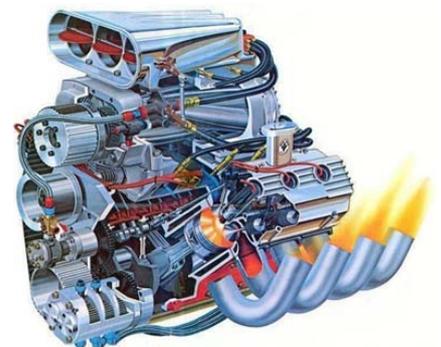


In our feeling- and truth-denying untrue Natural love state, we have been made to use our minds to dominate our feelings, becoming more like that of mind-based creatures of nature than of human souls of truth and feelings. And this is the wrong way for us to develop. So to step beyond this limitation,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

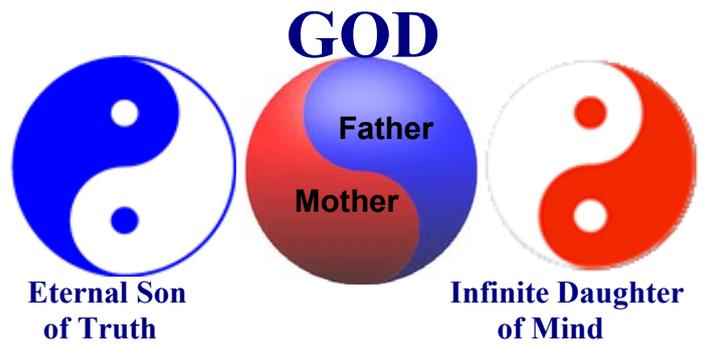
Thus we are detuned once our incarnation begins. However, the way is now open for us to bring about our full divinity. To completely Heal all that’s wrong within us on a Natural love level. To embrace and then transform that Natural love into a divine state through partaking of our Heavenly Parents’ 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.

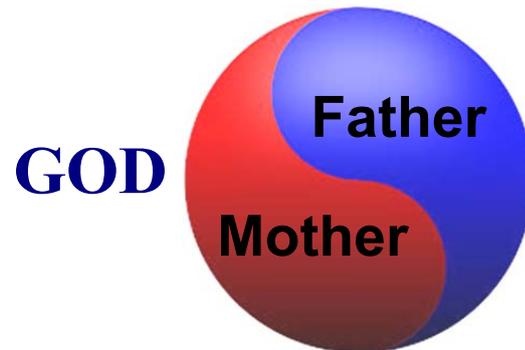
By living true to our self, true to our feelings, we are living true to God. It’s that simple. The revealing of the Feeling Healing process is the commencement of our ability to begin the Great U-Turn and go the right way. Should we then also embrace our Heavenly Parents’ Divine Love, we can also commence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



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

**GREAT U Turn**

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

**CREATED in THEIR IMAGE:**

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



## 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.

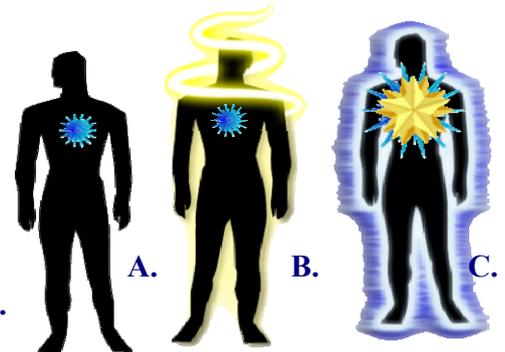
No more of this! We can escape this man made hell!



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

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

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



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



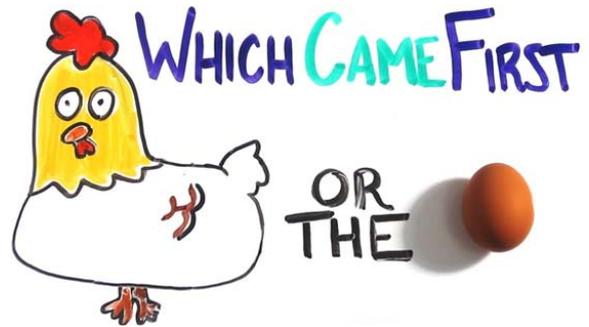
But what we cannot do is contrive the groups ourselves, or even pick who our soulmate is. This will only, and can only happen, as an outworking of the truth we are to live – as we progress in the healing of our soul.

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



### FEELING HEALING and DIVINE LOVE:

The revelation of Divine Love came before the understanding that one is to open to their feelings and long for the truth those feelings are trying to show us – wanting to uncover that truth of one's self. We are to feel into our emotional injuries and erroneous beliefs and allow our soul to function.



It's not about trying to empower yourself because we feel powerless, it's about accepting our bad feelings – accepting them as we submit to them, all so we can feel every bit of powerlessness we feel; and understand all why we feel that way, and how all of the parts of feeling it make us feel. It is wanting to uncover the whole truth of it, which is the whole truth of one's self.

We do feel powerless, that is the truth we are living – so accept it! And from there; okay: so why am I feeling this way, and how does feeling this way make me feel; what was done to me to make me feel this bad, and how have I taken it all on keeping myself feeling this way. So we uncover all the ins and outs of it – all the truth. And when we've brought it all to light and brought out all our repressed feelings to do with it, then we'll change, then we'll heal, then our soul will change our negative patterns into positive ones. And that is the only way we can ascend our soul in truth whilst we're of a negative anti-truth state.

When our parents interfere with us when we're young and forming, stopping us from being our true selves, they are in effect causing a part of our personality to stop being expressed by our soul, so in that way, that part of you is being forced to 'die'. You can't however completely eradicate that part of you, it merely stays there waiting for the day you liberate it, however the feelings it makes you feel are like you are being forced to die, which is why you cry and protest and fight. We are de-powered, as the true power of our soul through our will can't be manifested, it's not being able to bring that part of one's self into being.

**FEELING  
HEALING  
For Kids**

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

Revelation 1 is to embrace our 'feeling healing' in a manner that you feel works for you, and Revelation 2 is that by embracing the Mother Father's Divine Love we are then 'soul healing'.

**REVELATIONS**



# REVELATIONS



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



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



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

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

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



**Immortality with the Love.**

# FEELING HEALING + SOUL HEALING

To heal one's self is to simply look to see what feelings we are refusing 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.**

**WE are meant to grow up LIVING FULLY CONNECTED to our FEELINGS:**

Humanity has always had an awareness and involvement with spirits, with life on the other side, because we are all heading that way, we all end up dying and becoming one of the spirits, and were humanity living rebellion-free, then nearly everyone would enjoy some level of spirit involvement either directly or indirectly, loving such an expansive awareness in life.

**We are meant to grow up living fully connected with our feelings in our physical reality, and at the same time with full feeling awareness of spirits and life after death, because after all, God is the greatest Spirit of us all.**

And so having an awareness and involvement with spirits can, and should, help us have more of an awareness with our Mother and Father. And it's not with just spirits, it's also with the angels who are with us all the time, and the nature spirits should we be open to them, and even higher spirits if we are to work with them, such as the Melchizedeks or Trinity Teacher Pairs. But mostly for those people involved with the Divine Love, it will be with the Celestials spirit group that is assigned to help them.



It is very important to understand that spirits and spirit life is meant to be part of life on Earth. However that's not to say everyone need to have an ongoing relationship with their spirit friends, but they can at least still be aware of spirits and spirit life and where we will be going and something about what to expect once we die. And when you are open to it, lessening the grip of one's fears about it, then we will find it will be just another aspect or level of life, and one that can give us quite a lot of comfort.

**TRUTH LOVING SOUL V ERROR INFLICTED MIND**



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



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

## 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

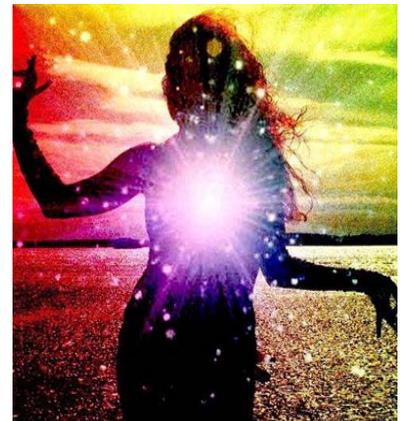
## **Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.**

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

# 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**

# 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



**END to the REBELLION and DEFAULT – 31 January 2018:**

31 January 2018: Nanna Beth, 3<sup>rd</sup> Celestial Heaven: Yes John, very good news we want to pass onto you for your records. Earth and the seven associated Mansion Worlds (including the two Earth planes) are **officially** now fully under the control of Celestial spirits. And this means John, that Earth is now ‘Ours’. It’s been a long time coming, but it’s a huge milestone and marks a tangible and real end to the Rebellion and Default. It’s one of a number of ‘End’s’ that are to occur.

With the departure of the Caligastias and Daligastias some years ago, humanity has been in a state a limbo so far as who is doing what with it, it not being allowed to be left alone so it could do whatever it liked, it always needing to have a spirit connection. With the mind spirits, as we’ve told you, basically calling the shots still happy to ignorantly carry out C&D’s plans. But now with our systematic and progressive take over, we’re now in complete control.

And what that means is we have our fingers in every pie and we’re on the case so far as what everyone is doing. However it doesn’t mean we’re taking over and telling humanity what to do and how to be, although we are able to work more with certain individuals directly and indirectly helping to move or point or orientate (depending on how you want to look at it) individuals, groups of people, whole societies, the whole world, according to the plans given to us by the Melchizedek Receivers.

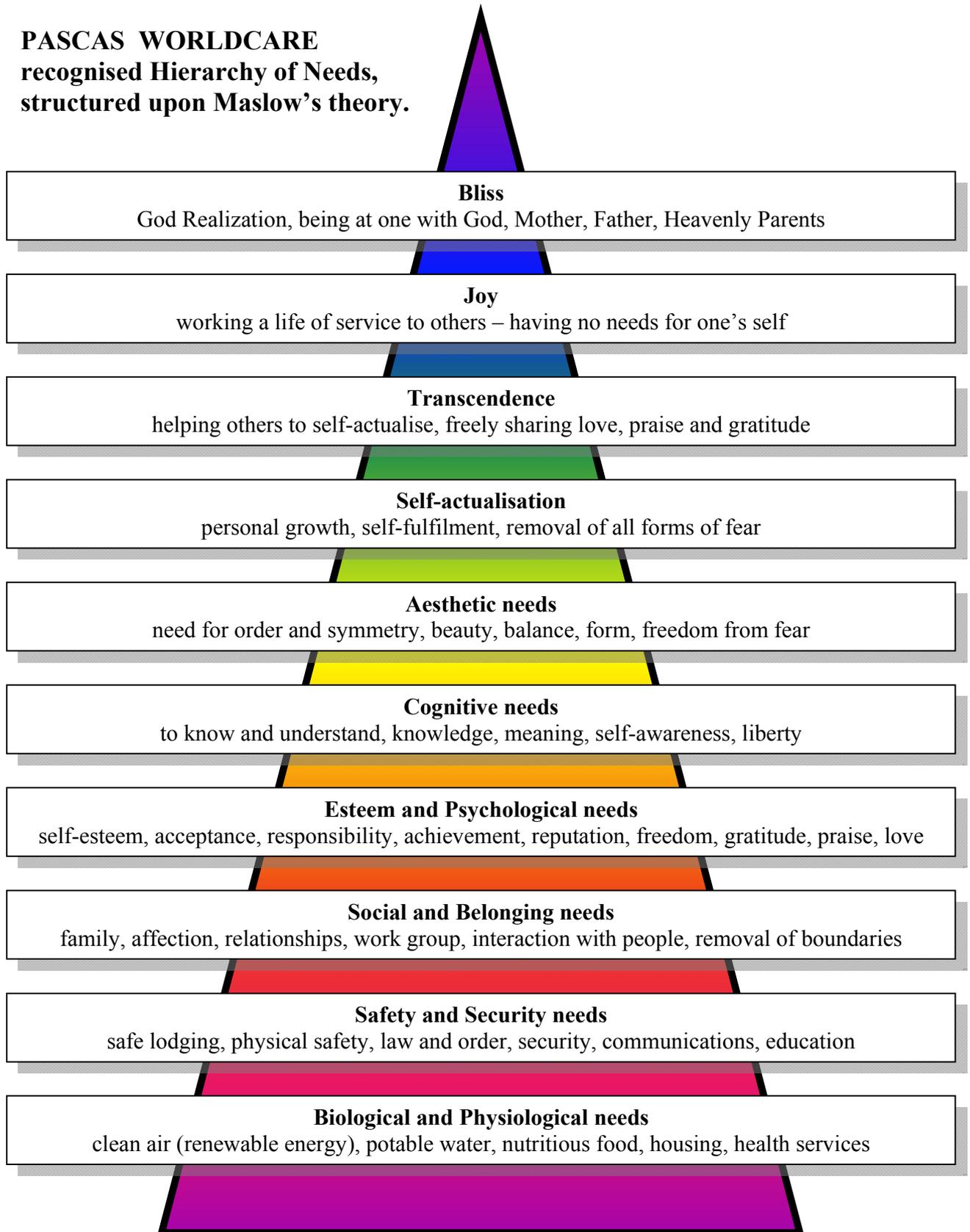
So humanity will still carry on outworking it’s unloving, untrue and rebellious state, that has to be worked through to its natural conclusion, however we want you to understand and just know that it’s another end of things and beginning of the new. And it’s basically what we’ve been working with you in connection with James this past year to achieve. There is a lot more to it and how and why it’s been done, and done as it has been done, however you can find out about all of that when you come over.

So we Celestials will guide humanity now according to what our Mother and Father want, so humanity’s got a real tangible safety-net under it now, so no more ‘downside risk’, it all being to move it toward doing its Healing.

I’ll speak again soon – love Nanna Beth.



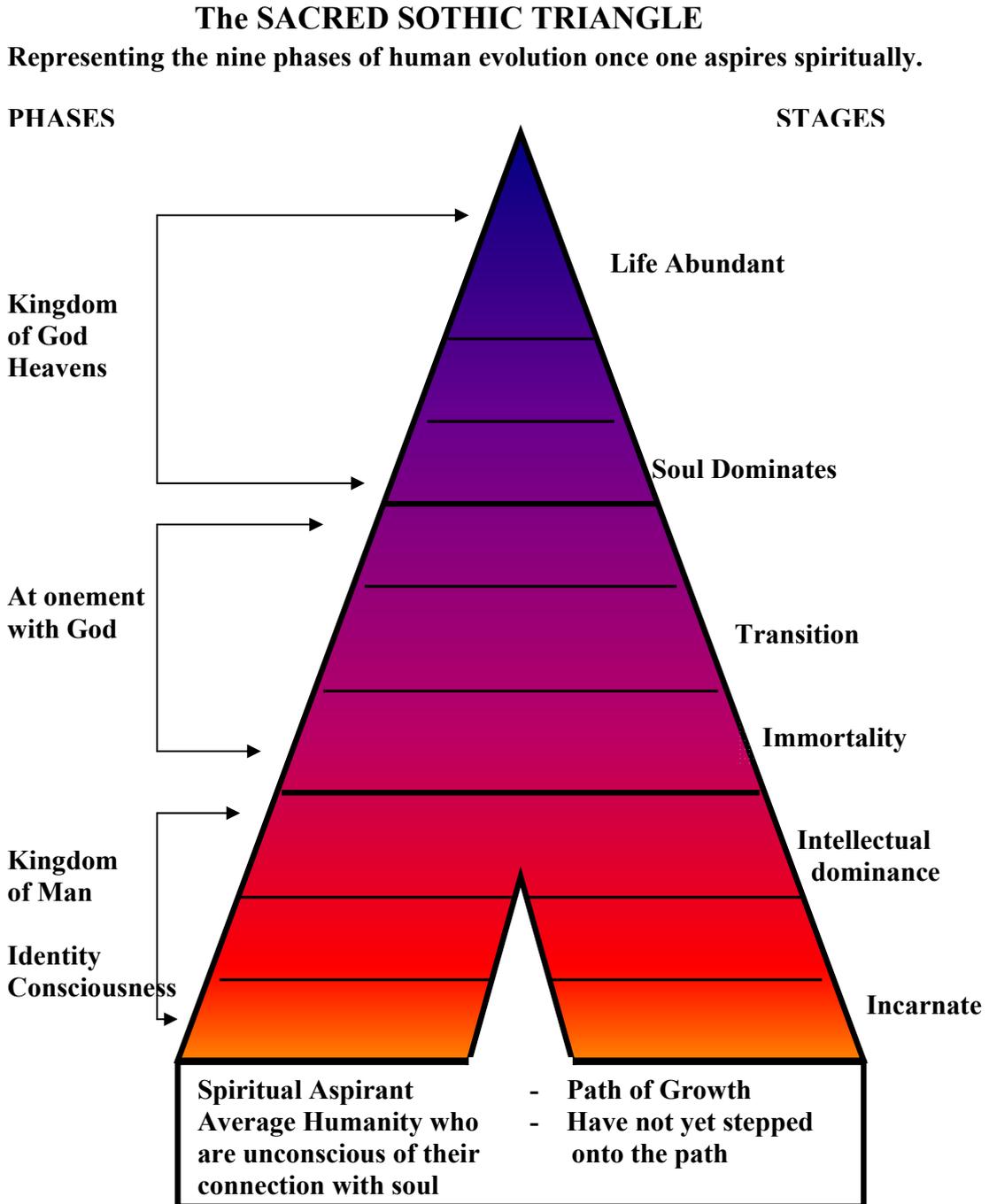
**PASCAS WORLDCARE**  
**recognised Hierarchy of Needs,**  
**structured upon Maslow's theory.**



PASCAS is like a portal or prism through which one may pass, wherein the endless minutia of thoughts, most of which never really matter, meld into something approximating meaninglessness.

On the PASCAS side of the portal or prism a calm and considered awareness of a new order is noted and thus given to the energies of all thoughts, intent and emotions with a growing sense of love, magnified by global compassion.

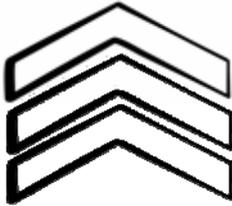
Thus, supporting one's growth up the pyramid:



**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**

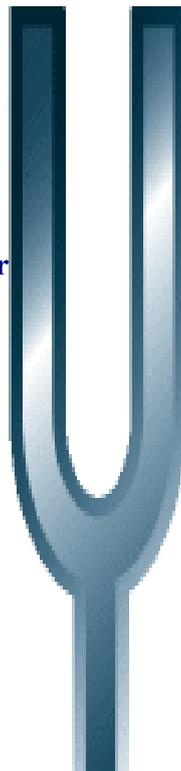
Feeling – Ascendance  
 Unlimited progression

- 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 CHOICE is OURS to MAKE:****THE MIND WAY**

Mind – Transcendence  
 Limited progression

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



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

Hell:  
 Exploiting the Rebellion and Default.

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

## WE ALL ARE BEING GUIDED HOME:

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

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

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

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

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

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

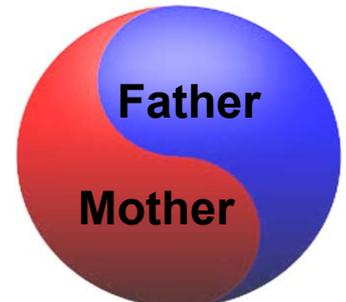
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God's soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of our Mother and Father.

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

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

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

# GOD



M&F



J&M



AVO

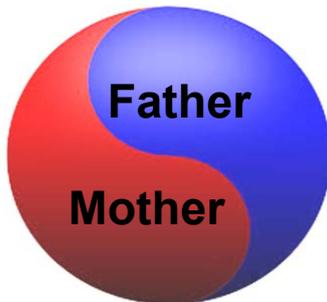


HUM

**WE ARE Children of God**

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

**GOD**



**M&F**

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

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

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



**J&M**

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

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

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

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



**AVO**



**HUM**

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

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

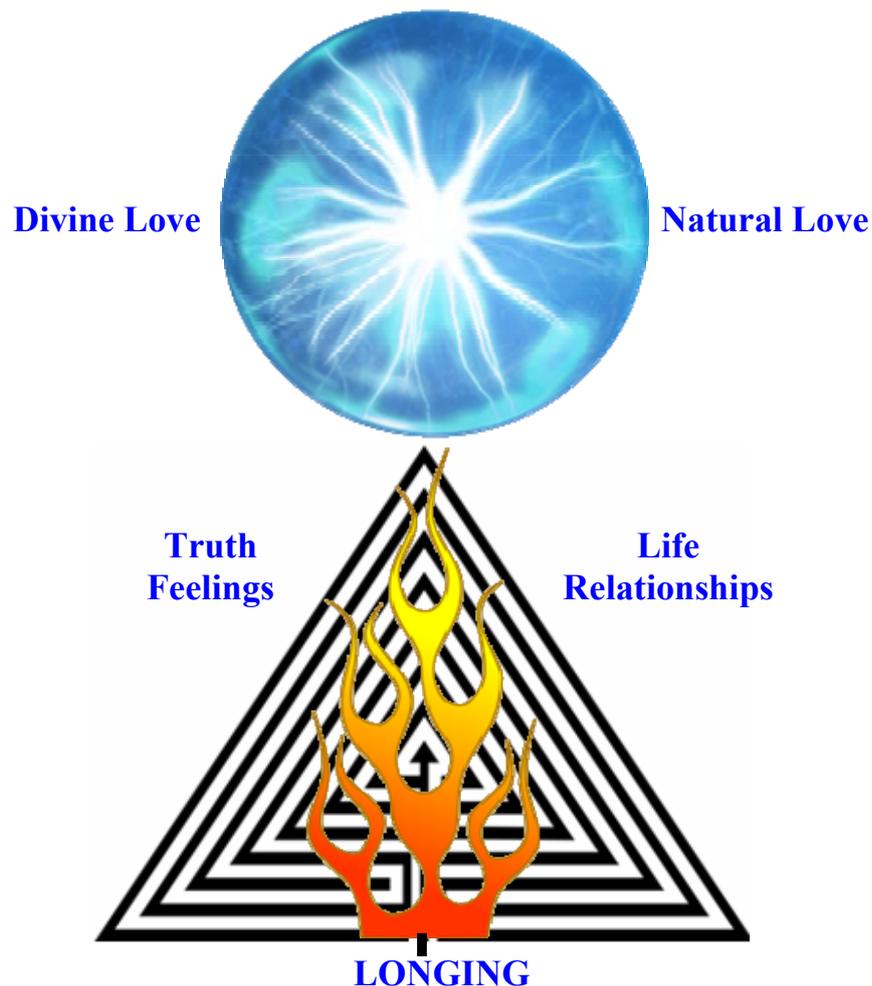
Collectively, should we embrace them all, as we are to, then our pathway home is a journey in the hands of the Spirits of Truth of the Avonal and Paradise Pairs overseen by our Heavenly Parents.

**WE ARE Children of God**

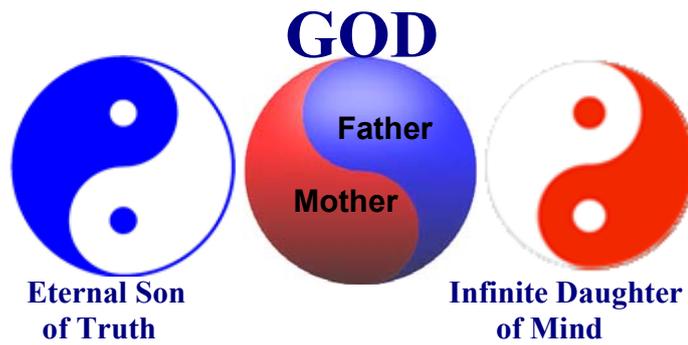
## HOW TO GET TO PARADISE:

Long for the Divine Love  
 Long for the Truth  
 Long for the truth of your feelings  
 Don't deny any feelings: accept, express and want to know the truth of them  
 Know your feelings are the key; your feelings are the Way  
 Want to end your falseness and being untrue  
 Want to understand the truth of your early life  
 Use your surface feelings to move deeper into yourself, bringing up your repressed feelings  
 Want and long to know the whole truth of yourself  
 Want to do it all with God, your Heavenly Mother and Father – long to Them for help.

## The Key



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



PARADISE TRINITY:

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

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

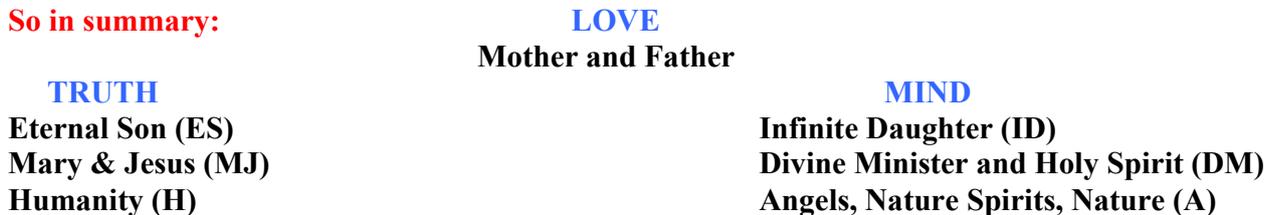
The LOCAL UNIVERSE TRINITY:

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

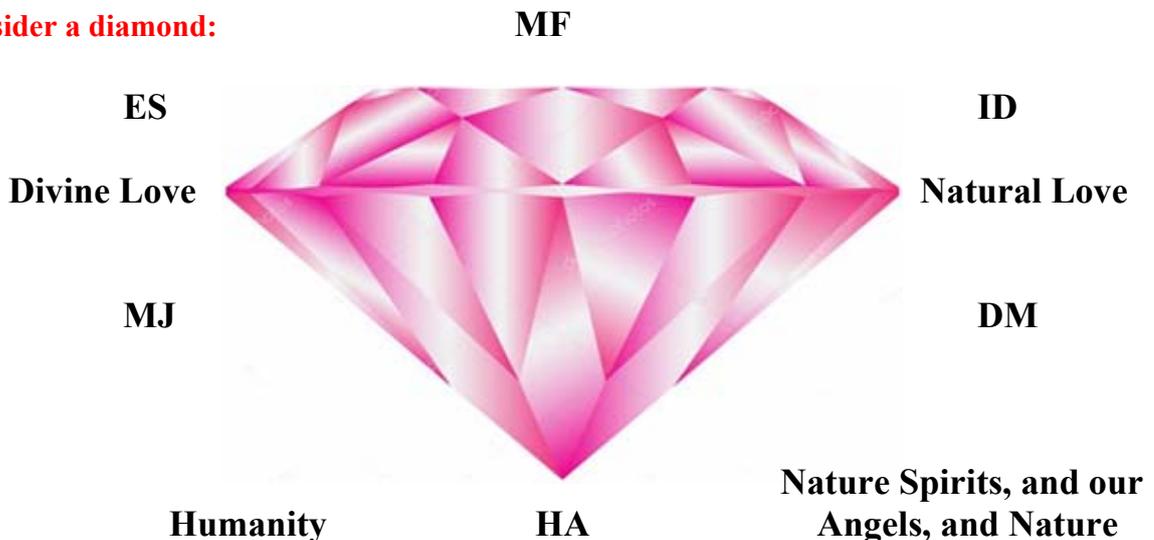
PLANETS that engage in REBELLION:

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

So in summary:



Consider a diamond:



# Mother and Father Heavenly Parents

Creator Son & Daughter  
Jesus and Mary

Avonals  
as soulmate pairs

Trinity Teachers  
as soulmate pairs

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

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

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

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

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

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

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

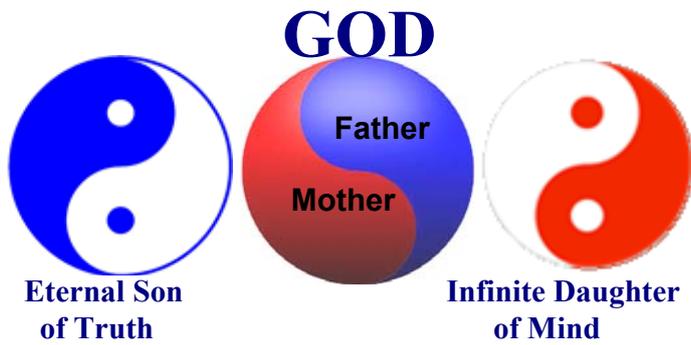
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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

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

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





**CREATION of SOUL and SPIRIT:**

God is *The Paradise Trinity* — the eternal Deity union of the Personalities: the Universal Mother and Father; the Eternal Son of Truth; and the Infinite Daughter Spirit of Mind.

The soul of each human personality (sons and daughters of truth) is existential, driving our personality expression in the experiential. The soul of each human finds truth by embracing one’s feelings and longing for the truth of them. We are to attain the Eternal Son of Truth. We are a creation of Truth.



Feeling Pathway

Mind Pathway



Soulmate Pair

Angel

The soul of angels is experiential, evolving through their experience by continually progressing in mind development. Angels are to attain the Infinite Daughter (Spirit) of Mind. Angels are a creation of Mind. Our soul is duplex (we have a soulmate) and is created by our Heavenly Parents. Through our Feeling Healing we perfect ourselves enabling the union with our soulmate, as we progress in truth up through the Mansion Worlds, celestial heavens and all the way to Paradise.



Spirit Person

Nature Spirit

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

Neither we nor animals reincarnate. We never die; upon death, we move into the spirit Mansion Worlds on our journey to Paradise. When animals and plants die, be they the tiny microbe to the mighty elephants of the land and the whales of the ocean, their spirit energy returns to the Spirit Collective



Energy. And from this energy are drawn other animals and the nature spirits, who then in turn move onto becoming angels through increasing mind experience.

A nature spirit is an angel in waiting.

<b>Primary recommended reading:</b>	<b>consider commencing with: 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>		
<a href="http://www.lulu.com">www.lulu.com</a>	<a href="http://www.amazon.com">www.amazon.com</a>	<a href="http://www.bookdepository.com">www.bookdepository.com</a>
<b>For Divine Love focused websites and forums:</b>		
<b>Pascas Health:</b>	<a href="http://www.pascashealth.com/index.php/library.html">http://www.pascashealth.com/index.php/library.html</a>	
<b>Spiritual Development:</b>	<a href="http://new-birth.net/spiritual-subjects/">http://new-birth.net/spiritual-subjects/</a>	
<b>Padgett Books:</b>	<a href="http://new-birth.net/padgetts-messages/">http://new-birth.net/padgetts-messages/</a>	
<a href="http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm">http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm</a>		

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

**DIVINE LOVE SPIRITUALITY – DLS:**

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

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

**James Moncrief Books:**

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

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

**Religion of Feelings**

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

**Introduction to Divine Love Spirituality**

<http://dls spirituality.weebly.com/>

**Main website of DLS**

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

**Childhood Repression website**

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

**DLS and CR forum**

<http://dls cr.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..*

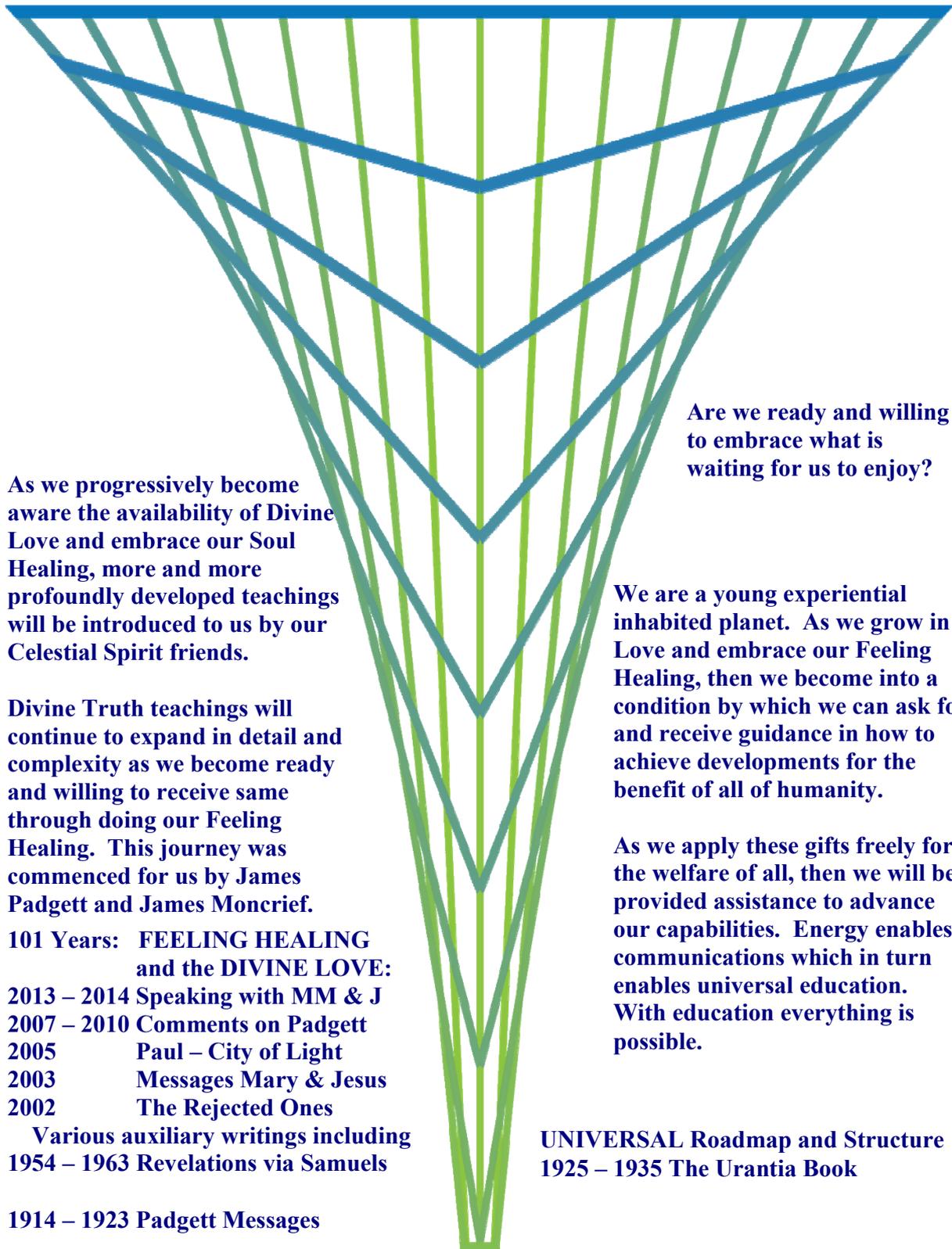
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

**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:**



# PASCAS CARE

## "Beacons of Light"

### around the globe



This document overall:

Map of Consciousness calibration 880