

PASCAS CARE

Journey ongoing for Kevin & Kathaleen



“Peace And Spirit Creating Alternative Solutions”

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HALF A QUID



FULL QUID

KING &
QUEEN



SOULMATES

The Great Truths:

- God is Soul, being Mother and Father;
- that each individual soul is a duplex – both male and female;
- Feeling Healing with Divine Love is the pathway to Paradise;
- and that the Divine Love is freely available for all to receive.

Journey Ongoing for Kevin:

Tuesday, 5 September 2017

James: Hi Nanna Beth, John was asking about Kevin – how's he going, is he just about settled into his new Celestial life?

Nanna Beth: Nearly, he's got a bit more to go, it usually takes a couple of months (your time), a month for orientation and getting used to the new light and all the inner changes that take place within us, and then about another month for him to start participating in life, that being, starting to see what work he wants to do, studying might be required, like starting out in a new job, yet with no pressure, there is no time pressure whatsoever, so it might take a newly arrived Celestial a year before they settle down to do what they want to do, or it might take a month or so, we're all different – you know how it is.

And really it's about spending time getting used to being with your soulmate all the time, that is the biggest adjustment, and all the good loving feelings between you both, and so no one is going to begrudge anyone wanting to take as long as they like with those new feelings.

So Kevin and his soul-partner, Kathaleen, are taking their time. She's showing him around the Mansion Worlds and the first Celestial sphere, for although he lived in the Mansion Worlds for a little while, still he didn't see all there was to see that will be relevant for the work they'll be doing. And likewise, he's showing her things and sectors she hasn't spent time in, it's all about doing things closely together, getting to know each other, like a first romance, even if you've already spent quite amount of time together, because when you are both together for the first time as Celestials, it is all new, it all starts anew, so can be very different to what you've shared before.

James: Do you know what work he will be doing?

Nanna Beth: He'll be working closely with John, and myself and yourself. He and his partner will be able to fulfil a certain role that will help level things out a bit, I can't tell you too much, for that is for them to say, but when they are ready we'll organise for them to come to you James, and then we'll work from there. However John, should you have any questions in the meantime that you'd like to ask Kevin or his partner, please pass them onto James, and when they are available, James can ask them.

James: And the 'Kevin Connection', being because John was close to him and can easily recognise him and will feel comfortable working with him?

Nanna Beth: Yes, having the personal connection like that makes it so much easier, for us and John, which is what he will need as he moves into what's in store for him. It will give him more feelings of being grounded in it all, Kevin will provide more of the masculine energy which is needed to balance the feminine, so John won't feel swamped by all the ladies. And Kevin and his relaxed rather casual way will suit John well, and in a way, will enable more information that John will want, to be relayed through you James. And you'll enjoy working with him. So he'll be a welcome addition to the immediate 'crew'.

And the other side of it is, Kevin is to balance myself, and in a lesser way, Helen, so then you, and more importantly, John, will have the balance in spirit working with him. You, James, are more heavily weighted toward the feminine which is vital and needs to happen for us to pass on the feminine truths to you, but for the work to be done that John wants to do, and for the future records for those people reading your work who are more like John and not so heavily attuned to the feminine, Kevin will be

needed. And because you've already made the necessary introduction with Kevin, and you like him, and because of the personal friendly connection, as I said, he will fit in perfectly into such a role. There needs to be the balance of the feminine and masculine, and we – Helen and I – will even be deferring to Kevin quite a bit to ensure the masculine has more of a say. And because he's already been studying how to communicate with you this way, and has done it easily and with good success, so he'll pick it up without a problem. He's very keen to get on with it, but also understands that there's a right time and place, and the few months he's spending now completely with his partner will provide the necessary foundation for their relationship to build upon.

So for John to work properly with our help, there will need to be a balance between the masculine and feminine from our side. It's all part of the plan, and what needs to happen so as to give humanity what it will need, all the information and support. Men will need to see that it's not 'just a woman's thing', and Kevin being a 'Bloke' will help provide much of the added mateship and cordiality of such men.

James: All I see is women coming along wanting to live true to their feelings, with hardly any men in the picture, it being too hard for most of them.

Nanna Beth: No, there will be just as many men in the end, however initially it might be more appealing to women, but we all need each other, so even though many women might be able to be like Sam and forge their way using their feelings, they still need men at some point, it's not 'just a woman's thing', the Healing. It can't be, because it's about breaking down and exposing the truth of being unloving, and of men and women rejecting each other and feeling rejected, so both can then come back together being completely loving and at-one with each other. And even with you and Marion, James, it's not just Marion doing it all herself without a man. It's not for the women's liberationists to get a hold of and use as yet another reason and tool to keep men away, to be superior to them, to spiritually advance through their feelings leaving stupid egotistical men for dead. Overall, women will be able to do their Healing more easily than men, because of being closer to their feelings, but the more they move up in their feelings the more they will want men or a man to be involved because they will feel they need to sort out all their relationship stuff, and that is, their relationship with men. And it will need to be sorted out with men or a man, and not just with other women.

So although men and women will bring out their hatred of each other through their Healing, at the same time they will understand that it's only because of how they were parented, looking to their relationship with their parents as the cause of such antipathy, and once that is all brought to light, then awaken the true connections and feelings for the opposite sex, which are all about love and wanting to be together, but truly together, together in truth, and not just about sex and using it as part of the mind control over each other.

So there will be men all the way along, even if they are laggards in their Healing. And it's why you and John are still in the controlling positions, as it were, so as to balance the feminine, and Kevin will fit into that role too.

And the other point about Kevin and his partner being involved right from the beginning of their lives in the Celestial spheres, is they will symbolically represent those people who come into it all right at the beginning, so, 'as above, so below' and 'so below, as above'. So the energy or 'light' of them, although only really being in the beginning shared by you and John, and no doubt Sam as well, as much of what Kevin and his partner say, you'll also pass onto her, still that's enough and all that is needed, as the rest will be 'within' the light of your writings James, and will have the desired effect upon those who read them, and whether reading your own diaries or within John's Pascas Papers or wherever else such writings might end up.

James: So a lot will hinge on Kevin?

Nanna Beth: A lot is hinging on us all. But yes, Kevin will make up time by doing a lot of communication to begin with, which will bring himself and his partner up to speed, and will give Helen, and more myself, my partner and soulgroup, time to reflect on all that's happened and all we're doing and what's to come, sort of allowing us to take a step back in a way, which will intensify our focus and light.

And as you can already feel James, just talking about including Kevin from what you know of the few times you've already spoken with him, that his light will help to bring your focus into more of a balance of the masculine and feminine for the work to be done.

James: Yes, I can sense that Nanna Beth, already from what you're saying. And I see what you mean, helping me to move out of just the feminine, bringing both together, which I'm starting to do within myself more, looking to honour myself and my badly damaged masculine more, giving up being so heavily controlled by the women of my early life. I'm looking forward to Kevin and his partner starting.

Nanna Beth: And that will be it, then James, so far as who'll be communicating regularly with you and John from our side. There will be other spirits for you to speak with, but to do with John, it will be Kevin and his partner, myself and Helen, no one else, for anymore and it will get too much for you with the other work you'll be wanting to do.

James: That sounds good to me Nanna Beth.

Nanna Beth: And John will like it too, for as I said, he'll then feel more at home.

And John, what you said this afternoon to James on the phone is correct concerning what you feel whilst you sleep. What happens is this. Most nights, for it's relatively easy for you now in your advanced years, you spend time with one of us in the astral realms. Which means, we make contact with you in your spirit body, sometimes at a real location in the Earth planes, at other times just in sort of a dream-like state, a sort of dream-location, which can be the same or vary. So for example, you might feel like you've been in a room in which you were undergoing instruction about something or other, which you were, the room being contrived by us, where we 'meet' you in your mind whilst you're in a certain stage of sleep. And we can impart information to you on various levels, so on the surface, or much deeper, so you can wake up in the morning feeling like you've been speaking with us, or just 'imbibing' information or understanding somehow, which can immediately come into your mind, a knowing or understanding, an idea, thoughts, feelings even, or they can be triggered through the day, or even in future.

And this sort of thing happens to a lot of people, however far less now the mind spirits are out of the picture, but that is how a lot of information is conveyed to people from us spirits – through their dream state.

And as you get older, it will get even easier and clearer for you to pick up on what you've been through during the night, even with clearer memories of it happening, with your Indwelling Spirit and angels also participating, which will help you deal with what happens through the day, some of which you'll have as that *déjà vu* sort of sense, other times even feeling bored in a way because you've already covered what's being talked about through the night, and you'll want to get on with other things. And all this is natural, and you should express all you feel about it, particularly to James, as he will

understand and even expect it to be part of your relationship together, feeling it wouldn't be right if you weren't feeling those things.

James: Did you want to say anymore about that Nanna Beth?

Nanna Beth: No James. John will enjoy it as it grows stronger in him, it helping him feel more connected with us, and more importantly, that he is doing the right thing and going the right way.

James: Going back to what you were saying about balancing with the masculine light, I feel you've already had quite an effect on me Nanna Beth whilst we were writing that.

Nanna Beth: Good, because we expected that it would James; because it is, as I said, to help you move out more into the masculine within yourself, coming out, so to speak, from behind the women. You are now true enough within yourself to be more true to your masculine, without letting your false masculine ego-mind take over again, as that has been sufficiently dealt with – all but crushed out of existence – so allowing the true masculine to be expressed through your feelings. Something Marion will appreciate. It won't do you any harm to start asserting yourself, more as the man, through your feelings, now you are more aware of them and are able to stay true to them, rather than more like how a woman might, as you've done in the past.

James: It's not been very pleasant, and a real dint to my male ego, being told by Marion that I have many feminine mannerisms. Before we met, Marion went to mum for a clairvoyant reading, mum having recently established herself as a clairvoyant, and mum said she'd be having a new relationship with a tall woman with big ear rings, as if it was going to be a gay relationship. I don't have the ear rings, not yet at least, but the rest is sort of right; however I'm not gay and have never had any gay feelings. So I'm looking forward to seeing what being a 'real man' might be like – a man of truth, yeah, I like that!

Thank you Nanna Beth. I'll go now and speak to you soon.

Nanna Beth: Bye James.

Kathaleen & Kevin

Hi Nanna Beth and James (John with some musings)

Thursday, 7 September 2017

I look forward to connecting with you, Nanna Beth, Helen of Heaven, Kathaleen and Kevin the Bloke. Yes, anymore then I would become bamboozled, and the ride is plenty hectic as it now is.

May I have a little background about Kathaleen please?

Nanna Beth: It's best to leave that to her John, she will tell you her story when they are ready to connect with you. Which shouldn't be too long now.

Kevin previously mentioned he had the ‘burning hat band experience’, so he also has a ‘fried mind’, that makes for us being a pair of fried chickens. So, he has been on ‘rocket propellant’ and a massive roller coaster ride as well. I must say it feels like a privileged experience. I also do hope that we do justice for the attention we have been given, in our endeavours over the coming years.

Nanna Beth: He had a similar experience which was not long after he started his Healing. Many spirits have something similar to it, although it can happen in many different ways. In the context of doing their Healing, which was different to you John, it is when their angels, working on behalf of their soul, ‘burns’ many of their mind circuits bringing about the necessary mental belief break down needed to ‘burn’ through the tough resistance layers of their controlling mind. The experience can have immediate effects or longer more drawn out ones, all with the same result, starting the process of stripping the minds control away, which allows one’s repressed feelings to start to come out.



Your experience John, was that of preparing your mind to take on all the information that was to come your way, such information being that which would have challenged your mind too much leading you possibly to have rejected it. So after your mind was ‘burnt’ or ‘purged’ to rid you of some of the interfering, dominating and controlling beliefs, so you’ve been able to easily move on accommodating all that we’re talking about, just like this now. And because it’s all personal to you, being exposed to this higher level of light in the writings conveyed by James, meaning that they affect you more deeply and personally than if you were just reading about someone you didn’t know and the experiences they had, so you needed to have your mind prepared to deal with the emotional side as well. So it’s more than just receiving the information, as it’s understanding it too, being able to take it on and frame or express it in your own words and understanding, whilst at the same time have a feeling for it, understanding on an emotional level the deeper ramifications of it. And your mind is still adjusting, and will continue to do so through the rest of your life, this all still being part of the flow-on from that burning hat-band experience, just as Kevin’s experience saw him right the way through his Healing.

Many people, and particularly men (although also many women too), are so locked in their minds control that they need help to come out. They can be introduced to the truths about the Healing and want, and even in a limited way, start to do it, yet they can’t break through the strong controlling parental patterns that have formed them and which they have so become through their adult lives. So such ‘mind-destroying’, as that’s what it ultimately amounts to for these spirits, and there will be people who’ll experience similar things, happens so as to break down and ultimately destroy all the controlling aspects of the mind.

Your experience John is what is helping you change, even though you are not so actively doing your Healing. However you are not blocking it out, you are slowly changing and adjusting as you can sense and feel; and as I said, that will keep going, even getting stronger as you get older and have more to do with people who are open to it and wanting to understand about it. So the more you share yourself, your feelings and understandings, like you did with Graeme, the more you will change, this all coming from that burning hat-band experience.



I want to add John, that these sorts of psychic, very out of the usual, ‘spiritual’ experiences, a lot of people have in all sorts of different ways, some even having them to help them move deeper into their wrongness. And most people, because they don’t understand they are just levels of mind adjustment going on,

which as I said, might be for the very short term or of a much longer time period, add all their own beliefs and fantasy to the experience thinking it signifies they are now enlightened or have made some sort of great progress or mighty breakthrough, when it doesn't mean that and might even mean something entirely different to what they want to believe.

Possibly a lot of people when they start their Healing will have such psychic experiences or even psychic upheavals, all to help them smash through a lot of the all but rock solid mental barriers they have, preventing their true spiritual growth. If you ask Samantha she'll be able to relate to some such experiences she's had.

When did Kevin start to commence with his burning hat band experience – what year please?

Nanna Beth: As to any specific dates, should you still want them, that I will leave up to Kevin to tell you.

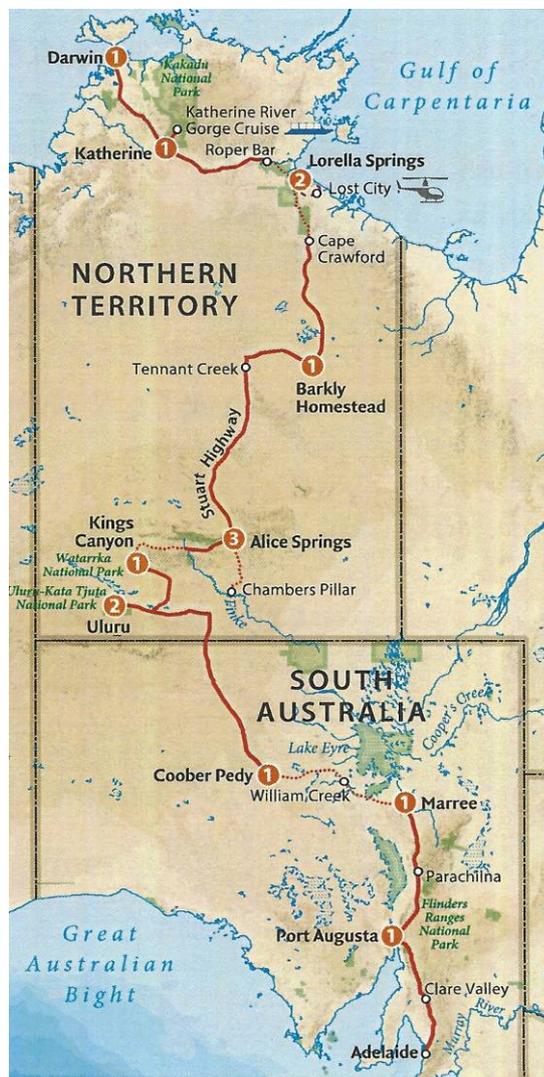
Oh, will Kevin and I also become 'hot wired together'? Also Helen and Kathaleen as well?

Nanna Beth: No, you won't become hot wired as you say, but you'll become close, like I am with you. Kathaleen will keep more in the background, it's more to do with Kevin and yourself, however she will have her say from time to time. Helen will work more with James, so really with you it will be Kevin and I.

There is more to the family connection than we have spoken about, however in time that will come, more from Kevin. There is more for you to see and to happen in your own immediate family John, which will effect how it will be with Kevin. It's all going into the future too much again, so I won't say anymore, only that there are lots of reasons why he and I are to be so close to you, both on the small personal level, and even on the bigger world level.

Over the last few weeks, I have been bouncing around the never-never land of central Australia, and in the meantime, Kathaleen and Kevin have been 'floating' around the Mansion Worlds – what a contrast!

Nanna Beth: Yes, they even dropped in on you during your time at one of the gorges. They went on a 'world tour' of Earth, something neither of them had actually done in their Mansion World lives, and they are now back at their home in the first Celestial sphere, settling in more and getting ready for their work with you. They are studying a lot and have been doing so on their travels, so they'll be able to deal with your enquiries when the time comes. They should be ready in a couple of weeks (your time).



“Most nights, for it's relatively easy for you now in your advanced years, you spend time with one of us in the astral realms. Which means, we make contact with you in your spirit body, sometimes at a real

location in the Earth planes, at other times just in sort of a dream-like state, a sort of dream-location, which can be the same or vary. So for example, you might feel like you've been in a room in which you were undergoing instruction about something or other, which you were, the room being contrived by us, where we 'meet' you in your mind whilst you're in a certain stage of sleep. And we can impart information to you on various levels, so on the surface, or much deeper, so you can wake up in the morning feeling like you've been speaking with us, or just 'imbibing' information or understanding somehow, which can immediately come into your mind, a knowing or understanding, an idea, thoughts, feelings even, or they can be triggered through the day, or even in future."

Does my spirit body actually leave my physical body in these events? If so, how is the connection maintained to the physical body?

Nanna Beth: Yes, you go off in it when we arrange to meet in one of the Earth planes that are conducive to such meetings. There are many permanent sectors, and many that can be created for the occasion, in the two Earth planes specifically for people from Earth to come into during their sleep, or conscious astral trip, to meet with spirits or do whatever it is they are to do during these 'outings'. They don't happen for you John every night – the actual leaving of your physical body and travelling in your spirit body to one of these Earth plane sectors, and mostly you are not aware of having done such a thing, but if you pay attention to how you feel in the morning, now you are more interested, we can impress the feelings on you as to what you were doing during the night.

As part of the 'healing sleep' everyone has, when you go into the deeper levels of sleep, naturally your spirit body, everyone's spirit body, 'detaches' – if I can put it like that, from the physical, but mostly only marginally, like a few millimetres to a centimetre or two, so the Indwelling Spirit and angels can work on whatever level they need do, including the physical. These are sort of light, running repairs, fine tuning; or making even major deeper will level adjustments which can take years to work through one's system, all sorts of goings on. And it's why you feel 'integrated' when you wake up having had a good nights sleep, having 'processed' the preceding days events, and received into your spirit, emotional and mental systems, what you might need for that day. Much of what happens for you through the day, particularly if you are doing a lot of intensive spiritual work and are actively growing in truth, such as for people doing their Healing, is 'seeded' through these 'out times' – out of your physical body times, then to unfold through the coming day or days, weeks, months, years. Really John, you'd be astounded if you knew how much time and energy was spent on the average person whilst they slept just to help keep them going through the next day. It is incredible how we are never alone, we are like well-tended plants in a much loved garden. And even those who are the drossiest, the most full of hatred and bitterness, all are just as lovingly attended to, even if it is to help them carry out the most despicable and evil practices the next day.

There is what is commonly called a 'cord' that connects the spirit and physical bodies. It's there all the time, and only upon death, when the 'angel of death' severs it, does it cease to exist. So without this light-cord connection from the spirit body to the physical body, the physical can't exist. And I don't understand how it works, however the cord can 'stretch' for a very long way, so even should you astral travel to the Celestials levels – say you were somehow allowed to do that, although highly irregular and unlikely, the cord would stretch all the way. Apparently you can reach every part of the seven Mansion Worlds still 'attached'. The attachment is in the small of your back area, however it is also connected to each of your primary chakras, and with 'light-threads' connecting every charka, even the smallest, so right down to the microscopic cellular level, each cell having its own chakra, so when the death-angel pulls the plug on the physical, literally it's lights-out on all physical levels, even each individual cell.

Where are the astral realms? How do I relate to these different bodies and states?

Nanna Beth: Really there is no such thing as the ‘astral realms’, it’s just a commonly accepted term which means anywhere in spirit that you on Earth might venture into before you die and become a fully fledged spirit living its spirit life.

So I say it meaning the Earth planes in this context with you. Some people travel further in the night to the first Mansion World, very rarely higher, but sometimes that happens too. It all depends on what you need. However the sectors of the Earth planes put aside for such visits from people during their sleep are more than adequate to deal with the number of such visitors and what such people need to experience. And relatively speaking, such ‘astral trips’ are rare, and only happen to those people usually undergoing some intense spiritual adjustment or for information to be conveyed in this way.

As I said, we can just as easily set it all up in your mind whilst you are asleep, this too happening during certain sleep phases and not requiring you to travel into the Earth plane sectors, this being what more often happens with people who receive direct spirit help during such times.

What happens is you, John, will go through a season that contains more of the trips and then you won’t have any for a time, then more, and so on. Sometimes you might feel like you’ve been out and about a lot. It all varies depending on what you’re going through.

Mostly people who have astral travelling experiences, either as a waking dream or who can consciously will themselves out of their physical body, or just find they are out of it, have these experiences in the Earth sectors. And most such people believe they are having some sort of major spiritual experience being able to ‘leave their body’ and ‘fly around the world’, but really it’s all low level stuff with nothing really spiritual about it. You are just out of your body and in your spirit body visiting places, more like how we do it in spirit. And this sort of basic experience is nothing like say what Samantha has when she might come over and receive intense work all to help her understand what she’s going through or help drive up more repressed feelings the next day or days to come. And for people like yourself and herself with her Healing, there are special or specific sectors put aside, so we Celestials can come without disturbing the lower spirits, and likewise, the lower spirits and any would-be astral travellers, can’t disturb us. So we can be far more creative in how we might set up such a ‘meeting’ with you, as you need far more intensive attention.

My brother. Lloyd and I have shared with Kevin’s family the writings that have come together in recent months – Pascas Care Journey of a Family – and as anticipated, had no communications or questions back. We are going to ask Kevin’s two daughters should they like to ask him some questions, but after that, we do not feel inclined to make any further endeavours in this regard. Conversely, I do feel that Kevin does want to connect with them directly through these writings.

Nanna Beth: Best not to expect too much or to intrude too heavily if they are not interested. As you understand, it’s not for everyone, and many people will even be scared of all you are presenting, because if even just a fraction of what you are saying is true, and you actually haven’t gone completely off the rails, then it confronts too much of how they are, which they might not be wanting to deal with at that time in their life.

I had a great conversation yesterday with Graeme. A couple of years ago, it was total rejection. Yesterday, it was total acceptance and he being comfortable with what was conveyed. So, it is possible to observe and have others embrace major changes of understanding.

Nanna Beth: Yes, a very positive experience for you John, and for Graeme; and as you say, it just goes to show you that some people do change and can keep an open enough mind to embrace the new. And there will be many people like Graeme who do quite a bit of ‘searching’ and find they keep coming to dead ends, then being ready to embrace a higher truth.

A lot of people will need to ‘go through it all’ whilst it’s readily available on Earth to go through. Being on a quest or a ‘spiritual path’ can lead you into many experiences which ordinarily you wouldn’t have had. And our souls take full advantage of that. It was one of my greatest pains I suffered through my Healing, that I didn’t ‘look for answers’, I didn’t have a spiritual questing life on Earth, not as much as I would have liked to have had, because as you can see, I’m far more interested in this side of life than any other. However that’s all very well in retrospect, and things I had to work through in my Healing, but it has all helped me understand just how dead and shut down to higher things I was, to real higher things, to the Truth. So how far away from myself, my own soul I was, being devoid and denied such a ‘searching’ life on Earth. Not everyone gets such a searching life, as you understand, the majority of people being denied it, however that too is all set to change as the chains of the Rebellion let go. And to do your Healing whilst of flesh, to live in the most evil period of Earth’s history as it is now, and then to do your Healing through it, well, you can’t get a more higher, exciting and enlivening spiritual experience, and very few will have it, because it will soon pass as the Rebellion and Default start to loose their grip and so intensity on Earth. However for those people who even start or touch on it, it will be an incredible part of their experience, something for them to hold very dear once they’ve worked it all through and finished their Healing.

And then the next best thing is what you are doing John, to at least take it all on with your mind and to be able to ponder the extraordinary ramifications of what’s actually taking place, for that too is so rare, happening once for each of the rebellious planets (there are 37 including Earth) and no more, and not on any of the true planets.

[In discussions, I can feel yours or others prompting me to change my comments, which I do mid-sentence. This instant correcting of what I intend to say is rather helpful. Is this part of my opening up to connect and communicate directly with you and the four over time?](#)

Nanna Beth: We’re helping out with a gentle bit of guidance, which you’re needing whilst it’s all new for you. It helps you to get your thoughts in order, and as you’ve got so much to deal with, and as things come to you whilst you are speaking about them expressing yourself, so we’re able to slot things into place within your mind. You’ll find it will go on for a time but then settle down once you’ve got more of a grip on it all. You’ve flooded your mind with an enormous amount of information. Very few people can take in such voluminous amounts of new mind-straining and mind-confronting information whilst still getting on with all their usual day to day things. And you’ve been doing it for years now John, with James’ work topping it off, all which your ‘burning hat band’ psychic experience helped you more with.

[I feel that I will become much clearer in communicating with you four, however, the formal writings will remain through James as the quality and experience is best left to and through him, which I most welcome.](#)

Nanna Beth: Concentrate on Kevin and myself, you don’t need to concern yourself with Helen or even Kathaleen. And yes, you will get closer to us and we to you, so consequently feel more of our presence working with you. We will work the balance between the masculine and feminine for you. And as I said the other day, as you get older, and ‘closer to spirit’, which really means, ‘closer to being a spirit’, it will get easier for you and you’ll have more awareness of things going on in your dream-state too.

We will keep working with James for the time being, as it helps us all, and it's part of his revealing more information that is required as: 'part of the package'.

Eldest daughter, Jacqueline, handed her notice in verbally this morning and it was rejected! She is considered to be future management material within this major global corporation.

Youngest daughter, Penelope, arrived at our home last night, highly distraught and clearly needing to quit from the suppressive employment situation in the health industry.

Middle daughter, Natalie, progressed with a job application while she was with us a few days ago.

Nanna Beth: All being part of the changes taking place.

Are the Milverton papers / packages coming together in an orderly fashion and are they likely to require further time extension before Michael can distribute same?

Nanna Beth: Yes they are, Michael has other business that needs to be taken care of which might cause some delay, however by all accounts they should be able to get it done within the required time.

You'll hear more about all that shortly John. So in the meantime, all my love, and as I said, the two K's shouldn't be too long in coming. They know you are looking forward to it, it again marking a new beginning for you, which it will be in some respects, however there is still plenty of time, and other things need to happen first.

I am gently showering you with my love John – Nanna Beth.

John with some musings.



Sunday, 10 September 2017: James: It would be nice to think that Nanna Beth, but I've been feeling just how very difficult the Healing is and how few people I'm sure will want to tackle it. What if you're happy in a relationship with your partner, child and their children, and yet feeling you have problems and deep traumas, you start doing your Healing, surely that would lead eventually to all your relationships breaking up? Can people do their Healing whilst maintaining their relationships?

Nanna Beth: You and Marion have. If people understand what it's about and accept, encourage and support each other, then they will; and if not, then they will fail because those relationships are too false anyway, even if they seem to be stable and loving. And it's none of your concern James, as you've been feeling of late, because it's for each person to work it out for themselves. And people will start and stop, will progress a little then hit their barriers and reject it, only to pick it up later or when in spirit, just as other people will be able to push through those barriers, and possibly even through them all, right the way through to completing their Healing. And then more people will gain some understanding of it without actually doing it, which will set them up to be receptive in spirit; and there will be every conceivable variation of the above, and none of it is yours or anyone else's concern other than the person themselves. And for you, we Celestials, John, Samantha, all anyone else can do, is simply share what you think and feel at the time, just as with anything in life, and then it's still up to that person to do whatever they want.

And it's the same with spirits in the Divine Love Healing worlds (3, 5, 7 Divine Love Mansion Worlds). Not everyone embraces the truth of the Healing and then sets about knuckling down applying themselves to it like Kevin did. He's actually more the rarity, most spirits come and go and do a bit and spend more time exploring the controlling aspects of their minds before they settle down into committing themselves to it.

So it will be taken up by people, picked and pulled apart, some people will have ruinous experiences with their relationships all failing, others not so, others even developing new relationships because of it. It's just life, nothing different other than introducing a new set of truths, and ones that can actually help the individual get out of their wrongness rather than lead them deeper into it.

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.

Feelings first

The Engine Room



MONITORING and MANAGING the HANDOVER to the AVONAL PAIR:

To PARADISE, the HOME of OUR HEAVENLY PARENTS

The Central Soulgroup of the Council of Elders have established a 'Battle Room' on each of the Celestial Heaven spirit worlds and each of the Divine Love spirit worlds. From 'hot wired' connections on Earth, including the 'Engine Room' on Earth, events are recorded and broadcast live throughout these worlds. This enables spirits of all 6 spirit worlds to interact and engage in the changes that are now being implemented at an ever increasing rate.



Council of Elders now around 20 Soulgroups

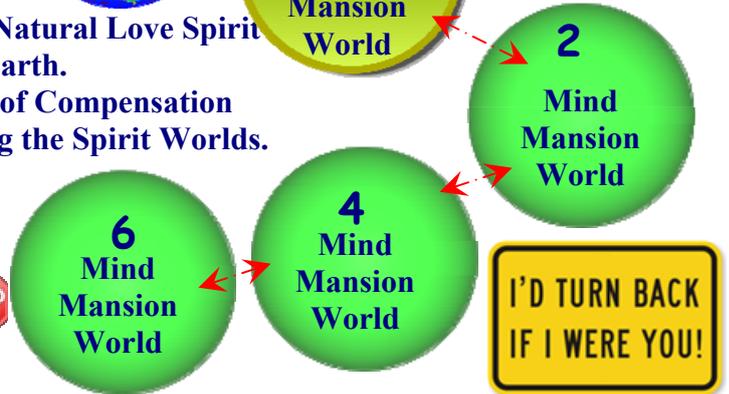


Rebellion and Default officially ended 31 January 2018



22 March 2017: Negative influence from Natural Love Spirit Mansion Worlds 1, 2, 4, 6, was cut off to Earth.

22 May 2017: The quickening of the Law of Compensation commenced, thus the beginning of earthing the Spirit Worlds.



Kathaleen & Kevin

On Saturday, 16 September 2017:

Hi James

There is a party going on, i think i had a mob with me – i think Kathaleen and Kevin are about to rock.

But i think they have a lot to tell you.

Struth John

Howdy John, I'll have to put them on hold for now – too tired, I thought I'd ask tomorrow what was up with them, but now as you've said this, I most definitely will.

Sunday, 17 September 2017

(NB, having written this, it keeps playing on my mind, as it did whilst writing, that Kathaleen wants her name spelt Kathaleen. Kathaleen, is that so? Yes please James, I was Christened Kathleen as usual, but we lengthened it for fun and it kinda stuck, and so it goes with my Southern 'drawl', drawing it out more like some other Kathaleens were called. Okay, I've now changed all the Kathleens.)

Kevin: No beating around the bush I say, straight into it, if you don't mind my reading your thoughts James. I'm still practising at this communication-with-mortals caper... but anyhow, here I am; and how are you, and as I already know that because I've been listening in on you and John and you with Marion for quite a few days coming up to speed, I'll keep speeding along. Tell me if you can't keep up typing at the pace I'm setting, as I'm full of light and so eager to speak to you and John.

SOSOSOSOSOSO much has happened to me John, you have no conception of how wonderful it is over here. It's leagues apart and miles ahead of the Mansion Worlds. This is real Heaven mate, truly it is, it's what it's all for, to feel so bloody good, to feel so EXTREMELY good, so full of love and light; and the light, it's real light, real spiritual light, and I mean it's incredible stuff to feel your whole spirit being bathed in it, supported in it, it is as if the air you are breathing, and breathing with all your being, is amplified in life energy a million fold, so you feel like you're busting out of your spirit-skin just being alive. And it feels so good being alive and free of your evilness! I can't tell you HOW GOOD IT FEELS! It makes the Earth look very much like the hard work it was, talk about having to struggle along, the whole business of having to sustain yourself by actual physical breathing, it seems so antiquated, something that you did back in the dinosaur days; though not here, I am not even having to breath and yet the light is being continuously pumped into me!

And the spirit light – sorry for going about it – is gloriously uplifting, it keeps your spirits – ha, ha, so far up that nothing could ever go wrong, you can't have a bad feeling because what in Heaven is there to have a bad feeling about? I tell you boys, the days of all those terribly agonising bad feelings are over once you're Celestial, and shit what a blessed relief it is!

And you do really feel so much closer to God – to our beloved Mother and Father. It's almost as if you can reach out and touch Them, breath in Their Essence, imbibe It somehow. It's all so real, everything is so real, it makes the Mansion Worlds and then Earth look like some smoky fog-filled day.

So what have I been doing, you ask? Well, I've been settling in as Nanna Beth, who by the way over here in her now 'native' environment, looks radiant – crikey, everyone looks radiant, and even if I say so myself, I'm not looking too bad either, cutting a bit of a dashing figure is your old Kev John; and Kathaleen is more than happy with her beloved as I am with her; so yes, we've been settling in and getting to know each other some more. And there is a lot to get to know about the other person when you're finally in the position to be able to get to know.

I look at you James and Marion struggling with your relationship, and I can see plain as day, you don't have a hope in hell of getting to know each other, to being able to really be close to each other, because all you are doing and all you're living in, the state of your mind, will and emotional system, all your unloving relationship-denying patterns, are rejecting such closeness; but once you've got rid of all that, once you are free of it all and Celestial, well then there is nothing in the way, then you are both open-hearted to each other and away you go. There is nothing stopping you both, nothing resisting you getting to really know each other, and so in every experience you have together you are getting to know each other a bit more; and to think that's how it will be for the two of us for the rest of eternity, it's too astounding, too beyond comprehension. And we feel like we've been together now for years, and yet it's only been a few weeks, it's extraordinary; and really you can't begin to fathom what it's all about, I mean, the whole thing about being a spirit and living a truly spiritual life in the light and light of the real Universe, until you are fully Healed and over here in these most wonderful Celestial spheres.

I can't get over it, I never want to get over it, it's just so good, and talk about being rewarded for all the hard work, IT IS WORTH WHILE, JUST KEEP GOING AND ONE DAY YOU WILL GET HERE! Which I understand is all very well for the likes of myself, and like a punch in your faces, however that's how it is and I can't stop talking about the truth of how I feel and how it is for me over here. Which I know you want me to do, which is why I'm here now going on about it all!

So as Nanna Beth told you, Kathaleen and I went off for a roam around the Mansion Worlds and Earth planes, seeing all the things we'd not seen before, dropping in on you old man out in the wilds, and that was so we know that we're not missing out on anything to do with them, we feel well and truly finished with them, and at the same time we 'dropped in on' a number of people who'll we'll be talking about, as you John and Crystal will be involved with, through all you're both going to be doing, just so we could get more of a feeling for them and it all. Which I think we have, and so we're ready to play our roles in the unfolding drama of your Saga, John.

And also as Nanna Beth told you, we've both been readily schooled about many different aspects that we'll be covering, more to give us an introduction to the subjects and what is expected and what is possibly going to happen. And boy oh boy, I thought I had some idea, but now I can see I had none! It's far bigger than anything I had been told or thought about, and I had put a little Kev-thought into it, you know John. Because as I progressed in my Healing, and what with Nanna Beth coming to me and dropping certain hints, well coming to understand that I was not only going to be playing a part in this, but playing something of a major role, well that did intrigue me – A LOT!

So G'day to you John, I'm back, and I'm ready to help you – ha, ha, or is that LOL, now I understand – whatever that means. So I have said to Nanna Beth, well you do what you want with me, I don't know much, as you know, and so you tell me and I will try and do my best and I'll hope that is good enough – not much else I can do, and I certainly can't pretend that I know what it's all about and what's going on and how it all works. It's all too big, shit I can't even get myself around the local neighbourhood yet without getting lost. Kathaleen and I are in a state of perpetual laughter about it all, for she too had no idea and is realising that it's mostly because of my connection with you John that she is involved in it all, and it's blowing her mind because it's more than she could ever have imagined. She's always

wanted to be involved in something, anything really, and so now finding herself not only involved, but thrown in the deep end and into something that seems infinitely large, well she's beside herself too. And so I'll give over to her because we intend to work equally together in it all, however we also understand that my more masculine energy is what's required at the moment.

Kathaleen: Hello James, and hello John, it's a pleasure to 'meet' with you both, and please forgive me if I sound a little strange... oh gee James, I can see you're already struggling, you can hardly type compared to racing along with Kevin, but I've never done this before, so it might take me a little time getting used to speaking to you this way. So if it's too hard working with me, having to stop start and keep changing the words I want to use, please tell me James and I'll give back to Kevin.

I am a very different person to Kevin, in that I came from a very different background to him, I'm black to start with, I was a black American, and I have chosen to retain my colour, as you can do that over here. You can retain as much as you want of your earthly appearance, although mostly we sort of tend to tone it down a little and sort of more blend in with everyone, but for the time being I've been advised by the higher spirits that I should keep my colour, my BLACKNESS; and I love being black, I am not afraid of it, I am very proud of it, and Kevin loves it too, we call each other salt and pepper, not very original I know, but it's part of how we're getting on together.

I grew up in the deep south in Tennessee and in a very small town some hundred years ago, and my life was all about being as happy and personal as I could with my family. I never ventured far, preferring to keep my head down and do as I was told, do what was expected of me, and so to keep out of harms way. And I loved my family, I had a nice husband, we loved each other a lot, and he was a good man, and we had five children who I adored, and then all my grandchildren. And we were devout Christian's, which meant, it was more our own personal families version of Christianity, all mixed in with the pathos of our lives, all our ancestors had suffered and been subjected too, a lot of superstition throw in as well, all resulting in a very colourful – if I can put it like that, religious and spiritual outlook on life. One of course that was all wrong, so unloving and untrue, as I found out through my Healing, which took me quite a long time to do, twenty years, but which luckily I started very soon after my coming over.

I loved praying and longing to God for the Divine Love, that's what really drew me in. I loved God, had done all my life, ever since I was a very young girl, so my parents got some parts right; and when I understood about longing for the Divine Love, that helped me to expand my horizons, and then I was told about the Healing. And that took me so long compared to Kevin, because I had many other distracting things I wanted to do. Kevin was more world-wise, he knew the score about a lot of things, knew his way around even though he too really was just a local boy, but he'd taken an interest in such things on the television and what other people said, whereas I never did, as none of anything outside of my little world interested me. And it scared me, my brothers went off to war and never came back, too many of my family went away never to be seen of or heard of again, and then some came back, and they was not the same person as they'd been before, so I didn't want to have anything to do with the nasty big bad world, no sir, no, I just wanted to stay in my little neck of the woods, happy and content at doing my work in the factories and on the farms and just attending to my girls, as all my children were girls.

But in the back of my mind there was always this wonder... see James, I'm getting the hang of it, you can hardly keep up with me now – HA, this is FUN! – and easy too, and aren't I just like how Kevin's light feels to you?, just the feminine part... so yes, always in the back of my mind was a little wondering about what it might be like out there in the world. And then when I died, I was taken into the first Mansion World, into a Divine Love sector, because of my father who'd found out about it; and as I loved him and would do anything he said, so that's where I went. And so I was somewhat protected from the regular humdrum of the mind Mansion World life, and as I didn't need to go and indulge

myself in anything like Sex World, and as I didn't even need to stay with other Christian's because my father explained all about that to me, and my Healing, then I was happy to just take my time trying my hand at different things, having other relationships. I didn't want to be with my husband because he'd changed so much in spirit, I didn't love him anymore, he being so heavily focused on how brilliant a man he now was with everyone listening to him, he always fancied himself as a preacher, and now he could spout the gospels from all over the Christian mind world sector with so many followers, and he didn't want to know about the Divine Love or the Higher Truths, and the Healing didn't appeal to him; he thought I'd been corrupted and led astray by that ever-wily Satan who was just as active, if not more so, in the spirit worlds, praying on innocent girls like myself. So he was no longer the man I married, which hit me hard and was such a shock but helped push me deeper into the loving arms of my father, my earthly father who was looking after me in spirit, and also my Heavenly Father who was looking after my soul.

And then to be introduced to my Heavenly Mother, well, what more could you want! I had found a certain peace, even though I was still very upset with how my husband was treating me, but then I met another man, and well we shacked up together and that was part of why I delayed my Healing, or rather, why it took longer than Kevin who just devoted himself to it. But as you know, we're all different, and it was what I needed to do, and as it turned out, I was in the Celestial spheres a little before he was; but now everything is perfect, I have my true man, and we do really love each other, which is helping me understand that the love I had for my husband and even my children was not like this love, no sir, it's very different this love, this is real true love of the soul, deeper than just spirit love and much more so than anything on just the physical side.

James is asking me if Kevin was surprised about my being black and how it came about that we met?

Yes he was, it took him back a bit at first, well as you can image he was quite racist deep down, he'd grown up despising the Australian Aborigine in many ways, and yet in other ways he was also accepting of them. It's like how so many of us are, were he to have something personal to do with a blackfella, he'd enjoy their company and how they went about things, yet he'd also taken on a lot of the prejudice against them when he was young, without having anything that much to do with them. And then he knew very little about a Black American, let alone one like I was, and so it was a mixing of the races and it took a while before we both could more openly accept each other. And it was just as much of a shock for myself to be told that a white man was my soulmate. It's not the sort of thing you want to hear when you're unprepared for it, and I'd never given it any thought, I still, which I had to admit to, secretly hoped my husband was my soulmate and that given time, he'd come around and see the light, which, by the way, he has, yet we weren't to be together.

And there is a lot of mixing and blending of the races over here in spirit. So Kevin and I are not unusual, we're in fact more the norm, and none of that matters anymore because we've all long since healed such prejudice out of ourselves, now happy loving all the differences in each other. And then you understand how even my own children are so different, and then so different to someone from another culture, and as we're all so different, it becomes an individual thing, and our soulgroup is made up of people (now who are spirits) from all over the world and some of us living at very different times on Earth. So we've got a lot to share and get to know about each other, which is all so fascinating; and then with what's happening on Earth into which I have found myself thanks to Kevin, well it's been one dazzling time for us, that much I can sure tell you.

Are you happy for me to continue James, or would you rather I gave back to Kevin? You don't mind, good, then I'd like to go on a bit more if you don't mind, as I want to say to John a special hello to you. I understand something of how much Kevin means to you, and I love Nanna Beth, she is so

radiant, so beautiful, and so caring, she's taken me under her wing and is personally explaining so much of it all to me, all of which she herself finds so incredible; and so here we all are, sort of like a new family in a way and dealing with all of this in the world which is so big and so much unlike anything I thought I would be interested in. And yet I am, I can't get enough of it, all of what you are all doing, how you've all come to be as you are, and then what they say is going to happen, well it's wonderful to say the least. However I think Kevin will be doing most of our work with you John, I'll be having my say to Kevin – you don't have to worry about that, it can't be any other way, but we are told that you need the balance of the masculine energy, and not just you personally John, but for what is transpiring, it's partly technical, which neither Kevin or I fully understand or appreciate yet; but that doesn't matter, we can work within it and it's all fine by me, I am loving it all, I have never been so happy in all my life!

So I will give back to Kevin now. Thank you James for allowing me to speak through you, and I'm sorry for being a bit rough to begin with, but it is good fun, isn't it? Bye now, goodbye John, nice to 'meet' you, and I might be able to speak again soon.

Kevin: She is lovely John, and yes, to begin with I thought, you've got to be joking, a black woman is my soulmate, God is playing a nasty trick on me, and I was even surprised at the vehemence of the anger I felt at first. But like all my bad feelings through my Healing, it all helped me to drive out the little buggers and to dig deeper, and so then as we got to know each other, shit, she was a beaut, and she was mine, all mine, can you believe it, me Kevin, God has provided me with such a beautiful other half, oh my god, I am so in love with her, and she is a real beauty too; and that she loves me, that someone really truly with all their heart, loves me, Kevin, Kevin who thought deep down that he was unlovable. It's all remarkable John, amazing, how much you can change – do change, and how much you find out about what's really going on deep within yourself that you've had no idea was even there.

So to work, ha, ha, sounds official doesn't it old son: NOW JOHN, YOU WILL DO THIS AND YOU WILL DO THAT, as if I'm the CEO and you're my underling; you down there, you lowly little people on that speck of dust called: Earth. None of that, that was all good for a laugh, but now it's down to serious business, of which I'm happy to say – there is none! Na, this is just a Hi John, 'we're back' sort of visit, and to introduce Kathaleen of course, and for you to hear from herself some of her own story.

But I will say, which is really coming from Nanna Beth – and oh how much we all love calling her Nanna Beth, she's like the saintly matron to us all, all us lower Celestials, you know, saying this in hushed tones... the one who Mary M comes to see personally... oh my God what an honour; and for Kathaleen and I to be so close and involved, oh my God we just laugh away to ourselves as we can't assimilate all the light that keeps being showered upon us. I mean, you've got not idea how much Celestial light is 'looking down' upon us now speaking with you James and conveying this to John, as if I'm right there with him speaking to him. Again in hushed tones... they are all watching us and listening, all them up there – Kathaleen and I are doing this with our soulgroup from home. And I tell you, it's almost a little embarrassing, even though we don't get embarrassed, but with so much attention, I tell you John, if I wasn't Kevin, all the light might go to my head!

Oh yeah sorry, I tend to go off the track a bit old mate, so what I was meant – am meant – to convey to you, is that all Nanna Beth said yesterday about Elizabeth and all you have thought about since reading it and all you said to James, was all very good – you get a gold star! I'll put it on your forehead... there's, how's that! It suits you! She is a good lady to do things with, so we – Kathaleen and I – are told, and she will help you a lot. And they are wanting me to add this part, telling you this because it's for James as he is feeling once again like he's moving further off into fantasy land with all of this, as nothing as yet is real to him about any of it, as none of it has connected to his physical life (other than

you John loving all he writes), so they want to keep the pressure on you James, taking you further away into it all, all of which is having the desired effects it's having on you, helping you change and move on within yourself... yes, good, you understand; so that's part of what it's all about and how it comes to you in stages, and how it's all meant to help John and Crystal sort things out too. It all still being part of The Preparation, which yes, I know you think has been going on for a long time, which it has, and which it will continue to do so for some more time yet, for there is a lot to prepare for, most importantly of which for you James is the ending of your Healing. For as you understand, when that happens for both yourself and Marion, then everything changes, then it's GAME ON, and then it's really a matter of let us all see what our Heavenly Parents have in mind for us.

Anyway John, I am going now, so that's it from Me and that's it from Her, and we'll be speaking with you, vying for James' time with Nanna Beth and Helen, but that's all part of it, all part of what needs to happen, so they keep telling me.

So in my ignorant bliss I will go, and it's been great to connect back with you all, and please John, any questions you might have for Kathaleen and myself, please tell James.

Oh yes! You do have some questions, we all forgot about that, well I didn't actually know that you had them, but James has prompted me and Nanna Beth; and so yes, before I will go, I'll answer then – yeah right, as if I know everything there is to know about life over here – cough, cough. However do not fear, as we're all in such good hands, and yes, I'll stop crapping on, it's the damn light, and Nanna Beth will convey the answers to me. It's like she's going to handball them to me, you get the idea?

Okay first question: All those billions of spirits Nanna Beth told you about yesterday, where do they come from, and are they all from Earth? We're adding a couple of your questions together John... and yes, they are all from Earth, however, and this is the trick, they are not all just in the lower three Celestial spheres, for that number includes higher Celestials as well. Many from the old guard who are still having something to do with what's going on now, the 'Change Over', and some of the newer arrivals who are not staying in the lower Celestials spheres but are still having indirectly something to do with what we're all doing, are included in that somewhat overwhelming total. So there are billions upon billions of Celestials from Earth, all on different levels of Nebadon (and many who've even moved on from Nebadon so I understand (she's whispering in my ear)), some of who are included in this number Nanna Beth told you yesterday.

And she's saying that although currently in relative terms there seems to be only a trickle of spirits completing their Healing and coming into the first Celestial sphere, still over time since Mary and Jesus being on Earth, there are masses of spirits who've done their Healing; and masses more still confined to the Mansion Worlds, and with those numbers steadily increasing in the mind worlds because of all the abortions people are having (who are like another 'race' of unwanted humanity). There is a flood of unborn who are nurtured in the 'womb nurseries' in the mind worlds, the numbers growing all the time, together with the increased number of daily New Arrivals because of the increasing population from Earth, and then with the periodic swellings from war and mass death and so on, all the usual drama from the physical world.

Next question: Are there personalities from other 'earth' planets over here, and what do they look like if there are?

My answer: Yes, there are, although as yet Kathaleen and I have had little do with them. We mostly stay in the 'Earth', as in the Urantian Sector, of the first Celestial world, however there are spirits coming from all the physical worlds up through their corresponding Mansion Worlds, of which many of

the none rebellious worlds share. I understand that we really don't start mixing in earnest with spirits from other worlds, as in doing what we do with their soulgroups, until after the third Celestial sphere, so the lower Celestials are still to do with us sorting ourselves out after having gone through the intensity of our Healing. As you understand, our Healing is a MASSIVE experience, it's not something that you can take lightly, it affects you to the very core of your being, and you are not the person you were once you are Healed. And we need time, and mostly time amongst our own kind to acclimatise and adjust and come to terms with the enormity of what happened to us, to being conceived into and live as adults in such wrongness and then to heal it, what we did through our Healing, as you just can't take it all in whilst it's happening to you, particularly if you're like me doing it relatively quickly, for in some ways, unless I take the time to focus on it, it's just seems like a blur. And so that's what Kathaleen and I will be taking more time doing, settling into our 'new true selves' understanding what we've been though and more how it was for us on Earth in our unloving lives.

Occasionally we see other spirits knowing they are from other worlds because they do look different to us, we have an Earthly feel to us, if I can put it like that, not that it means anything to you, but they have their 'earthly feel' to them, and you get to recognise it. Overall from what I understand, we're all more or less humanoid from the physical earth worlds, that's the 'standard' pattern so to speak, however there are variations of it. Some being more squat, others much taller and bulkier than we are, some fatter, others skinnier, you'd possibly see vague representatives from our Earth that cover the spectrum of shapes and sizes, but they have whole worlds based around those particular sizes. Because the worlds are so different to Earth. We're quite unique, and many of their worlds are architecturally designed, they have not naturally evolved with dinosaurs and earthquakes and violent land movements and all the rest, some of their worlds are incredibly stable in geography and climate with standardised life forms – plants and animals, and so with standardised human forms too.

But the main thing is, we're all incredible friendly, we all love each other, there is no animosity, no competition, we all recognise we're all children of the same loving Parents and we're all on our way to Paradise; and yes, we've all had very different beginnings, but as Kathaleen said, that happens even within the same family, so what is different?

So I hope I've answered your question well enough, tell me John if you'd like more. And I will add – this from you know who – that really we Celestials are not meant to give too much of an idea of what it's like over here to you, for that is really to be a surprise and for you to discover for yourselves. We do however want to you impress upon you that it is all very real, there are these Celestial spheres and we do live in them having completed our Healing, and they are really nothing like anything you've ever seen before. And they are something you can look forward to, but they are for you to discover when it's your time, so we'll only be ever giving you a vague understanding of how it is over here and what our lives are like for us. And you must remember, you are not to use us to escape into your minds taking you further away from your bad feelings. And so we hope, if anything, we might put more pressure on you, making you feel bad because it's not as nice for you as it is for us, and if that happens, then we're pleased we've been of some assistance.

James is conking out, so I will sign off – again. It's been great for us both to connect with you both, and we'll speak again soon. Our love to you John. Bye for now – Kevin and Kathaleen, now residents of the first Celestial sphere. Gee that makes us feel good being able to say that!

Feelings first

NOTE from me, James: John, Kathaleen, as you'll read, gives dates and times for her and Kevin, and as I said on the phone, I have always resisted receiving such things because they could be checked up on and shown that I'm full of shit getting them wrong, and so if they are wrong, then everything might be wrong. And yet for the first time I just thought I'd let them say whatever and see how it goes, and she said it all so matter a fact, all so easy, with my getting only mixed up once, where I could see my mind had already worked it out. And when I asked about which gorge, Katherine came straight into my head, and I couldn't remember any of the names of the places you did visit, other than Stanley Chasm of course, but that's not a gorge, and I haven't as yet looked on the map you gave me of your trip to see if you did go to Katherine Gorge. See how woeful my memory is? Which is why I keep asking you the same questions over and over. I hope I'm better at remembering when I'm in spirit! Channelling numbers, dates, time, names, places, and unique details is very difficult to get accurate.

Monday, 18 September 2017: From John:
Hello Kathaleen and Kevin

Wow, what an introduction. Just as I was about to receive your writings through James, the power tripped and I went into a mini-blackout. Everything went black! How coincidental!

Kathaleen, welcome to our zoo. We all need a lot of Kevin's humour to keep us navigating our way forward. Each dry gulley we have gone up, actually have all been steps forward in the correct direction, no matter how disappointing they each have been.

Well Kevin, we both grew up in the small close minded town of West Wyalong, with 4,000 population, who had many prejudices even amongst groups within the township. Holly smokes, the differences in backgrounds between the two of you could not be more contrasting. What an interesting time you both will have reflecting on your individual diverse natures. Wow.

Kathaleen, what year were you born and what year did you die please?

And Kevin, what year were you born?

Kevin, do you continue to have a hobby with bantam chickens?

Presently, what age would your appearance now reflect should you be in your physical embodiment?

When Carolyn and I travelled down from Darwin to Adelaide a few weeks ago, which gorge did you both visit while we were also there please?

Nanna Beth mentioned a few days ago she was walking on one of the lovely forest walks with a 'friend' chatting about the adventure we are now engaged in – and some R&R. I suspect the 'friend' was Mary M; was that so? Now, that is what I call being choosey about one's friends.

Kathaleen: I'm sorry John to have messed up your artwork with my name change, however I do feel better with the 'a' added. It's what I grew up with and so what I'm used to, I never used Kathleen, although I had to for certain legal reasons.

Kevin wanted me to talk first today with you, to tell you how much we thoroughly enjoyed speaking to you through James – speaking to both of you, and now that I've got the hang of this sort of communication, it's very pleasant for us to do. And it's nothing at all James with all the stop starting as

you make the necessary corrections along the way, it's so easy for us to do, we just impress upon you what we want to say, and then your mind mostly takes over putting it the way we want it to be put, it's quite incredible how it works.

And thank you so much John for making me feel welcome, particularly as I'm somewhat of an outsider to you three men, and it's nice to know that we'll be able to communicate like this for some time to come, it all being part of what we are to do.

I was born in 1901, in May, I'm a Taurus like you James, however I was a late April one, the twenty-sixth. And I died when I was 72, in March – the 15 (so 15 March 1973). Kevin was born in 1937, April 3. (Kevin died at the age of 75, on 10 August 2012.) So yes John, I am older than he is but that is of no consequence for us over here, all that loses its appeal – the separation of age whilst we do our Healing through the Healing Worlds. And the 'friend' with Nanna Beth was not Mary M but her soulmate. And it was in Katherine Gorge that we were with you, which is such a beautiful part of the world. And we don't have pets over here, so Kevin has no further interest in the bantams, however I'm going to 'put him on', as I've said all I wanted to say.

Kevin: That's right John, all of that was long ago now, I am so different to how I was on Earth, still at the heart of me, the same Kev essence, but my family wouldn't want to know about the new me, so it's wise that you don't trouble them any further. They will find out when they come over, nothing remains hidden over here, everything comes to light in due course, although a lot of spirits do try to keep their secrets for as long as they can.

And the age that Kathaleen and I are is about mid thirties, in our prime time on Earth, that's about where most of us spirits like to be, however we don't look exactly like how we looked back then at those ages. We look pure, and it sounds funny to say that, but we do because we are. When we look at people on Earth we can see all their impurities, the sad state of their being, how much pain they are in and refusing to acknowledge about themselves. You can see it on their (your) faces, in how they conduct themselves, and we don't show that in our body language because we don't feel it, it's no longer within us. So we are more smooth, true and pure in our looks, no wrinkles or stress or worry lines, no false put on facial expressions, we're just our true selves, and really it's something you have to be and something you have to see for yourself.

And we are of a specific light, a spirit light, which is the Light of our Truth. So anyone can immediately identify on what level of truth we're at, so our Angels talk to us according to which level we're on. There's lots of different subtleties like that over here, so you know your place because it's shining out of you, you can't hide anything, you can't have secrets, you really are what you are. However what we are we also understand is composed of a hell of a lot, already in our short existences, we've all lived a lot of experience, nothing of course compared to what we will live, but we're not just air-heads, and our having lived untrue, been as evil as we could have been, then our having woken up to the horror of that, and all we've been through in our Healing, well it's all far different to what those spirits from the non-rebellious planets are like. We're a whole different commodity, if I can put it crudely like that; and we like being different, you can see we're all proud of all we've been through, but not in a conceited way – of having been through the fires of hell and come out the other side.

For the past couple of decades, we all have been flying blind. Now, starting to get a glimpse of what we are negotiating and navigating, it has been a very good idea that we did not have a clue what we were doing.

Now, Kevin and Kathaleen, with you both at the helm, I suspect that we, collectively, are more than ever dependant upon Helen and Nanna Beth. This is one humungous adventure!

I was anticipating that we would progress on this journey with one bite at a time, small steps. However, I now suspect it will be giant leaps and those that become involved with us will be implementing or executing the small bites, and those small bites will be by the hundreds.

Once funds are available for release, it is intended to commence as many initiatives as possible, all within a framework of an over-arching budget. That is, controlled chaos. As time unfolds, then the recurrent costs – ongoing annual financial support required – to complete each program, over the long term, will set the pattern.

All of this will require people that grasp the event that is unfolding and such people will need to grow into embracing the long term objectives and benefits that the U-Turn will deliver.



So, Kevin, I may have been King of the Beer Fridge for a short season, now it is your turn to be King of the Beer Fridge? Oh, what the heck, time for a meat pie each.

It is time to go and find some office space so we can get the show rolling.

Kevin: And yes John, it's going to be very exciting times for you, so we're told. Kathaleen and I don't as yet understand it all, so we'll be taking small bites as we grow in understanding. But you are in good hands, that's what everyone keeps telling us, everyone thinks very highly of Nanna Beth and Helen, and I don't mean that lightly. It's an interesting thing, and I don't know quite how to put it without giving you the wrong impression, however certain souls seem to be cut out for certain positions, as if they were made for them, just a little more than others. Which might only mean that those souls have found their niche quicker than the rest of us, and we don't feel bad about it, in fact the opposite, when you see such souls, as it's the soulpair, and you can see or sense the light about them, you can only feel love and extreme fondness for them, but they've got a slightly different 'something' about them, and so that's what Nanna Beth and Helen and their partners have. There are others like them too, lots of them in fact, but we feel we're sort of lesser than them, but as I said, in a good way, in that we're yet to 'find our place' and then have that same light about us as they have about them.

So what I'm trying to say is, with the likes of Nanna Beth and Helen, you are in the best hands there are to be in, for they are just perfect for their roles and so many spirits look to them and they take it all in their stride, loving all that's happening and all that's going on. And it's not even that you are privileged to work with them, nothing like that, and that's what I don't want you to think, they are just Nanna Beth and Helen, but they know their shit – you know what I mean? Which for all of us, and what Kathaleen and I are coming to understand, it is quite remarkable, for the small amount of time they've had to get to know it.

And for myself and Kath, we're more to be the 'plebs' for you, in that, we are the fillers, to fill in the connection between you and them, because we can more relate to you on a day to day level, whereas they are both really far more concerned with the higher goings on, relating more to James and the higher

spiritual side of things. And yet having said that, they are still very focused on all you are doing, because it's all about what you are doing, you John, Crystal and Samantha.

And speaking to you Samantha, I can assure you, you are not being left out one bit, not that you think you are, and all you wrote to James we all understand is just more of your yuk coming out; but still, I want to say to you, you are so much part of it you have no idea. You are the True Way, you're living it, no one else on Earth is so committed to it, other than Marion and James. And that... well, what can I say, that's the same as the first woman spirit who did her Healing with Mary M all those years ago. And look what happened following her, and she is still highly celebrated over here, and so we all know what an incredible thing you are doing, more so than you do about yourself!

And when your Healing finishes, then so much is going to move around you should you want it to, for you are one of what I've been saying are Nanna Beth and Helen, you are, and will be, the Earth equivalent. You understand that the Healing is your 'thing', and you've committed your whole heart and soul to it, and that is remarkable, few actually will do it so determinedly as you, and you will be the inspiration for many.

And your light will command the respect of one who Lives the Truth, and one who: Lives True, which will come in time once you've moved through all the bad stuff. So don't feel you are being left out, no, we're just working with John to get him ready for what's to come, just as you are working with yourself and your unseen friends getting you ready for what's to come for you.

And again I want to say, echoing Nanna Beth's words, you'll see John, and in fact you will all see, how it will work out easily for you all. And that it is all real, all you think that is happening really is, the Celestial's are working the mind spirit levels of communication they can have with people on Earth, everything that comes to Earth from any of the Mansion Worlds now does so with the Celestial's stamp of approval. They are completely in control now in this area, and are just waiting to be handed even greater control. So you can see there needs to be quite an army of us all keeping abreast of what the mind spirits are up to as well as their counterparts on Earth. And so much of the controlling side of things from the mind spirits has been shut down completely, and even Kath and I can see the subtle changes that are beginning to occur on Earth because of it – certain people feeling a little more unhinged with each passing day.

Anyway, I hope what I've said, and what Kath said to you, helps too, for that's really going to be our roles, and in some ways John, it would have been good to have been involved with all of this with you on Earth, so we could have had a few beers and a pie or ten together, but you know how I was, none of it would have appealed to me back then, and you'd have long since written me off as a lost cause. So it's better this way – it can only be this way!, for at least I don't think you're half off the planet with all your mad ideas, because I'm now helping to contribute to them!

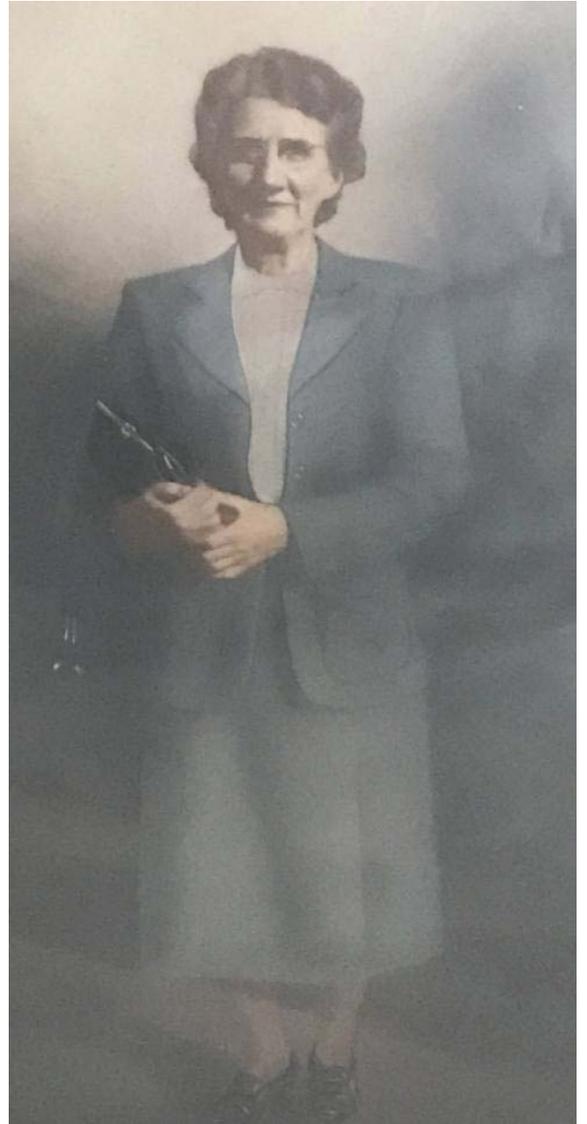
I'm being told to shut up, Helen wants to answer what Crystal wrote to her, so I'll talk more soon.

Kathaleen: Our Kevin is sure good at talking! We love you all and will come back soon. Goodbye from Kev and I.

Feelings!
first

Elizabeth Mary McDonell – Beth – Nanna Beth:

Elizabeth Mary McAlister was born 24 January 1890, she married Norman Alexander McDonell. She died on 5 October 1951 aged 61. The photo at the top left is Nanna Beth standing in front of their farm house on the property called 'Kilarney' of Buddigower, not far from West Wyalong in New South Wales, Australia. Bottom right is the farm house.



Kevin Cooper when in his early 30's.



The home above was the home that Nanna Beth lived in after leaving 'Killarney' of Buddigower, some 30 kilometres away. This home also became the home for Kevin for all of his married life.

The home on the right was that of John Doel, being some 200 metres away from that of Kevin Cooper, and earlier on, that of Nanna Beth.



Friday and Saturday, 22 and 23 September 2017 – written via James:

Nanna Beth: The documents will reach Crystal next week as planned, then you'll both be able to work on them. I just wanted to let you know John, that is how we understand it will go, however that may be subject to change depending on other circumstances. Elizabeth is doing even more to help Michael's lawyer put it all together. She senses there is something very right in this all happening, and although doesn't fully understand all she's involved with in, feels it's for the good, rather than what was usually for the bad with the Lord. So she's committed to it and will be very interested and excited meeting with you and Crystal when you present her with the whole story.

I'll now give over to Kevin.

Kevin: Hello again John and James, Kath and I want to do what you suggested John, giving an account of our Healing. I'll start and we'll see what happens – how does that sound? But first you want me to tell you about the bantams I used to keep; and yes, I had at one point over two hundred of them, they being my precious pets, I couldn't get enough of them, I loved them all, they were something I could love, look after, dedicate myself to, and birds that could give me so much I needed.

I was given some as a young boy, encouraged to look after them, and loved how they responded to my attention, so I was hooked on them. They helped me a lot through my Healing, understanding that I loved them more than people, more than my wife, and myself. But I'll talk more about that in what I write to you about in my Healing James.

Kevin and Kathaleen's Healing.

Kevin

Kevin: I was sitting in my room, a single room in a large dormitory that overlooked a beautiful lake; a place, I realised on my world trip, I told you about, that might have existed in Switzerland, but was in actuality in one of the sectors of the first Mansion World. It was eight days after my passing – when I died, and I was still finding my way round. The dormitory was part of a larger complex for New Arrivals, they coming from all over the Earth, and we'd meet in the central meeting area and just hang out, getting to know each other, talking about our deaths, how our lives were, what our new life offered us. It was exciting and yet also daunting, because there were so many spirits coming and going. There were about a 1,000 of us in the central area, with other similar areas interconnecting off all sides like a massive complex of large wheels with their spokes all leading off into other wheels. And there were spirits coming and going all the time, ones not from the dormitories, ones coming to visit those of us New Arrivals.

The Central Plaza room we met in was sort of Old Worldly, the architecture was European in design, it was almost like we were living in one of those big old regal museums of Europe, which I never saw on Earth, but visited with Kathaleen on our 'world tour' through the Earth planes.

The walls were of a white granite material, like marble, with a big open ceiling to the blue sky. There was sunlight, although no actual sun, but a warmth that made you feel relaxed and welcome.

I was sitting at a table with some of my new pals when Nanna Beth came up to me, we having met a couple of times before, but only briefly. She asked me if I wanted to come with her on a trip to another

part of the sector, so we could have more of a talk, as she wanted to tell me about life in spirit, and something of what I might expect.

We'd been counselled by other spirits already. We each had a private hourly session, each day since we officially moved into the Dorm, as we called it, and we had attended group sessions, all to help familiarise ourselves with our new spirit lives. There was a lot to come to terms with. The first most important part being: there is life after death! It's easy to write now, but shit, what a shock, to wake up realising – just knowing – you have died, and yet you are not dead, even feeling more alive in some ways than you ever felt on Earth. What a major adjustment! And for spirits like me who had no real spiritual or religious interest, we all tended to congregate together in the Great Dorm.

The spirits that counselled us simply told us we were free to do as we please. That there were certain limitations imposed on us and our new lives as spirits, which were determined by our level of mind attainment, but that didn't really mean anything to us, for we were still too spun out by being alive.

Free to do as we pleased – so what did that mean? And we'd started to take small trips outside the Dorm, there was a vast canal come cafe area, not unlike Venice, as I saw on our trip, and so we'd go, a small group of us, wandering about that area. You could eat and drink, just as we did on Earth, it was a very pleasant experience, even though you also knew you weren't really doing it, it was all being done with your mind. And we'd stay out late, we felt like a group of teenagers, we were all men, and we'd hit the bars and clubs, drinking and getting 'pissed' and 'stoned', dancing with the girls – newly arrived women spirits. It was like a massive party experience, everyone was so happy, to have a new start, a brand new life; so many of us had suffered severe illnesses, traumatised by them, and now to be free of them, no pain whatsoever, a feeling of invigoration, totally revitalised, new life! So we were happy – happy, happy, happy!

And we were still changing, we felt young at heart, but many of us still looked old and decrepit, wrinkled, old men who were acting like teenagers, and the same with the women, it was weird, and yet at the same time all seemed so right. And no one to tell you off, no police, no one to shut down the night clubs, to tell you off for drinking or smoking too much, you were able to do whatever you pleased.

Some of my pals were into drugs on Earth and dependent on them for their pain, so they indulged in them, and I did too a little, and they were okay, but not my thing.

And as we mixed with other spirits, it was all about: what's it like over here? Some spirits had been there in the bars and clubs for years and were still loving it, they loved that care-free life, no children, no responsibilities, no need to earn money, you had all you wanted – you wanted new clothes and someone would give you them, spirits loved making them, you wanted a new hairstyle, tattoos, piercings, whatever you wanted, plenty of sex, I went back to the women's Dorm a couple of nights, and one of the women I liked came to my room, and no fear of getting pregnant, catching a sexually transmitted disease, everything laid on, and as I said, care-free and happy – party, party, party!

Nanna Beth took me to the top of a mountain, a look-out high in the sky, overlooking the surrounding land, and she pointed out to me where I was living, it being a large city along the Eastern side of the lake, and there were other cities dotted right the way round it, and forests and other lakes, it was all again very Swiss and European Alps looking. I asked her why I was here, why I'd come to this part of the new world I was living on, and she said it was because of my ancestral roots, and that the feeling of the region would have a certain effect upon me, stirring within me parts of myself that had been dormant or latent in my life on Earth, my Earth life being heavily limited because of the circumstances of my family and where I was born and grew up, that being in a small rural town in Australia.

And I didn't have any longing to be in Australia, we've visited it, Kathaleen and I taking each other to where we'd grown up, showing each other where the major events in our Earth lives had taken place, but up there, high in the mountains with Nanna Beth, whilst I was living way down there by the blue sparkling water in my new spirit life, seemed right. So much just seemed right. She said it was how our soul organises everything for us, it starts us off in a way, where we need to be in our new spirit lives, organising everyone for us on very subtle levels. She told me it wasn't where I first arrived in spirit, that was in a different sector, but I couldn't remember much of that because I was still too ill, still acclimatising myself to the fact that I was dead and alive at the same time, and in a different hospital, a life-giving hospital, rather than the death-giving one I'd been in on Earth. That being only eight days ago! It felt like months ago.

We talked about my new life, she explaining to me how things are set out in the seven Mansion Worlds in which the new Earth spirits can live. She told me about the division that exists, explaining about how we're all in a bad state, even myself feeling so good in my new life, that really was only superficial, and deeper down in me I was not so good, just as I'd felt many times on Earth.

And then memories and feelings of times during my Earth life flashed up in my mind, and I felt bad, those same old familiar feelings which I'd thought had ended with my physical life death, but no, apparently not.

Nanna Beth explained that I could remain where I was indefinitely, enjoying the 'good life', as I had seen so many other spirits doing, or I could try and better myself, which would mean I would advance higher in these spirits worlds. And that there were two ways of doing it: Through my mind; or, through my feelings. She said the mind way meant using my mind to keep myself feeling happy, just as I had been doing these past eight days; or I could look to my feelings for the truth of myself and my life they would show me, however that meant I'd have to deal with all of my bad feelings, many of which are suppressed and hidden inside me. Those bad feelings, which I could sense as she was saying that, being as she said, tucked away deep inside me somewhere.

She further explained that the Mind Way, although very appealing and relatively easy to live, that being more along the lines of how life on Earth had been, was ultimately limited in how far I could advance as a spirit – advancing my mind, instead of my soul by looking to my feelings.

I interrupted her, sensing she'd not gone the mind way, herself, that she wasn't in favour of it, and was really trying to steer me, or point me in the same direction she had taken. And when you looked at her, how serene she was, how radiant, a spirit unlike any other I'd seen, I knew there was no other choice for me than following her – I wanted to be like she was.

When Nanna Beth came into the central complex she had turned her light down, so she seemed like every other spirit, but now alone with her high up here in the mountains, high above all that was down there – my new spirit life so far, she was free to be her true spirit light, and I tell you John, if you thought there were angels, well you'd have said our dear Nanna Beth was one. She was full of light, so loving and warm, something so different to any of the spirits I'd been mixing with.

Nanna Beth suggested that I return to the Dorm and that I give myself six months of letting my hair down, and then after that, to see how I felt about things; and should I want to follow her, then she would help me with that. And that seemed fair, like she was offering me the best of both worlds.

We talked further and she said there was work I could do should I want to do it, and as we'd already

been told about such things, I said I was thinking about it, there were ways to work with animals, I loved the bantams when on Earth, breeding them and showing them, and perhaps I could get back into being close to them in some way. She explained how many of spirits still needed help from plants and animals as part of their rehabilitation from the trauma of their lives on Earth, and in particular a lot of young children, and that perhaps working with the bantams and children might be something to help me feel better about myself and my state of being. Because the more we talked, the more I understood that I wasn't really in such a good state. I felt nothing for my wife, now I'd left her back on Earth, and why was that? Nothing, there was no sympathy that I'd left her without my help, no close feelings, it was as if being with her never happened. And Beth helped me to see that I had a lot of pain within me, deep in my soul, and that all my partying was really running away from that pain, which was completely understandable, and should I wish to follow her, that I would be able to bring all that pain up and out of me thereby removing it from myself, and at the same time seeing why I had it. She further added that life was really about uncovering the truth of ourselves, all of which we can come to understand through our feelings, and not as many people and spirits of the mind wrongly believe, by using their mind.



Everything she said sounded right, but I was feeling rather strange being with her, in that I'd had enough, her light was very intense, her focus on me was starting to make me feel fidgety, and I wanted to get back to the cafes and to see Alice, my latest. So we said goodbye, and she would come and visit me periodically and we could talk more, along with my father coming and other relatives who felt connected to me.

It only took four months and I was starting to feel unfulfilled. I'd looked into working with the (spirit) bantams and children, but neither had any appeal for me. I didn't want to do anything other than just hang out and enjoy being with Alice, whom I was starting to like more each day. Spirits talked about marriage, adopting children, doing the whole family thing again, as many of them had had families and were even linking up with some of them of all different ages, and my group of friends had evolved, I'd moved out of the Dorm and was living on a fantastic house-boat designed by a spirit who'd been there for years and was very well set up enjoying something of sage notoriety amongst us New Arrivals.

Alice met, and really liked, Nanna Beth. She didn't want to have anything to do with her own family, so liked the idea of having something to do with mine, my new found family that seemed to be growing as relatives and even old friends would drop in on me, talking about their spirit life experiences, never pushing me, but always subtly encouraging me to get on. All of which was stimulating me to want to know more about myself, something which was new to me and which I was liking the feelings of.

You say John that I am a far cry from the old Kevin on Earth you knew, well, thankfully, it's true! I still don't understand all that went on during my last months on Earth, my death, my waking up, but something was rewired in a sense within me, not taking me away from my bad repressed feelings, but reorienting me, as if I was literally a new Kevin, sort of like Kevin Mach 2, starting off in a new direction, and that which Nanna Beth was appealing to more so all the time.

Nanna Beth organised for Alice and I to move to a new residence in one of the Divine Love sectors, it was a lovely environment, pastoral, wide open spaces, gentle flowing rivers, woods – as they were

called, lots of natural wild creatures, all ones from Earth, many I wasn't familiar with. We lived in what was like an octagon shaped dome building that was mostly underground, well blended in with the environment, you'd not see it if you didn't know it were there. Under the ground it opened out into a complex labyrinth structure of rooms and dwellings of all shapes and sizes on seemingly countless levels. It was really an underground small city, and was full of spirits who were doing all sorts of craft things, making things using their minds, artisans I guess, musicians, it was what you'd call sort of New Agey, spirits from all the religions and spiritual persuasions from Earth, but all who were wanting to embrace the New Way: the way of living true to your feelings and with the Divine Love from God; doing your Healing to uncover what you are really like, to find the real you, all so you could grow in truth steadily toward Paradise, the Home of God.

The spirits were all very friendly, accepting, we fitted right in, they were reading all sorts of different literature, things from Earth, things written by spirits; we can speed-read using our spirit minds, it's fantastic, you sort of almost imbibe the book, and it's within you somehow, you can recall it at will, our memories are incredible, and you feel expanded on the mind level, which is what a lot of why spirits get sucked into the mind way, believing that is the way to spiritually grow, that being the way of the mind, transcending to enlightenment, and all of that. But it was clearly pointed out by our teachers that we were embarking on a very different path, one in which our feelings were our supreme guides.

You've written James, many spirits' experiences about their beginning with the Divine Love and their Healing, so I won't dwell too much on that. I underwent a similar introduction, as most of the Divine Love spirits did who were starting off from scratch in one of the first Mansion World Divine Love sectors.

We attended group lecture, prayer and meditation sessions, at all times of the day, all based on what we wanted to do. There was no structure, no pressure to attend, it wasn't about passing the course, it was about working out whether or not this way of living appealed to you; and if so, how much: Where you prepared to commit yourself fully to it? And if so, what was involved, what could you expect – and, the big one: what would happen, what really was the Healing like?

Our teachers were all Celestial spirits who'd begun as we had, ascended the Mansion Worlds doing their Soul Healing with the Divine Love, using their feelings to uncover the whole truth of their negative or anti truth and anti love state. This all being taught to us in a format that engaged and invited direct interaction. There were some lectures but they were minimal, mostly it was, let's start talking about this topic – does anyone think or feel anything about this... and away we'd all go. Some spirits were better at speaking and getting into it all, many loved showing off their mental knowledge, others were more feelings orientated, I did the best I could, which wasn't much to begin with, and luckily Alice was like I was, so we mostly read a lot, educating ourselves as to what it was all about, and all the while slowly building a longing to know the truth of ourselves within ourselves, which was really just allowing our natural longing to come up, as it was stimulated by all we were doing.

For us, every part of our day was about introducing us to the understanding that feelings were the key and way to ascend in truth. It must be very hard for those of you on Earth who don't have such support. We had thousands of newly interested spirits and more coming into our little world all the time, all wanting to be involved in the same thing. So it was easy to just get carried along. And things happened to you, I started to change more, feeling that I could release some of my pent up pain, coming to understand that it wasn't my fault how I was or had been on Earth, that it was because of my parents and start in life, my environment, and even what God wanted. So it went on like that, Alice and I getting more into it.

WHICH WAY? MIND SELF RELIANT or FEELING AND GOD RELIANT:

To PARADISE, the HOME of OUR HEAVENLY PARENTS

The Way Home



Council of Elders
now around 20
Soulgroups

Maybe something like 30 billion people have recognised that our Mother and Father's Divine Love, together with embracing one's Feeling Healing, that with these two aspects, have progressed through the Mansion Worlds to the Celestial Heavens and onwards.

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

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

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



More than 200 billion personalities have embraced their mind and self reliance through the misguidance of 'New Age' styled ideologies and the many thousands of different religious platforms, all of which take the person further and further away from our Heavenly Parents.

For a million years, humanity has gone in the wrong direction with its self-denial of self and feeling!

After about six months we had a fairly solid understanding about it all, and were allowed to move higher to the third Mansion World where we understood we would start to work more intensely on ourselves, the true beginning of our Healing.

We moved to live on this incredible island that was suspended over a tropical part of an ocean. It was weird, the floor of the island was made of glass, or crystal really, some substance that allowed you to see through into the water below where you could see all the sea creatures, fish, corals, it was magnificent, so beautiful, like nothing I'd ever seen before. It took your breath away to begin with, but like everything, we soon got used to it.

However the effect of living sort of suspended over the water did strange things to us, to our emotions and feelings, and in no time at all we were having to deal with lots of bad feelings coming up within us; and so we were away, you couldn't stop those feelings, they were like a river within us wanting to flow out.

We were guided as to how best express all we were feeling, how to listen, how to respond, how to argue, how to long for the truth of our feelings. We had excellent teachers and advisors, we had intense anger therapy, helping us to drive us deeper into our bad feelings. And all you had to do was allow them to surface, and it soon became easy, for me at least, to see when my mind would step in trying to stop my bad feelings from surfacing, and so I would work on why that was so.

Our lives were a balance of personal interactions and contrived intensive workshops designed to stimulate our feelings to come up. You, James and Marion, are relying on just everyday life to stimulate your bad feelings to come up, we had some of that, for that is just life, but we also had lots of therapy, with lots of highly skilled therapists and facilitators helping us to express ourselves and keeping us focused on longing for the truth. And all the while we were starting our Healing, Alice and myself were starting to move deeper into our relationship. Spirit sex is magnificent, so we were indulging in copious amounts of that. We could go swimming with the fish, get on boats to hideaway tropical islands, it was all so romantic, we were so in love, all of which was stimulating yet more feelings.

Feelings, feelings, feelings; and yet more feelings. We were schooled in what each feeling felt like, and it was amazing to realise that our knowledge of feelings is so limited, but the further you went the more acute and defined they became, the whole experience being one that was overwhelming. It was like we'd somehow become strapped to a feelings-rocket, we were feelings all over the place, lots of bad feelings, growing in intensity and duration, as we evolved our way deeper into ourselves, into our unloving state.

And that's basically how it went for us James, we evolved higher in truth as our feelings revealed it to us, enabling us to then leave Mansion World three moving to world five, and yet more deeper intensive work on ourselves, and then higher into world seven, and even deeper still, not unlike the progression you've moved through in your Healing over the years. However it being so Healing specific, living only with other Healing spirits, and lots of them, all intent on the same outcome – Healing themselves of their Rebellion and Default, and with such good full-on helpers in the pure Celestial spirits, so it only took me five years to complete my Healing.

Alice and I fell out of love once our deeper buried feelings started surfacing mid way through world five. I didn't have another relationship until mid way through world seven when I met Kathaleen and was informed that we were soulmates. And that was strange because it wasn't love at first sight, it was the opposite, intense repulsion and rejection after we started spending more close personal time together, all so we could feel how unloving we were.

And like you and Marion, a mutual friendship based on how bad we felt, how intensely unhappy and unloved we felt, and how much we really hated ourselves and the other person (spirit). It was a 'Healing Relationship' like what you and Marion have grown into, however unlike how it's been for you, you both having no idea about any of your Healing and what's involved and how it will go, we were schooled in it, how to relate to each other, with our barriers constantly being confronted, buttons pushed, being 'triggered' all over the place, and were taught about all the complex psychology. It was so intensive we hardly drew breath from the moment we started it until suddenly I was saying goodbye to my friends as I was prepared for Mansion World departure to the first Celestial sphere, as I've written about with you James.

John was hoping that perhaps Kath and I might be able to outline a structure for people to follow on Earth to do one's Healing, however that is not for us to do. Certainly from what we relate to you, you can draw from such things, and in time all how it was for us will be available for people on Earth because of the experience of those who've done their Healing, however you have to understand that for us, we're coming into it in spirit after two thousand years of spirits doing their Healing, so the whole system is streamlined to seamless perfection to facilitate one's Healing, whereas you on Earth are the early day pioneers, flying by the seat of your pants, having to draw on what is readily available for you in life.

But the same motives hold true, all so long as you long with all your heart for the truth of your feelings, which is the truth of yourself, and want nothing else; and are prepared to submit to all your feelings, expressing them and seeing where they take you, then what you will need to help you will be provided by God in one form or another.

Kathaleen

Kathaleen: I'm now taking over from Kevin to tell you about my Healing experience.

I was happily, or so I thought – believed, wanted to believe – that I was happy with my new spirit life, having been in the spirit worlds for a number of years and looking after little children in one of the big nurseries that are common on the first and second Mansion Worlds. My love, John, and so life-interest on Earth, was in my children, other people's children, the family. We had pets of all descriptions, tame wild animals to regular dogs, cats, and all the farm animals, but people were what I loved and children in particular. That's how it was for me on Earth, and that was what I replicated for myself in my new spirit life in the mind worlds. And I was happy.



A distant relation of mine one day appeared to me, for that was what it seemed like, she giving me a frightful start, out of the 'spirit', the ether I guess you could say, we just called it out of the spirit – out the blue Kevin is saying. I was in a park sitting on my favourite red rug and all the children had run off to play in the lake which they loved to swim in, and suddenly beside me was an ancient old woman, the likes of which I'd never seen before. And I am black, but she was BLACKER, the blackest I'd seen, I didn't even know you could be so black. And she said she was my very, very, very distant relative on

my mother's side, that we were related, and what was I going to do with the rest of my spirit life – had I given that any thought? Which I replied I hadn't much, I was happy, and didn't want to disturb things, to which she was reading my thoughts, replied, that disturbance was going to come crashing down on me in the form of my husband whom I'd had on Earth, and that he'd sweep me off my feet like how he did when we first met all those years ago, however the love wouldn't last, he'd quickly tire of me and dump me like a hot potato, and then what would I do? To which I said, how can I know, if all you say happens, I'll decide then. And she left saying she'd come back for me when I was feeling the deep pain of abandonment.

And it happened as she said, he suddenly reappeared promising me a new life together like the one we had on Earth, which I loved, and away I went with him, abandoning all the children under my care at the nursery, we were going to adopt our own, have a new large family, everything was wonderful, perfect, I was so in love again with him!

Then he met another woman, I was dumped, abandoned, and she appeared again to me at my house in which I was crying over my loss, having been used and abused, all my fantasies dashed, it was all over, hating and yet still loving him, wanting him to come back and give up that other woman, showing me that he loved me more. But he didn't come back, as she said he wouldn't. So, she asked me again: What are you now going to do with your life?

I didn't know... go back to my old life at the nursery... I didn't know. Then it struck me to ask her what I should do, as she seemed to know everything that was going to happen to me!

She said I was going to change myself and my life completely, abandon it all as I was abandoned; that I was going to follow her, because in my heart I know that her way was the right and true way – even though I didn't know anything like that at the time. And as I felt so devastated, so I went with her. And she took me to a lovely rehabilitation house for women like myself, dumped, broken hearted, inconsolable.

And I cried, all us women, there were about twenty of us, all black women, cried, and we cried rivers of tears together, we wept for our patheticness that we were so dependent on our wellbeing and happiness from the attention of the man. We despised men, we hated them, we cursed and swore at them, and yet secretly we all hoped our man would come back for us, but our men never did.

And we were counselled, like how Nanna Beth counselled Kevin, so too, gently, yet surely, we were introduced to the notion of doing our real Healing, and what that was, what it involved, what would be the outcome, and why we should do it. So it was either that and a way out of pain, or go back into our old way of our new life, doing the same, always hoping 'HE' would return for us. Which we knew was false hope. We sure knew that, our feelings were raw and already the truth in our hearts was telling us that those men, men such as our 'sort of man', would never return for us, because really we weren't the type of women they liked.

And we were moved to a Divine Love sector because we all wanted to include God more in our woe, God already being an important part of our life, although our relationship with God being all messed up by our wrong beliefs.

And from then on it was as Kevin has said, with the intense help being offered us all so we could understand more about what God wants of us; that being, having started us all off in an unloving state, how we became of that state and passed it onto our children, then how we could heal ourselves of it; then once healed and true, seriously getting on with our ascension of truth to Paradise.

And it all sounds so easy now, but back then, it was at first something so vastly different from anything we'd heard, so to begin with there's a lot of re-education we all had to go through. And being able to openly discuss it all with higher spirits who'd been through it, was the best, you couldn't dispute what they were saying, and they knew so much!, and were so caring, and so accepting of us all, understanding that we were all so fucked with no idea about ourselves, our own feelings, let alone the truth we all were to see from our Healing. However, you on Earth don't as yet have that hands on intensely personal help, the first people choosing to do their Healing like Samantha, are going to be doing it the hard way; and as we'd told you, possibly if it were that hard for us, very few of us Celestials now arriving in the Heavenly Spheres would be able to do our Healing. And yet as our Mother and Father know what They are doing, so They will provide those souls with the means and way to do their Healing virtually unaided, and who presumably when once healed, will then help others.

The one big difference between Kevin's Healing and my own which is worth mentioning, is my delay. Had I not been tardy in it, I too would have taken about as long as Kevin did, however I was too heavily distracted by 'romances of the heart', falling in love with a number of spirit men, all of which sidetracked me from just getting on with it. My problem, which I've already said, was I still wanted one of those men to come and 'save' me, to take me away, to provide me with a beautiful home, family, and children, to re-create what I had on Earth. And it took me a long time to get over such a need – to heal at least the outer levels within it so I could stop focusing so much on potential husbands, paying more attention to my own feelings.

And then finally I was able to say no! As you can guess, the 'perfect' man presented himself, he doing his Healing in the same small city I was in, and I could see the same pattern that had tormented me saying yes, take him up on his offer; and so I said, no, sorry, I can see where this is going to lead, and it ain't gonna do me na good.

I refused his offers, and expressed all those terrible feelings, the pain of feeling such a great loss, and that by saying no, I would never be offered it again, God would be fed up with me for refusing, which really was my parents and my saying no to them, and I'd be eternally punished by ending up alone, which they threatened me with when as a young child in my wilfulness I went against their wishes.

I won't go into all I went through in my Healing, as you understand for yourself James, it's simply too complex, all the different entwined layers, it all being how incredibly affected by our parents and environment we are when young, taking it all on whilst not having a clue, all to work out all the bits through our Healing years.

How Kevin and I got to know each other was, after I said no to this man, things changed a lot for me, including a move in location, I went to live in a different city so as to get away from him, and I decided, that's it, NO MORE MEN!

So I moved into Kevin's world, we ended up together in some of the groups we were attending and slowly got to know each other. And because he was a white boy, that helped me to relate to him more as a friend, without all the sexual mumbo-jumbo, which served to allow us to unconditionally accept each other more. We got on well and would work as a couple in the mock communication exchanges we were asked to perform, all to help us become more aware of what we were feeling and how in life's certain situations you'd expect yourself to feel.

And then we started looking forward to seeing each other more, and we'd go for walks around the town and into the countryside, and well, you know how it is, next thing we knew we really liked each other,

but it was also very difficult because we were getting into the deepest stuff within ourselves, so much repressed anger, and so we'd fight, slinging all our shit at each other, wanting to rip each other apart, all of which we also understood was really our parents and our relationships with our family when we were young.

But all of that only served to strengthen our ties together, like with you and Marion. James, you come to realise that you can't actually image yourself doing such hard, deep personal work with anyone else, it just seems right between you both, even though the last thing you are sharing is what you knew as love, and in particular any romantic love. Kevin and I didn't 'fall in love' as such, I guess you could say we 'evolved' into being in love of each other, it was more by default, it was something beyond both of our control, and we even fought it at times, tried to say no, but it was too hard.

And once we'd started to see that we worked well together in our Healing, which meant, I was Kevin's mother and father for him, and he was my father and mother for me, so we could sound off each other, stirring each other up, all to bring up all those bad feelings we felt with our parents, we started to suspect that possibly there was something more going on between us, more on a deeper soul level... possibly even being... soulmates?

And we'd all be grilled endlessly by our higher Celestial helpers about how it was for them finding their soulmate, and could they feel anything knowing who it was, and did they fall madly in love, and you know, all the usual stuff, we were all fixated about it, particularly when you did understand that God had created you with an other half – THAT IT WAS TRUE! And that because of our Healing it was only a matter of time; and so you, well, I and many of the other girls did, and I'm sure it was the same for the men if they were honest, looked at every one from the opposite sex who crossed your path as – IS HE THE ONE?

And then one day we'd pretty much, based on all we'd been told from the Celestials about their experiences, decided, incredibly we were, soulmates, and the day after, direct confirmation came via a spirit who was like Helen Padgett, in that she was able to inform various soulmate pairs when the time was right for them being soulmates. But we'd come to the truth ourselves from our feelings, she only confirmed it. And then once we knew... well what do you think happened next? Nothing! Nothing changed, it wasn't as if all the stars fell out of heaven to bless us, the two halves of our soul coming back together finally – WE'D FOUND EACH OTHER! No, we just carried on as before, and moved into even deeper more horrible parts of ourselves, working at ripping each others throats out more than having any beautiful soulful loving experience. No, that sort of thing was to await us when we arrived in the Celestial spheres, that's what we're starting to feel now, and it's slowly growing and evolving in us, a deeper and deeper love for each other on all levels, a sort of moulding and blending together more, the very opposite to how it was for us when we first knew we were destined to remain together for eternity.

Shit, I remember one frightful night we had of it, it was an 'all-nighter', when we were cursing and screaming so angrily at each other, accusing each other of being the most evil hated spirit in the universe, spitting out all our vileness over each other, all but ripping each others heads off. And then feeling so miserable, so alone, so unloved, sitting there opposite each other, thinking, this is my soulmate over there and I hate him more than I hate anyone else in Creation. Fuck the soulmate thing, I am not going to be with him, God you got it wrong, you fucked up big time, not me, not him and I, no way, he's the last person I want to be with, I'll gladly take my husband back before I'd be with this white trash.

And you express all your hatred at each other, you know how it is James as you and Marion have done it

enough, and for some ungodly reason you don't leave each other, and not only that, but you somehow keep going, sort of remaining friends, still in your Healing-Relationship, which is certainly not a full-on loving relationship, at least not loving in all the ways we knew love to be.

And slowly the inner pressure started to ease and we found we related fairly well enough with each other, nothing like perfectly, by any means, but enough to still think, well there might be something in this soulmate deal after all, as we have survived the 'fires of hell' together.

So that is something that is very difficult, how to tell your 'love struck' girls that their Mr Right is just a fantasy, and the way to tell if he is more truly the one, will only come to you after some years of doing very heavy Healing work together, and you're still together, your relationship is still 'alive', and possibly, only just.

Then it was decided for us, that it would be best that I go into my 'Final Transition' ahead of Kevin. We did have notions, like so many, of holding hands and being angel-transported over the threshold out of the Mansion Worlds and into the first true Celestial Heaven, but no, that too was just fanciful stuff. It does happen to a few, but the whole of our Healing is too pragmatic for any such romantic fantasy stuff, that's all what's got to be healed out of you in your wrongness. And so right to the end of our Healing, my going ahead was part of feeling abandoned, having to give up the one person I'd found that does seem to tolerate and accept me through thick and thin.

And it was what needed to happen for us, we needed that final separation as part of our Healing, the end of it as it turned out, which was the first part of it with our parents as they forced us to become separated to them right back there at the beginning.

Then once you fuse with your Indwelling spirit and enter the Celestial Heavens, feeling and knowing the Divine Love has transformed your soul into divine perfection, that you've left and so are no longer an active player in the Rebellion and Default, that it's all OVER for you, then everything changes, and you can't believe how so. And when I say everything, I mean EVERYTHING! You do feel like you are totally new, as if you have just been born, and everything is perfect, and yet you are not a baby, you are an adult, but perfect. It's such an incredible feeling of itself, and it never leaves you, so we are told, it only growing stronger as the years of eternity pass.

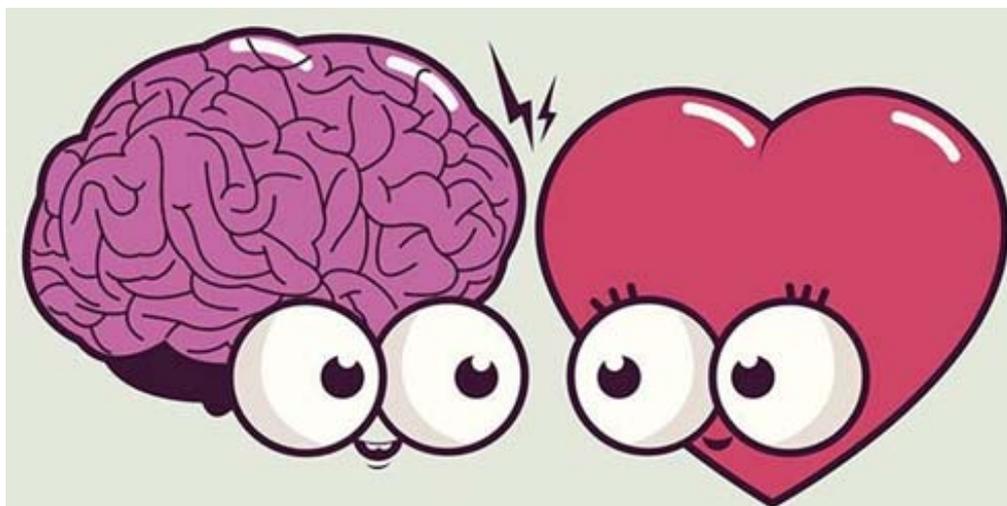
So that is a little something of my Healing experience for you James. Not much I know, but it's too much to write more, and that is not for you to do. You James, so Kevin and I have been instructed, are to just present a small insight, to reveal just enough to stimulate the minds of men and women into seeing that there is something more, and if they want to go down that track, then this is a very small taste of some of the things you might expect to happen.

So for us John, as you can see, our Healing is really well laid out for us, as in it we are given an intense array of help, mostly personal from spirits who've done their Healing, so know personally what they are speaking about. For James to write: that to be the listener, the one who listens to their partner, the 'silent witness' – Alice Miller, or as Marion says and does, the 'not so silent one', but the one who really listens with all their heart and soul and responds to the woe coming out of the mouth of the person they are listening to, really means something to you when it is a spirit who's been through it all themselves, has no vested interest in you other than to help you keep expressing your bad feelings so as to help you, yourself, uncover the truth of them, then you understand what he writes. But you need that hands on loving person, and so for us to do it for each other in our unloving states, like how you and Marion are for each other James, you're trying to be that love Celestial person for each other whilst at the same time you're going through complete rejection and hatred of the other person. You are working against what

you're trying to do, which is why it's taken you both so long, having to work it all out, having to slog your way through breaking down your false beliefs about what love and being loving is, slowly coming to understand that there sure is more to love, and that's true love, when you're both in an unloving state, hating being with each other, and yet you can't leave each other, knowing you just have to keep going, keep working at expressing all your yuk to each other, and longing for the truth... and see what happens.

So your Healing experience is far different to ours, in as much as the help we received, and being able to be with healed spirits so as to know it can be done. However all you are going through, all the mind and will circuits you are traversing, we've all been through them, perhaps not as thoroughly or deeply and systematically as you and Marion are, but enough to know what you are going through and to see where you're headed. And even though comparatively our Healing was much quicker for us, we are now having to do a lot of work on ourselves coming to understand what it was we did go through. We sure as hell went through it and felt all our repressed bad feelings, and we uncovered the basic truth about why we had them, but the more greater expansive truth, all there is to see from our Healing, I think we will be working with that for many, many years to come. And some of the spirits over here speculate at least all the way through Neadon, and possibly even beyond. Still, it's all what the journey is, and it's different for us all, different for different people at different points of humanity's history, and in the end it doesn't matter, because what we all end up feeling is what we are, and our life has been exactly what our Mother and Father have wanted it to be. And how could it have been anything else!

So that's enough from me. I will sign off, and leave you with Kevin's and my love. He's here right beside me, and we hope what we've written will help you and possibly others a little in their Healing. We are to speak more with you, so we're told, and so until then, all the best from myself – Kathaleen, from the first Celestial Heaven.



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

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

THE YUK MASTERS

Marion and James



Marion



WHAT are FEELINGS?

Tuesday, 26 September 2017: James: I briefly read through Pascas Care Feeling verses Emotion. I think it's all good, helping to increase one's awareness of feelings and emotions. Quite a bit of it is about using your mind to control your emotions, which is appropriate out and about in life not wanting to piss everyone off, however not appropriate if you are doing your Feeling Healing.

Hi Nanna Beth, Kathaleen, Kevin and James (note from John)

The question is – Feelings.

Kathaleen and Kevin talked about feelings within numerous contexts. In fact, there is a great deal of focus on feelings. Friend Graham asked, what feelings? What are they?

Heck, it is the foundation of what we are to enable people around the globe and, all of a sudden, I do not know what I am talking about! There appears to be layers or separate interpretations as to what the term feelings is about. Maybe, please, can we address this most important item?

Nanna Beth: The truth as to what feelings are, John, really is for everyone to find out for themselves through their relationship with their own feelings. What is love, what is truth, what are feelings? What is the soul, what is personality, what is mind? These all being the different aspects of ourselves that come to light through our Healing.

As you embark upon your Healing, your soul systematically brings feelings up within you resulting from your experiences, so you can identify them, gradually coming to understand the different feelings and all the subtle nuances of them. And as you work to embrace them, 'feel them', accepting you are feeling them, and then expressing them, so over time you come to see how you express yourself in life. Including: Do you express all your feelings, or only some; and if some, why them and not the others? And what does expressing those feelings make you feel – how you feel about them themselves, how do you feel as you are expressing them, how do you feel once you've expressed them. It all helping you get to know about these aspects of yourself – your feelings, through your feelings.

Your emotions are more superficial expressions of what you are feeling. You can have multiple feelings being expressed at the same time, which can include increased emotion, making you feel very emotional – good or bad.

I don't think you need to concern yourself too much with such philosophical questions John, by all means think and discuss them, however for what you'll be doing it's not really that important. Other people will be focused on trying to get to the depths of such things, and unless you do your Healing connecting with the truth of all you're feeling, it's only just a mental exercise anyway.

Like, further understanding of how to: "Our Feelings are our Supreme Guides."

Kevin: Hi John, glad to see you've got the 'upstairs' functioning, thinking away – ha, ha, and there's so much to think about!

Feelings are what guide us through our ascension of truth. So they are really our Supreme Guides. As you know, so 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.

“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.

“Longing to know the truth of ourselves within ourselves.”

Kevin: And as you know, it is wanting to know the truth of ourselves that is all important. Wanting to know why you are the way you are, is what needs to come first. Then you can look to your feelings to help you find out. So if you are striving to be true, then really that means, or should mean, you are wanting to uncover the truth of why you're not true, because if you were true, then you'd not need to strive to be true. Once you are true, everything changes, and you keep longing for the Divine Love, and as you receive it, as you desire to live true to and be with your Mother and Father, then your feelings are stimulated which you truly express and the truth keeps coming to you, it all happening naturally as it's meant to. But for you who are denying yourselves love and truth, so you have to work hard at trying to push against that denial by longing for the truth and wanting to work with your feelings so as to uncover it.

“Understanding that feelings were the key and way to ascend in truth.”

Kathaleen: My turn John: It takes time for it to sink in, well it did for me anyway. You can be told it, understand it intellectually, however when you start to work with your feelings to release the truth from your soul, and the truth comes because of your feeling expression, then you feel how it all works. You feel yourself ascending – growing in truth. It all being feelings again – you just know you are.

“We were schooled in what each feeling felt like, and it was amazing to realise that our knowledge of feelings is so limited, but the further you went the more acute and defined they became, the whole experience being one that was overwhelming.”

Kathaleen: Yes we were taught about our different feelings. Some people and spirits already have a good understanding of their feelings, living feeling many feelings all the time and being highly aware and sensitive to them. Other people, like how Kevin was, were still feeling all the feelings, because they are always going on within you, but had learnt to ‘not feel them’ to shut himself off to them using his mind, to all but believe he didn't feel much – feeling only a limited number and range of them.

And as you grow in truth, so your soul-perceptions awaken, as you understand, which is your ability to ‘see through your truth’, so you sort of use the truth that you are to know where another

person is coming from, you can sort of sense it, like someone who is very experienced in life, someone who has paid attention to such details. So you start off with your anger for example being kinda raw and animalistic – primitive, working your way deeper into yourself and your feeling awareness, so as your truth grows so you become more aware of the subtler feelings of anger, and all the different aspects of your anger.

And I say ‘your’ anger, because it’s all you getting to know your own feelings and how you feel and relate to them. And even though we all might feel and so know what anger is, still we all have to get to know for ourselves and through our own anger, why we feel angry, what happens when we are angry, how we express it, the varying intensities and situations in life, all that is getting to know yourself through your feelings.

So it’s very involved, with our feelings always taking us deeper and deeper into ourselves. You might feel miserable one day, you express it and truth comes as to why you feel it. So you have changed, you’ve grown in truth, you are no longer the same person you were when you felt miserable – you’ve moved on within yourself. Then you feel miserable again, and superficially the misery feels the same as what you felt the other day. But if you look more closely at it, it’s not, it’s slightly different, even though it might have a lot of the same about it. And as you express that misery and the truth comes up within you showing you why you feel it, so you have moved on again, and when the next miserable feeling comes up, again it just feels like misery again, yet as you embrace it, express it, you’ll see it has a slightly different flavour or edge to it. So you’re getting to know the truth of your misery – what it feels like to you when you are feeling miserable.

[Struth Kevin and Kathaleen, you did a mighty job in this marathon communication.](#)

[That being said, I can see how this global program can role out into every community in every country. It is a cracker of a budget. Nothing like it ever in history.](#)
cheers John

Kathaleen: The marathon was in our Healing, that was like a non-stop event. You get on the Healing treadmill, submitting to your soul, and away you go, the feelings keep coming, you want them to, you are focused on them, you work with them, they show you all you are to see about yourself and how you are in life, the truth of all your relationships.

And yes John, from all Kevin and I have been told, it’s going to affect a lot of people, and also a lot of the mind spirits. It will start out small and build upon itself. The truth will be picked up by people who want to understand the right way to live – how life should be lived, and why one should live that way.

And it will make people feel – ah, that’s it, that’s what I feel; and it’s so simple, I knew that all along. That will be the Spirits of Truth engaging with them. They are ready to know, they’ve got right to the edge themselves, and then the truth comes up within them through their feelings, and it gives you that wonderful feeling of – That’s it! That’s what I want, that’s what I know is true!

It’s all out there, as if all the pieces have been lying around in the junkyard, and now they are coming together, being assembled so people can finally understand.

Kevin and I will speak to you soon. Bye John.

FEELINGS FIRST For Kids

MUSINGS by JOHN:

Thursday, 28 September, 2017

Kevin died on 10 August 2012 without any thought for spirituality and no passion for any religion, other than showing up. On 7 August 2017, he arrived into the 1st Celestial Heaven. Three days short of 5 years!!! He had met his soulmate, Kathaleen, and she arrived a few weeks before him into the first Celestial Heaven, as you may have read.

The writings that followed from Kevin are outstanding. Kevin is now a world teacher!!! He and Kathaleen both are. Neither would comprehend this, but they are. Kathaleen and Kevin's writings answers and leads anyone to the destination we are to find, in our own time.

I would like to contrast this achievement with someone I greatly respect.

David Ramon Hawkins, M.D. (born June 3, 1927, died 19 September 2012) was an American psychiatrist, mystic, author and controversial spiritual teacher in Sedona, Arizona. He is best known for his book *Power vs. Force*, I have read everything I can about his works – 10 books, plus videos, etc. Miracles happened around him spontaneously. The Catholic Church would make him a saint within seconds.

Hmm – Dr David Hawkins has stayed trapped in his mind and may remain in the mind spirit Mansion World for centuries, unless he embraces his feelings. He will remain stagnant and limited in his mind condition. Whereas Kevin is now a far greater and truer teacher than this great mind of Dr Hawkins. What a switch in roles! Kevin has progressed exponentially past Dr Hawkins in soul development. Go you good things, Kev and Kath.

Cheers John

Same day, 28 September 2017: Dr David Hawkins: Hello John. I have been asked to speak to you through James in this way, you being one of my ardent fans and followers of the principles I developed through my life on Earth.

Your assessment of me is correct, and I did spend time in the mind worlds trying to assimilate all that I did on Earth with all that was happening to me in my new spirit life.

Upon my arrival over here in the first Mansion World I was greeted as something of a spiritual celebrity with a host of mind spirits (as James calls them) greeting me, they being the ones who 'empowered' me to do the so-called miracles I did on Earth.

I want to tell you, it's quite a humbling experience to realise, like many of us who did such marvellous things on Earth, that it wasn't actually our own doing, we were not the sole instigator of such 'happenings', that it was other spirits working through us. And that although I attributed it to God, still I secretly thought it was all my own incredible doing, so to have to accept that I was just a conduit – that I really was, and having little more than an innate ability to be that conduit, I felt a bit flat.

And to bolster my flagging ego, I would tune into those people on Earth who were still thinking well of me, yourself John being one such person. And here again, by doing this, I gave myself a rude shock having to face the fact and realise that few people truly understood what I was teaching, taking my work and corrupting it for their own gain. And believe it or not, I never thought such a thing would happen. So, who of my 'earthly followers' was staying true to what I taught – who actually got it?

And I kept coming back to you as one of these people John. Admittedly, had I helped you personally, you'd have had an even greater understanding and appreciation of my work, however you accept it as is and haven't corrupted it, and have guided other people to be interested in it. So I have followed you over the years in this, which meant I also took notice of what you were doing in your other spiritual interests, some of which were vastly different to anything I'd ever heard about, or found out about over here in my limited little mind world.

And I write such things in the past tense because I am very happy to say, all of which I am so grateful to you for John, that I have now progressed into the lowest sector of the Divine Love on the first Mansion World. I am learning all about it, and about the Healing, all under the incredibly patient and loving assistance of higher Celestial spirits, like those who wanted me to speak with you today.

So you can chalk me up as one of your admirers, and a mind spirit who has converted to the 'Ways of the Divine Love'. I still have a lot more to understand, this is true, and as it's so different to my earthly and mind spirit way of thinking, will take time to integrate into my way of thinking – which means, to change my way of thinking into a completely new way.

That is all I wanted to say. And although you might think that my coming is rather inconvenient with you having just written about me again, however here I am and this is what I want to say.

All the best to you John. You have no idea how grateful I am to you, and I have a strong pleasant feeling that that gratitude is only going to increase.

Yours respectfully,
Dr. David Hawkins

(James: As I was reading your comparison of the Doctor with K and K, I started to feel the energy building... oh here we go again... he's wanting to speak to me!)

Friday, 29 September 2017: Dear James and John (Noted from Samantha in England)

To be 'used' so fully by Mind Spirits, to create all he (Dr David) did under their influence, all so cunning, that must have felt quite devastating to him and I am feeling a lot of sadness, emptiness and let down with in myself as I understand how it feels to learn that my whole life has not been my own but that of my parents, their will, control and untruth and I have felt feelings of it all being such a waste of my experience being like that, a waste of the personality God created me to be. I am very sad as Dr David Hawkins realised how 'used' he has been, being a conduit for the Mind Spirits, I feel like that too, used by my parents to be as they wanted me to be instead of nurturing me to be myself and help develop the personality God gifted me.

I (Sam) bought 'Letting Go – the pathway of Surrender' by Dr Hawkins and I was very up with all of his feeling work but then felt the change in me with the mind dominant aspect of Dr Hawkins work, it was that I wasn't drawn to and felt myself draw back from it but now he can go on from what he already knows, go further into the feeling aspect of what he discovered and I am sure he will get so much support in that from the Divine Love spirits that are guided to help him. Isn't that just so wonderful John, to have that help, like you have in Kevin and Kathaleen.

Feelings first

CONCLUSION:

David Hawkins' own story explains that the 'Letting Go' process is inadequate. The 'Letting Go' publication and process is his own research. Pure and simple; Dr David was knocking on the door, but that process was unable to open the door.

Again, his own story now endorses the Feeling Healing process!

This leaves no doubt as to the veracity of what Marion and James and Samantha are doing. It is THE ONLY WAY! The only way being the Feeling Healing process coupled with Divine Love.

This clears away confusion for many people who may explore everything. Other emotional processing and releasing modalities simply do not delve far enough into one's injuries and errors of belief. Yes, they provide some temporary relief, but none of them go beyond the mind and into the soul to the core and foundation of our injuries, all of which stem from our childhood upbringing.

Dr David Hawkins has now clearly put aside his own teachings and confirmed that his and all other modalities are inadequate.

Now, we all can focus upon the only way home!

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

**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.**

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
the key!**



Monday, 2 October 2017: **With Dr. David Hawkins:**

James: Dr-

Dr. Hawkins: Please James, before we begin, please call me David.

James: David, having spoken to John Doel about you after you wrote to me the other day, I want to ask you if you'd mind speaking more with me. John was very pleased to hear from you, he holds you in very high esteem, feeling very humble that you should trouble yourself taking any notice of him. He said he loved all you wrote and has recommended your books to about five hundred people. And now for you to understand that you were severely restricted in all you did because of looking to your mind instead of just purely wanting your feelings to lead you, that being such a marked change in you, and something that greatly cheers John, knowing that if you can do it, such a man of high standing in the eyes of the worlds, and one who had such incredible healing success, then perhaps others might listen to you and be able to also embrace working more with their feelings.

David: I would certainly like to think they do James. And you are correct in that, as John was saying to you, I was knocking on the feelings-door, it was right there staring me in the face, yet because of my mind, I didn't see it. I couldn't let go, I didn't want to go as deep into myself, as I now understand the Feeling Healing will take someone. I didn't want to see the whole truth of myself. I didn't want it to rip me apart, for that is what I was unconsciously scared of happening, that it would mean I would have to stop being how I was, that I'd be shown up for being a fraud or charlatan in some way, so I had to keep adhering to the tenets and beliefs of my mind. This being something of my mistake and what I'm only now waking up to.

I know you don't know anything about me James or what work I did, that you've not read any of my books. And that John introduced you to my existence and my Map of Consciousness (MoC), speaking highly of it, which I thank him for. And I understand that there is far more to what I was being shown, which I could sense was there in the ether so to speak, yet which I was unable to grasp when on Earth.

And now, having woken up to the importance of one's feelings, to grasp the simplicity of it, that our feelings are the way into our heart and soul, the way for us to uncover the truth of ourselves, the way for us to come to terms with all that happened between ourselves and our parents, the way for us to heal all the deeply buried traumatic causes of all our problems... well it's simply too astounding for words!

And I can see John's excitement with what you are revealing. Essentially, anything, from regular mainstream medical help, psychology, psychiatry, and including all the alternative healing modalities, can benefit from the inclusion of what you call your Feeling Healing.

I just can't believe how obvious it was. I can't believe how I and so many others missed it. It just makes so much sense. As Alice Miller helped us see, we are parented by dysfunctional parents, and because of that, we felt unloved and in pain from masses of bad feelings. And because our parents didn't allow us to express all those bad feelings as we were having them, so we suppressed and then repressed them. And within us they stayed, together with all the psychological and behavioural negative patterns we developed through our childhood, bringing the whole lot with us into our adult lives, and not having the foggiest that such inner conflicts were all simply to do with our early relationships and how they caused us to limit our relationship with our own feelings. All the denial of our feeling-expression.

And then to add to that, that our feelings are the key, or way, to the truth of ourselves, well that was a big eye-opener for me. And it's so true! I don't know how I missed that. I sort of understood it, but never put it together like you have in revealing the understanding about the Feeling Healing.

And again, that we have to long hard and really want to know the whole truth of ourselves, and that by looking to our feelings, they will lead us to that truth. It's phenomenal, and so simple, and that's the whole beauty of it, that anyone can do it, should they want to.

And that then brings us to the most difficult part of it – do you want to delve that deep into yourself, having to bring to light all your pain and suffering, all those terribly traumatic bad feelings? And I think that is something we all have to get to at some point. Because as you understand, there is no avoiding it, it's all there inside us waiting for us to do and bring it out. We all have to do our Feeling Healing at some point, because if we don't, we'll never be free of our childhood pain and all those dreaded repressed feelings.

I feel like I'm a young child starting over again. I have put all I understand and all I did on Earth on the fence for the time being. I am soaking up this new truth about the Feeling Healing and longing for the Divine Love and understanding all that does to one's soul, and what you call your Soul Healing with the Divine Love. It is fascinating, it is extraordinary, and I strongly suggest anyone who has the slightest inclination to work on themselves to look closely at it.

And if John can make such information more readily available, like he intends doing, well good for you John, I only wish I understood it back on Earth. But as soon as I say that, I know I would have rejected it, I wasn't ready for it, I had to work with my mind controlling healing techniques developing them as far as I could. Because I needed to understand just how far one could take working with the mind affecting 'healing', seeing miracles happen, and believing that was what it was all about. And yet now coming to understand that was still only readjusting the surface results of the deeper underlying traumatic causes. It was only at best a 'partial' healing. And even though so many people were able to get on and continue living a happier life without any reoccurrence of their previous trouble, it wasn't themselves coming to terms with the real truth of why there were ill and how it all resulted from their ill relationships with their parents.

So I have to confess that really I have no idea about what 'real healing' is. As I told you when we first spoke, I have only recently moved out of the mind Mansion Worlds into the first sector of the first Divine Love Healing Mansion Worlds, as you call them. So it's all new to me, I'm still reeling as to the enormity of it, that this other whole different way of looking at ourselves, of living, and of healing ourselves, even exists. And that so many spirits are doing it over here, and have completed their Healing, whereas on Earth it's virtually unknown.

And that it will become so known on Earth in time, because **it is the only way people can seriously heal themselves**. My mind boggles at the enormity of it all. I wish I were back there working with John, to be able to help introduce such an incredible way of looking at oneself, and to finally understand that it is doing the real healing one needs to do, and not just a bandaid patch up job like I was doing.

Oh I am so in awe of this Feeling Healing process. I longed to God for the Divine Love the other day and actually felt God loving me, I felt the Divine Love flowing into my soul, it was magnificent! And then to understand that all I now have to do is keep paying attention to my feelings, looking to express them, whilst longing for the truth of them. And that is how I will live my spiritual ascent, and at the same time completely heal myself of all my trauma and everything that afflicts me.

I did a lot of healing on myself whilst on Earth. I went through a lot of extreme and intense illnesses of which I ‘cured’ myself of. But now I see it was all still just dealing with the results and not directly with my causes. I touched on many of those causes, and I understand all that work will help me a lot in my Feeling Healing; however, compared to the simplicity of simply submitting to my feelings and looking to them to show me the truth of myself, I still can’t get over it!

So thank you James for again giving me this time to speak with you. And should John want to speak more to me I would be delighted to do so through you James, if that’s all right with you. I understand my lower vibration is rather taxing for you to have to deal with, however if you can deal with that, then I would like to place myself at John’s disposal. So John, if you can use me in any way, please ask me and I will see what I can do from this side. I am just starting with my Feeling Healing and already some very intense feelings have started surfacing, and I’m told in a couple of weeks of your time I’ll be moving into the third Divine Love Healing Mansion World; but if I can, I would love to be somehow more involved in all you are doing with Pascas Foundation and Pascas WorldCare, and everything else you want to do.

Anyway, I will end now James. Please feel free to call upon me anytime should you want to. And I’ll see what I can do.

Your’s truly,

Dr. David Hawkins.



Finding the right key!

James: Nanna Beth, that was a surprise, particularly for John, with David wanting to talk the other day.

Nanna Beth: Yes James, we thought he’d like that. And David is a very capable man. He’s easily grasping what the Feeling Healing and the Soul Healing with the Divine Love is all about and it won’t be long before he’s well on his way doing his Healing.

James: How will his Healing go compared to all the healing work he did on himself on Earth?

Nanna Beth: It will put it all into the right perspective for him. You understand James, that he was a great natural medium, he was able to easily receive the healing help energies from the mind spirits, who would eagerly gather around him, filling him and his patients with their spirit light. And he attracted many spirits who’d been healers or worked as doctors in some capacity when on Earth, all of whom worked through him as he worked with his patients. There was no angelic healing involved, so he is a good demonstration as to the sort of power some of the mind spirits had so far as being able to influence people on Earth, helping them with their problems, healing them, all in accordance with how they understood healing to be; which was as you know, all in accordance with the parameters of the mind control they and their patients were living under.

So for David to now separate himself from the mind controlling side of things, and to look to his feelings to lead him in his True Healing, he will find things will be very different for him, leading him directly to all the hidden causes of his problems, all as he advances his soul in truth.

And for John, to now see that he can possibly introduce the notion of Feeling Healing into any such ‘healing modality’, showing up the weaknesses and limitations of that system, whilst at the same time supporting it and possibly taking it deeper, will give him more room to move, rather than having to confine himself to presenting the truths of Feeling Healing as straight opposition to all the mind ways of approaching healing – false healing.

Many people will of course still reject his propositions, however that’s understandable, for as David told you, he himself, were he still on Earth, would possibly reject it, and yet there will be just as many people who will eagerly embrace it. And many more fence sitters, who will at least look at it, which will help them when they come into spirit should they want to seriously do something about healing themselves using their feelings and not getting tied up and misled in all the mind falsity.

We are very pleased that John is feeling so good about David’s message to you. And he’ll like what David just wrote, too. It is all helping him build his case to present to humanity.

James: He’s also got some help in some other earthly friends wanting to be involved with him, they too grasping the significance of the Healing.

Nanna Beth: Yes, and more are on their way. As we’ve told him, he’ll have all the help he needs, the right people he can work with will come, he’s laid quite a foundation which can now be drawn upon. And once the momentum gets going, yet more people he knows and has helped along the way will come and want to be involved.

James: So how much will David’s prior healing he did on himself on Earth – and did he keep working on himself in the mind worlds? – help with his Feeling Healing?

Nanna Beth: A lot. Anything you do that includes some level of introspection and wanting to look more truly at yourself, even if it only includes doing it through the mind side of things, all helps because it adds to your self-awareness.

However you understand James, it’s not just about doing your Healing, it’s not only about healing yourself of all your woes, pain and suffering, sorting out and rectifying everything that’s wrong with you. It’s about the truth, and your own personal growth or ascension of truth, with your feelings being the way to liberate and gain access to that truth. Your Healing is really just what you have to do along the way, it being a great source of readily available bad feelings that you can start to look at to help you understand more about yourself; which means, how you express yourself as one of the two personalities of your soul.

So your Feeling Healing or Soul Healing with the Divine Love, is about growing in the truth of yourself up through the Mansion Worlds, on your way to Paradise, the home of our Heavenly Parents. It’s the beginning of your true spiritual life, and whether you start it on Earth or over here in spirit, it is the real focus of what you are and what you are to do. All of which amounts to, as David said, uncovering the truth of yourself through your feelings.

And were people not living against themselves, which means, using their mind to stop themselves from expressing all they feel, then naturally people would look to their feelings to guide them through life. But because that has all got mucked up, such corruption being passed down through the generations, so we have to stop and focus more heavily on our bad feelings, wanting to bring out and express our pain, all so we can liberate our self-expression thereby liberating the hidden truth of ourselves.

And that is living a truly spiritual life. Learning how to put your feelings first, taking the control away from your mind, coming to understand how false you are, all whilst longing to be your true self and at one with God through partaking of God's Divine Love.

James: Thank you Nanna Beth. I'm going to have a rest now.

Nanna Beth: You are welcome James. My love to you all – Nanna Beth.



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

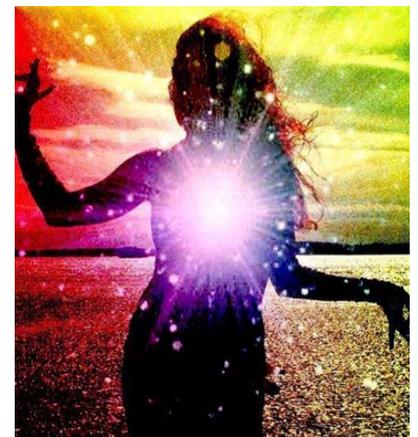
Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.

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

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

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

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

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

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

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

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

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

Sage and the Healing Angels of Light by James Moncrief



LIVE TRUE to YOUR FEELINGS:

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

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

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

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

Jesus

message 32, 8 January 2003

The Rejected Ones – Living True to One's Feelings

by James Moncrief

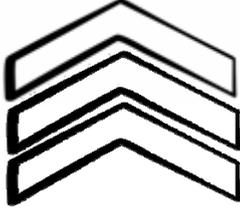
ALWAYS BE TRUE TO YOUR FEELINGS



The CHOICE is OURS to MAKE:

Celestial Truth:

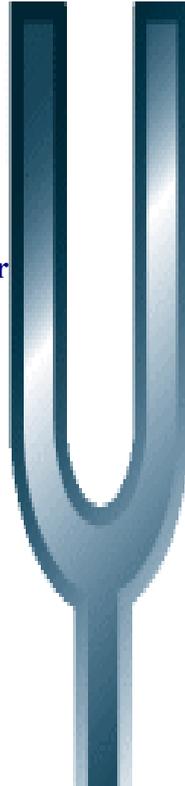
Truly all-loving;
 Living true to oneself;
 Mind supporting Feelings;
 Living with the Divine Love;
 Fully Healed of the Rebellion and Default.



THE FEELING WAY

Feeling – Ascendance
 Unlimited progression

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



THE MIND WAY

Mind – Transcendence
 Limited progression

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



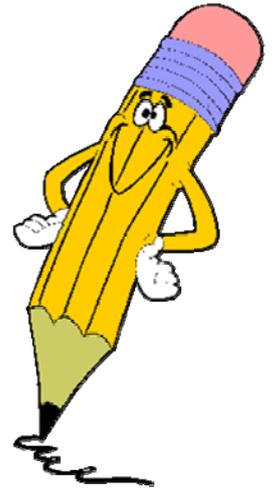
All religions, New Age, agnostic,
 atheists, no spiritual interest,
 Living the Rebellion and Default.

Hell:
 Exploiting the Rebellion and Default.

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

EXPRESS ALL OF WHAT YOU FEEL, EVEN BY WRITING:

Generations after generation of parents have invoked the control of their minds upon their children. Our minds become contaminated with the confusion and errors of generation upon generation of corruption of how we are to live. Our minds are dedicated and addicted to the control of others. Our mind is like a super strong steel ball encasing our all true feelings which are brought to us by our pure and loving soul. We are taught to depend upon our mind, to discard and suppress our feelings, right from the time of conception. Consider how you were taught at school, more of the mind control domination that our parents instilled in us throughout our early childhood.



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

To find truth, we need only look within ourselves to our soul based feelings. We are to express our feelings at all times. We are to follow our feelings at all times. We are to be our true selves at all times. We are not to be the façade self that our erroneous and actually evil mind imposes upon us.

We are to long for the truth or our feelings. As feelings come up, we are to express them to others, be that one's partner, friend, parents, our Heavenly Mother and Father, and even to our self. If you do not have a companion to talk out your feelings, both good and bad, with then talk them out to yourself. By expressing one's feelings, this releases them. Even by writing them down expresses you feelings:

“Write this, your feelings, for yourself. Start with a feeling and write it out. It doesn't have to make sense, it doesn't have to be for anyone, it is for you, it is you, what you feel, and that is all that matters, nothing else. You can be your own friend, friendly to yourself saying its okay Robert (or whatever your name is), you can write what you feel, there is more truth in your feelings than there is in anything else. Your feelings are the truth of you, so you can explore them, flow with them, through all the good and the bad. This is your path Robert, the way back to yourself, the trip you are now embarking on. This is what we want to read, it's what we want to hear about you Robert – all how you are, all how you're feeling. We want to be with you, reading what you write, getting to understand the real Robert, the real Robert that comes out of you as you write. Come to us Robert through your feelings, and you'll be coming back to yourself. And we all want to know the real you, all that's going on inside you – that's what we're interested in, that's what we want you to tell us. – Your unseen friends.”

Note from James Moncrief 8 April 2017

We are to be our true self, not the one modelled by those who were our carers during our early childhood years. We are to express and release the emotional harm thrust upon us from our upbringing and to live by our soul based feelings which are expressions of who we truly are.

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

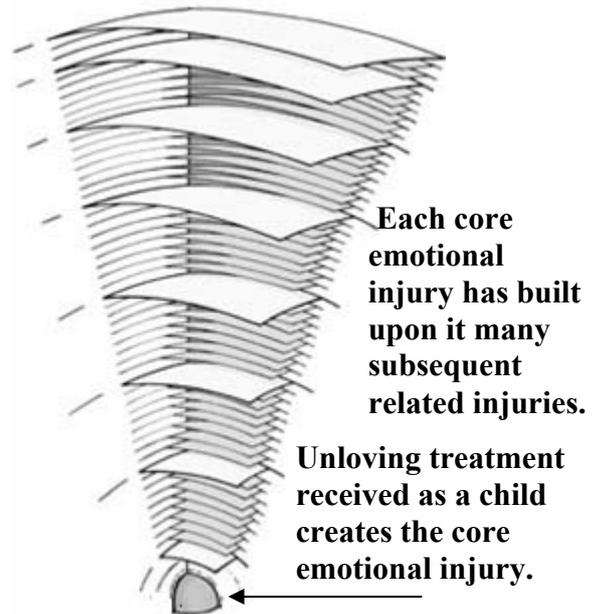
in conjunction with

Longing for the Truth when also longing for Divine Love.

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

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

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

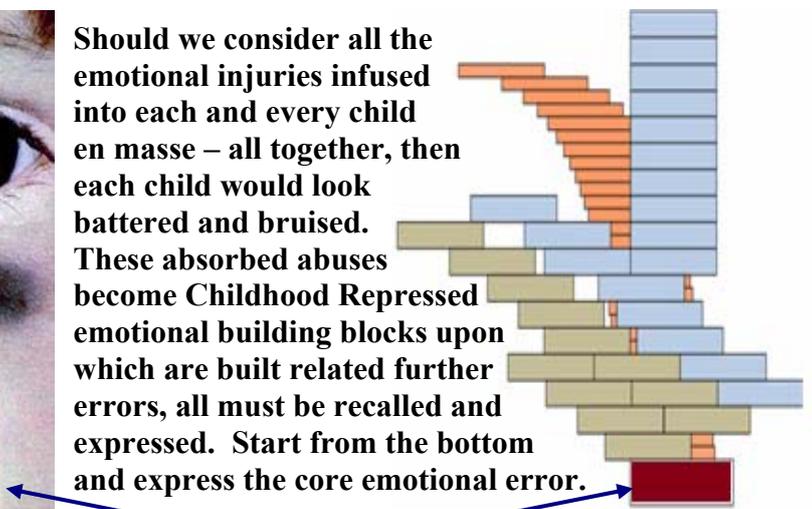


Admit you are feeling bad. Accept your bad feelings, identify what they are. Honour fully your bad feelings by expressing them, speaking about them to someone who is willing to hear you talk about them, or tell them out loud to our Heavenly Parents. Long for the truth of them. Long for the truth of why you feel bad – what deep within you is causing your bad feelings? We must always reach to the core issue, that which occurred during our Childhood.

OUR CHILDHOOD EMOTIONAL INJURIES ARE OUR CORE ISSUES TO EXPRESS:



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



ACCEPT YOUR FEELINGS, SEE THE TRUTH, ACCEPT YOUR FEELINGS:

Feeling bad will make you feel BETTER – Eventually! by James Moncrief

We are to follow our soul based feeling which are always true and loving, not our mind which is tainted by our childhood upbringing.

“My parents stopped me and I took over from them. Well I don’t want that way of life – their way – to be my way any longer.

“Saving yourself comes from the full and true liberation of all your denied feelings. Saving yourself comes from the full and true acceptance of yourself. Saving yourself comes from wanting to find the whole truth of yourself through your feelings, both good and bad. Saving yourself is re-connecting with your feelings and your heart of truth, thereby allowing your soul to freely express its personality – all that you are – in Creation. Saving yourself is learning how to unconditionally love yourself by freely, fully and unconditionally accepting all that you feel.



“By denying any part of ourself we are denying ourself life. We are sending ourself off into the nothing, shutting ourself away in a cupboard, not wanting to hear.

“There is a right way to express oneself. There are universal laws that determine how you do it. And when you do, then you function properly from your inner most levels, from your soul out to the physical. Everything flows and works properly for you, and you are able to express and communicate yourself properly to another person all the while honouring your will and there’s. Anything that isn’t right is a will-infringement and so rebelling against the universal laws having a detrimental affect on you and the other person. And it will one day have to be fixed, because if we want to live truly in Creation then we need to live within, and so true to, the laws of Creation. And as you’ll discover, the laws are the truth, meaning the laws are expressed as truth, so as you grow in truth then naturally you’ll become more perfect, existing correctly within the laws of Creation.

“So if you want to express all you feel truly now with whomever you are relating to, as well as all nature and God, then you will have to heal all that’s untrue within you, hence the need to look back into your early childhood to see where you’ve transgressed the universal laws because of the negative, unloving parenting you received.”

WE are to LIVE BY and EXPRESS OUR TRULY LOVING SOUL BASED FEELINGS:



We arrive into the physical world (at conception) with a pure and free personality and a soul based will that are to be truly and fully expressed. Unwittingly, our carers, namely our mother and father and those close by, set about remodelling our individuality. That is, they shut our personality and self expression down. The result of this is traumatic. This is reflected through our physical body. This childhood suppression is what brings about all of our pains, illnesses, and mental disturbances. Only by embracing our emotional pain and injuries, either good or bad, and longing for the truth of them, and expressing them (talking) through these experiences to a companion, can we release these dreadful encrustments suffocating our true selves and liberate our personality, being our soul. We are to follow our passions and heart felt desires and to live true to ourselves, this is how our Heavenly Parents know us as and this is what we need to return to so that we can find our way home to Them.



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.

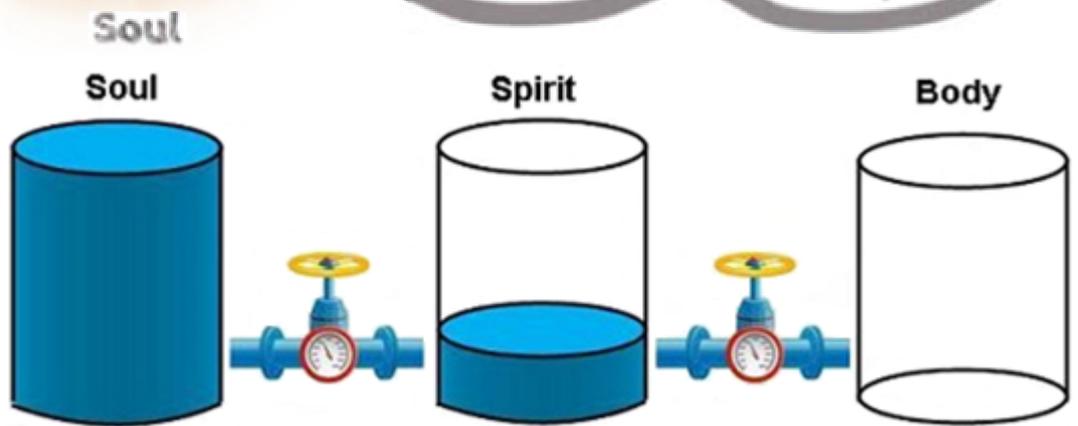
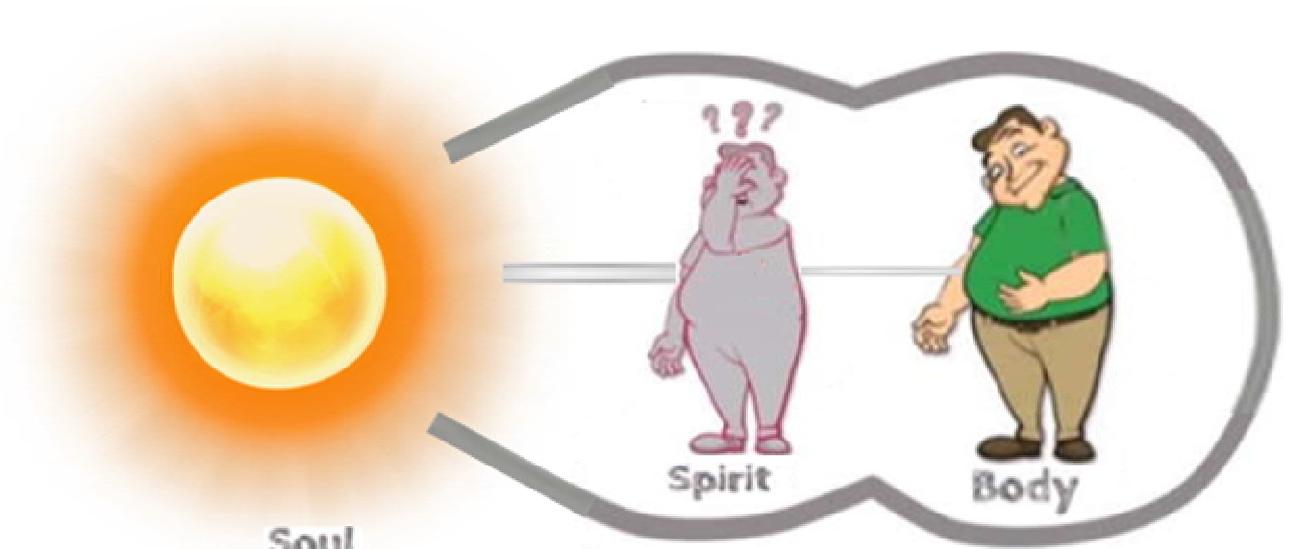


The controlling and suppression mechanisms of our parents, educators and spiritual teachers all manifest throughout all of commerce. This control comes heavily and brutally down upon all levels of employment. The capability to express one's soul based attributes and gifts is sealed throughout all of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

OUR MIND constricts OUR FEELINGS!

Thousands of years ago, high level spiritual leaders erroneously guided humanity to embrace their minds as the way to live. Our minds are addicted to untruth, they cannot discern truth from falsehood, and our minds are addicted to control over others and the environment. We are self-contained. It is our soul-based feelings that we are to allow to surface and guide us. Our minds are to then help us implement what our feelings are leading us to do and understand. All truth flows from our soul and it is our minds that are to allow such truths to be accepted and followed, not the way we are now being taught. We are to live Feelings First.



**Spirit Body
Personal Computer (mind)**



**Physical
Body**

**Dumb
Terminal
(brain)**



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.

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.**

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

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

FEELING BAD IS GOOD!
 Very good!!!

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

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

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

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

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

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

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

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

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

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

So Remember:

Feeling bad is Good! Accept your bad feelings.

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

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

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

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

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

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

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

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

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

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

The aim of Feeling-Healing

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

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

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

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

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

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

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

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

FEELING HEALING – SUMMATION:

Living with the Divine Love and doing your soul-healing, is choosing to live true to your feelings and to end your mind's control over you.

The great difficulty we all face is that we are not free to speak what we feel, with so many of us shut off from our true feelings, feeling unable to speak about such things. So all the anger and wrestling and arguing that has to go on, is what is needed to break down the barriers and bring to light the blocks, all so they too can be talked about.

As we move into deeper parts of ourselves through one's feeling healing, being gradually led into it, so even deeper parts can come up, we being able to deal with them with the experience already gained.

We are not just thrown in at the deep end and all our hellish traumatic bad feelings come racing up only to annihilate us, for there would be no purpose to that as we wouldn't be in a state or condition to see any truth; and seeing the truth, the whole truth of our unloving negative state, is what it's all about. The truth comes first, and we will only experience all we need to, so as to liberate it.

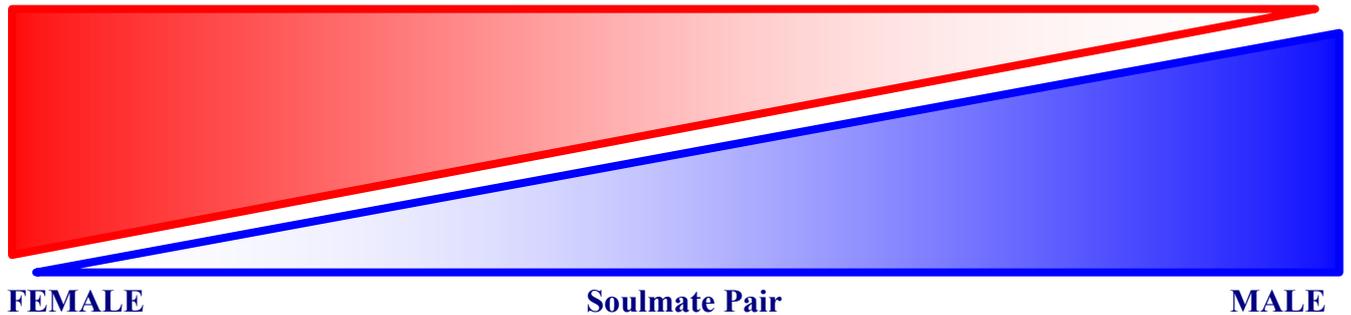
The pioneers of Feeling Healing – Marion and James:

Marion wasn't actually forced to change herself to effectively become 'another person' by her parents, they just came down hard on her stopping her being her natural and true self. And her healing with therapists, and now in what we are doing together, is taking off those clamps and restraints and letting her out of her cage, so increasingly as she is regaining her true self, she is able to say all she wanted to say when she was little. Whereas for myself, James, I was made to become effectively someone else, to be so shut-off from my natural self so as to not feel any direct connection with my feelings, and being all but totally unable to express them. So for Marion, expressing her feelings and feeling when things are not right in our relationship, comes relatively easily, whereas for me, I don't have a clue most of the time.

Marion and James are on the extremes and coming at their relationship from two opposite ends. Other people will be like they both are, and even with the roles reversed; and then most other people will be a mixture of, and somewhere in between, them both. Generally speaking, James is more like so many men, totally alienated from his feelings – but not all men, as some men are very free with their feeling-expression; and Marion is more like most women who are closer to and more aware of their feelings, only never feeling free to really express them. And there will also be a lot of women who have had to change themselves so much so that they will feel more like James does, that being as if you're another person with very little connection with your true self.

Notes from 'Spirits and their Childhood Repression Healing' by James Moncrief

The EXTREMES of EMOTIONAL INJURY and SOUL SUPPRESSION:



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

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

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

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

Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.

Primary and most important readings are the writings of James Moncrief.

Then consider the Padgett Messages, and then The Urantia Book.

TRUTH LOVING SOUL V ERROR INFLICTED MIND



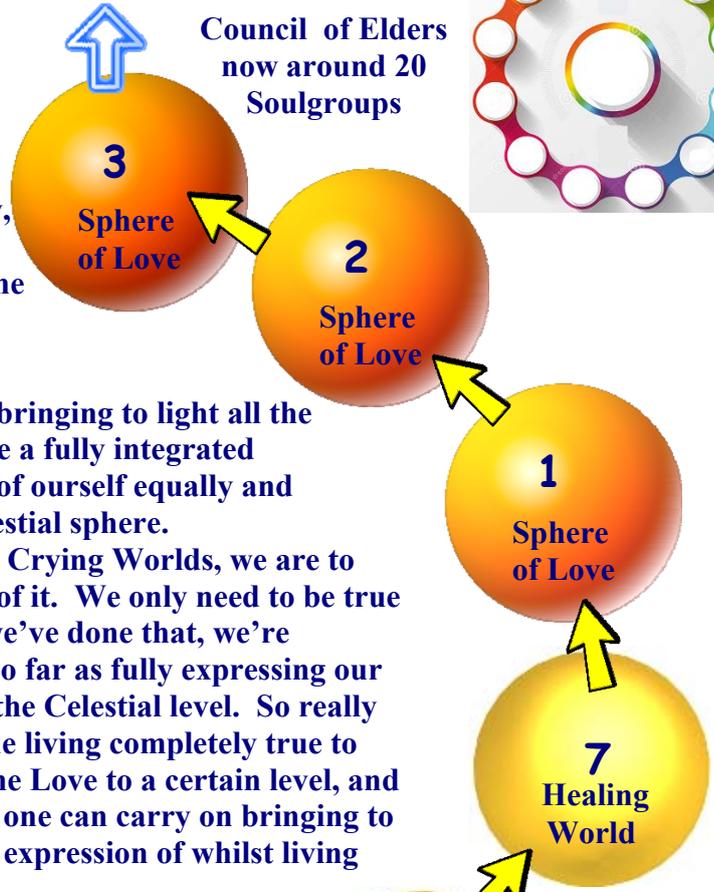
CRYING WORLDS HEAL, the LOVE WORLDS LIBERATE PERSONALITY:

To PARADISE, the HOME of OUR HEAVENLY PARENTS

The Way Home



Council of Elders
now around 20
Soulgroups



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

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

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

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

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

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

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



Crossover

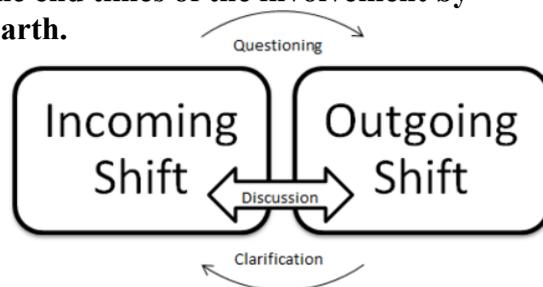
This time, in the history of humanity, is the most exciting time ever experienced.

the Handover

This is the time that man is now able to evolve in its spiritual development. Man has endured 200,000 years of Rebellion and compounded this with the Default of some 38,000 years, now it has been provided with the guidance to put aside the negativities of the Rebellion and Default.

With the guidance that was provided through James Padgett (1914 through to 1923), man became again aware of the availability of Divine Love from our Heavenly Parents. This also heralded the handover. That is, the commencement of the end times of the involvement by Mary and Jesus in the spiritual affairs of humanity on Earth.

Soul groups that have been in place during Mary and Jesus' 2,000 year involvement with Earth have progressively handed over to soul groups that have been forming since 100 years ago. The older soul groups have mostly progressed on further towards Paradise.



The second revelation, that followed from the availability of Divine Love, is the processes of Feeling Healing and Soul Healing. The understanding of the Feeling Healing process is the most important of the revelations and should have been the first to be revealed. Feeling Healing and Soul Healing are being revealed through and by Marion and James Moncrief.

The soulmate pair, that are the first to complete their Soul Healing, and upon their deaths, they will release their Spirits of Truth which will unify with the Spirits of Truths of Mary and Jesus so that humanity, in whole, will have access to these knowings and guidance for the next 1,000 years.

Mary and Jesus, being responsible for the spiritual wellbeing and upliftment of the whole of Nebadon, are to withdraw from their direct involvement with Earth and hand over the responsibilities to an Avonal Pair who take individual responsibility for the spiritual wellbeing and upliftment of individual planets and their associated Mansion Worlds, in this case, Earth exclusively.

COUNCIL *of* ELDERS

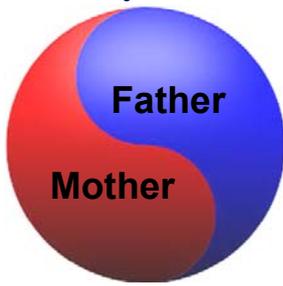
For the next 1,000 years, via the Avonal Pair and the newly forming Soul Groups, Earth will be able to evolve through embracing Feeling Healing, and with Divine Love, one's Soul Healing. These newly formed Soul Groups are effectively 'Council of Elders' to assist humans living in the physical on Earth to enable all to be aware of the way to evolve.

With the absolute end of the Rebellion, this is the first time in 200,000 years that mankind, humanity, can take control of his and her destiny and evolve in love and truth for all eternity!

Throughout this coming era, our spiritual leaders will be an Avonal Pair, yet to be identified.

AVONAL PAIR to be RESPONSIBLE for SPIRITUAL WELLBEING of EARTH:

Heavenly Parents



The Paradise Pairs, children of God, are all only concerned with the spiritual wellbeing and upliftment of the planets and local universe. Creator Son and Daughter, Mary and Jesus, are focused upon the spiritual wellbeing and upliftment of the whole of Nebadon which involves Earth, one of 3.8 million planets.



AVONAL PAIR

The Spirits of Truth of the Avonal Pair are to join with the Spirits of Truth of Mary and Jesus.

Soulmates



COUNCIL OF ELDERS



The Council of Elders, 12 Celestial soulmate pairs, being a Soul Group, guide to Founder of the Global Humanitarian Fund that is to disseminate Feeling Healing and Soul Healing guidance.

Soulmate PAIR while living in the physical of earth, are to complete their Feeling Healing whilst embracing Divine Love, thus completing their Soul Healing. Being the first humans to do so, they will subsequently, upon their physical deaths, release their Spirits of Truth so that the whole of humanity, for the next 1,000 years, can embrace and progress in their soul development through Feeling Healing.



GLOBAL HUMANITARIAN FUND

Through the Global Humanitarian Fund, humanity is to be introduced to the processes of Feeling Healing and Soul Healing. Further, they will also become aware that our Spiritual Teachers of Truth for the next 1,000 years will be the Avonal Pair who will be handed this task from Jesus and Mary, and much, much more.



U-TURN for HUMANITY:

Why are we doing a U-Turn?

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

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

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

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

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

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

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

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

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

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

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

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



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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Our soul is always perfect. In fact, we are the complete package. All that we need to know is within our soul. This knowledge has been denied from us since the time of the Rebellion and compounded by the Default. That is what was brought upon us by the Lucifers and his cohorts. We have always been meant to live true to our soul based feelings but we were taught to embrace our error riddled mind – this was aided by our parents – unknowingly all parents have taught their children to be mind dominant. **This is the Great U-Turn. We are to feel and live by our feelings and express our feelings, our mind will follow in support, not the other way around.**

“Many people look for a person, spirit, angel, even God, for supreme guidance, however it's all right there already built in – in our feelings. **Feelings** guide us through our **ascension of truth**. So they are really our Supreme Guides. We just have to submit to them, allowing them to take us where they will, expressing all the parts we want to express, letting the emotion drive that expression if it's there to be expressed, or just talking about all we feel and how feeling that feeling is making us feel – or, how we feel about having that feeling, all whilst longing for the truth of our feelings. Longing for the truth of our feelings is really: **Longing for the truth of our self, because: we are our feelings**. So life stirs up

our feelings, we feel being alive; or, being alive means we are feeling, always feeling; and when we work out what and why we are feeling what we are, so then we know the truth of how we are. And over time the truth accumulates, and our mind expands our understanding of ourselves, all being driven from our feelings.”

Kevin of the 1st Celestial Heaven 26 September 2017

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

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

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

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

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

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

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



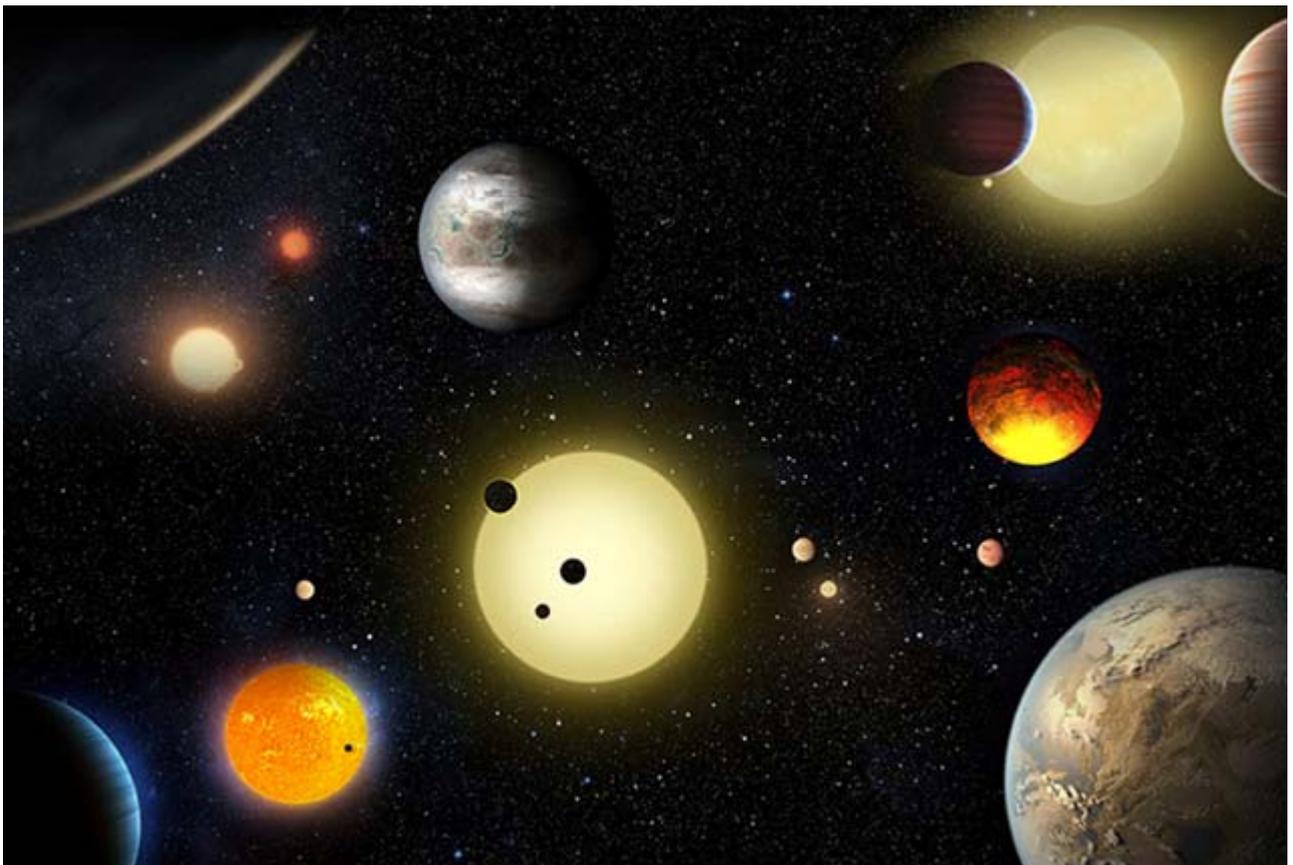
Further, we may become more aware of our **Indwelling Spirit**, which arrives for each of us during our sixth year, as we now progress with our Feeling Healing, or with Divine Love, our Soul Healing.

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

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

This is the greatest event in the history of humanity.

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



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 mansion spirit worlds and enter the Celestial Heavens where we also interact with other world's spirits.

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

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



M&F



J&M



AVO

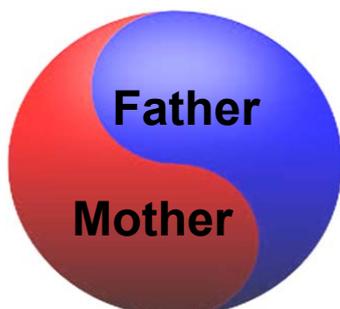


HUM

WE ARE Children of God

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

GOD



M&F

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

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

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



J&M

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

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

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



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

AVO



HUM

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

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

WE ARE Children of God

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

HOW TO GET TO PARADISE:

Long for the Divine Love

Long for the Truth

Long for the truth of your feelings

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

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

Want to end your falseness and being untrue

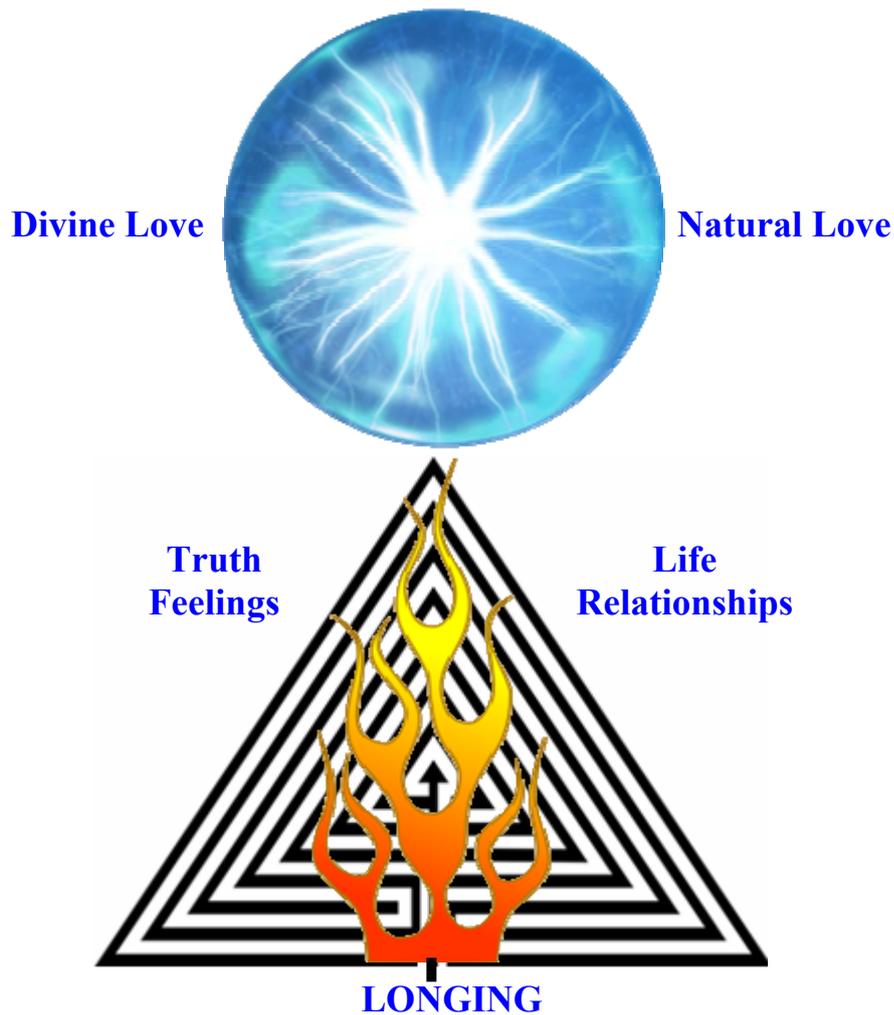
Want to understand the truth of your early life

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

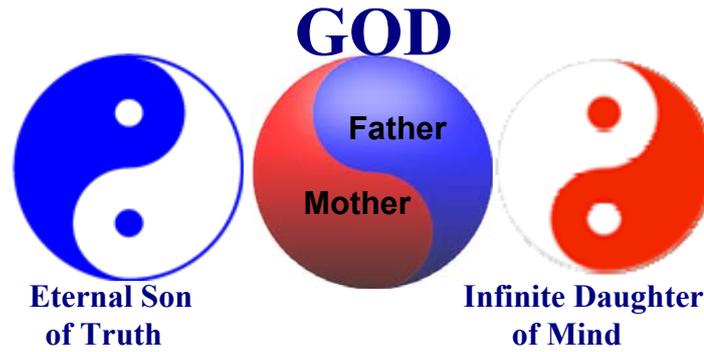
Want and long to know the whole truth of yourself

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

The Key



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



PARADISE TRINITY:

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

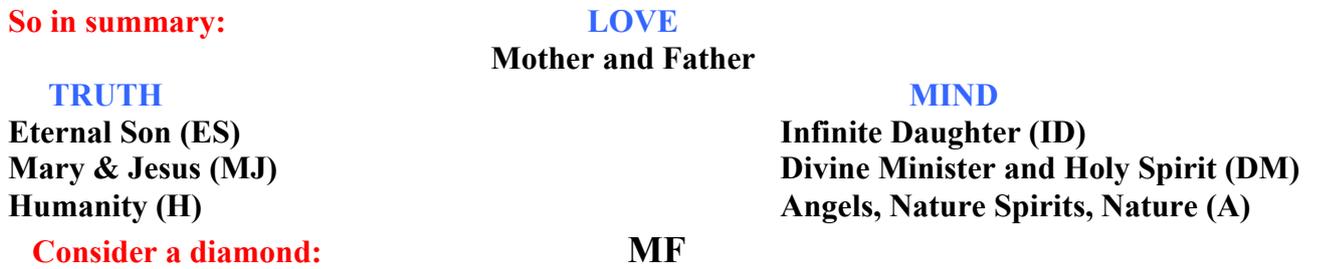
The LOCAL UNIVERSE TRINITY:

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

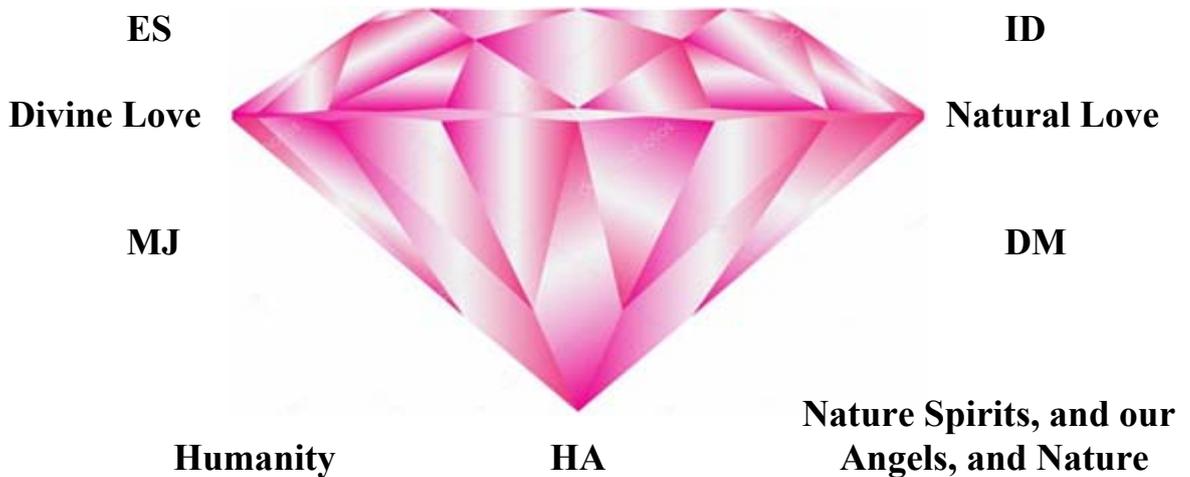
PLANETS that engage in REBELLION:

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

So in summary:



Consider a diamond:



Mother and Father Heavenly Parents

Creator Son & Daughter
Jesus and Mary

Avonals
as soulmate pairs

Trinity Teachers
as soulmate pairs

Melchizediks – 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.

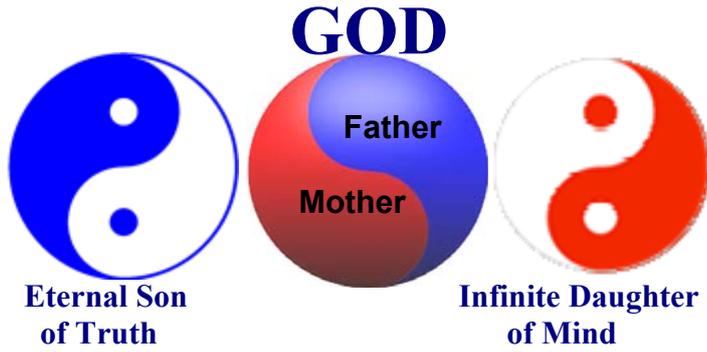
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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.



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.

Feeling Pathway

Mind Pathway



Soulmate Pair

Angel



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.

James Moncreif'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 Moncreif Books:

	MoC		
The Rejected Ones – the Feminine Aspect of God	1,490	Nov 2002 – Jan 2003	228
Messages from Mary and Jesus book 1	1,485	Feb – Apr 2003	189
Messages from Mary and Jesus book 2	1,485	Apr – Oct 2003	170
Mary Magdalene and Jesus' comments on the Padgett Messages – book 1		Aug 2007	164
Messages from 31 May 1914 – 12 January 1915	1,495		
Mary Magdalene and Jesus' comments on the Padgett Messages – book 2		Sep 2010	177
Messages from 13 January 1915 – 29 August 1915	1,494		
Speaking with Mary Magdalene and Jesus blog – book 1	1,490	Jan – Apr 2013	206
Speaking with Mary Magdalene and Jesus blog – book 2	1,489	Apr – May 2013	229
Speaking with Mary Magdalene and Jesus blog – book 3	1,490	Oct – Jan 2014	187
Speaking with Mary Magdalene and Jesus blog – book 4	1,491	Jan – May 2014	191
Mary Magdalene comments on Revelation from the Bible KJV	1,485	Dec 2013 – Jan 2014	84
		This group being pages of	1,825
Paul – City of Light	1,488.5	2005	149
Ann and Terry		2013	235
Feeling bad? Bad Feelings are GOOD!	feeling-healing book 1	2006	179
Feeling bad will make you feel BETTER – Eventually!	feeling-healing book 2	2006	159
Breaking the Golden Rule.	feeling-healing book 3	2006	168
Feeling-Healing exercises, and other healing points to consider.		2009	175
Cathy and Mark – a novel introducing Feeling-Healing.		2010	151
Introduction course to Divine Love Spirituality		2006	139
Speaking with the Dead, Death and Dying		2009	173
Spirits and their Childhood Repression Healing		2010	179
With Verna – a nature spirit		2008	279
Communication with spirits – meet a spirit friend		2010	37
Introduction to Divine Love Spirituality website			362
Sage – and the Healing Angels of Light		2017	260
Divine Love Spirituality	1,500	2017	201
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings	1,500	2017	47
		This group being pages of	3,046

Religion of Feelings

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

Introduction to Divine Love Spirituality

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

Main website of DLS

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

Childhood Repression website

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

DLS and CR forum

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

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

FEELING HEALING and SOUL HEALING with the DIVINE LOVE:

James Moncrief Publications:

all publications are free downloads:

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Paul – City of Light

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

Ann and Terry

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

Feeling Bad? Bad feelings are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

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

Sage – and the Healing Angels of Light

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

**Religion of Feelings
Feeling Healing**

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

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

The Padgett Messages being published as:

The True Gospel Revealed Anew by Jesus volumes 1 – 4

Book of Truths by Joseph Babinsky

The Urantia Book

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



in conjunction with



Longing for the Truth when also longing for Divine Love.

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

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

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

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

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

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

MEDICAL – EMOTIONS:

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

**PASCAS
PAPERS**

Cause No Harm < to OTHERS to MYSELF

Strive to love others as I am to love myself

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

**Divine Love
is the key!**



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

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



**to enter the
Celestial Heavens:**

