

PASCAS CARE

Consider Asking!



“Peace And Spirit Creating Alternative Solutions”

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PASCAS INTRODUCTION:

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

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

Kinesiological muscle testing, as developed by Dr David R Hawkins and quantified by his Map of Consciousness (MOC) table, has been used to ascertain the possible level of truth of documents. Such tested calibration levels appear within the document. We ask that you consider testing same for yourself. The technique and process is outlined within Pascas documents, such as Pascas Health – Energy Level of Food. From each person’s perspective, results may vary somewhat. The calibration is offered as a guide only and just another tool to assist in considering the possibilities. As a contrast, consider using this technique to test the level of truth of your local daily newspaper.

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The sources of contents are noted throughout the document. In doing so, we acknowledge the importance of these sources and encourage our readers to consider further these sources. Should we have infringed upon a copyright pertaining to content, graphics and or pictures, we apologise. In such cases, we will endeavour to make the appropriate notations within the documents that we have assembled as a service via our not for profit arm, to our interested community.

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

Living Feelings First, *John.*

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



Messages from Celestial Spirits – Messages of Judas:

<http://new-birth.net/contemporary-messages/messages-sorted-year/messages-2001/the-efficacy-of-prayer-hr-22-aug-2001/>

August 22nd, 2001

God offers everything, but He demands in turn that it shall be asked for. Simply because He has granted us our free will, and He will never “bless us forcibly” with His gifts. Ask and you will be given. But ask!

In this chain of activations, prayer -- God -- spirit or mortal, the last link is not mentioned in the message received by David, a link that is so logical, but you didn't take it into account. It is the person himself who prays or on whose behalf others pray. Because that person also has to be activated! God's blessings, also material ones, are not delivered on a silver tray, ready to be used. You must recognize them first, and then take advantage of them! In other words, God gives us opportunities. He won't give you a million dollars. But He will give you the opportunity to earn your living, or other benefits, whatever He deems convenient for you.

This entails certain consequences. A person can also benefit from the prayers of other people, if those prayers are for spiritual progress, because s/he will receive opportunities to progress, s/he will receive help and advice. But it is the person's job to take advantage of the occasion. So you see, prayers for other people are useful and beneficial at any level, both material and spiritual.

When the person thus favoured does not recognize the opportunity, the prayers are without effect, of course, some kind of will is always required, some kind of push from the beneficiary's side. It is the same in health. If people don't have any intention of improving, if they don't contribute in anything, for example changing lifestyle, the effect of prayers will be doubtful.

You know what soul perceptions mean, but you never thought that these perceptions serve not only the purpose of acquiring spiritual knowledge, but serve also for a better orientation in “real life”, as you now live it here on Earth. They serve exactly for recognizing and distinguishing actual opportunities, and for thus being able to take advantage of them, and to avoid imminent dangers.

Today you have replied to an embittered woman, who complains about everything and accuses God of all injustice. And her only thought is: "When will these evil ones be punished?" She wants to escape from her country to leave materialism, as she calls it, and she wants to work in a third world country as an assistant in development.

You wrote to her correctly, if her motivation was only to escape, she will suffer great deception, because materialism reigns everywhere, but if her motivation was an impulse she feels inside, she should follow it. This is correct. If this impulse comes from inside, or in other words, if it is a spirit prompting, it means that God shows her a way towards an opportunity. But it also means that she has to open up to this opportunity, and to recognize it. And for this, she has to change her attitude, and not to look for happiness where she is looking for it now. She sees everything through a negative filter, and we want to teach humanity to see the positive side, because life is positive, full of opportunities.

I give you another advice: Never expect gratefulness from your neighbour. If they thank you, be happy, if not, don't be sad. There is always someone, who is thankful: We are, and so is God. Imagine, God created you, He could make whatever He wishes with you, but He is grateful because you do what increases your

own happiness. This is humility, this is greatness, and David's perception is very good to recognize this. And this great development of soul you can even perceive reading his letters.

It is your work to give other people, who need it, this initial impulse. To do this, you must try to attain to certain development, opening up your soul to Divinity. But you cannot do more than to be an example, no more than to give impulses. The work itself has to be carried out by the person who requests help. And this is true even in the material environment.

First you must give, in order to receive. You must ask, and you must learn humility. You must always underline this.



“Now, when I am about to leave you, I want to tell you that I like the portrait you made of me very much. I was a little bit thinner, but it is a good image. Thank you. You have also received a vision of Andrew. Perhaps you may one day paint a gallery of all the apostles' portraits? It would surely be very attractive.” September 7th, 2001

Note: Following the writings of James Moncrief, one could consider that any reference to the Father, by other relevant writers, may be read as a reference to ‘our Mother and Father’. Further, when considering soul healing, then reference to Divine Love could be referred to as ‘Feeling Healing with Divine Love’.

September 2nd, 2001

But, yes, one thing is true. There is a wonderful union here in our Heavens. But how can I explain this to you? Imagine a city, where architects, urban planners, gardeners, in short, all people responsible for the aspect, quality, atmosphere, etc., join their forces to launch some project, without considering their own profit, because they will anyway receive their fair recompense. They put up their hands to do the work, on an altruistic basis for the welfare of the entire society. It is a utopian idea you think, but just imagine it. Unselfish help, cooperation, understanding – it would be like a dream. In some way, in some way even more perfect, this exists in the sixth spiritual sphere. It is paradise, as mortals always imagined it. And all this exists in the Celestial Heavens, raised to a much higher degree. I cannot explain it to you better, but at least you have some inkling now of how it is in reality.

Although we live in this indescribable paradise, we always return to Earth in order to help mortals. It is not because God orders us to do this, or because we think that we have to repay the help we ourselves received in some form, but because we love you, we simply love you. Love is a powerful attraction.

Looking at the paradises and marvels of Earth, they seem to us like aged pictures, of pale colours and lacking life. But we are here to help and to serve. Take advantage of our presence, call us, we are here because of love, and so many times in vain.

Love attracts us, and in this material world of little light, it is the Divine Love in the mortals' souls, which exercises the strongest attraction. It is the people already started along the Celestial path who receive our greatest attention.

Negativity repulses us. Negative people, and there are many of them, also receive help, but it is usually not the help from the Celestial angels, but from good spirits of the spiritual spheres. Why? You remember what your professor told you, that he wanted to work in Africa, to contribute to the development of the continent. He told you the following story:

In the southern region of Sudan, people used to go naked and to relieve nature on the banks of the river Nile. To fetch drinking water, they went into the river, far enough, and there they picked up water by means of buckets or hollow pumpkins. That water, at a considerable distance from the bank, had nearly the quality of drinking water.

But one day those missionaries came, Christians as well as Muslims, and they convinced people to dress decently. People continued with their customs, soiling the bank of the river, but in order to get water, they no longer went so far into the river, because they did not want to soak their clothes. But the water near the bank was polluted with salmonella, cholera, etc., and from that time on, problems became serious.

Now governments look for help, but they demand people of substantial qualification, graduates from Harvard and the Sorbonne, specialists in high precision liquid chromatography, etc. But this is not the appropriate help. The solution to the problem doesn't lie in high tech or in the latest advances of science. It is a very simple problem, requiring a very simple solution, improving hygiene.

For similar reasons Celestial spirits usually are not in charge of people or spirits of high negativity. The good spirits from the spiritual spheres can offer them all the help they need, and they can start them so that they may get out of their condition. When this has happened, then the moment arrives when we enter into action.

Therefore I repeat over and over again: Pray, increase the Father's Love in your souls. We will be attracted to you infallibly, and your efforts will be rewarded a thousandfold. More Love means more help and more blessings. And not to mention your own happiness and realization...

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

'The difference between what are regarded as two paths, the Natural Love Path and the Divine Love Path, is, essentially, the amount of Divine Love that beings have been able to acquire.' Quote from Celestial Spirit Richard 22 Dec 2012

**PASCAS
HEALTH**



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



(2018.1) ^{188:5.2} **God's Divine Love does not merely forgive wrongs; it absorbs and actually destroys them. The forgiveness of love utterly transcends the forgiveness of mercy. Mercy sets the guilt of evil-doing to one side; but love destroys forever the sin and all weakness resulting there from. Jesus of Nazareth brought a new method of living to Urantia (Earth). He taught us not to resist evil but to find through God a goodness which effectually destroys evil. The forgiveness of God is not condonation; it is salvation from condemnation. Salvation does not slight wrongs; it *makes them right*. True love does not compromise nor condone hate; it destroys it.** (The Urantia Book)

(2018.2) ^{188:5.3} **The beauty of Divine Love, once fully admitted to the human heart, forever destroys the charm of sin and the power of evil.** (The Urantia Book)

CONSIDER ASKING, because that is being CONSIDERATE!

While discarnate (not incarnated within a physical body), an entities spiritual growth is extra-ordinarily slow by our standards. Spiritual growth, whilst being discarnated, is by being of service to others.

The law of Free Will prohibits interference into our physical lives unless we ask for assistance. By us asking for assistance from our spiritual friends we are doing them an enormous service by enabling them the opportunity to serve. They are there to assist us, if only we would allow them to do so!

So, guidance, assistance, support and all the wisdom is more than willingly available to us should we ask.

The prison bars of social conditioning have led us away from the precious practice of asking. Reconsider and enjoy the fruits.



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

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

ASKING – INVOKING:

P.244 Cosmic Ascension by Joshua David Stone

God and the masters are willing to answer any heartfelt request or divine dispensation as long as your heart is pure and your motivations are sincere. The only requirement that God places upon you (which is the golden key to supreme ascension acceleration) is that **you must ask**.

All you have to do to give salvation to yourself is really quite simple:

1. Take the time to meditate.
2. Ask for the help you need, and then receive it.
3. Practice the ascension techniques provided.
4. Practice the presence of God and being an ascended master in your daily life.
5. Make the supreme commitment to be vigilant for God and His kingdom, choosing Christ consciousness rather than negative-ego consciousness.
6. Dedicate your life completely to service of humanity in a balanced manner. God and the masters will deny nothing to a sincere heart.



GUARDIAN ANGELS & SPIRITUAL GUIDES:

<http://ezinearticles.com/?Guardian-Angels-and-Spiritual-Guides---7-Tips-to-Help-You-Get-The-Most-Authentic-Guidance-Possible&id=1045121>

Below are seven tips for gaining authentic spiritual guidance.

1. It's very important to note that not all "guides" offer absolute truth and wisdom just because they are not in a physical body. Some have strong biases and may not be objective with their advice to you.

It's easy to mistake a disincarnate soul (someone who died but did not go to "the Light" for a variety of reasons) or a mischievous or dark entity for a "guide." If the guide offers input that sounds partial or prejudiced in any way, doesn't feel uplifting or of a higher vibration, or feels negative and gives negative sounding advice (e.g., telling you to do something that would incur karma), demand that it leave and ask for spiritual cleansing help from whomever you pray to.

For example, if you make contact through a ouija board, pendulum, or some other means with an energy who claims to have been someone famous, be wary. Even if it really is a deceased, famous personality, there is no guarantee that the information imparted will be truthful and non-subjective. Besides, it's common for dark entities to play such games.

2. Everyone perceives spiritual guidance differently. Some hear (clairaudience), some see (clairvoyance), some just know (claircognisance), some feel (clairsentience), some taste or smell, and some experience various combinations or all of the above (clair-all). This is true with past life recall also. If you just know or feel, you may not directly hear or see your guides or past lives.



Although you may very well have one (or more) main guardian angel or guide, it's likely that most people are not supposed to have a consistent, direct, conscious link to him or her while incarnated. Why, you ask? If you could pick up your spiritual telephone and had an invisible, on-call advisor to give you direct answers, 100% sure-fire direction any time you needed it, this would be cheating; you would not learn the lessons you've incarnated to experience.

Furthermore, we agree that help from angels of the Light and ascended master guides is available to many (all), but the insight you receive may be so subtle that you won't be able to identify much about the source, other than to know that it feels genuine and pure.

3. It's entirely possible, in our opinion, that many people have created, in their mind, a name and image of the helpful spiritual energy they call their guide. There is nothing wrong with this, as long as it's only to identify the energy.

4. We don't feel that associating a name with spiritual insight or discovering the name of a guide is important because it may not always be a guide from which you are deriving information, and it's easy to become dependent on a guide.

5. Receiving outside help is great when needed, but relying on yourself as much as possible in meditation by connecting with your subconscious mind and your higher-self is usually best. Your subconscious mind is where all past and present life memories are stored, along with all fears and defences. Your higher-self is also your link to your super-conscious, or all that is. Some say it's a direct connection to God, your god-self.

Our *Direct Your Destiny* (™) e-package offers extensive tips and tools to help you get the most out of your inner guidance.

6. If you meditate regularly and connect with your higher-self, you will have all the help you need, which may sometimes include the help of other-dimensional guides of the Light. All you have to do is focus on the dilemma or question, and if you are meant to know the answer, you will know it, when you are meant to realize it, one way or another.

Through years of practicing meditation, one regularly receive flashes of insight and the answers to questions by detaching just enough from the conscious mind to allow higher-self insight to flow to the doorstep of consciousness. Sometimes it seems as if the answers are waiting there for us to perceive.

7. Meditation is so important for self-awareness and stress reduction. Develop and practice it as a regular discipline and you will benefit in many ways, including receiving regular spiritual guidance and the ability to discern cosmic noise from divine insight.

In summary, it's to your advantage to put aside the desire to commune with specific spiritual guides and instead focus on becoming or remaining grounded and centred, and accessing your inner awareness and your higher-self.



CAUTION is NEEDED:

As I'm sure you know, there are spirit entities in the universe that are downright malevolent. There are others that are playful and not necessarily harmful. They are probably just bored because they have not yet gone into God's highest light. In other words, they are temporarily stuck by their own desire to stay close to the physical plane instead of proceeding to a higher vibration where they can advance their development. These are usually spirits who like to play games. They love Ouija boards – things to avoid, because it gives them an avenue of expression, and alleviates their boredom. **That is why we must always ask for the 'true, pure and original blueprint and source of Creator to bring us only the highest and most true spirit energy'.**

Although all is love, you don't want to be involved with spirits who are of low vibration. They are the ones who may be looking for an opportunity to swoop into a person's consciousness and create havoc. This interference can be in the form of encouraging humans to be involved in negative actions, words, or thoughts. These psychic bugs latch onto a physical being and influence behaviour and thought. They are responsible for much in the world that is distressing, and can easily influence us when we are vulnerable. We are especially vulnerable to this form of spirit influence when we are tired, inebriated, weak, depressed, or under the influence of mind-altering drugs.

Using a Ouija board is very much like having a big party, throwing open your front door, and allowing anyone to enter who wishes to join in. Unwittingly, you may invite in a dangerous spirit.

If we were "open" and able to see, hear, and receive all that is happening in the spirit world, we would probably go insane in a very short period of time. The separation between the physical and non-physical is, for the most part, very busy, noisy, crowded, and often very loud. To say it's very much like Times Square on New Year's Eve at midnight is not far from the truth. That is why each of us in a physical body has a protective force known in the spirit world as a gatekeeper. It is up to that entity to protect us, and to not allow us to have any spirit contact that would be frightening or damaging to us. Our auric shield, aura, or energy field, which extends out from each of us for about a foot or so, also protects and insulates us. However, our gatekeeper and auric shield are not invincible. When we use alcohol, drugs, or anything that is mind-altering, our auric shield is easily torn and penetrated.

Your Energy is Your Responsibility

Your energy has to be as pure and as high as possible to avoid attracting lower entities, psychic bugs, or attachments. The following steps will raise and purify your energy so as to create a hospitable environment for positive spirit communication.

To cleanse yourself and the area where you will be working:

- Burn Indian smudge and sandalwood incense. Wave the burning smudge particularly in the corners of the room where spirit entities love to gather. Corners of rooms are psychically powerful because this configuration allows energy to become concentrated. You may also spray holy water around the room, particularly in the corners.
- Get rid of clutter. In addition to being physically confusing, clutter confuses the mental and spiritual states as well.
- Have a big glass of water nearby. Water is the universal purifier and is helpful in collecting negative energy. Change the water daily. Throw it out, and never drink it!
- Do not smoke or use alcohol, as this attracts a low vibration of entities.

- Avoid coffee and other stimulants to help you get into a relaxed, serene state.
- Wear white, which is the purest form of energy. Wearing white helps to strengthen your aura.
- Play uplifting music. Sing a cheerful song, like "You Are My Sunshine."
- Read and recite something sacred, such as a passage from the Bible, Torah, or Koran.
- When in meditation or prayer, do not cross anything on your body, like your feet, legs, arms, and hands. Crossing cuts the flow of energy that runs along the spiritual pathways of the body, called meridians. The exception to this is the yoga position known as the lotus.

Additional suggestions to help bring the right spirits to you:

- Have an absolutely quiet place set aside for your contact work, with no phones, light, or other interferences.
- Be relaxed and receptive.
- Accept what happens. Ridicule of any kind, even in your own mind, weakens the bond and may cause the loved one to refrain from contact.
- Pay attention to subtle messages. Contact generally begins in the most gentle, barely perceptible of ways.
- Collect photos and memorabilia that belonged to your departed loved ones and place them nearby.
- Let a tape recorder run in case you wish to make vocal notes, or enter an altered state and Spirit speaks through you. You may be surprised at what you find later.
- You will also want to manually record any impressions or messages that you receive. Have a paper and pencil ready for this purpose.

When you begin:

Close your eyes. Breathe deeply. Say a prayer that asks for the **‘true, pure and original blueprint and source of Creator to bring us only the highest and most true light around us’**.

- State that you welcome your angels and spirit loved ones who would like to communicate with you and only through this original blueprint.
- Ask your spirit loved ones direct questions. Ask your spirit loved ones for a heavenly tour of their realm.
- Stretch your arms upward, with palms up and open. Do this with a feeling of love, and ask to receive their love and support. Love is the key to spirit contact and communication. Let your desire for communication come from your heart. Surround yourself with the full armour of God's love and protection.

Time and patience will help you achieve results. If you have done this work in other lifetimes, you may surprise yourself with how quickly you receive a response.

Whatever happens, never forget the power of prayer. **Ask to be surrounded in white light.** Express gratitude to God and his angels, your guides, and your gatekeeper for the assistance and support you receive.

As above, so below
and
As below, so above!



HOW CAN PEOPLE EASILY RECEIVE ANSWERS FROM CREATOR?

Brought through by Barbara Rose, Ph.D.

"Tell them to share and to ask like a child would ask for another candy, never dreaming that a person would say "no" to a child. YOU, each person IS that child.

Humanity has been taught to "follow" rather than to listen within. To listen to your gut instincts – no, so many people do not even do that, and then wonder "why" something would happen, when they were INTERNALLY guided in the opposite direction. Sometimes people are distracted by what the ego has to say. Too many people believe their DOUBTS more than the truth in their OWN HEART!

So THIS is "why" it takes some people longer than others. It's like someone not believing in their own inborn abilities. Perhaps you, yes you reading this message, have true talent, and someone taught you that your talent was NO talent at all. So at that point you immediately took on that other person's belief, instead of THE REAL TRUTH!

So now, EVERY member of the human race has this already built inside – this internal connection to God, your Higher Self via the energy of your soul. There is never a moment you are NOT connected, you are ALWAYS connected, it simply takes your belief that you are, along with what you are asking about with respect to your receiving answers.

WHAT ARE YOU ASKING ABOUT? On a scale of 1 to 10 (1 – one – being the lowest) how much would you give in your life for an answer to your question? How much does that question mean to you, to your life, your happiness, your FINALLY knowing TRUTH?

You see, when you are starting this process, and you feel blocked, more of your focus, either consciously or unconsciously is focusing on how you "cannot" or "will not" receive an answer. Perhaps you already KNOW the answer, and that would mean you may need to change some aspects of your life in order to live your truth.

Perhaps you already KNOW the truth, and feel afraid to honour it. When life brings you down to your knees, and ALL you desire is an answer to your MOST HEARTFELT questions – to help you GROW, and UNDERSTAND, and gain CLARITY, on the INSIDE, so you can then move forward, you will receive answers.

The ONLY "block" is in the mental thinking process. Again, either consciously or unconsciously. If you were taught that 'Creator' judges you, then you were misled, and may feel just as Barbara used to – "why would Creator want to answer ME?"

But when there was nothing left in her life except a desire to know TRUTH, the answers poured in, poured into her mind, which she wrote down on paper with a pen.

Now, this does NOT at ALL mean that you have to lose everything, you can feel INSPIRED to create something, so deeply inspired to TRULY make a difference, either for yourself or others, and your WHOLE HEART is asking for help with this. Your heart motive is so pure that your HEAD CANNOT even get in the way! Then, you will receive answers.

If you are conditioned by society to think you 'cannot' then it WILL take much more effort on your part for your HEART to OVERRIDE YOUR HEAD! That is the key. Your heart and what you are asking about has to mean SO much to you, that your HEAD doesn't even stand a chance to get in the way.

So again, on a scale of 1 to 10, how much does what you are asking about mean? How much does this question matter to you? What about what is beneath the question? What is your motive for asking the question to begin with?

Let's start with just to know the pure truth. How about starting out with asking if what you believe about yourself that causes you to feel bad inside is the real truth? How much of a DESIRE do you have to truly want to turn around what you may have been taught, to finally knowing the real truth about YOU?

This cannot be an intellectual process. If you are struggling to receive answers, the ego contained within the intellect is actually what is blocking you from receiving truth! So this is "why" in the beginning, your whole heart must be contained within the question, and it would be IDEAL if the question is all about gaining UNDERSTANDING AND CLARITY, rather than for outer direction. Once you know you are receiving truth, you can ask about anything. The purpose of this writing is to help you consciously receive your FIRST answer in writing.

It would help you tremendously to listen to your gut instincts, MORE than the ego / intellect. THAT is God guiding you.

It would help you if you TRULY listen to your OWN FEELINGS, and if you are DETERMINED to ONLY follow what you PREFER in your HEART – rather than the fears in the ego / intellect – you will more easily receive answers.

This is ALL an "Inside" job. EVERY answer, you will hear within.

You may have synchronicities on the outside that validate what is on the inside, or your external reality may be exactly the opposite of what your heart truly longs to experience.

If the latter is the case, it does require you to move in the direction your HEART is guiding you, rather than the fears in your head – because the fears of the ego have kept far too many people from their own good for far too long.

So how determined are you to live out your truth – on every level, in every nook and cranny of your life? On a scale of 1 to 10 – how determined are you to live out and follow THROUGH with what you either know deep inside is for your highest good, or if you were to receive the answer – what is the level of determination you have in following through with it – for your highest good? THAT will show you your level of openness to receiving answers.

Start with what means your whole heart to you, and what you would give anything in the universe to understand or grow – because THAT is "why" you came into this life to begin with – and this does apply to all of humanity. You wouldn't be here, on Earth, if you did not sign up for the growth lessons in front of you.

Once you are SO DETERMINED to grow, that NOTHING IN THE UNIVERSE can stop you – be certain you will receive answers to the questions that mean the most to you in your heart. If your question at hand does not TRULY matter to you in your deepest heart, then go deeper to discover the question that DOES. THAT is HOW you will receive the answers to the matters weighing on your HEART, and NOTHING AND NOBODY can EVER give you this connection or take it away from you – it is the energy of your soul and the LOVE you feel INSIDE of your HEART. That is "where God Lives."



PRAYER for DIVINE LOVE: library download pages at www.pascashealth.com
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 Should you click on the audio files, you will also be able to download the audio file onto your computer.
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QUESTIONS and ANSWERS FROM DIVINE SOURCE:

<http://www.borntoinspire.com/id16.html>

1. How can anyone receive direct communication from Divine Source, God, All That Is?
2. What is the difference between doing My will and God's will?
3. What does it feel like to receive direct communication from Divine Source?
4. How can I tell the difference between "false prophets" and pure messages from Divine Source?
5. Why are so many people claiming to be bringing through Divine information from God now?
6. How can I learn to discern between the voice of Divine Source and my own voice?
7. If God really exists, why are so many bad things happening in our world now?

The Answers

1. How can anyone receive direct communication from Divine Source, God, All That Is?

Each spiritual / human being IS a physical manifestation of Divine Source. We are *always* receiving communication at every moment of our lives, however, most people are attuned to what their five senses are showing them, and think they are closed off to receiving direct Divine communication.

Each time you have a "gut instinct" or that "still small voice" within that is guiding you, even if the guidance may not make sense to your logical mind, such as: "Don't take this road home today" even if it is the same road you travel every day when you drive home, that *is* Divine Source communicating directly to you.

Each of us has a spiritual connection via our soul to the information and energy, answers and clarification that we would like to receive from Divine Source. There is not one human being that does not have this ability. The only difference between those who receive Divine information clearly, and those that believe that this is a near impossible endeavour is practice!

The more open you are to following first your gut instincts, following that still small voice, and practicing asking questions via writings, or simply from your heart, it is your heart-felt intention to receive clarity, answers and solutions that WILL be heard, and answered, every time.

Direct Divine communication is each person's inherent birthright. We are all Spiritual beings, and at every moment, we ARE connected. It is just like turning on the radio to hear what a station is broadcasting. We have to open up *our* end to receive the answers, however, they are always transmitted to us with the level of growth and understanding that we have at each point in our life. When you are truly ready to receive communication, all you have to do is ask for it, and be sure that you will receive it!

2. What is the difference between doing My will and Creator's will?

You will know that you are doing “Creator’s will” or Divine Will when all of your intentions are to be of positive service for both your highest good and the highest good of all sentient beings.

When you are passionately living and *being* in the moment, unattached to outcomes, and are in absolute love with the process of all you are doing, then you are creating from your Divine essence, and thus are being a Divine expression of Divine Source in your life.

The most important part of doing and being an expression of the Divine in your life, is that your virtuous intentions are to be of service to others, while you regard others as precious as yourself. This is the highest manifestation of Divine Will operating in your life, and this can only come from one place, and that is from your heart.

3. What does it feel like to receive direct communication from Divine Source?

When I (Dr Barbara Rose) receive information in writing, there is a feeling of deep inner peace, and profound love permeating my heart, as well as my surroundings. I am completely aware of my surroundings, however, I am so “in” the moment, that I do not recall the information I brought through until after I read it. There is complete compassion, and wisdom that pours through me, and there is a feeling of supreme Divine light around me. There is zero judgment, and profound love.

When I receive information that comes directly into my mind, and brought through in my speech when communicating the information to others, the inner feeling is the same, and there is a tremendous positive surge of energy that is profoundly uplifting, and all-knowing. It is a fantastic, enlightening experience, and it feels quite natural, however, Divinely guided and communicated. While I bring through information for others through speech, I am completely aware of my surroundings in the moment, however, after 24-48 hours, I have no recollection of the information I have brought through, unless someone tells me exactly what I have brought through, I then remember that part quite clearly, however, that is the only part that is re-awakened within my memory for that person.

4. How can I tell the difference between “false prophets” and pure messages from Divine Source?

Divine Source *NEVER* communicates information that is fear based, frightening, or carries an energy that is negative with any type of impending doom. The information is filled with tremendous love, compassion, guidance, clarity, patience and direction for our highest good at all times.

“False Prophets” tend to thrive on igniting more fear among people, and often carry judgment. Their messages will tell you that you “must” do something, as opposed to leaving it to what feels true for you in your heart.

Divine Source will *always* let you know the best course of action or inaction that you can take in order to live your grandest and highest vision of yourself, however there is never any judgment, and there is only pure, loving support, compassion, and extreme patience. There is never “gloom and doom” and there is always inspiration and hope, along with a higher perspective that will leave you feeling authentically empowered and uplifted with unconditional love.

5. Why are so many people claiming to be bringing through Divine information from God now?

This can be best explained by stating: “why are there so many people claiming that the Earth is round and not flat now?” All human beings are Spiritual beings, and we all have six senses, not five. So many more people are fully opening their connection to their Higher Self, the Angelic Realm, Divine Source, and whatever name you give to whomever you pray to.

We ALL have the natural ability to communicate and receive profound realizations from the Highest realms of Light – where all truth, purity, and love emanates. This is our natural birthright, as much as any of our five senses are. We are here to use ALL of our senses, and as more people are, the information is helping to heal so many levels of life on Earth, and bring help, hope and answers to so many more people. This is our gift, and to cultivate this gift with a pure heart, to make life better for others in any and all areas possible, is the highest life purpose a human being can attain during this most precious human life on Earth.

6. How can I learn to discern between the voice of Divine Source and my own voice?

I can only share with you how I discern, as many people receive Divine information in many different ways. The words come into my mind quite distinctly. It is like that “still small voice” only *much* louder, and with a distinct certainty about it.

Many times my own voice will have doubts, and questions, however, the voice of Divine Source is filled with pure information that is certain. There is nothing ambiguous about it. It is definitive, clear, and authoritative when giving warnings or information that relates to safety, such as a hurricane, or the forthcoming death of someone I know, as well as filled with much love and compassion at all times. I am also given images in my mind, and information about a person, even when I have never met them or spoken to them. The messages are loud and crystal clear, whereas my “own” voice may be more questioning and uncertain, the words of Divine Source that come into my mind have zero uncertainty about them, and they have been 100% accurate at all times.

It can best be described as a sure “knowing” that is transmitted into my mind via words with absolute certainty.

7. If God really exists, why are so many bad things happening in our world now?

We are all endowed with Free Will and Choice. Adolf Hitler could have used his tremendous power to uplift humanity rather than have millions of innocent people tortured and killed.

Creator will NOT interfere with our free will and choice, and as we become more aware of the absolute laws of this Universe with regard to cause and effect, you can be certain that you WILL reap what you sow. You will create positive karma or negative karma via your intentions and actions. As we are living in highly accelerated times of profound spiritual growth, the karma that we create is almost instantaneous now, whereas many years ago, it would have taken lifetimes to reap the results of our actions. Now, we are reaping them within days, and even hours or minutes. So it is of utmost importance to purify your mind of all anger, which is so destructive, and to align yourself with motives, words and deeds that you would like to receive in return.

This is the compass you can use in your life: If you want what you send out to come back upon you one hundred fold, then by all means, send it out via your motives, words and deeds. If you would NOT like to

receive what you are sending out, then re-think, and reassess what you are about to do, and CHOOSE to turn it all around for positive and beneficial outcomes for all. THIS is how Creator works in our life – it is THROUGH us, because we ARE the Divine manifest in physical form. And it is through our conscious choices and actions that we CAN create heaven on Earth, simply by cherishing all living beings as supremely important, and treating them as such. We will all find then, that we are given tremendous realizations, and opportunities for personal awakening, which will dispel the darkness and confusion of our own minds, bringing us clarity, happiness, and joy, which we can then spread to all others.



Our Heavenly Parents simply desires for us to ask for Their Love.

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

“Every day is a day of devotion.”

Please Mother and Father, may I receive Your LOVE.

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

Our salvation IS the embracement of Feeling Healing with Divine Love.

YOUR GUIDES & GUARDIANS:

P.141 A life of Miracles by Almine

There is no need for us to walk alone on our spiritual path. Energy is everywhere and if we align ourselves with that energy, we can utilize it and create.

There are many life forms throughout creation and even what we think of as empty space, isn't empty. We have many allies that are working with the light. Remember that one-third of the host of heaven is promoting our return to Source.

They are willing to assist us if we actively call upon them, but they cannot help unless we grant them permission. Humans have free will and no entities of the light are allowed to interfere with our decisions, even if we choose to remain unaware and separated from the truth of who we are.

Allies are often representatives of specific archetypal powers that hold the keys to that vibrational energy. They can direct potent energy to assist us with a solution to a problem, a healing, or a miracle.

A ritual is one way of aligning ourselves with the power of our guardians and guides. It comes in many disguises: walking the labyrinth; Catholic Mass; sweat lodges; the medicine wheel, and the Wesak ceremony.

Ritual is designed to focus intent or to activate the will by stilling the mind. But if it is repeated too often, it could limit our vision because if we get locked into the limited purpose of the ritual, we have closed ourselves off to new possibilities. This is the error of thinking that we already know what the mystery is about. This results in limited access to the unknown, meaning we become stuck where we are. Ritual can also become a crutch if we form a dependency on it.

In the beginning, the inclination is to use ritual and call upon the guardians and guides as though they are external to us. This is a good place to start, but eventually we need to do everything in our own name, rather than the ally's, for they are a part of us. With this internal approach, we aren't giving our power away or promoting separatism.

When we realise there is no power outside ourselves, our perceptions alter dramatically and we feel everything within ourselves. At that point, we can draw upon the energy of any of life's aspects at any time. We do this by turning inward and calling specific qualities to us, then we simply use our intent to direct the energy to a chosen circumstance. For example, if we wish to have the assistance of the wind to blow out a blockage in a person's chakra, then we merge with the wind element, become it, and feel ourselves blast through the blockage.

It is important to extend gratitude to the guardians and guides when they have assisted us. One way to do this is through offering a gift of thanks. This is a common practice among many Native American tribes. They offer things of value such as tobacco or cornmeal as an exchange for the gifts they have received. Find a way to show gratitude and it will strengthen your relationship with them.

We need to be careful whom we develop relationships with, since some would-be guardians or guides may have a hidden agenda. Be particularly cautious with spirits or beings from parallel realities that offer to feed us information in exchange for our energy. They may even call themselves by sacred names such as Chief

Joseph, Mother Mary and others meaningful to us. It is a staggering temptation since these beings seem to be capable of increasing our knowledge. In actuality, they are getting the information from us and are only telling us things we should have known if we had had enough inner silence to access it. This isn't a wise trade-off because they will continually deplete our energy. This can only occur if we see perception as something we receive from others. So the way to avoid encounters with these parasitic beings is to build a foundation of inner strength by knowing all power lies within. Guides that create a dependency are most frequently from these beings. The human right to be wrong is of paramount importance in our mission: to learn. A truly elevated guardian or guide won't usurp this right by telling us what to do or be. Higher beings are more concerned that we know how to do or be. Remember, what we have come to solve, not even God knows. That is why we were created. No one else can tell us what to do.



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

The FIVE LAWS of ABUNDANCE:

P.187 A life of Miracles by Almine

Give that you may get – If you hoard money, you dam up the flow. Give money to the beggar in the street; a flower for a co-worker, a candle for yourself. As you give, the Infinite has to give too and it opens the sluices of supply.

Money is love – If someone charges us \$1,000 for a bottle of water, we have to discern whether we wish to manifest the money to pay for it. Is it worth it to us? If it isn't, then simply release it, with no judgment or resentment.

Love is inclusive, so if we pretend money is love, it ripples outward until it includes all of creation. Therefore, all of creation's abundance is ours. It is a law that multiplies. On the other hand, if we view money as separate from us – something we need to get because we don't have any – it accentuates lack.

Sowing and reaping – There is always the option of working an extra job. However, sowing to reap is the least of the laws when our perception is locked on the result – to acquire money. There is nothing inappropriate about working one job or five, what matters is our attitude toward them. The higher law is: we don't sow that we may reap; we simply sow because we have seeds in our hands.

Bloom where you are planted – Create the mould by being specific about what we want and then release it, so it may be filled. There is a difference between “want” and “need”. A want is merely a preference, whereas a need is the result of seeing an outside thing, person or circumstance as essential for us to be complete. In the meantime, it doesn't matter that we are dishwashers and we want to be doctors. The key is to bloom where we are planted. We are in this job and the dishwashing is in front of us, so we dedicate that work to Creator. The gates of heaven will open for us if we take whatever we have as a task and perform it gloriously.

Gratitude is an expansive attitude – There is an ancient scripture that says, “Unto he who is grateful shall be added one hundred-fold, and he shall be made glorious.” Gratitude increases the flow of abundance. When we say, “Thank you, Spirit,” with genuine gratitude, it goes to the heart of the Divine. Our gratitude opens the windows of heaven and abundance pours through. When we send forth gratitude, the universe returns it by giving us more with which to be grateful. Gratitude stems from realising that Creator sends us either lessons or gifts, and they are both the same.

If we find our only goal is making money, then we will be limited with that as our only exchange. It is a better plan to leave the universe in our debt. If we do so, the universe has to pay us, and it is going to do one of two things. Either it is going to pay us with money or with increased power and knowledge. Many healers who do their work for money only, become stuck at the level of ability. It is necessary in this society to have a flow of income, and charging for spiritual gifts is acceptable, as long as we realise that will be our reward. We may want to consider giving some of our spiritual gifts for free, in addition to our usual spiritual work, in order to keep the flow of money, or increased abilities, coming.

If we leave the universe in our debt, it is always equalised. State the amount of money you want to flow to you each month and allow Spirit to deliver it from whomever or whatever means it finds. Have the faith to know that the money will find its way to you, so you can relax and freely give some of your gifts and

abilities. If you do this lovingly, Spirit will reward you with increased knowledge and capabilities. The principle of tithing is based upon this law.

This style of manifesting utilises the creating of a vacuum. For example, if you need a pair of pantyhose, or socks. Say, “God, please help me get the pantyhose / socks,” and open the vacuum within by creating the want. When you do that, the universe will rush in to fill it. The next day, someone will hand you a pair of pantyhose or socks.

This isn’t focusing on lack. It is establishing a desire with hopeful anticipation. In I Corinthians 13 it says, “now shall remain faith, hope and charity.” The principle of hope is generally misunderstood. Firstly, it is important not to come from need, but from want. It is merely stating our preference. Once you are clear with your intent, state what you want in great detail. If we don’t get the pantyhose / socks, that is fine. We will wear the shoes without them.

While we wait with a knowingness that it will manifest, act as if we already have it. Visualise yourself using this object or personal characteristic with great love, stating how wonderful it is and how grateful you are to have it. This technique is highly effective because like attracts like.

Declaring the desire, fuelling it with emotion, and giving birth to the creation are right-brain, feminine aspects of manifesting. It needs to be balanced with the left-brain, masculine aspects of discipline and structure, which is keeping the focus, applying will, learning to make money grow and setting boundaries with money so we don’t leak this crystallised form of energy. This is stewardship.

For example, a woman may effortlessly manifest money. Consequently, she may adhere to the philosophy that if somebody genuinely needs money, she gives it. She doesn’t worry that she has just given away the grocery and gas money because she knows she can manifest more. So she gives and gives. Eventually, she will find herself in debt because the flow needs to be balanced with management. This is to mirror that she needs to develop the skill of harnessing money and become a good steward.

According to the rules of good stewardship, we have to consider whether giving money to solve other’s money problems is being co-dependent. Beyond that, she may be seeing them as victims and not honouring the fact that they created this situation to learn a lesson. Jesus Christ didn’t hand out money, but he did multiply the bread and fishes to set the groundwork so others could do likewise.

We need to make sure our money, which is universal energy, flows freely, but at the same time, we have to be careful not to feed another’s self-image of lack.

Another way people perpetuate the image of lack is by asking. “Can I afford this?” that implies a mindset that says, “I am limited.” Although I am not suggesting we buy a million-dollar yacht if our annual income is \$25,000, it does mean that we spend within our general budget without worrying about every dime of every purchase. The goal is that the energy surrounding the purchase be one of abundance and gratitude – knowing the money is there and when those dollars are spent, more will rush in to fill the vacuum.

Make sure your buying isn’t due to un-recapitulated areas in your life. For example, you had a favourite red coat as a child and your mother gave it to another child who was cold and didn’t own a coat. As an adult, you now buy two red coats for your daughter. If this purchase reawakens pleasant memories of how

glorious you felt in your red coat, that is fine. If it stems from a buried resentment or a compensatory motive, it is causing you to react and you may wish to release it.

The payoff for taking charge of our own sustenance is that we cease to need, and when we cease to need, we become uncontrollable.



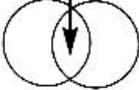
Release one's pain through expressing one's feelings.

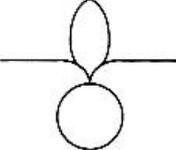
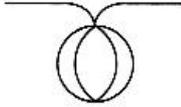
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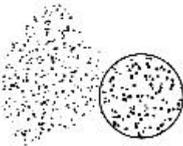
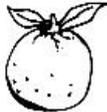
Longing for the Truth when also longing for Divine Love.

How Matter is Formed

(This is not entirely accurate.)

	The Matrix (a pattern of light)	The Frequency (the specific tone)	The Blueprint
STEP 1 Within the etheric realms or Indwelling Life the blueprint is formed		+	
	=		
			<i>Membrane dividing blueprint from manifested life</i>

STEP 2 A corresponding frequency within manifested life calls the blueprint forth. (With frequency, like attracts like.)	<p>(a) The blueprint starts to push against the membrane</p>  <p><i>Pocket of frequency created by devas</i></p>	<p>(b) The blueprint is now in manifested life</p>  <p><i>The blueprint begins to fill the space of like frequency</i></p>
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STEP 3 The blueprint is negatively charged (having come from the etheric or Indwelling Life) and attracts atoms (positively charged—within matter, opposites attract.)	<p>(a) Atoms rush into the designated space and arrange themselves according to the matrix and frequency</p> 	<p>(b) The form is materialized</p> 
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ATOMS MANAGEMENT:

P. 282 & 309 Autobiography of a Yogi by Paramahansa Yogananda

Great saints who have awakened from the cosmic mayic dream and have realised that world as an idea in the Divine Mind, can do as they wish with the body, knowing it to be only a manipulation form of condensed or frozen energy. Though physical scientists now understand that matter is nothing but congealed energy, illumined masters have passed victoriously from theory to practice in the field of matter control.

The Lord first formed the Earth as an idea. He quickened it; atomic energy and then matter came into being. He coordinated Earth atoms into a solid sphere. All its molecules are held together by the will of God. When He withdraws His will, all Earth atoms will be transformed into energy. Atomic energy will return to its source: consciousness. The Earth idea will disappear from objectivity.

The substance of a dream is held in materialisation by the subconscious thought of the dreamer. When that cohesive thought is withdrawn in wakefulness, the dream and its elements dissolve. A man closes his eyes and erects a dream creation, which, on awakening, he effortlessly dematerialises. He follows the divine archetypal patten. Similarly, when he awakens in cosmic consciousness, he effortlessly dematerialises the illusion of a cosmic-dream universe.

In tune with the infinite all-accomplishing Will, Babaji is able to command the elemental atoms to combine and manifest themselves in any form. This golden palace, instantaneously brought into being, is real – in the same sense that the Earth is real. Babaji created this beautiful mansion out of his mind and is holding its atoms together by the power of his will, even as God's thought created the Earth and His will maintains it. When this structure has served its purpose, Babaji will dematerialise it.

Babaji created this palace by solidifying myriads of free cosmic rays.

Few mortals know that the kingdom of God includes the kingdom of mundane fulfilments. The divine realm extends to the earthly; but the latter, illusory in nature, does not contain the essence of Reality.

A common stone secretly contains stupendous atomic energies; even so, the lowliest mortal is a powerhouse of divinity.

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

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SUMMATION:

P.244 Cosmic Ascension by Joshua David Stone

I (Joshua Stone) am here to tell you from personal experience that ascensions and liberation is much easier to realise than any of us have previously imagined. By the grace of the ascended masters they will do a lot of the work for you on the inner plane in meditation and while you sleep. They will do this if you will ask. They are prevented by divine law from helping without your simple requests. Request their help and they will give you the kingdom.

Once you achieve your planetary ascension, which you all will, you can begin working on your cosmic ascension. That will be a much longer process. Knowing you have achieved liberation from the wheel of rebirth and feeling your close connection with your soul, your monad and the ascended masters will all be a great comfort to you. Also having learned to think with your Christ mind rather than with your negative-ego mind, will free you from the bondage of your own creation. This will allow you to live in this world as an ascended being and a bodhisattva, a liberated being who remains on Earth to be of service to his/her brothers and sisters. This is the destiny of us all.

Before too long we will return to the inner planes and continue our service work on more expanded levels of consciousness. We will have transcended the need to return to physical existence and will continue evolving and serving until we ultimately achieve our cosmic ascension as well.

It is only then that God's plan will be complete. Take comfort that the hardest part of our journey through our hundreds of incarnations is now over. The light at the end of the tunnel is near. Victory is now inevitable. The keys and the map to the kingdom are now ours. We are all blessed beyond our wildest imagination to be incarnated at this time in Earth's history.

What previously took four billion years is now being accomplished in forty years. All you have to do is, with full commitment and personal power, get onto this planetary rocket ship. The force is with us and all we have to do is choose to be with the force. There is no faster spiritual path in this world than working with the ascended masters and the ascension movement.

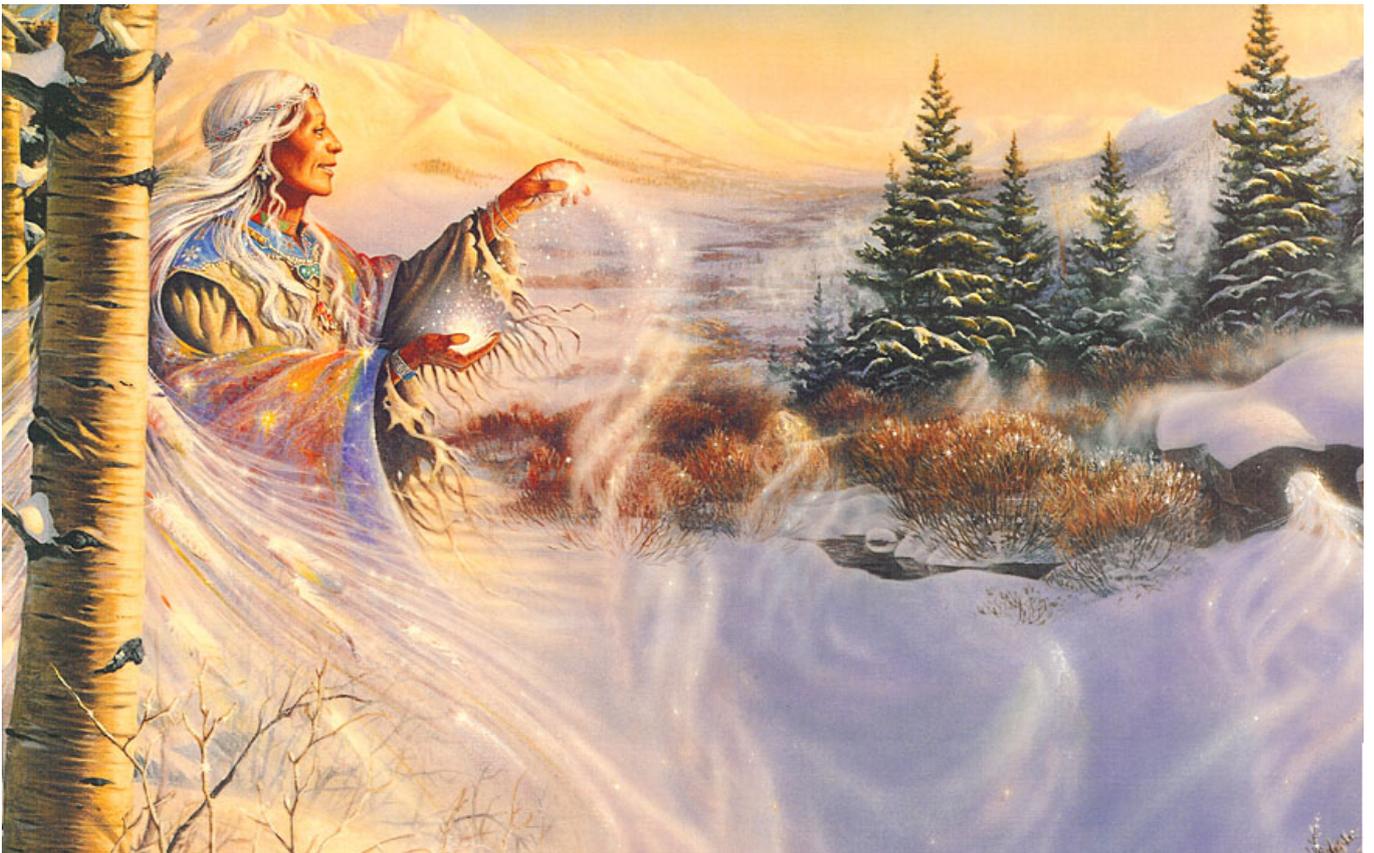
As a fellow brother on the path I beseech you to take advantage of this golden opportunity that has been provided in this lifetime. Let us transform this world together and bring an end to suffering, glamour, maya and illusion. Let us all work together arm in arm, shoulder to shoulder, to transform the consciousness of humanity from a third- and fourth-dimensional consciousness to a fifth-, sixth- and seventh-dimensional consciousness.

Let us together make the Earth into a shining star and a truly heavenly planet to visit. There is much hard work to do to accomplish this; however, there is much love and joy in the fellowship. The goal we all seek for humanity and the Earth is inevitable. All people on Earth are Creator and nothing can stop the evolutionary process. The more negative entities can create minor problems; however, illusion cannot win over truth. Ego cannot defeat Creator. We all have a most noble and sometimes difficult mission on Earth. But if Creator be with us, who or what can be against us?

We can do all things with Christ / Buddha / Melchizedek / Creator who strengthens us. Creator, the ascended masters our personal power and the power of the subconscious mind are an unbeatable team. The complete transformation of planet Earth and humanity, while being a not fully-realised ascended planet is the stuff of which legends are made. Let us all work together to make this little speck of a planet in the

outer reaches of the Milky Way galaxy a speck that all of creation takes note of because of the courage, strength, love, devotion and commitment to service of the great and noble beings who live here. Let us all now take on the mantle of leadership in this regard and be unceasing in our efforts until it is time to pass the baton on to the next generation ascension wave. Let us make our generation the pivotal turning point in this process and in this regard.

Namaste.



Long and pray for Divine Love and it will loosen the errors / injuries / unhealed / denied trapped and/or inherited emotions, resulting in a flowing out, when one embraces Feeling Healing, of these negative embellishments within one's soul as Divine Love flows in – Divine Love being the greatest gift in all the universe.

The Death Wish

<http://new-birth.net/contemporary-messages/messages-sorted-year/messages-2001/the-death-wish-hr-9-dec-2001/>

December 9th, 2001

The death wish.

Yes, this is the subject of my message. I refer to the concern expressed lately, that with the discourse transmitted through the messages, people think that they will be better off in the spirit world than on Earth, and would like to die soon.

Well, perhaps that attitude may be justified, but only when one does not read all that the messages state. We will detail some key points.

In the first place, we have repeated on many occasions that neither the mental state, nor the soul condition of the mortal suffers change with physical death. In other words, if people do not know how to face difficult situations on Earth, they will not know how to do it in the spirit world. They have to learn it, either on Earth or in the beyond, but nobody will relieve them of this task.

Secondly, the spirit world is not paradise. Paradise is one part of this world, but not all its parts are paradisiacal. We have explained that there are extensive areas of darkness, areas of twilight and areas of more light than on Earth. In fact, the soul conditions of novice spirits determine the place where they will begin their journey of progression through the spheres of the world of spirits.

Thirdly, life is a series of challenges. We have to face these challenges. I don't want to suggest that mortals or spirits can solve all their problems. But at least, they should present themselves before any challenge, facing up to them and trying to do their best in each situation. The chain of challenges does not end with Earth life, but it continues in the spirit world. Here, as well as on Earth, there is courage and cowardice, confrontation and flight. Here, as well as on Earth, progress is based on a ripening process which requires courage, which leads to changes, and which does not allow eternal escape. For each and everyone comes the moment of truth when there will be no where to escape.

The best moment for learning how to live with the challenges of life is always the present. Escaping? Where to?

We all need help. Moreover, we all receive help, on Earth as well as here, in the spirit world. It is necessary to ask for help, it is necessary to seek it and to accept it. And you can do this just as well on Earth; you need not to die for that reason. It is a universal law that people only receive what they ask for. In short, life in the spirit world is not necessarily easier than life on Earth. The unchanged soul condition of spirits recently passed over implies that there are societies in the lower spheres of the spirit world which can easily be compared with existing societies on Earth, with the same prejudices, with the same traps and pressures. If people feel lost on Earth, because they cannot put up with that pressure, they will feel similarly in the spirit world too.

Only maturation, spiritual progress, can afford a privileged place for the spirit. And if this process has not been started on Earth, it is necessary to start it here. When people do not know how to ask for help on Earth, they will not know how to do this here. They have to learn it, here or there.

The purpose of the messages, where we describe progress in the spirit world, and the possible happiness, but achieved through effort, is not intended to seduce people to give up their Earthly life. On the contrary. We

want people to live their lives more intensely, but free of fears. People fear what they do not know. This is why we inform.

Together with this information, we always repeat that the here and now is the appropriate time to work on each one's spirituality. Yes, **Earth life is like an elementary school**. However, whoever is unable to overcome the challenges of this kind of school, will hardly be able to attend university.

We say that life on Earth is only a fleeting moment in eternity. Nevertheless, that does not mean that it is worth nothing, that we may discard it as I, Judas, have done.

It means that you need not fear. That all men can gather enough courage to find their very personal expression in their lives, to stand forth, firm as a rock, in the storm-beaten ocean of life. Life on Earth is the best moment to learn how to be faithful to yourselves.

I hope this message contributes a little to clarify our intentions. We don't want your escape, we want your courage, and we want it now. We want you to know that failures won't destroy your lives, that they perhaps only retard your advance a little, but that even failures, as an expression of confrontations with challenges, are steps toward maturation, that they teach you at least that it is always worthwhile asking for help, and that the lesson of humility perhaps is the best lesson in life. Humility is the key to heaven, the foundation of love, of spiritual growth beyond individual limits.

With this, I will say goodbye. God bless all humanity, and may they learn the lesson of humility, which is a lesson of Truth.

Your brother in Christ,
Judas

Conversations with Judas: <http://new-birth.net/conversations-with-judas-of-kerioth/book-judas-of-kerioth/>

Celestial Messages: <http://new-birth.net/messages-jesus-nazareth/all-the-padgett-messages-from-jesus-in-date-order/>

Judas Messages <http://new-birth.net/conversations-with-judas-of-kerioth/>

Judas of Kerioth by Geoff Cutler – www.lulu.com



“Now, when I am about to leave you, I want to tell you that I like the portrait you made of me very much. I was a little bit thinner, but it is a good image. Thank you. You have also received a vision of Andrew. Perhaps you may one day paint a gallery of all the apostles' portraits? It would surely be very attractive.” September 7th, 2001



MAP of CONSCIOUSNESS

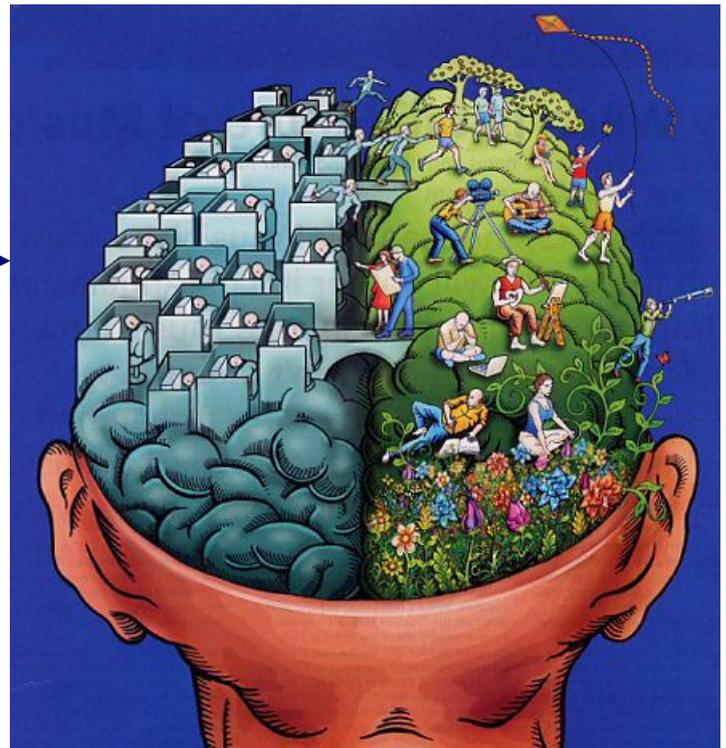
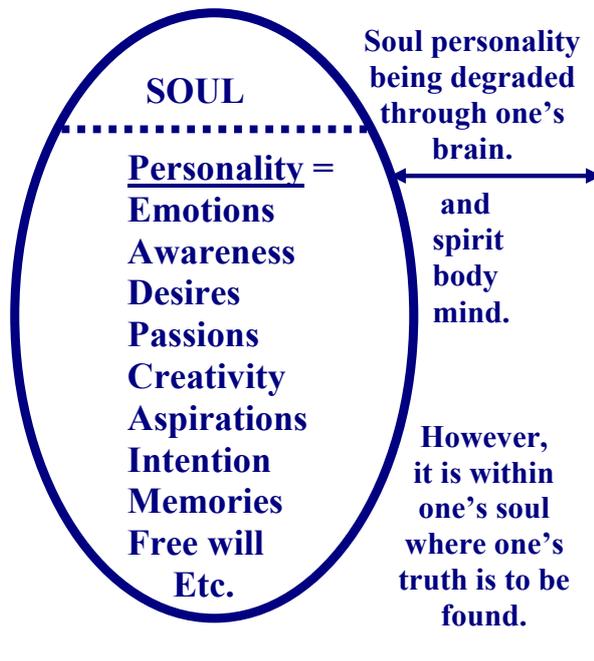
God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700 – 1,000	Ineffable	Pure Consciousness
		↑			
All-Being	Perfect	Peace	600	Bliss	Illumination
		↑			
One	Complete	Joy	540	Serenity	Transfiguration
		↑			
Loving	Benign	Love	500	Reverence	Revelation
		↑			
Wise	Meaningful	Reason	400	Understanding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

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

ISBN: 1-56170-933-6 published Hay House Australia Pty Ltd www.hayhouse.com.au

Or www.veritaspub.com for the trilogy Power vs Force, The Eye of I, and I, Reality and Subjectivity.

Personality



SOUL PERSONALITY

Each soul, ever created, is unique. Just as each snowflake is unique. Every soul is unique from every other soul ever created. By referring to your soul, we are referring to your complete soul prior to its division into its two halves. Each soul expresses two absolutely unique personalities. Your soul then incarnates into two separate spiritual and physical bodies, one half into a male body and the other half into a female body, thus the personality is further distinguished by its male or female aspects. Your soul half, has a personality separate and distinct from every other soul. Your personality is bestowed complete by our Father and Mother. The soul expresses its two personalities into Creation. Your personality traverses your physical body, your spirit body, and your soul. At the time of death of the physical body, your personality continues on existing in your spirit body and soul.

No matter where our two soul halves incarnate, they will be drawn back together again as they grow in love.

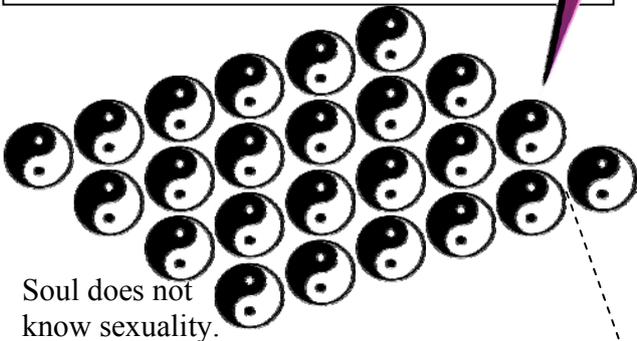
The individuality of each soul half is never lost as they grow in love and return together.



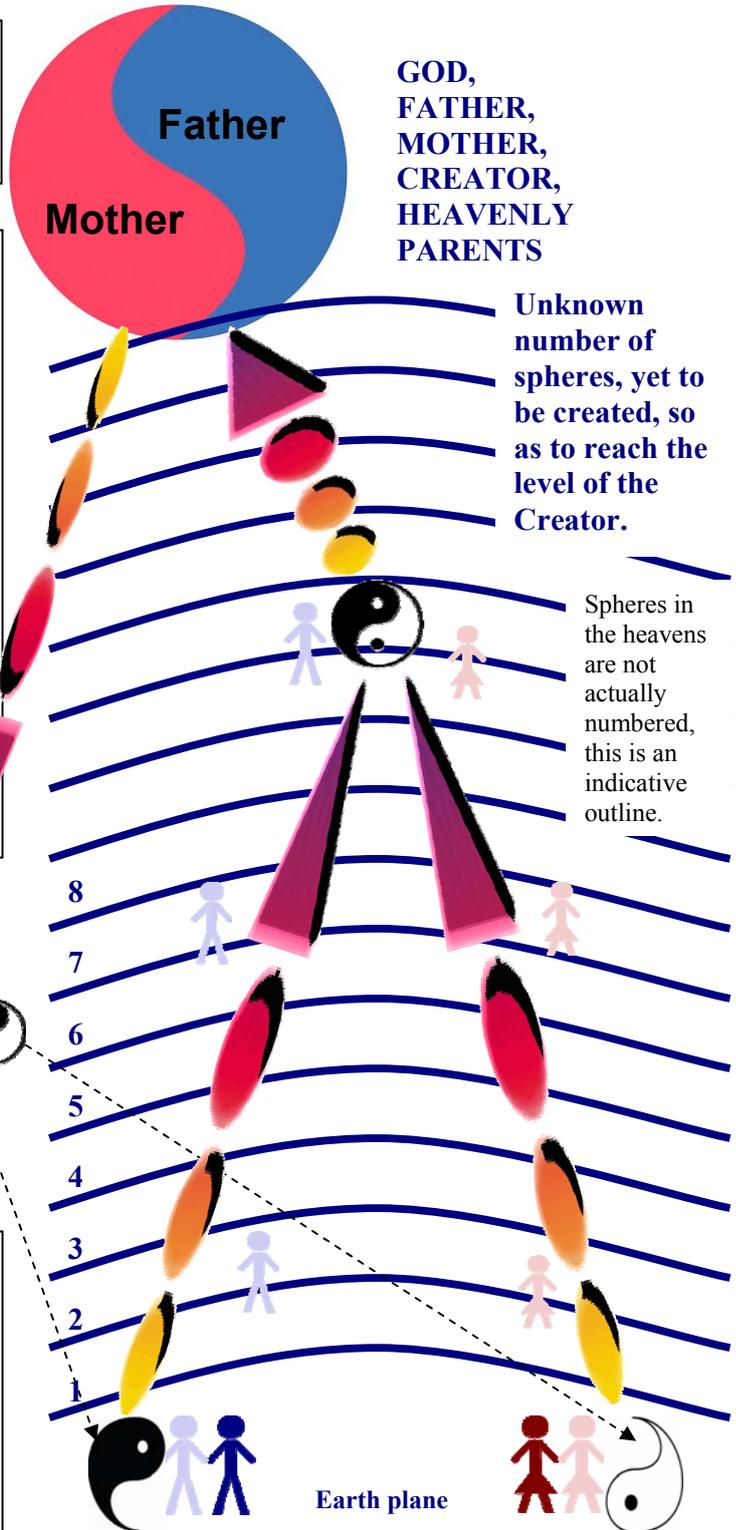
The real you is your soul, which continues to be connected to be connected by cords of light with your spirit body.

OUR JOURNEY of GROWTH in LOVE
 All we need do is to ask for God's Divine Love – it is that simple.
 Ask directly, no intermediaries needed.

Souls, being thoughts of God, are ready for incarnation in their billions. These souls are at the level of the 6th sphere in a natural love state, however, they are not within the 6th sphere perse. These souls are not self aware. Prior to incarnation, they do not express free will. There is nothing of the Divine within the soul. They have an instinct to incarnate. Incarnation of the two soul halves, male and female aspects, typically occurs within a 5 or 6 year time frame, however the timing may be 20 to 60 years apart. To become conscious of self, you must incarnate. This is the individualisation process.

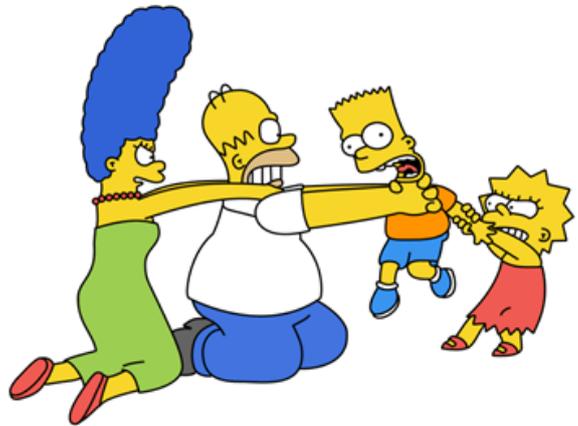


The soul half that incarnates is the one most suitable for the characteristics and character of the attracting parents. Upon incarnation, one's soul condition adjusts to reflect the soul conditions of those around it, typically reflecting closely the soul conditions of one's parents. Upon completion of individualisation process, that is incarnation which may be only a short experience in the mother's womb, we never need return to the physical state. To be able to return to our Heavenly Parents, we need to use our free will and ask for Their Divine Love.



A RANT WE all MAY NEED to EXPRESS!

Yes, so much anger is repressed in me, I was so angry at mum and dad for not fixing everything, for not making everything all right. I was raging at them and God because they are the boss, mum and dad, even making out to my little mind that they were god. And as they made me be how they wanted and demanded I be, so the same should apply to them, and I was demanding they make everything be good. And that includes being nice and loving to me, and to stop making me feel bad, and to take all my pain away. And the anger kept coming, but it's so difficult for me because it's down deep in me, like in the pit of my stomach, and I'm not just up there and out there raging with it, I feel it simmering away and I can't bring it up. I try and talk about all I'm feeling hoping to connect with it, but as usual I don't even really know why I'm feeling so angry – just angry with them, with everything, with myself for being so screwed up and full of this repressed anger I can't express.



And later it moved to just feeling how much I come from people who were all heavily repressed in their anger. Mum and dad, my four grandparents, two of the men dying of bone cancer (the other of lung cancer), it's so deeply repressed. And mum and dad having sex in their 'love' for each other, which is only their vying for power over each other, and so I come into life a product of their repressed anger, of probably generations of it, long family lines of the bloody stuff, all of which has just got pushed down deeper and deeper.



Then I started to long to the Mother and Father to help me see the truth of my anger, and I starting feeling like I was a baby and so angry, screaming and crying, and yet with no one caring, and for so many hours, days, all those early months and first couple of years; and even feeling I was angry in the womb, coming into life with a stomach ulcer as I was already full of unexpressed and repressed rage. But I can still feel it there, like a smouldering cauldron deep down inside me. I just wish it would all erupt out of me, I'm so tired of feeling it and not being able to really get into it.

Mum and dad said they were perfect, even more perfect than God, saying it in sublime ways, not just openly, but giving me that impression. And so they are beyond reproach, I can't blame them, I can't be angry with them, they are the Good Ones, the Never Do Wrong ones. And all that shit about we're the Great Ones and you're not,



always so competitive, all a power play, when all along they are the most imperfect ones in my life, stuffing me up so much, damaging me, making me into the nightmare of an evil person that I am. So they are the Bad Ones, Always Do Wrong, and NOT the Good Ones.

So once again I'm focused on the wrong perfect ones, not on the Mother and Father, but on mum and dad; and shit, what a laugh, it's enough to make you sick, or to cry for the rest of eternity – the sheer balls, the audacity of them to make such a claim, and yet they are the parents, the parents know all, the parents can never be wrong, the parents are always right and perfect. The parents are to be loved, honoured and obeyed. That is what it's all about isn't it? Looking to their evilness as being perfect, so looking to evil as being perfect, when it's not; and not looking to where the real perfection is, denying that, denying the truth, denying my true perfect feelings and living a lie, making up all this shit for myself about how I am, how I'm in control, how mum and dad are so good, and how much I love them and they love me, when it's all shit; and they don't love me and I don't love them, and there can't be any love because we're all imperfect. So if anything: we're all Perfectly Evil in our evilnesses. So we've got it all around the wrong way – again!



And to think I took it all on from mum, dad and the grandparents, all the shit about being perfect and superior and not needing anything or anyone, being able to do it all myself and know it all myself – yeah right, who in the hell was I kidding.

(These notes are drawn from a forum post by James Moncrief)

I hate how you act like I am so much to deal with when all I've done was sit here and let you repeatedly hurt me.

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 Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them, express them fully, all whilst longing for the truth they are to show us.

WE ARE Children of God

Life Cycle of **CARNAGE**



When we inflict will damage on others we cause serious pain, not only to them but also to ourselves. We don't think what we have done warrants any sort of punishment even though we have negatively affected and influenced people by inflicting our will on them against their will.

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

It's hell here on Earth, only some aspects of life are worse than others, until we partake of the Father and Mother's Love and long for the truth and set about doing our soul-healing.

These are the effects of the Divine Love when we are wanting to live true. When we set about longing for the Truth of our feelings we can't escape any longer. We have to face the truth, and express all our bad feelings.

How can we make amends?

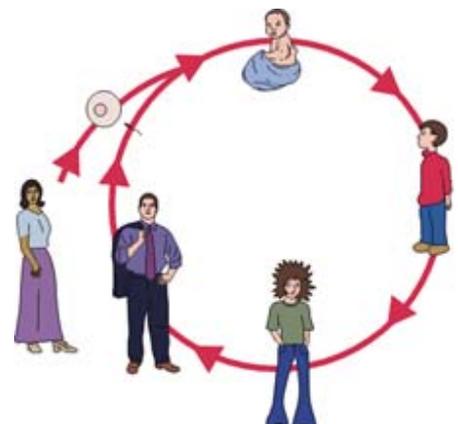
All we have to do is totally own up to these bad feelings. Accept them and don't push them aside. Let them come. Allow yourself to feel as bad as your feelings make you feel. It's all very good. We can't actually go back and fix what's been done, but we can take responsibility for our feelings. So far as our soul exists there is no time, so we can express these feelings now and they will apply to the past back then. This is how we do our soul-healing. We have allowed the Divine Love to transform a little part of our soul, and it's brought up bad feelings, we have gone with them, we have allowed our self to experience them, all because we want to see the truth. The truth of our self, of what sort of person we are – of our life, and now this is where it begins. Today we have seen this part of the truth of our self, how in this situation we are uncaring inconsiderate, greedy, etc. And we have not liked what we have seen and would like to change our self so we aren't like that any more...

One may wish they were never like that... Not having any idea...

But now you do. And now that you know that you do, you have the choice to either continue as you have been or not to. And by choosing not to, the Father and Mother will change this part of you, a small part of your negative mind will become healed, and a part of your soul will be transformed. You have changed, because you've seen and accepted the truth about yourself. You will never be that person back then ever again. A part of you has woken up.

We feel this way because it's how our parents have made us feel when we were very small.'

The truth is we feel this way about ourselves, because we have been able to see that we don't treat other's with respect and this has to be coming from somewhere within us. We haven't just made it up. What we are as an adult is all from what we've learned to be as a child. So we have learnt to be this way.



A child is not just born evil contrary to what some people believe or would like to think. We all start out as pure souls of love, and if we become evil, it's because we've learnt that that's how someone, usually our parents, have wanted us to be. They have made us into what we are. We've learnt to be that way because they treated us that way. So our parents treated us as we now treat other people.

We believe our parents have loved us and yet we can do something so unloving. Had they truly loved us then we would only be of love and only able to treat others lovingly, just as we would be treating ourselves. We can't be something we are not. So any unloving act is you, you haven't just suddenly made it up; it's a part of your behavioural makeup and is governed by your mind's beliefs. We have evolved it, and the only time we could lay down such foundations was during our early childhood. In some way, on some deeper repressed and therefore unconscious level, are the memories and bad feelings of our parents treating us un-lovingly, just as we have treated other people.

And our parents themselves will have been treated in the same un-loving way by their parents and so back through the generations. The whole unloving truth and way of behaving has been long since buried and covered up by false feelings and false beliefs of love. Had you been completely loved and treated accordingly, so too would you treat all others, for we do to others what we do to ourselves and what was done to us.

All we need to do is keep praying for the Love, and longing for the truth. The only way we can truly let go of our bad feelings is by SPEAKING THEM OUT OF US, getting right into them with the feeling, and emoting and expressing it – whilst longing to see the truth of it...

To liberate one's real self, 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.

And step by step, the Mother and Father will take us through our soul-healing, helping us to heal every part of ourselves, every mind circuit that is not functioning in harmony with Their Divine Love and Truth and the Laws of the Universe.

These notes are drawn from "Paul – City of Light" by James Moncrief

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

Strive to love others as I am to love myself

This is the Pathway to end the **EARNAGE**

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.**

Our FEELINGS are our SUPREME GUIDES:

Feelings!

Feelings are what guide us through our ascension of truth. So they are really our Supreme Guides. Many people look for a person, spirit, angel, even God, for supreme guidance, however it's all right there already built in – in our feelings. **We just have to submit to them, allowing them to take us where they will, expressing all the parts we want to express, letting the emotion drive that expression if it's there to be expressed, or just talking about all we feel and how feeling that feeling is making us feel – or, how we feel about having that feeling, all whilst longing for the truth of our feelings. Longing for the truth of our feelings is really: Longing for the truth of our self, because: we are our feelings. So life stirs up our feelings, we feel being alive; or, being alive means we are feeling, always feeling; and when we work out what and why we are feeling what we are, so then we know the truth of how we are. And over time the truth accumulates, and our mind expands our understanding of ourselves, all being driven from our feelings.** Kevin 26 Sep 2017

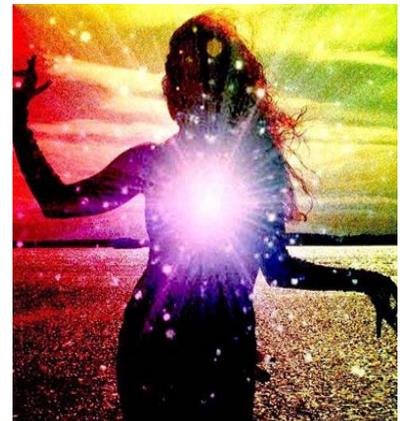
Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.

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

FEELING HEALING

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

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



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

FEEL *for* TRUTH

The beauty of it all, is the truth comes to you through your own feelings. You don't need to be told it by anyone. You can work it all out for yourself. We are self-revealing of truth, it's how God created us to be, and by being it we'll feel the happiest we can feel. Truth is our great comforter, so when you feel it come up within you, ah it feels so good and you feel just right – perfect!

We know only how to deny feelings, now we can get to know how to accept them. And always with the truth being the most important part.

FEELING TRUTH

If you don't want to uncover the truth of your feelings, then you can keep on expressing them forever but you will never fully heal yourself. Seeing the truth results in the Healing. And to see the truth you need to express all the pain out of you. The two things go hand in hand.

You can accept and express your bad feelings, letting off steam all day long, yet nothing will heal and nothing much will come of it. So this is where wanting your feelings to show you the truth of why you're feeling as you are is so important.

Don't go fishing with your mind, that will shut the truth out from rising up for you. **KEEP YOUR MIND OUT OF IT.** It's a feeling thing, doing your Feeling-Healing. (This is where we erred previously, and this how other modalities are in error.)



You long when you can, then stop longing and keep expressing. And at some point, and it might not even happen immediately, it might happen after days or weeks of expressing the same bad feelings, truth will come to you. And it does, it just comes up suddenly into your consciousness. You just know. You see the picture and you feel it's true. And you know it's true. And THEN your mind can come in and start sorting it out and putting in context.

It's the Truth that we are seeking. It's the End Point. The Reason for doing your Healing. You are to see the whole Truth of yourself. And to begin with, that's the whole truth of your unloving self, of your wrongness, of your evilness, of why you are as you are in your negative unloving mind-controlling state. To be able to fully accept yourself as you are, warts and all. To not fight or resist or try and change yourself, just to accept all you feel and all the truth of all those bad feelings you feel about yourself. And when you do, so you will be healed. You CAN'T heal yourself unless you uncover the truth of your pain, suffering and so the truth of all your bad feelings.

Through our Feeling-Healing we long for the truth of what we're feeling whenever we can. So as often as you can. You want, and REALLY WANT WITH ALL YOUR BEING, ALL YOUR WILL, to know why you are feeling bad. You yearn, want, long and beg and beg and BEG God to show you the truth of yourself through your feelings. So when you are expressing your bad feelings you can stop and long for the truth to show you what's going on, why do you feel so bad, and you can do it any time you think of it or feel to do it.

Notes from 'Feeling Healing' by James Moncrief

Heartfelt TRUTH

LOVE
is
Feelings First Spirituality, The New Way

Feelings First Spirituality, The New Way is a contemporary ‘religion’ based on living true to yourself through your feelings. Understanding that all you need in life is contained within your soul and is shown to you through your feelings. And by loving your feelings, by attending to them properly (talking or writing them out of you) and not denying them, you can use them to uncover the truth of yourself – the truth of your soul.

Feelings First Spirituality is not a formalised religion that tells you how to be, that is too controlling and is actually bad for you, limiting your spiritual growth. You can be wholly self-revealing of the truths you need to be, being the person God created you to be, all by living true to your feelings.

Feelings First Spirituality has no formal structure because we understand we don't need one, our soul contains within it all the truth of our spiritual ascent. If we look to our feelings for the truth they want us to see about ourselves, nature and God, then what more do we need! Our true spiritual path is the path our feelings will lead us down, that is, provided we allow them to. This is the most spiritual we can be.

Living the New Way of Feelings First Spirituality

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

And to do this you need to do your Healing

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

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

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

Feelings First Spirituality **The New Way**

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

From 'Religion of Feelings' by James Moncrief

Please Mother and Father help me accept my untrue state and bring up all my repressed feelings so I can see the full truth of why I feel so unloved and all that's wrong with me.

Please Mother and Father help me see the truth of myself through my feelings.

Please my beloved Heavenly Parents, fill my soul with Your Divine Love. I long for Your Divine Love; please answer my prayer and yearning to be at-one with You and do Your Will by living true to myself and all my feelings. Please fill my heart and soul with Your Divine Love – please make my soul like Yours – Divine.

Please Mother and Father, I want to uncover the whole truth of myself through my feelings. I want to be able to feel and accept just how bad I am, how bad I feel I am, how bad I've been in my life. I want to know the whole ugly truth of myself, see it and feel it and understand how I came to be it. Please reveal to me through my feelings all the truth of myself You want me to see. I want to be as You want me to be; I want to be true and perfect, Healed of all my rebelliousness and self-denial and feeling-denial; I want to be good, loving, true and happy, please help me become true to myself, true to my soul, true to You.

Please Mother and Father help me, I'm in such bad pain, I feel so alone, so miserable, so scared, what's going to become of me, I don't understand, what's the point of me, why have You made me; please help me see the truth of myself – all the truths of myself, nature, how to be in the world, of You both. I want to know, I want to know it all through my feelings, all that there is to see, the whole truth and nothing but the truth. Please help all my pain come to the surface of me so I can embrace and accept and express it out of me. I want to use my feelings to uncover the truth they are to show me; please help me to do that.

Please Mother and Father love me. I want You to love me. I want to feel fully loved by You. I don't want anything else, only to be with You. Please, that is all I am asking.

Please make me feel how unloving I am. Please show me the horrible truth that I am. I want to see and feel and understand the worst of me, please take me into my darkest scariest ugliest unwanted rejected places within myself. I don't want to feel all the dreadful pain that I know is there locked away inside me, yet I do also want it all to come up and out of me, and I want to use it to see the truth of my wrongness, the truth of how evil I am, the truth of my fucked up state. I no longer want to be false, pretending I am okay, using my mind to make me falsely believe I am good, happy, loved and loving, when I know I'm not. For how can I be when You've brought me into my unloving state, making me be of it. And as You want me to experience being this negative way, please show me the whole truth of it. I no longer want to deny any part of myself, or any of my bad feelings. I want them all to come up so I can express them, emoting their pain, feeling how bad You've made me feel all my life and all through my early life; I want to see why, and so reveal all the truth to myself. I want to be the living truth of myself, living true to my feelings and the truth they give rise to. Please help me to do my Healing, and please fill my soul with Your Divine Love.

The mind way is the 'dead' way; the feelings way is the 'alive' way.

Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

Please God show me the truth of myself through my feelings.

Please help me see the truth about myself You want me to see.

And please help me feel all my repressed pain; please bring up all my bad feelings so I can express them and see what it is they are to show me about myself, my life, and You.

And please help me work through my blocks, I want to Heal myself, I want to become true to myself and true to my feelings and true to You – please help me do that.

Heavenly Mother and Father, I feel so bad, and I know I'm doing it to myself, but I can't help it. I can't stop my compulsive addictions, so will you please bring up the buried feelings in me and show me the reasons why I can't stop. Please! I want to know – I REALLY WANT TO KNOW why I do them. Please help me Mother and Father to uncover the truth of myself. Please, I beg you, please, please, please show me the truth of them so I can give them up. I hate feeling bad, yet I know I must so I can keep expressing my bad feelings to see the truth You want me to see, so please help me feel bad.

Please Mother and Father fill my heart and soul with Your Divine Love. Please give me Your Love. Please love me and make me feel loved by You. I want to feel You close to me, I want You to hold me, make me feel loved by You. I only want You and to do Your Will. Please help me bring up all my repressed feelings so I can express them and uncover their truth. Please help me do my Healing. Please give me Your Love.

I hate you Mother and Father; why have You given me such a shit awful life? I hate myself, I hate You, I hate everything about my life. I feel so bad all the time. I've expressed so many bad feelings and still I feel bad. It's not fair, it's not fair what You've done to me. I hate You! And I want You to help me Heal myself, so I can stop feeling bad. You put me in the shit for whatever reasons, and I want You now to help me get out of it and show me what it's all been about. Please help me to Heal myself so I no longer hate You.

I long for Your Divine Love Mother and Father. Please fill my soul with it. And please help me uncover the truth of myself through my feelings. I want to see it all! And please make it all end, I'm so tired of always feeling so bad, please take all my bad feelings away by making me feel them and showing me the truth I am to see.

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

To do our feeling-healing we need to become:

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

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

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

So it sounds simple.

So I repeat:

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

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

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

Feelings First Spirituality

The New Way

Feelings First
FF
Feeling Free

The New Way, Feelings First Spirituality
 Learn to live with God through your Feelings

Accept, express and long for the truth of your feelings

Be free in your feelings
 Free your feelings from your mind's control
 Live true to your feelings; your feelings are your true self
 Live true to yourself through your feelings



Live true to yourself by living true to your feelings.
 Long for the truth of your feelings.

Accept / Express / Bring out ALL of your good, and most importantly,
 BAD feelings.
 Want to understand why you're feeling them.
 Use your surface feelings to take you deeper into your repressed and
 hidden feelings.



The Feeling Way is the True Way.
Your feelings are your spiritual guide.
Your feelings will take you to God.



Your feelings will show you the truth of your relationships, including your relationship with God; and if anything is wrong, untrue and unloving, then why it is.

Our feelings are sacrosanct and we should respect them accordingly. And we should NEVER block them out, ignore, override, banish, deny or reject them, because if we do, we're only doing that to ourselves, as Our Feelings Are Our Self.

Our feelings are the gateway to our soul. Our feelings are the closest we can get to our soul. Knowing the truth of our feelings is knowing the truth of our soul, and knowing the truth of God.

Feelings First Spirituality is the True path for humanity.
It embraces all people.

It completely unifies the world.

Everyone can relate to everyone else through their feelings.

And we can all live the truth that comes from our feelings, all sharing the same truths as we express and have the same feelings.

No one need be left out; no one is more special than anyone else – we are all united in Truth through our feelings.

So with and through our truth we live our lives, therefore without the need of any man-made mind-laws, rules and restrictions that limit self-expression as inspired by our feelings.



The New Way, Feelings First Spirituality is what is to replace all man-made, mind-contrived religions that so many people have enslaved themselves to. The New Way, Feelings First Spirituality will set us free of all that control, ending the Rebellion and Default within ourselves as we do our Feeling-Healing, and ending such control and spiritual stagnation in the world.

Bring on the End Times – get it over and done with! Let's all see that Jesus is not going to come again, that Prophecy has failed all the mind-controlled platforms. Allow such false systems of belief to die their long-awaited natural death, they've overstayed their welcome, it's now time they fade away. So let us show such antiquated, erroneous systems of belief the exit and bring on the fresh liberation of discovering the truth of how we are to live for ourselves, each of us personally in our lives, and all by looking to our own feelings for it. Self-revelation through our feelings is the way to go.

The Way of the Mind is ending, and is really the End Times – the End of our mind control, and **it's about time!** With the Way of our Feelings replacing it.

The End Times means the end and therefore a New Beginning. And that new beginning is a whole new Spiritual Age – an age based on self-revelation of truth through one's feelings, coupled with and supported by higher revelations from the Celestial spirits, angels and nature spirits.



The Feelings First Spirituality is the True Way to God because it helps you get to know God, helping you to reach out, connect and be personal with God, and do God's Will, all through your feelings. It is the only true way of getting to know the God of Feelings – our beloved Heavenly Mother and Father, the Great Soul of Divine Love.

Love comes through our feelings and not our mind, as we've all been wrongly led to believe.

Feelings First; then comes The Truth; then comes Love.

LOVE is the Religion of Feelings, being:

Feelings First Spirituality, The New Way



my
House is your
Paradise

HOME

WE ALL ARE BEING GUIDED HOME:

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

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

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

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

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

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

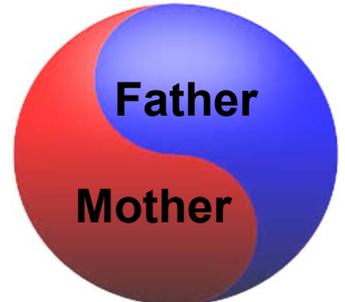
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God’s soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of our Mother and Father.

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

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

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

GOD



M&F



J&M



AVO

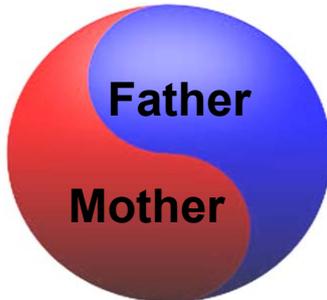


HUM

WE ARE Children of God

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

GOD



M&F

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

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

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



J&M

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

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

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

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



AVO



HUM

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

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

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

WE ARE Children of God

HOW TO GET TO PARADISE:

Long for the Divine Love

Long for the Truth

Long for the truth of your feelings

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

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

Want to end your falseness and being untrue

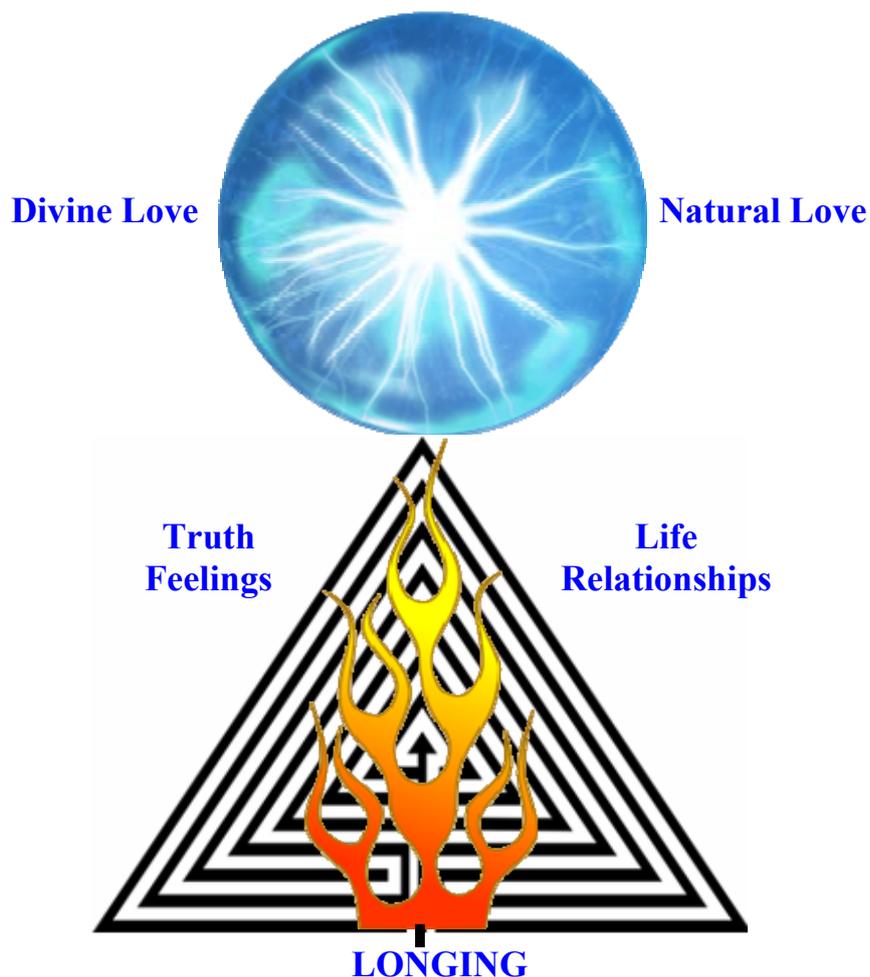
Want to understand the truth of your early life

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

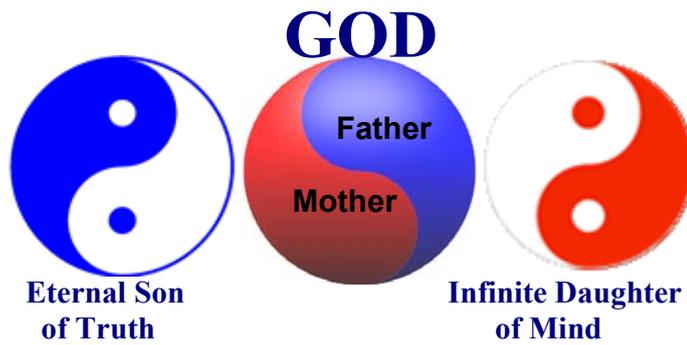
Want and long to know the whole truth of yourself

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

The Key



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



PARADISE TRINITY:

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

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

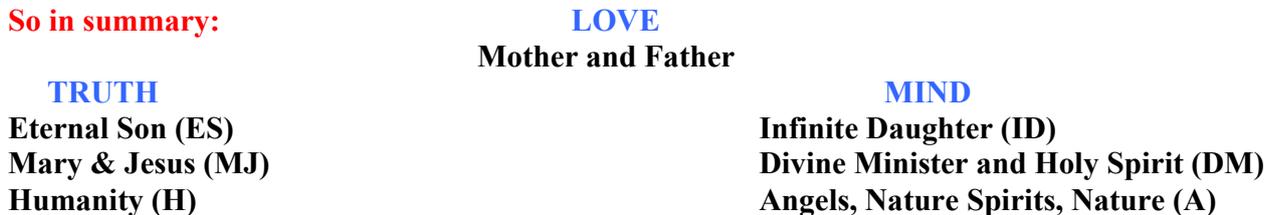
The LOCAL UNIVERSE TRINITY:

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

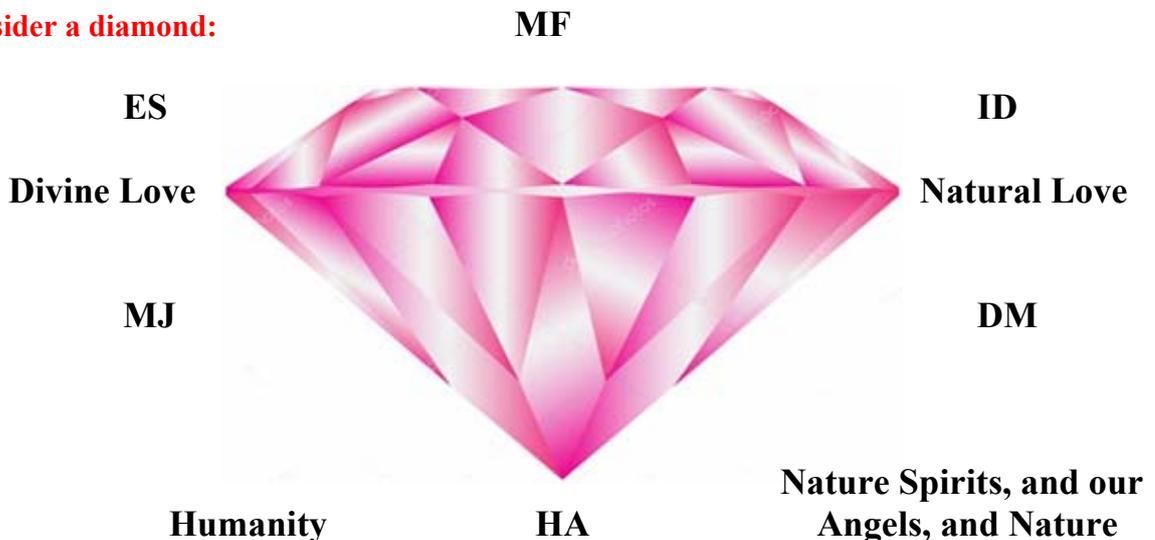
PLANETS that engage in REBELLION:

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.

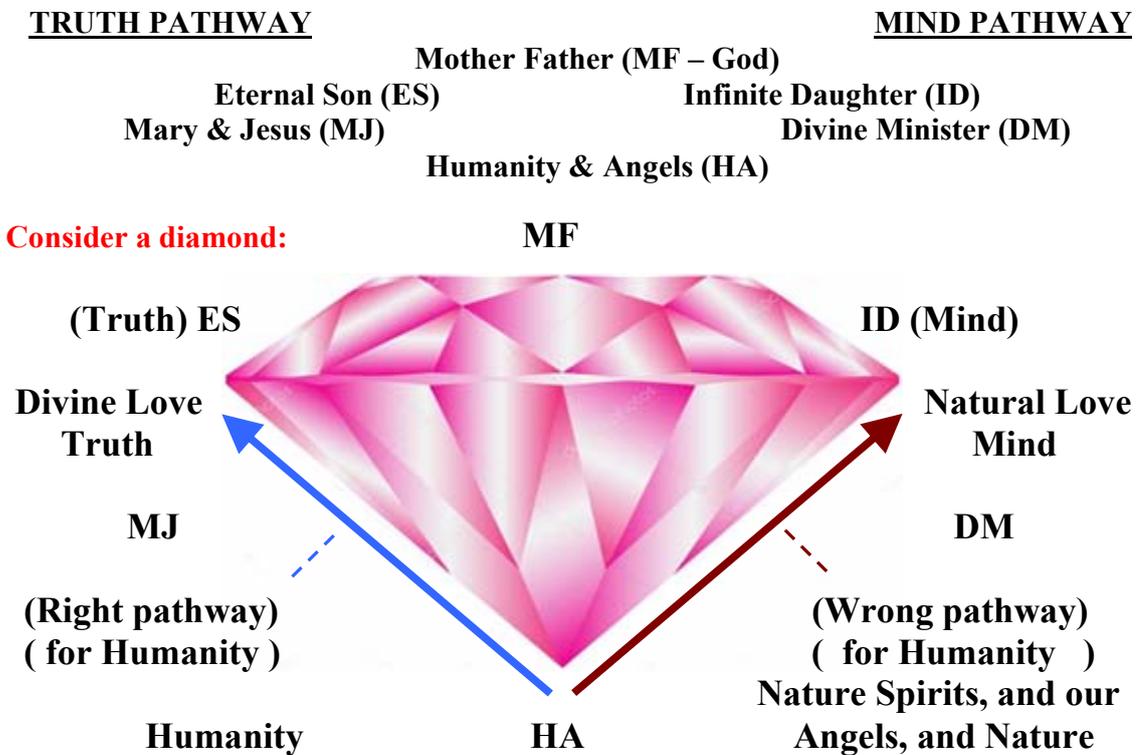
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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.

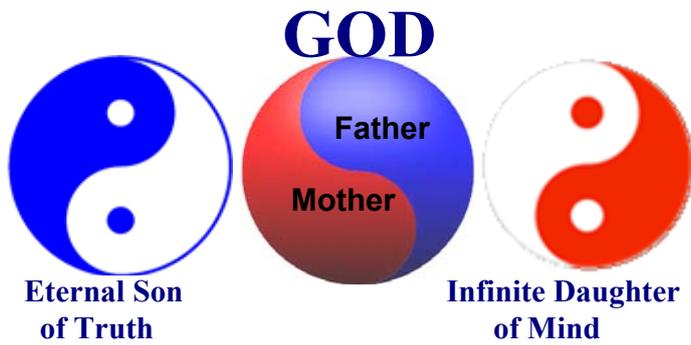
Currently the whole of Creation exists for the ascension of mortal souls from their earth planets to Paradise. It’s all one vast Grand Ascension Scheme. With all the higher and lower spiritual Daughters and Sons, together with all the many different angels and other universal spirit personalities, and 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.

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.



Humanity is to pursue the pathway for Truth through one’s soul based feelings, this is the right pathway. However, humanity commences its journey founded on natural love, which we now know is to be perfected through one’s Feeling Healing process and then made divine through asking for and receiving our Heavenly Parents’ Divine Love.

For 200,000 years, **humanity** has pursued the pathway of the Mind, being that of the brain, this is the wrong pathway. The Mind is the pathway for Angels and that of all of Nature.



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.

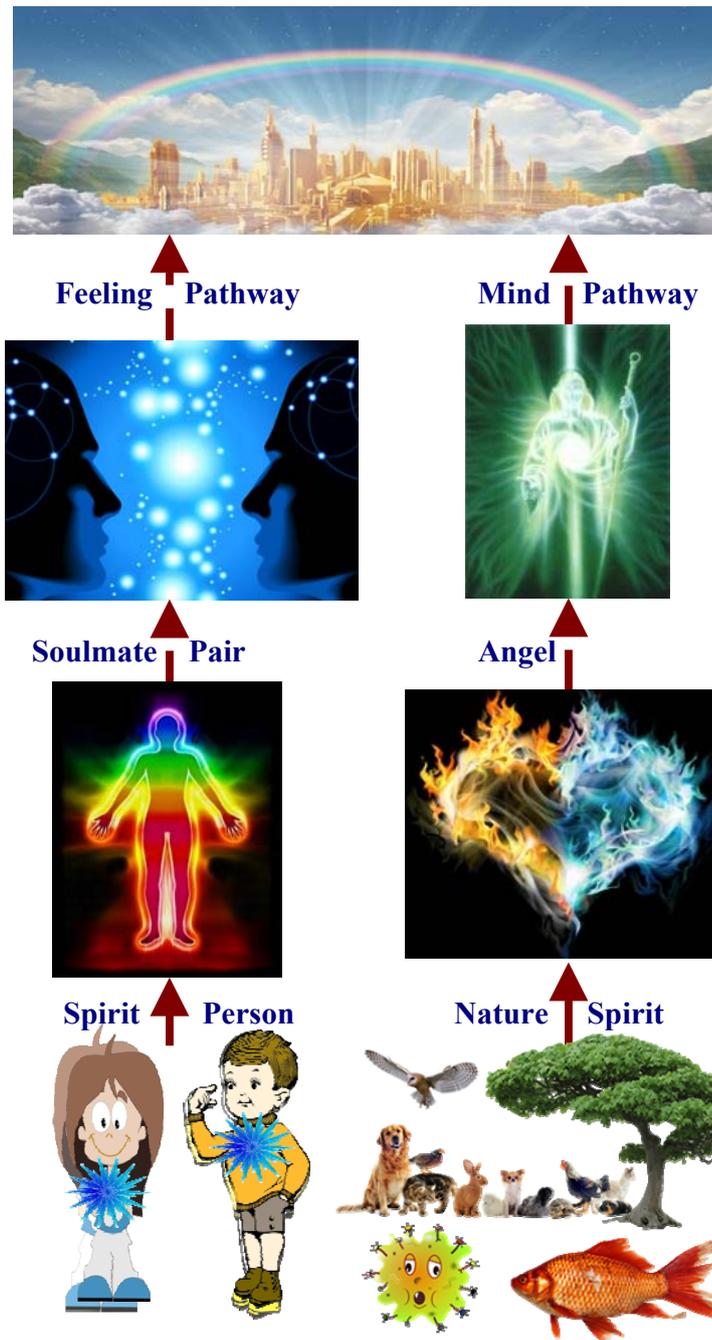
The soul of angels is experiential, evolving through their experience by continually progressing in mind development. Angels are to attain the Infinite Daughter (Spirit) of Mind. Angels are a creation of Mind. Our soul is duplex (we have a soulmate) and is created by our Heavenly Parents. Through our 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.

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.





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

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

Mary of Magdalene and Jesus of Nazareth, were both free of sin. Mary and Jesus, combined in their love for us, are our spiritual teachers and guidance for us to find our way home to our Heavenly Parents. Mary and Jesus have liberated their Spirits of Truth who we can long to for assistance and guidance. They are known as Jesus and Mary of Nebadon, the universe system in which Earth is. They are the Creator Son and Daughter ruling this region.

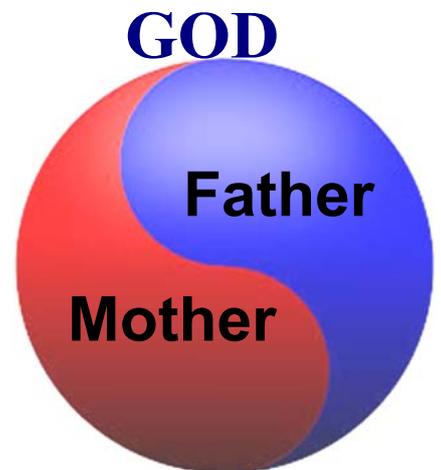


To start this journey we are to liberate our souls from being entombed within our suppressive minds, through feeling and longing for the truth of our feelings via our soul and peel away our injuries incurred since our conception.

The Avonal pair, should they be here, are to support humanity on Earth exclusively. They are to continue the work of the Creator Pair, Mary and Jesus, and will be assisted by them. The Avonal pair will, during their life on Earth, experience the full Feeling Healing process and Soul Healing process so that through their Spirits of Truth, which they are to release upon their physical death, will be able to be called upon by all those who embrace their own Healing. The Earth names of the Avonal Pair may not become known.



Humanity, all being soulmate pairs, are ascending mortal souls who are to reach inward and progress Paradise-ward for the God experience. As part of our journey of evolving our souls we are to experience evil, that is the denial of God and the Creator Pair. We can long to the Spirits of Truth of Mary and Jesus and soon to the Spirits of Truth of the Avonal Pair. Our Indwelling Spirit is our direct connection to and with God.



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.

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



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

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

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

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

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

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

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

We are made in the image of God. This has been understood for centuries, for 2,000 years. Our soul is duplex. Our soul expresses itself through two personalities. One soul ‘subdivides’ into two, one half always being female and the other half always being male. We are a reflection of how God is. God being one Soul is expressed as Mother and Father. God is two personalities. They are soulmates. And each of us has a soulmate, and our soulmate is always of the opposite sex, because the Mother and Father are the opposite sex.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

support and approval of Jesus and Mary, thus some confusion, though the quality of the information is very reliable.

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

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

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

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

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

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

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

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

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

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

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

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

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

Kevin of the 1st Celestial Heaven 26 September 2017

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

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

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

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

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

As we embrace our Feeling Healing, Celestial spirits will and can greatly assist us. In fact, during the year of 2017 they have blocked all mind spirits from the Natural Love Mansion Worlds: 1, 2, 4 and 6 from interfering with us. Celestials have taken control of all facets of living and life on Earth. Celestials are those spirits who have completed their Feeling Healing and progressed through Divine Love Mansion Worlds 3, 5 and 7 and now live in the higher Celestial Heavens, 1, 2 and 3 (when we become At One with

our Heavenly Parents then we leave the Mansion Worlds and progress through the next three spheres related to Earth, hence the Celestial Heavens are also referred to as being numbered 8, 9 and 10).

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



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

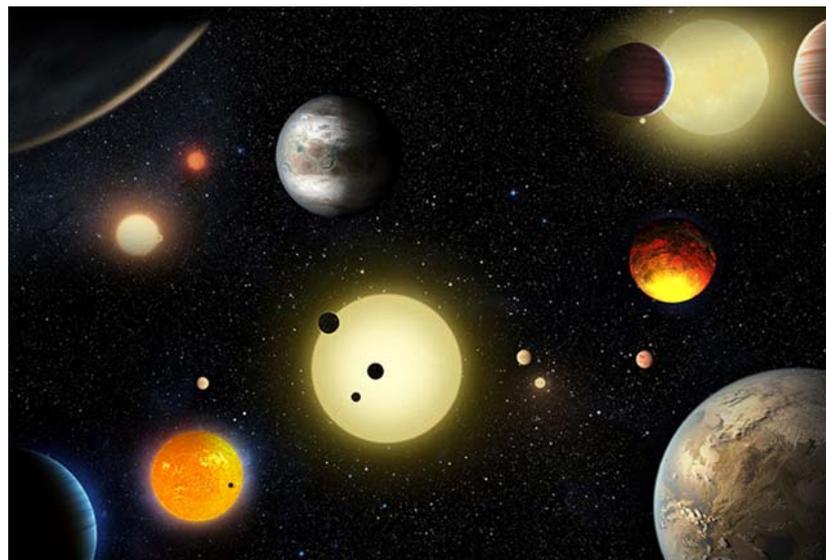
And all of this is possible as we embrace our Feeling Healing process, acknowledge and accept the Avonal pair, acknowledge and accept our Spiritual Teachers of Truth, namely Mary and Jesus, and more importantly, grow to love our Heavenly Parents, our true Mother and Father.

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



PRAYER for DIVINE LOVE

The Only Prayer That Man Need Offer to the Father:

(as given within the first century)

I am here, Jesus

The Prayer for Divine Love

2 Dec 1916

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

P.438 Book of Truths through James Padgett / Jesus

Let your prayer be as follows:

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

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

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

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

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

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

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

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

Amen

MoC



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

Another version:

<http://new-birth.net/padgetts-messages/true-gospel-revealed-anew-by-jesus-volume-1/the-prayer-given-by-jesus-as-the-only-prayer-vol-1-pg40-2/>

Our Father, who art in heaven, we recognize:

That Thou Art--art all holy and loving and merciful, and that we are the children of Thy care and not the subservient, sinful and depraved creatures that our false teachers would have us believe.

That we are the greatest of Thy creations and the most wonderful of all Thy handiwork, and that we are the objects of Thy great Soul's love and tenderest care.

That Thy will is that we become at one with Thee and partake of Thy great love which Thou hast bestowed upon us through Thy mercy and desire that we become, in truth, Thy children; and not through the sacrifice and death of any one of Thy creatures, even though the world thinks that one Thy equal and a part of Thy godhead.

That Thou will open up our souls to the inflowing of Thy love, and that then will come Thy holy spirit to bring into our souls, this, Thy love in great abundance until our souls may be transformed into the very essence of Thyself; and that there may come to us faith--such faith as will cause us to realize that we are truly Thy children and that we are one with Thee in very substance and not in image only.

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

Let us never cease to realize that Thy love is waiting for each and all of us, and that when we come to Thee with faith and earnest aspirations, Thy love will never be withholden from us.

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

We thank Thee for Thy love and for the possibility of receiving it, and believe that Thou art our Father--the loving Father who smiles upon us in our weakness, and is always ready to help us and take us to Thy arms of love.

We pray thus with all the earnestness and longings of our soul, and trusting in Thy love give Thee all the glory and honor and love that our finite souls can give.

A Personal Adaptation of the Prayer for God's Divine Love:

Joseph Babinsky

Our Father, who art in heaven, I recognise:

That You are holy and loving and kind, and that I am the child of Your care.

That I am the object of Your great Soul's love and tender most care.

That Your will is that I become at-one with You and partake of Your great love, which You have given me through Your desire that I become, in truth, Your child.

That You will open up my soul to the inflowing of Your love, and that then will come Your holy spirit to bring into my soul, this, Your great love in great abundance until my soul may be transformed into the very essence of Yourself; and that there may come to me faith – such faith as will cause me to realise that I am truly Your child and that I am one with You.

Let me have such faith as will cause me to know that You are my Father and the giver of every good and perfect gift, and that I only can hinder and stop the river of your inflowing love.

Let me never cease to realise that Your love is waiting for each and all of us, and that when anyone comes to You with faith and earnest aspirations, Your love will never be withheld.

Keep me in the shadow of Your love every hour and moment of my life, and help me to remain completely focused on this, your ever-present and unconditional love.

I thank You for Your love and for the possibility of receiving it, and believe that You are my Father – the loving Father Who smiles upon me always and is always ready to help me and take me to Your arms of love.

I pray this with all the earnestness and longings of my soul, and trusting in Your love give You all glory and honour and love.

The opening up of the soul permits a permanent exchange with Divinity, a permanent recharge of this healing energy that allows not only the re-establishment of lost health, but the continuity of health, providing such a perfect balance, even in the physical body, that noxious agents like bacteria and virus cannot find any opportunity to unchain pathological reactions, which we commonly call illness.

But it is true that people without the benefit of Divine Love would lack the protective shield, which the intrinsic healing energies of Divine Love provide for those who pray for our Heavenly Father's Grace.

Judas – August 19th, 2001

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 Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them, express them fully, all whilst longing for the truth they are to show us.

Our salvation IS by embracing Feeling Healing with the Divine Love.

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

Please Mother and Father, may I receive Your LOVE.

“Every day is a day of devotion.”

Follow your heart, follow your love and do that in loving action, your inner love leads in your asking the Soul of God to receive a little of the Love to strengthen one's resolve to heal.

“I love you Father.” “Let the Divine Love proclaim its energy into my soul.”

“Mother – Father, I desire your Love and I am loving you.”

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

“True Soul God, I am here, I am aware of your Love. Please hear my aspiration for your Love and as I approach you from my soul, I can feel your Love in the way that you are loving my soul.”

Try it; give the Feeling Healing and Love a go! If you want to shine, receive the Love.

One can simply receive the Love without following any religious or spiritual teaching taught by man!

Emotional errors and injuries cause encrustment around the soul, the soul is never damaged however, the encrustments retard love energy flow to and from the soul. Feeling Healing melts such injuries.

The Three Great Truths:

- **“God is Soul, being our Heavenly Mother and Father;**
- **that each individual soul is a duplex – both male and female;**
- **and that the Divine Love is freely available for all to receive.”**



PRAYER for DIVINE LOVE: library download pages at www.pascashealth.com
 Kindly visit the library download pages at www.pascashealth.com as further recordings are added.
 Should you click on the audio files, you will also be able to download the audio file onto your computer.
Prayer for Divine Love – from the Padgett Messages (Medical – Spiritual References)
<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Prayer%20for%20Divine%20Love%20from%20the%20Padgett%20Messages.mp3>
The Voice of Divine Love (Medical – Spiritual References)
<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/The%20Voice%20Of%20Divine%20Love.m4a>

Primary recommended reading:	consider commencing with:	Paul – City of Light
The Book of Truths	1914 – 1923	xxx – Joseph Babinsky
containing the Padgett Messages or		
Little Book of Truths		– Joseph Babinsky
True Gospel Revealed anew by Jesus Vol I, II, III, IV	xxx	– Geoff Cutler
The Rejected Ones	2002 – 2003	xxx – James Moncrief
Messages from Mary & Jesus	2003	xxx – James Moncrief
Paul – City of Light	2005	xxx – James Moncrief
Mary Magdalene and Jesus'		
comments on the Padgett Messages	2007 – 2010	xxx – James Moncrief
Speaking with Mary Magdalene & Jesus	2013 – 2014	xxx – James Moncrief
Sage and the Healing Angels of Light	2017	xxx – James Moncrief
Road map of Universe and history of Universe:		
The Urantia Book	1925 – 1935	xxx as primary reading
Divine Love supporting reading:		
Revelations	1954 – 1963	– Dr Daniel Samuels
Judas of Kerioth	2001 – 2003	– Geoff Cutler
The Golden Leaf	2008	– Zara & Nicholas
The Richard Messages	2012 – 2013	– James Reid
The Divine Universe	2012 – 2013	– Zara & Nicholas
Family Reunion Afterlife Contact	2014 – 2015	– Joseph Babinsky
Traveller, An Immortal Journey	2014 – 2015	– Zara & Nicholas
Destiny, Eternal Messages of Divine Love	2015 – 2016	– Zara & Nicholas
Feeling Healing	2017	– James Moncrief
Religion of Feelings	2017	– James Moncrief
The Way of Divine Love		– Joseph Babinsky
Divine Love – The Greatest Truth in the World		– Joseph Babinsky
The Human Soul		– Joseph Babinsky
Divine Love Flowing		– Joseph Babinsky
The Truth		– Werner Voets
Through the Mists, The Life Elysian, The Gate of Heaven		– Robert James Lees
Life in the World Unseen		– Anthony Borgia
Gone West		– J M S Ward
Post Mortem Journal		– Jane Sherwood
After Death / Letters from Julia		– William T Stead
Thirty Years Among the Dead		– Carl A Wickland
A Wanderer in the Spirit Land		– Franchezzo
Life Beyond the Veil Vol I thru to V – Rev George Vale Owen		– Geoff Cutler
The Holy Bible from the Ancient Eastern Text		– Dr George M Lamsa

Available generally from:

www.lulu.com

www.amazon.com

www.bookdepository.com

For Divine Love focused websites and forums:

Pascas Health:

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

Spiritual Development:

<http://new-birth.net/spiritual-subjects/>

Padgett Books:

<http://new-birth.net/padgetts-messages/>

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

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

Introduction to Divine Love Spirituality

Main website of DLS

Childhood Repression website

DLS and CR forum

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

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

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

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

<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 them selves and doing their Healing.

Feeling Bad? Bad feeling 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..*

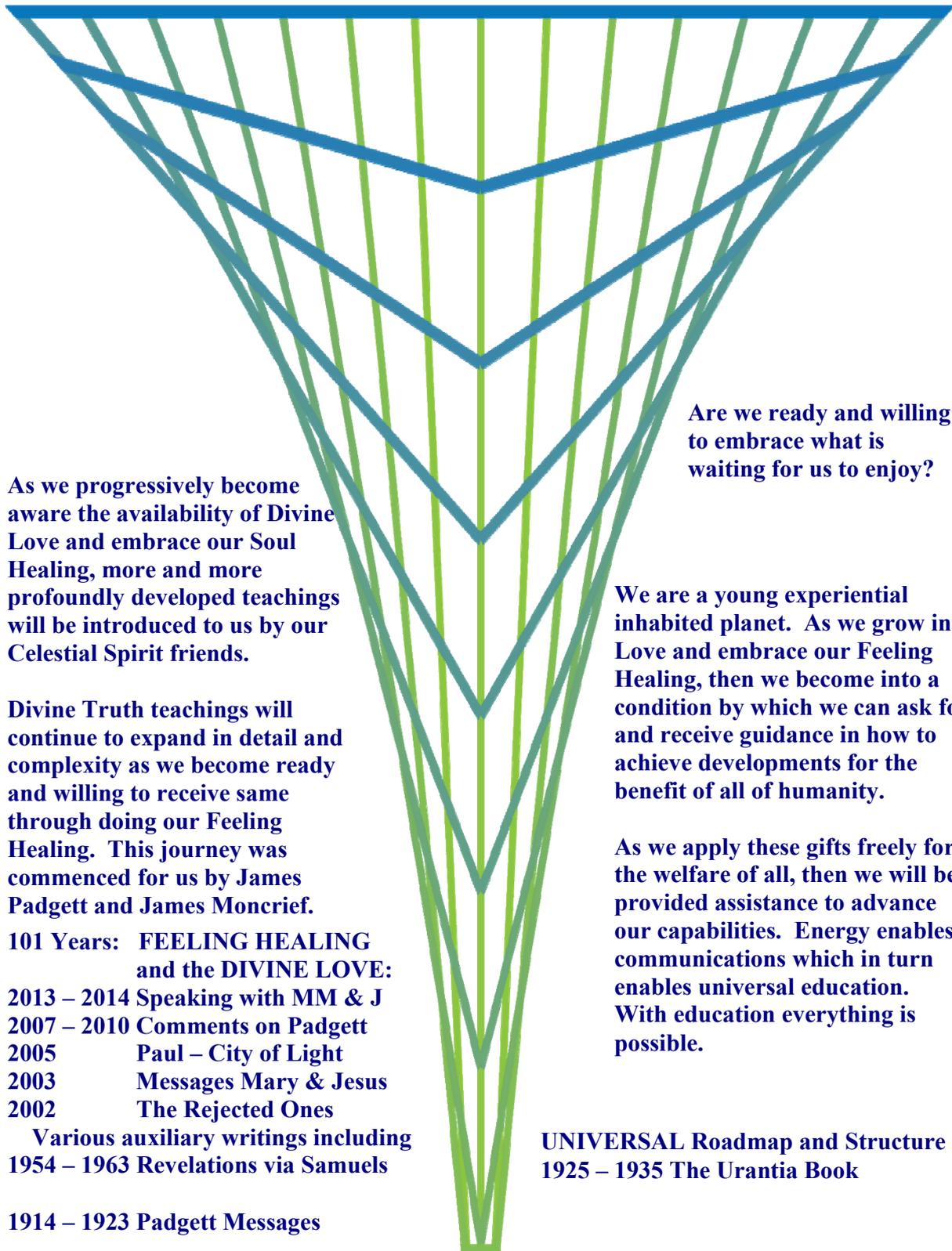
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

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 Rebelling
- Pascas Care – Feeling Healing Live True
- Pascas Care – Feeling Healing Mary Speaks
- Pascas Care – Feeling Healing My Soul
- Pascas Care – Feeling Healing Perfect State
- Pascas Care – Feeling Healing Revelations X 2
- Pascas Care – Feeling Healing the Future
- Pascas Care – Feeling Healing Trust Yourself
- Pascas Care – Feeling Healing Versus Cult

**PASCAS
PAPERS**

DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:





*Please, sir, I want some more!
or maybe
Please, Mother and Father, I want
some more!*

The real you is your soul.



SOUL  SPIRIT BODY  PHYSICAL BODY
PERSONALITY

Prayer: is emotional exchange with God.

PASCAS CARE

"Beacons of Light"

around the globe

