

PASCAS CARE

Healer's Guidance



“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 most readers and thus you will take on board that which resonates with you. Further, you may investigate those items of interest and discard those which do not feel appropriate to you.

Kinesiology muscle testing, was developed by Dr. David R. Hawkins and quantified by his Map of Consciousness (MoC) table. MoC has been used to ascertain the possible level of the 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 Care – Energy Level of Food. From each person’s perspective, results may vary somewhat. The calibration is offered as a guide only and another tool to assist in considering the possibilities. In contrast, consider using the MoC technique to test the level of truth in your local daily newspaper.

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Sources for these contents are noted throughout the document. In doing so, we acknowledge the importance of these sources and encourage our readers to consider further acknowledgement of these sources as necessary. Should we have infringed upon a copyright pertaining to content, graphics and or pictures, we sincerely apologize. 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



HEALER'S GUIDANCE: adapted from talk: 30 March 2013

The principles are to heal through love, and not just natural love, but through Feeling Healing with Divine Love, because it has the greatest healing power. It is not just a modality, but it is how it is done. Extending your healing capabilities through Feeling Healing with Divine Love, can become all embracing, just even talking to someone on the street with humility, truth and love is it, as well.

It is essential that you stay in the same way as you connect to God. What we are aiming for is that we use the same principals to bring about our connection with our Heavenly Parents, and that is through love, humility and truth. These should be adhered to really strongly. There is only one way to get to be at one with our Creator, and it is these same principles of humility, truth, and love.

Fear and anger have no place within a healing environment. As in the spirit world, if there is anger, it is not going to be accepted. Assistance and connectivity is withdrawn until a loving condition is re-established.

A healing environment is to be a place where everyone is loved. Anything outside of those principles is not viable, let alone acceptable. For any group to work, they need to have these particular goals. To heal through love, not just natural love, but through Feeling Healing with Divine Love.

There are Divine Truth based groups that have started around the world, because they may not have these underlying goals and principles, they may finish up disbanding because if there is nobody adhering to those particular principles, and always ensuring those particular principles are continually engaged within the group, particularly when they, themselves are challenged.

When you have a leader who sets up a group and when they themselves get challenged and these guiding principles go out the window, then the game is up. They get angry and upset, and eventually the team disbands. Groups get set up and the principles lapse and the group disband. This process needs to be addressed, and the only way that it can be addressed is by having these over arching principles.

Judgmentalism – at all times avoid being judgemental. Some people may feel they need to be judged to be accepted. That is not so, judgmentalism is not something that we have the right to employ or do.

If all you want to do is make people feel good or agree with them, then can you see that that is not sharing what you really feel? You are not in truth. Many people do not feel the feelings that they are actually saying to others. Pandering to people's desires and addictions only perpetrates an issue. One of the reasons for being nervous is due to not saying the feelings that you are actually experiencing.

When you are not experiencing any judgement, feeling love and caring, you have nothing to be nervous about. If you really feel that the person loves you and cares about you, you won't feel nervous in their company. When you have the other person's best interest at heart then love will freely flow between both parties.

The Divine Love flow – two things you need and one part God will give you. The one thing that we are really seeking for is truth and love. For this, we are needing to enter into a state of truth and a state of humility.



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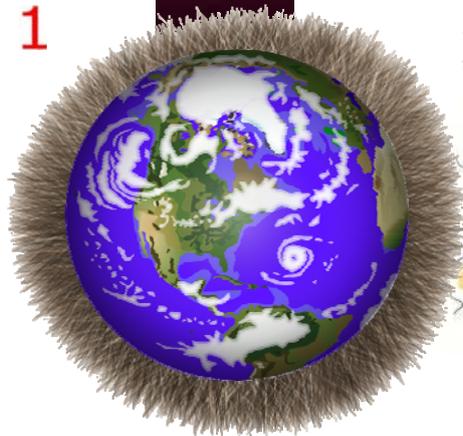
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SPIRITUAL HEALING CONDITIONS:

Only when the healer is at one with God (8th sphere soul condition) can he, directly with God, heal a person, who has faith.

Practical ultimate conditions for healing:

Healer on Earth is seeking and receiving Divine Love and is in a 2nd sphere soul condition. Person seeking healing is also seeking and receiving Divine Love, if only to a limited degree.

Healer will be sent Divine Love angels from the Celestial Realms (8th sphere and higher) and they will act as conduit for our Mother and Father. All parties involved have faith and desire to connect with their Heavenly Parents. Healing will be rapid and permanent.

Healer who is above 1st sphere soul condition can and does attract natural love spirits from 4th and 6th sphere to assist with relieving illness.

If healer is asking for and receiving Divine Love then he will attract assistance from 5th and 7th sphere spirits to assist with healing, bringing relief for the patient.

Should the patient have faith in the process and is endeavouring to grow in love then healings are possible.

Healer, in this condition, is able to break through the cloud of negative emotion enveloping Earth.

Healer in 1st sphere soul condition cannot develop rapport and assistance from spirits who are above 1st sphere. He attracts 1st sphere spirits who masquerade as healing spirits. No healing.

In the end, it is our desire for God's Love, and the fact that God is very willing to give it. That is really the key part and focus.

For God to give, what needs to happen inside of us? We have got to want it, that is, Their love. Prayer on each of our parts is so essential for our relationship with our Heavenly Mother and Father. An emotional desire to connect and interact with our Mother and Father is a joyous event that leads to the opening of the soul for the inflowing of Divine Love, Their love.

How can you have a relationship with our Mother and Father? The first requirement is prayer, an earnest desire to connect in an emotional and personal exchange. Many are focused upon healing themselves without God. Without prayer for Their Love. That is called self reliance, and self reliance means that you are going to have to develop yourself in natural love, and you are going to have to go through the traumatic process of the Law of Compensation, and that can take forever!

Many have known about Divine Truth for several years and still have not embraced connecting with our Mother and Father through prayer. Prayer on a daily or hourly basis can be so simple and invigorating. This may take time to develop. Prayer is the primary way in which to grow towards God.

There is one other thing required besides prayer. It can trigger you into and towards prayer. It is going to help you want prayer. It is the quality of faith. Without faith, it is most unlikely that you will pray. It is what you believe is what matters, not what you have been told. Until you believe that Father loves you and that He will give you Love then it is unlikely that you prayer will develop into a routine for you.

In the meantime most will likely try to use some other form to heal themselves other than by prayer.

Prayer has the effect on your soul of opening it to Divine Love. Without prayer and longings towards God to receive love, your heart is not opened towards God, and therefore Divine Love will not flow into it. The problem is that it is essential to pray in order to establish a relationship with God. Before we will pray, we need some faith. If we do not have any faith then a relationship with God is next to impossible, and prayer does not happen and grow into a free flowing routine.

Many, if not most, do not believe:

- That God loves them.
- Or that God has love to give them.
- Or that they are worthy to receive God's love.

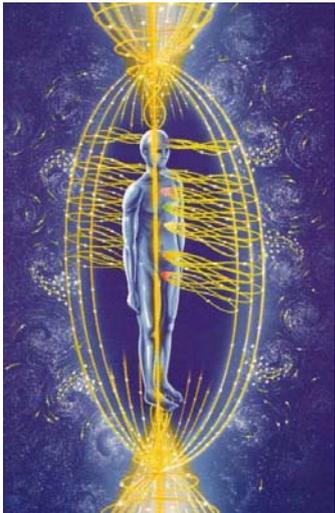
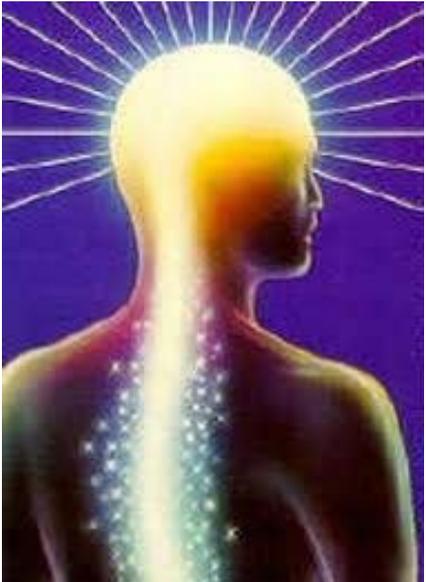
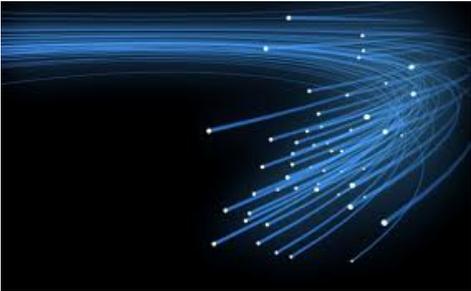
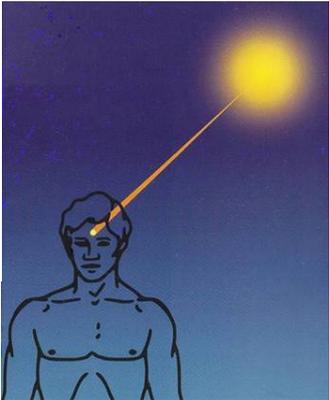
We have many beliefs that cause us to repel that the concept of God is that God wants to give us some love, well actually a lot of love.

For you to truly be able to assist other people in the process of healing, and to truly assist other people in healing the planet that we live on, as well as the people living on it, then you need to understand the source of all healing. The source of all healing, ultimately, is God, and in particular, God's Love is the source of all healing.

CONNECTION with GOD:

**Holy Spirit / the Spirit
infusing Divine Love.**

**Progressive escalation of
Divine Love flowing.**



EXPERIENCING RECEIVING DIVINE LOVE:

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

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

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

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

The Voice of Divine Love

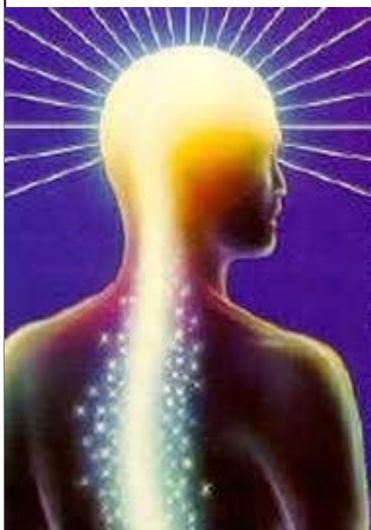
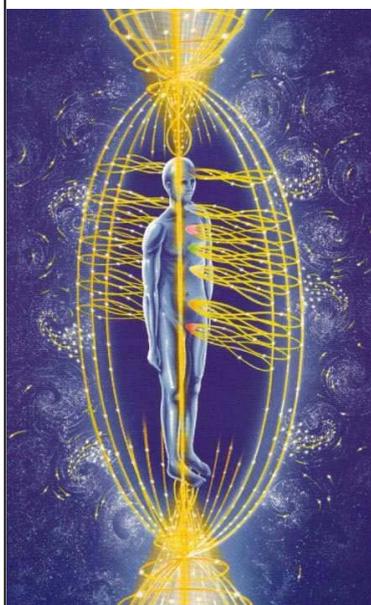
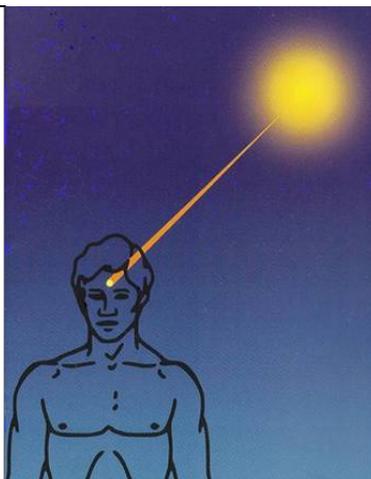
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As the receiving of the Love is always assured when longed for and asked for, the experience of receiving may become apparent by the occurrence of a warming embrace in the region of the third eye chakra, or with some, around the heart chakra region.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

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

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

MoC 1,500



If you are not experiencing that love (Gods) in your personal day to day life, then it is going to be very difficult for you to engage God's Love as the healing modality. What you may likely do is that you might choose other ways of healing, and this may underlay your addiction to other ways of healing. That is; energy work on the spirit body, helping people with mediumship, laying on of hands (such as Reiki), modalities referred to as mind body therapy, etc. If we were a doctor then we could add all of those medical therapies to the options. Why were all these health modalities created? They were all created because we are in denial of the greatest healing tool in the universe – Feeling Healing with Divine Love.

When we deny the greatest healing tool – Divine Love, we come up with substitutes in order to heal.

The use of Divine Love was used during the first century, however, the followers of Jesus of Nazareth slowly diminished in their understanding and application of Divine Love so that during the second century the use went out of existence. Since then, there has been sporadic applications of Divine Love for healing by a few who have become aware of this gift from God.

Instead of using the greatest healing tool on the planet – Feeling Healing with Divine Love, which is a substance, there have been all these other types of healing that have come available to you on the natural love path. In that you could classify any healing that is available through new age practices, you could add all of the healings that are available through the practice of religion, you could add all those healing practices that are available through spirit relationships. That is all healing from the natural love path.

And then we have this really powerful healing that basically has not really been on the planet for nearly 2,000 years, which we could start to engage, but we don't want to engage because we have all these false beliefs about the actual modality itself, and that is, we are not engaged in prayer, we are not engaged in faith, and as of a result, we do not have a longing for our Mother and Father's Love to enter our soul – at present.

As of a result of that, we spend most of our days in frustration, or trying to find some other way of healing. If we continue to do that, then coming together to form a healing team will benefit everyone very little at all.

If that is the case, then we need to develop prayer ourselves to be a good healer, and firstly, we need to have some faith that our Mother and Father does want to love us, and our Heavenly Parents do want to express Their love to us and help us feel Their love, and if I am asking for God's love and I don't feel like I am receiving it, that has got to be something to do with me. If I don't have the faith that God wants to give me love, then I will start thinking it is something to do with God. 'It's God's fault that I am not getting love – right.' 'There's something wrong with God's laws, that's the reason.' 'God does not bend His will towards me and that is why I am not getting love.' Or whatever other reason that we may come up with.

If we understand those three basic principles, and this is why Solomon said in the Padgett Messages that the three greatest things that he could think of were: Firstly, the Divine Love that comes from our Mother and Father, secondly prayer, and thirdly faith on the part of mortals. The Divine Love that comes from God changes you into a more loving person. (Book of Truths by Joseph Babinsky)

Reference: **Pascas Care – Feeling Healing Angel Assistance**

**NATURAL LOVE FLOW****Internal to Self***You can move back and forwards between ways of life:***Subjective Environment****Without a Focus****Release of Thoughts****Stimuli Fades Away****Blank out to Nothing****Consciousness Expands****The Mind Flows****You Know More – self centred****Connect with a Source of Wisdom Greater****than Self however limited to natural love****Gain Information****Unify in Consciousness – Earth plane****A State of Mind****The Development of Love from Within****Yourself****Belief: I am God****Intellectual Development, Growth of a Super****Mind – Mind Dominance****Self Reliant (Trust of Self) Making it Happen****Self-determination way of life****Adult Like – Control over Everything****Control****Millions of Paths (man created)****Kingdom of Man – Limited Progression****Peak possibility is 6th sphere – Moral****Development****Time to complete path:****100 years to over 1,000 years****DIVINE LOVE FLOW****External to Self****External to Self****More in Focus****Release of Goals or Vested Interests****Stimuli Increases in Clarity****Perk up to New Possibilities****Experiences Expands****The Life Flows****You Do More – for others****Connect with as Source of Guidance Beyond****self and embracing Divine Love****Gain Harmony and an Orderly Rhythm to****Life Experiences****Unify with the World at Large – Universal****A State of Being****Love comes from God – Longing for God's****Love to Enter Me****Belief: I am God's son / daughter / child****Emotional Intelligence, Growth emotional in****Love – Soul Dominance****God Reliance (Relationship with God)****Powerful Creation from Desires****Soul-Spirit living harmony****Child Like – Freedom & Spontaneity –****Authentic Emotional Expression****Feeling****Defined Path (God Created)****Kingdom of God – Infinite Progression****Peak possibility is infinite – atonement 8<sup>th</sup>****sphere****Upon entering Celestial spheres and much****higher!****Time to enter Celestial Realms & atonement:****5 years to typically around 15 years!**

**'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

The reason why we are able to endeavour to reflect love, even when being attacked, is because there is enough love in your soul to allow that to occur. Such love can only come to each of us as a gift from God, only as of a result of primary desires, which are the desire for truth and the desire for God's love to enter us.

We need to continue to develop that faith that God wants to give us Their Love.

Faith and trust are very closely related and there is a degree of risk. Let's assume for a moment that God created you. If God created you, if we look at the complexity of our own body, can we state that God is an intelligent being? And surely intelligence and love go hand in hand? We can have a degree of faith that God is a God of Love. For some, their prayer may likely be along these lines: 'I don't know if you love me, I don't feel that you love me, but I know logically that you must have some love, otherwise my body would not be the way it is, and the beautiful things I see around me would not be the way they are, so what I am going to do is take a risk and trust and have some faith in that you probably do have some love to give.' And maybe start your relationship with God that way.

For many, they have not even begun doing that as yet. We need to start to be truly honest with our Mother and Father with what we feel.

Many spend most of their time by engaging with spirits instead. There is significant risk by engaging with spirits, where as there is no risk by engaging with God. Those spirits will have varying degrees of love. Some of them will be quite dark. Some of them will come along and masquerade, which is something that God does not do. Some spirits may masquerade as angels of light, or masquerade as a person who has your best interest at heart whereas they do not have your best interest at heart, but they just want to siphon the life blood out of you through your addiction, and you are attracting a lot of those spirits as of a result of your addictions.

### SPIRITUAL UNIVERSE CAMPS:



# Steps UP!

## Quantum Jump 1



**REVELATION 1**  
James Padgett 1914 – 1923

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

## Quantum Jump 2

**REVELATION 2**  
Marion and James Moncrief 2002  
– ongoing

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

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



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



Many prefer a relationship with these spirit people, over their relationship with God. The reason why this is so, is because you may feel that you are getting something out of it. You may be getting some addictions met through the process, which you feel unwilling to give up.

Most people get afraid when their addictions are not being met. We are used to getting our addictions met, and when we have our addictions met we typically view that as love.

God does not meet any of our addictions. That is why many of us believe that God does not love us.

If we define faith and we have faith in God's definition of Love, then we may need to ask ourselves; 'I am not receiving love at this moment, which means that there is something in me blocking this process.' If we have some faith that God wants to give us love all the time, which is always God's desire. Then if we have some faith that that is what God wants, then we would then have a very strong desire to receive that from God. We would then have some faith that God will give Their love to us. If we have some faith that God will give Their Love to us then we would probably engage in prayer and develop that connection into a routine and constant way of life.

The reason why we may not engage in prayer is because we may not have much faith. And the reason why we may not have much faith is because we may have a whole set of beliefs inside of us that tell us that if somebody does not meet our addiction, and then it means that they do not love us. We may believe that if our addictions are met, we are loved. And if they don't meet our addictions then we believe they don't love us.

God does not meet our addictions, so we don't 'feel' any love coming from God, or what we define as love coming from God. And we are totally blocked from receiving what really could come from God, because we may not have enough faith to trust that God is a God of love who wants to give us love, and all we need to do is pray from our hearts to receive it. We may not even have that faith.

And after that point, everything we do for self improvement has to be self reliance. This is the danger for healers. That is, frustration emerges from the lack of relationship with God, because you may not be able to feel it, or you don't know if you have a relationship, and as of a result of that frustration you turn to the other forms of healing where you can feel some benefit from. In most cases, that involves spirit people who are meeting your addictions, and as of a result you now feel loved, or that something is changing under those circumstances.

When the core belief that addictions are being met equals love is never challenged, then when you go to patients / friends to do therapy on them, you go with the overarching objective to meet their addictions. If you do not meet their addiction then you may feel that you are not loving this person. This may become rather confusing because you are not in your relationship with God challenging that belief that addiction equals love.

**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'.

Natural Love Flow

Natural love is Creation's love;

One can swap back and forwards between paths

I am God

Intellectual

Self reliant (trust myself)

Self-determination way of life

Mind dominates

Thinking = Mechanistic

- rational
- analysis
- reductionist
- linear

Values = Mechanistic

- expansion
- competition
- quantity
- domination

Adult like

Control

Millions of paths (man created)

Peak possibility is 6th sphere

time to complete path:

100 years to over 1,000 years

Divine Love Flow

Divine Love is Soul's love.

One can swap back and forwards between paths

I am God's son/daughter/child

Emotional

God reliant (God relationship)

Soul-spirit living harmony

Soul dominates

Thinking = Holistic

- intuitive
- synthesis
- integrative
- non-linear

Values = Holistic

- conservation
- co-operation
- quality
- partnership

Child like

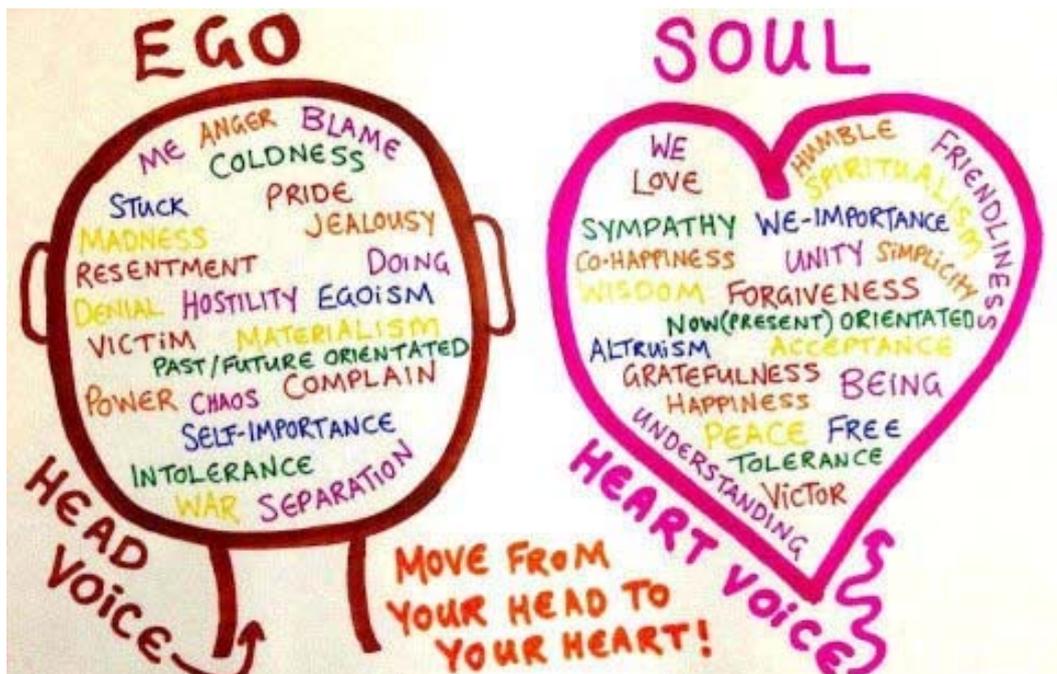
Feeling

Defined path (God created)

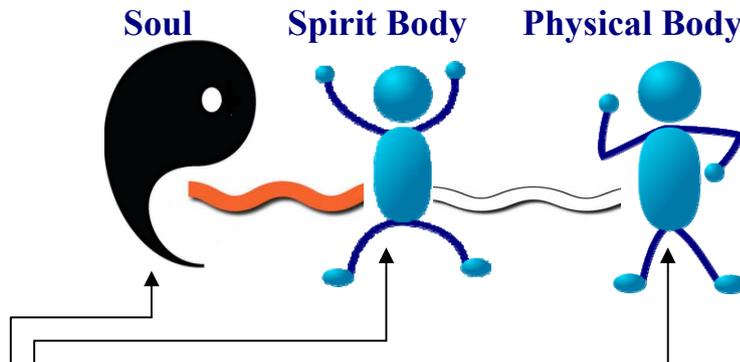
Peak possibility is infinity

(sphere / mansion world are same)

5 years to over 10 years to at-onement



## HIERARCHY of HEALING SYSTEMS:



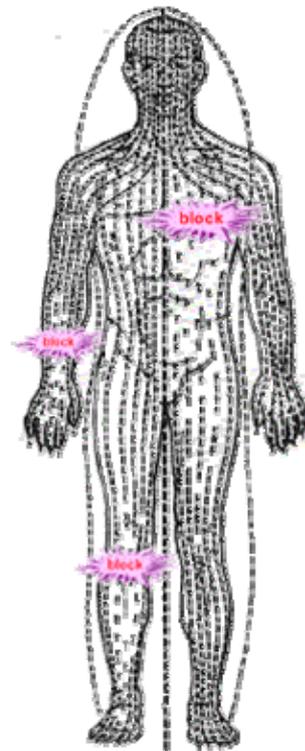
**ALLOPATHIC** – Western Medicine treats the symptoms, is highly regulated and costly as it is cost driven.

**ENERGY HEALING** – Eastern Therapies also treat the symptoms with the assistance from natural love spirits from the realms up to the 6<sup>th</sup> sphere.

Therapy applied to the spirit body is through an energy therapist who may work on the chakras, whereas a chiropractor works on the physical body. Such types of therapy deal with the effects and ignore the soul and the causes.

**EMOTIONAL PROCESSING and CLEARING** deals with the cause. Soul level clearing and growth provides permanent solutions whereas the other two systems provide temporary relief.

**If you focus on the soul, that is the most powerful tool to improve yourself. Improving your soul condition is the ultimate goal.**



As you develop your love, when you are assisting a friend who is rather angry, you will be able to continue to stay in that space of love. It will not matter what is coming from the adult. What matters is your response as to what is coming from the adult. An adult could be ready to project rage at you, but if you don't connect to the rage in any way, and you don't feel inside bad about your self when they are in a rage with you, their rage will have no effect on you. It only has an effect on you because there may be some beliefs inside of yourself that the rage connects with.

In dealing with children, when you are an adult and you think of them as children, when they are in a rage with you distance yourself from their rage. You are distant from their judgement because they are a

child and you are an adult. It is though you are feeling that you are above to what they are relating to you. As a result of that, it may not connect to your heart and hurt you.

Due to the response we may have with an adult, we may not do the same thing with a child. So, with an adult we may go into the addiction in response to the projected rage or emotion. When we go into the addiction with an adult, we are basically saying that we want you to feel differently about something, and what we are going to do is go about giving them a feeling by way of giving a projection and/or taking some physical action. I am going to do something to get back that person's acceptance, even if that means compromising all God's laws, compromising truth, compromising how I really feel, everything. I will be willing to throw out all of those principles at that moment and just engage in the addiction so that I can get back to feeling good about myself again. That is the power of addiction. We need to stop seeing it as the other person's projection. We need to start seeing it as the projection of our own addiction. We need to stop feeling the projection being received and discard the willingness to compromise as their problem. We need to start seeing it as our own problem. While you honour their feelings about you, more than you honour your relationship with God, more than you honour a relationship with truth, more than you honour your desire to receive love from God, more than you honour your relationship with self, then while you are honouring them and their feelings more than these other things, you are going to compromise.

Your friends / patients are not creating this in you, it may be already in you, it may be an error inside of you.

The Law of Attraction is designed to expose every error within us, each of us. God created the Law of Attraction, that operates upon the soul, so that the error within you can be exposed, and also all the goodness in you can be reflected back at you, so that you know when you are in harmony and out of harmony.

Consider thinking of God's laws as the frame work of the universe in which you exist. Every one of these laws has been created through God's love. Every one of these laws has a loving operation, not an unloving one. Every single law, including the Law of Attraction, is a loving law that God has created in order for you to see two things:

The first thing that it is helping you see is when you are in harmony with the law.

The second thing that it helps you see is when you are out of harmony with the law.

When you are out of harmony with the law, pain is always created, pain and suffering within your soul is always created when you are out of harmony with the law. When you are in harmony with the law, joy and peace and love and other qualities such as those are all created. This is the aspect of us living within the law.

My pain = the law being broken.

Seeing that with the breaking of the law results in pain is essential if you desire to help another person to see it and then to heal.

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

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

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

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

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

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

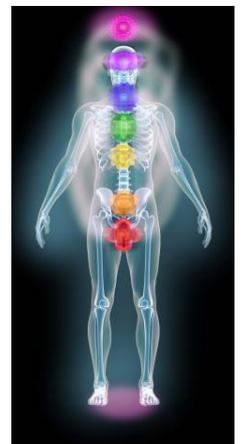
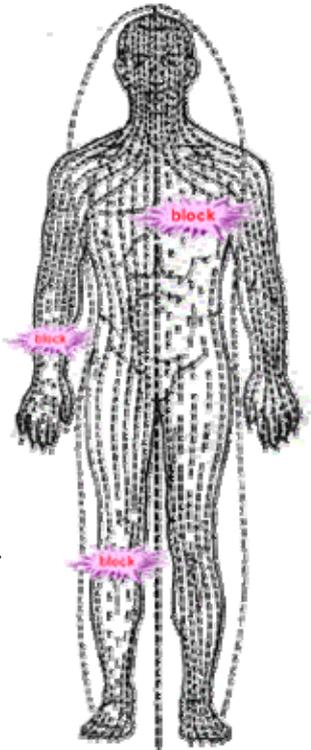
It is the energy level of love that steadily brings about a release from erroneous and harmful man-made emotions and beliefs. The energy level of love calibrates at 500 and higher. One's soul is connected by cords of light with one's spirit body. One's soul is the home of one's personality, natural intelligence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

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

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

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

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



## **LONG for the TRUTH!**

Above all else, “Longing for the Truth” has not been recognised by humanity. True Prayer is not asking with the mind; it is a longing from the soul. Should we long for the truth then we will be told. This is how we ascend. Earnestly desire to know the truth and it will be revealed to us.

Our soul, our real self, already knows the truth and the answer we are seeking, the truth will come to our awareness through our feelings. Our feelings are soul-based.

Our mind cannot determine what is truth from what is false. Our mind is addicted to being in control and will lead us according to its agenda, all to our detriment. This is what man has embraced for the past 200,000 years – now the mind is to be subjected to our feelings. Accordingly, our mind will learn to assist our feelings.

Longing to our Heavenly Parents for truth will bring about the understandings we are seeking to achieve.

Long for the truth behind any feelings, both good and bad, and we begin to peel off and escape from our childhood repression and suppression, thus escaping from the generational cycle of errors that have been passed from parents to their children, thus continuing the cycle of error and harm. ALL children are harmed in this manner.

Through longing for the truth behind our feelings, both good and bad, we start to bring about harmony and peace to our self, which eventually flows onto our family, then our companions, then our overall community and then country. **This is how harmony will come to all of humanity and peace will prevail with war being set aside. This is what the Great U-Turn will bring about.**

Longing for the truth is the only way that we will come to understand the cause of any physical discomforts, pains, diseases and illness. It is by expressing the understandings of what one is feeling about any emotional event or issue so that we release from our essence the negative energies relating to these feelings arising from past events, particularly those from our childhood forming years. The harm that we each endured during our childhood forming years has set the pattern, at all levels, for our adult life.

In a variation of those inimitable words uttered by Jack Nicholson, “You CAN handle the truth!”

This is how humanity will heal itself and bring about peace for each personality and humanity overall.

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

# **LIVE FEELINGS FIRST**

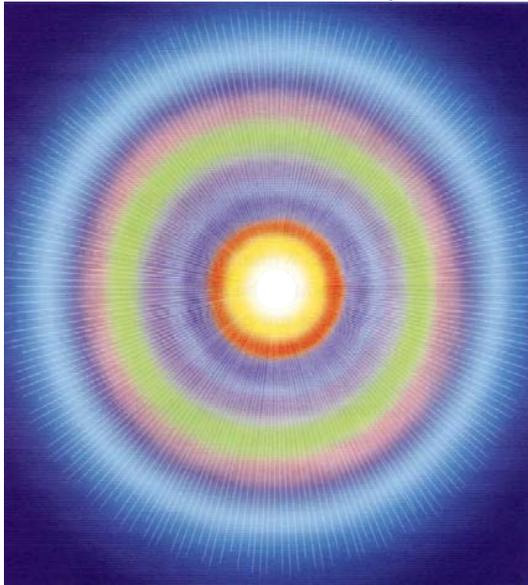


**PRAYER**  
is not asking. It is  
a longing of the  
**SOUL.**

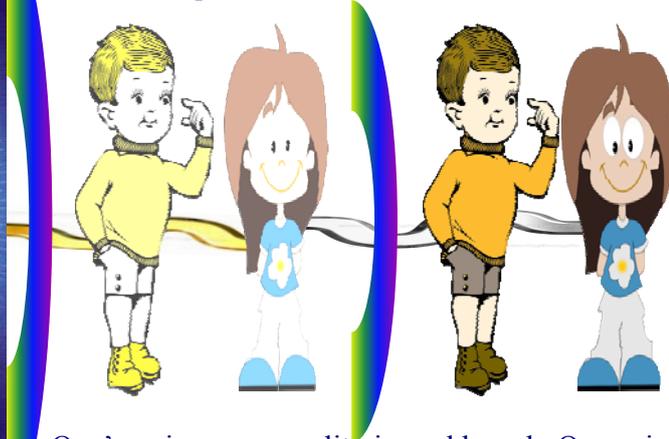
### DIMENSIONS of ONE'S EXISTENCE:

Our SOUL IS NOT ENSOULLED IN OUR SPIRIT BODY. Our soul exists existentially in a whole different level or plane or place or dimension of being – 'soul land'. It doesn't exist in Creation, it's not experiential like Creation is. The soul, all souls, help create their part of Creation by expressing their personalities into Creation, and then by having their personalities do things (further create) in Creation.

SOUL exists existentially



Our Physical Body and our Spirit Body are of Creation, being linked together by cords of light as are the two spirit bodies, male and female, to the one Soul.



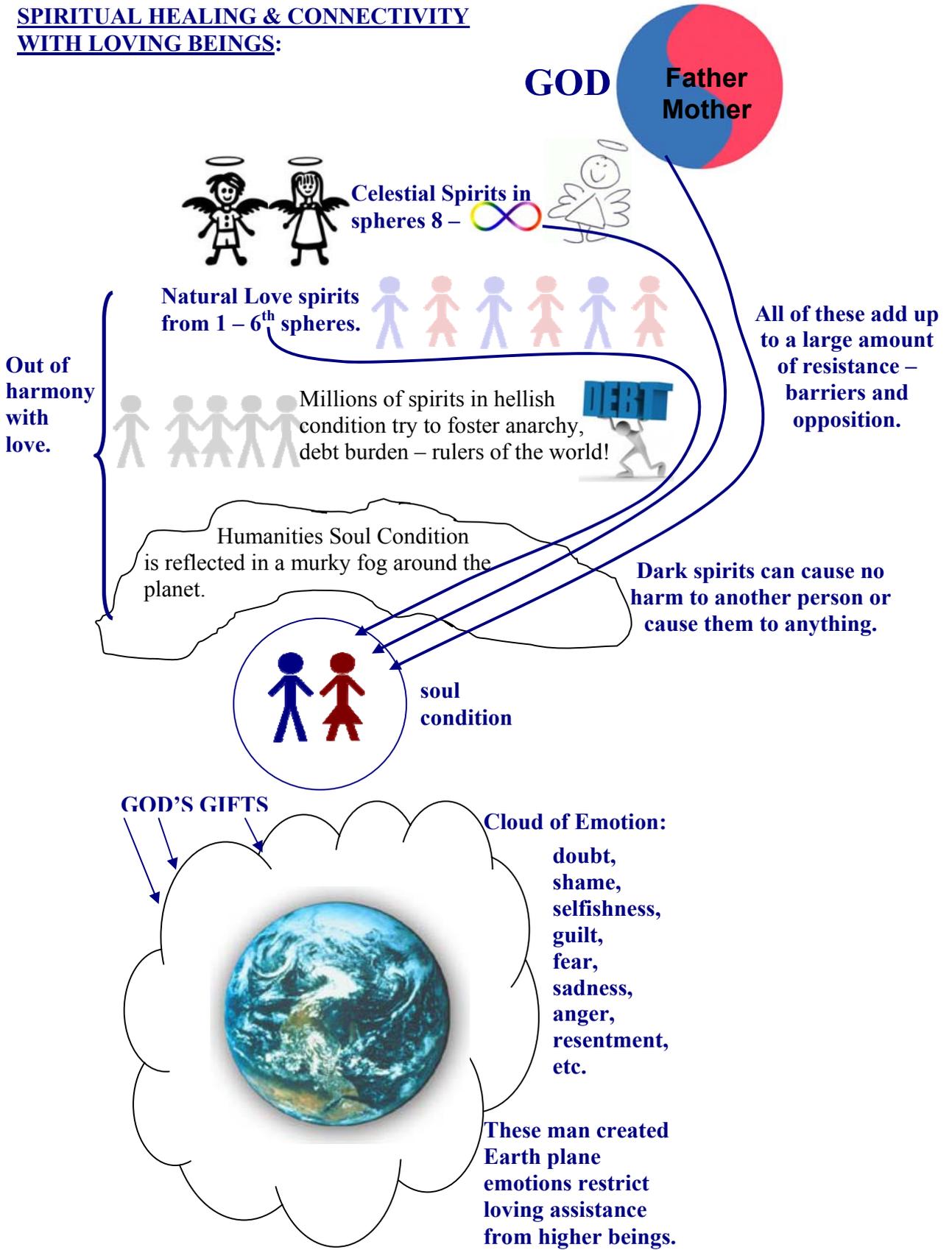
One's unique personality is soul based. Our unique soul expresses its unique personality through the two spirit bodies and physical bodies expressing both the male and female aspects.

## PERSONALITY

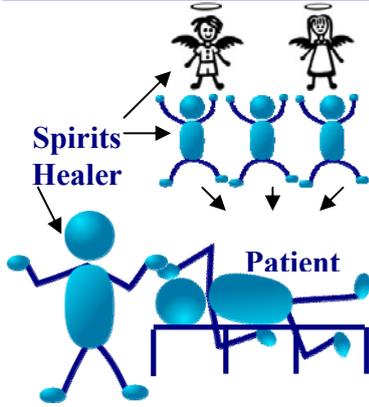


**Our soul is the centre of our personality.  
We are children of our Heavenly Parents.  
Our soul manifests a male and female personality - it is a duplex!**

**SPIRITUAL HEALING & CONNECTIVITY**  
**WITH LOVING BEINGS:**



**SPIRITUAL HEALERS & HEALING:**

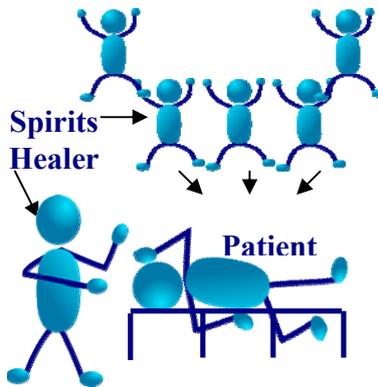


Healer whose soul condition is above Earth plane (2<sup>nd</sup> sphere or higher) and is open and receiving Divine Love will be able to attract Divine Love spirits from 5<sup>th</sup> and 7<sup>th</sup> sphere, and also Celestial Angels (8<sup>th</sup> +++) who have healing capabilities.

Patient, should he/she be open and receiving Divine Love, will be cured – permanently. When God is involved this way, wonderful and complete recoveries frequently occur.



God is fully involved, faith is high with all parties.

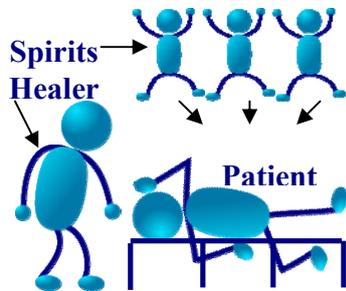


Healer whose soul condition is above Earth plane (2<sup>nd</sup> sphere or higher) and is open and receiving Divine Love will be able to attract Divine Love spirits from 5<sup>th</sup> and 7<sup>th</sup> sphere who have healing capabilities. Patient not being open to Love.

Patient will have relief from health issue. Unless he recognises the underlying cause, the core emotional error, which created the illness, and releases it, then a similar issue may reoccur.



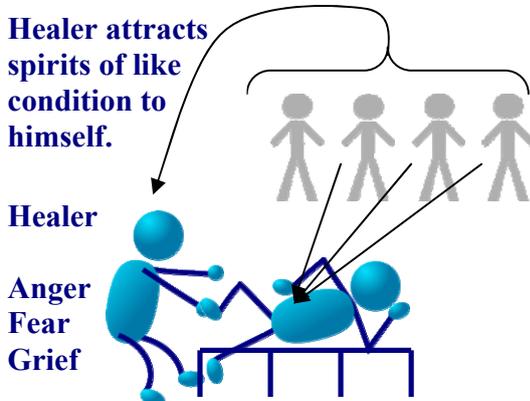
God is welcome and partially involved.



Healer whose soul condition is above Earth plane (2<sup>nd</sup> sphere or higher – over 500 on MoC) will be able to attract natural love spirits from 4<sup>th</sup> and 6<sup>th</sup> spheres who have healing capabilities.

Patient will probably have relief from health issue. Unless he recognises and releases the underlying cause, the core emotional error, that created the illness and releases it, then a similar issue most likely will reoccur.

God not involved. Spirits and people self reliant.



Healer attracts spirits of like condition to himself.

Healer

Anger  
Fear  
Grief

Healer whose soul condition is in the Earth plane state (MoC under 500) will typical attract spirits who have no healing capabilities. Should the patient also be in the Earth plane state (1<sup>st</sup> sphere condition) and have no faith in the practice then healing probability is negligible.

God not involved. All parties self reliant. Patient has no faith.

Two or three basic things, that if you were practicing them, you would feel very different in your day to day life. You would feel God's love entering you, so you would be happier, you would be in harmony with more of God's laws so that you would naturally not have the consequences that are negative, you would have more positive consequences. You would feel the positive consequences of following the law rather than the negative pain and suffering which results from breaking it. As a result, you would be much happier in your day to day life.

What kind of emotions would you be experiencing then? Joy, happiness, peace, and other such emotions.

As you develop your love you become more and more sensitive to when you break any of the laws.

If you do not progress this way, how can you help anyone else?

If you want to help another person, one of the best ways you can do this is by understanding the basic principles in your heart first, for your self.

If we were to look at a healing group and what a healing group would do, we may see that the first object of the healing group is to focus on healing amongst themselves the particular things that prevent them from desiring prayer, from desiring faith, from being self-reflective and wanting to break the law frequently.

That is the most beneficial objective of the group to firstly consider.

In that process, your addictions, negative beliefs and attitudes, will become apparent to you. Every one of the addictions are beliefs about love that are false. Each time you want an addiction met is because you may believe something about love that is not true. Under these circumstances, God is never going to feed these addictions. God is not going to help you satisfy them, so you don't feel anything from God. Then you may go and loose the desire to even pray as of a result of not having one's addictions met. We need to recognise that this feeling may be coming from this underlying problem of faith and prayer not existing, and the underlying problem with our addictions may be driving our entire life. All of our addictions are false beliefs about love.

Let us look at our childhood experience. God created our pristine soul, being our real self. Through this process of incarnation, we incarnated onto this planet. Now, unfortunately, due to history, many people before us have chosen to walk away from God, they have chosen to break God's laws, and of a result of that they have all of these beliefs inside of their soul. When we incarnate, we start absorbing these same feelings, these same motivations, these same emotions. Let us call that the injured self. And then what happens as we grow up, we want to deny the injured self, so what we do is we create a façade, the façade self, and we do not want to give up the façade. To give up the façade, all the injuries would be felt and we do not want feel all of the injuries because of our lack of humility, but it is the only way through our injuries into our real self. So what we want to do, we want to skip over the injuries by creating the façade.

So who created the façade? We each did. And who is holding on to the façade? We each are.

**NATURAL LOVE or HUMANITY’S ERRONEOUS EMOTIONS:**

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

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

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

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

That choice to rebel against law, while it may have been assisted by your environment, it is certainly not your environment’s fault. You could choose not to rebel against the law. All we need to do is move to reject the rebellion. The rebellion is not a result of the injuries we have, it is a result of our desires to rebel. We cannot blame our rebellion on our parents.

**OUR THREE SELVES:**

Addiction > Fear > Grief

Every loving thing that comes to me is a gift.

**I created**

**Parent creation**

**God created**

**Our  
Facade Self**  
  
**Addiction  
rejected**

**Shame**  
  
**Fear**

**Our  
Injured  
Self**  
  
**Causal  
emotions**

**Our  
Real Self**  
  
**No injury**

Fear excuses  
Nobody loves me  
They all reject me

- Less pain
  - Victim
  - Gets more love
  - Demand
  - Murderous
  - Vengeance
  - Shame
- To be crying about an emotion it needs to be about a parent based emotion / causal.

The proof of one’s processing, ask; Am I changing? Do I feel more loving to other people? Do I feel more connected to God?  
If the answers to those questions are not yes, then I need to look at my issues, am I really emotionally processing?  
Parent created causal emotions is the area that we need to process.  
Our Façade self issues are pointless in processing. Shame and fear create the façade self.

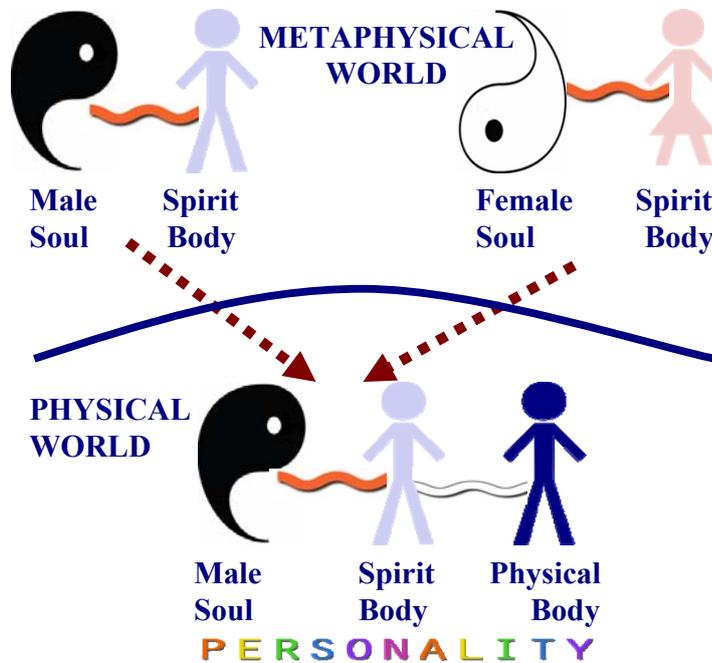
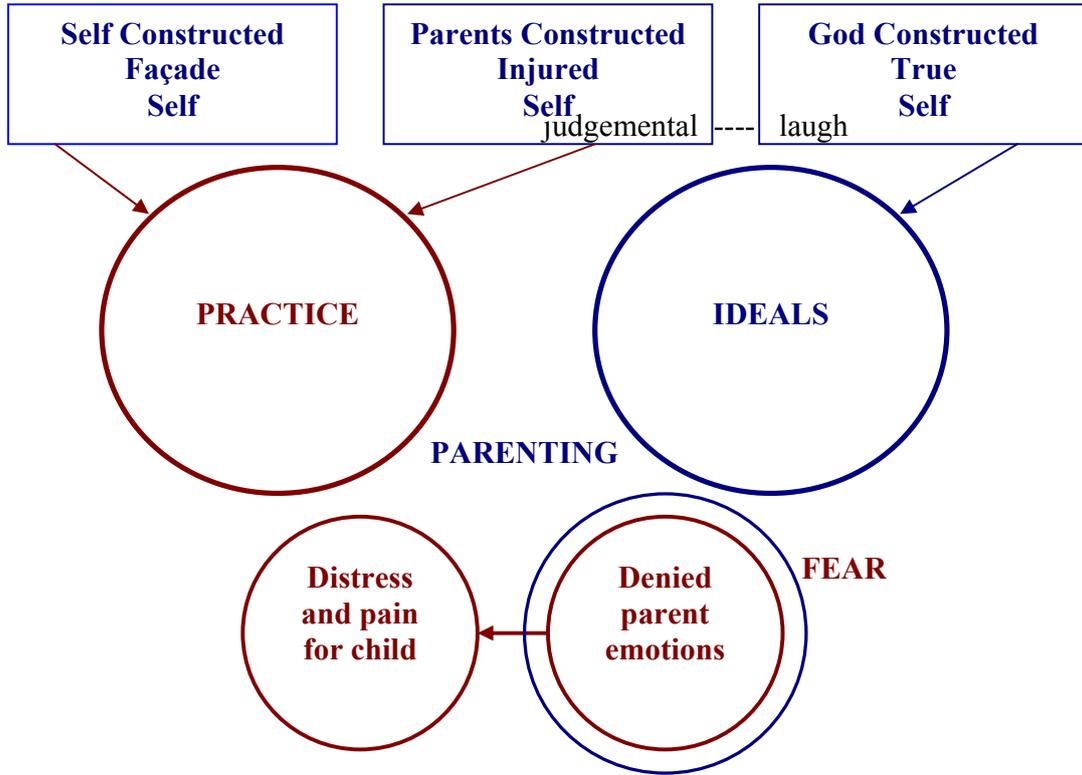
The only way to heal our injuries is to deal with our rebellion. It is our desire to rebel, that is, it is the desire that we need to examine.

If we do not feel Divine Love entering us, there is a high likelihood that we do not have a strong enough desire for it. For you to have Divine Love enter, then you must have a high desire to receive it.

The spirits that are with you are going like this: ‘Yes, you need to be aware that you are in pain. Yes, you need to be aware that this pain is created by something that you chose to do which is out of harmony and love. Yes, we are willing to help you go through all this, giving you all these feelings when you are on the right track.’ (So) We get this help, we feel a little better and then we do not complete the process of resolving the issue of why we broke the law. We then proceed to break the law and the pain begins to increase.

If there is pain and suffering, I broke the law!

**OUR THREE SELVES:**



The more commonality in your soul condition that you have with individual spirits creates the rapport between you and spirits.

Spirit body and physical body look the same.

### Who is involved in healing a person?

God, the person being healed, spirit people who are typically in a better condition than the healer, and the person on Earth assisting with the healing. When you become at one with God, you only need two of these people, God and yourself. And you become a conduit through that process. Now, that is a goal.

However, before that point in time is reached when there are only two other people involved, there is a spirit person involved who is basically channelling their energy of some kind. It might not be a spirit person who is at one with God (8<sup>th</sup> sphere and higher – Celestial Spirit), or it may not be a spirit that is on the Divine Love path, in fact in the majority of times it is a natural love spirit (6<sup>th</sup> sphere or lower).

A natural love spirit usually cannot work through your soul to assist in the healing, because there are so many blockages to God in your soul, so what they do is they use the ectoplasm (spirit body plasma) in your body to heal the person who you are with. What happens today, mostly, is that God is taken out of the picture completely, because neither the person on Earth who is the healer, nor the person on Earth who is being healed, nor the spirit who is trying to do the healing through the person who is the healer, none of them recognise the power of God in that process generally.

Then the person on Earth who is getting healed, generally has very little faith in the process, they have very little knowledge about the spiritual processes, so their soul is putting up this huge barrier any way.

The poor person who is often the healer is often in an even darker soul condition than the person getting healed, and the only reason why they are in the room is because they have rapport, a connection with the spirit who is using their physical body to heal somebody else. That is how famous healers heal, such as John of God in Brazil heal. (João Teixeira de Faria, known also as João de Deus, is a self-described medium and "psychic surgeon" from Brazil. He is based in Abadiânia, a small town in the state of Goiás, southwest of Brasília.)



It is rare for a permanent healing to occur through the process with natural love spirits. Unless the person who is being healed opens up to feeling and processing the underlying causal / core emotions, then the physical problems will return as the underlying cause remains.

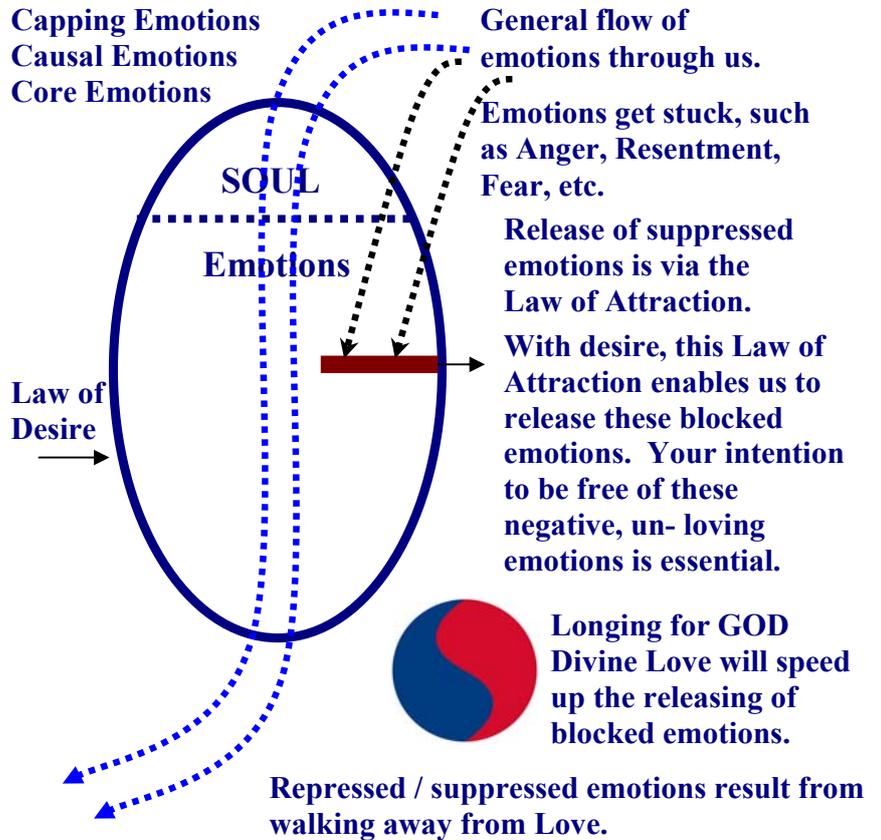
The problem for healers is that the patients own physical soul is generating the problem.

When the person who we are trying to heal, does not want to deal with the cause, the healer's power is severely diminished to assist them because their own soul is generating the problem.

All illness is of a result of the soul having these blocked emotions, which then create the illness in the physical form and the spirit body. If the person's soul condition is not addressed then the person is going to recreate the same type of problem and issues.

It is very important that we start to see things at the causal / core level, particularly in the medical and healing profession.

**WE are CREATED as EMOTIONAL BEINGS:**



Up till the time that the healer becomes at one with God, there are all these other chains of events going on.

The only time that a healing can take place is when the person does not have a particular emotional injury that would prevent a certain amount of love to flow in a certain direction for a certain problem. Because of addictions, we are full of all these blockages to the flow of energy from ourselves to any other person on Earth, and as of a result of that, we may be very ineffectual healers and we are only able to occasionally heal somebody or benefit somebody through our actions.

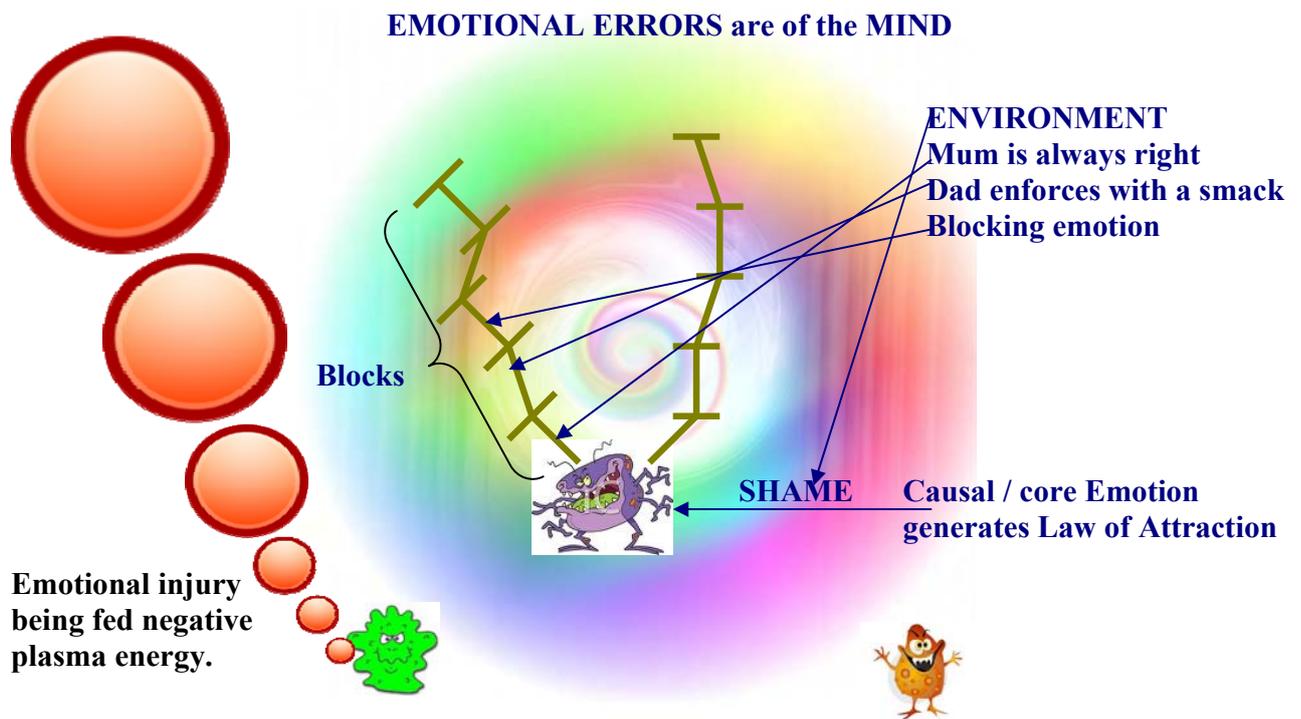
Now, why do we engage in that kind of healing? Primarily, because maybe we are arrogant? Because if we were humble, we would do something completely different. If we were humble, we would say to ourselves; 'my role as the physical healer, the person on Earth as the physical healer, my role now, firstly, is to work on myself. If I am not working on myself, I will never be in a condition of being open sufficiently to influence others.'

As you begin to receive Divine Love while engaging in Feeling Healing, your blockages begin to melt away. Begin to experiment with being God reliant and be open to the result. You do not have to deal with your blockages before new truths and Divine Love will enter you. Just experiment with God reliance that is sincere, that is all you need to do and be open to the results.

We do need to get rid of our blockages in order to be able to become at one with God. You will be rid of all your blockages when you are at one with God.

However, when you focus on it without focusing on the more important qualities such as the reception of Divine Love, which is a substance, faith, and your desire for a relationship with your Father, little can be achieved. This is only about a relationship with your Father which can only be created through your desire. Your desire will ebb and wane based of the different blockages that you have. Finding blockages will be more apparent when we are honest with ourselves, but if we are focused upon what ever we need to have a relationship with God, prayer and faith on my part, and reception of God’s love given on God’s part, which is always waiting for me when I come to God for it.

During my day to day life, if one is focused upon these primary elements, all the blockages will become self evident, and if I don’t have the desire to deal with them, then one will have to bear the consequences of such lack of desire which is being stagnant for as long as one does not deal with the block. If we focus upon prayer and faith, then the majority of our blockages will become exposed. Develop those two qualities and have some sincerity about whether you want to be different or not, in terms of one’s actions and desire for God.



Purify your desires. And don’t stop. When a person has a pure desire, they will continue to grow that desire no matter what anybody around them says.

As you receive Divine Love, so will your faith grow and your passion for your relationship with your Father. The hardest thing is getting started.

If we can grow, then we have the ability to help the people around us to grow.





### What heals a person?

There is really only one way in helping a person heal. That is, there is only one way; however, there are a great many manifestations of that way. How you choose to help a person is really up to yourself, in terms of what keeps you connected with our Mother and Father. Should you not focus upon your relationship with God in this process then continue with the natural love platform that you currently employ.

Natural love based healing modalities do not remove the underlying cause of an illness episode, it is only by removing the emotional injury, the core of the problem, and that is most expediently achieved by asking for and receiving Divine Love with a focus and intent to address the underlying core error. Divine Love can and does bring about a permanent removal of the underlying cause of a pain or illness. Involve God in the process of your healing programs.

Once we truly love God and love God's laws, what we tend to do, instead of breaking the law is that we will address the problem.

As you are on God's path, then it becomes apparent that it is God's Love that is doing the healing. It is the development of wanting God's Love so that the healing that God's Love can give can actually do its work. Now we have progress. This is the process. **The process can develop to such a level that all you as a healing (facilitator) need do is to be in someone's company for healing to start to occur.** As you develop desire and faith you, as a healer, are already starting to engage in that process.

Developing faith, and developing a desire for God's Love, prayer, those two things, faith and prayer, are the two most powerful things that you can engage in your healing process. You will become more and more sensitive to emotions in this process, your own as well as of those around you.

**With one's Feeling Healing, only God's Divine Love can help each and every one of us to grow in love and then enable each of us to progress and enter into the Celestial Realms.**

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

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

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

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

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

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

Reference: Pascas Care Letters – Divine Love does not Transform

**MODERN MEDICINE IGNORES OUR SUBTLE BODIES:**

It is the injuries to our subtle bodies caused by our wayward mind that bring about the manifestation of mild discomfort, then acute pain within our physical body, and ultimately the illnesses and diseases that we then seek medical assistance to suppress. Modern medical systems do not address the cause of such illness. Ask yourself, when was the last time that a medical professional told you what the underlying cause of an illness was?

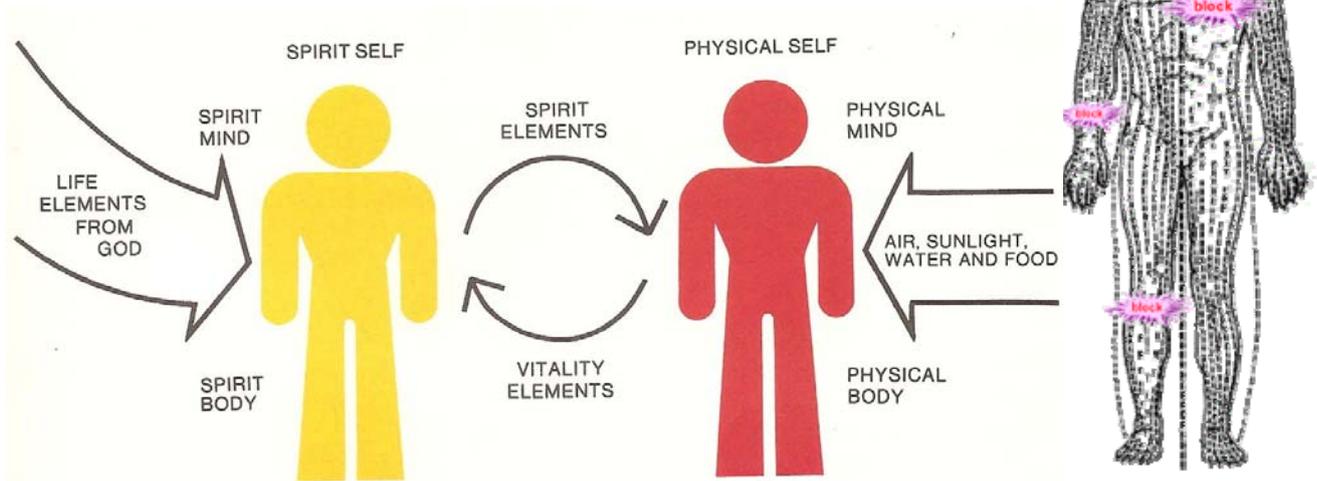
The auric field, that some can see, is the template for our physical body. Childhood Repression brings about energy flow blockages, being stuck and frozen emotional injuries, which then retard the flow of energies within our physical bodies. Modern medicine ignores this reality. The result is that treatments provided are only temporary as the underlying injury remains within our subtle bodies.

We have other bodies that are just as real as the physical body, they are all connected, if we have a problem within these subtle bodies, such problems most likely will manifest on the physical, so why not attend to it utilising a healers help on these subtle levels thereby helping yourself on the physical.

Example, our genes are multi-layered. Our genes are not only part of our physical being but are far reaching. They are:

- on the physical level
- on the emotional level
- on the mental level
- on the psychic level
- on the spiritual level.

We need to understand our **genes are not just physical, but on all levels.**



In fact our issues and illness that we recognise within the physical body are on all levels.

Only by one engaging in the process of Feeling Healing can one delve down into the core emotional issues originating from our childhood, being in the form of childhood repression and suppression, that we can then express and release such injuries and bring about permanent health to our physical body. The process of Feeling Healing is the only way to remove the underlying cause of physical illness and discomfort.

## MEDICAL PROCEDURES and RESEARCH



### Sometimes You Can Find a Needle in a Hay Stack!

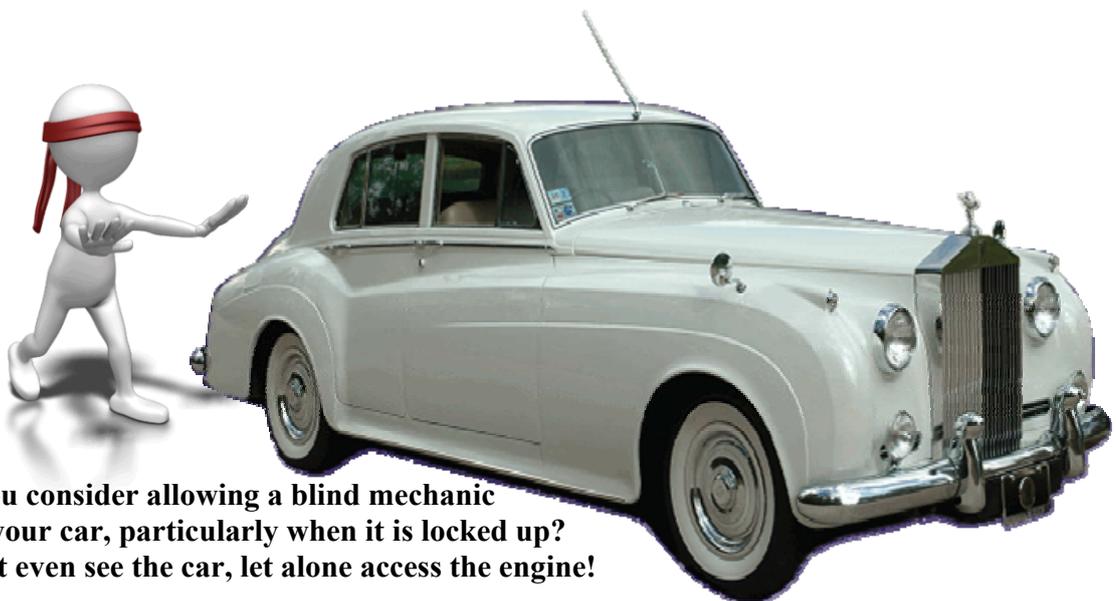
While traditional allopathy medical research focuses only upon the physical body to resolve illness events and health issues, they continue to be like blindfolded mechanics endeavouring to repair motor vehicles.



The physical body is animated by the spirit body, and in turn the spirit body is animated by your soul. The spirit body is of much finer substance than the physical body, and the soul is of an even finer substance, hence research technology in the physical world cannot comprehend these bodies.

Your soul and spirit body is the home of your emotional injuries and errors. These emotional issues create fissures and damage within your spirit body. Subsequently the injuries within your spirit body generate illness within your physical body, at the corresponding location as in the spirit body.

Illness is generated by your soul, however, healing is also generated by your soul. Releasing the emotional injury in your soul heals the physical.



**Would you consider allowing a blind mechanic work on your car, particularly when it is locked up? He cannot even see the car, let alone access the engine!**

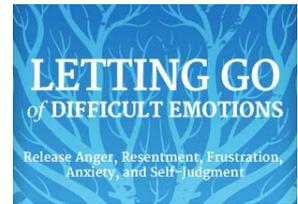
**The health industry stubbornly resists recognising the subtle bodies that we all have.**

**The foundation of our illnesses originates from within our subtle bodies, that is, from within our mind which is spirit body based, and subsequently then via our spirit body.**

**It is only when we understand the cause of an illness is when we can deal with it, effectively, and permanently.**

### **LETTING GO with The LOVE:**

Find a comfortable position to relax and be still and free from interruption. This may be for a few minutes or as long as you may please.



Long for and ask our Heavenly Parents for Their Love, the ultimate high octane super fuel being the light golden blue energy substance of Divine Love. Each little drop of the Divine Love received whilst doing one's Feeling Healing prompts one a little further. Ask for assistance and the Love to enable held errors of thought and belief to be released. One's personal intent and involvement in letting go of past incurred difficult emotions is most beneficial.

**Step 1: Focus on an issue that you would like to feel better about, and then allow yourself to feel whatever you are feeling in this moment. Identify the negative feeling.** Focus quietly on the feeling. Breathe into the sensations and allow them to be.

**Step 2: Ask yourself one of the following three questions:**

- Could I let this feeling go?
- Could I allow this feeling to be here?
- Could I welcome this feeling?

The mechanism of letting go is concerned with the emotional “what” from moment to moment, without involving the intellect. What is the benefit of this emotional feeling? What is the point of holding this hurtful belief at all? One may start laughing at the absurdity of long held errors or injuries upon reflection. **Breathe into the sensations and allow them to be.** Your willingness to accept the sensations may intensify them. This is okay.

**Step 3: No matter which question you started with, ask yourself this simple question: Would I? In other words: Am I willing to let go?**

**Step 4: Ask yourself this simpler question: When?** This is an invitation to just let it go NOW.

**Step 5: Repeat the preceding four steps as often as needed until you feel free of that particular feeling.**

**The only way we can truly let go of them 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...**

Our willingness to let go thinking and accept what's happening is our ticket to inner freedom. Each time you sense a disruption inside, turn down the volume on the thoughts, breathe into the sensations and allow them to be. This is what we need do to let go. Simple. The challenge comes in being vigilant with letting go all negativity – no exceptions.

This process is ever so freeing and uplifting, though sometimes difficult.

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

Reference: ‘Letting Go – The Pathway of Surrender’ by Dr David R Hawkins



**Dr DAVID R HAWKINS:**

David Ramon Hawkins, M.D. (born June 3, 1927, died 19 September 2012) is an American psychiatrist, mystic, author and controversial spiritual teacher in Sedona, Arizona. He is best known for his book *Power vs. Force*, in which he writes that applied kinesiology can distinguish the truth or falsity of any statement. He directs the non-profit Institute for Advanced Spiritual Research Inc. and operates Veritas Publishing to publish his books and seminars.



“Make a gift of your life and lift all mankind by being kind, considerate, forgiving, and compassionate at all times, in all places, and under all conditions, with everyone as well as yourself. This is the greatest gift anyone can give.”

“Every thought, action, decision or feeling creates an eddy in the interlocking, inter-balancing, ever-moving energy fields of life, leaving a permanent record for all of time. This realization can be intimidating when it first dawns on us, but it becomes a springboard for rapid evolution.”

“The downside of spiritual education is the buildup of the vanity of 'I know' and the devaluation of people who are 'not spiritual'. Therefore it is important as a foundation to spiritual training and education to learn how consciousness manifests as the ego and its mechanisms.”

“It is only the minority of people who seek self-improvement or personal growth. This is because whatever one's self-criticisms, one secretly really believes that one's way of being is okay and probably the only correct one. They are alright as they are, and all problems are caused by other people's selfishness, unfairness, and by the external world.”

Saturday, 5 August 2017: Nanna Beth: David Hawkins is living in the mind worlds, so I am told, and would be of no benefit to you John. His legacy is again one of those things that sits well with you, that you enjoy and can relate to and use as you do. And really it is now for humanity to use what is available to it having come from the mind worlds, because there won't be anything further coming through from them. Now it will be up to the natural inspiration of the individual on Earth, and those who are working with us, those people who want to do their Healing. The ways of the Rebellion and Default are to die, to fade away, however this will happen gradually as people of it still try to advance themselves, their lives and humanity in their wrongness, but the next real new inspiration will come from those who embrace the New Way.

Everything is interconnected.

**MUSINGS by JOHN:**

Thursday, 28 September, 2017

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

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

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

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

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

Cheers John

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

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

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

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

And to bolster my flagging ego, I would tune into those people on Earth who were still thinking well of me, yourself John being one such person. And here again, by doing this, I gave myself a rude shock having to face the fact and realise that few people truly understood what I was teaching, taking my work

and corrupting it for their own gain. And believe it or not, I never thought such a thing would happen. So, who of my 'earthly followers' was staying true to what I taught – who actually got it?

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

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

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

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

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

Yours respectfully,  
Dr. David Hawkins

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

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

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

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

**CONCLUSION:**

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

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

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

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

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

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

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

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

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

**in conjunction with**

**Longing for the Truth when also longing for Divine Love.**



# FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

To do our feeling-healing we need to become:

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

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

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

So it sounds simple.

So I repeat:

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

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

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

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



**in conjunction with**

**Longing for the Truth when also longing for Divine Love.**

## 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

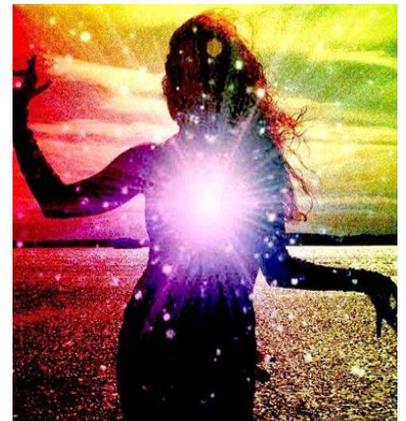
## Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.

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.**

## Prayers to our Mother and Father

From 'Religion of Feelings' by James Moncrief

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

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

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

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

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

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

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

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

### Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

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

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

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

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

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

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

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

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

# 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**

# Health & Parenting

As difficult as it may seem to comprehend, even at the time of one's conception / individualisation, we are highly intelligent and our newly forming mind is making rudimentary decisions. Immediately upon conception we (being our soul) begin to absorb the emotions and projections of those around us, within our environment, mainly from our parents and in particular from our mother, who at that time may not even be aware of our presence.

All we need to know is already within one's soul prior to conception.

We access our soul's knowings through our feelings. That is, should we express our feelings at all times then we will be drawn to truth and love at all times.

Nothing about our soul's truth is focused upon controlling or dominating anyone else. Control is the domain of the mind. The mind is within one's spirit body, and it is this mind control that we are enslaved to. For more than 200,000 years man has been enslaved to his / her mind, this was brought about by the Lucifer Rebellion at that time. For generation after generation, we have repeated the endeavours to turn our children into little 'me's'. We suppress their free expression and free will and endeavour to clone them into trophy children, our trophy, reflecting who we are, not allowing their free expression of their feelings, their true selves. For a child to comply to our orders and demands they train their minds to 'obey' and succumb to our blackmail, 'be a good girl / boy and I / we will love you!'

This is a disaster of global proportions that was instigated by Master and Mistress Lucifer 200,000 years ago and it is only now that we can do the U turn and liberate our soul's feelings and become freely expressive, and bring about the harmony that humanity strives for and knows is possible.

Each suppressed feeling and each inflicted emotional injury brings about physical pain and ill health. It is only when we allow our feelings to freely flow that the energy flows through our spirit body and then physical body are of a healthy and feeling nature. We, as parents, bring about the long term health or ill health of our children. Sometimes the collective injuries that we as parents holding suppressed result in becoming evident as deformities within our children. Yes, we as parents cause the deformities within our child. Unknowingly and unintentionally we harm our children with our own emotional injuries to such an extent that our newly forming foetus is enormously injured resulting in the numerous illnesses and deformities that babies are born with, from time to time.

The baby is born and then we set about turning it into the 'model' that we want, not allowing it to freely express its true self.



This is the crime that we as parents have not been aware of for 200,000 years. It is global and it will take centuries before we all become aware that we have to feel into our emotions, allow our soul based feelings to tell us the truth of our errors and express our feelings to our partner or anyone that will listen and put these errors aside for ever. Then we will learn how to truly love our children and not burden them with the injuries that are past down generationally.



Our children mirror us, as parents. It is not that 'bad genes' are passed down; it is that we change the nature of our genes as of a result of emotional abuse and suppression which is endlessly hurled at us when as a child.

It is not until we reach puberty that we are of such an emotional maturity that we can start to independently feel into our soul based emotions, by-passing our mind's controlling nature, and express and release the injuries imposed upon us since conception and typically through to the age of around six or seven.

Only by releasing our childhood repressed emotional injuries can we return harmony and physical health to our bodies.



Though our parents typically announce that they love us, as a child, they themselves are so heavily injured that they do not know how to love, nor what love is.

|                                               | Supportive<br>Parent is accepting and child-centered                                                          | Unsupportive<br>Parent is rejecting and parent-centered                                                              |
|-----------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| Demanding<br>Parent expects much of child     | <b>Authoritative Parenting</b><br>Relationship is reciprocal, responsive; high in bidirectional communication | <b>Authoritarian Parenting</b><br>Relationship is controlling, power-assertive; high in unidirectional communication |
| Undemanding<br>Parent expects little of child | <b>Permissive Parenting</b><br>Relationship is indulgent; low in control attempts                             | <b>Rejecting-Neglecting Parenting</b><br>Relationship is rejecting or neglecting; uninvolved                         |

### **FEELING HEALING and SOUL HEALING:**

The soul is that indefinable part of yourself. It's that part you can sense, soul-perceive within you, but you don't actually know where. And it's not centred in nor is it part of the mind as some people think. Your soul is separate to all of yourself, that is all the parts or attributes of your personality that are being expressed continuously by it in Creation. Separate and yet inextricably linked to you by light.



Our soul contains the pattern of all we are, all we have been and all we'll ever be. Nothing enters it or leaves it save for light and the Divine Love of God, which is also a Light. Soul-light comes forth from the soul in accordance with its pattern, this light interacting with Creational light on the will level first then moving outward expressing all the aspects of yourself – your personality you need to live life with. As you express yourself, and that's every part of yourself, all physical, spiritual and all in between, so you are generating an experiential light, which then goes back into your soul via your will, which in turn then causes your soul to express the next part of its pattern, and so it goes, as you're evolved into being by your soul.



Our soul absorbs the environment around it, commencing from conception. Thus our pristine soul becomes progressively contaminated by the injuries and erroneous beliefs of its parents. The harm becomes most apparent during our later forming years, that is, during our adolescence.



Should we become aware of feeling our childhood injuries and begin healing ourselves, we can slowly remove the encrustments from our soul, such encrustments stifling our real personality. Thus we can start to revitalise our personality and allow our real self, our soul to blossom and dominate our humanness. Our parents, unknowingly, stifle and suffocate our will, our capability to express one's self.

Feeling healing is the pathway to begin to live fully expressing one's true personality. This can be a slow painful process of revisiting the truth of the unloving environment that actually prevails during our childhood years.

By fully embracing our memories of injuries we endured and also expressing these to our soul Parents whilst longing for, asking for and receiving the Divine Love, we will reinvigorate our soul's potential to truly love and experience life to its full potential, with one's soul growing in truth.



**DIVINE LOVE enlivens our FEELINGS to progress our HEALING!**

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

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

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

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

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

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

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



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

**FEELING HEALING is to LIBERATE OUR TRUE SELVES:**

**One's soul is always true and perfect. It is the source of our feelings. When we long for the truth of a feeling, we are looking within one's self and the truth of that feeling will progressively unfold.**

**Our mind is that cluttering confused chaos that has imprisoned our soul. Our mind wants control. It demands and causes us great difficulties. One can liken it to a wrecking ball that has encased within it our always beautiful perfect soul, being our real self. The mind dominates our brain. Our mind is stuffed full of our childhood upbringing errors.**

**Our parents typically followed the chaotic path of nurturing that they were subjected to, and so it goes on, generation after generation. By the time we are six we have allowed our will to be encased by the wrecking ball of errors of our nurturing. We now have to feel through those errors and injuries and free our soul, free our will. Our soul based will is always what we are to express.**

**Beliefs become Faith, but when we experience it, then it becomes Knowing. And it is in reaching the Knowing that one becomes perfected in that aspect of who and what we are.**

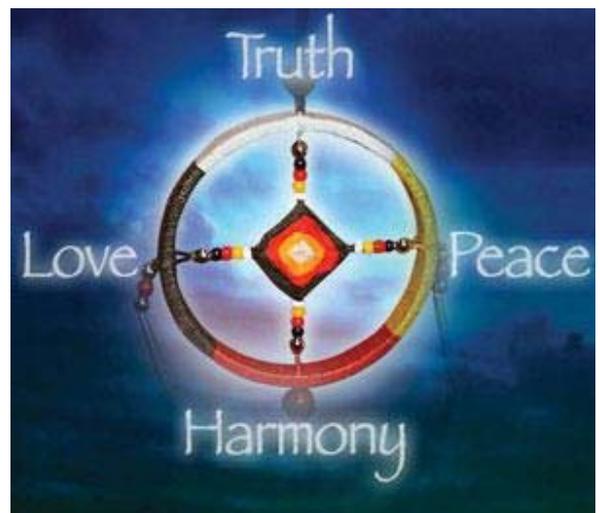
**When we long for the truth of the emotion, it will most often be unsettling to say the least. This is because there is little that our parents taught us that is in truth. Our will has been suppressed by our upbringing so that we could be like them.**

**Childhood repression encrust our wrecking ball mind which in turn suppresses our soul based feelings that are in perfect harmony and peace being based on love and truth as given to us by our Heavenly Parents. To shatter the wrecking ball we are to feel for the truth of all of our feelings, good and bad.**

**MIND**



**SOUL**



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

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

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

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



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

**TRUTH LOVING SOUL V ERROR INFLICTED MIND**



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

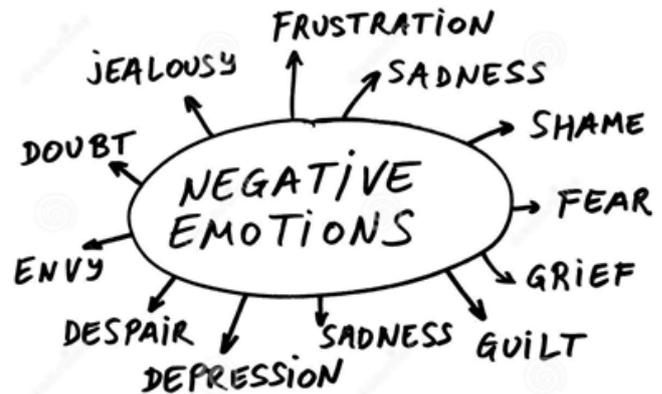


**To liberate one's real self, one's will, being one's soul, is by embracing Feeling Healing so to clear emotional injuries and errors. With the Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them, express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

# REVELATIONS



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



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



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

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

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



**Immortality with the Love.**

**When we are humble 100% of the time, we are feeling our emotions 100% of the time, which means we are constantly praying.  
Humility is the willingness to experience one's own emotions.  
We are not 100% humble until we are at one with God.**



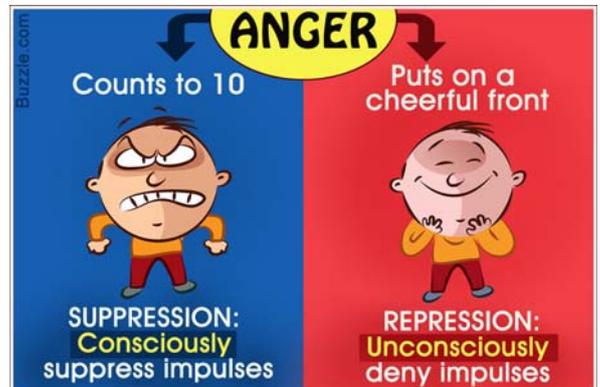
**PRAYER for DIVINE LOVE:** library download pages at [www.pascashealth.com](http://www.pascashealth.com)  
**Kindly visit the library download pages at [www.pascashealth.com](http://www.pascashealth.com) as further recordings are added.**  
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## Suppression and Repression:

We are all living untrue to ourselves. All we do is wrong, even though mostly we believe it is right.

We are living untrue as shown by the denial of many feelings. We don't accept them, particularly our bad ones. And this feeling denial, suppression and repression, causes all our problems.

All pain, suffering, fear, anger, guilt, depression, misery, sadness, feeling alone and lonely, feeling rejected, unwanted, uncared about, unloved, feeling will-less and powerless and unhappy and frustrated because we can't assert ourselves lovingly in life, are all the sorts of bad feelings we do everything we can to deny. And it's the ongoing suppression and rejection of these feelings that cause all our illnesses, problems, relationship difficulties, all that's wrong with us both personally and generally in society.



Right from conception we're all inducted forcibly – against our will – into such feeling-denying systems, we take it on, doing what our parents have taught us, thereby continuing to keep all our childhood pain and bad feelings repressed. And as adults, life cycles us through our various experiences in accordance with these early life established patterns all so we can keep feeling those same bad feelings and keep denying them. And this is our rebelling against ourselves by living untrue to all we feel, all of which we do unknowingly, which is by default.

And the healing of this negative, unloving, anti-self condition can only be done by doing one's Healing, which is Feeling-Healing, or your Soul-Healing with the Divine Love. (Soul-Healing being Feeling-Healing inclusive of the Divine Love.)

How one does their Feeling-Healing is by looking to their feelings for the truth they are to show you. You stop, acknowledge and thereby accept that you are feeling bad (or good), want to express that bad feeling and emotion instead of denying it, all whilst longing for and wanting to uncover the truth such feelings are to show you.

You have to want to FEEL ALL of your feelings, and especially your bad ones. And you have to want to know the whole truth of why you're feeling them.

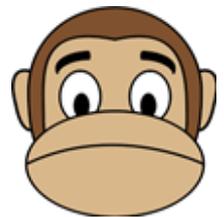
And to uncover the whole truth of yourself through your feelings, means you are going to be led by your feelings back into the complex dynamics and psychology of the relationships with your early carers and those people who were influential during your childhood, mostly your parents: feeling now as an adult the very same feelings you felt back then that you were forced to deny. So now you end the denial and finally release and express and bring out those long ago buried feelings, all so you can see the truth of what really went on between you and those people from your early life.

Our Healing is bringing out all our repressed childhood feelings, expressing them as fully as we can, as we long for and want to see, understand and know the whole truth of what happened to us to make us have them, how we reacted to having them, how we grew and developed into adults taking on our feeling repression and denial from our parents.

And it's a long, hard process as we strive to liberate all such repressed feelings and at the same time ascend in truth understanding why we are wrong, how as adults we've expressed those unloving, negative, anti-self patterns and how we've passed them onto our own children.

Our Healing is the ONLY way out of our pain. We are to understand the truth of our unloved state. We've begun life in an anti-self and anti-love condition of mind and will, and we are to liberate, or reveal, the truth of this state to ourselves through our feelings. We are to do it ourselves and for ourselves because we want to set ourselves free of our pain. Only by uncovering the truth of that pain, can we finally be liberated from it. Uncovering the hidden (hidden in our feelings) truth, is the only way we can spiritually grow and evolve into becoming fully loving people, this being achieved when we've finished our Healing.

All the answers to humanity's age old questions about why we are not happy and why we're not living life on Earth as if it were paradise, will be answered as people start to look to their feelings for the truth of themselves.



**And to spiritually help us, we are to understand:**

That we are conceived and so born into life being of Natural love. And because we've been brought into a state of deprivation of such love, so we have to Heal ourselves to become of such pure Natural love. And once done (and we can start anytime with our Healing) we can long to God for the Divine Love. The Divine Love coming into our soul via the Holy Spirit, transforming our Natural love soul into a Divine Love soul.

So we can long to God, our Heavenly Parents, for Their Divine Love.

God is our Heavenly Mother and Father; God is one Soul expressing Two distinct Personalities, and Personalities we can get to know personally as we express the truth of our soul. We can ONLY know our Mother and Father personally through our feelings, we can't get to know them with and through our mind as many religions teach. Any truly loving relationship is expressed through feelings and not the mind, and it's no different in our relationship with God.

We are, being of the image of God, one soul that's expressing its two soulmate personalities in Creation. And we begin life at conception coming into being individualising our personality through our life experiences.

However the whole of humanity has been subjected to a high spirit Rebellion and Default, which has stuffed us up, taken us off our true spiritual path, and caused us to rebel by default against ourselves, against our own soul, and against God. So currently humanity is still living in rebellion to the higher spiritual truths, those denied truths being now readily available through feelings, and not by looking to the mind being the arch controller. The higher rebellious spirits that instigated the Rebellion and Default against the Truth, have caused humanity, have caused us all, to use our mind to control our feelings, which we do by looking to our mind to help us deny those feelings we wrongly believe are bad for us.

So our Healing is looking to end the Rebellion and Default personally within ourselves and impersonally for the whole of humanity, as we all come together understanding the dreadful plight we find ourselves

in, and deciding that we no longer want to live as we do by looking to our mind though all our mind controlling religions and spiritual belief systems, choosing instead to look to our feelings for the truth they are to show us, and that will break down our controlling mind, setting us free to live true to our feelings.

And we are to understand that we have the freedom of will to live against our true selves by using our mind to control so many of our feelings. And we have the free will to end this mind control. **When we are living true to our feelings, we will be living true to the will of our soul no longer with our mind getting in the way. And so too will we be living True to God's Will. We live God's Will by living fully expressing all we feel as we long for the truth of such feelings. Our feelings are to guide us in life, not our mind; our true feelings are Our Way, which is also: God's Way.**

And we can ask our Mother and Father to help us. We can long to Them to help us embrace and accept and express, and long for the truth of our feelings; and we can long to Them for Their Divine Love.

Our Heavenly Parents have started us off in Creation by incarnating us onto a rebellious planet, one in which we experience what it feels like to go against ourselves and to go against Them. They have wanted us to start life in an unloving way, to live and experience and learn what living untrue to our soul and untrue to Their Soul feels like. And how it makes us all feel bad. We are starting off our lives in Creation in an unloving environment, which some people will find difficult to understand (for within it they do feel some love), and it can also be just as difficult to accept that God wants it this way. And not only that, but God is making you be the unloving person you are, God gave you your unloving parents (and the bits that might be loving), God is purposely making you suffer, God is in control of it all; and when your time comes, God will also help you do your Healing so you can come to understand yourself through your feelings. God will reveal all to you through your feelings. All the bad and all the good. We are all to one day understand what it's all been about for ourselves – and you will, God won't let you down, God will eventually answer all your questions.

So when you feel ready, you can decide that you want to live a Feelings First life. To begin your U-Turn, to start doing your Healing, and to end your pain, suffering and feeling unloved, by looking to the truth of such bad feelings.



And through your Healing you will slowly work your way deeper into understanding the truth of your unloving self- and feeling-denying state, and then once you've uncovered the whole truth of your wrongness, then a Great Change will come to you, and you'll no longer be living according to the negative, anti-self patterns you took on from your parents, you will be completely free of the Rebellion and Default, you will have finished your Healing, so you will be true and happy and wholly loving. And best of all, then you'll start living and learning about what it feels like to live being truly self-loving, loving of others and loving your Mother and Father. All the opposite to how you are living now.

**Long for the truth of your feelings.  
Long for the Divine Love.**

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

James Moncrief 18 March 2018

## It's time for the true Women's Revolution:

Liberation of the Feminine:

Women are Spiritual – live true to your feelings.

Put your feelings first – always. Let your feelings speak, DON'T DENY THEM.

I am my feelings. I care what I feel. I deserve the right to allow my feelings the right to exist. Let me OUT – Let my feelings have their Say. I will no longer keep them back, hold them in, shut them up. I want to be Heard. I want my feelings to have their say. I want to hear what my own feelings are telling me. It's time to face the truth, and my feelings are the way to it. My feelings won't like being suppressed, not once I get my mind out of their way.

Viva La Feelings – Women are Feelings. Women are Spiritual. Our Feelings are our true spirituality. Deny our feelings and we are denying our spirit. The suppression and forced repression of our feelings is to end. Bring Them ALL Out. Open your mouth and let your feelings come out, let your feelings have their say, and Long for the truth of Them. Want to know the truth of your feelings. My feelings are the Way to My Truth. I want to be true, beginning with being true to my feelings. And through my feelings I will be guided and shown how to live.

God loves all Feelings. You can only love God with your Feelings. Give ALL your good and bad feelings to God. Bring them out, stop keeping them hidden and bottled up. If you do, you'll never uncover the truth of yourself, nor will you really get to know yourself or God.

Your feelings are the key to your successful relationships. Block your feelings and you're blocking your relationships. Express your feelings and want them to show you the deeper truth of yourself, and your relationships will become true too.



Long Live My Feelings. MeTOOandmyFEELINGS. I am Woman let me FEEL. It's time to honour what I feel. Liberate the true feminine by liberating ALL your feelings. It can be very difficult, there will be many obstacles within yourself and outside of yourself, however if you want to truly set yourself free of your pain and suffering, then seek and long with all your heart for the truth of your feelings – for your feelings to show you the truth God wants you to see about yourself. And slowly you will heal, slowly you will change and overcome all such difficulties.

James Moncrief 18 March 2018

# FEELINGS FIRST For Kids

**May 16, 1916**

P.364 Book of Truths published by Joseph Babinsky

I am here, Jesus –

I will not write a formal message tonight, but will merely tell you that I was with you tonight at the home of Eugene Morgan, and wrote what you received as purporting to come from me. I meant that if I could establish the rapport with him I would cure him – and so I will. It depends somewhat on his having the necessary concentration and belief in me.

It may seem strange that I cannot do this unless this rapport is established, but it is a fact. There are certain laws which control the exercise of this power upon mortals which must be complied with. When on Earth I could come in direct contact with the mortal by reason of my being in the flesh, and as the power was in me, or could be engendered in me by the exercise of my spiritual powers, I encountered no obstacle in the way of my exercising these powers upon the mortal. But now there is no direct contact between me and the mortal, and hence there is no means of communicating this power to him until a rapport is established.

This rapport is something more than a mere “spiritual” connection. It partakes somewhat of the material, though we are not of the material; yet the rapport must be of the nature mentioned, and the material part of it must come from the mortal himself.

Now you will understand that my relationship in such cases with the mortal is very different from what would be your relationship to him, had you this power residing in you. And when the time comes for you to receive this power, you will not need to establish any rapport between you and whomever you may be able to cure. I mean it will not be necessary for this rapport to be established by drawing from the mortal any part of the material that belongs to him; this you will have yourself, and the power will be exercised by you simply as a mortal coming in contact with him.

This power can be possessed by mortals just as my disciples and others possessed it at the time that I was on Earth, and the same results may be obtained as were obtained in those days.

Well, the power that was manifested in you was somewhat of the nature that I have been speaking of, only it was a power borrowed, or conferred upon you by a spirit. It was a part of this spirit’s power, and thereby differing from that which you will receive as a part of your own self, when you shall have had that soul development and possession of the Divine Love, which are necessary prerequisites to any mortal – or spirit either – being able to receive the power.

The spirit who was trying to manifest through you to help Mr. Morgan was your own Indian guide, who is a very powerful spirit; and he drew on you very hard for the material that was necessary for him to make the manifestation. The power which he transmitted will help your friend, and he will realize it by morning. And if you had continued for a while longer, its effects would have become seen before you left him. I will try tonight, as I promised, to help him, and if we can form the rapport that I speak of, there will be no uncertainty as to the results. I will give especial attention to his case, as I desire to demonstrate to him that the power of the spirit world, when properly exercised, can be used to help mortals, even in their physical ills, to relieve them from their sufferings. I see that he has a very considerable faith and will make the effort to help establish this rapport, and we may succeed. At any rate, you have already helped him and he will realize it.

I will come to you soon and write you another message on an important subject, so that you may see the necessity for our working faster. I will not write more, but will say that I love you and am with you, trying to help you.

*So, with my blessings, I will say goodnight. Your brother and friend – Jesus*

**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’.

Consider undertaking a review of the **Book of Truths** regarding spiritual healing and how it can be achieved.

**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 19<sup>th</sup>, 2001

PASCAS  
HEALTH



PASCAS  
PASCAS  
PERS





**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 a son and daughter of God.**



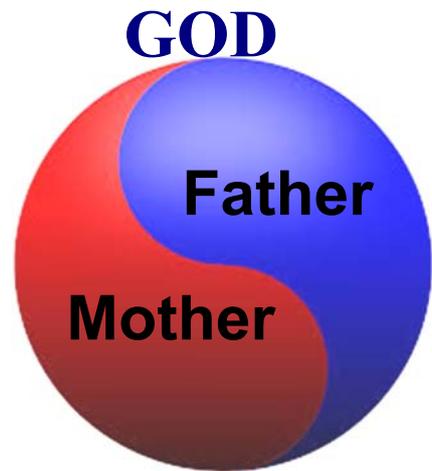
**Jesus of Nazareth and Mary of Magdalene, being soulmates, were both free of sin. Jesus and Mary, combined in their love for us, are our teachers and guidance for us to find our way home to our Heavenly Parents. To start this journey we are to liberate our souls from being entombed within our suppressive minds, through feeling and longing for the truth of our feelings via our soul and peel away our injuries incurred since conception.**

**Give yourself time to consolidate your relationship with the Mother and Father through the partaking of Their Love. And whilst you are doing this, you can learn about your healing, all that's involved with it, as there are many willing spirits to share their healing experiences with you.**

**When you are ready it will start happening simply because you will want it to, it all being orchestrated by your soul. And when that time comes you will have developed a strong foundation in your relationship with the Mother and Father for you to work from. 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.**

**It is to make longing for God's Love the priority, and then do one's healing; should one want to include God and the Divine Love in one's feeling healing. This is doing your soul-healing as you are seeking to heal your soul of all evilness – of that which made you become evil, and release all the hurt and pain of not being fully and truly loved.**

**WE ARE Children of God**



**WE ALL ARE BEING GUIDED HOME:**

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

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

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

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

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

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

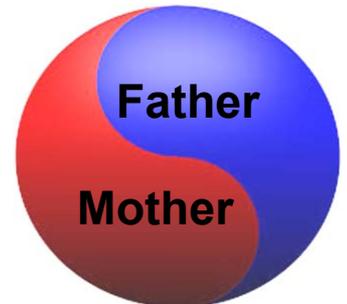
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God’s soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of our Mother and Father.

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

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

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

**GOD**



**M&F**



**J&M**



**AVO**

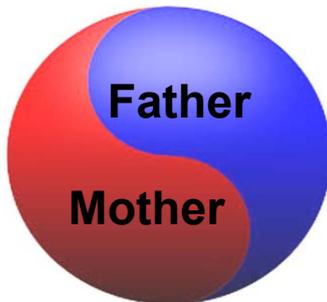


**HUM**

**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.

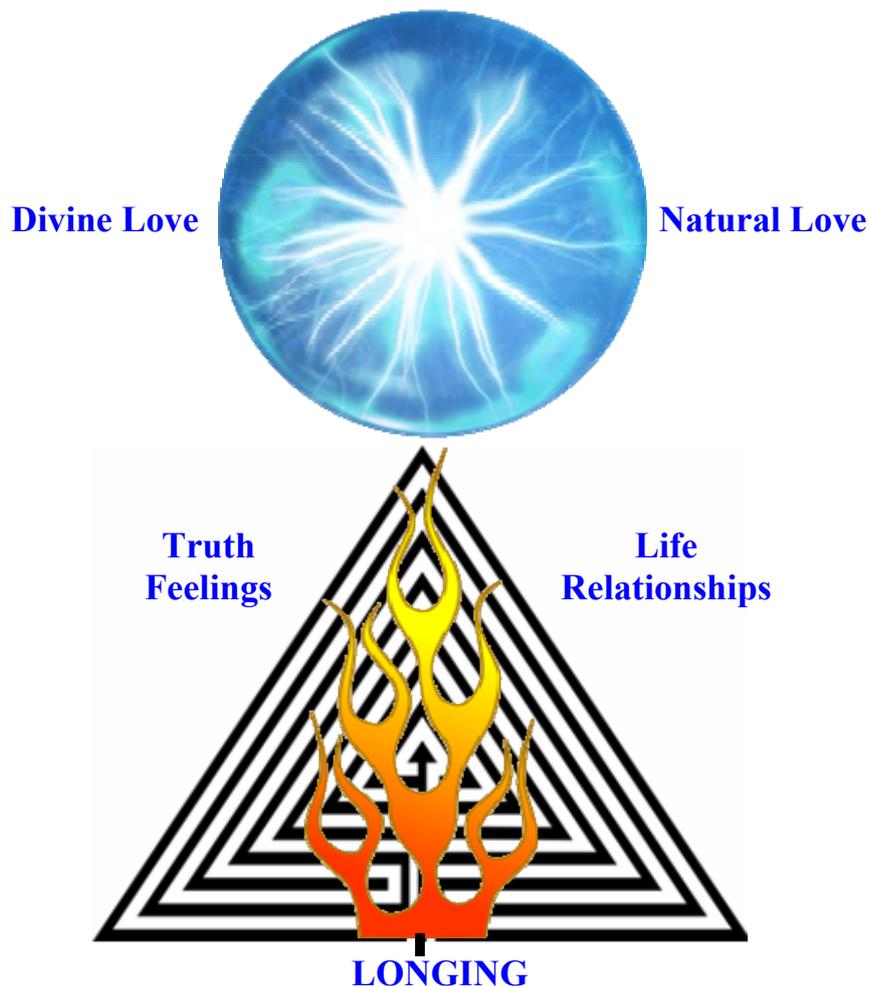
Collectively, should we embrace them all, as we are to, then our pathway home is a journey in the hands of the Spirits of Truth of the Avonal and Paradise Pairs overseen by our Heavenly Parents.

**WE ARE Children of God**

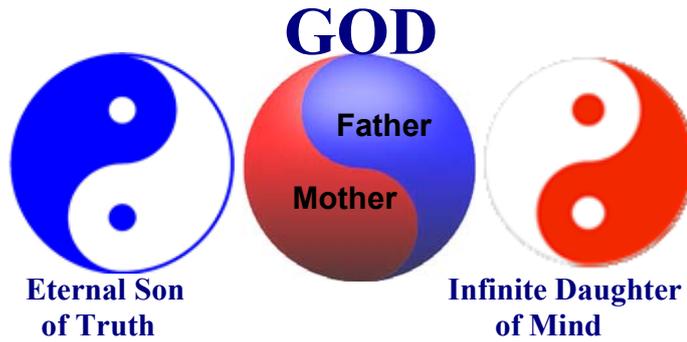
## HOW TO GET TO PARADISE:

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 Keys



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.

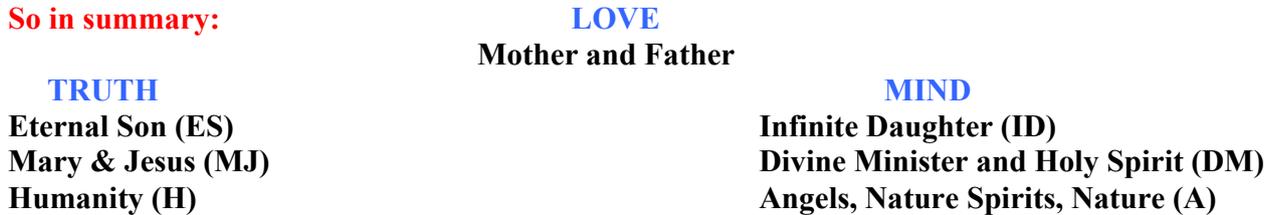
The LOCAL UNIVERSE TRINITY:

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**

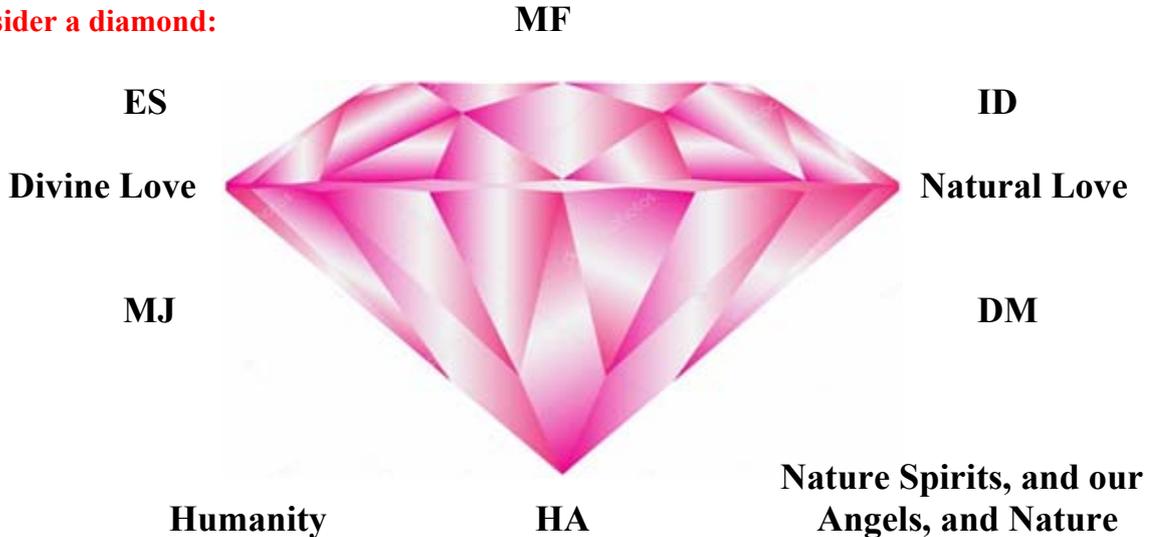
PLANETS that engage in REBELLION:

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.

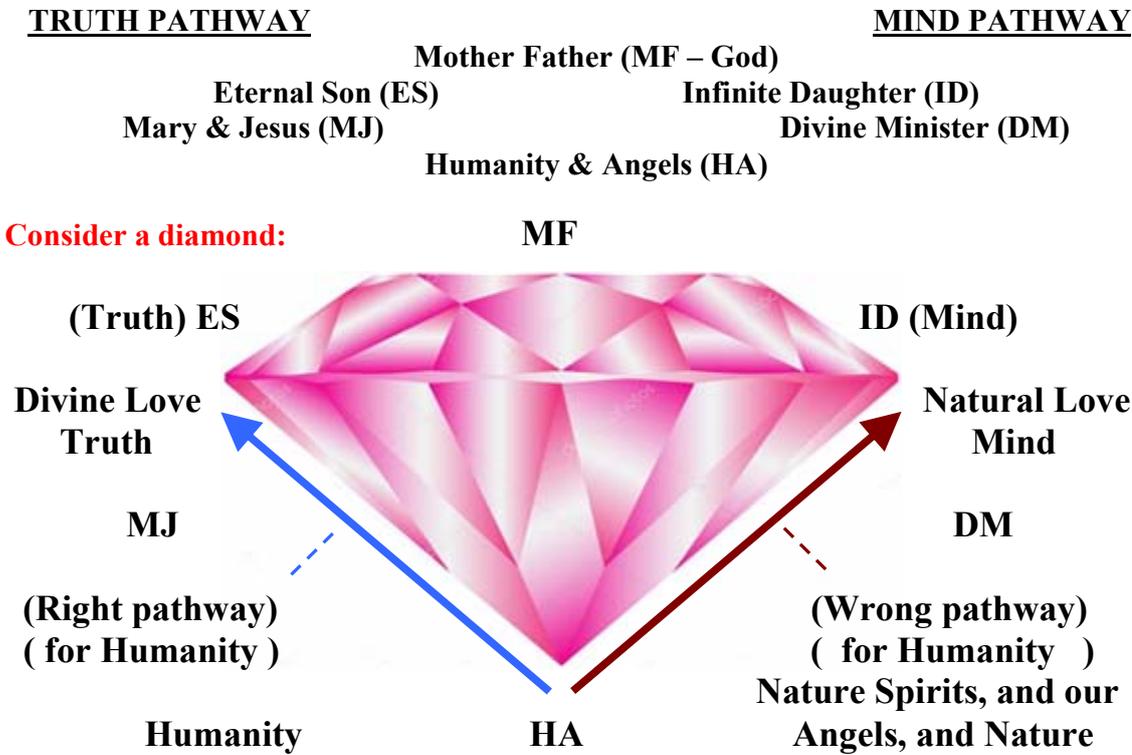
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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.

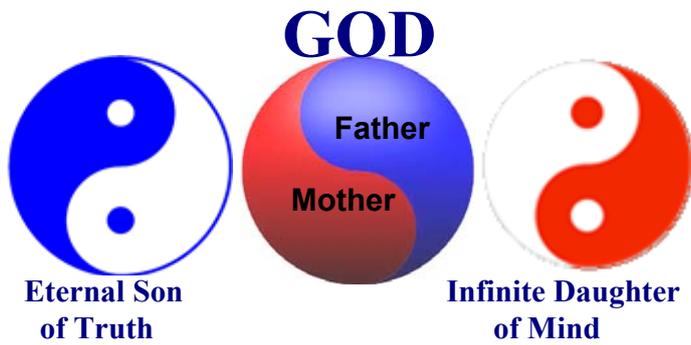
Currently the whole of Creation exists for the ascension of mortal souls from their earth planets to Paradise. It’s all one vast Grand Ascension Scheme. With all the higher and lower spiritual Daughters and Sons, together with all the many different angels and other universal spirit personalities, and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

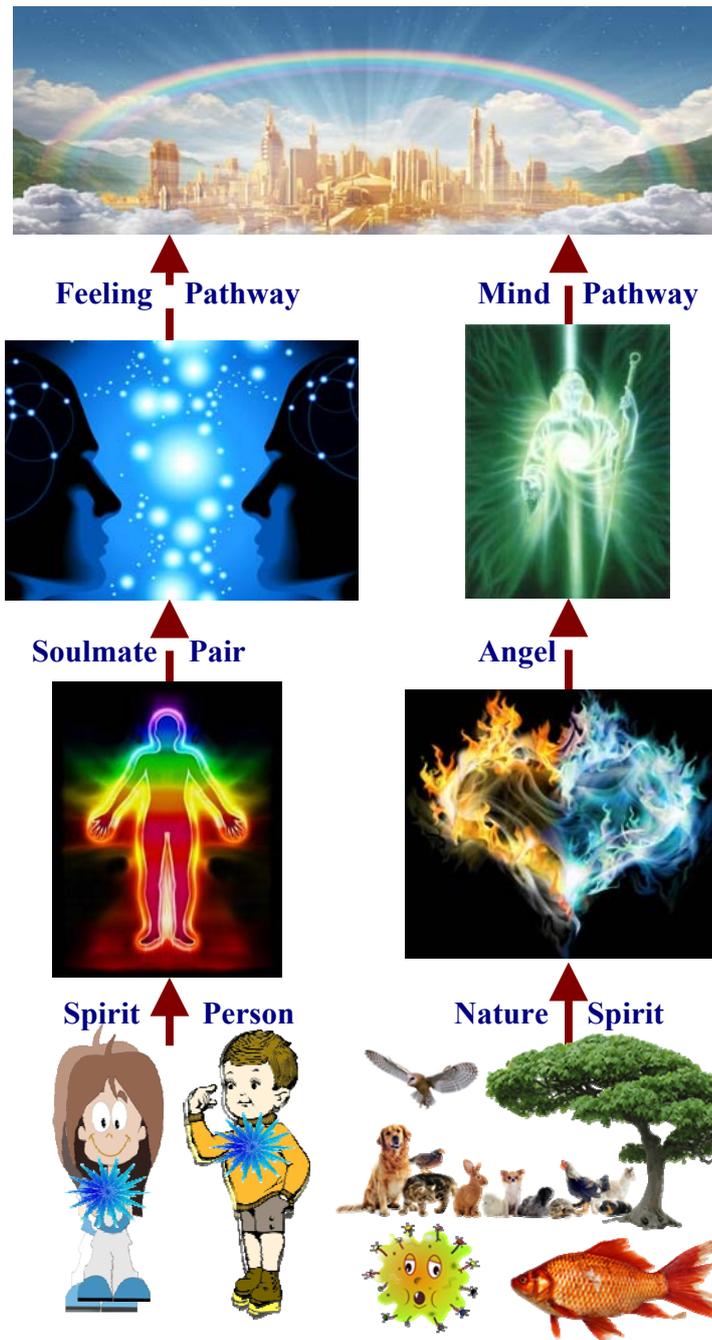
The soul of angels is experiential, evolving through their experience by continually progressing in mind development. Angels are to attain the Infinite Daughter (Spirit) of Mind. Angels are a creation of Mind. Our soul is duplex (we have a soulmate) and is created by our Heavenly Parents. Through our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



**CONSCIOUSNESS = SOUL CONDITION:**

| Consciousness Level | Population Percentage |
|---------------------|-----------------------|
| 600 +               | 1 in millions         |
| 540 +               | 0.4%                  |
| 500 +               | 4%                    |
| 400 +               | 8%                    |
| 200 +               | 22%                   |
| 200 -               | 78%                   |
| World wide average  | 212                   |

**3<sup>rd</sup> Sphere – Truth is told at all times.**

**2<sup>nd</sup> Sphere – One follows his/her desires.**

**1<sup>st</sup> Sphere – Actions dominated by fear.**

Earth is dominated by fear calibrating around 212 on MoC.

**Possible relationship of Map of Consciousness (MoC) with Mansion World Spheres:**

|                        |                |                                                                    |
|------------------------|----------------|--------------------------------------------------------------------|
| 8 <sup>th</sup> Sphere | 1,081 – 1,251+ | Achievement of at-onement on reaching 1,081                        |
| 7 <sup>th</sup> Sphere | 921 – 1,080    | Divine love only, transmission to at-onement and Celestial spheres |
| 6 <sup>th</sup> Sphere | 841 – 1,000    | Natural love mind world – perfect Natural love                     |
| 5 <sup>th</sup> Sphere | 781 – 920      | Divine love Mansion World                                          |
| 4 <sup>th</sup> Sphere | 651 – 840      | Natural love mind Mansion World                                    |
| 3 <sup>rd</sup> Sphere | 500 – 780      | Divine love Mansion World                                          |
| 2 <sup>nd</sup> Sphere | 500 – 650      | Natural love mind Mansion World                                    |
| 1 <sup>st</sup> Sphere | 1 – 499        | Natural love mind world predominantly                              |

World 1 embraces the regions of disharmony as well as introduction to Divine Love. All humanity awakens in spirit in the first Mansion World. Then they move, if required, upwards to higher mind levels or lower into the hell planes or over into the Divine Love healing worlds. Humanity, overall, calibrates around 212 on the Map of Consciousness.

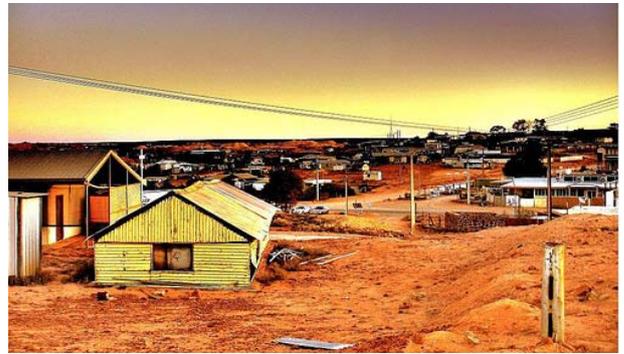
| Level of Consciousness | Rate of Unemployment | Rate of Poverty | Happiness Rate "Life is OK" | Rate of Criminality |
|------------------------|----------------------|-----------------|-----------------------------|---------------------|
| 600 +                  | 0%                   | 0.0%            | 100%                        | 0.0%                |
| 500 - 600              | 0%                   | 0.0%            | 98%                         | 0.5%                |
| 400 - 500              | 2%                   | 0.5%            | 79%                         | 2.0%                |
| 300 - 400              | 7%                   | 1.0%            | 70%                         | 5.0%                |
| 200 - 300              | 8%                   | 1.5%            | 60%                         | 9.0%                |
| 100 - 200              | 50%                  | 22.0%           | 15%                         | 50.0%               |
| 50 - 100               | 75%                  | 40.0%           | 2%                          | 91.0%               |
| < 50                   | 95%                  | 65.0%           | 0%                          | 98.0%               |

**1<sup>st</sup> SPHERE ASPECTS:**  
**Summerland, etc, nurseries**



**Summerland, etc., are beautiful regions of 1<sup>st</sup> sphere.**

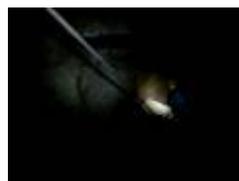
**Summerland, etc, are within the highest planes of the 1<sup>st</sup> mansion world / sphere.**  
**There are 1,000s of plains in the 1<sup>st</sup> sphere.**



**Ambience of mid range plains of the 1<sup>st</sup> sphere is where the majority of humanity pass into.**



**2 Planes of Disharmony / Earth:**  
**The hells are unimaginable places of darkness.**  
**Consider you are stuck at the end of the deepest longest mine ever, on your own, without any lights!**





**SPHERES of PARADISE**

**INFINITE and UNIVERSAL SPHERES**

**ETERNAL SPHERES**

**CELESTIAL HEAVENS**

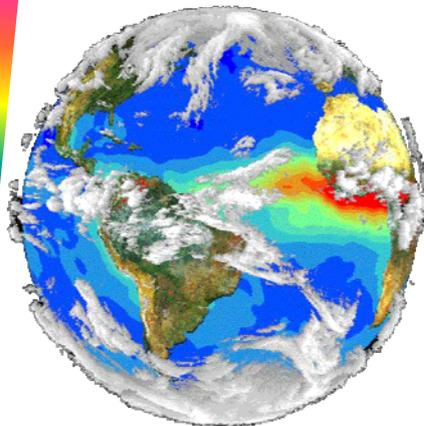
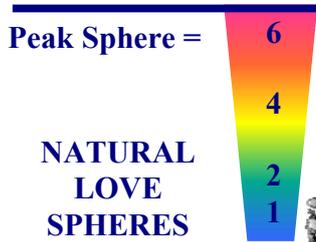
**Soul spheres  
are not  
numbered.**

**Soul spheres  
are to:**



**The New Birth = Become at one with God: sphere 8**

**Spirit body  
spheres are  
1 - 7**



**DIVINE  
LOVE  
SPHERES**

**Earth sphere is for  
the physical body.**

**NATURAL LOVE and DIVINE LOVE SPHERES and FEELING HEALING PLANES:**

**Divine Love progress is to infinity**

Peak of 7<sup>th</sup> sphere is where one becomes at one with our Heavenly Parents.

These calibrations are an approximation utilising Dr David Hawkins' 'Map of Consciousness' table:

**Natural Love peak is 1,000 on MoC**

**Natural Love 6<sup>th</sup> Sphere**  
Mansion / Mind Worlds  
  
MoC 840 – 1,000

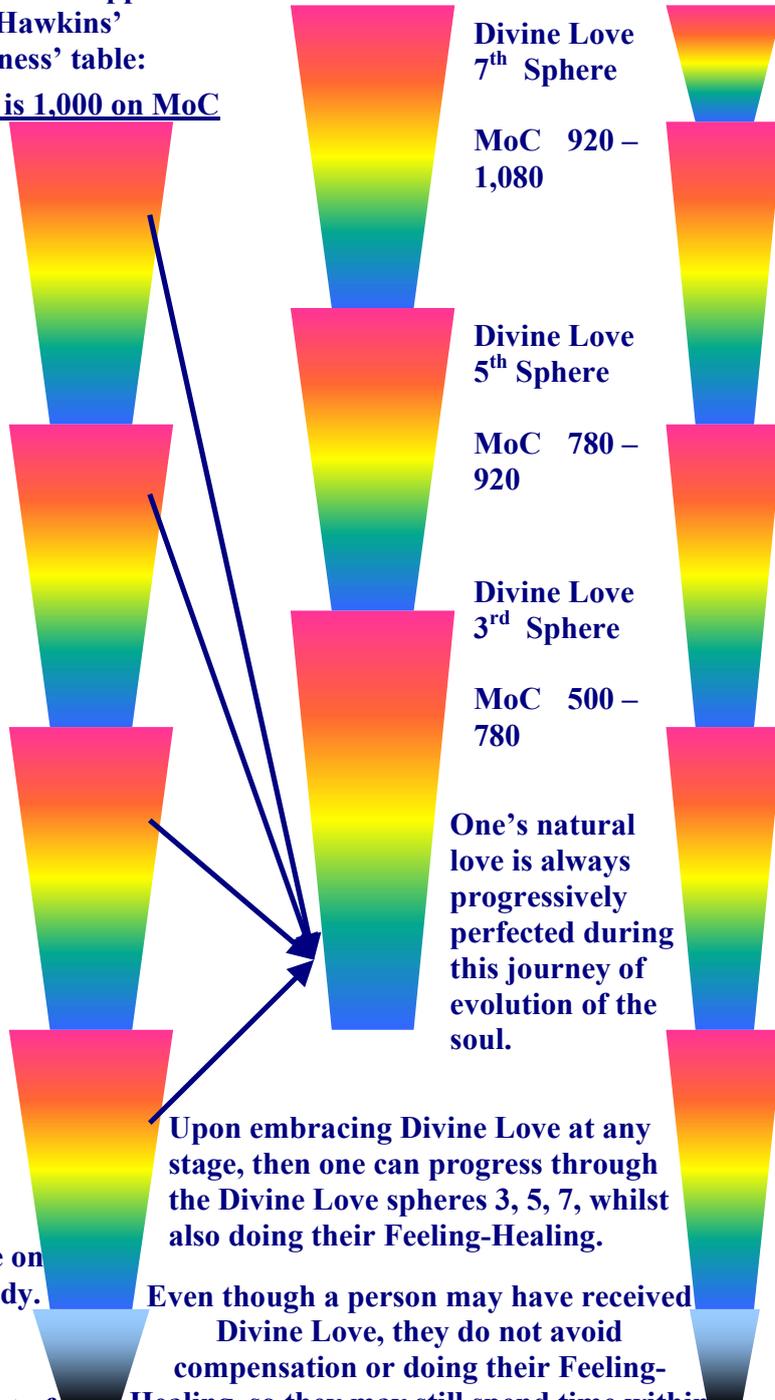
**Natural Love 4<sup>th</sup> Sphere**  
Mansion / Mind Worlds  
  
MoC 650 – 840

**Natural Love 2<sup>nd</sup> Sphere**  
Mansion / Minds Worlds  
  
MoC 500 – 650

**Natural Love 1<sup>st</sup> Sphere**  
  
MoC 200 – 500

We all enter the 1<sup>st</sup> natural love sphere on the death of our body.

**HELLS:**  
MoC 1 – 200  
Hells being a sub-set of 2 Spheres of Disharmony.



**Divine Love 7<sup>th</sup> Sphere**  
  
MoC 920 – 1,080

**Divine Love 5<sup>th</sup> Sphere**  
  
MoC 780 – 920

**Divine Love 3<sup>rd</sup> Sphere**  
  
MoC 500 – 780

One's natural love is always progressively perfected during this journey of evolution of the soul.

Upon embracing Divine Love at any stage, then one can progress through the Divine Love spheres 3, 5, 7, whilst also doing their Feeling-Healing.

Even though a person may have received Divine Love, they do not avoid compensation or doing their Feeling-Healing, so they may still spend time within the spheres of disharmony.

Natural Love sectors for those doing their Feeling-Healing, without the Love, are within the Natural Love Mansion Worlds:

Progressing through the natural love worlds, within Feeling-Healing sectors, while doing one's feeling healing, upon reaching the 6<sup>th</sup> Sphere having completed Feeling-Healing, one can then embrace the Divine Love and proceed directly to the 7<sup>th</sup> Divine Love Sphere.

Then they may prepare to enter the Celestial Heaven Spheres from there.

This pathway is when, or should, the Divine Love not be available before perfecting one's soul.

**SOUL:**

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

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

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



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

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

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

95%+ of humanity currently are within the 1<sup>st</sup> sphere of development.

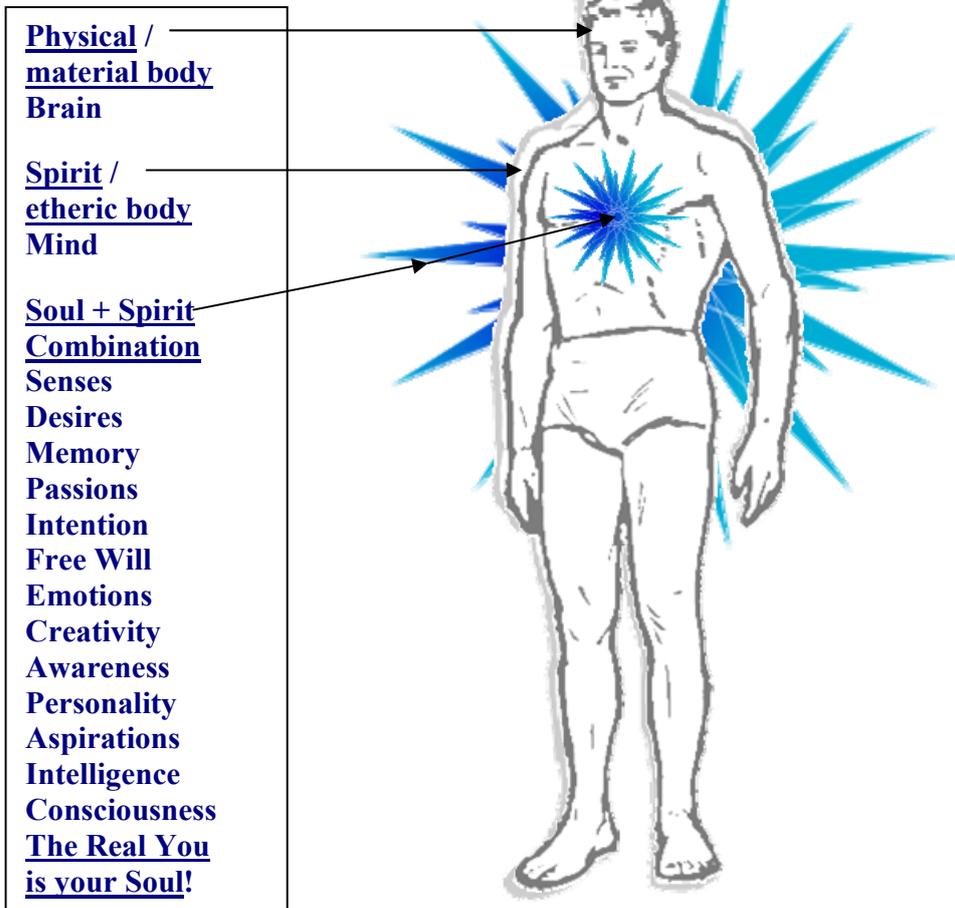
**PERSONALITY**

Soul    Spirit Body    Physical Body

**PERSONALITY**

Physical Body    Spirit Body    Soul



ASPECTS of LIFE:

The spirit body is composed of a different kind of matter, "finer" or more "ethereal". The fact that its aspect reflects the condition of soul is a clear indication that the soul influences largely its formation, and even more, the soul is indeed the creator of this body, which covers it and provides it with the characteristic of individuality. The formation of the spirit body begins at the moment of incarnation of the soul in the foetus, incarnation which only takes place should there exist a high probability that the spirit of life has found in the new organism a stable biological structure, allowing it to carry out its life-giving function.

P529 Judas of Kerioth 8<sup>th</sup> May 2002

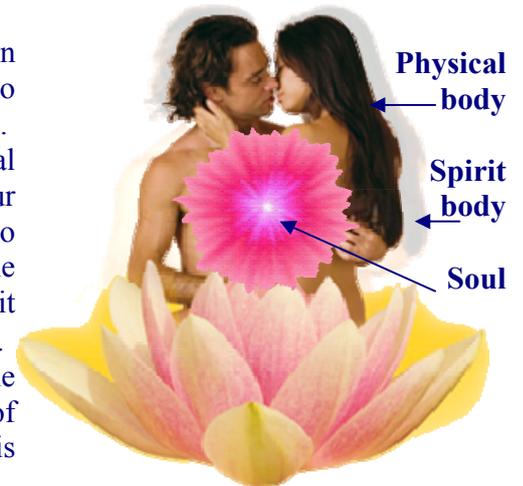
**At the moment of conception, we incarnate, that is, we achieve individualisation and become self aware and we are then able to exercise our free will.**

**At the moment of conception, our soul, being our real self, is creating the newly forming embryo and everything else every step of the way as Judas says above. And our soul utilises our parents' life forces to achieve incarnation.**

**At the moment of conception, there is nothing of the Divine within us. Only as we proceed to ask for and receive Divine Love does our soul slowly and progressively change into the nature of that which is Divine. As our soul receives Divine Love, and embraces Feeling Healing, it will grow, and grow, and grow in brilliance and into that which is Divine.**

### The REAL YOU is the SOUL:

One's personality, natural intelligence, memory and human attributes all are soul based. The soul initiates conception so it can start expressing one of its two personalities in Creation. It creates the will, then 'wills' the spirit body and physical body and all that connects them with the will into being. Our soul constantly sustains or expresses us, one of its two personalities, in Creation. The spirit can't separate from the soul because the soul keeps it in existence. We need our spirit and physical bodies to experience our personality through. When the spirit body separates from the physical body, one continues on living in a different form without losing any of the attributes experienced during physical life. Incarnation is the process of individualisation of the soul.



Without a soul, our physical bodies would function and interact similarly to that of a domestic animal. An unsouled human body (thought not possible) would respond like a household puppy! Domestic animals calibrate on Dr David Hawkins' Map of Consciousness between 200 and 250, the human body calibrates at 200. All animals have spirit bodies, these do not survive into the spirit Mansion Worlds. Our SOUL IS NOT ENSOULLED IN OUR SPIRIT BODY. Our soul exists existentially in a whole different level or plane or place or dimension of being – 'soul land'. It doesn't exist in Creation, it's not experiential like Creation is. The soul, all souls, help create their part of Creation by expressing their personalities into Creation, and then by having their personalities do things (further create) in Creation.



**Our first parents, Andon and Fonta (also called Aman and Amon), were the first to exhibit human perfection hunger some one million years ago. Adam and Eve, Adamite bestowals, arrived some thirty eight thousand years ago – or earlier.**

**Aman and Amon** were the first True Humans, which means, the first soul expressing its soulmate pair, its two personalities, in Creation – on Earth. From which came forth the rest of us. So they had a soul from the start, which separated them from their animal parents. It's the soul that wants to fully express itself through its two personalities perfectly in Creation, which is the so-called 'human perfection hunger'. It, our soul, wants to be Perfect like its Heavenly Parents, the Soul that Created it. We, focused as personalities, want to be perfect, like the Personalities of our Mother and Father that are Perfect. Our soul wants to be like Their Soul. Our soul wants to ascend us to Paradise so we can be with Them, as physically close to Them on a personality level that we can be, and then see what happens.

There were aunts and cousins, parents and grandparents. But they were not human like Aman and Amon – they were really animals, though of the same species. Aman and Amon wandered off from the family, since they could find no way of relating to them at all. How could they? They were incapable of rational thought, speech, or anything human. Aman and Amon knew that forevermore that they were apart.

Aman and Amon may have been twins. They were indeed a primate species of humanoids. But they, themselves were more beautiful than their animal relatives, and they knew, even from their very appearance, that they were marked even by Nature to be different.

LUMINOSITY of the SOUL grows with LOVE:

**DIVINE LOVE is a SUBSTANCE**

Angels actually do not have wings.

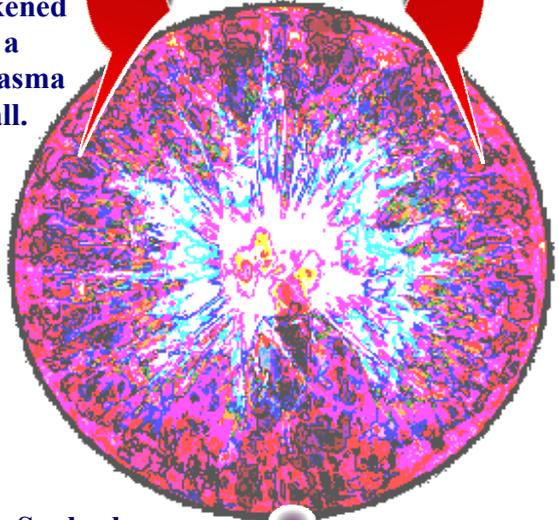
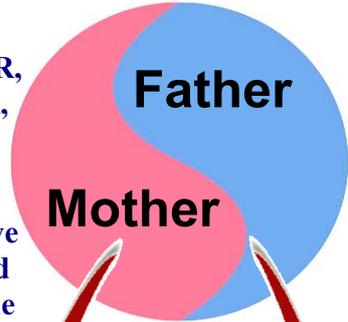


One's soul can grow from the condition of a dark dried up pea to that of a Celestial Angel by asking for and receiving Divine Love. Divine Love changes the essence of the soul to that of the Divine. Nothing else can do this.

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

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

Your soul can be likened to a plasma ball.



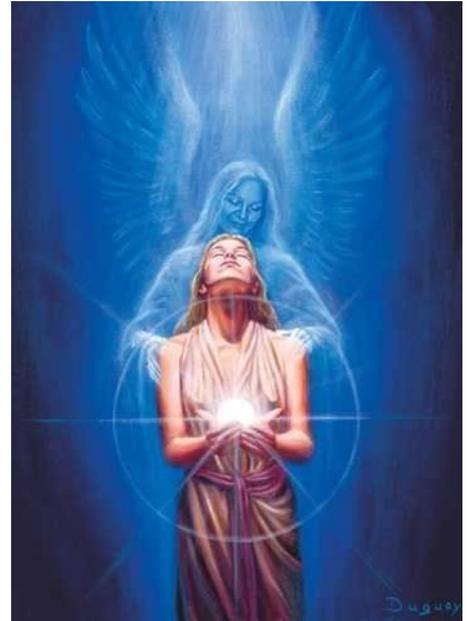
Soul releases errors and negative emotions via one's Feeling Healing with Divine Love.



### **SPIRITUAL HEALING:**

Where the person themselves, are encouraged by the spirits around them to actually feel their causal / core emotions about their sickness, under those circumstances, a Divine Love spirit will assist in the healing of that person, and the person will be healed, because the person has addressed the cause of the illness within them through Feeling Healing.

Angels only reside in the Celestial Realms – sphere 8 and onward to infinity, which are the realms of Divine Love.



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

### **Rapport necessary for spiritual healing:**

This is how Jesus healed while on Earth. And it is saying in this message below (from Jesus to Dr Daniel Samuels as via mediumship means), that if both the person desiring to heal and the person needing the healing raise themselves through sincere and heartfelt prayer above the Earth planes a healing can be given from God, usually via a high level spirit person (up to and including 6<sup>th</sup> sphere, or celestial spirit (8<sup>th</sup> sphere and higher). Going through God ensures the loving condition of the celestial allocated is able to provide such healing. This message also notes that if an organ was already worn out it can't be restored or replaced by this means; this exercise is usually undertaken by surgeons through medical intervention. Now your (if you choose) aim may now be simply to heal the wounds well and any other discrepancies within the body.

**A Healer's main focus may be to reach a point of faith and love to achieve such healings and also to coach people that they too can do this for themselves.**

## Revelation 19: Rapport necessary for spiritual healing.

<https://new-birth.net/samuels-messages/53-revelations/revelation-19-rapport-necessary-for-spiritual-healing-ntr81/>

(This message is referred to as Revelation 30 on page 81 in New Testament Revelations of Jesus of Nazareth)

Received by Dr Samuels. Washington D.C.

November 28th, 1955

I am here, Jesus:

The question has been raised by one of the members of the Foundation Church of the New Birth, of which I am the Leader, regarding the delays incurred in healing and the possibility of death taking place before such healing is accomplished on the part of spirits assigned to this task.

Healing can be effected as a result of rapport between the ailing person and the spirit healer; for, when rapport has thus been established, the spirit can work directly upon the sick person without an intervening healer being required to accomplish the healing.

The sick person, however, through faith and prayer, must lift himself above the Earth-plane and attain a spiritual condition on a level which is free of Earth bound spirits, and make possible the contact between the spirit healer and the patient. In spiritual healing of this nature the patient actually raises himself to a spiritual plane higher than the one in which he lives, and comes into rapport with spirit healers. The Divine Love is not necessary for this healing, for many of these spiritual healers are devoid of it, but although they are on a high moral and spiritual plane, it is difficult for them to contact mortals who have not been able through lack of faith and prayers to arise out of their Earth plane condition to establish the rapport with these spirit healers. This is accomplished through a soul operation and is not a mere mental operation that does not come from the heart. That is why the usual genuine mediums of the Earth plane who have no faith or understanding of this law, can do no more than to attract undeveloped Earth plane spirits who have no healing powers.

Again, the patient may be healed through a doctor or a healer whose state of soul is such that he can attract spirit healers, yet the mortal healer can do little or nothing unless the positive faith of the sick man has raised him above the Earth condition I have mentioned, so that the spirit healer can make rapport with him.

When the rapport is made, the therapeutic forces and energies from the spirit world can operate through the mortal doctor or healer, and by their transmitting these forces and energies through him into the ailing person, this can become the means by which the spirit healing is brought about. The spirit healing is actually a therapy or therapeutic treatment which is transmitted from the spirit healers to the patient and acts upon the diseased organs to restore them, but the transmittal is made possible only through faith, which acts as a conductor of these healing forces and energies.

Thus you see that faith that God will help and heal will not only set in motion these healing forces and energies of the spirit world, if God so wills it, but puts the patient into the condition which will allow these healers to do their work, **either directly** or through the intermediary of a mortal who by his own spiritual condition may attract them. Faith is the reality which permits the healer and the sick person to make contact with the spiritual forces. That is why I was able to heal many sinners because of their faith

in my healing powers, and not heal righteous persons who had no faith. He who has faith creates a condition whereby evil spirits – who intensify or cause the distress to persist – are separated from their control and contact with the patient, so that the spirit healers can make the rapport and operate.

Those who have no faith, and who therefore die as a result of the delay, have died not because of any injustice or lack of mercy or loving kindness on the part of the Father, but because their own lack of faith in His ability to help and heal prevented Him from accomplishing the ministry which He so lovingly entrusted to His ministering angels. The prayers and faith of a loved one for the sick person is very often of great benefit to the sick, for the sincere love on the part of a mortal not only attracts the spirit healers but enables the healing force to reach the sick person through the love which is communicated to the ailing person, and it may sound strange to you, yet it is so, that often the best physician is he who in earnestness of love and sympathy and sorrow sends his prayers to the Father in all faith that He will accomplish what man and medicine cannot do.

And such rapport between spirits obedient to God's word and the prayerful soul is brought about thereby, so that the healing forces are transmitted through him to the sick person he loves. Here is a case of the development of the natural human love operating on a high plane to make spirit contact for healing purposes without the Divine Love, but with His Love (Divine) operating through man, as in my own case in Palestine when I healed, the healing is far more efficacious and rapid, and I was able to perform instantaneous healing.

In a word, I wish to show that love and faith and prayer in earnestness of soul are realities which perform feats of healing that are impossible under conditions wherein cold intellect and Earth plane conditions prevail.

Second part of message

Received February 7th, 1956

The question arising when death occurs to a loved one, in spite of prayers to the Father for His Love, is one which is important for greater understanding of the Father's wonderful Love and Mercy. Healing process depends, aside from the spiritual forces which are engaged in the work, upon the condition of the organ or part of the mortal body to be restored. An organ which when not under pathological attack is in good functioning order can be restored to its pristine health regardless of the pathological disturbance from which it may suffer. That is to say, a healthy organ when attacked by disease or by some condition causing a malfunctioning of the organ may be restored to normal use through the method of spiritual healing which I have already mentioned in my other writings to you on this subject. But where an organ through normal use has reached a condition of weakness or malfunctioning because of that use, it simply means that the organ in question has reached a point in mortal living where it can no longer be restored to a condition of health it no longer enjoys, and any effort on the part of spirit healers to restore that organ would be fruitless and without purpose.

To be sure, spiritual healing can delay death and restore organs to a state of previous health, but spiritual healing is powerless to provide the body with new organs in place of those which have through normal functioning ceased to function in a way to maintain bodily health. This is what one may describe as old age in the mortal world, which is a normal process for all, except that it may occur at different times with various individuals, depending upon many factors, which need not be discussed here. When this condition is reached it simply means that the person's time has come to relinquish his tired and worn out body and enter upon his new life in the spirit world. Again, I repeat that the spirits cannot rejuvenate an

organ and restore that organ to a condition of health which it did not originally possess prior to the fatal onset of the disease due to degeneration and decay through normal use in mortal living.

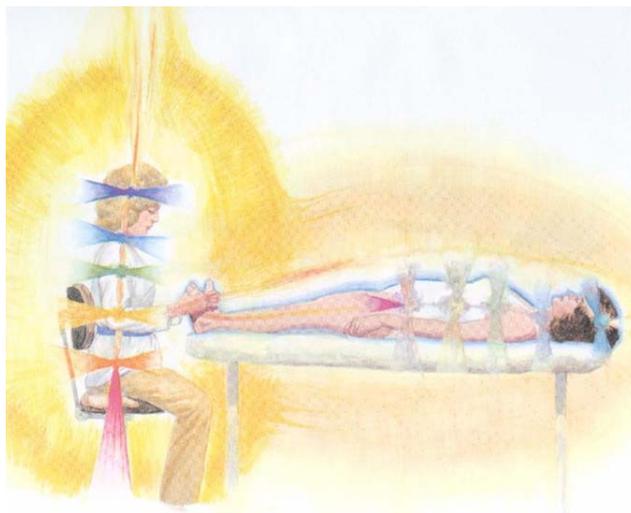
I urge you and the doctor, as well as all interested sincerely and wholeheartedly in helping to save and cure a loved one or oneself, to obey the spiritual laws of soul reality and seek the Father, His Mercy, His Loving Kindness, and, greater than these, His very Essence and Nature in His Divine Love which He seeks to pour out on whomsoever craves it in earnest longing of soul. And this power that was mine, and that of my disciples when I was on Earth, may be yours for the sincere asking. Pray again and again for the Father's Love and At-onement with Him.

Master of the Celestial Heavens

Revelation 40: Why Jesus taught in parables; how his disciples were able to heal.

“And let me say, further, that [when I sent forth my disciples in pairs to teach](#), I did not enable them to heal the sick and cure the blind and the lame, and otherwise crippled, because it was not in my power to do so. For such power could only be obtained as a result of the consequences of the Divine Love being possessed by their souls to such an extent that they would be possessed of the power to cure through the Heavenly Father, whose power would then be used in obedience to the prayers for healing on the part of the disciples having the Divine Love in that abundance in their souls. So that, the New Testament is wrong in that particular, as it has been shown to be wrong in many others, when it states that I empowered my disciples to heal. They could not heal at all until the day of the Pentecost, when the Divine Love came to them in that abundance that they were enabled to heal as a consequence of the power which the Divine Love in their souls gave to them.

“But I did advise and instruct my disciples regarding their circumspection and conduct in preaching the New Birth, which they did not wholly understand with their minds but could grasp only with their soul perceptions; and they did preach and make converts who showed themselves later to be real believers at the time of, and after, my death.”



**Our wondrous soul is an incredible ball of plasmatic intelligent energy. With the infusion of Divine Love, our soul will progressively change from that which is not Divine to that which is Divine. All we need to do is ask!**

**We are created in the image of our Mother and Father, but not of the substance of our Heavenly Parents. There is nothing of the Divine within our soul at the time of our individualisation, that is, upon our incarnation which is at the time of conception.**

**We have free will. Only should we ask for God's Divine Love, do we receive it. As we ask for and receive Divine Love the nature of our soul steadily changes to that which is Divine. Only with Divine Love can we grow and become at one with our Father. Becoming at one with our Heavenly Parents occurs upon our progression into the 8<sup>th</sup> Sphere, which is upon entering the Celestial Realms and leaving the Spirit World.**

**We can become at one with our Mother and Father whilst here in the physical world.**

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



**Oliver Twist asked:**

***Please, sir, I want some more!***

**Maybe we should simply ask:**

***Please, Mother and Father, I want some more!***

**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 of these negative embellishments within one's soul as Divine Love flows in – Divine Love being the greatest gift in all the universe.**

**PHYSICIAN, HEAL THYSELF:**

The basic principles that facilitate the process of self-healing.

- A thought is a “thing”. It has energy and form.
- The mind with its thoughts and feelings controls the body; therefore, to heal the body, thoughts and feelings need to be changed.
- What is held in mind tends to express itself through the body. What one holds in mind tends to manifest.
- The body is not the real self; it is like a puppet controlled by the mind.
- Worries are chronic fears. Paranoia is its extreme. Sustained and chronic fear gradually suppresses the body’s immune system. Fear is healed by love. Love is the ultimate energy.
- It is fear and guilt that bring about disease and failure in every area of one’s life. We can take the same protective actions out of love, the most of all beneficial energies, rather than out of fear.
- Beliefs that are unconscious can manifest as illness, even though there is no memory of the underlying beliefs.
- An illness tends to result from suppressed and repressed negative emotions, plus a thought that gives it a specific form (i.e., consciously or unconsciously, one particular illness is chosen rather than another).
- It is possible to reverse the disease process by removing the internal stress factors.
- Chronic stress weakens the body’s immune system by blocking the body’s immune system.
- A negative thought or feeling instantly weakens the body and creates an imbalance of the body’s energy flow.
- The price we pay for chronic anger and resentment is sickness and premature death. Is this worth the small satisfaction of being right?
- Forgiveness heals the heart – literally. This also encapsulates self-forgiveness.
- Elimination of guilt accompanies release of all judgments against others and one’s selves.
- Every mistake we make is based on an opinion.
- Love facilitates healing. It transforms life. Love is the energy that silently transfigures every situation.
- The brain is not the origin of the mind, but the other way around. The mind controls the brain. The brain is activated by the mind’s intention and not vice versa. One’s mind is within the spirit body, generally recognised as the auric field or etheric body.
- Thoughts are caused by suppressed repressed feelings. When a feeling is let go, thousands or even millions of thoughts that were activated by that feeling disappear.
- Although a specific belief can be cancelled and energy to it can be refused, it is generally a waste of time to try to change thinking itself.
- We surrender a feeling by allowing it be there without condemning, judging, or resisting it. We simply look at it, observe it, and allow it to be felt without trying to modify it. With the willingness to relinquish a feeling, it will run out in due time.
- Laughing is a method of letting go.
- A strong feeling may recur, which means there is more of it to be recognised and surrendered.
- In order to surrender a feeling, sometimes it is necessary to start by relinquishing the feeling that is there about the particular emotion (e.g., guilt that “I shouldn’t have this feeling”).
- In order to relinquish a feeling, sometimes it is necessary to acknowledge and let go of the underlying payoff of it (e.g., the “thrill” of anger and the “juice” of sympathy from being a helpless victim).

- Feelings are not the real self. Whereas feelings are programs that come and go, the real inner Self always stays the same; therefore, it is necessary to stop identifying transient feelings as yourself.
- Ignore thoughts. They are merely endless rationalisations of inner feelings.
- No matter what is going on in life, keep the steadfast intention to surrender negative feelings as they arise.
- Make a decision that freedom is more desirable than having a negative feeling.
- Choose to surrender negative feelings rather than express them.
- Surrender resistance to and scepticism about positive feelings.
- Relinquish negative feelings but share positive ones.
- Notice that letting go is accompanied by a subtle, overall lighter feeling within yourself.
- Relinquishing a desire does not mean that you won't get what you want. It merely clears the way for it to happen.
- Get it by "osmosis". Put yourself in the aura of those who have what you want.
- "Like goes to like." Associate with people who are using the same or similar motivation and who have the intention to expand their consciousness and to heal.
- Be aware that your inner state is known and transmitted. The people around you will intuit what you are feeling and thinking, even if you don't verbalise it.
- Persistence pays off. Some symptoms or illnesses may disappear promptly; others may take months or years if the condition is very chronic.
- Let go of resisting the technique. Start the day with it. At the end of the day, take time out to relinquish any negative feelings left over from the day's activities.
- Don't look for answers; instead, let go of the feelings behind the question.
- You are only subject to what you hold in mind. You are only subject to a negative thought or belief if you consciously or unconsciously say that applies to you.
- Stop giving the physical disorder a name; do not label it. A label is a whole program. Surrender what is actually felt, which are the sensations themselves. ***We cannot feel a disease.*** A disease is an abstract concept held in the mind. We cannot, for instance, feel "asthma". It is helpful to ask, "What am I actually feeling?" Simply observe the physical sensations, such as, "Tightness in the chest, wheezing, a cough". It is not possible, for example, to experience the thought, "I'm not getting enough air". That is a fearful thought in the mind. It is a concept, a whole program called "asthma". What is actually being experienced is a tension or a constriction in the throat or chest. The same principle goes for "ulcers" or any other disorder. We cannot feel "ulcers". We feel a burning or piercing sensation. The word "ulcer" is a label and a program, and as soon as we use that word to label our experience, we identify ourselves with the whole "ulcer" program. Even the word "pain" is a program. In reality, we are feeling a specific body sensation. The process of self-healing goes more quickly when we let go of labelling or giving a name to the various physical sensations.
- The same is true with our feelings. Instead of putting labels and names on feelings, we can simply feel the feelings and let go of the energy behind them. It is not necessary to label a feeling "fear" in order to be aware of its energy and relinquish that energy.
- Using the mechanism of letting go, allow yourself to go into all the negative emotions that you may feel you have and allow the feelings to come up one by one, and let them go.
- With courage we can let go: I can look at my feelings. I don't have to be afraid of my feelings anymore. I can handle them. I can take responsibility for them. I can learn how to accept them and be free from them. I am willing to take risks, to let go of old points of view and explore new ones. I am willing to be joyous and share my experience with others. I experience myself as well and able.

- Disease-prone beliefs, we can look at the following questions:
  - Do I worry about my health, holding fear thoughts in mind about what might happen to me?
  - Do I get a secret feeling of fear, excitement, and danger when I hear about a new disease that is currently being reported and in vogue?
  - Do I spend time on constant checkups, reading about diseases, getting frightened by TV stories about them?
  - Am I interested in hearing about the diseases of famous people?
  - Do I believe that the environment and foods are full of hidden dangers, or that foods contain additives which are poisonous and will cause disease?
  - Do I believe that certain diseases “run in our family”?
  - Do I stop or want to stop (but don’t dare) to witness auto accident victims?
  - Do I like hospital TV programs?
  - Do I like TV programs that include hitting, shouting, fist fights, killing, torture, crime and other forms of violence? (Such programs insult the immune system, on average, 113 times!)
  - Am I a guilt-ridden person?
  - Am I holding a lot of anger?
  - Do I condemn other peoples’ behaviour? Am I prone to be judgmental?
  - Do I hold resentments and grudges?
  - Do I feel trapped and hopeless?
  - Do I say of myself, “Whatever is going around, I’ll probably catch it”?
  - Am I concerned with acquisitions and status symbols instead of the quality of relationships?
  - Do I carry a lot of insurance and still worry that it’s not enough?
- The mechanism of letting go is concerned with the emotional “what” from moment to moment, without involving the intellect. The “why” becomes apparent of itself once the “what” has been relinquished. Its one thing to analyse the causal basis of depression and quite another to enter fully into the depth of hopelessness by letting go of your resistance to the feeling. By allowing the full feeling of it and by letting go of every sensation, every thought, and every little payoff you are getting from it, you are free. It’s not necessary to probe the “why” of depression to become free from the “what” of it.
- The objective of letting go is the elimination of limiting mental and emotional programs.
- With the mechanism of letting go, there is no patient role and no dependency on another person or theory. The very wellsprings of neurotic patterns automatically unfold as they are acknowledged, relinquished, and disappear.
- The way to change our bodies is to change our thoughts and feelings.
- One’s letting go of the lower energies of guilt, fear, anger, and pride alleviates the weight of the past and clears the clouds of the future. One then can face today with optimism and be grateful to be alive. One can see that yesterday is gone, tomorrow has not yet come, and we have only today.
- Without a change of consciousness, there is no real reduction of stress.
- A state of peace about the situation is reached when all three aspects of illness – physical, mental, and spiritual – have been addressed and the final outcome or wished-for recovery has been surrendered. Peace comes with total inner surrender to *what is*.
- The goal of letting go is the elimination of the very source of all suffering and pain.
- The power of self-healing is now available.

**Feelings first**

## HEALING PROPERTIES of SUBSTANCES

Sunday, 25 March 2018:

Verna and Nanna Beth talk to Graeme

Graeme: Good morning James

I've been a huge lover of nature, from a very young age, and about ten years ago my former partner, Christiana, invited me to join her in making a range of 88 Flower Essences under the name: One Garden Divine Flower and Nature Essences. She led the venture as she was able to intuit the "healing" properties of the various flowers and under her guidance (and perhaps her Guides) we made the range of One Garden Essences.

Initially we thought they had "physical" healing properties (like the Dr Bach flower essences) but subsequently we were told that they were vibrational healing tools and assisted in "opening" our emotions so we could more easily process the suppressed childhood feelings locked in our soul.

I still do not fully understand how they work and was wondering if this is a topic that you could ask Nanna Beth.

Till next time we chat, sending my love, Graeme

Verna (a nature spirit): Good day to you Graeme, my friend. It's about time I was 'allowed' to speak again, so if you don't mind, I am going to make the most of it. Now first of all, your love of nature – anyone's true love of nature, and not saying they love nature whilst still doing bad things to it – will assist you in embracing your feelings with the intention of looking to them for the truth they contain, just as will working with the 'essences of nature', that which you captured in the flower essences. Do you know, any part of nature, from a bland old mineral or rock to a newly emerging flower can have its essence 'captured', there are ways, many already known, as to how to go about that, and others as yet, unknown.

When you eat food, drink water, smell nature's fragrances, you're doing the same thing – imbibing the essence of that specific part of nature. And if you could only see the true vibration, the spirit component to these physical parts of nature (including yourself), then you'd be able to see how indeed they do subtly affect you, and on all levels, from the deepest will to the gross physical and all in between. So if one's approach is to use one's feelings to further deny oneself, to move deeper into one's rebellion and default, then flower essences and essences of anything else, all of nature, can be used to help you do that, that which humanity has been doing for these past 200,000 years.

And consequently, should one wish to go the other way, looking to their feelings to heal themselves of their wrongness, then all such things can be used to help you with your Healing. And so how do they help – how do the flower essences specially help you? And the answer to that is a little more complicated, however I will try and apply my mind to reveal to you a little more about our hidden world.

So, let us begin at the true source: your soul. As you understand, your soul drives everything that you are – you being the personality focus of your soul currently in the physical. However you are also your soul as much as you are your personality, the two can't and aren't separate. Right, so you get that part, so your soul is bringing – expressing you in Creation; okay, so whatever your soul wants your soul creates. So let's say your soul requires the help of a flower essence to subtly affect some part of your

unseen auric system, by adding its vibration to your existing vibration, all of which will bring about an effect desired by the soul. That being, one that will help you become more evil or less, as I said above.

Okay, that's simple enough. So, let's say it's important, so far as your soul is concerned, it being the next part in your life – soul growth, and assuming you are wanting to Heal yourself using your feelings – for you to bring up some more repressed anger that is contained within it from your early childhood – let's say; just a really pissed off feeling you felt at your father when he was treating you badly, in this case, nothing specific, just all the indignation and fucked off feelings and a being really angry with him feeling, which you felt yet weren't allowed to express at the time.

And because you are 'into' flower essences, your soul leading you that way, so your soul will use all that's in your life currently, it having made it that way, to help you liberate this anger.

Now you take the drops of a certain flower essence you are 'drawn to', and when taking them it's far better to take them using your feelings, so you take that one because you feel drawn to it and you take that many drops because you feel like taking that many drops, trying to avoid all this take ten drops at three hourly interval stuff, that's all too mind controlling. So like everything ideally in your life, you allow your feelings to guide you when you can, so you take only one drop and your feelings say that's enough. You put the dropper back in screwing the lid on and then suddenly you feel like another drop, and when you're dropping that drop on your tongue, you feel like another drop... then another... then you wait, no more, that's enough. And then a half hour later, I think I'll take another drop, no five drops, and so go.

And if the flower essence is made the right way, you can't damage yourself with them, so you use a base that is neutral for your body and one which itself won't affect you – natural pure spring or rain water being the best.

And as to how long does an essence such as this remain 'potent', well that too is a feeling thing, it remains potent for as long as you feel it is. So you see, you can't be too finicky with your feelings, because for some people it might be a very complex operation, something they are refining to perfection through their feelings, for other people, slap dash, don't really care, take a few squirts, she'll be right, all of which is right for them. However both ways might change as one works deeper into the truth of one's feelings.

Now, the soul sort of issues instructions all the time via light coming out from it into life – Creation. And we and your angels, along with your Indwelling Spirit, can see this light. The angels are far more advanced in this than we mere nature spirits are, however what we're limited to is compensated for by your angels being able to tell us what we need to do, and they tell us in a flash of light, you'd not be able to see it, none of this laborious having to speak works. And it's even faster than your mind circuits work, your telepathy is as laborious as your word-speaking so far as we're concerned, for our 'mind-talk' is so fast you'd not even perceive it happening, and yet it's still laborious compared to how fast your soul is at expressing all the light within your aura that it needs to express.

So we are all attuned to your soul, what it wants done in your aura, which includes your physical. And mostly so far as your physical is concerned, we alter under your soul's instructions, things in your aura, your subtle system, which then affects your physical – short or long term. Understand that in certain circumstances, we – being your angels – can directly affect your physical, but mostly it's all done from the deepest will level out through all your subtle systems and spirit body.

So, back to your leg and the anger that's going to come up through it. You're sitting on the couch having a moment of reflection, things are going through your mind that you're half aware of, you suddenly feel like having a swig of a certain flower essences, perhaps one drop or many. And you don't feel anything further. Then you talk on the phone about something, you get up and have a drink of something from the fridge as you feel a bit thirsty, and then you sit back down and start feeling edgy, uncomfortable and out of sorts enough to draw your attention to the bad feeling. And then by focusing on it you realise you feel irritable, and then angry, and the pressure within you builds to the point where you want to speak out the anger you feel. So let's say you're by yourself, so you open your mouth and start to growl angrily, and submit to the feelings trying to just let yourself feel as angry as you feel, growling and feeling angrier and angrier, and you long for the truth of your anger, and then pictures come into your mind about how fucked off you feel with your father, and then you realise your left leg is full of anger that seems to be coming up from the sole of your foot, up the leg, right up and out of your head as you growl it out. So what's been going on?

Your soul wants this anger out of you, it's the next phase of anger expression you are to experience, it helping to relieve you of more repressed anger and at the same time helping you see more truth about why you are feeling so angry. And so your soul has initiated light into your aura on all levels making this experience happen. And you being mostly oblivious to this, just carry on doing what you do, and then your angels take their instructions and 'energise' the levels of your aura to make the anger 'physically' work its way up through your system.



The angels make 'light adjustments' – adjustments using spirit light – in your system to allow this anger to make it's way out of you by you feeling it coming up through your leg. The repressed anger, as light contained in your soul, moves through your will levels, then your will activates it to move up your leg with your angels helping to adjust your system where needed. And your system needs continual adjustments, your soul does it all with light, but your angels do all the hands on stuff as determined by your soul. So your angels are always tinkering within your aura.

Sometimes they can do one adjustment with a lot of light and that will set you up for a day, week, month or even years of what you will need, this happening when you're more settled into your wrongness and it's all pretty obvious where your life is going on the subtle levels, so your angels don't have that much to do other than just keep monitoring your soul in case other instructions are forthcoming. But if you're actively doing your Healing, well your angels don't get a moments peace – which they love, by the way, angels want to always be active, the more active the better, they find it very trying when you are stable and going against yourself, but when your are wanting to work with your feelings and grow in the truth they'll help you reveal to yourself, well they are in heaven, it's what they've been made to do so far as helping you goes and they can't get enough of it.

So your angels are adding and subtracting light from your auric systems as fast as your soul is shinning more light into it. And along the way, all you are doing is, used, it's all part of it, so if you use a flower essence, it will be used, it will stimulate a certain vibratory reaction on varying levels within your unseen system, with your angels incorporating it, using it, adjusting it – modifying it, possibly toning it down or amplifying it, and so it goes with all your food, all you do, see, sense, all you are, all the time

being a symphony of light, constantly in change, even though you might feel at peace resting on the couch one moment, then suddenly, seeming out of nowhere and for no reason, anger is coming up your leg and you're feeling so fucking pissed off that you can't believe how angry you do feel.

So as you can see, it's all very complex, you don't have, and can't have, any idea just how much is going on within you all the time, all so you will feel what you need to feel, so those feelings will lead you to the truth you are to see and then live. And with your mind playing along doing its bit, to help stimulate, change or deny feelings in keeping with the beliefs and behaviours you established through your forming years.

So you might ask: well are things like flower essences actually necessary? And simply, they are if you want them to be part of your life, they aren't if you don't. Which is how all your life is. With some people being drawn to such things, and possibly only for a season, others with no feeling of interest and a few wanting to dedicate their life's work to it. And as you understand, whatever your involvement with anything in life, it's going to be vastly different should you want to live true to your feelings, than living by being untrue to them. And by living true, as you are going to be changing a lot, so you will change a lot in your relationship with all that you do in your life. And so it will be the same should you want to work specifically with the flower essences.

In time there will be people who are doing their Healing and who'll be more in tune with us nature spirits, working directly with the essences of nature, understanding that it's all a vibrational thing and something that can be used as an adjunct to your Healing or just as part of your Healing life. The essences are not meant to be medicines as such, however they can work powerfully in conjunction with what your angels are doing within you. And to always bear in mind, that it's your angels that will be working the wonders within you, not anything else, with the other things like flower essences being something the angels work with, because it's all part of your current life experience as determined by your soul.

And in time, people will just intuitively feel, or even by speaking directly with us nature spirits, how to grow plants lovingly and truly based on the truth they are revealing through their Healing, all so as to maximise the benefits the plants offer you, either through direct ingestion, or like using the flower essences or other ways still to be discovered. Your relationship with nature is about five percent of what it could be. Even those people working with spirits and nature spirits are doing so on the mind levels or the lower Mansion World and Earth plane levels, so you've got a long way to go, all the Mansion World levels then into the Celestial levels to increase your relationship with nature. And like as with everything, some people will be more drawn to one specific area or another, some generally taking bits of it all, others not interested much in nature preferring to get on with being fully interested in themselves – their own feelings. But overall, everyone contributes to society by expressing their truth, and as the truth increases within people, so does the overall level of society, so society grows in truth reflective of all who comprise it.

So to summarise, such things need to be looked at in a truly holistic level (or you could say, a 'soulistic level') so that they can be used in conjunction with your Healing. You can in theory, look ONLY to your feelings for the truth they are to show you, not needing any other healing help. And there will be people more wanting to live this way, however because you need life to stimulate your feelings, so you will be drawn to certain things, some to do with nature, others to do with people and others with everything else, all to help stimulate that which you'll need to give rise to the feelings your soul wants you to express.

Graeme, you might find the flower essences are helping you enjoy and love and expand your relationship with nature more, which gives rise to feelings that help you expand your relationship with yourself. You might use the essences to help stimulate your emotions and feelings as you want to live that way, and so they will be used to help you in that capacity. And you can express your feelings, longing for the truth of them, telling your Mother and Father what you want – whatever you feel, with the flower essences helping you on the subtle levels.

I hope I've not confused you too much. Please ask me about anything if you don't understand. I have wanted to try and give you a bigger picture so you can draw from it the essence of what you need from it. It's all there, contained in each feeling, because each feeling expresses more truth – the truth of why you're feeling it, that which is what you are to find and then live.

Love Verna.

Nanna Beth (3<sup>rd</sup> Celestial sphere): What Verna is wanting to help you understand is that there's so much going on within you on all levels, that trying to use your mind to work it all out in the hope that it will help you, is all but futile, as you never will, not until you at least attain Paradise, and even then that's only one phase.

Too many people, Graeme, approach everything through the mind, wanting to dissect it in the misguided belief that it will help them. When what helps you is trying to **stay true to your feelings, expressing them whilst longing for their truth**. And we keep stressing this to keep bringing you back to the simplicity of it, and it's something the mind can't really deal with, it having been programmed to be the controller and master of understanding. But to keep looking only to your feelings is all that's needed without needing to go into the mind side of things unless it's where your feelings lead you to.

James uses his mind for this work, but that's about it, the rest he's trying to look more to his feelings, easing the control of his mind. And **feelings, once you start allowing them to have their say, are far more interesting than anything the mind might be**. You can use your imagination to fantasise about all sorts of things, and some people consume their whole life with such indulgence, however **when you start living more closely to your feelings, your feelings might not be so varied, however when and how you feel them, and what they lead you into seeing about yourself and life, will be far more fascinating than anything your mind could conjure up**.

There is never going to be a remedy that people can take that will heal themselves on any level. **The remedy is the truth we're revealing to you about your feelings. All the rest is simply an add-on**, something as Verna said to help stimulate experiences in life, all so you can feel more feelings. So it's not to say no to doing or being interested in certain things with the mind, but rather to keep wanting to feel and become aware of the feelings that are happening along the way. You can use your mind to block out your feelings, however your feelings are still always there, so it's to try and keep them up within you and not blocked out whilst you apply your mind, is one way of trying to stay more attuned to them.

Love Nanna Beth.

**Feelings first**

27 March 2018:

**HEALING PROPERTIES of SUBSTANCES continued:**

John: Hello Nanna Beth,

Thank you for introducing the foundations of comprehending the contribution that Flower Essences may provide on one's journey through physical life.

May we expand this topic to consider the various roles and similarities that the following may have with one's physical well being and journey of discovery through life:

|                                             |                                                                                    |
|---------------------------------------------|------------------------------------------------------------------------------------|
| Flower Essences                             |                                                                                    |
| Crystals and other rare and precious stones |                                                                                    |
| Homeopathy                                  | (minute vibrational traces as recognised by Samuel Hahemann 1700s)                 |
| Nutraceuticals                              | (being low concentrations of properties found in food)                             |
| Pharmaceuticals                             | (being high concentrations of properties found in food – to the level of toxicity) |
| and Food                                    | all natural without being processed within factories.                              |

Considering your comments relating to Flower Essences, one may need to consider just how much effect do we have in our own physical healing by engaging with any of these modalities?

Is it that what has been outlined relating to the contribution that Flower Essences have in assisting with one's physical wellbeing, are the various other modalities suggested above just variations of the same process that applies to Flower Essences, with higher levels of error within their prominence, pharmaceuticals being the most problematic generally speaking?

Would you kindly comment on each of the platforms please?

Nanna Beth: Yes. The same applies, as you said to James, it's all what your angels have to take into consideration in accordance with the needs of your soul. If you are to die from or within your negative state, then it doesn't matter what you do along the way to try and heal yourself, your angels will be working with any alternative or regular medicine or healing modalities. And as you know from people's lives, some things work for them, others not, some even miraculously, others having no effect. It's what the individual needs, it's all too personal, and needs to be dealt with and looked at personally. You've all had such diverse childhoods, you're extremely complex in your unloving complexities, and trying to heal yourself from the outside in is not going to do anything for you so far as healing yourself from the inside out which you do through your Healing. It's all the minds way verses the feelings way. Any therapy or medicine or other remedies are all approaching it from the mind, let our feelings work, and use these other things as required, all so long as you keep focused on your feelings for their truth.



Assuming we are wanting to Heal ourselves using our feelings – for we are to bring up our repressed anger and emotional issues, both good and bad, that is contained within our soul, mainly from our early childhood.

As an overview, nature spirits are all attuned to the soul of a personality, and what is wanted to be done in the aura of such soul, which includes one's physical. And mostly so far as our physical is concerned, nature spirits alter under one's soul instructions, things within the aura and the subtle system, which then affects the physical – short or long term. Understand that in certain circumstances, nature spirits and angels can directly affect our physical, but mostly it's all done from the deepest will level out through all our subtle systems and spirit body.

Nanna Beth: It's mostly your angels that affect your system. The nature spirits can help them at times, but it will be all through the guidance of your angels.

Just how much effect do we have in our own healing of our physical discomforts, pains and illnesses?

Nanna Beth: It depends on what level you're looking at it from. On the highest or inner most level, you have no effect, it's all between your soul, Indwelling Spirit and angels, that any actual healing occurs. On a feelings level, you can attend to your feelings causing these agencies to react accordingly, so you have some effect, albeit indirect. On a mind level you can believe you have an effect, yet these agencies are 'allowing' you to believe what you will. And you can take a pill and your headache goes away, so believe you are fully in control of yourself – however, are you really?

Just how does our man-made conjured up systems of flower essences, crystals, homeopathy, nutraceuticals and pharmaceuticals actually contribute to the healing of one's physical body of its discomforts, pains and illnesses?

Nanna Beth: Look at it this way John, whilst you're living against your feelings, so untrue and evilly, any of these things will be used to help you go that way. So you might use them and your pain goes, but that only sucks you more into believing you are doing the right thing by helping yourself. So you might be 'healing' yourself by taking the pain away, yet you're not truly Healing yourself by allowing your repressed feelings to surface so you can uncover the truth of them. And so the angels will manipulate your system accordingly. So being wrong you might even be miraculously healed, but it's the same thing as Sage pointed out. It's how you want to live your life. It's all been one way up until now, and now an alternative and opposite way is being 'earthed'. All the parts humanity has worked out for itself, it just hasn't been able to be put all together. As Verna said, you don't need any of these 'healing' things to help you look to your feelings, you only need yourself looking to your feelings. If you are shut off to your feelings, you might need help to open up to your feelings, and anything can help you with that.

If we are looking to physical means to heal our body, then to what extent is the quality of food important to the process of physical healing?

Nanna Beth: It's the same as I said above, the quality of food is irrelevant. If you are wanting to continue living untrue to yourself, then it doesn't matter what you eat as the food itself is not going to stop you, it will only help you keep living untrue. If you are Healing yourself, then you'll move with what foods you need as you need them. You can try and control such things using your mind, this all being part of the control you'll need to deal with, but in the end you'll see that the food is irrelevant, the

body will look after itself as you keep attending to your feelings. However naturally the higher truth you live, so the higher vibration of food you'll be drawn to, yet you can't say that means everyone will eat organics and be vegetarian because until everyone is, everyone will be as their feelings dictate. It's a matter of shedding preconceived mind concepts. You are not doing your Healing to fit into your mind. You are breaking your minds control down to fit in with your feelings.

Fresh is best when it comes to food and the ultimate vegetables and fruits that we can imbibe is that which is grown within our home gardens, is this an appropriate observation?

Nanna Beth: Yes it is, however that too is relative on polluted Earth. Still it's what humanity will one day get back to.

The long journey that we are to embrace is feelings first, stay true to one's feelings, expressing them whilst longing for their truth. Our feelings are to lead the way, with our mind in support to follow and to assist in implementing one's feelings.

Nanna Beth: Man can't heal himself using his mind, God can only heal you. And to allow God to heal you requires submission to your feelings. You need to allow your feelings to take you back to your early life, so you can feel yourself back there now as an adult. So you can express now all you felt back then, and see how and why you became as you are, and how stuck and imprisoned you are in your mind's control. And all you can do is keep accepting it as the truth comes to light, expressing all it makes you feel. And when you no longer need to be the way you are as you've seen all the truth of it through your feelings, then God through your soul will change you. And your inner transformation will occur, taking you out of your wrongness into your rightness. And your angels will do most of the actual hands on healing that you require. You – we – only need to keep attending to our feelings, that's the key to it John, but attending to them the right way, wanting to uncover the truth of ourselves, our soul and God want us to see. Anyone can express their feelings even looking to them wanting their truth, but it's wanting to understand and live the whole truth of yourself, which currently is the whole truth of your negative state, that's what needs to be addressed first. Then you set about understanding as you reveal to yourself the whole truth of your positive loving state – once you become of a Celestial level of Truth and are fully Healed.

I'll speak to you soon John – love Nanna Beth. Keep being willing to express any negative feelings you have about SI and Pascas, it's okay, you can go as far as you want with them, as none of it is going to change the outcome, that side of it, as to whether it happens or not, is not up to us but what our Mother and Father want. But what we feel along the way is up to us, and what They want us to focus on.

Thank you for this incredible opening to the reality of man's futile belief in its capacity to be able to 'heal' one's self.

Love John

**We, being ensouled humanity, are to move with our feelings, respond and act upon our feelings, we all are, and so based on our feelings we bring our mind into play, and then things happen which affect our feelings and so our mind adjusts accordingly.**

Everyone at their conception gets their angelic pair as well, and they will be with you right the way to Paradise and then possibly beyond too. So it's a wonderful relationship, we have our soulmate and our angel pair each, all the way with us. It is all amazing.



FEELINGS FIRST For Kids

**WE EACH have a Nature Spirit pair, Spirit Guide pair, and an Angelic Pair:**

For those doing their Healing or are interested in doing it will from that time have their own personal angels, spirit guides and nature spirits with them, with whom they are to develop their own relationships should they want to. It is not about ‘sharing’ the same angels or guides or nature spirits, it is about you relating specifically to your ‘own’ ones because they are provided for YOU. It’s all for you, to maximise the experiences we each need.



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

For example, Nature Spirit Verna has been assigned to be specifically and only with James, and she ain’t going to be assigned to anyone else, so she won’t be sharing herself around.

This is SO IMPORTANT to understand so that in future there won’t be all these people claiming to be speaking with Verna or Mary Magdalene or Jesus or Nanna Beth or anyone else who is part of it all in such capacity. Mary M and Jesus have spoken with James as they have, making it quite clear he is all they are speaking with.

We each have a band of a Nature Spirit pair, Spirit Guide pair, and an Angelic pair, each pair being in their soulmate relationship. Even though we are ascending mortals having a soulmate, even our soulmate has his or her own group of six personalities assisting him or her. Our assigned Nature Spirits do not continue with us into spirit, our Spirit Guides may for a time assist upon entry to the spirit Mansion Worlds, however, our Angelic pair continue with us for eternity.



**Feelings first**

Saturday, 31 March 2018:

## COMPLEMENTARY THERAPIES

John: Hi Nanna Beth and company

Mind control in its extreme is demonstrated through various complementary therapy platforms. Examples being: Emotion Code as introduced by Dr Bradley Nelson.

Dr Nelson has gathered a wonderful data base that researchers will clearly be able to demonstrate the relationship of suppressed and repressed emotions when relating to physical discomforts, pains and illness. In fact, the emotion code chart that Dr Bradley Nelson has published is the result of many thousands of observations that he and his practitioners have observed over many years, and the results are simple and precise for anyone to understand. Generally, specific styles of emotional injury are directly impacting upon specific organs and parts of the physical body. It is as though the energy frequency of a given emotion is matching to the energy frequency of a given organ or part of one's body.

However, Dr Nelson's methodology of 'releasing' such unexpressed emotions is the direct result of one's mind being employed to further repress given specific emotion or emotions that are causing physical discomfort. Dr Nelson is taking people further away from their true selves – their feelings and the truth that one's feelings are to show them.

Healing Code as introduced by Dr Alex Loyd. Dr Loyd is also focused upon the understanding that emotional issues are the drivers of discomfort, pain and illness. However, he also takes people further away from themselves by empowering people to use their minds to further suppress the underlying emotions through a process of tapping. The mind convinces the person that the issue has been addressed whereas it is still there continuing to fester further thus bringing about greater issues at a later time. Again, the truth that our feelings, both good and bad, are shunned, the truth is avoided.

Meditation is often used to take a person further away from themselves.

The art of 'stilling the mind' through meditation can only be considered as of the greatest negative residues of the Rebellion and Default possible. Taking a person further and further away from their feelings and not allowing any form of truth to be sought from one's feelings. Though some forms of meditation do explore one's feelings, these processes never delve deep enough to be shown the truth of their feelings.

Would you kindly expand on these comments as I feel they will complement the writings of the last few days relating to substances and their in-effectualness in healing please?

Nanna Beth: Look at it this way John, humanity is in the shit, and has been for a very long time. And so has had a long time to study the shit. And it can work out that it's in the shit and what the shit is all about, but that's all it can do. It can pretend that it can take itself out of the shit, but it can't. It's not allowed to.

Not until someone comes along and does really heal themselves of it, and someone who has the spiritual authority to allow others to do the same. So that's where we are. The authority is making the revelation to you.

People can now choose to study how to Heal themselves, this being the next phase and 'science' people will apply their attention to. The great writers of humanity have well and truly documented the

wrongness, you can see it all, and you know it comes from your early life. And many have tried to work out ways to heal themselves.

But **without looking to your feelings and wanting to uncover the WHOLE truth of them, you can't heal it.** It's as simple as that despite what anyone does with their emotions and feelings. And many people in their endeavours to heal themselves have done some real Healing, if they at any time looked to their feelings for their truth, truth would have been forthcoming. So humanity has gained a little truth over the years. However because of the feeling-denying forces of the Rebellion and Default, the level of truth has remained very low. Now however **with the keys being given to you as to how far you have to go and what is really involved in doing your whole Healing, so that is the New Frontier awaiting mankind.**

And in the end there will be far more books written about people's Healing and all they come to understand about every facet of themselves and of it, than there have been about people documenting their wrongness. It will prove far more fascinating to those people who get right into it. And all of that creativity is waiting as a whole new aspect of Creation to be expressed – how humanity Heals itself of its rebellion and default.

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

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

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



**in conjunction with**

**Longing for the Truth when also longing for Divine Love.**

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

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6 April 2018: **HEALING PROPERTIES of SUBSTANCES – Questions Answered:**

To the questions asked, Verna, a nature spirit, offers her thoughts:

Worldwide it is recognised that the annual flu epidemic will consist of new and differing strains of viruses. Why do these variations arise? Why do the new strains appear to be more difficult to manage each year? Why is there a continual incremental risk to life with each new strain?

Verna: The new strains exist because we – the nature spirits – make them exist. We're the instigators of such 'diseases' on the world, we in league with our fellow conspirators – the angels; the truth of which your scientists refuse to acknowledge when there is ample evidence to them, which they persist in brushing aside, that something else or someone else is tampering with such 'bugs' and 'nasties'. And who has the real brains: we nature spirits who control the natural world on Earth, or your great scientists? We'd like to see a little more humility please – that would definitely be a step in the right direction. You don't have to bow down to us, we don't need that level of servility from you – just kissing our feet would be enough!

And hey, guess what? YOU'RE NEVER GOING TO BE ABLE TO BEAT NATURE – WE'RE NEVER GOING TO ALLOW YOU TO. HA! YOU HAVE TO LEARN TO FULLY HONOUR AND RESPECT NATURE – AND YOUR OWN NATURES, LEARNING TO WORK IN PERFECT HARMONY WITH IT AND WITH YOURSELVES BEFORE YOU CAN GAIN ANY RELIEF FROM SUCH 'BEASTIES'.

We have virus making 'factories', we'll always be one step ahead of humanity. So until you understand, you have to WAKE UP, not that I want to sound patronising or tell you what to do, BUT YOU'RE PUSHING SHITE UPHILL.

And you might like to know, we're not going to let you off the hook. You have to learn that all illness results from your inner levels of discontentment – BECAUSE YOU DON'T FEEL LOVED. And work to get to the truth of your bad feelings. And when you do, then as you grow and evolve spiritually in truth, so you'll literally 'rise above' – ascend – the need for help from such illnesses because you'll no longer NEED THEM TO MAKE YOU FEEL BAD. Accept they make you feel bad, you are meant to feel bad with them, and not then try to eradicate them, that's only eradicating yourself, which you're already doing; but instead to work with those bad feelings, this being how you start to love yourself back into true health. Go with your bad feelings, not fight against them. Go with them instead of trying to eradicate them, and the same with your diseases and illnesses.

Worldwide it is recognised that antibiotics are becoming ineffective. Why are even new more capable forms of antibiotics not being able to manage the bacteria and viruses that are evolving? Why are viruses and bacteria evolving in the first place?

Verna: It's the same deal: Humanity is to uncover the truth of evilness, its wrongness, of its rebellion and default. And illness is to show you that you are wrong. You wouldn't get sick if you were right. So what would be the point if you eradicated all illness and you never had a bad feeling from being sick – you'd never know you had all your childhood repression locked away inside you that you were to deal with. ILLNESS IS YOUR FRIEND, because it's the warning lights that says: I AM NOT RIGHT. I NEED HELP. I can help myself by attending properly to my feelings. So do so by wanting to uncover the truth of them!

Worldwide we have the mantra that should a new drug be developed, until that drug has gone through double-blind clinical trials successfully then it is not to be made available. Should the double-blind clinical trials be successful for around 60% of volunteer patients, then it is considered for public release. But then, why has it failed with 40%? Why do some benefit and others don't when they are all in the same health predicament?

Verna: Because you are all different, you've all been subjected to different childhoods, even within the same family. So nothing will affect the whole, short of you all 'nucking' yourselves into oblivion. (nucking – slang, humorous, mildly offensive, euphemistic) Yet even then, do you really think the angels are going to stand aside whilst you annihilate yourselves? There's too much goodness in your suffering since conception for you to simply obliterate yourselves, too much truth to be discovered – the whole truth of why you feel so bad, the truth of feeling unloved. And it's an enormous truth and enormous amount of truth. And it's all there inside you. Waiting for you to bring it out.

And why do 'sugar pills' work when prescribed by the doctor?

Verna: It shows you the power of your mind and its controlling beliefs. People believe all sorts of things resulting from their wonky childhood. (Note the use of that word dear John, I'm adding it to my repertoire – James.)

We see new forms of illness arise, why is this so? We also are seeing that vaccinations are not as effective as they appeared to be some years ago, why is this so? The fact is that humanity presently cannot eradicate any form of illness no matter what our scientists discovery, why is this so?

Verna: God has allowed you to experiment with all the ways within your unloving states, this being one of them. However humanity is now moving on, times are a changing, the old ways are to end, humanity is to heal itself of its rebellion and default. So what has worked will fail, and more so, and new things won't work for as long, failing quicker, fear and pressure will mount as the old fails, all to give rise to GUESS WHAT? – MORE BAD FEELINGS. And why more bad feelings? – so you can express them and bring to light the truth they are to help you see – THAT'S WHAT!

When a pandemic hits a community, why do some people never succumb to the virus or health issue while others contract the disease and many die? Why isn't everyone impacted equally?

Verna: Different childhoods, different beliefs, different self-denial parameters, all of which affect you in different ways bringing about such differences. You are living in denial of TRUTH. Your childhoods are truth-less. So your adult lives express or reflect this. Life as you know it is all wrong, negative, unloving, even all the good loving parts within it. So it's all got to change, BIG CHANGES, but you can do it, you'll see, humanity will have to do it.

This is the major difference with a Pascas Care Centre. In addition to providing a holistic allopathic and complementary health care service, we are to address the question of what is the cause of one's discomfort, pain and illness.

Further, we are to address the questions of why is it that treatments previously embraced have not continued to been successful in bringing about health to the body?

Verna: Same deal. It's all what went into you through your forming and early childhood. Nothing more. All the secrets are contained back there within yourselves. When you 'go in' you're to go into your early life through your adult 'now' feelings. That's how you do it, how you can really Heal yourself, nothing else will do. It might extend your life a bit, cure you of some illness, make you feel better, but all your childhood wrongness is still within your soul remaining there until the day you want to deal with it.

Do your Feeling-Healing; or better still, your Soul-Healing with the Divine Love. It won't be an easy ride, however your relationship with your aches, pains and illnesses will certainly change and evolve, and you might even find that you don't need as many of them if you look to your Feelings First, expressing them and seeing the truth they are to show you. And eventually you might not need any bad things happening to you as you no longer have any repressed bad feelings that you need to bring out. It's a different way to view life – but hey, what have you got to lose – only your old ways of suffering.

Love Verna – who by the way, is not just a pretty face! Chow for Now – over and out!



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

Consider visiting the Library Downloads at [www.pascashealth.com](http://www.pascashealth.com)

Then Pascas Introduction Notes:

**Pascas Care Letters Healing Properties of Substances**

# Arvonal Revelation

- We are to live Feelings First.
- We've been made to use our mind to live against many of our feelings.
- Our mind control commences at conception and is developed through our childhood.
- All the bad feelings we didn't express as we were growing up are still repressed inside us.
- And all such hidden, buried and unwanted feelings have to come out.
- And whilst they remain repressed within us, they will continue to make us feel bad and unloved.
- We get sick, depressed, suffer, have bad things happen to us because of our repressed childhood feelings.
- Humanity was brought into this state of living against itself by higher rebellious spirits.
- These Evil Ones caused the Rebellion and Default.
- We are made to rebel by default – as we have no idea we're doing it through our parenting in wrongness.
- We are all parented unlovingly – against ourselves, against our will.
- Some parenting in the wrongness is done with more love, yet it's all still wrong.
- To heal this unloving state within ourselves we have to do our Healing.
- Our Healing is our Feeling-Healing or Soul-Healing with the Divine Love.
- We can long to God for Their Divine Love, and this will help us with our Healing.
- God is our Heavenly Mother and Father, the Feminine Aspects of God having been kept hidden from us by the Evil Spirits.
- All humanity's religions and spiritual systems are designed to keep the wrongness going, to keep us away from God.
- Only by living The New Way, Feelings First Spirituality can you become right, and truly find God.
- Long for the Divine Love.
- Long for the Truth of your Feelings.
- Accepting all you feel is accepting all of yourself, it's your greatest act of self-love.
- And wanting to know the truth of your feelings, is your next greatest act of self-love.
- Love yourself through your feeling-acceptance, and the Truth will set you Free!

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

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

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

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

“The Law of Compensation doesn't operate on isolated actions, but on the overall condition of people's souls, because the deeds are the consequence of this condition. Our behaviour is the reflection of our souls. Never see isolated deeds, always see souls whose condition leads to certain deeds. It is the soul condition which determines the motive and consequently the action. It is our lack of trust in God, this ultimate and definitive trust, which only soul development may give us. This lack is why we suffer.”

Judas of Kerioth 5<sup>th</sup> October 2001

As you grow in love, illness issues abate, financial security improves, and your treatment of your fellow man is the same as how you would like to be treated. You grow in natural intelligence, your perception on many subjects becomes profoundly more loving and supportive of and for your way of life and how you interact with your fellow man.

This quality of life and love permeates and extends into every facet of your physical life and continues to grow as you progress on your journey within the spirit world.

Your capabilities to ask for and receive Divine Love is a gift between you and your creator, God. You do not need an intermediary, nor do you need to join with any organisation. This is your own personal journey and experience. You can share this with others, but no one can take it away from you.

This Love will elevate the human soul to a condition that it may perceive the spiritual truths which God has waiting to be revealed to Their children who aspire to understand the nature of the divine and what their true relationship to Him and their family of souls is.

“Keep faith with God, and be open to Their Love, and you will overcome with confidence and, indeed, peace of mind, optimism and happiness, those circumstances that seem to mar the fulfilment of your years.” Mary (mother) <http://new-birth.net/ntr/samuels14.htm>

**Natural Love Flow**

***Natural love is Creation's love;***

***One can swap back and forwards between paths***

***I am God***

***Intellectual***

***Self reliant (trust myself)***

***Self-determination way of life***

***Mind dominates***

***Adult like***

***Control***

***Millions of paths (man created)***

***Peak possibility is 6th sphere***

***time to complete path:***

***100 years to over 1,000 years***

**Divine Love Flow**

***Divine Love is Soul's love.***

***One can swap back and forwards between paths***

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

***Emotional***

***God reliant (God relationship)***

***Soul-spirit living harmony***

***Soul dominates***

***Child like***

***Feeling***

***Defined path (God created)***

***Peak possibility is infinity***

***(sphere / mansion world are same)***

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

**‘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



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

**The Prayer for Divine Love**

(as given within the first century)

2 Dec 1916

I am here, Jesus

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

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

Let your prayer be as follows:

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

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

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

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

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

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

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

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

**Amen**

**MoC**



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

**Another version:**

<https://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.”**

**P.6 Judas of Kerioth**

**Judas – August 19<sup>th</sup>, 2001**

**The Padgett Messages, received 1914 to 1923 and published in the Book of Truths, has now been extended with further session of messages having been received between 2012 and 2013, and titled “The DIVINE UNIVERSE” via Zara Borthwick and Nicholas Arnold.**

**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’.

## **The DIVINE UNIVERSE**

**16.10.2012: 79.**

### ***Prayer of the Heart***

I encourage the heart that prays to the Father for the Divine Love. I encourage the heart that loves the Love, and with sincere aspiration, feels for the Love. If there be any doubt, loss of faith or hardship of heart, I encourage the heart not to give up or give the Love away. The Father hears your prayers and the heart be rest assured in this. Never will a good heart be forsaken. As the Father does so do I, see and hear your heart, and prayers for the Love and the needs for wellbeing. Never give your heart up; trust in the One who knows your true heart, and there the Father loves you. One may never fully understand the intricate workings of time, past present and future, but the heart knows faith and Love and the Father Loves a good heart. Pray with faith, and in your heart my truth and the Father’s Divine Love meet you there.

I have given you this prayer of the heart so that men and women may draw from its words, strength, love and faith

Your beloved friend and companion,

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

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**The BEAUTIFUL MIRACLE:**

5 Oct 2012

**The DIVINE UNIVERSE**

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

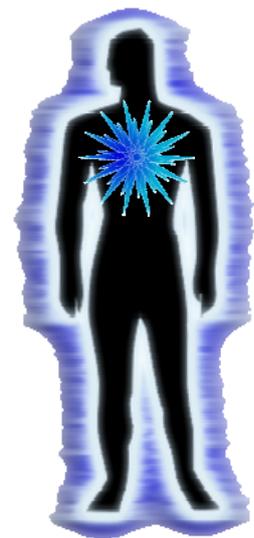
**Soul within  
spirit body  
prior to receiving  
Divine Love.**



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



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



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

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

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

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



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

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

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

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

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

Matthew (Apostle)

**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.**

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.**

### **Three Great Truths:**

- **God is Soul, being our Heavenly Mother and Father;**
- **that each individual soul is a duplex – both male and female;**
- **and Feeling Healing with Divine Love is the pathway to Paradise.**



**PRAYER for DIVINE LOVE:** library download pages at [www.pascashealth.com](http://www.pascashealth.com)  
 Kindly visit the library download pages at [www.pascashealth.com](http://www.pascashealth.com) as further recordings are added.  
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**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>

**GIFT from GOD – DIVINE LOVE:** Free fortnightly mailout of subject material is available.  
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This is a series of short documents sharing aspects of Divine Love.

Of all of these, embrace:

Gift from God – Greatest Thing in all the Universe

And then consider the Divine Universe series also at [www.pascashealth.com](http://www.pascashealth.com) in library download.

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

**James 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://dls spirituality.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)

<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:**

