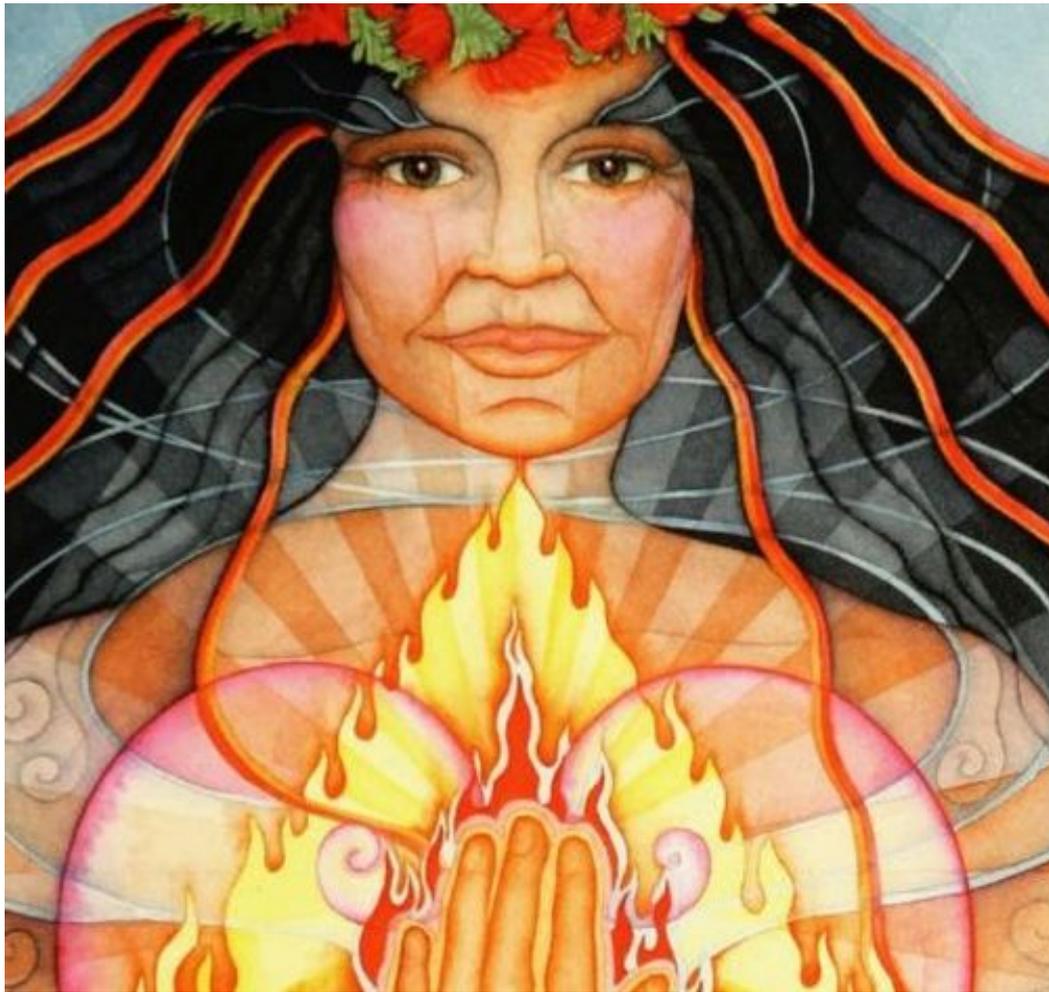


PASCAS CARE

Ho'oponopono



To make right, to rectify, correct

“Peace And Spirit Creating Alternate Solutions”

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PASCAS INTRODUCTION:

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

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

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

Contents are not to be interpreted as an independent guide to self-healing. The information sourced herein is not from a doctor or doctors, and any information provided in this document should not be in lieu of consultation with your physician, doctor, or other health care professional. Pascas, nor anyone associated with this document, does not assume any responsibility whatsoever for the results of any application or use of any process, technique, compound or potion as described within this document.

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

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

Living Feelings First, *John.*



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

HO'OPONOPONO:**(Ho'oponopon is a natural love concept)**

19 Jun 07

Here, Here! I have known no other way in which healing happens anywhere, in anyone.

Ho'oponopono means "to set things right", which in it's truest sense inherently implies "within and with ones being." All healing whether it is of what we might consider to be our personal self or of the body or of another or of the entire world is the same. That which we have denied in our being must be forgiven – or, in Japanese the word for "forgive" is "yurusu" or "loosen up".

One of the most important lessons Jesus taught healers was that we must remove the log out of our own eye before we attempt to take out the sliver out of another's eye. This is the essence of ho'oponopono as practiced by this extraordinary healer you mention. In fact, as it was demonstrated by this healer, when we do remove the log fully out of our own eye, we no longer need to reach out to attempt to remove the sliver out of another's eye – it disappears on its own. When we release our desire to keep separate, healing occurs. And there is no such thing as healing this person but not the other, just as we cannot truly love one and not the other. We cannot both hate ourselves and love others neither can we love ourselves and hate another.

The greatest fear that the soul encounters in the mind seems to be that if it doesn't stay separate, it will cease to be. Yet, the very nature of being is that it is: There is no beginning and no end. So, how do we cease to be?

The mind makes something out of nothing. It "wraps" itself around space to make space into form. Unwrap your mind and all you have left is space. Then, there remains neither the question of being or not being. "To be or not to be..." that is the question that a "fixed" thought posits in the mind in its attempt to stay in existence. The only thing that can be lost is that fixation and not that which is.

In ho'oponopono we unravel our mind from the knots we have tied in our attempts to fulfil our desires. As we successfully do so, which looks suspiciously like forgiving ourselves, Divine Love (that which is without division) rises upon the horizon of our mind like the dawn, showering its blessings upon the rich and the poor, men and women, old and young, Republicans and Democrats – on every race, religion and culture. It is simple to determine what is true – truth never attempts to divide and conquer and neither does it desire to separate itself. Without the artifice of separation, the health that I restore within me is yours as well.

Jesus also taught that the son of man (he didn't say only the son of God) has the power to forgive sins. That power, therefore, is fully within each of us. In all healing, whatever the "modality", we have to show up and exercise that power. The "self" is one, whole and the same in all. Thus, whenever I forgive myself, the "self" in each of us is forgiven in the very same way.

Peace be with you always. With love,

Michael Tamura

19 Jun 07

Thanks Michael for a most interesting discussion.

Through repetitive client reports during regression between lives, (numbering approximately 8,000) we learn that our Soul is and always will be in a non-dualistic state. That is, whether our Soul is incarnate or not, our true core nature resides both within and without our body.

Ancient cultures held the mystical understanding that at all times we, in human form, have a foot in this grounded Earthly reality and a foot in the realm of Spirit. We remain in Ascension at all times.

Fearing a disconnect with our Soul is simply not possible. We are also one with others, where as we heal and progress others are impacted just the same. There is no difference between loving others and loving ourself.

In guiding and teaching the work of hypnotic between lives soul regression, or the label a dear colleague of mine preferred...Soul Therapy, the individual client comes to know and to "feel" who and what they are as a Soul. We are nothing more and nothing less.

I, too, look forward to being with many of you.

Many Blessings, Linda

Linda R. Backman, Ed.D.
Licensed Psychologist

www.RavenHeartCenter.com

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.

**PASCAS
HEALTH**



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



HO'OPONOPONO – Deep Healing and Transformation by Joe Vitale:

(Ho'oponopono is a natural love concept)

Ho'oponopono: To make right; to rectify, correct.

Two years ago, I heard about a therapist in Hawaii who cured a complete ward of criminally insane patients – without ever seeing any of them. The psychologist would study an inmate's chart and then look within himself to see how he created that person's illness. As he improved himself, the patient improved.

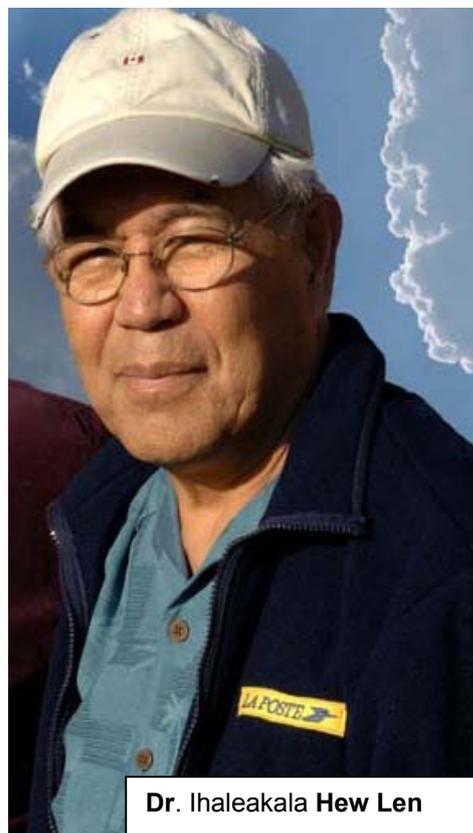
When I first heard this story, I thought it was an urban legend. How could anyone heal anyone else by healing himself? How could even the best self-improvement master cure the criminally insane? It didn't make any sense. It wasn't logical, so I dismissed the story. However, I heard it again a year later. I heard that the therapist had used a Hawaiian healing process called Ho'oponopono. I had never heard of it, yet I couldn't let it leave my mind. If the story was at all true, I had to know more, I had always understood "total responsibility" to mean that I am responsible for what I think and do. Beyond that, it's out of my hands. I think that most people think of total responsibility that way. We're responsible for what we do, not what anyone else does – but that's wrong.

The Hawaiian therapist who healed those mentally ill people would teach me an advanced new perspective about total responsibility. His name is Dr Ihaleakalā Hew Len, Ph.D. We probably spent an hour talking on our first phone call. I asked him to tell me the complete story of his work as a therapist.

He explained that he worked at Hawaii State Hospital for four years. That ward where they kept the criminally insane was dangerous. Psychologists quit on a monthly basis. The staff called in sick a lot or simply quit. People would walk through that ward with their backs against the wall, afraid of being attacked by patients. It was not a pleasant place to live, work, or visit.

Dr Len told me that he never saw patients. He agreed to have an office and to review their files. While he looked at those files he would work on himself. As he worked on himself, patients began to heal. 'After a few months, patients that had to be shackled were being allowed to walk freely,' he told me. 'Others who had to be heavily medicated were getting off their medications. And those who had no chance of ever being released were being freed.' I was in awe. 'Not only that,' he went on, 'but the staff began to enjoy coming to work. Absenteeism and turnover disappeared. We ended up with more staff than we needed because patients were being released, and all the staff were showing up to work. Today, that ward is closed.' This is where I had to ask the million dollar question: 'What were you doing within yourself that caused those people to change?'

"I was simply healing the part of me that created them," he said.



Dr. Ihaleakala Hew Len

I didn't understand. Dr Len explained that total responsibility for your life means that everything in your life – simply because it is in your life – is your responsibility. In a literal sense the entire world is your creation.

Whew. This is tough to swallow. Being responsible for what I say or do is one thing. Being responsible for what everyone in my life says or does is quite another. Yet, the truth is this: If you take complete responsibility for your life, then everything you see, hear, taste, touch, or in any way experience is your responsibility because it is in your life. This means that terrorist activity, the president, the economy or anything you experience and don't like – is up for you to heal. They don't exist, in a manner of speaking, except as projections from inside you. The problem isn't with them, it's with you, and to change them, you have to change you.

I know this is tough to grasp, let alone accept or actually live. Blame is far easier than total responsibility, but as I spoke with Dr Len, I began to realise that healing for him and in ho'oponopono means loving yourself. If you want to improve life, you have to heal your life. If you want to cure anyone, even a mentally ill criminal you do it by healing you. I asked Dr Len how he went about healing himself. What was he doing, exactly, when he looked at those patients' files.

'I just kept saying, 'I'm sorry' and 'I love you' over and over again,' he explained.

'That's it?'

'That's it.'

Turns out that loving yourself is the greatest way to improve yourself, and as you improve yourself, you improve your world.

Let me give you a quick example of how this works: one day, someone sends me an email that upsets me. In the past I would have handled it by working on my emotional hot buttons or by trying to reason with the person who sent the nasty message. 'this time, I decided to try Dr Len's method. I kept silently saying, 'I'm sorry' and 'I love you,' I didn't say it to anyone in particular. I was simply evoking the spirit of love to heal within me what was creating the outer circumstance. Within an hour I got an e-mail from the same person. He apologised for his previous message. Keep in mind that I didn't take any outward action to get that apology. I didn't even write him back. Yet, by saying 'I love you,' I somehow healed within me what was creating him.

I later attended a ho'oponopono workshop run by Dr Len. He's now 70 years old, considered a grandfatherly shaman, and is somewhat reclusive. He praised my book, *The Attractor Factor*. He told me that as I improve myself, my book's vibration will raise, and everyone will feel it when they read it. In short, as I improve, my readers will improve. 'What about the books that are already sold and out there?' I asked. 'They aren't out there,' he explained, once again blowing my mind with his mystic wisdom. 'They are still in you.' In short, there is no out there. It would take a whole book to explain this advanced technique with the depth it deserves.

'Suffice it to say that whenever you want to improve anything in your life, there is only one place to look: inside you. When you do it, do it with love.'

The Foundation of I, Inc. Freedom of the Cosmos

www.hooponopono.org

The Ho'oponopono metaphysical practice calibrates on the Map of Consciousness over 620.

We exist to be our Divine Selves.



Self Identity through Ho'oponopono is about opening doors to greater understanding and deeper awareness of life and one's purpose as an individual incarnated on Earth as an inhabitant of humanity.

You as a soul are precious. Knowingly and unknowingly you impact all about you through thoughts, words, deeds and actions.

Self Identity through Ho'oponopono is a process of letting go of toxic energies within you to allow the impact of **Divine** thoughts, words, deeds and actions.

The Basic I is a 2-day class with the pre-requisite of having read the online lecture: "Who's in charge?"

Founded by Kahuna Lapa'au, Mornah Nalamaku Simeona, The Foundation of I, Inc. Freedom of the Cosmos presents Self Identity through Ho'oponopono classes throughout the world.



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

"I" AM THE "I"
OWAU NO KA "I"

"I" come forth from the void into light,
Pua mai au mai ka po iloko o ka malamalama,

"I" am the breath that nurtures life,
Owau no ka ha, ka mauli ola,

"I" am that emptiness, that hollowness beyond all consciousness,
Owau no ka poho, ke ka'ele mawaho a'e o no ike apau.

The "I", the Id, the All.
Ka I, Ke Kino Iho, na Mea Apau.

"I" draw my bow of rainbows across the waters,
Ka a'e au i ku'u pi'o o na anuenue mawaho a'e o na kai a pau,

The continuum of minds with matters.
Ka ho'omaumau o na mana'o ame na mea a pau.

"I" am the incoming and outgoing of breath,
Owau no ka "Ho", a me ka "Ha"

The invisible, untouchable breeze,
He huna ka makani nahenahe,

The undefinable atom of creation.
Ka "Hua" huna o Kumulipo.

"I" am the "I".
Owau no ka "I".



THE FOUNDATION OF , INC. Freedom of the Cosmos



STAFF:

- **MORRNAH NĀLAMAKŪ SIMEONA**, Founder (1913-1992)

Mornnah Nalamaku Simeona, a native Hawaiian Kahuna Lapa`au, was the designer and developer of the updated Ho`oponopono training. As the Master Teacher, she lectured and conducted the training around the world, including at medical facilities, colleges and universities. She gave the training at the United Nations three times. The Hongwanji Mission of Honolulu and the Hawai`i State Legislature honoured Mornnah for her work by naming her a "Living Treasure" of Hawai`i in 1983.

- **ĪHALEAKALĀ HEW LEN, Ph.D.**, Chairman Emeritus

Dr. Hew Len has extensive experience in working with the developmentally disabled and the criminally mentally ill and their families. The Ho`oponopono process is central to his work as an educator. He lectures and conducts the Ho`oponopono training throughout the world.

- **MALAMA MARKOWITZ, M.S., R.P.N., M.B.A.**, Chairwoman

Malama Markowitz has an extensive professional nursing background in public health, mental health and substance abuse. She is currently the Program Manager for the Hawai`i State Immunization program. She has lectured and conducted the training in Hawai`i since 1985.

- **ŌMAKA-O-KALĀ HAMAGUCHI, M.S.W., L.S.W.**, President & Executive Director

'Ōmaka-O-Kalā's background includes psychiatric, forensic and clinical social work in mental health, substance abuse and physical rehabilitation. She oversees all trainings and education provided by The Foundation. She has taught the training in Hawai`i and The Americas.

- **CONSTANCE HŌKŪ=PANA & WILLIAM HŌKŪ KAKO`O WEBBER,**

Representatives of The Americas and Europe

Constance and Bill set up Mornnah's first tour in the U.S. in 1980 and currently oversee the centres across the Americas and Europe. With Bill's assistance, Constance has taught the Ho'oponopono training with Mornnah and on her own.

- **MARY MY WILD IRISH ROSE KOEHLER**

European Coordinator

GLOSSARY

This section provides explanations for key concepts used in the Ho'oponopono Process. Some of the words have historical and cultural meanings, and are being given with the purpose of providing a background out of which the process originated.

Abortion: ('Omilo) An intentionally terminated pregnancy.

Abundance: Plenty, affluence.

Accept: ('Apono) To take or receive.

Accumulate: ("Ho'ahu) To collect; amass.

Action: (Hana) Thought vibrations manifested through movement and performance.

Aka: See "connection".

Anger: (Inaina) A strong displeasure or wrath aroused by a sense of injury or wrong.

Attachment: (Ho'opili) An affinity to and a connection with.

Aumakua: Superconscious; Father, link between the SELF and the Divine Creator.

Balance: (Kaulike) Equilibrium.

Being: Living creature; an individual's essence.

Bind: (Pu-a) Tie; fasten; secure.

Biological: An individual's "blood" line.

Block: (Ke'ake'a) Obstruct; snag; blockage; clog.

Bondage: (Luhi) Enslavement.

Breath: (Ha) Divine Energy; vital energy; to breath.

Cause: (Kumu) That which brings about effect.

Cleanse: (Holo) Erase; remove.

Closing Prayer: (Pule Pani) A communication, a dialogue with the Divine Creator which takes place towards the end of the Ho'oponopono process.

Computer: (Unihipili) Memory bank; Subconscious Mind; Child.

Connection: (Aka) Shadowy form; invisible connecting thread or cord; an invisible double.

Conception: (Hapai) Impregnation of the ovum.

Conscious Self: (Uhane) That part of the Self that makes choices and has will; teaches and programs the Subconscious.

Creation: (Kumu Honua) Manifesting energy and form through the proper channelling of Divine Forces.

Curse: (Anai) Execration, imprecation; damn, blasphemy.

Cut: ('Oki) To sever, release totally.

Deeds: (Hana) Movement and performance originating from thought vibrations.

Detach: (Wehe) Disengage; separate; part.

Divine Breath: (Ha) Divine energy, vital energy.

Divine Creator: The Source and Essence of all energy and life.

Divine Intelligence: The Source and Essence of all energy and life.

Divine Light: The highest form of vibratory energy.

Divine Order: That which is created by the Divine Creator as so.

Divine Power: Energy which comes from the Source.

Earthbound Spirits: Souls which are made up of the conscious and subconscious selves that are earthbound.

Energy: Sound vibrations and frequencies originating from the Source.

Entity: An invisible being or spirit.

Erase: (Holo'i) Remove; cleanse.

Exorcise: (Mahiki) To cast out spirits and negative vibrations from people, objects, land and buildings.

Family: (Ohana) A group related by blood or common interests.

Father: (Aumakua) Superconscious Self; that part of SELF which links the individual with the Divine Creator.

Financial Bondage: Monetary enslavement.

Forgive: (Huikala) To pardon, absolve; or to cleanse.

Freedom: (Ku'Oko'a) Liberty from fear and attachment to form.

Frequency: Energy vibration.

Guilt: (Hewa) A feeling of remorse from a belief that one has done wrong.

Ha: To breathe; Divine Energy; Vital Energy.

Ho'oponopono: To make right; to rectify, correct.

Humble: (Ho'oha'aha'a) Modest, unpretentious.

Identity: (Unihipili, Uhane, Aumakua) Sameness in all that constitutes the objective reality of a thing.

"I": Divine Creator; Source.

Imbalance: (Kulanalana) To be in a state of stress; disequilibrium.

Kahuna: Keeper of the secret; minister, specialist in any profession.

Karmic: Past connection and tie.

Love: (Aloha) To be at one with the Divine Creator; absence of fear; to care for deeply without attachment.

Mana: Vital energy; Divine Energy.

Manifest: (Aka'aka) To bring about in performance or the concrete.

Material: Concrete manifestation of energy.

Memory Bank: Subconscious Self; computer; Unihipili; Child.

Mental: Relating to Mind; an idea relating to matter; intellectual response in contrast to emotional one.

Miscarriage: (He'e Wale) Termination of the pregnancy by the child who experiences being unwanted.

Mother: (Uhane) conscious Self; that part of the SELF that has the will and the intellect; makes choices; teaches, guides and programs the child, the Conscious Self.

Negative Vibration: Destructive energy; energy that goes counter clockwise.

Offend: (Ho'onaukiuki) To displease or make angry; insult; antagonize.

Opening Prayer: (Pule Wehe) A dialogue, a communication between an individual and the Divine Creator.

Painful Memories: (Mana'o Hoehaeha) Negative, emotional vibrations stored in the Subconscious Self.

Path of Light: (Alahele o ka malamalama) Direction of return to the Source.

Peace: (Maluhia) Quietness; safety.

Physical: (Pili Kino) Concrete; solid manifestation of energy; body.

Prayer: (Pule) Communication with the Source.

Pure Light: (Malamalama Piha) Unadulterated energy; energy of the highest vibration.

Purify: (Huikala) Cleanse; purge; decontaminate.

Reincarnate: (Ho'okino hou ia) Transmigration.

Release: (Mahiki) To unloose; undo; unfasten; relieve.

Repent: (Mihi) Ask for forgiveness; regret.

Repentance: To ask for and to make amends for errors and for wrongs committed against self, others and the Divine Creator.

Resentment: (Ho'omauhala) Offense; anger; indignation; umbrage.

Sever: (Oki) To cut; to release.

Soul: Spirit principle embodied in human beings and Life; man's mental and emotional nature.

Spiritual: (Pili Uhane) Ethereal; other worldly; supernal.

Subconscious: (Unihipili) Memory bank; computer; Child.

Superconscious: (Aumakua) Father; link between the individual and the Divine Creator.

Tie: (Hipu'u) Bind; fasten; secure

Thought: (Mana'o) An energy form such as concept, idea.

Transmute: (Ho'ololi) To change, alter.

Traumatic Memory: (Ho'omana'o weliweli) Negative energy or vibration stored in the subconscious self.

Truth: (Oiai'o) True; faithfulness.

Uhane: Conscious self; Mother; that part of SELF that has will and intellect; teaches and instructs the subconscious self.

Understanding: (Maopopo) Grasp; mastery; discernment.

Unihipili: Subconscious self, child; computer; memory bank; that part of SELF that can get things manifested.

Unity: (Lokahi) Unite; peaceful relationship.

Vibration: (Ho'olili) Energy, frequency.

Violence: (Ho'oweliweli) Destructive energies in all forms.

Wisdom: (Na'auao) Knowledge and action resulting from one's oneness with the Source.

ho'oponopono

MIND
Worship



Who's in charge?

Ihaleakala Hew Len, Ph.D.

Thank you for coming along with me in reading this article. I am grateful.

I love *Self Identity Ho'oponopono* and dear Mornah Nalamaku Simeona, Kahuna Lapa'au, who so graciously shared it with me in November, 1982.

This article is based on thoughts logged in my 2005 notebook.

9 January 2005

*Problems can be solved **without knowing what the heck is going on!** Realizing and appreciating this is sheer relief and joy for me.*

*Problem solving, **part of the purpose for existence**, is what Self Identity Ho'oponopono is about. To solve problems, two questions must be addressed: Who am I? Who's in charge?*

To apprehend the nature of the cosmos begins with the insight of Socrates: "Know thyself."

21 January 2005

Who's in charge?

Most people, including those in the science community, deal with the world as being a physical entity. Current research in DNA to identify causes and remedies for heart disease, cancer, and diabetes is a prime example of this.

The Law of Cause and Effect **Physical Model**

Cause	Effect
Faulty DNA	Heart Disease
Faulty DNA	Cancer
Faulty DNA	Diabetes
Physical	Physical Problems
Physical	Environmental Problems

*The Intellect, the **Conscious Mind**, believes it is the problem solver. That it controls what happens and what is experienced.*

In his book User Illusion: Cutting Consciousness Down To Size, science journalist Tor Norretranders paints a different picture of Consciousness. He cites research studies, particularly those of Professor Benjamin Libet of the University of California at San Francisco, that show that decisions are made before Consciousness makes them. And that the Intellect is not aware of this, believing that It decides.

Patterns

From the moment of my birth
 To the instant of my death
 There are patterns I must follow
 Just as I must breathe each breath.
 Like a rat in amaze
 The path before me lies
 And the pattern never alters
 Until the rat dies.

And the pattern still remains
 On the wall where darkness fell
 And its fitting that it should
 For in darkness I must dwell.
 Like the colour of my skin
 Or the day that I grow old
 My life is made of patterns
 That can scarcely be controlled.

Paul Simon, Poet

Norretranders also cites research that show that the Intellect is only conscious of between fifteen to twenty bits of information per second out of millions in reaction below its awareness!

If not the Intellect, Consciousness, then who's in charge?

8 February 2005

*Memories replaying **dictate** what the Subconscious Mind experiences.*

*The Subconscious Mind experiences vicariously, **mimicking, echoing** memories replaying. It behaves, sees, feels, and decides exactly as memories **dictate**. The Conscious Mind too operates, without its awareness, by memories replaying. They dictate what it experiences as research studies show.*

The Law of Cause and Effect
Self Identity Ho'oponopono

Cause	Effect
Memories Replaying in the Subconscious Mind	Physical – Heart Disease
Memories Replaying in the Subconscious Mind	Physical – Cancer
Memories Replaying in the Subconscious Mind	Physical – Diabetes
Memories Replaying in the Subconscious Mind	Physical Problems – The Body
Memories Replaying in the Subconscious Mind	Physical Problems – The World

The body and the world reside in the Subconscious Mind as creations of memories replaying, rarely as Inspirations.

23 February 2005

The Subconscious Mind and Conscious Mind, comprising the Soul, do not generate their own ideas, thoughts, feelings and actions. As noted before, they experience vicariously, through memories replaying and Inspirations.

But men may construe things after their fashion
Clean from the purpose of the things themselves.
William Shakespeare, Playwright

It is essential to realize that the Soul does not generate experiences of its own. That it sees as memories see; feels as memories feel; behaves as memories behave, and decides as memories decide. Or, rarely, it sees, feels, behaves and decides as Inspiration sees, feels, behaves and decides!

It is crucial in problem solving to realize that the body and the world are not the problems in and of themselves but the effects, the consequences, of memories replaying in the Subconscious Mind! Who's in charge?

Poor Soul, the Centre of my sinful earth,
(Thrall to) these rebel pow'rs that thee array,
Why dost thou pine within and suffer dearth,
Painting thy outward walls so costly gay?
Shakespeare, Poet

12 March 2005

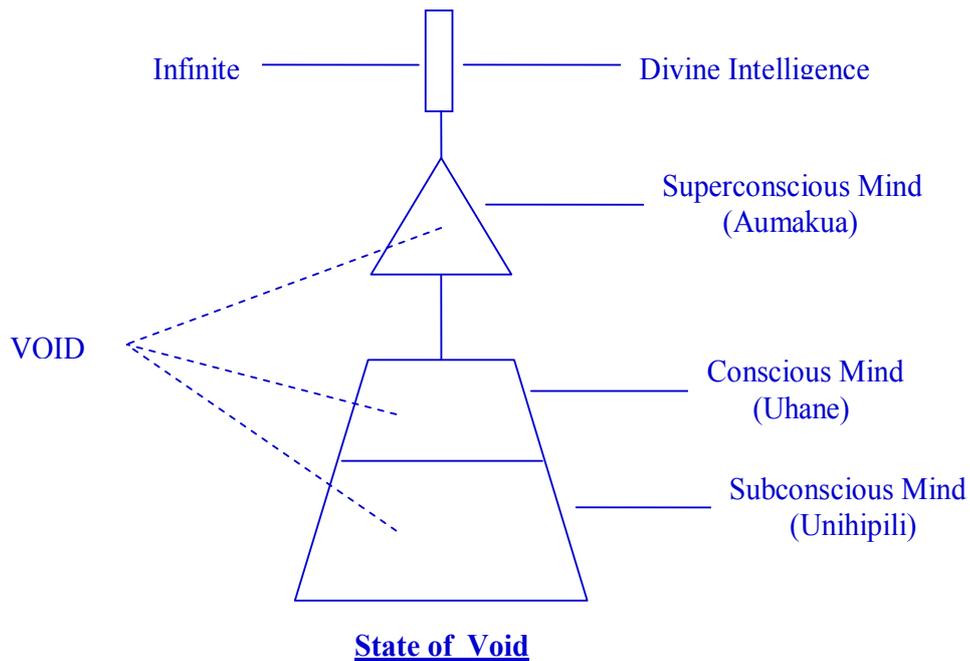
*The **Void** is the **foundation** of Self Identity, of Mind, of the cosmos. It is the **precursor state** to the infusion of Inspirations from Divine Intelligence into the Subconscious Mind.*

All that scientists know is the cosmos was spawned

from nothing, and will return to the nothing from whence it came. The universe begins and ends with zero.

Charles Seife, ZERO: The Biography of a Dangerous Idea

Diagram I
Self Identity
State of Void



*Memories replaying displace the Void of Self Identity, precluding the manifestation of Inspirations. To remedy this displacement, to re-establish Self Identity, memories need to be transformed to void through **transmutation** by Divine Intelligence.*

“CLEAN, erase, erase and find your own
Shangri-La. Where? Within yourself.”

Morrnah Nalamaku Simeona, Kahuna Lapa’au

Nor stony tower, nor walls of beaten brass,
nor airless dungeon, nor strong links of iron,
can be retentive to the strength of spirit.

William Shakespeare, Playwright

22 March 2005

*Existence is a gift from Divine Intelligence. And the gift is given for the **sole purpose** of re-establishing Self Identity through problem solving. **Self Identity Ho'oponopono** is an updated version of an ancient Hawaiian problem solving process of **repentance, forgiveness and transmutation.***

Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive and you will be forgiven.
Jesus as reported in Luke 6

Ho'oponopono involves the full participation of each of the four members of Self Identity: Divine Intelligence, Super Conscious Mind, Conscious Mind and Subconscious Mind -- working together as a unit of one. Each member has its unique part and function in problem solving memories replaying in the Subconscious Mind.

The **Super Conscious Mind** is memory free, unaffected by memories replaying in the Subconscious Mind. It is always one with Divine Intelligence. However Divine Intelligence moves so moves the Super Conscious Mind.

Self Identity **operates by Inspiration and memory.** Only one of them, either memory or Inspiration, can be in command of the Subconscious Mind at any given moment. The Soul of Self Identity serves only one master at a time, usually memory the thorn instead of Inspiration the rose.

ho'oponopono

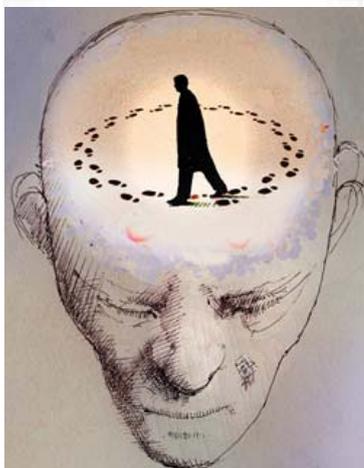
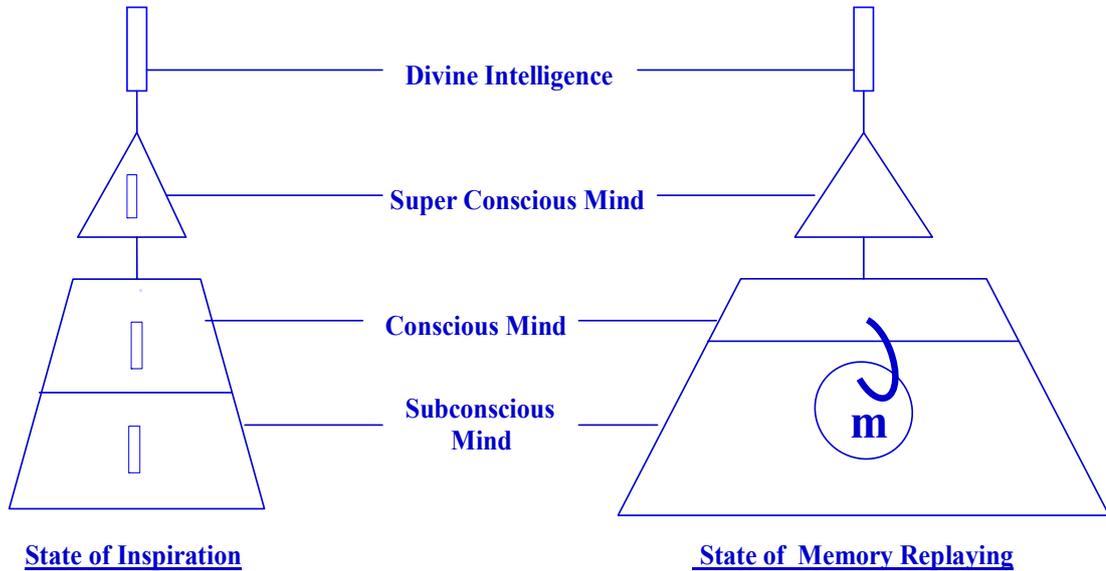


Diagram 2
Self Identity

Diagram 3
Self Identity

State of Inspiration

State of Memory Replaying



30 April 05

“I am the self consumer of my woes.”
John Clare, Poet

*Void is the **common ground**, the equalizer, of all Self Identities, both “animate” and “inanimate.” It is the indestructible and timeless foundation of the entire cosmos seen and unseen.*

We hold these truths to be self-evident, that all
men (all life forms) are created equal.....
Thomas Jefferson, Author
Declaration of Independence

Memories replaying displace the common ground of Self Identity, taking the Soul of Mind away from its natural position of Void and Infinite. Although memories displace the Void, they cannot destroy it. How can nothing be destroyed?

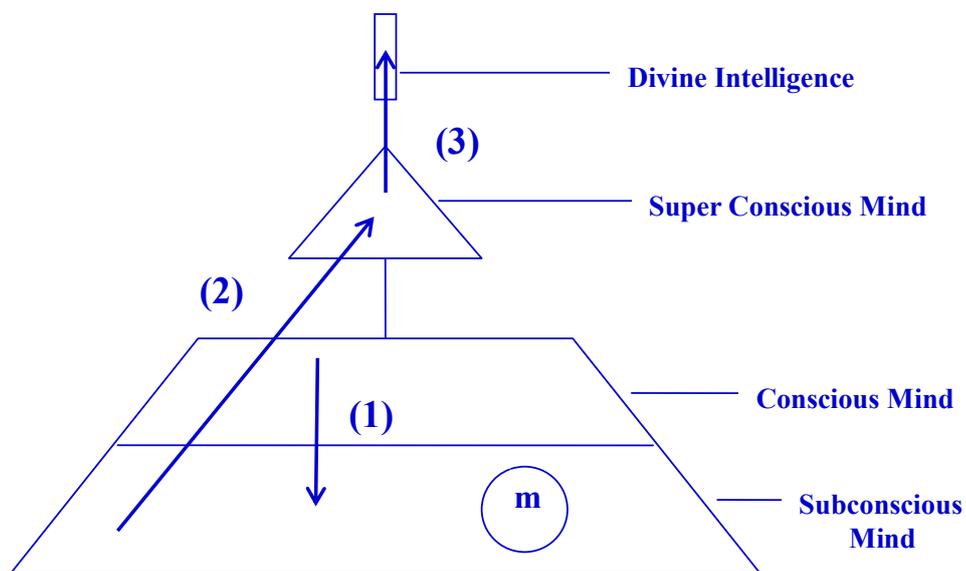
A house divided against its self cannot stand.
Abraham Lincoln, President of the United States

12 May 2005

The Conscious Mind can initiate the Ho`oponopono process to release memories or it can engage them with blame and thinking.

Diagram 4
Self Identity Ho`oponopono
(Problem Solving)

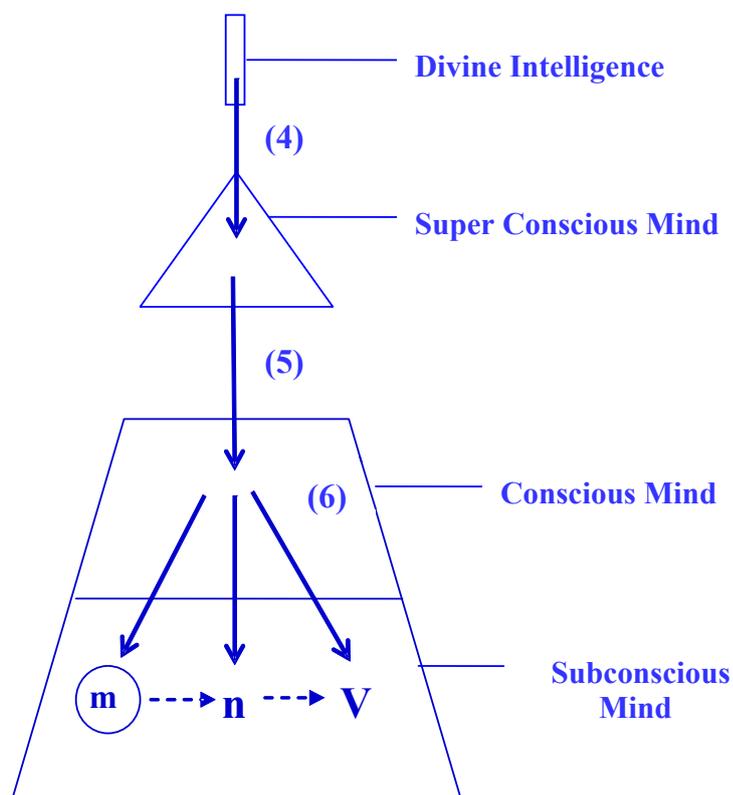
Repentance & Forgiveness



Repentance & Forgiveness

1. Conscious Mind initiates the Ho`oponopono problem solving process, a petition to Divine Intelligence to transmute memories to void. It acknowledges that the problem is memories replaying in its Subconscious Mind. And that it is 100% responsible for them. The petition moves down from the Conscious Mind into the Subconscious Mind;
2. The down flow of the petition into the Subconscious Mind gently stirs memories for transmutation. The petition then moves up to the Super Conscious Mind from the Subconscious Mind, and
3. The Super Conscious Mind reviews the petition, making changes as appropriate. Because it is always in tune with Divine Intelligence, it has the capacity to review and make changes. The petition is then sent up to Divine Intelligence for final review and consideration.

Diagram 5
 Self Identity Ho'oponopono
 (Problem Solving)
Transmutation by Divine Intelligence



Transmutation by Divine Intelligence

4. After reviewing the petition sent up by the Super Conscious Mind, Divine Intelligence sends transmuting energy down into the Super Conscious Mind;
5. Transmuting energy then flows from the Super Conscious Mind down into the Conscious Mind;
6. And transmuting energy then flows down from the Conscious Mind into the Subconscious Mind. **The transmuting energy first neutralizes designated memories. The neutralized energies are then released into storage, leaving a void.**

12 June 2005

Thinking and blame (See Graph 3) are memories replaying.

*The Soul can be inspired by Divine Intelligence without knowing what the heck is going on. The only requirement for Inspiration, Divine creativity, is for Self Identity to be Self Identity. To be Self Identity requires **incessant** cleansing of memories.*

Memories are constant companions of the Subconscious Mind. They never leave the Subconscious Mind to go on vacation. They never leave the Subconscious Mind to go into retirement. Memories never stop their incessant replaying!

The Man of Law's Tale

O sudden grief that ever art near neighbour
 To worldly bliss! Sprinkled with bitterness
 The ends of joy in all our earthly labour!
 Grief occupies the goal to which we press.
 For your own safety think it is no less,
 And in your days of gladness bear in mind
 The unknown evil forging on behind!

Geoffrey Chaucer, Canterbury Tales

To be done with memories once and for all, they must be cleansed to nothing once and for all.

It was in Iowa in 1971 that I fell head over heels in love for the second time.
 Dear *M*, our daughter, was born.

As I watched my wife care for *M*, I fell deeper and deeper in love
 with both of them. I had two wonderful people to love now.

After completing graduate school in Utah that summer, my wife
 and had two choices to make: go home to Hawaii or to continue graduate
 training in Iowa.

As we began life in the Hawkeye State, two hurtles immediately confronted
 us. First, *M* never stopped crying when we brought home from the hospital!

Secondly, the worst winter of the century in Iowa history set in. Each
 morning for weeks on end I kicked the bottom inside of the front door
 of our apartment and hammered its edges with my hands to break the
 entombing ice on the other side.

Around her first year, blood stains showed up on *M*'s blankets. Only now as I write this sentence, I realize that the constant crying was her reactions to the severe skin problem that was diagnosed later.

I cried many a night as I helplessly watched *M* in fitful sleep scratching herself. Steroid medications proved powerless to help her.

By age three, blood seeped continuously from cracks in the crooks of *M*'s elbows and knees. Blood wept from cracks around the joints of her fingers and toes. Thick mantles of hard skin covered the inside of her arms and around her neck.

One day nine years later when *M* was about twelve, she, her sister and I were driving home. Suddenly I found myself turning the car around without conscious forethought, and headed in the direction of my office in Waikiki.

"Oh, you folks have come to visit me," Mornah said quietly as the three of us trooped into her office. As she shuffled papers on her desk, she looked up at *M*. "Did you want to ask me something?" she said softly.

M stretched out both arms revealing years of pain and grief etched in them up and down like Phoenician scrolls. "OK," came Mornah's reply, and she closed her eyes.

What was Mornah doing? The creator of Self Identity Ho'oponopono was doing Self Identity Ho'oponopono. A year later, thirteen years of bleeding, scaring, pain, grief and medications came to an end.

Self Identity Ho'oponopono Student

5 May 2005

*For Self Identity to be Self Identity moment to moment requires **incessant Ho'oponopono**. Like memories, **incessant Ho'oponopono can never go on vacation**. **Incessant Ho'oponopono can never retire**. **Incessant Ho'oponopono can never sleep**. **Incessant Ho'oponopono can never stop as...***

*"...in your days of gladness bear in mind
the unknown evil(memories replaying) forging on behind!"*

30 June 2005

The purpose of life is to be Self Identity as Divinity created Self Identity in its exact likeness, Void and Infinite.

All life experiences are expressions of memories replaying and Inspirations. Depression, thinking, blame, poverty, hate, resentment and grief are "...fore bemoan moans," as Shakespeare noted in one of his Sonnets.

*The Conscious Mind has **choice**: it can initiate incessant cleansing or it can allow memories to replay problems incessantly.*

12 December 2005

Consciousness working alone is ignorant of Divine Intelligence's most precious gift: Self Identity. As such, it is ignorant of what a problem is. This ignorance results in ineffectual solving problem. Poor soul is left to incessant, needless grief for its entire existence. How sad.

The Conscious Mind needs to be awakened to the gift of Self Identity, "...wealth beyond all understanding."

Self Identity is indestructible and eternal as is its Creator, Divine Intelligence. The consequence of ignorance is the false reality of senseless and relentless poverty, disease, and war and death generation after generation.

24 December 2005

The physical is the expression of memories and Inspirations taking place in the Soul of Self Identity. Change the state of Self Identity and the state of the physical world changes.

Who's in charge...inspirations or memories replaying? The choice is in the hands of the Conscious Mind.

7 February 2006 (A Leap into2006)

Here are four (4) Self Identity Ho'oponopono problem solving processes that can be applied to re-establish Self Identity through voiding memories replaying problems in the Subconscious Mind:

1. **"I love you."** When your Soul experiences memories replaying problems, say to them mentally or silently: **"I love you** dear memories. I am grateful for the opportunity to free all of you and me." **"I love you"** can be repeated quietly again and again. Memories never go on vacation or retire unless you retire them. **"I love you"** can be used even if you are not conscious of problems. For example, it can be applied before engaging in any activity such as making or answering a telephone call or before getting into your car to go somewhere.

Love your enemies, do good to those who hate you.

Jesus as reported by Luke: 6

2. **“Thank you.”** This process can be used with or in place of **“I love you.”** As with **“I love you,”** it can be repeated mentally again and again.
3. **Blue Solar Water:** Drinking lots of water is a wonderful problem solving practice, particularly if it is **blue solar water**. Get a blue glass container with a non-metallic cover. Pour tap water into the container. Place the blue glass container either in the Sun or under an incandescent lamp (not a florescent lamp) for at least an hour. After the water is solarized, it can be used in several ways. Drink it. Cook with it. As a rinse after a bath or shower. Fruits and vegetables love being washed in blue solar water! As with **“I love you”** and **“Thank you”** processes, blue solar water voids memories replaying problems in the Subconscious Mind. So, drink away!
4. **Strawberries and blueberries:** These fruits void memories. They can be eaten fresh or dried. They can be consumed as jams, jellies and even syrup on ice cream!

27 December 2005 (A Leap Back Into 2005)

*I got the idea a few months back of a **talking glossary** of the essential “characters” in Self Identity Ho’oponopono. You can get acquainted with each of them at your leisure.*

1. **Self Identity:** *I am Self Identity. I am composed of four elements: Divine Intelligence, Super Conscious Mind, Conscious Mind and Subconscious Mind. My foundation, Void and Infinite, is an exact replication of Divine Intelligence.*
2. **Divine Intelligence:** *I am Divine Intelligence. I am the Infinite. I create Self Identities and Inspirations. I transmute memories to void.*
3. **Super Conscious Mind:** *I am Super Conscious Mind. I oversee the Conscious and Subconscious Minds. I review and make appropriate changes in the Ho’oponopono petition to Divine Intelligence initiated by the Conscious Mind. I am unaffected by memories replaying in the Subconscious Mind. I am always one with Divine Creator.*
4. **Conscious Mind:** *I am Conscious Mind. I have the gift of choice. I can allow incessant memories to dictate experience for the Subconscious Mind and me or I can initiate the release of them through incessant Ho’oponopono. I can petition for directions from Divine Intelligence.*
5. **Subconscious Mind:** *I am Subconscious Mind. I am the storehouse for all of the accumulate memories from the beginning of creation. I am the place where experiences are experienced as memories replaying or as Inspirations. I am the place where the body and the world reside as memories replaying and as Inspirations. I am the place where problems live as memories reacting.*

6. **Void:** *I am Void. I am the foundation of Self Identity and the Cosmos. I am where Inspirations spring forth from Divine Intelligence, the Infinite. Memories replaying in the Subconscious Mind displace me but not destroy me, precluding the inflow of Inspirations from Divine Intelligence.*
7. **Infinite:** *I am Infinite, Divine Intelligence. Inspirations flow like fragile roses from me into the Void of Self Identity, easily displaced by the thorns of memories.*
8. **Inspiration:** *I am Inspiration. I am a creation of the Infinite, of Divine Intelligence. I manifest from the Void into the Subconscious Mind. I am experienced as a brand new occurrence.*
9. **Memory:** *I am memory. I am a record in the Subconscious Mind of a past experience. When triggered, I replay past experiences.*
10. **Problem:** *I am problem. I am a memory replaying a past experience again in the Subconscious Mind.*
11. **Experience:** *I am experience. I am the effect of memories replaying or Inspirations in the Subconscious Mind.*
12. **Operating System:** *I am the Operating System. I operate Self Identity with Void, Inspiration and Memory.*
13. **Ho'oponopono:** *I am Ho'oponopono. I am a man ancient Hawaiian problem solving process updated for today's use by Mornnah Nalamaku Simeona, Kahuna Lapa'au, recognized as a Living Treasure of Hawaii in 1983. I am composed of three elements: repentance, forgiveness and transmutation. I am a petition initiated by the Conscious Mind to Divine Intelligence to void memories to re-establish Self Identity. I begin in the Conscious Mind.*
14. **Repentance:** *I am repentance. I am the beginning of the Ho'oponopono process initiated by the Conscious Mind as a petition to Divine Intelligence to transmute memories to void. With me, the Conscious Mind acknowledges its responsibility for the memories replaying problems in its Subconscious Mind, having created, accepted and accumulated them.*
15. **Forgiveness:** *I am Forgiveness. Along with Repentance, I am a petition from the Conscious Mind to Divine Creator to transform memories in the Subconscious Mind to void. Not only is the Conscious Mind sorrowful, it is also asking Divine Intelligence for forgiveness.*

16. Transmutation: *I am Transmutation. Divine Intelligence uses me to neutralize and to release memories to Void in the Subconscious Mind. I am available for use only by Divine Intelligence.*

17. Wealth: *I am Wealth. I am Self Identity.*

18. Poverty: *I am Poverty. I am memories replaying. I displace Self Identity, precluding the infusion of Inspirations from Divine Intelligence into the Subconscious Mind!*

Before bringing this visit with you to an end, I would like to mention that reading this article satisfies the prerequisite of attending a Friday lecture if you are considering taking a Self Identity Ho'oponopono weekend class.

I wish you Peace beyond all understanding.

O Ka Maluhia no me oe.

Peace be with you,

Ihaleakala Hew Len, Ph.D.
Chairman Emeritus
The Foundation of I, Inc. Freedom of the Cosmos

Thank you KR, HW, OH and JV for previewing and commenting on drafts of the article. And thank you OH a second time for preparing the article for the Foundation website. I am grateful.

ho'oponopono

BEYOND TRADITIONAL MEANS: Ho'oponopono

An interview with ... Mornnah Simeona and Dr. Stan Hew Len* by Deborah King -- frequent contributor to the New Times.

"We can appeal to Divinity who knows our personal blueprint, for healing of all thoughts and memories that are holding us back at this time," softly shares Mornnah Simeona. "It is a matter of going beyond traditional means of accessing knowledge about ourselves."

The process that Mornnah refers to is based on the ancient Hawaiian method of stress reduction (release) and problem solving called Ho'oponopono. The word Ho'oponopono means to make right, to rectify an error. Mornnah is a native Hawaiian Kahuna Lapa'au. Kahuna means "keeper of the secret" and Lapa'au means "a specialist in healing." She was chosen to be a kahuna while still a small child and received her gift of healing at the age of three. She is the daughter of a member of the court of Queen Liliuokalani, the last sovereign of the Hawaiian Islands. The process that is now brought forth is a modernization of an ancient spiritual cleansing ritual. It has proven so effective that she has been invited to teach this method at the United Nations, the World Health Organization and at institutions of healing throughout the world.

How does Ho'oponopono work? Mornnah explains, "We are the sum total of our experiences, which is to say that we are burdened by our pasts. When we experience stress or fear in our lives, if we would look carefully, we would find that the cause is actually a memory. It is the emotions which are tied to these memories which affect us now. The subconscious associates an action or person in the present with something that happened in the past. When this occurs, emotions are activated and stress is produced."

She continues, "The main purpose of this process is to discover the Divinity within oneself. The Ho'oponopono is a profound gift which allows one to develop a working relationship with the Divinity within and learn to ask that in each moment, our errors in thought, word, deed or action be cleansed. The process is essentially about freedom, complete freedom from the past."

Every memory of every experience, since the first moment of our creation, eons ago, is recorded as a thought form which is stored in the etheric realm. This incredible recorder / computer is also known as the subconscious, unihipili or child aspect within us. The inner child is very real and comprises one part of the Self. The other aspects are the mother, also known as the uhane or rational mind and the father, the super conscious or Spiritual aspect. The three comprise the inner family, which, in partnership with The Divine Creator, makes up one's Self I-Identity. Every human being in creation, every plant, atom and molecule has these three selves and yet each blueprint is completely different.

The most important task for people is to find his or her true identity and place in the Universe. This process allows that understanding to become available.

The purpose of Ho'oponopono is to: 1) Connect with the Divinity within on a moment-to-moment basis; 2) To ask that movement and all it contains, be cleansed. Only the Divinity can do that. Only the Divinity can erase or correct memories and thought forms. Since the Divinity created us, only the Divinity knows what is going on with a person.

In this system, there is no need to analyse, solve, manage or cope with problems. Since the Divinity created everything, you can just go directly to Him and ask that it be corrected and cleansed.

In the area of problem solving: the world is a reflection of what is happening inside us. If you are experiencing upset or imbalance, the place to look is inside yourself, not outside at the object you perceive as causing your problem. Every stress, imbalance or illness can be corrected just by working on yourself. It is important to mention that this system is fundamentally different from other forms of Ho'oponopono. In traditional methods, everyone who is involved in a problem needs to be physically present and work it out together. In Mornnah's system everything can be handled by you and the Divinity. You don't need to go one inch outside yourself for answers or help. There is no one who can give you any more relevant information than you can get by going within yourself.

Mornnah especially recommends Ho'oponopono for those in the healing profession: "It is important to clear Karmic patterns with your clients before you start working with them, so that you don't activate old stuff between you. Perhaps you shouldn't be working with that person at all. Only the Divinity knows. If you work with a person and it isn't your business, you can take on the person's entire problem and everything associated with it. This can cause burnout. The Ho'oponopono gives the tools to prevent that from happening."

Mornnah wished for our Western society that everyone would do things to reduce the stress. "Western people have great difficulty in putting the intellect behind. It is difficult for the Western mind to get a grasp of a Higher Being because in traditional Western churches, the Higher Beings are not made evident." She continues, "Western man has gone to the extremes with his intellectualism it divides and keeps people separate. Man then becomes a destroyer because he manages and copes rather than letting the perpetuating force of the Divinity flow through him for right action."

Mornnah works with her associate, Dr. Stanley Hew Len, who spent several years as a consulting clinical psychologist at the Hawaii State Hospital. He has had profound results by using this process with the most dangerous, violently "mentally ill" criminals in Hawaii. Yet he never talks to them, in fact, he never even sees them. He writes down their name and then just works on himself. He cleanses his judgments, beliefs, attitudes and asks the Divinity what he can do for the person. As those attachments and memories are cleansed, the patient improves. "The Divinity," comments Stan, "says it is time to bring all the children home."



Dr. Ihaleakala Hew Len

[* also known as Dr. Ihaleakala Hew Len]

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.

COULD A KAHUNA'S LITURGY HAVE WROUGHT THESE CHANGES?

By Darrell Sifford -- Tuesday, 2 December 1980 Philadelphia Inquirer

I'm not even sure why I agreed to the interview -- except that I was curious. After all, how many times in your life do you have a chance to meet an honest-to-goodness kahuna?

No, it's not a typographical error. I really talked to a kahuna. That's a Hawaiian word that literally means "keeper of the secrets," but that among Hawaiians commonly refers to a spiritual teacher and healer of what ails us --- either physically or psychologically.

So there I was, with my notebook and pen, and there she was, Mornah Simeona, a grandmotherly looking woman in a white cable-knit sweater and grey flannel skirt, the daughter of a member of the court of Queen Liliuokalani, who was the last sovereign of the Hawaiian Islands.

Mornah, who has lectured at the University of Hawaii, was in the Philadelphia area for a weekend workshop in what was described as "Hawaiian metaphysics," and was then due in Baltimore for a lecture at Johns Hopkins University.

What exactly does she do -- not as a lecturer, but as a kahuna? Well, although her English is as flawless as a radio announcer's, I had trouble grasping what she was saying. Essentially, it seemed to come down to this.

We tend to be haunted by our old fears, emotions, ideas and reactions, which contribute not only to present-day psychological distresses but also to physical illnesses -- since many illnesses can be "attributed purely to the pressures we create." A kahuna's role is to help us dredge up and erase the garbage that is polluting our existence -- in much the same way that we would retrieve and kill useless information stored in a computer.

Now that doesn't sound too unreasonable, does it? Obviously what must happen, if anything really does happen, is that we feel better after a session with our kahuna because we expect to feel better- It's the old placebo effect, about which Dr. Herbert Benson, the Harvard cardiologist, has written extensively and for which modern medicine finally is beginning to show some respect.

Well, Mornah hadn't heard about the placebo effect but, after it was explained, she said that it wasn't a factor, since some of those with whom she dealt really had no grand expectations. For some, it was just another pause in their endless search for happiness and fulfillment.

But the strange thing, Mornah said, was that the search inevitably was abandoned after they met with her --- because their problems went away. Besides, she said, she could help people she never even met --- by working through those who came to her.

All that was required, she said, was an appeal to the Divine Creator of our choice "through the divinity that is within each person ... who is really an extension of the Divine Creator."

The liturgy she said, goes like this:

"Divine Creator, Father, Mother, as one ... If I, my family, relatives and ancestors have offended you, your family, relatives and ancestors in thoughts, words, deeds and actions from the beginning of our creation to the present, we ask your forgiveness ... Let this cleanse, purify, release, cut all the negative memories, blocks, energies and vibrations and transmute these unwanted energies to pure light ... And it is done."

This appeal is called ho'oponopono, and can be identified with just about every religion, Morrnah said, because "in every faith there always is a portion (of the liturgy) in which we ask forgiveness of those we offend ... But we go beyond that ... to family, relatives, and ancestors ... because possibly some of the problem stems from a grandfather who chopped off somebody's head in another century." That which we expel is transmuted into "pure light," she said, because otherwise, "we would pollute the atmosphere" with our discarded garbage. "But as pure light, it does not contaminate."

At the instant that she utters **"and it is done"** the transmutation takes place, she said, and "the computer automatically erases" the garbage that has been stored for ... who knows for how long?

The great thing about the system, she said, is that it is "simple, workable and infallible ... and anybody can do it, from the very young to the very old." It is, she said, "difficult for a lot of intellectuals to comprehend" because it's so simple, but it really is infallible- Didn't I have some problem that I'd like for her to work on?

Well, how in heaven's name was I going to write anything from this interview? People would think I was crazy -- and I wouldn't blame them. But, OK, Morrnah, anything to go along with the program. Things have not been too good with my older son, Jay, since my divorce -- and things certainly have been sour with my former wife. How about it, Morrnah?

"Divine Creator, Father, Mother, Son, as one ... If I, my family, relatives and ancestors have offended."

Not long after that the interview ended, and I forgot about it. After all, I had a plane to catch to North Carolina, where the lawyers were tying up a final piece of business left over from the divorce.

Jay is 22, and last winter, when I had seen him for the first time in three years, he kept at arm's length, told me that he never could regard me as his father, that we perhaps could be friends -- but not very close friends, because we didn't have much in common.

The other night we'd finished dinner in a restaurant -- he and I and my younger son, Grant. After Grant had driven off to go back to his college campus apartment, Jay and I climbed into my rental car and started to leave the parking lot. That's when Jay turned down the volume on the radio and told me that he now felt differently toward me.

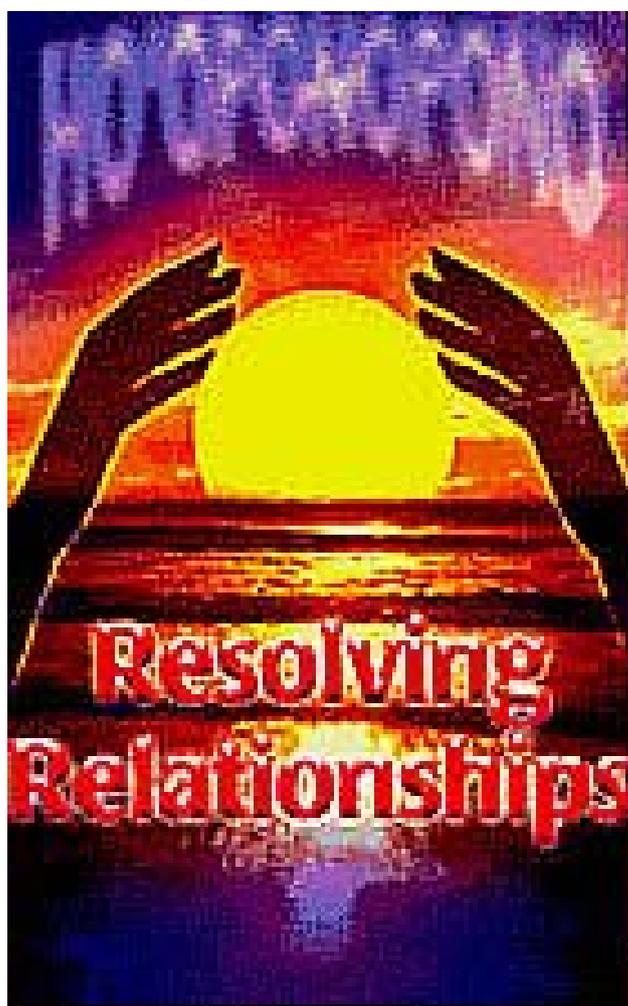
"I know you love me," he said. "And I really need that. I want you to know how much I respect you, how much I admire the person you have become."

The next day, I met with my former wife and, after the lawyers had departed, she told me that she wasn't bitter any more, that what happened probably had been for the best and that both of us probably had grown as a result of it.

Each of the conversations immediately struck me as drastic reversals from previously staked-out positions. It was strange, I thought, that they should take place within 24 hours.

It wasn't until I had returned to Philadelphia and was shuffling through my backlog of work that I ran across the notes from my interview with Mornah Simeona, the kahuna.

Mornah, you didn't ... did you?



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



PAPER S
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THE ANCIENT HAWAIIAN TEACHING OF HO'OPONOPONO: THE MARRIAGE

Ihaleakala Hew Len, PH.D.

John views the text of his work on the computer monitor as he types. A message box pops up telling him there is a spelling error. He deletes the error and makes the correction. No one expects him to yell at or to blame the computer monitor for the error.

Peter has been reluctant to go to school for several days. This is unlike him. He is always up and dressed for school on his own. "The bus will be here in a few minutes", his mother reminds him. "You need to get ready." She has talked to him but still does not know what is going on. She will speak with his teacher. Her reactions are typical of parents in her situation. No one would expect her to look inside of herself for the source of the problem and its solution.

Bill, who is forty, has a severe chronic lower back pain. He is a volunteer client in a training program for therapists. "How long have you had the back pain?" a therapist asks. "How did it begin?" another one inquires. "Have you been experiencing stress lately?" another question follows. Then out of the blue springs an unexpected question. "What is going on inside of me that shows as Bills back problem?" "Whos the wise guy?" the instructor asks suspiciously.

Total responsibility, like money growing on trees, never happens. It occurs nowhere on the face of the Earth, not in relationships, not in family units, not in work places, not in business enterprises, not in local, state and national governments, not in religious communities and certainly not in therapeutic settings. It just does not exist. Unfortunately, problems, disease and even death are the result.

There is a way, though, out of problems and disease for any individual willing to be 100 % responsible for creating his life the way it is moment to moment. In the ancient Hawaiian healing process of Ho'oponopono, the individual petitions Love to rectify errors within him. "I am sorry. Please forgive me for whatever is going on inside of me that manifests as the problem." Loves responsibility then is to transmute the errors within him that manifest as the problem. Love does this by erasing and correcting, as in Johns example errors in the computer bank of the mind.

If Pete's mother petitions, Love will erase the errors in her mind that manifest as problems of her son. In their work, therapists can ask Love to cancel errors in their mind that show as problems in their clients. In the marriage of total responsibility and Love, problems are resolved, health restored, and life renewed. This is lyrically evoked in Shakespeare's Sonnet CXLVI.

"Buy terms divine in selling hours of dross:
Within be fed, without be rich no more:
So shall thou feed on Death,
that feed on men, and Death once dead,
there's no more dying then."

Learn true love and forgiveness through the ancient Hawaiian training of Ho'oponopono.

A HOUSE DIVIDED:

By Ihaleakala Hew Len, Ph.D.

A house divided against itself cannot stand. This is true for nations, communities, organizations and families, as well as for individuals. In the House of Humanity, the individual is the common denominator. When the individual is divided, the house is divided.

In the game of tennis, the scoring system is Love, 15, 30, 40, game. The game begins with Love. In the etymology of the word, Love is no score, no stakes, nothing, to take the individual back to Love to nothing, to wholeness.

The process achieves this by voiding anger, fear, blame, resentment and thinking from poisonous thoughts, toxic energies that divide the mind, the house of the individual, causing it to fall to dis-Harmony and dis-ease.

The purpose of life is to be restored back to Love, moment to moment. To fulfil this purpose, the individual must acknowledge that he is 100% responsible for creating his life the way it is. He must come to see that it is his thoughts of that create his life the way it is moment to moment. The problems are not people, places and situations but rather the thoughts of them. He must come to appreciate that there is no such thing as "out there". People, places and situations exist only as his thoughts of.

A problem is a replayed toxic memory, what Shakespeare writes as a "fore-moaned moan". A replayed toxic memory again divides the mind against its self, against Love. The Updated Ho'oponopono, a process of repentance, forgiveness and transmutations, is a petition to Love to void and replace toxic energies with its self. Love accomplishes this by flowing through the Mind, beginning with the Spiritual Mind, the Super Conscious. It then continues its flow through the intellectual Mind, the Conscious Mind, freeing it of thinking energies. Finally, it moves into the Emotional Mind, the Subconscious, voiding thoughts of toxic emotions and filling them with its self.

Here is a thought cleansing tool that anyone can apply to void toxic energies from his or her thoughts.

Mentally think: "I turn the Light Switch on my thoughts of me and my family, relatives and ancestors." There is no limit to the number of times that this tool can be used. The tool is a petition to Love to clear toxic thoughts of yourself and of your family, relatives and ancestors that divide your Mind, your house.

The purpose of life does not change with the coming of a new millennium! It will always remain the same: to be restored back to Love moment to moment. The fulfilling of this purpose requires absolute individual responsibility. It requires an appreciation of the real problems that divide the individual first, then everything else second. A house divided against itself cannot stand.

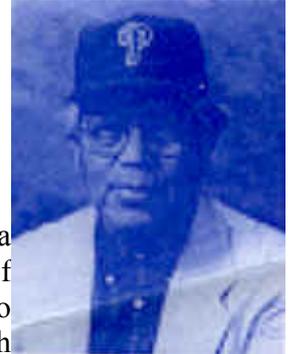
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100% RESPONSIBILITY and the POSSIBILITY of a HOT FUDGE SUNDAE:

Cat Saunders gets the scoop on Haleakala Hew Len

"We're either killing ourselves or nurturing. There is no in-between."

Haleakala Hew Len, Ph.D.



Who is this man and why is he wearing that baseball cap?

How do you thank someone who has helped to set you free? How do you thank a man whose gentle spirit and zinger statements have forever altered the course of your life? Haleakala Hew Len is such a man for me. Like a soul brother who shows up unexpectedly in an hour of need. Haleakala came into my life in March of 1985, during a time of massive change for me. I met him during a training called "Self I-Dentity Through Ho'oponopono," which he facilitated along with the late Mornnah Nalamaku Simeona, a native Hawaiian *kahuna* ("keeper of the secret").

For me, Haleakala and Mornnah are part of the rhythm of life. Though I love them both dearly, I don't really dwell on thoughts of them as people, yet their influence is always there for me, beating a steady pulse like African drums in the night. Recently, I had the honour of being asked to interview Haleakala by The Foundation of I, Inc. (Freedom of the Cosmos), an organization founded by Mornnah. It was an even greater honour to learn that he would be coming from his home in Hawaii to meet with me personally.

Dr. Haleakala S. Hew Len is the foundation's president and administrator. Together with Mornnah, Haleakala has worked with thousands of people over the years, including groups at the United Nations, UNESCO (United Nations Educational, Scientific and Cultural Organization), International Human Unity Conference on World Peace, World Peace Conference, Traditional Indian Medicine Conference, Healers for Peace in Europe, and the Hawaii State Teachers Association. He also has extensive experience working with developmentally disabled people and with the criminally mentally ill and their families. In all his work as an educator, the Ho'oponopono process supports and permeates every breath of his efforts.

Simply put, Ho'oponopono means, "to make right," or "to rectify an error." According to the ancient Hawaiians, error arises from thoughts that are tainted by painful memories from the past. Ho'oponopono offers a way to release the energy of these painful thoughts, or errors, which cause imbalance and disease.

Along with the updated Ho'oponopono process, Mornnah was guided to include the three parts of the self, which are the key to Self I-Dentity. These three parts -- which exist in every molecule of reality -- are called the *Unihipili* (child/subconscious), the *Uhane* (mother/conscious), and the *Aumakua* (father/superconscious). When this "inner family" is in alignment, a person is in rhythm with the Divinity. With this balance, life begins to flow. Thus, Ho'oponopono helps restore balance in the individual first, and then in all of creation.

By introducing me to this three-part system, along with the most powerful forgiveness process I know (Ho'oponopono), Haleakala and Mornnah taught me this: the best way to bring healing to every part of my life -- and to the entire universe -- is to take 100% responsibility and work on *myself*. In addition, they taught the simple wisdom of total self-care. As Haleakala said in a thank-you note after our interview: "You take good care of yourself. If you do, all will be beneficiaries."

Once, Haleakala left for an entire afternoon in the middle of a training I was taking, because his Unihipili (child/subconscious) told him to go to his hotel and take a long nap. Of course, he was responsible about leaving, and Morrnah was there to teach. Even still, his exit made a lasting impression on me. For someone like me, raised in a family and culture that admonished me to put others first, Haleakala's actions astounded and delighted me. He got his nap, and I got an unforgettable lesson in self-care.

Cat: Haleakala, when I met you in 1985, I'd just started private practice after working as a counsellor in agencies for four years. I remember you said, "All therapy is a form of manipulation." I thought, "Jeez! What am I supposed to do now?" I knew you were right, so I almost quit! Obviously, I didn't, but that statement completely changed the way I work with people.

Haleakala: Manipulation happens when I (as a therapist) come from the idea that you are ill and I am going to work on you. On the other hand, it's not manipulation if I realize that you are coming to me to give me a chance to look at what's going on in me. There's a big difference.

If therapy is about your belief that you're there to save the other person, heal the other person, or direct the other person, then the information you bring will come out of the intellect, the conscious mind. But the intellect has no real understanding of problems and how to approach them. The intellect is so picayunish in its way of solving problems! It doesn't realize that when a problem is solved by transmutation -- by using Ho'oponopono or related processes -- then the problem and *everything related to it* is solved, even at microscopic levels and back to the beginning of time.

So first of all, I think the most important question to ask is, "What is a problem?" If you ask people this, there's no clarity, they make up some way of solving the problem...

Cat: ...as if the problem is "out there."

Haleakala: Yes. For example, the other day I got a call from the daughter of a woman who is 92. She said, "My mother's had these severe hip pains for several weeks." While she's talking to me, I'm asking this question of the Divinity, "What is going on in me that I have caused that woman's pain?" And then I ask, "How is it that I can rectify that problem with in me?" The answers to these questions come, and I do whatever I'm told.

Maybe a week later the woman calls me and says, "My mother's feeling better now!" This doesn't mean the problem won't recur, because there are often multiple causes for what appears to be the same problem.

Cat: I have a lot of recurring illness and chronic pain. I work with it all the time, using Ho'oponopono and other clearing processes to make amends for all the pain I've caused since the beginning of time.

Haleakala: Yes. The idea being that people like us are in the healing professions because we have caused a lot of pain.

Cat: Big time!

Haleakala: How wonderful to know that, and to have people pay us for having caused them their problems!

Cat: I know that 100% responsibility is the only thing that works, but I used to struggle with this stuff, because I'm an overly responsible caretaker type.

When I heard you talking about 100% responsibility not just for myself, but for every situation and problem, I thought, "Whoa! This is crazy! I don't need anybody telling me to be even more responsible!" Yet the more I thought about it, the more I realized that there's a big difference between overly responsible caretaking, versus totally responsible self-care. One is about being a good little girl, and the other is about getting free.

I remember you talking about the years when you were a staff psychologist at Hawaii State Hospital for the Criminally Insane. You said that when you started working there, the ward for criminals was full of violence, and when you left four years later, there was none.

Haleakala: Right. I would only go into the building to check the results. If they still looked depressed, then I'd work on myself some more.

Cat: Would you tell a story about using Ho'oponopono for so-called inanimate objects?

Haleakala: I was in an auditorium once getting ready to do a lecture, and I was talking to the chairs. I asked, "Is there anybody I've missed? Does anyone have a problem that I need to take care of?" One of the chairs said, "You know, there was a guy sitting on me today during a previous seminar who had financial problems, and now I just feel dead!" So I *cleaned* with that problem, and I could just see the chair straightening up. Then I heard, "Okay! I'm ready to handle the next guy!"

What I actually try to do is teach the room. I say to the room and everything in it, "Do you want to learn how to do Ho'oponopono? After all, I'm going to leave soon. Wouldn't it be nice if you could do this work for yourselves? Some say yes, some say no, and some say, "I'm too tired!"

Then I ask the Divinity, "If they say they would like to learn, how can I help them learn?" Most of the time, I get this: "Leave the blue book (*Self I-Identity Through Ho'oponopono*) with them." So I just take the blue book out and leave it on one of the chairs or on a table while I'm talking. We don't give tables enough credit for being quiet and aware of what is going on!"

Ho'oponopono is really very simple. For the ancient Hawaiians, all problems begin as thought. But having a thought is not the problem. So what's the problem? The problem is that all our thoughts are imbued with painful memories, memories of persons, places, or things.

The intellect working alone can't solve these problems, because the intellect only manages. Managing things is no way to solve problems. You want to let them go! When you do Ho'oponopono, what happens is that the Divinity takes the painful thought and neutralizes or purifies it. You don't purify the person, place, or thing. You neutralize the energy you associate with that person, place or thing. So the first stage of Ho'oponopono is the purification of that energy.

Now something wonderful happens. Not only does that energy get neutralized; it also gets *released*, so there's a brand new slate. Buddhists call it the Void. The final step is that you allow the Divinity to come in and fill the void with light.

To do Ho'oponopono, you don't have to know what the problem or error is. All you have to do is notice any problem you are experiencing physically, mentally, emotionally, whatever. Once you notice, your responsibility is to immediately begin to *clean*, to say, "I'm sorry. Please forgive me."

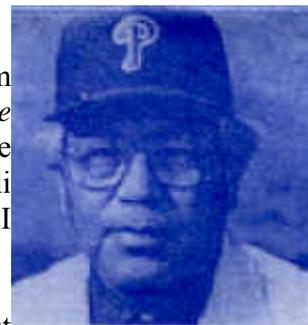
Cat: So the true job of the intellect is not to solve problems, but to ask for forgiveness.

Haleakala: Yes. **My job here on Earth is twofold. My job is first of all to make amends. My second job is to awaken people who might be asleep. Almost everyone is asleep!** *The only way I can awaken them is to work on myself.* Our interview is an example. For weeks before our appointment today, I've been doing the clearing work, so when you and I meet, it's like two pools of water coming together. They move through and let go. That's all.

Cat: In ten years of doing interviews, this is the only one I didn't prepare for. Every time I checked in, my Unihipili said that I should just come and be with you. My intellect went nuts trying to convince me that I should prepare, but I didn't.

Haleakala: Good for you! The Unihipili can be really fun. One day I was coming down the highway in Hawaii. When I started to head toward the usual off-ramp, I heard my Unihipili say in a singing voice, "I wouldn't go down there if I were you." I thought, "But I always go there." Then when we got closer about fifty yards away, I heard, "Hello! I wouldn't go down there if I were you!" Second chance. "But we always go down there!"

Now I'm talking out loud and people in cars around me are looking at me like I'm crazy. About 25 yards away, I hear a loud, "*I wouldn't go down there if I were you!*" I went down there, and I sat for two and a half hours. There was a huge accident. Couldn't move back, couldn't move forward. Finally I heard my Unihipili say, "Told you!" Then it wouldn't talk to me for weeks! I mean, why talk to me if I wasn't going to listen?



I remember one time when I was going to be on television to talk about Ho'oponopono. My children heard about it and they said, "Dad, we heard you are going to be on TV. Make sure your socks match!" They didn't care what I said. They just cared that my socks matched. See how children know the important things in life?

If you're wondering about the baseball cap, Haleakala wears it so he remembers not to be so intellectual. The background blue represents the Void, or Emptiness, and the red "P" represents Mother Earth, or the creative force, Pele.

Cat Saunders, Ph.D. is the author of Dr. Cat's Helping Handbook. For more information about Cat or her book, please visit: <http://www.dr.cat.org>

THE NEW TIMES, SEATTLE, WA, SEPTEMBER 1997

SELF I-DENTITY THROUGH HO'OPONOPONO:

Being 100% Responsible for the Problems of My Clients

By Ihaleakala Hew Len, Ph.D. and Charles Brown, LMT

In traditional approaches to problem solving and healing, the therapist begins with the belief that the source of the problem is with the client, not within him. He believes that his responsibility is to assist the client in working through his problem. Could these beliefs have resulted in systemic burnout throughout the healing profession?

To be an effective problem solver, the *therapist must be willing to be 100% responsible for having created the problem situation; that is, he must be willing to see that the source of the problem are erroneous thoughts within him, not within the client. Therapists never seem to notice that every time there is a problem, they are always present!*

Being 100% responsible for actualizing the problem allows the therapist to be 100% responsible for resolving it. Using the updated Ho'oponopono approach, a process of repentance, forgiveness and transmutation developed by Kahuna Lapa'au Mornah Nalamaku Simeona, a therapist is able to have erroneous thoughts within himself and within the client transmuted into perfect thoughts of LOVE.

Her eyes brimmed with tears. Deep trenches enclosed the corners of her mouth. "I am worried about my son," Cynthia sighs softly. "He's back on drugs again." As she tells her painful story, ***I begin the cleaning of the erroneous thoughts within me that have actualized as her problem.***

As erroneous thoughts are replaced by loving thoughts in the therapist and in his family, relatives and ancestors, they are replaced too in the client and in her family, relatives and ancestors. The updated Ho'oponopono process allows the therapist to work directly with the Original Source who can transmute erroneous thoughts into LOVE.

Her eyes dry up. The trenches around her mouth soften. She smiles, relief dawning across her face "I don't know why but I'm feeling better." I do not know why too. Really. Life is a mystery except to LOVE who knows all. I just let it go at that, and just thank LOVE from whom all blessings flow.

In problem solving using the updated Ho'oponopono process, the therapist first takes his I-Dentity, his Mind and connects it up with the Original Source, what others call LOVE or GOD. With the connection in place, the therapist then appeals to LOVE to correct the erroneous thoughts within him that are actualizing as the problem for himself first and for the client second. The appeal is a process of repentance and forgiveness on the part of the therapist---"I am sorry for the erroneous thoughts within me that have caused the problem for me and for the client; please forgive me."

In response to the repentance and forgiveness appeal of the therapist, LOVE begins the mystical process of transmuting the erroneous thoughts. In this spiritual correction process, LOVE first neutralizes the

erroneous emotions that have caused the problem, be they resentment, fear, anger, blame or confusion. In the next step, LOVE then releases the neutralized energies from the thoughts leaving them in a state of void, of emptiness of true freedom.

With the thoughts empty, free, LOVE then fills them with Itself. The result? The therapist is renewed, restored in LOVE. As the therapist is renewed so is the client and all involved in the problem. Where there was despair in the client, there is LOVE. Where there was darkness in her soul, there is now the healing Light of LOVE.

The Self I-Dentity Through Ho'oponopono training teaches people who they are and how they can solve problems moment to moment, and in the process be renewed and restored in LOVE. The training begins with a two-hour free lecture. Attendees are given an overview of how thoughts within them actualize as spiritual, mental, emotional, physical, relational and financial problems in their lives and in the lives of their families, relatives, ancestors, friends, neighbours and associates. In the weekend training, students are taught what a problem is, where the problems are located, how to solve different kinds of problems using over twenty-five problem solving processes and how to really take good care of them selves. The underlying emphasis in the training is on being 100% responsible for them selves and for what happens in their lives and for solving problems effortlessly.

The wonder of the updated Ho'oponopono process is that you get to meet yourself anew each moment, and you get to appreciate more and more with each application of the process the renewing miracle of LOVE.

I operate my life and my relationships according to the following insights:

1. The physical universe is an actualization of my thoughts.
2. If my thoughts are cancerous, they create a cancerous physical reality.
3. If my thoughts are perfect, they create a physical reality brimming with LOVE.
4. I am 100% responsible for creating my physical universe the way it is.
5. I am 100% responsible for correcting the cancerous thoughts that create a diseased reality.
6. There is no such thing as out there. Everything exists as thoughts in my mind.

Dr. Ihaleakala Hew Len has been practicing the updated Ho'oponopono since November of 1982. He was taught the process by Kahuna Lapa'au Morrnah Nalamaku Simeona, who was designated a Living Treasure of Hawaii in 1983. He was staff psychologist in the forensic unit for the criminally mentally ill at Hawaii State Hospital for several years. He has taught the updated Ho'oponopono around the world and at the United Nations several times. Dr. Hew Len has a doctorate from the University of Iowa. Information on upcoming lectures and classes can be found on the Foundation's web site: www.hooponopono.org

Charles Brown is a practicing massage therapist in Albuquerque. He has been practicing the updated Ho'oponopono since 1984. He coordinated and taught the Self Identity through Ho'oponopono classes for The Foundation of I, Inc. Freedom of the Cosmos for many years in Albuquerque. For information on upcoming lectures and classes in Albuquerque, contact Risa Wai hau Simon at 505-301-2951 or RSimon1@aol.com.

For additional reading.....

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Inspirations

August 7, 2006

Have you read Don Quixote by Cervantes? The theme of the 1,050 text by *Signet Classic* comes down to: *Don Quixote was born a fool and died a sage.*

What is Don Quixote's story? He spent most of his time buying and reading books about errant Knights saving the world. He foolishly bought into being an errant knight, and realized before his death that he should have followed the path of saving his soul.

I was trained to be a Don Quixote educator, to save handicapped people. Like Don Quixote, I began to realize more than two decades ago that my task is to release my Soul from memories replaying suffering.

You, like me, have choice: to experience the world of suffering as Don Quixote did or to experience the sweetness and peace of the Divinity through cleansing.

Morrnah's work is pure genius, a stroke of Divinity. The theme of Self Identity through Ho'oponopono: clean up memories to free up the Soul to experience the sweetness of Divinity.

And as such, we are not here to save anyone (they're perfect already) but to release our souls from memories, allowing Divinity to infuse them with peace and ease beyond all understanding.

I wish you Peace beyond all understanding.

Ihaleakala

The wonder of it all is that we are not in control. Control. Intention. All are but illusions.

Who decides? Memory and Inspiration, one a thorn, the other a rose. Either leads the Soul by the proverbial nose. Really.

We have choice but absolutely no control. We can petition to give up memory. Divinity determines when. Divinity determines when Inspiration springs or not.

The Soul can't get beyond memory. Memory must be consumed by Mana. Only then is the Soul free. Not before.

From the 2nd paragraph of pg. 103, Self Identity through Ho'oponopono Basic I manual

"CLEAN, erase, erase and find your own Shangri-La. Where? Within yourself."

And so it is.

`Thaleakala

When you are your SELF first, your IDENTITY first, as the I, the Original Source, created you in its exact likeness, everything PERFECT, WHOLE and COMPLETE is automatically added continuously! This is called Identity Plus.

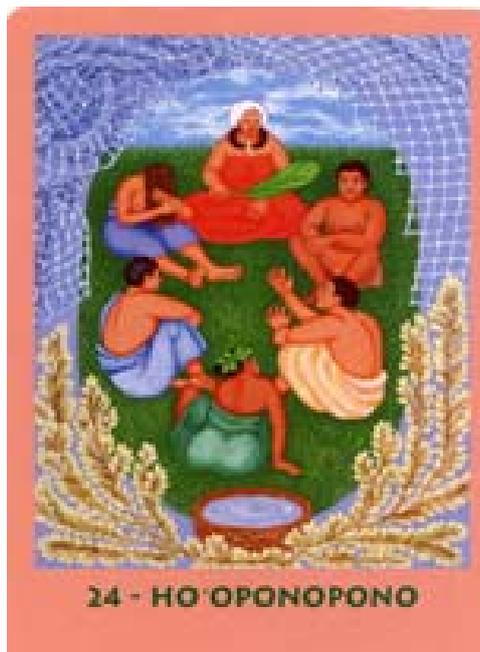
The purpose of existence is to always be your SELF first, last and always. This is accomplished through cleansing. It is through your Identity, free of toxic energies in the way of thoughts, words, deeds and actions, that the I, the Original Source, will give you Plus automatically.

You cannot be denied anything that is perfect, whole, complete and right for you when you are your SELF first.

Being your SELF first you automatically experience perfection in the way of Divine Thoughts, Words, Deeds and Actions. Allowing your toxic thoughts to be first, you automatically experience imperfection in the way of disease, confusion, resentment, depression, judgment and poverty.

What is Plus? DIVINE PEACE, DIVINE CLARITY, and DIVINE WEALTH beyond all intellectual understanding. And, Plus is automatic when you are your SELF first, last and always.

So, to be our SELVES first, last and always is our singular, our only purpose for being.



THE PEACE OF " I "
KA MALUHIA O KA "I"

Peace be with you, All My Peace,
O ka Maluhia no me oe, Ku'u Maluhia a pau loa,

The Peace that is " I ", the Peace that is "I am".
Ka Maluhia o ka "I", owau no ka Maluhia,

The Peace for always, now and forever and evermore.
Ka Maluhia no na wa a pau, no ke'ia wa a mau a mau loa aku.

My Peace " I " give to you, My Peace " I " leave with you,
Ha'awi aku wau I ku'u Maluhia ia oe, waiho aku wau I ku'u Maluhia me oe,

Not the world's Peace, but, only My Peace,
The Peace of " I ".
A'ole ka Maluhia o ke ao aka, ka'u Maluhia wale no,
Ka Maluhia o ka "I".



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Representatives, The Americas and Europe

The Ho'oponopono metaphysical practice is a natural love concept.



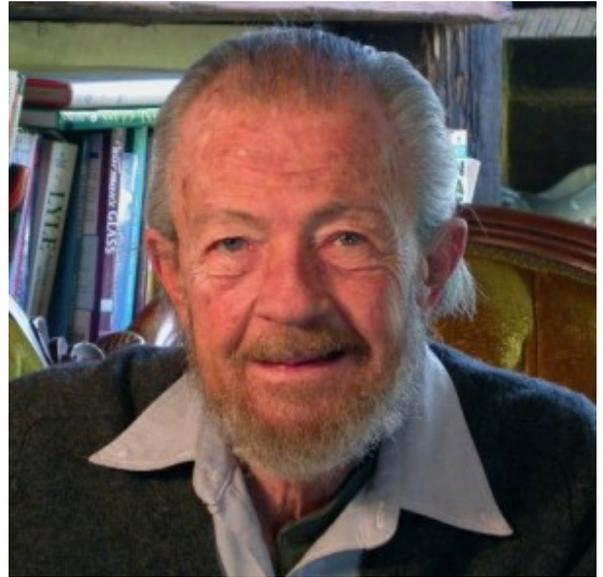
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Dr DAVID R HAWKINS:

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 with
Divine Love is
the key!**



FEELING HEALING versus other EMOTIONAL PROCESSING METHODS:

Thursday, 13 July 2017

Hi James and Nanna Beth (questions from John)

The question to address is:

What is different with the outlines of the Feeling Healing process as against the numerous other emotional processing methods?

Nanna Beth: The difference is the focus on the truth: uncovering the truth of yourself through your feelings – uncovering the truth of your feelings. It's a rebellion against the Truth, so if one doesn't want the truth, nothing will happen, one will only move deeper into one's rebellion against it.

And because the focus is on the Truth, so one can use it all the way to uncover the Whole Truth of Oneself. And there is nothing else teaching that.

All the other systems that involve looking to feelings to some degree fail to understand the deeper significance of wanting the Truth. Many people uncover some truth of themselves through their feelings, but mostly they end the process because they don't want to follow it right the way through, which means they only want to heal some momentary pain, and once that is done, are usually happy to continue on in their untrue state.

And because one is wanting to uncover the whole truth of oneself, then it becomes a full spiritual experience, and one that can be done by oneself, so without needing help from another, although at times help is sought and used. So the Feeling Healing embraces Healing the whole seven Mansion Worlds worth of self- and feeling-denial, which is the complete Rebellion and Default. Other systems might only work at some aspect of it, limiting the ascent of truth through all the Mansion Worlds.

And basically no one understands the absolute depth of the problem within themselves, which is only borne out by people and spirits doing their whole Healing. Much of the current psychological understanding falls well short of understanding the depths that are involved because they don't include the overall problems brought about by the Rebellion and Default. You have to understand you are rebelling against yourself: the truth of yourself, and so against your own soul; which is then the truth of God, so the Mother and Father; and that also includes the truth of Mary and Jesus. So at some point you have to rectify all those relationships, which you can't do unless you understand the bigger spiritual picture. And so that's what James has revealed, taking all Marion has said, all the books offer, adding his own stuff, and putting it all together as a way of life, a spirituality that can be lived, and one the initially focuses on Healing oneself of all one's wrongness.

Why have all other methods of releasing and delving into emotions not been successful?

Nanna Beth: Because they don't understand the scope of the problem, as I said above. They are not approaching it from the point of view of understanding the nature of one's Repressed Childhood state, the extent of that; and then how one needs to allow oneself to feel all the bad feelings, not reject them; and then bring them out, which is the releasing of them; all whilst wanting to know the truth of them – the truth of what you are feeling. And that truth is what needs to come up within you so you can heal your

will and become a truly functioning person, fully self-expressive, self-loving, and growing continually in truth.

All the other systems work within the control of the mind, so once the therapy ends, the mind regains control albeit in a different way. Only the Feeling Healing and Soul Healing with the Divine Love, seeks to entirely break the control of the mind over one's feelings.

Why haven't other methods been going deep enough?

Because people are basically afraid to push into such early childhood trauma without understanding where they are going or what it's all about. The leap of faith is too great, as it would mean they would have to rise above and conquer the Rebellion and Default within themselves, and that's simply too much to ask. The negative truth-denying systems within everyone are too deeply entrenched.

However the spiritual structure outlined by James provides a structure that allows you to deal with the Rebellion and Default, allowing you to maintain your faith, and evolve it, as you progress in your growth of truth – it gives one a picture to work with. Very few people, and possibly only Marion in fact, are able to press on into such dark depths without any structure and with only a faith that it's what she and God want to do.

I (Beth) couldn't have done it Marion's way John, I wouldn't have allowed myself to feel such pain, I needed to understand the bigger-picture reasons as to why I was in such pain, and be given the understanding that if I kept at it, one day it would end. Marion doesn't know it will end, she just keeps going one bad feeling at a time, which requires a tremendous amount of faith and over so many years and through so many inner obstacles; and still she doesn't know if it will end, but as she says, there is nothing else she can do other than keep going because she tried everything else. And she doesn't want to let her mind come in, only wanting to stay true to her feelings, so she doesn't want to know about the bigger picture even though she has worked it out along the way for herself and for James to understand which he's worked into his books.

So the spiritual aspect or approach James has provided, even if it's not actually talked about; the simplicity of honouring your feelings, and in particular your bad ones, then by accepting them you allow them to have their say, so you express them, all whilst longing for the truth, includes all one needs to know. And so by doing that, one will be able to fully Heal themselves working it out along the way for themselves; and even if they don't understand it, will be living the highest truest spiritual life one can live in one's wrongness, which in time will lead to one's Healing of one's rebellion and default.

On the surface of it, what James has related seems overly simple, but doing it yourself, and see what happens and what results; and that will take one deep into oneself uncovering the whole truth of oneself.

Many will consider that what they have been doing is adequate – why are they wrong in their understandings?

Nanna Beth: Because they don't understand what it's really all about. They don't understand the mind is in control of their true feelings, and that needs to be stopped. They don't understand the significance of their rebellion against the Truth, and how that happened by default. They don't understand that it's about

uncovering the whole truth of yourself through your feelings, all your feelings, but focusing to begin with on your bad ones because they are what most people don't want to see. Everyone else sees it that they are doing this feeling type healing to make themselves better, to rid themselves of their pain and trauma, so instead of taking a pill to take the pain away, they are using some sort of emotional clearing system. But that is all still to take the pain away, to fix themselves, to heal themselves, to effectively take a pill so it all goes away, just like what the 'Divine Love people' hope the Divine Love will do for them, but it's not to uncover the whole truth of themselves. We have to see the truth of our pain, why we're in it, how it all came about, so what really went on in all our early relationships. It's not about doing anything that just takes all our suffering away. We have suffered for valid reasons, which all have to come to light. And so only emotional and feeling accepting systems to help one see such truth of one's pain and suffering are of any worth. And unless you uncover the whole truth of yourself, you'll never set yourself free of your rebellion and default, of all your soul pain. And the truth means to see the whole truth of why you feel unloved, how unloving your early relationships were, why you don't love yourself, why you are unloving, why you are evil and wrong, which basically no one wants to face.

So to summarise: We all have to see the truth of our unlovingness. We can't avoid it – deny it. We have to face it and feel all it makes us feel. And all those bad feelings lead us into the truth of it. So we have to understand – bring to light through our feelings – all the truth of our unloved, negative, evil, wrong state. And then once we've done that, we can be free of it. So until you uncover and feel the whole truth of it, it will never leave you, you'll remain in rebellion against yourself, you'll continue to be unloving.

I have considered with James, that Marion and he actually represent the two extremes of what is involved in soul-healing. I have found one such writing by James, back in 2006, that points to this. My feeling is that their two extreme ends of the experience matrix makes them perfect for bringing together the understandings that will benefit all people, no matter what their circumstances maybe.

Nanna Beth: If we accept that Marion and James are the Avonal Pair here to reveal the essential truths to humanity about how people can Heal themselves of their rebellion against the truth of themselves, then what you deduce is correct, for they have between them had to take on every negative aspect of the Rebellion and Default and so Heal it, which is healing all the circuits on a technical level, thereby opening the way for humanity to follow.

So if you consider this John, it is pretty amazing that two people can take on all the denial humanity is in, approaching it from opposite ends, which equates to the effects of the Default of Eve and Adam (following on from the Rebellion), and that such wrongness can be concentrated into two family units, and mostly in two parent pairs (being Marion's parents and James' parents). And so what is the likelihood of that? And then for them to live in the same city being the first children of such 'bloodlines of denial', and meet each other, and at a time needed to give themselves all the time to systematically work their way laboriously up through all the negative mind and will circuits. So to be subjected to so much woe, and to be able to keep going with no help from anyone other than each other, and a little backup from the spirits and the Mother and Father on James' side, yet with that involvement opening up even more messed up and corrupted mind circuits he's had to work his way through.

So if it is true they are the Avonal Pair, it shows us all just how incredible the soul of the Avonals are, to be able to go into such corruption, taking it all on, and then working it all through and Healing themselves of it, all basically without any real help from anyone, so just on faith and pure longing for the truth.

And should they reach the end of their Healing before they die, and should the truth then be fully declared that they are the Avonal Pair, even going against all what The Urantia Book (TUB) says, they having to uncover the truth in all things whilst rejecting the untruth such as in TUB and Padgett Messages (PM), with nothing having been straightforward and of any real help, then it will be cause for major celebration.

And it's what we are preparing for, what you are too John, to see if Marion and James are indeed the Pair, and then to give them all the support they will need to do whatever it is they are to do in the public sense. This is all their private work so far, of which you and I have become substantial parts of, the doing of their Healing preparing themselves for when they are Healed.

And if it turns out they are not an Avonal Pair, they are only just a pair of ordinary mortals who've somehow managed to keep going, dealing with all their pain, longing for and bringing to light all the truth of it, then they will be the most extraordinary mortal pair because they will have been the one's who broke the back of the Rebellion and Default. So either way you look at it, it will be quite an achievement.

And so we are all waiting to see if the theory is realised by such Avonal-truth awakening in their soul at some point, for then we will all know it will be true, just as they too will know. For now Marion doesn't contend with any of it, and James only on a mental level because of what the Melchizedeks told him years ago, but it all has to come to them through their feelings like all truth, which will only happen once they've fully Healed themselves or toward the end of their Healing. Because in the meantime, whilst they are still in their wrongness and denial of truth, part of that denial is denying the truth that they are Avonals. And again the whole Avonal business has been yet more problems and negative circuits James has had to personally work through, whereas Marion has solely focused on only dealing with her feelings, not having to contend with all the other mind stuff.

James, when you feel up to it, may I have your observations please? And Nanna Beth, your angelic eye on this subject would be most helpful, if you please?

These two subjects are possibly leading to the crux of what we are sharing through the Pascas Papers. I now see that these 'colourful' handouts are essential in introducing and supporting the major publications of James Moncrief and James Padgett.

Nanna Beth: The handouts will help introduce people to such writings. But what I want you to understand John, is really it's James – because of his writings (and Marion, because she is leading them both in it all) that is what's most important. The Padgett Messages (PM) are really to be included in James' work, which he does, by taking the crucial parts and integrating them into his work – with the most important truth being that about longing for the Divine Love. So really the PM are secondary.

As you understand, the Padgett Messages can't heal you. The Divine Love is about immortality of the soul and becoming divine, it's not about ending your rebellion against the Truth. And ending the rebellion needs to come first: the Truth then the Love, then the Divine Love can be introduced, even though of course the Divine Love can be introduced at any time.

So really one need only work with James' (and Marion's) work, which includes longing for the Divine Love. People are to look to them first, and then later to Mary and Jesus. To put Mary and Jesus ahead of

Marion and James can cause you problems because you will overlook what Marion and James are revealing. But as Mary and Jesus are known and with such importance placed on Jesus, and now with the PM and the Divine Love, so it's all the more confusing. Even added to by James having written focusing on and making Mary and Jesus more important than himself and Marion.

But as I said, it's Marion and James first, then Mary and Jesus and the Divine Love. And Marion and James are more than capable of also introducing the Divine Love and the truth of Mary and Jesus, which they would have done had Mary and Jesus not come to Earth. So really Mary and Jesus are not needed, and as I said, can get in the way, causing people to focus too heavily on them whilst missing the more essential truths of having to do your Healing by looking for the truth of your feelings (the 'Divine Love people' being examples of this). However with Mary, and Jesus in the PM, being so dominant, it is all just more of the confusion and part of the rebellion. And at the same time I don't want to downplay Mary and Jesus and lead people to believe they are not as important as Marion and James, for they are most important, and much more important being the Creator Pair of Nebadon, and Marion and James would rather not exist than have people think they were more important than Mary and Jesus; but as you understand, I'm just trying to put the revelation of truth into context, because it's all being revealed round the wrong way.

People and spirits were given the opportunity to deny Mary and Jesus whilst they were on Earth, taking the Rebellion deeper; and then to further deny them right the way through their age; and now further still by including the PM. And now people will be given the added opportunity of denying Marion and James, which all ends up being one huge mess. And one in which only Marion and James can unravel. For I am only saying to you now what James has already written and what Marion and he have talked about. I wouldn't dream of taking anything away from them, and it's not my place to do so.

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

Love from us all over here – your Nanna Beth.

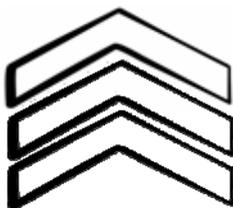


The CHOICE is OURS to MAKE:

Celestial Truth:

Truly all-loving;
 Living true to oneself;
 Mind supporting Feelings;
 Living with the Divine Love;

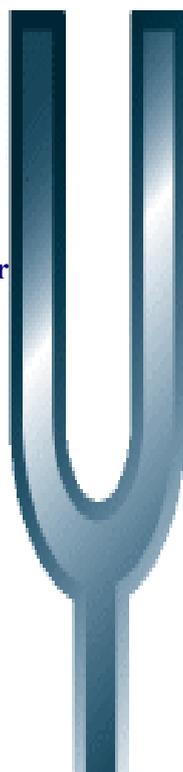
Fully Healed of the Rebellion and Default.



THE FEELING WAY

Feeling – Ascendance
 Unlimited progression

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



THE MIND WAY

Mind – Transcendence
 Limited progression

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



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

Hell:
 Exploiting the Rebellion and Default.

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

Our FEELINGS are our SUPREME GUIDES:

Feelings!

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

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

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

FEELING HEALING

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

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



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

FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

To do our feeling-healing we need to become:

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

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

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

So it sounds simple.

So I repeat:

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

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

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

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

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

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

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



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

TRUTH LOVING SOUL V ERROR INFLICTED MIND



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



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

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**



JAMES PADGETT MONCRIEF **REVELATIONS** 1 Commenced 1914
2 Completed 2014

REVELATION 1 Divine Love addresses the issues of the Rebellion.

REVELATION 2 Feeling Healing addresses the issues of the Default.

These two 'headlines' came about from Mother's comments through James.

We are to recognise the degree of the impact that the Default has had on the way humanity lives. That is, it is suggested that the way we remodel our children to become clones of ourselves, the way we suppress their true selves, and cause them to capitulate to be our 'little me's' is a result of the way life emerged directly from the Default some 38,000 years ago.

Whereas the Rebellion, of 200,000 years ago, was the rejection of the Mother and Father as well as our Spiritual parents, Mary and Jesus.

Thus two distinctly catastrophic events.

We need these two events put into perspective, if you please. We need to bring these two separate events into a clear comprehensive way of understanding so that the relevance is clearly understood.

This enables the two revelations to stand out, and as to why one had to follow the other distinctly.

Nanna Beth: The Rebellion, John, is against the Mother and Father, against Their Love, and Their Truth. It is the rejection of Them, saying: there is no God. It's denying the Personalities that God is. It's rejecting and denying personality interaction, which is all about love. So it's unloving. And to hide that, to pretend otherwise, means the mind has to be used to corrupt one's feelings. To claim: 'I am God, I am love, I am Truth', means I am the only one and all the rest should fuck off and leave me alone so I can get on with my greatness. It's being totally mind-consumed with yourself, with such arrogance, that really you only see yourself in your narcissism, and nothing else and no one else exists.

The sadness of the Lucifer's relationship (Lucifer and his soulmate) is they didn't love each other truly, only by using their minds to pretend they did. Really they hated each other, being so unloving, and had they been true to that, they would have moved to the absolute opposite ends of Creation, there to be in their own greatness telling themselves all day long how wonderful they were – being self-loving the wrong way through their minds. Which is all really: self-hating.

And so we have relationships in which we hate ourselves because we are untrue and unloving, then we come together contriving love for one another, then believe we love God as well and want to do His Will. It's all false, all wrong, all evil, all unloving. That's what we've got to see. That we are rejecting

ourselves, and so each other, and God, in every part of ourselves, in every interaction. Really we should be hitting each other continuously on the head, and hitting ourselves too.

The Rebellion is the rejection of true love. Of Natural love and Divine Love.

The Default simply compounds the issue by focusing it all on the relationships. As in, how we live our rebellion is through the Default. Pre-default, humanity was openly rebellious, it was evolving yet lacked personal focus; then with the Default, humanity was able to take it into all that it's become. So we're all living out the truth of Eve and Adam's rebellion, which equals their default.

To heal the Default in us means we have to see the truth of all our unlovingness in our relationships with ourselves, each other, with nature mostly through our relationship with our pets, how we treat animals for food, and the desecration of the environment, and with our Mother and Father. There are lots to it.

And as we see this, it takes us into dealing with our rebellion. We chose to not be loving when we uncover through our feelings the truth of how unloving we are. We chose to live true to our Natural love and the Divine Love, so true to ourselves and our Mother and Father. And these are not mental decisions, they are feeling ones, you want to go that way because you feel it's right and good for you, which it is. You feel you don't want to be unloving because it's not right and bad for you, it feels bad.

So in the expression and depths of our feelings, and particularly our bad ones, we can feel how being unloving makes us feel, and we slowly want to be the other way. Which can be difficult because we don't know how that other way is, never having been wholly or truly loving; but you long for it, you want it, knowing it's a possibility and reality that can somehow be achieved. So this is really 'willing' it, willing ourselves to be loving, and ending our willing ourselves to be unloving; and our soul and God complies with our will and so gradually changes us from being unloving into being loving.

I think to help you summarise it, you could simply say: **The Rebellion is against love, the Default is all the difficulties we have in our relationships because of our rebellion. Healing the Default is becoming true, to ourselves and in our relationships, and ending our unlovingness – our rejection of love, so ending the Rebellion.**

I hope this helps John, it might be a bit much, however I put myself back in it as I was, so James could relate more to it as it was important for him to make the will-connection in it as he did.

There is a lot to be talked about and truth seen concerning both the Rebellion and Default, with every person and spirit making their contribution to it as they uncover such truth within themselves. So it's for you to take what you will putting it in your own words. So if you still don't understand some aspect, please ask.

James: I want to add here, something Marion was talking about last night. It's true technically that we are evil and bad and hate, that all having been put on us by default – we didn't ask for it. So in that light, it's not right to keep hating and blaming ourselves for being bad when we couldn't / can't help it. All we can do is accept how we are, whilst seeing the truth of it through our feelings. If we don't like all we see, we express those feelings, even though they make us feel bad, but we don't have to endlessly punish ourselves for being as we are because of what other people did to us.

WE ENDURE FOUR LAYERS of PERSONALITY SUPPRESSION!



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

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



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

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



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

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



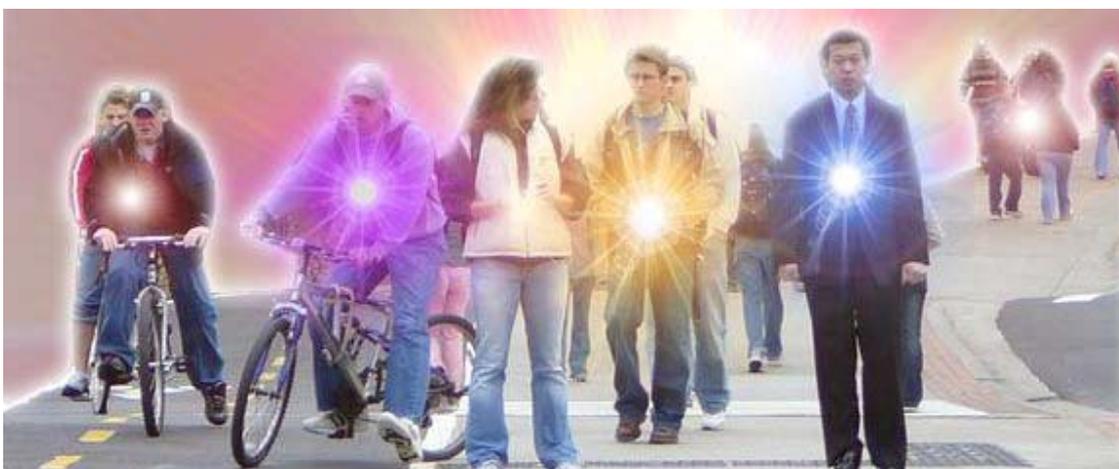
The controlling and suppression mechanisms of our parents, educators and spiritual teachers all manifest throughout all of commerce. This control comes heavily and brutally down upon all levels of employment. The capability to express one's soul based attributes and gifts is sealed throughout all of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

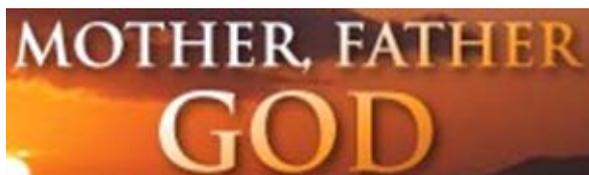
A new way of living is to enable the liberation of one's true personality through the Feeling Healing process AND the transfer of authority to the individual via embracing freedom of expression.

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



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





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.



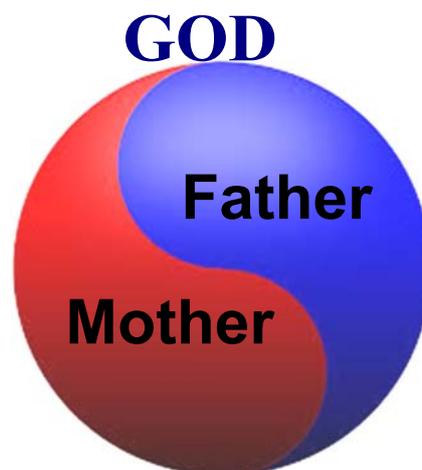
Jesus of Nazareth and Mary of Magdalene, being soulmates, were both free of sin. Jesus and Mary, combined in their love for us, are our teachers and guidance for us to find our way home to our Heavenly Parents. To start this journey we are to liberate our souls from being entombed within our suppressive 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 oneself, 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 us by all of our parents. We are to express our feelings, both good and bad and free ourselves of the indoctrination that humanity has embraced worldwide.

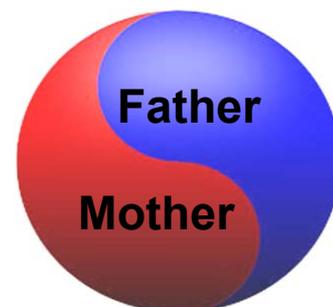
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God's soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of our Mother and Father.

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

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

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

GOD



M&F



J&M



AVO

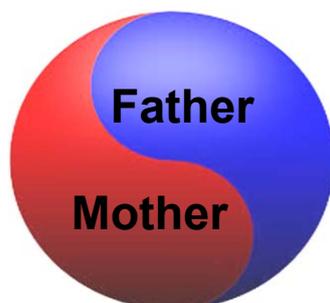


HUM

WE ARE Children of God

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

GOD



M&F

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

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

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



J&M

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

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

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



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

AVO



HUM

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

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

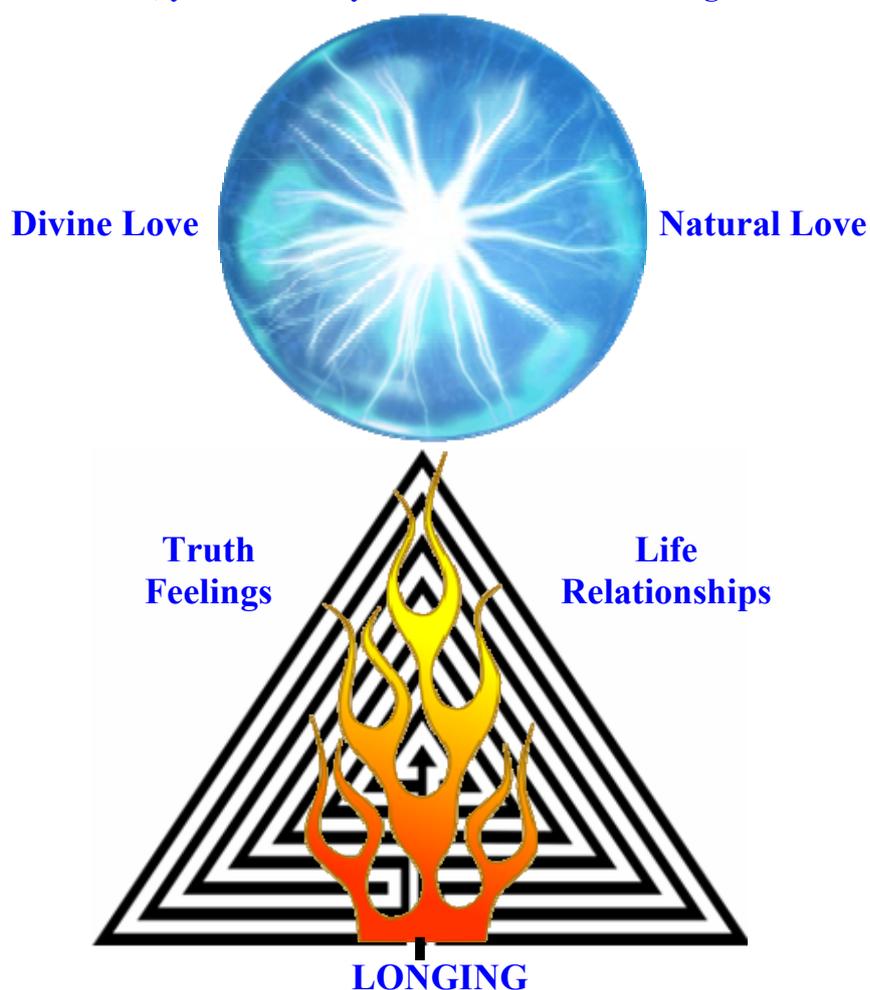
Collectively, should we embrace them all, as we are to, then our pathway home is a journey in the hands of the Spirits of Truth of the Avonal and Paradise Pairs overseen by our Heavenly Parents.

WE ARE Children of God

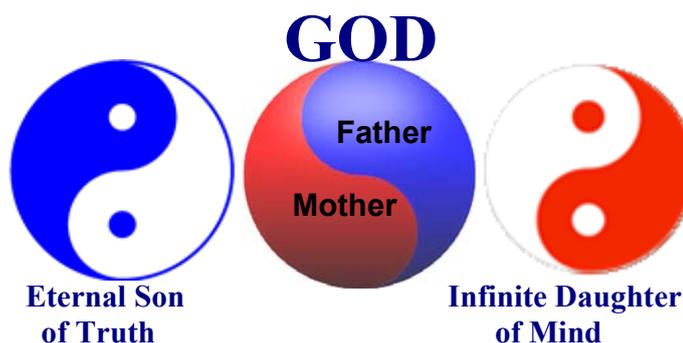
HOW TO GET TO PARADISE:

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

The Key



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



PARADISE TRINITY:

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

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

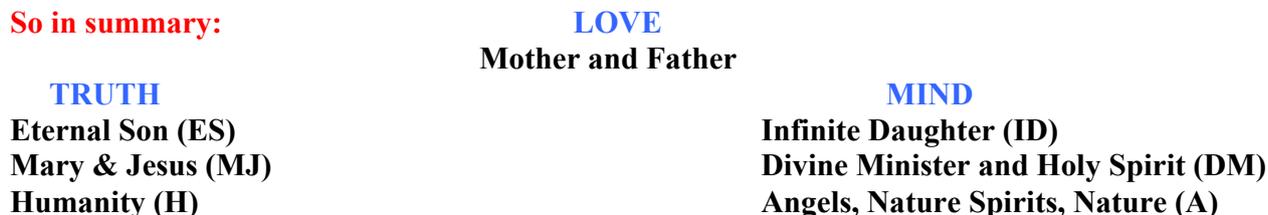
The LOCAL UNIVERSE TRINITY:

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

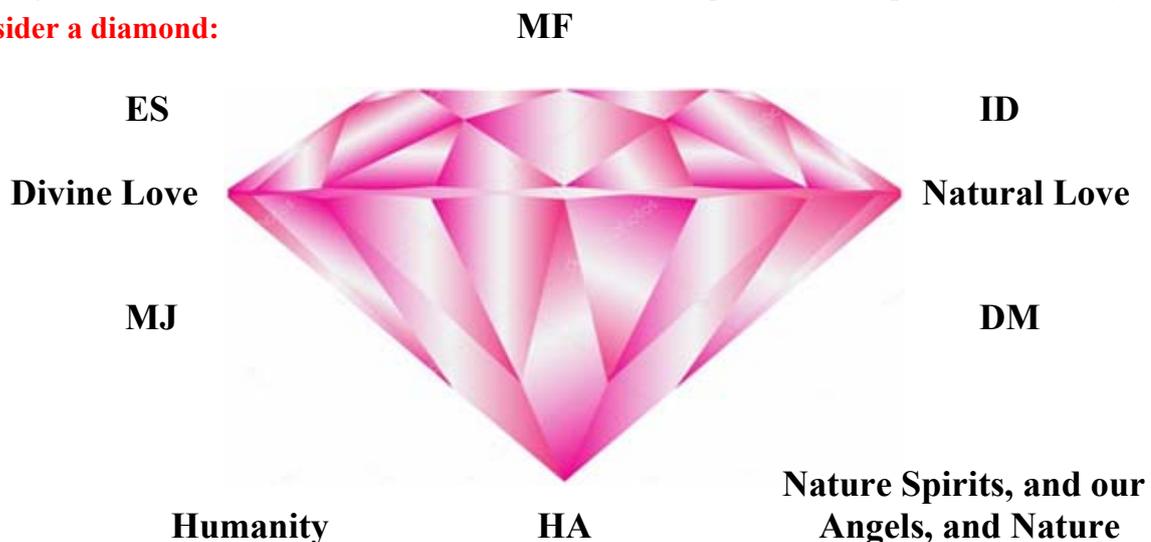
PLANETS that engage in REBELLION:

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

So in summary:



Consider a diamond:



Mother and Father Heavenly Parents

Creator Son & Daughter
Jesus and Mary

Avonals
as soulmate pairs

Trinity Teachers
as soulmate pairs

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

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

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

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

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

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

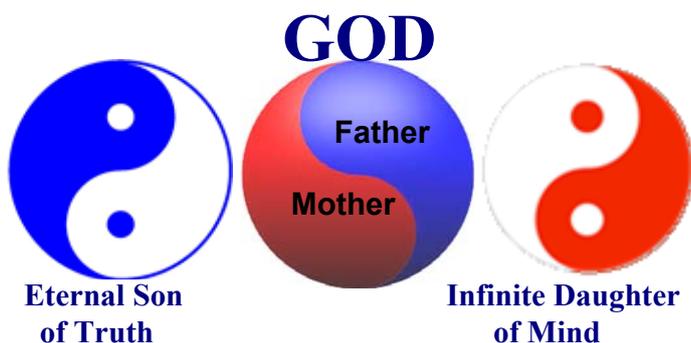
The Local universal Sons and Daughters are all about the running of the worlds under their jurisdiction, and ensuring the higher spiritual elements can be employed, or sent astray, as in our cases through the Rebellion and Default.

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

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

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

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



CREATION of SOUL and SPIRIT:

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

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

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.



Feeling Pathway

Mind Pathway



Soulmate Pair



Angel



Spirit Person



Nature Spirit



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

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

DIVINE LOVE SPIRITUALITY – DLS:

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

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

James Moncrief Books:

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

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

Religion of Feelings

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://dls cr.freeforums.net/>

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

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Paul – City of Light

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

Ann and Terry

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

Feeling Bad? Bad Feelings are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

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

Sage – and the Healing Angels of Light

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

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

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

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

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

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

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

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

Pascas Papers, being free, are located within the Library Downloads www.pascashealth.com

<http://www.pascashealth.com/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..*

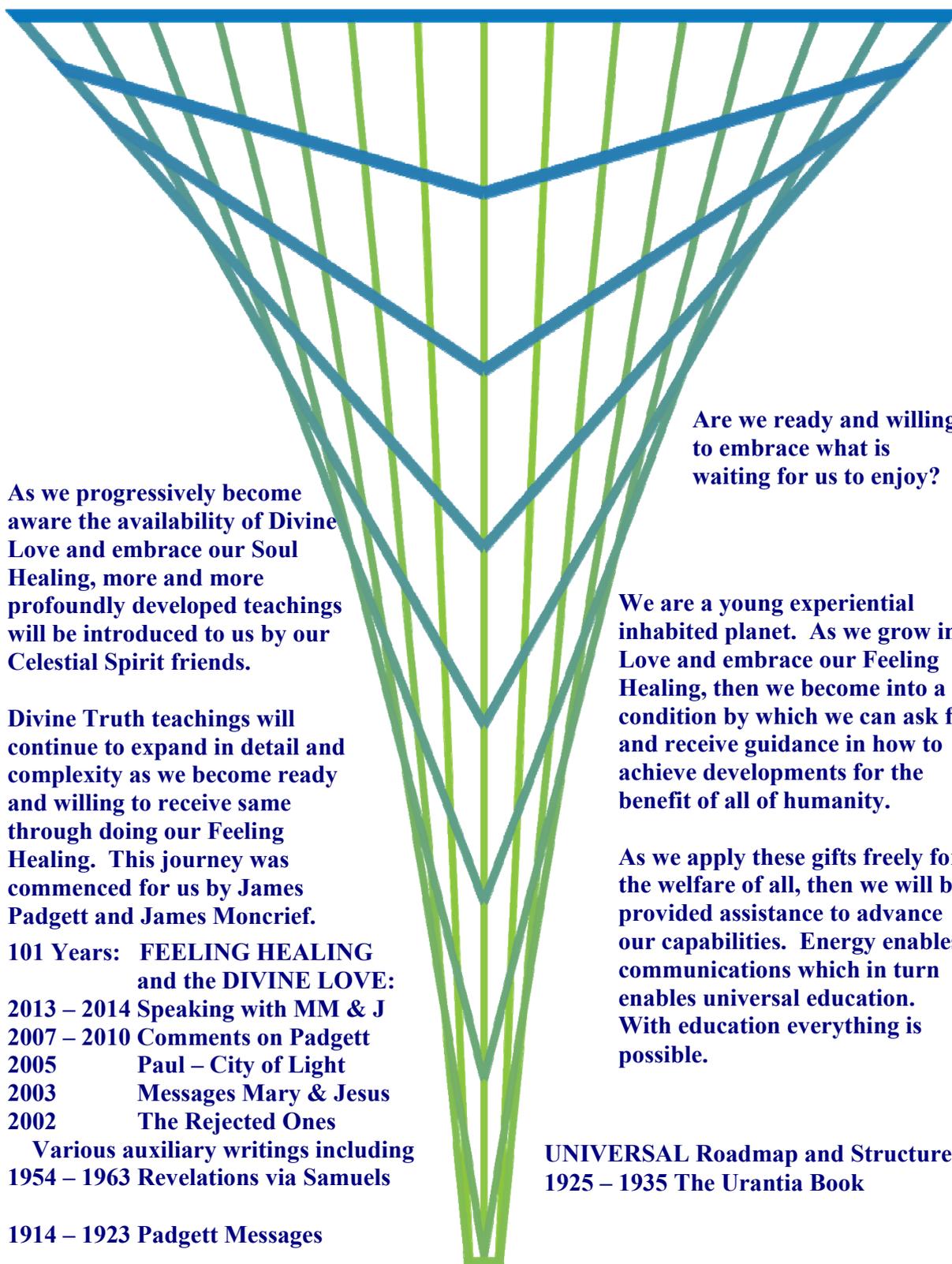
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

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:



Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

To liberate one's real self, one's will, driven by one's soul, moves one to embrace Feeling Healing so 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.

Divine Love
is the key!



God's Divine Love:

Pray for it, ask for it, and receive it.

Feeling Healing with
Divine Love is the key



to enter the
Celestial Heavens:

