

# PASCAS CARE

# Meditation



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

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

Living Feelings First, *John.*



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

## LONG for the TRUTH!

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

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

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

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

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

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

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

In a variation of those inimitable words uttered by Jack Nicholson, “You CAN handle the truth!” This is how humanity will heal itself and bring about peace for each personality and humanity overall.

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

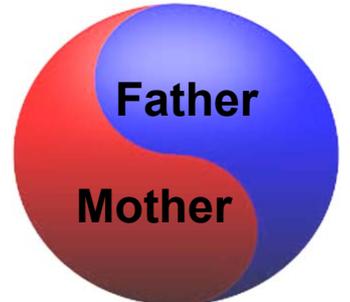
# **LIVE FEELINGS FIRST**



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

# MUM & DAD THIS WAY

## GOD



HEAVENLY PARENTS



JESUS & MARY



AVONALS



**I'D TURN BACK IF I WERE YOU!**

AVONAL PAIR

MARY & JESUS

GOD

Through out the Avonal Age of 1,000 years, their Spirits of Truth will assist us in embracing and engaging with our Feeling Healing and with Divine Love our Soul Healing, they will assist us to develop our soul well into Celestial Heaven status should we persevere with such a goal. To the extent that the Avonal Pair develop themselves while here in the physical on Earth is the level that their Spirits of Truth will be able to assist us. Then it will be Mary and Jesus' Spirits of Truth that will assist us up and out of Nebadon, where our Heavenly Parents will then assist us onto Paradise, Their home.

## HOW DOES MEDITATION BENEFIT YOU?

Effective stress buster



Deep relaxation



Increases your self awareness



Experience higher energies



Enhance your health

Feel peaceful



Have clarity and focus



Raise how powerful you are



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

# Meditation

# Relaxation



The first task is to shut down that continuous chatter / noise emanating from your mind, that melon thing between your ears. Endeavour to halt any thoughts for five seconds, then ten seconds and then fifteen seconds. The peace that emerges is delightful. Whilst achieving this, kindly keep breathing, that is appreciated. Then go on extending the periods of time without thinking – live in the now!

In stead of the continuous repetition of boring mind chatter and irrelevant noise, by halting the thinking process you will start the journey of discovery and the realisation of the wondrous nature around you and the reality of you.

**We experience only two emotions:**

**LOVE which emanates from your higher spiritual being (auric level 4 and upwards).**

**FEAR which emanates from your mind and ego (auric level 3). Your mind/ego shuts off contact with your higher self, thus causing tension, dis-ease and stress.**

Most people's lives are run by desire and fear.

Desire is the need to *add* something to yourself in order to *be* yourself more fully. All fear is the fear of *losing* something and thereby becoming diminished and *being* less.

These two movements obscure the fact that Being cannot be given or taken away. Being in its fullness is already within you, Now.

P.58 Stillness Speaks – Eckhart Tolle (calibration 815)

The ego is exclusive whereas the spirit is inclusive.

The propensity to error is built-in defect of the ego/mind because it selects data that supports its presumptions and positionalities and ignores the data that would suggest contrary conclusions.

The ego is capable of what can only be adequately described as colossal ignorance.

To the ego, peace sounds inactive and passive because the ego thinks in terms of 'doing' something, such as seeking control, gain, or avoidance. The ego darts through traffic, pushes the speed limit, and watches for police cars. It fumes at delays and stupid drivers; it tailgates and curses under its breath at slow traffic. It blows its horn and passes on curves. It is driven by the hope of beating time and jumping the line. It shakes its fist at the driver who moves ahead in line and vows terrible vengeance. While all this is going

on, simultaneously, the ego is planning work strategies, talking on the cell phone, and listening to the radio.

In contrast, aware mind flows with the traffic and enjoys being courteous and letting some poor soul into the traffic line in front of it. "Give the guy a break" is okay to the easy-going perspective of awareness.

P.316 -319 "I" Reality & Subjectivity David R Hawkins (calibration 999.8)

Man is therefore the victim of the inability to tell truth from falsehood as well as the seductions of the ego.

P.175 "I" Reality & Subjectivity David R Hawkins (calibration 999.8)

**To live with care and kindness is all that is necessary; the rest reveals itself in due time. The commonplace and God are not distinct.**

P.xxv "I" Reality & Subjectivity David R Hawkins (calibration 999.8)

### **MEDITATION: What is meditation?**

There are many types of meditation. The one definition that fits almost all types is..."**Consciously directing your attention to alter your state of consciousness.**"



There's no limit to the things you can direct your attention toward... symbols, sounds, colours, breath, uplifting thoughts, spiritual realms, etc. Meditation is simply about attention... where you direct it, and how it alters your consciousness.

### **What is the purpose of meditation?**

Traditionally meditation was (and still is) used for spiritual growth...i.e. becoming more conscious; unfolding our inner Light, Love, & Wisdom; becoming more aware of the guiding Presence in our lives; accelerating our journey home to our True Self... our Spirit.

More recently, meditation has become a valuable tool for finding a peaceful oasis of relaxation and stress relief in a demanding, fast-paced world.



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

### Other uses include:

- Healing
- Emotional cleansing and balancing
- Deepening concentration and insight
- Manifesting change
- Developing intuition
- Unlocking creativity
- Exploring higher realities
- Finding inner guidance

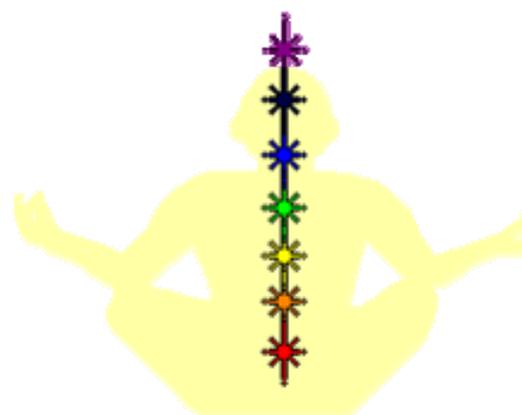


### General Guidelines for Meditation

1. Put your expectations aside, and don't worry about doing it right. There are infinite possibilities and no fixed criterion for determining right meditation. There are, however, a few things to avoid. They are...
  - Trying to force something to happen.
  - Over-analyzing the meditation.
  - Trying to make your mind blank or chase thoughts away.
  - Putting too much emphasis on doing it right.



2. It's not necessary – or advisable – to meditate on a completely empty stomach. If you're hungry, have a little something to eat before meditating.
3. Find a quiet, comfortable place to meditate. You can sit in a comfortable chair, on the bed, on the floor... anywhere that's comfortable. It's not necessary to sit cross-legged. Your legs can be in any position that is comfortable.
4. Eliminate as much noise and as many potential distractions as possible. Don't worry about those things that you can not control.
5. When you sit to meditate, sit comfortably, with your spine reasonably straight. This allows the spiritual energy to flow freely up the spine, which is an important aspect of meditation. Leaning against a chair back, a wall, headboard, etc. is perfectly all right. If, for physical reasons, you can't sit up, lay flat on your back.
6. Place your hands in any position that is comfortable.
7. If it does not go against your beliefs, call on a "higher source" for assistance in your meditation. Any form is all right. This can be quite helpful, but is not absolutely necessary.



## Some Misconceptions about Meditation

**Misconception #1.** Meditation is turning off your thoughts or making your mind a blank.

**Not True** ...Inner quietness is experienced in meditation, but not by wilfully turning off thoughts. Quieting the mind results naturally from:

- the effectiveness of the method used... and
- an uplifting spiritual energy that is beyond our own efforts.

**Misconception #2.** Meditation is difficult and requires great concentration.

**Not True** ...Meditation can be easily learned and practiced. Meditation is only difficult if we become too concerned with doing it correctly or incorrectly. Although staying focused in meditation does become easier with time and practice, it is definitely not a requirement for beginning to meditate. Thinking that we should be good at focussing when first starting out, is essentially putting the cart before the horse.

**Misconception #3.** Meditation is not successful unless we see interesting things in our mind.

**Not True**...Although some meditations are specifically for visualizing, many are not. In those meditations, seeing things may be entertaining, but is not essential. Even visualization does not necessarily require seeing. Some people sense or feel things inwardly, and that's all right.



## Relaxation Through Meditation

A preference would be to call meditation relaxation – conscious relaxation, chosen relaxation. These are words that are more universally understood, more comfortable. Constantly working toward the goal of discovering ones own ability to reach a state of serenity.

Meditating is actually easier than you might imagine. Most of us have dabbled in meditation by participating in conscious relaxation. Maybe during an exercise class or to manage pain at the dentist or anxiety before a test. We start by paying attention to our breathing. The practical effort to focus completely on our breathing takes our minds away from the "mind clutter" that constantly tries to invade our mind and eliminate feelings that will lead to a time of calm. With repeated effort the goal of clearing your mind – to think of nothing, does occur and the process of meditation takes on its own energy. The result is peace, serenity, calmness, eventually opening yourself to new insights.

## Meditating for Life

Too much stress, stress reduction, chill out, let it go, detach – familiar phrases to all of us. Our world is fast, fun and exciting. It is also challenging, trying, demanding and frightening. These two sides of our lives produce stress, emotional reactions, anxiety, worry and anticipation. Our bodies and minds can tolerate only so much of any of these. After a while, each of us reaches a saturation point and the results become uncomfortable at best; for some it may be unbearable, even unendurable.

No magic pill is available to eliminate these feelings. The reality is, as the wise old man said, the answer is inside all of us. To manage these universal concerns we must go inside ourselves. Among the steps we can take is the learning and practicing of meditation.

### **What to Expect**

With time and faith in the commitment to practice frequently, (daily meditating is ideal), during your meditation time you may "leave the moment". A feeling of separation exists where the mind is clear, clean and blank. You will still hear sounds around you, but they will not interfere with your meditation.

Sometimes you may weep -- you may not even be aware of what is making you weep. It is your own emotions having a voice of their own. Sometimes you may feel a smile across your face -- that is contentment showing itself. Sometimes you may fall asleep and awaken truly refreshed.

There is no right or wrong behaviour during your meditation. It is your time for you. Everyone deserves this kind of personal attention. This is a self-care activity; loving oneself! Teach it to your children instead of a time-out in their room or corner. Teach it to your friends, family, anyone who will listen. We can share this gift and get back as we give. We are all better because of each person who meditates. The peace and joy felt by those who meditate enters the world for all of us as positive energy. From it the world is a better place. Imagine if we all practiced meditation!



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



**PAPER S**

**SPIRITUAL MEDITATION USING COLOUR:****P.182 Destiny of Souls by Michael Newton**

Spiritual meditation as a means of getting touch with our inner self is of great benefit in healing the body. Since colour transmission is the expression of a soul's energy and that of our guides, meditation using colour is highly beneficial.

The six-step meditative exercise chosen comes from a mixture of suggested visualisations and those of a courageous fifty four year old woman whose weight dropped to sixty nine pounds (31kg) during her fight with ovarian cancer. She is now in remission after chemotherapy and the speed of her recovery baffled doctors.

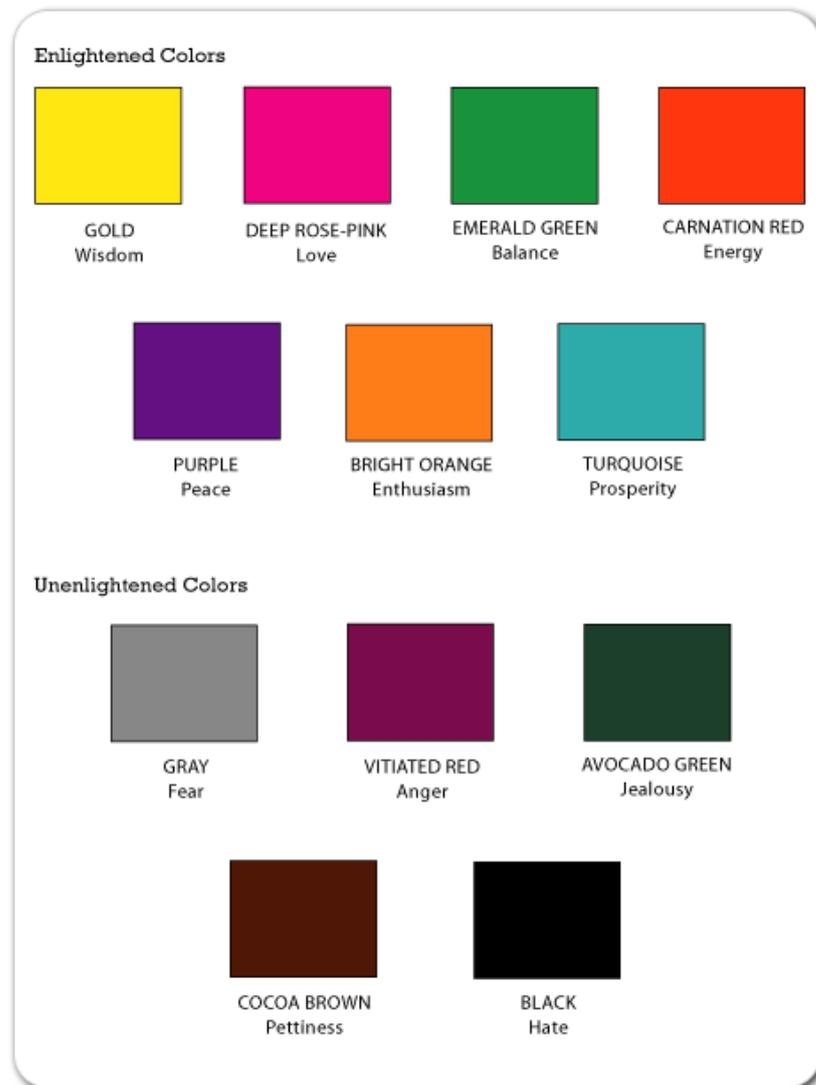
A number of Dr Michael Newton's clients generate a sense of spiritual empowerment by the use of meditation with colours. Those who have severe physical health problems tell me the best results come from meditating once a day for thirty minutes or twice a day for fifteen to twenty minutes. Please know that these steps of meditation are not offered as a cure for physical ailments. The power of each person's mind and their ability to concentrate is different, just as is the nature of one's illness. Nevertheless, it is felt that one's immune system can be boosted by connecting with our higher self.

1. Begin by calming your mind. Forgive people for all the real and imagined wrongs that have hurt you. Spend five minutes cleansing, where you visualise all negative thought energy – including fears about your illness – as a black colour. Think of a vacuum cleaner moving from the top of your head to the bottom of your feet, sucking up and pushing out of your body all the darkness from the pain and hurt of your disease.
2. Now, create a light blue halo above your head that represents your spirit guide, whom you call upon for help while sending out loving thoughts. Then spend another five minutes concentrating on your breathing while counting the breaths. Measure your breaths carefully while thinking comfort in and tightness out. You want to harmonise your breathing with the rhythm of the body.
3. At this point, start to think of your own higher consciousness as an expanding white-gold balloon to help protect your body. Say in your mind: "I want that part of me which is immortal to defend the mortal." Now begin your deepest concentration. You will pull the purity of white light from the balloon and send it as a power beam into your body organs. Since your white blood cells represent the strength of your immune system, visualise them as bubbles and move them around your body. Think of the white bubbles as attacking the black cancer cells and dissolving them with the power of light over darkness.
4. If you are receiving chemotherapy, support this treatment by sending out a lavender colour as you would see from an infrared heat lamp to all parts of your body. This is the divine colour of wisdom and spiritual power.
5. Now, send out the colour green for healing these damaged cells from the effects of the cancer. You might blend this colour with the blue of your spiritual guide intermittently during the most difficult periods. Pick your own shade and think of the green as a flowing liquid mending your insides.

6. Your last step is to once again create the blue halo of light around your head to sustain mental strength and courage over a weakened body. Expand it around the external parts of your body as a shield. Feel the healing power of this light of love both inside and outside. Think of yourself in a state of suspension and close by repeating a mantra such as “Heal, Heal, Heal”.

Meditation as a daily discipline is hard work which pays big dividends. There is no right way to meditate. Each person must find a program which links their intellectual and emotional systems in a framework that suits their needs. Deep meditation brings us into a divine consciousness and a temporary release of the soul from personality. With this liberation one is able to transcend into a different non-dimensional reality where everything in the focused mind is unified into a single whole.

The woman with ovarian cancer was able to help her doctors by bringing total mental concentration to bear on healing her body. When the mind is in pure, centred state we can find who we really are – that essence we many have lost somewhere along the road of life. Daily meditation is also beneficial as a means of connecting with the presence of loving spirits.



**MEDITATION:**

<http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Meditation?OpenDocument>

Meditation of one style or another can be found in most of the major religions, including Christianity, Buddhism, Hinduism and Islam. Generally, Eastern religions have tended to concentrate on meditation as a means of realising spiritual enlightenment. This has usually also included many health promoting practices. In the West, meditation has been embraced for both reasons, too, although many people know it most as a self-help tool for promoting good health and for stress management.

Many forms of meditation result in the clearing of one's mind and this promotes a sense of calm and heightened awareness. During meditation, the brain's activity alters significantly, as mapped by a device called an electroencephalograph (EEG). The most well-known brain waves evident during many kinds of meditation are called alpha waves. These brain waves accompany relaxation of the entire nervous system. Gamma, delta and theta brain waves accompany other types of meditation and are associated with various altered states of consciousness. Scientific studies show that the regular practice of meditation can be a powerful healing tool.

**A range of disorders**

Regular meditation can be used to help treat a range of disorders, including:

- Anxiety
- Chronic pain
- Depression
- Headaches
- High blood pressure
- Insomnia
- Migraines
- Stress
- Life-threatening illnesses
- Recovery from accident or illness
- A sense of rootlessness or purposelessness.

**Benefits of meditation**

The direct benefits of meditation can include:

- Improved physical, emotional and mental health
- Focused and clear thinking
- Enhancing a sense of self and personal presence
- Increased emotional balance
- Greater relaxation and ease
- More equanimity in the face of challenges
- An improved sense of spiritual fulfilment and awakening.

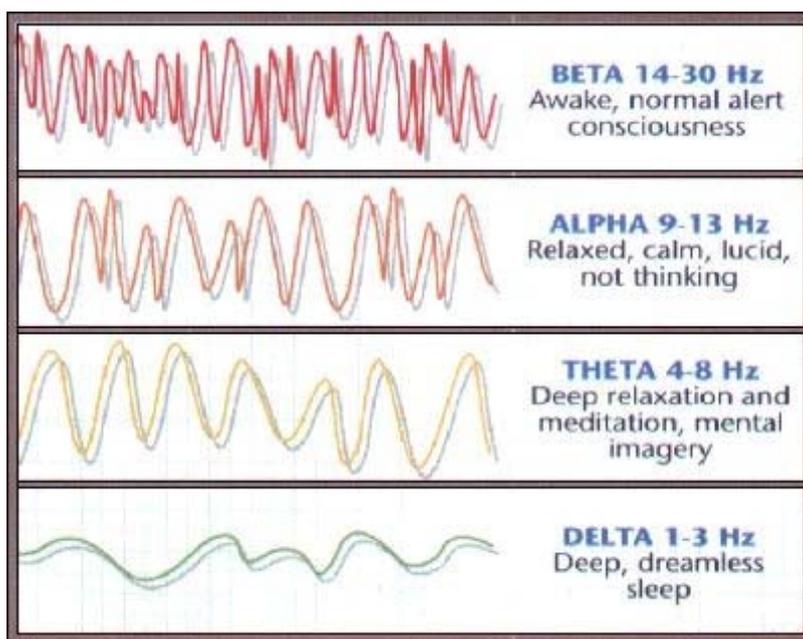


## Soothing the nervous system

Resting the mind has a dramatic effect on brain activity. When the brain moves into an alpha wave state, many physiological changes occur, starting with the autonomic nervous system. One of the main roles of the autonomic nervous system is to regulate glands and organs without any effort from our conscious minds.

The autonomic nervous system is made up of two parts, called the sympathetic and the parasympathetic. These systems act in opposite yet complementary ways: the sympathetic nervous system 'revs' the body, while the parasympathetic calms it down. Chronic stress or burnout can occur when the sympathetic nervous system dominates for too long.

During an alpha wave state, the parasympathetic half of the autonomic nervous system comes to the fore. This results in lowered blood pressure and heart rate, a reduction in stress hormones and slowed metabolism. If meditation is practised regularly, these beneficial changes become relatively permanent.



Research combining current technological innovations (magnetic resonance imaging, or MRI) and the talents of long-term meditators has revealed marked changes in both brain function and structure. Finding evidence of these types of changes adds Western scientific validation to many of the claims made by advanced meditators for centuries.

## Different types of meditation

Meditation has evolved out of many different religions and philosophies, which means there are many different techniques to choose from.

Some examples include:

- **Concentrating on the breath** – consciously noticing the movement of air in and out of your nostrils, or counting the breath in variety of ways.
- **Emptying the mind** – allowing the mind to clear and 'float', gently pushing aside any stray thoughts, or allowing thoughts to float in and out of awareness.
- **Looking at an object** – focusing your attention, but not necessarily your thoughts, on the shape, sound and texture of an object, such as a tree or a candle flame.
- **Movement** – using a physical technique like yoga, Qi Gong or Tai Chi to still the mind by coordinating the breath and the body with gentle movement.

- **Using a mantra** – repeating a word or phrase over and over, either out loud or silently, to focus the attention, perhaps timed with the breath.

### **Practising meditation**

Whatever your preferred technique, it helps in the beginning to have a quiet place, a comfortable sitting position and around five minutes to half an hour without outside distractions. Set an alarm (quiet one) if you don't want to lose track of time. Contrary to popular belief, you don't have to sit cross-legged on the floor in order to meditate. You can sit in a chair or sit up in bed or go walking. You might just fall asleep, however, if you try to meditate lying down, which defeats the purpose of doing it.

Meditating every day at around the same time can help to develop a regular habit and make it easier and quicker to slip into deeply meditative states. Although you can master meditation by yourself, some people prefer to attend classes and learn in a group from an experienced teacher.

### **Trying too hard**

Trying to meditate is a lot like trying to sleep – attempting to force it can often make it more difficult. Thinking of a meditation session as a chance to relax rather than as a discipline you have to master can make a great difference. If your attention wanders, practise acceptance and avoid getting annoyed with yourself. Simply direct your attention back to what you are doing and experience the moment.

### **Special considerations**

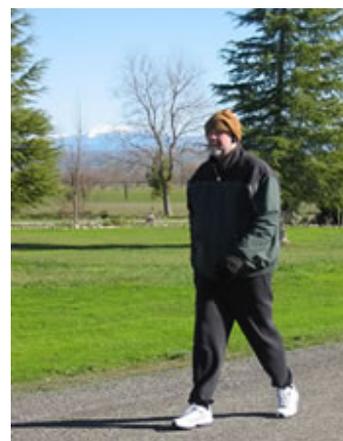
In the instance of serious mental illness, meditation should be used with caution, if at all.

### **Where to get help**

- Your doctor
- Yoga, Qi Gong and Tai Chi teachers
- Meditation teachers

### **Things to remember**

- Meditation is the deliberate focusing of attention to bring about feelings of calm, and heightened energy and awareness.
- Regular meditation offers many health benefits, such as reduced stress and reduced blood pressure.
- There are many different ways to meditate, such as using a mantra, looking at an object, or focusing on the breath.



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

## **MEDITATION:**

### **"The CHILDREN of the LAW of ONE™ and the LOST TEACHINGS of ATLANTIS"**

Jon Peniel

<http://www.atlantis.to/>

Meditation is an ancient, time-proven way to calm the mind, experience inner peace, and enhance awareness. It also develops greater concentration, allowing deeper, more creative thinking and problem solving.

There are many different ways to meditate, and different methods. Here are free meditation techniques that represent a broad spectrum of different "types" of meditation, including breathing, chanting, concentration, contemplation, sub-conscious integration, energy, transcendental, zen meditation, etc.. Some are unique ancient meditations, some techniques are more recent. The meditations are also from different cultures and spiritual paths, including Zen, Buddhism, yoga, etc..

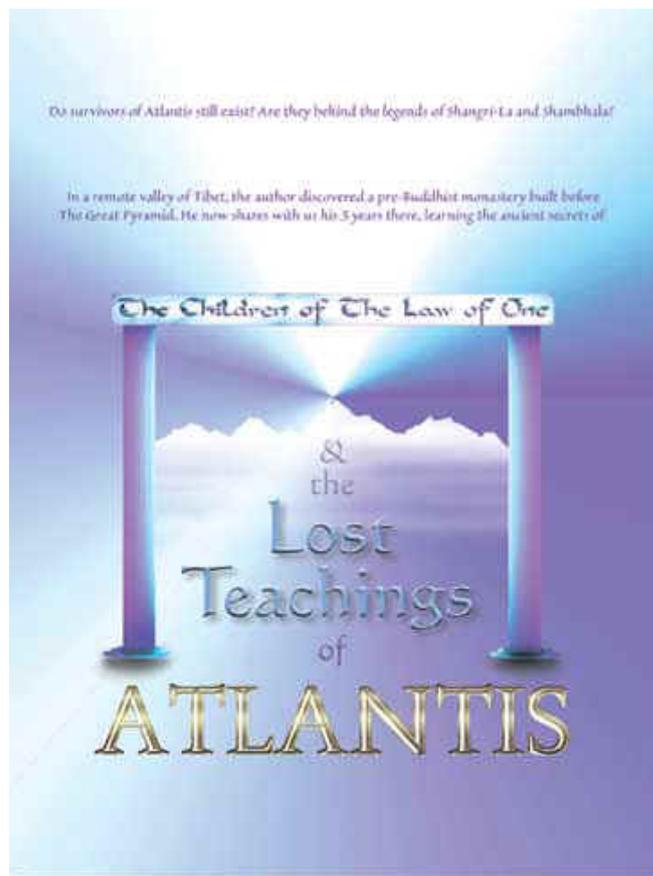
Some traditions / religions insist that they have a certain meditation technique that is "it", the one and only, or the greatest. In our (CLO) opinion, that isn't true. Some techniques work better for some people, and not for others. Everyone is different.

Our (CLO) opinion is based on personal experience, both in travelling the world and studying many different spiritual paths and traditions, and from doing scientific research on the mental and physical effects of every imaginable meditation.

We (CLO – Children of the Law of One) offer instruction in what we've found to be the best of the best. Most or all of the meditation techniques should work well for you, and perhaps one will work particularly well. Everyone has their own "best meditation technique" that works best for themselves. You just need to find it. It's best to stick to a variety of techniques to start with, even ones that don't seem to work well for you. Sometimes what will eventually be the most effective meditation technique for you, will be one that doesn't seem to work that well, or is difficult for you, at first.

## **THE NECESSITY OF, AND REWARDS OF, PATIENCE**

During beginning meditation practice, you will find that your mind will wander and thoughts will "pop in" to your head. Those thoughts will try to distract you. Your mind "chattering" with thoughts is a common occurrence when learning mediation. At first, your mind is like an undisciplined child and the



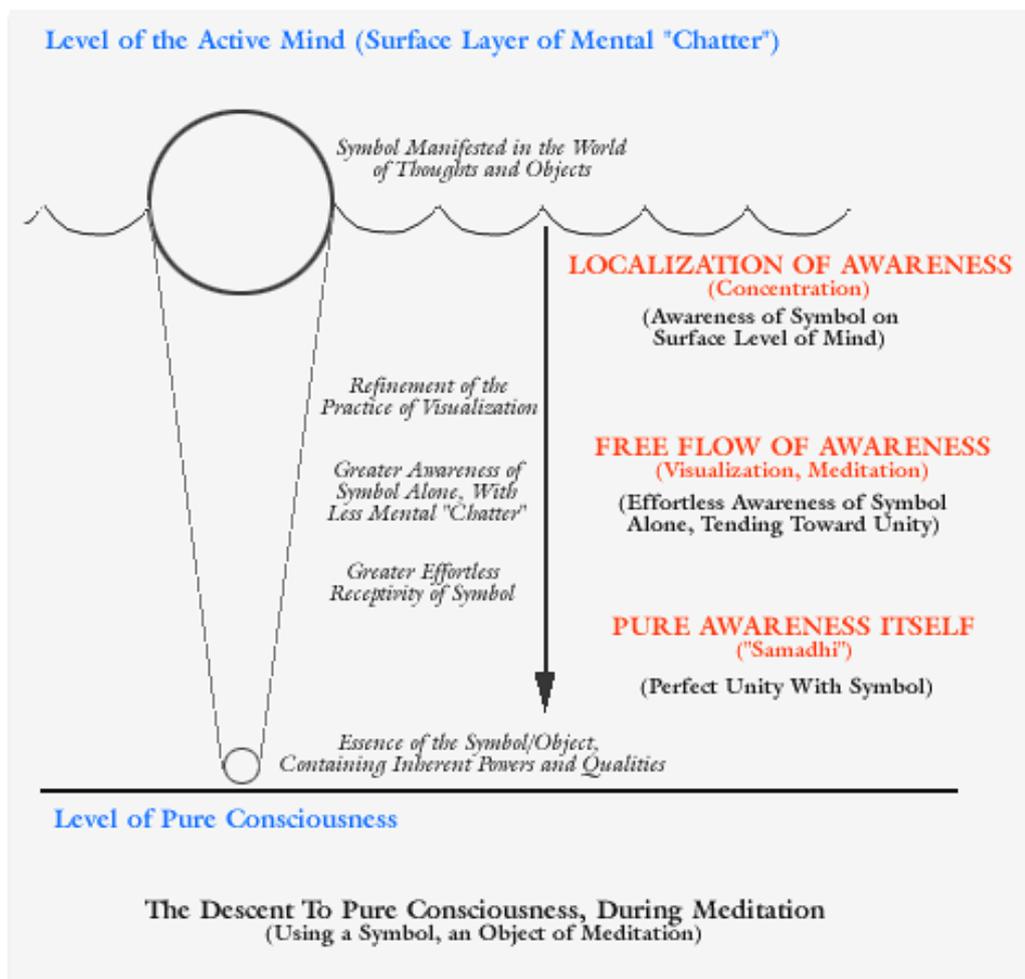
"monkey mind" (as we sometimes call it) will hamper your training IF you let it bother you. So what can you do about it?

Don't get frustrated! That is vital. As soon as you notice a lapse in attention or concentration, simply re-focus. Immediately redirect your mind back, and continue or begin again. Be patient with your self rather than falling into the trap of blaming or getting angry with yourself, or getting frustrated – which can lead to giving up.

## SUMMARY

Unlike drugs, devices, or possessions of any kind, once learned, the wonderful peace and mind control meditation techniques give you, can never be taken away. Also, the ability to meditate can never be lost, never break, and never let you down.

Whether it's free or not, how long it takes to dramatically notice that meditation is really working or "doing something", varies with every individual. It can be partially effective relatively soon but it takes time and practice to reap the full benefits and become a master of meditation techniques. Once learned, however, the rewards are far more than worth the effort of your quick and easy meditation techniques.



## *Meditation breathing techniques and instruction*

Your breath is an amazing, unique meditation opportunity, which is why many of the techniques you'll learn here, incorporate it some way or another. What do I mean by "opportunity"?

Think about it for a moment – breathing is both a sub-conscious process (i.e., your body keeps breathing automatically whether you think about breathing or not), and a conscious process (i.e., you can take it out of "automatic" mode, and consciously control it – breathe fast, slow, deeply, shallow, hold your breath, etc.).

Thus, breathing is a bridge between the sub-conscious and conscious minds, and you can't say that about most other bodily functions or activities.

Most of our body functions are either under sub-conscious control, or conscious control. For example, a normal person can't *consciously* will themselves to digest their food or control their heartbeat. The subconscious does that all for us automatically. However, such things can be controlled by someone who has mastered consciously accessing the sub-conscious mind.

On the conscious side, we do all sorts of things consciously, or so it seems. Take walking somewhere, typing or writing, thinking about what to say or do, can be conscious activities, or modified by, the subconscious. You can even program your subconscious to do, react, or take over many things you do.

For just a little example, imagine having your computer do a spelling check on a letter or document, rather than having to look everything up manually in a dictionary. Well, you can do the same thing with most anything that involves your mind. But first you must be able to access it, and program it.

Practicing breathing meditations is one of the ways that can be used to bridge the entire gap between our conscious and subconscious minds. And it doesn't stop there.

Many people have the problem of their conscious desires and goals being in conflict with the ones that are programmed into the subconscious mind. That is a formula for failure. For success in all areas of life, physical, emotional and spiritual, get your "minds" re-integrated so they work as one towards your goals and beliefs, rather than pulling in different directions against each other.

Breathing techniques give us a variety of ways to achieve this. As I said earlier, in many of the meditation techniques you'll find, the breath is a common denominator. And they offer many ways to use it and approach it. For instance, some breathing techniques use the fact that you can control it. Some use the fact that you can meditate on it. Some take the approach of just leaving your breath to the sub conscious mind – you leave it alone and simply watch your body breathe. Some have you concentrate on it. And some have you integrate it with other mental or physical functions.

The breath is also our link to etheric, philosophical or spiritual areas. We are given life, and given breath. For those who believe in some kind of "plan", flow or God involved in the universe, you could say that it breathes each breath into us. When we cease breathing, our body ceases to live.

Breath links us to everyone else. Think of all the billions of molecules in each breath of air we breathe in and out. How many have been breathed by others? Throughout history, and in the present, there is a chance that one of those molecules was breathed by...



PASCAS  
HEALTH



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

## *The Conscious Breath*

This unique meditation breathing technique is a key to accessing your subconscious and conscious minds and having them work together as one. This helps you set and achieve goals, change negative programming to positive, transcend "brain chatter" and even the limits of your body. Having them work together as one is important, because if you want to achieve "goal success", you don't want those two aspects pulling in different directions.

The "Conscious Breath" meditation allows you to become *aware* of your breathing, without controlling it. By practicing it, you will gain both sub-conscious control and conscious mind / subconscious mind integration.

DOING IT:

Sit with your spine erect if possible. If not, lay down. Relax and sort of *watch* your body breathe. Just pay attention to the fact that it's happening without "you" doing anything, and keep your mind focused on the breath going in and out, without interfering with it.

The trick is to let your subconscious mind control your breathing for you (like your body does normally), but pay attention to it. I.e., be CONSCIOUSLY AWARE of your breathing while that is happening.

Don't try and control it. This meditation requires a *passive* concentration. By doing this, *over time* you will eventually attain an integration of sub-conscious and conscious, which has many, many benefits (see our links page for a great [free online book](#) that explains these in detail, and other helpful items).

That's all there is to it.

At first, until your concentration develops, your mind will wander all over the place. As soon as you realize that your mind has wandered, bring it right back to watching yourself breathe. Don't waste energy reprimanding yourself for not maintaining concentration, that just creates an unnecessary struggle which allows frustration to occur. Frustration is a negative emotion that counteracts your efforts for inner peace and relaxation.

Note: *Bringing yourself back to the object of concentration immediately upon recognizing that you've wandered off, applies to all concentration / meditation techniques.*

Besides those discussed above, one result of bridging the two minds is that the conscious mind becomes still and quiet. You get more inner peace as you become free from the constant "internal noise" in your brain, while lessening your reaction to the external stimuli that prevents / blocks you from becoming a "reflection" of higher states of awareness and consciousness. This meditation (that has Tibetan roots) is great for that.

## Contemplation & Visualisation of Unselfish Love

There are two steps to this, so please read this entire page before doing it. Actually, this is more of a philosophical, spiritual or psychological exercise than a meditation technique, so if you wish, you may want to skip it and move on to the other instructions given in our free menu of "meds".

### Step One

This partly involves feeling unselfish love / compassion for someone you don't like. Because of that, it is very "touchy" and is often misunderstood – some people think they are supposed to "forgive and forget" grave misdeeds or horrendous individuals. Not so. It's important to remember that you may have good reason to dislike certain people in your life, and they may deserve your feelings due to terrible actions or harm they may have done you or others. How can this be? Why?

This is just one area in which the difference between *unselfish* love and *unconditional* love comes in. Loving people unconditionally means you accept whatever they do, no matter how bad. Loving people unselfishly means you don't accept any sort of behaviour, and in fact, may mean that you require certain things, or even discipline someone for their own good.

For instance, a child raised by someone practicing unconditional love would be allowed to do anything, be anything, say anything, and still be "loved" and coddled. That approach could result in raising some very nasty adults. A child raised with unselfish love, would always be shown love, but would be lovingly and peacefully disciplined without negativity, if they behaved in negative or harmful ways. For a full explanation and understanding of that, we recommend you read "The Lost Teachings" book mentioned on our links page. In fact, the free [meditation techniques](#) offered on our site, are from that, and reprinted / modified here by permission of the publisher (you can go directly to their site, read free online book chapters and articles related to meditation techniques and much more, by clicking on the above link).

Back to the point, the following exercise is not intended to help you accept or "be alright with" negative personalities or actions that some people have chosen, nor do we want it to foster "victim" syndromes and influence anyone to allow abusive or asinine individuals back into their lives. The actual purpose of this is to help people "let go" of such people in an unselfishly loving manner, while also helping them to develop unselfish love. We believe there is nothing wrong with disliking someone, and not wanting them in our lives. And we can still feel and act that way, while being unselfishly loving ourselves. If you believe in the essential "oneness" of all beings and things in this Universe of ours, then we can still love and care for the spiritual essence of everyone, even if we want nothing to do with them, and dislike them. If a person chooses to be lost, and not be loving, there is nothing we can do other than make our own lives an example of unselfish love – but don't expect anyone else to change unless they want to – we all have free will, and we all reap what we sow. However, we can have compassion for the *spirits* of those whose have made the choice to be destructive and cause suffering for themselves and others, and not follow that path ourselves, but rather, choose freedom and compassion.

#### DOING IT:

The first part of this visualization exercise starts with asking yourself the following questions – and answering them:

"What's unselfish love and what does it mean to be unselfishly loving?";

"Do I always love unselfishly?" (If the answer to the last questing is no, think about the most recent situations involving that, then go on to the next question);

"Why did I not love unselfishly in that situation?"

After thinking about it, let go of the thought about why you didn't love unselfishly. Why?

The reason *why* you did not love unselfishly is not as important as making sure you *will* love unselfishly from now on.

Next, think about the situation again. Completely visualize it in your mind but this time, be unselfishly loving and visualize the different outcome that would result from that. (see the above book for an explanation of "complete visualization" as opposed to ordinary visualization)

Next ask yourself:

"What should I do to manifest unselfish love all the time?" Then if you believe in some form of a sort of "consciousness" involved in the life and the universe, such as a Universal Spirit, God, the One, (or whatever concept you have of such a thing) "What would you want me to do?" Then finish it off with a positive affirmation such as, "I am unselfishly loving". (Again, you can read about affirmations, how they work, and how to create your own, in the above mentioned book.)

## Step Two

Begin with recalling the concept of, and doing the best you can to FEEL unselfish love. It helps to start by visualizing someone you already have the most unselfish love for. It could be a relative or friend of yours, a child, adult, dog, whatever. If there is someone you hold in high esteem who you feel / believe unselfishly loves you also, such as a spiritual teacher, saint, deity or a "personified ideal", that's the best place to start. Feel their love for you and/or your love for them. Once you have that feeling, hold on to it, then think of someone you *like* but haven't really felt unselfish love for. Feel unselfish love for the spiritual essence of them.

Next, think of someone you don't like. Feel unselfish love for their spirit also. Remember, that doesn't mean their personality or "outer self". If they have done something hurtful, or harmful, that is inexcusable to you, be sure you only extend your feeling to their essence, their spirit, their Inner Being, NOT their personality and selfish separate self. Then expand your love to embrace everyone and everything you can conceive of (again, with the focus being on the part that is part of you, part of the One, part of the Universal Spirit).

[Note: This exercise / meditation technique is best done when not tired.]

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

## Counting Breath

Concentration is an invaluable aid in anything you do, and also vital to any meditation technique.

Ironically, certain meditations also develop concentration, which is the main purpose of the "counting breath" exercise. However, it also has "integrative effects" on the entire being.

This is a breathing technique that can be done passively or actively – in other words, you can either let your body breathe normally, or control your breathe consciously. Try it both ways, and after a while you'll be able to tell which method is the most effective for you.

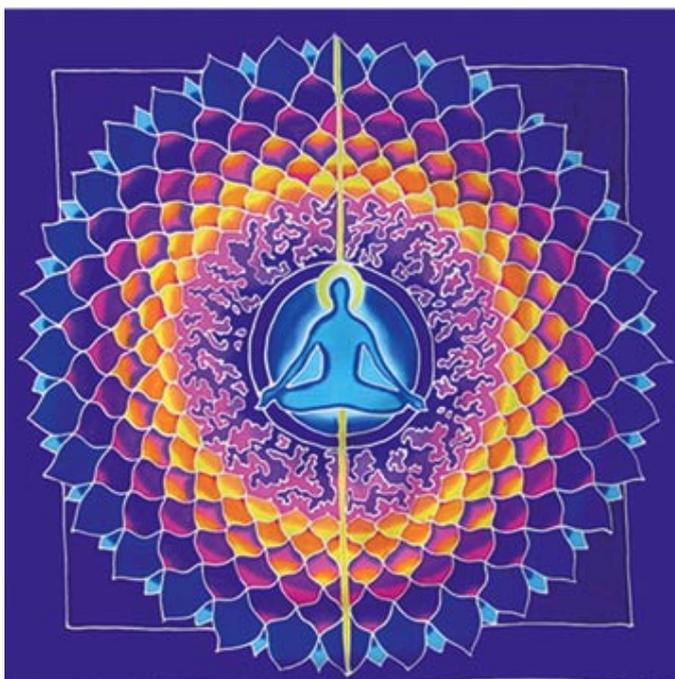
### DOING IT:

Start by getting into a sitting position that allows you to be comfortable while maintaining a straight spine.

Next, start counting your inhalations and exhalations. For instance, when you inhale for the first time, think silently to yourself, "one". Then when you exhale, again think "one". The next time you inhale, do the same thing, but this time count "two". The same with the exhalation. Keep counting silently to yourself like that, until you get to ten. After you reach ten, then start over again from "one".

The goal is to eventually get to where you can do five "sets" of counting one through ten, while you keep your thoughts only on that. If your mind wanders and other thoughts pop in, don't get angry or frustrated, just start over again.

As with all your exercises, be patient. It takes practice and time to master. As with anything, the more you practice the better you get. If you are consistent and persevere, the results / benefits will eventually come.



## *Grand Circulation of Breath*

This is a popular multi-purpose breathing meditation. While it offers all the typical benefits of meditation, it also rejuvenates and helps bring balance and health to the body.

Interestingly, many people with allergies or colds even find that it unclogs stuffy noses! One possible reason for that effect is that when you visualize energy moving around your body, it follows a course of what acupuncturists call the "governing meridian", as well as the spine.

Here's a partial list of what this meditation technique can do:

- Enhancing concentration.
- Body-mind integration.
- Stimulating and being aware of "Universal Life Energy" (also known as Reiki, Ki and Chi).
- Increasing awareness of the "energy body" and its interrelation with the physical body.
- Aids in "transcending" the "physical plane" that most people have the illusion of being the only reality that they live in – kind of like the concept behind the movie "The Matrix".
- Increases and balances the flow of Reiki energy throughout the body. It does this via main "circuits" (called meridians).

### DOING IT:

You can do this exercise either sitting up or lying down, just make sure your spine is straight. If you tend to get drowsy or fall asleep while doing it, sit.

The idea is to circulate energy around the centre of your torso, in synchronized coordination with your breathing. For more details, see the "Lost Teachings" book on our links page, but hopefully the below instructions will be sufficient.

Start by imagining a tennis-ball width of glowing white light energy at the base of your spine. Then begin to slowly breathe in, while at the same time you "see" the energy slowly moving up your spine. In fact, try to imagine that the energy IS your breath itself. Also see it leaving a glowing trail behind it, that is going in the same direction.

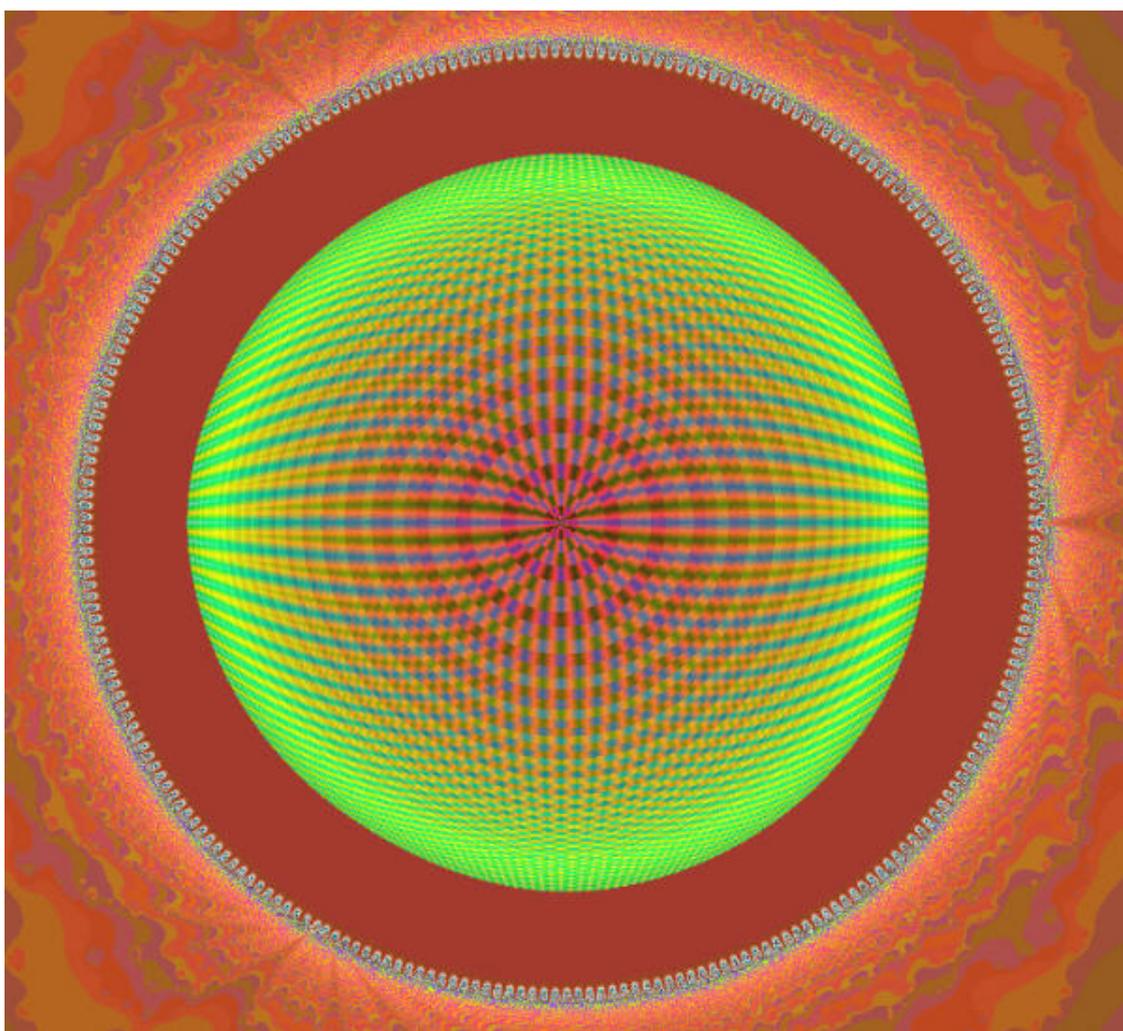
While continuing your inhalation, see it continuing up the spine, over the top centre of the head, down the middle of the face, to the upper lip. At that point, you begin slowly exhaling, and seeing the energy go down from the lower lip, down the front of the chest to the groin, then back to the base of the spine. At this point, you start the entire process again. Don't pause at the base of the spine when you get to the end of your exhalation – immediately continue, and repeat the cycle with your next inhalation. Repeat this for as long as you have time for – a half-hour is great if you have time, but do what you can.

It is important that you go as slow as possible, without feeling that you are not breathing fast enough, or easily enough.

A few individuals have a little difficulty visualizing the entire flow cycle within one breath until they are accustomed to coordinating their visualization with their breathing. It usually doesn't take long before

they master it. Some run out of breath before the end of their exhalation, or vice-versa. If you experience this sort of thing, you're either inhaling or exhaling too slowly, or your visualization is too fast or slow. It should eventually be very comfortable and you won't even need to think about it (kind of like when you first learn to drive, as opposed to after you've gotten a lot of driving experience under your belt). Simply adjust your visualization or breathing to make them comfortably match. One additional note – be sure to consciously control your breath rather than letting your body breathe normally.

As you keep this circular energy / breathing pattern up, it's also important to eventually start seeing the entire path of the energy as a "whole". A complete circulation of energy that is moving all the time, along all points of the entire path (kind of like seeing a flow of traffic on turnpike onramps and off ramps from a helicopter, rather than just seeing the viewpoint from one car at different points). If you're doing this meditation technique right, you should eventually see and feel it as though it is a sort of constantly moving circular band, almost like a flowing "energy river" (even though you are concentrating on moving the energy one section at a time). In other words, don't stop seeing the energy moving as you traverse the sections. Just let it keep on flowing along its path. BUT – and this is very important – *don't try and force this "whole picture"* – it will eventually come over time, as you work on just seeing the energy move over the sections of your torso as you breathe in and out.



## *Meditation Walk*

While the weather doesn't always permit enjoying this meditation outdoors, it is recommended whenever possible. Rest assured, however, even the inside version of "pacing" back and forth will reap the same benefits.

The meditation walk enhances awareness and consciousness with your environment. This increase in mindfulness results from a strengthening sense of "oneness" inside you. And this "oneness" manifests not only within you, but between you and your surroundings as well.

The objective of the meditation walk is to attune breathing and walking. Just set the pace and the stride to whatever you find comfortable, while establishing a smooth rhythm. Ideally, synchronize each step of your walk to correspond with a single breath.

### DOING IT:

Start walking...left, right, left, right... Now choose your tempo and add in your breathing. For example, you might decide to inhale during the first three steps, hold your breath for the fourth, and exhale during the fifth and sixth, then repeat. Or you could inhale for four strides and exhale for four strides. The pattern is entirely up to you, just establish a comfortable rhythm. Even eliminating the "holding breath" entirely is a possibility and would result in something like: Inhale (however many strides), exhale (same number of strides), and so on. As long as the number of steps are equal for the inhale and exhale, anything goes. Try different arrangements and see what feels the best.

### Other Guidelines:

- Do the meditation walk for as long as you like, but for a minimum of five minutes
- Walk outside whenever possible
- Aim for the same time everyday



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



## *Mirror Exercise-Chanting*

Scientifically speaking, the human race is still in infancy. For example, only in the last few decades have "modern" scientists begun to understand that our bodies have energy and bio-electric fields. We now study the emission of electricity from our brains by monitoring brainwaves. And our awareness is increasing about the detrimental effects on the health of our bodies from electromagnetic fields from things like computers, cell phones, power lines, TVs, etc.

Interestingly, however, ancient meditations like the mirror exercise are in fact based on the principle that people are always both receptive to, and transmitting these various energies. Obviously, this is not new information to some.

By tapping into these energies, the mirror exercise helps develop:

- Concentration.
- Self-discipline.
- The ability to "read" higher frequency vibrations / "auras".
- The ability to communicate visually.
- The ability to influence others by way of energies transmitted through the eyes.
- The ability to defend against other people attempting to influence you through the eyes.
- An awareness of previous incarnations of both yourself and other people.
- The area of vibrational influence surrounding you like a giant aura (also called your circumvent force).

### DOING IT:

Unlike most meditations on this site, the mirror exercise requires some "tools". It is best to perform this meditation in a darkened room lit only by a candle or two placed in front of your mirror. Regarding the size of the mirror, it doesn't need to be large, since you really only need to look at your eyes. It is ideal, however, to arrange it so that you can see your entire face. Also, be sure to place the mirror one to two feet from your face.

Another highly recommended enhancement is to burn some incense prior to starting the exercise. Be sure it is pure (sap, powdered resin or resin) and we strongly recommend Frankincense and Myrrh, if possible.

The mirror exercise can be done with you sitting either on a chair, or directly on the floor. Just choose whichever is the most comfortable since keeping the spine erect and straight is important.

Start the exercise by staring into the eye of your reflection in the mirror. Focus on the eye image on the right side, which is actually your right eye. Begin to chant your selected mantra (see below for tips on choosing a mantra).

One of the challenges of this meditation is to avoid blinking if you can. It isn't easy at first, but it is an important discipline to develop. During moments when you are experiencing unusual phenomena (like

seeing faces from past lives, "auras" etc.), blinking can actually startle you out of the altered state which makes perceiving these things possible.

Whatever occurs, stay attentive to what you are doing and resist allowing something to distract you. You might even experience what is referred to as "The Dweller on the Threshold". This image is indeed a "hideous devil" which is none other than your own selfish self, desires, fears, etc. (This phenomenon is well explained in the death experience chapter in the book, "The Children of the Law of One & the Lost Teachings of Atlantis".) If you do experience the Dweller, remember that it is also "The Angel guarding the Gates of Eden", and Unselfish Love is the only way to pass through. Stare directly into the eye of that monstrous beast and love it. Yes, I said love it. Only in this way can you transcend the self, which ultimately leads to the return to Paradise and Oneness with the Universal Spirit.

This exercise should be done for no less than ten minutes. As with most meditations, more time often yields better results, and we recommend a half-hour when possible.

### Selecting a Mantra

A mantra is a word or several words which a person uses when chanting during meditation. It is important to select a mantra which you feel "drawn" to since the sounding of the words creates a vibration which will affect you in many ways. The vibration of a mantra can arouse the upper chakras and enhance your universal consciousness via attunement to the "sound current" of the universe. Mantras additionally tap into the energy existing from all the chanting which has taken place throughout time from people using the same mantra.

Examples of excellent ancient mantras are "Om" and "Yod-He-Vau-He". Keep in mind, however, that you should fully understand the actual meaning of the mantra you select. Choosing one that exemplifies a strongly-felt ideal or idea is also important. (The full meaning of Yod-He-Vau-He can be found in the book mentioned above.)



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

## The Pineal Wave

This ancient meditation focuses on the seventh chakra, commonly referred to as the "seat of the soul". This chakra is also considered home to the "spark of life" – the spiritual part inside us which gives our bodies life. Physically, this chakra also corresponds to the pineal gland, which is found behind the eyes, between the ears, and approximately in the centre of the head.

The benefits of this meditation are numerous:

- It empowers and cleanses our souls.
- It offers a visualization of oneness with the planet and universe by having us picture our spiritual essence from the pineal gland actually travelling down to the Earth's centre and back again.
- It provides rejuvenation and attunement with the energies of the Earth.

### DOING IT:

Standing straight with your hands at your sides, place your feet together. Close your eyes and imagine the pineal gland inside your head (precise location described above). It is best to picture it as a bright, white energy source shaped like a ball. Now take a deep inhale while continuing your visualization of the white light ball. Next, exhale forcibly, moving the ball of light quickly through the inside of your body and down into the Earth. Imagine the energy ball continuing deep into the core of the Earth, beyond molten lava, to the incredible power source at the very centre. It can take a second or two for your energy ball to reach the centre, so allow enough time to really complete the visualization.

Now, gradually begin to inhale. Be sure to proceed slowly enough to really feel the energy rising up from the Earth, through your body, and ultimately back into the pineal.

It is best to repeat this exercise at least three times.



**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.**

## *Planetary Polarity Attunement*

Tuning into all the energies of the Earth is the goal of this very ancient meditation exercise. The predominant effects of this technique are a long life (barring the unforeseen, of course) as achieved through physical regeneration and rejuvenation of the body. More specifically, this is accomplished by aligning our bodies with the natural energy field of the Earth.

### DOING IT:

Using a compass, first determine the precise direction of north / south. Now align your body along north / south lines by laying down with your head toward the south with feet pointing north. Begin to relax your mind and your body by watching your breathing.

Next, envision your body dissolving into whatever you are laying on. Of course, you are not expected to really believe this, but just try to imagine the sensation. Continue this visualization with whatever is below that, and then below that, until you begin to feel yourself merging with the ground. Actually try to feel as if you are "one with" and part of the ground and eventually the Earth itself. Guide your mind to think about the enormity of the planet Earth. Picture it spinning on its axis, strategically suspended in space and envision what it feels like for your body to spin with it. Deepen this visualization until you can actually feel yourself spinning with the Earth.

Next, focus on the lower half of your body which is facing north. Imagine yourself like the magnetized end of a compass needle perfectly aligned with the Earth's magnetic field. Remaining for now with just the lower chakras (ending with the heart one), visualize energy moving through your chakras as if doing the colour-chakra exercise.

At the end of five minutes, you want to reverse the position of your body so your head points north and your feet toward the south. Follow the same procedure outlined above, but this time begin the visualization with energizing the upper part of your body starting with the heart chakra and concluding with the crown chakra.

Be sure you continue this for at least five minutes in each direction. Of course, as with other meditation exercises, do them for a longer period of time, if at all possible.



## The Sacred Breath

The Sacred Breath meditation has historically been a well protected "secret" among the Children of the Law of One (from the book "Lost Teachings of Atlantis"). Even within this ancient spiritual order, this meditation was never written down or even passed on to a student until an awareness on the part of the student prompted him or her to ask a teacher about it. Nevertheless, throughout time, certain other spiritual traditions have adapted The Sacred Breath after learning of it through careful observation.

The reason it could be easily concealed was that unlike other meditations which require visible effort, once someone masters The Sacred Breath, it becomes quite natural, and isn't even noticeable to a casual observer. This exercise has always been a "staple" meditation for true teachers. For them it is a natural extension of breathing, and they automatically do it periodically without any effort. With just an almost imperceptible shift in energy and a little breathing (which could easily be mistaken for a sigh), a teacher doing this meditation wouldn't "show" much. Even elder students have to be extremely "tuned in" to discern that their teacher is even doing anything at all. Only when a student observed "something" and asked the teacher about it, did the teacher pass along the meditation exercise, since the student was now ready. However, the time has now come, for teachings like those of The Children of the Law of One to be openly revealed and available for any truth seeker.

The Sacred Breath involves several aspects of meditation:

- Conscious, active control of the breath.
- Experiencing what some call the "little death" which is a period of lingering just after exhalation, and before the next inhalation.
- The intake of Universal Life Energy (or Ki / Chi, prana, bio-cosmic energy, or whatever you call it) via the breath into the Solar Plexus.
- Concentration, of course.

DOING IT:

The first step is simply to inhale, following with a deep and complete exhale (much like a deep sigh). Now here's the complicated part: Your objective is to inhale so slightly and gradually that you are barely aware you are inhaling at all – but of course, you must be inhaling. (Suffice it to say, this meditation has a built in Zen-like paradox to it!) Try to avoid even thinking of your subtle inhalation, as an inhalation at all. Just visualize yourself taking in the prana, the Ki, the Universal Life Energy, directly into your solar plexus.

When you begin to experience the urge to actually take a breath, do so. Take one breath, then another and be sure you are exhaling deeply and fully as if releasing a big sigh. It is ideal to repeat this as long as your time allows.

This is a wonderful exercise to do throughout the day to help return your consciousness back to *true* reality (which breaks the illusion of the day to day "reality" which most people actually believe is *more* real).

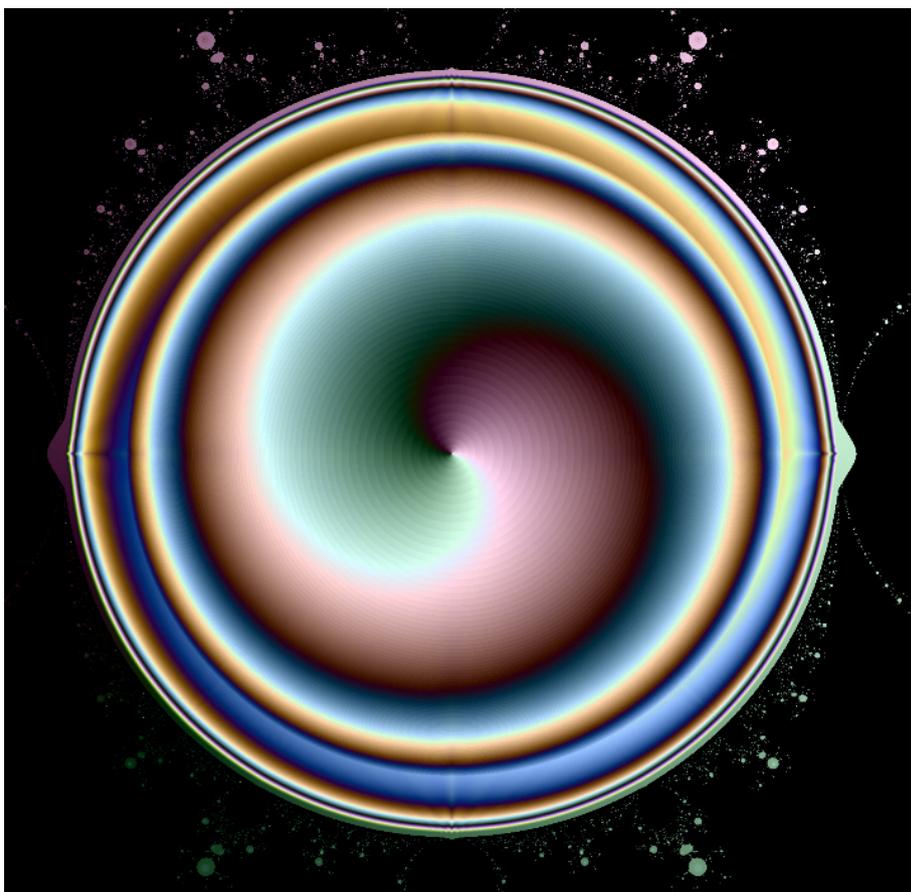
## *Kind for a Day*

Unselfish love is exemplified through a variety of real world qualities. Compassion, caring, giving, and of course, kindness are all attributes and manifestations of real love. The Kind for a Day meditation is a straight-forward, yet powerful aid in the cultivation of unselfish love. It encourages expressions of thoughtfulness by shifting our focus from ourselves to someone else.

### DOING IT:

Each morning, select one person you know to be the recipient of your special daily focus. It is best to choose someone you are in regular contact with, such as a spouse, child, friend, or even a co-worker. Make an internal commitment to be especially kind, humble and thoughtful of this person for the entire day. Take time during your day to think about this person's life. What challenges do they encounter? What fears must they face? What is it like to see and experience the world through their eyes? Treat them with a hearty dose of attentiveness. Bring them a cup of coffee, offer to run an errand, or simply surprise them with a unique, heart-felt gift.

The next morning, you get to start all over with a new person on your mind!



## ***Ultimate Reiki – The Star Exercise***

*(Since large amounts of "Chi", or Universal life energy, are potentially generated by doing the Star Exercise, we can in no way be responsible for what might happen to you. We emphasize that if you decide to do this meditation / exercise, you are choosing to do so at your own risk. We have practiced this exercise for years and have never known anyone to become injured from it, but this meditation is strong. Consider how a circuit breaker works. It is designed to automatically shut off power when there is more energy trying to pass through the circuit than it is equipped to process. Essentially, this is what our bodies do as well. If when doing the Star Exercise your body is not yet prepared for the energy flowing through it, you could find yourself knocked off your feet. Rest assured, however, that this isn't something to become concerned about because as you practice, your body will increase in strength. Just take reasonable precautions and make sure the area surrounding you is free from objects that could harm you if you fell. Also, please do not attempt this exercise if you are prone to epileptic seizures.)*

**STAR EXERCISE:** <http://www.meditation-techniques.net/meditations/starexercise.htm>

The Star Exercise enjoys renown in both the world of yoga and among devotees of Reiki healing methods. Modern Reiki instruction (for which you can pay big bucks) actually derives its teachings from this energy exercise. We provide it here for free and you won't have to endure any attunements! Among yoga enthusiasts, the Star Exercise is commonly viewed as the ultimate yoga exercise, and some say, the only one you need do.

Suffice it to say, the Star Exercise is an extremely potent avenue for triggering the Kundalini and generating, storing and transmitting Universal Life Energy (also known as bio-cosmic energy, Reiki, ki, prana, etc., however consider Sekhem as a more powerful option). Doing this exercise not only fills your body with this energy, but it moves throughout you and enables you to give it to others by offering healing, as well as allowing for flowing ki within a group of people.

Universal Life Energy has characteristics which can be considered both physical and spiritual. While the energy is etheric, resonates at very high frequencies, and has the ability to penetrate anything, the mind and our emotions actually do impact and direct it as well. We even know now that Universal Life Energy can actually be photographed using "Kirilian" electro photography to capture "auras" and propelled energy beams.

We have emphasized and explained the characteristics of ki energy to improve your awareness during all your meditations and yoga exercises. The supply of Universal Life Energy is boundless and only your separate self inhibits it.

### **DOING IT:**

It is recommended that when possible, socks and shoes be removed prior to beginning the Star Exercise. Positioning yourself for this exercise involves standing with your feet approximately a yard (metre) apart and holding your arms straight out to your sides like this:



Facing your right palm down and your left palm up, start breathing deeply and strongly. Depending on your preference, at times you may wish to breathe rapidly, while at others you may prefer slower breathing. Either way, be sure you are inhaling and exhaling deeply and intensely. The intent of this breathing is to pull Universal Life Energy from the air into your Solar Plexus Chakra because included among the many functions of the Solar Plexus Chakra, is its ability to store energy. (Similar to how batteries store power).

Now, visualize the energy moving into the Solar Plexus and building up there while also moving throughout your whole body from the beginning point of your Solar Plexus. Simultaneously, picture the energy flowing into your left hand, throughout your center, and finally out of your right hand. This visualization should continue for awhile.

You will know you have achieved the desired result of this exercise when you experience a "rush" of energy (sometimes even visible) accompanied by a feeling of transcension. This will likely not occur until after completion of the breathing portion when you have moved on to the next step in the exercise (below). In order to obtain this energy sensation be prepared to find yourself breathing just a few breaths, or as many as 144.

Now, while holding your breath, and continuing the visualization, silently affirm to yourself: "I am one with Universal Life Energy, it is flowing through me now, I feel it." At this time, as long as you have done the exercise correctly, you will most likely begin to feel an energy rush. For as long as you desire and are comfortable, feel free to continue holding your breath and appreciating the flow of the energy. When you think you have felt enough, proceed with an exhale and move on to the next step in the meditation.

Some people like to argue that too much oxygen via hyperventilation is responsible for the rush you get. But think about it for yourself. If that were the case, why wouldn't someone breathing pure oxygen experience the same effect? And how does that explain that for those more experienced in this exercise, it works with one simple breath?

Above we have alluded to how you can "share" the energy with someone else or do it in a group. It is possible to direct the energy flowing from your right hand and give it to someone or something. This is the same flow used for healing light and the very same energy that the pyramid phenomenon is associated with. Did you know the word pyramid means "fire in the middle"?

Anyhow, if you choose to do the Star Exercise with just one additional person, you have a couple of options for how to go about it:

- 1) Making a mini-circle that the energy can flow through by standing facing each other and grasping hands
- 2) Standing side-by-side, and joining only the hands between you which leaves one person's hand open facing upward in order to receive energy from the heavens, and the second person's hand open and facing downward in order to send the energy down into the Earth. It looks something like this:



The best way to maximize this exercise with a group of more than two people is to join hands and form a large circle. In addition to the visualisations you do when alone, also include a visualization of the energy flowing throughout the entire circle. Imagine it increasing in strength as it receives a "boost" from each person in the circle. As a precaution, no one should stand outside the circle doing a group Star Exercise because there is some risk due to the extreme power "flying off" the circle.

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## **BECOMING the PRAYER: Contemplation and Meditation**

Chapter 15 Reality, Spirituality, and Modern Man by David R Hawkins

### **Introduction**

The task that confronts the spiritual student, devotee, or aspirant is how to actualise conceptual spiritual information into subjective, experiential reality. Thus arises the necessity for application of practices and techniques that evolve progressively into that process whereby the potential becomes the actual. In addition to devotional prayer and authenticated sources of truth, there are major, basic, time-honoured avenues of meditation and contemplation, the efficacy of which is increased by intention and devotion.

### **Contemplation**

Calm reflection and introspection allow information to become integrated, correlated, and recontextualised. Thus, a contemplative state is more relaxed, open, spontaneous, and intuitive than goal-directed activities. Contemplation allows inferences and general principles to formulate spontaneously because it facilitates discernment of essence rather than the specifics of linear logic. A benefit of contemplative comprehension is revelation of meaning and significance.

Whereas meditation generally involves removal from the world and its activities, contemplation is a simple style of relating to both inner and outer experiences of life, which permits participation but in a detached manner. Intentional doingness is focused on result, whereas contemplation is related to effortless unfolding. One could say purposeful thinking is quite 'yang' in character, whereas contemplation is very 'yin'. It facilitates the surrender and letting go of attractions, aversions, and all forms of wantingness or neediness.

Contemplation is invitational to awareness of meaning and progressive levels of abstraction. Thought is linear; understanding is contextual and nonlinear. Expansion of context enhances the significance, value, and meaning of thoughts; thus, contemplation tends to invite the influence of Self to overshadow the activity of the self.

Whereas the goal of the ego / mind is primarily to do, act, acquire, or perform, the intention of contemplation is to 'become'. While the intellect wants to know 'about', contemplation seeks Knowingness itself and autonomous wisdom. Rational thinking is time related, sequential, and linear, whereas contemplation occurs outside of sequential time. It is nonlinear and related to comprehension of essence. Devotional contemplation is a way or style of being in the world whereby one's life becomes a prayer.

With inner spiritual work, the two processes begin to occur simultaneously. One part of the mind may be concerned with handling anger or resentment, and at the same time, another part of the mind may be looking for a spiritual resolution so that by recontextualisation, the apparent conflict is resolved by transcendence. The inner process becomes like a child with a parent – the spirit is the parent, and the ego is the child. The childish ego / self is reactive and focused short term, whereas the wise parent's spiritual Self is concerned with long-term evolution and consequences. While the ego likes to indulge in emotions, Spirit seeks to transcend them by recontextualization. Thus, the inner work is considerably concerned with replacing instinct-based emotionality with spiritually based comprehension.

The inner experience of transcendence is the consequence of moving from a lower to a higher level of consciousness, which may initially require effort and processing, but it eventually becomes familiar and habitual as it is assisted by willingness, devotion, humility, and dedication to Truth, with love as a primary goal. Over time, former ways of experiencing the world disappear, and negative feelings and perceptions dissolve. To see things differently is its own reward and frequently results in feeling as though one is being reborn.

To align one's life with spiritual intention expands its meaning and significance. While the ego / body / mind's lifespan is limited and temporary, the life of the spirit is eternal, and its importance thus eclipses transitory gains of ego satisfaction. Thus, the lesser is surrendered to the greater by alignment, commitment, and agreement. Because it is freely chosen rather than imposed, there is a lessening of resistance.

Spiritual progress is also an exploration that has greater rewards than were obtained from lesser motivations and goals. Ordinary life is pleasing as usual, but the pleasure is more aligned with fulfillment of potential rather than passing sensation. There are a unique inner pleasure and satisfaction in fulfilling the potential growth and expansion of awareness of the significance of one's true life. It is also pleasing to discover that it is not necessary to drive oneself forward, but instead, one can simply allow oneself to move forward as the blocks are removed. Thus, one becomes attracted by the future rather than propelled by the past.

Awareness tends to become more diffuse, global, inclusive, and pervasive as a consequence of the self progressively dissolving into the Self. The belief in sequential causation disappears, and in its place is the witnessing of the emergence of potentiality into actuality as the unfolding of the ongoingness of Creation. The concept of an individual 'I' diminishes into the all-inclusive spontaneous 'everythingness' of the totality of a cohesive harmony by which the seeming unitary (self) dissolves into the universality of the Self.

Beneath the phenomenal experiential sequence of ordinary consciousness, a primordial stillness – an undisturbable peace and silence – is discovered. All phenomena are seen to be the transitional emergence of potentiality into actuality, which is taking place autonomously as though in slow motion. The unfolding is simultaneously ultra-gentle yet infinitely powerful as an expression of the universe itself. One moves from complete to complete as a prevailing reality.

The subjective awareness of the nature of this emergent contextualization of life and the universe is also concordant with the most current discoveries of advanced quantum mechanics and theoretical physics. They now scientifically confirm statements made in prior works (Hawkins, 1995-2006) that time, location, and space are projections of consciousness and have no intrinsic reality. (Affirmed by Harokopos in "Power As a Cause of Motion"; by Lynds in the scientific paper "time and Quantum Mechanics"; and by the writings of Stapp in *Mindful Univers.*)

The expanded awareness of the nature of reality that arises from very advanced physics and quantum mechanics correlates with the subjective realisations of the mystic (Hawkins, 2003, 2006; Grace, 2007). The expanded paradigm of reality dissolves the illusion of any discrepancy between faith and reason.

Divine revelation provides the top-down explanation of Creation, while at the same time, scientific theory might be likened to a bottom-up explanation, which is more linear in its explanation of the universe.

There is a final realisation that all is perfection as a consequence of the unfoldment of potentiality actualising outside of time as an expression of Creation. The ultimate source and potential are referred to as the 'Godhead', the Divinity of which is expressed as the emergence of the totality of timeless Creation and its evolutionary unfoldment.

With the disappearance of conceptual thought and its propensity for categorization and explanation, the Allness, Oneness, Harmony, and Totality of the Divine Reality shine forth in the splendour and exquisite beauty that are intrinsic and innate to all Creation. Thus, within that which appears to be form is its Source, which is formless. With the dissolution of complexity, simplicity reveals itself as everything simply being the perfect expression of its essence, that is, just being exactly what it is and not as it is described or perceived, which is extraneous to the intrinsic reality of Existence itself.

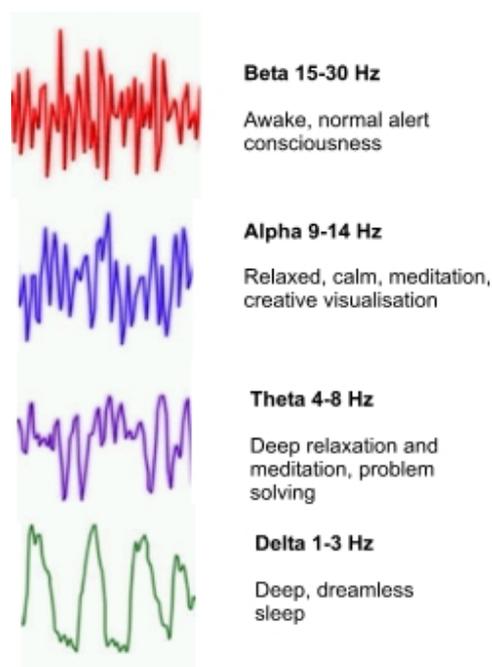
## Meditation

As a subject for study, the available information on meditation is extensive and can become elaborate as well as inclusive of institutionalized, extraneous embellishments. Meditation, however, is a time-honoured means by which to access spiritual truth via subjective, experiential revelation. Very major leaps of awareness and rapid transcendence of levels of consciousness can also occur.

As is well known, a multitude of specific techniques have evolved over the centuries in various cultures and religions. In addition, there have been many scientific studies of altered brain physiology and magnetic imaging, along with EEG studies of brainwave frequencies. In general, these reveal a slowing of both frequency and amplitude and the emergence of slow theta waves that replace the fast beta as well as alpha waves.

Meditative techniques can include formal discipline techniques and styles, such as exemplified by Zen and various yogas that include visualisation, breathing, and postural elements, all designed to assist the flow of the Kundalini spiritual energy up through the chakra system. These practices can result in major benefits that however, need to be accompanied by a commensuration increase in the consciousness calibration level. Thus, the experience of *satori* can be a transient peak episode that disappears with the resumption of daily life.

From the viewpoint of consciousness itself, the process is one of moving the sense of self from linear metallization and sensory function to become progressively more comprehensive, contextual, and beyond the attraction of thoughts, images, and emotions. What is sought is the subjective realisation and identification with the nonlinear contextual field of consciousness itself, which is the Light of Awareness and the substrate out which arise existence and beingness (see *I: Reality and Subjectivity*).



One benefit of meditation is the discovery that, intrinsically, the energy field of the mind is itself basically void of thoughts, feelings, and images, and that these activities actually occupy only about one percent of the total mind field. Like the sea beneath the waves, ninety-nine percent of the mind is still, silent, and void, which can be detected and intuited if this fact is made known to the student. The undisciplined mind is attracted and glamorized by the active content of mind, with its kaleidoscopic parade of thoughts, images, and feelings because of the subtle narcissistic payoff of these activities. To silence the mind, it is necessary to notice the subtle, continuous payoffs, be willing to surrender these illusory gains, and instead identify with the mind as a silent energy field that is not limited to the person self. Notes that the ego is addicted to metallization and craves its constant entertainment and stimulation, even if it includes negativity.

Just as the physical 'I', like a camera, registers images and objects, the mind is the 'I' of the self, which perpetuates the illusion of unique, separate person identity that becomes hypothecated to be the originator of thought, intention, desire, etc. With relinquishment of this narcissistic illusion, it becomes apparent that all aspects of supposedly personal life are actually occurrences that are autonomous and spontaneous.

As a consequence of major progress, the fear of death or the fear of a disappearance into 'nothingness' may arise. This represents the resistance and struggle of the narcissistic core of the ego that seeks to maintain sovereignty. Because this fear, like other fears, is based on illusion, it is safe to surrender it to God, which clears the obstacles to the realisation of the Self as the Presence of God Immanent.

### **Integration**

Meditation and contemplation are neither separate nor discrete activities but instead are merely addressed for convenience as though they were different subjects for study. In practice, they are commingled and develop into a consciousness-awareness style that becomes habitual. In both, the emphasis is on the nonverbal, subjective, nonlinear context out of which arises the awareness of Awareness itself as the contextual field of consciousness. It is relatively simple to move from the content of mental awareness to the realisation that witnessing and observing are phenomena that are autonomous, occurring on their own.

As has been historically taught as well as confirmed by consciousness research, an additional assist to spiritual progress and the practices of meditation and contemplation is the high-frequency energy field of the aura of the Teacher. This can be accessed through reading the writings of the teacher, visualising the teacher's image, and most powerfully, by physically being in the presence of the teacher's aura. This energy frequency then becomes permanently incorporated into the auric field of one's own spirit and continues on past physicality or incarnations over great expanses of time. Its purpose is the silent unfoldment of Knowingness, which is critical at evolved states of consciousness. These states are nonconceptual and nonlinear.

At a very advanced state of consciousness, there is no longer memory or metallisation. Out of the seemingly silent Nothingness arises the Knowingness that allows the surrender of the last remnants of the ego-self. Subsequently, there prevails a 'state' or 'condition' rather than a personhood or separate identity.

### **Summation**

Through spiritual alignment, intention, and devotion aided by meditation, contemplation, authenticated instruction, and truth, assisted by the energy field of an advanced teacher, great leaps of consciousness can occur unexpectedly. Thus, it is important to know of them well in advance as confirmed by consciousness research. The chances of becoming enlightened are now more than one thousand times greater than at any time in the past; thus, reaching the level of Unconditional Love (cal. 540) is a very attainable and practical goal. From the level of Unconditional Love, the pathway is increasingly joyful. At level 600, there occurs an infinite, silent stillness and peace, and progression from there is up to the Will of God, karma, and the potentialised Knowingness nascent within the spiritual aura.

### **The Realm of Silence**

The ego / mind focuses on the mind's linear content and its endless processing of images, thoughts, memories, and feelings. It is attracted by novelty as well as by reduction of anxiety through problem solving and anticipatory preparation. Negative feelings, such as grief over loss or guilt and regret over mistakes and errors, can predominate. Often the will seems powerless, and the person feels as though they are the victim of the mind's endless torments. To interrupt the mind's endless ramblings, it is necessary to seek out its hidden motives and surrender the illusory gains. Thus, surrender rather than resistance may diminish the mind's seeming control.

The ego becomes enamoured of its own sequential mentalisations despite its protests to the contrary. It finds satisfaction in processing negative thoughts and feelings. It loves and enjoys hatred, which is also profitable, as exemplified by television 'hate' celebrities. It is this satisfaction and secret gain that has to be surrendered and relinquished. All negative emotions persist because of their secret payoff. When this 'ego juice' is declined, thoughts tend to diminish and then disappear. The mind then tends to 'go blank', which then brings up the fear of boredom.

With observation, it becomes clear that the mind is busy anticipating the future (fear), or clinging to the past (regret, hatred, guilt), or savouring the past to extract pleasure via reruns. Thus, the mind becomes the focus of amusement as 'doing' something.

While it is commonly believed that there is an accessible silence 'between' thoughts, it will be discovered by practice that this is not actually an experiential fact. Thoughts occur in 1/10,000<sup>th</sup> of a second, which is faster than the 'perceiver' function of the mind. Thus, by the time the mind perceives the onset of a thought, it is already processing it. Prior to the perceiver / processor function is that of the observer / witness function, which is innately autonomous as a non-personal function / aspect of the field of consciousness itself. The observer / witness does not think nor does consciousness itself do so (only the mind 'thinks'). The awareness faculty of pure consciousness is the silent primordial state that is every present, nonvolitional, and nondiscussive.

By contemplation / meditation, the silent, formless state is discovered to be the primordial substrate beyond even the duality of existence versus non-existence. It is the Buddha state, which, like space, is unsullied by transitory content. The pure, formless silence is the Ultimate Context and beyond all names, although historically sometimes referred to as the 'Buddha Nature'. Even though devoid of form, the ultimate state is all-inclusive as Allness in contrast to the Nothingness of the Void (cal. 850). This is discussed in detail in *Transcending the Levels of Consciousness* and *Discovery of the Presence of God*.

A typical routine in everyday life consists of formal seated meditation in the morning and again in the evening. These can last from twenty or thirty minutes in the beginning and extend to an hour or more each time. Although a brief mantra or chant can help set the mood, it is not sufficient in and of itself and, if overdone, may lead to what are actually only altered states of consciousness. This is also true of such trappings as bells, chimes, music, incense, special flags, oils, candles, and similar sensory paraphernalia. Therefore, it is advisable to calibrate the level of chants or mantras, no matter how highly recommended. ‘Secret’ mantras, especially those that are sold for a fee, have no particular specialness, and merchandised ones tend to calibrate only around level 290. There are no secrets to spiritual truths. They are freely available and transparent. Note that none of the great avatars or great spiritual teachers of history had any ‘secrets’. On the contrary, they spoke freely, openly, and without restriction for the benefit of mankind.

The appeal of magic secret rites, incantations, and rituals is, of course, to the imaginative naïveté of the child. This same specialness is accorded to channellers, psychics, clairvoyants, visitors, and UFOs from ‘other dimensions’, ‘messengers from the future’, ‘reincarnations of apostles’, and more.

Early students often confuse the paranormal and altered states of consciousness (New-Age-ism) with true spiritual states. Therefore, it is well to suspect any teachers of pathways that are adorned with trappings and utilize the seductive allure of proselytizing presentations. For instance, an entity ‘on the other side’ is calibratable and will be found to have a spiritual ego that nourishes itself by having followers and control.

During contemplation, it is useful to notice that the phenomena of ‘witnessing’ and ‘observing’ or ‘experiencing’ are autonomous, occur spontaneously, and are intrinsically impersonal. Note also that the worldly qualities of desirability are projection from within the ego. Realise that happiness is a consequence of the level of consciousness (what one has become) rather than possessions or experiences.

Spiritual progress occurs in stages. In the beginning, one learns of spiritual realities and studies them. Then come practice and application of the teachings in every aspect life, and eventually one becomes the teachings. By dedication, one’s life becomes the prayer. By devotion, commitment, and practice, spiritual concepts become experiential realities. (As one advanced student said, “How can I forgive my enemies when I no longer have any?”)



## **The River of Divine Love Meditation**

Sit comfortably in a chair, feet flat on the floor and hands gently resting on your knees. Gently close your eyes and take a deep breath. Sigh out the day and turn your thoughts to your breath watching the stress leave as you breathe in cool fresh new energy.

After a few moments, visualise that you are walking through a summer field with cool grass beneath your feet. Coming to the banks of a meandering river, you sit and remove your shoes placing your toes and then feet into the cool and gently flowing river.

Another deep breathe in and exhale out. This feels good;

“I ask the Soul God for a drop of Divine Love, I ask and allow myself to receive this Love into my heart and soul.

Feeling the Spirit conveying this Love into my very being, I sit comfortably at the river’s edge.

I take another deep breath and feel that the River of Divine Love is beginning to flow through me and into my heart.

I rest and relax and as my soul breathes in the River of Divine Love.”

Stay there for as long as you like and continue to breathe, reaffirm breathing in through the nose and out through the mouth ...

Toward the end, gently increase the breathing and as you feel the River leave your soul, knowing that now part of this River of Divine Love remains in your heart and soul, and we can rejoin this river whenever we feel the need to.

Now take a couple of deep breaths and thank the Soul, God for this Love and open your eyes.

Please note: meditation differs in length / duration of time for beginners, newcomers and experienced individuals involving the experience of Divine Love.

We would do this with newcomers for 10, 30 or 40 minutes depending on the group. In a group containing newcomers, it is important to keep an eye open and watchful to their needs, breathing and to be sensitive to the needs of the individual.

Zara Borthwick. 1992

## **The River of Faith and Divine Love Meditation**

Sit comfortably in a chair, feet flat on the floor and hands gently resting on your knees. Gently close your eyes and take a deep breath. Sigh out the day and turn your thoughts to your breath watching the stress leave as you breathe in cool fresh new energy.

After a few moments, visualise that you are walking through a summer field with cool grass beneath your feet. Coming to the banks of a meandering river, you sit and remove your shoes placing your toes and then feet into the cool and gently flowing river.

Another deep breathe in and exhale out. This feels good;

“I ask the Soul God for a drop of Divine Love, I ask and allow myself to receive this Love into my heart and soul.

I breathe and exhale and I ask for faith and that I will know, accept and feel my faith emerge in my heart as a living faith and that as I continue to be aware of the Divine Love, this Love and my recognition of my need for faith will cause me to realise that in the River of Divine Love, I am gradually learning to live this faith in Divine Love.

Feeling the Spirit conveying this Love into my very being, I sit comfortably at the river’s edge.

I take another deep breath and feel that the River of Divine Love is beginning to flow through me and into my heart.

I rest and relax and as my soul breathes in the River of Divine Love.”

Stay there for as long as you like and continue to breathe, reaffirm breathing in through the nose and out through the mouth ...

Toward the end, gently increase the breathing and as you feel the River leave your soul, knowing that now part of this River of Divine Love remains in your heart and soul, and we can rejoin this river whenever we feel the need to.

Now take a couple of deep breaths and thank the Soul, God for this Love and open your eyes.

Please note: meditation differs in length / duration of time for beginners, newcomers and experienced individuals involving the experience of Divine Love.

We would do this with newcomers for 10, 30 or 40 minutes depending on the group. In a group containing newcomers, it is important to keep an eye open and watchful to their needs, breathing and to be sensitive to the needs of the individual.

## **The River of Immortal Truth and Divine Love Meditation**

Sit comfortably in a chair, feet flat on the floor and hands gently resting on your knees. Gently close your eyes and take a deep breath. Sigh out the day and turn your thoughts to your breath watching the stress leave as you breathe in cool fresh new energy.

After a few moments, visualise that you are walking through a summer field with cool grass beneath your feet. Coming to the banks of a meandering river, you sit and remove your shoes placing your toes and then feet into the cool and gently flowing river.

Another deep breathe in and exhale out. This feels good;

“I ask the Soul God for a drop of Divine Love, I ask and allow myself to receive this Love into my heart and soul.

I breathe and exhale and I accept that in this river of Divine Love, the longing of my soul has found the Immortal Truth, the Immortality of God’s Divine Love. I am part of this Immortality now and I humbly accept this gift bestowed into my soul by the Grace of my Heavenly Father. I am in this river with other people and Celestial spirits who share in this gift of Immortality of which I never take for granted.

Feeling the Spirit conveying this Love into my very being, I sit comfortably at the river’s edge.

I take another deep breath and feel that the river of Divine Love is beginning to flow through me and into my heart.

I rest and relax and as my soul breathes in the river of Divine Love.”

Stay there for as long as you like and continue to breathe, reaffirm breathing in through the nose and out through the mouth ...

Toward the end, gently increase the breathing and as you feel the river leave your soul, knowing that now part of this river of Divine Love remains in your heart and soul, and we can rejoin this river whenever we feel the need to.

Now take a couple of deep breaths and thank the Soul, God for this Love and open your eyes.

Please note: meditation differs in length / duration of time for beginners, newcomers and experienced individuals involving the experience of Divine Love.

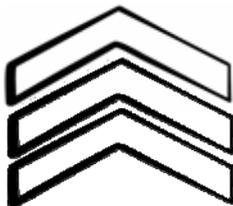
We would do this with newcomers for 10, 30 or 40 minutes depending on the group. In a group containing newcomers, it is important to keep an eye open and watchful to their needs, breathing and to be sensitive to the needs of the individual.

## The CHOICE is OURS to MAKE:

### Celestial Truth:

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

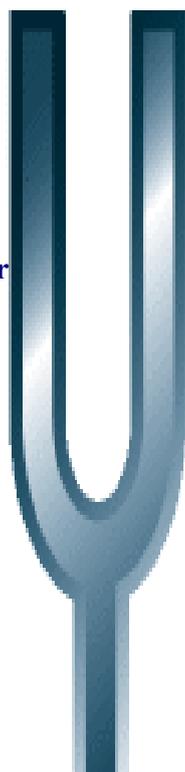
Fully Healed of the Rebellion and Default.



### 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

## **WE ARRIVE DETUNED!**

Our souls are a divine creation of our Heavenly Mother and Father. They could not be any other way! And are designed (such as how it has been for us) to begin incarnation in a Natural love condition reflecting the Natural love state of our world.

And we have also been provided with the opportunity to experience what is being ‘evil’, to live denying our Natural love, as seen through the denial of many of our feelings. So we here on planet Earth live on a world that has Rebelled (and then also Defaulted), of which there are only 37 within the local universe of Nebadon, consisting of 3.8 million physical worlds under the regency of Mary Magdalene and Jesus – the spiritual parents of truth of all of Nebadon! And we assassinated Jesus, and completely denied Mary not allowing her to have her say about the truth.

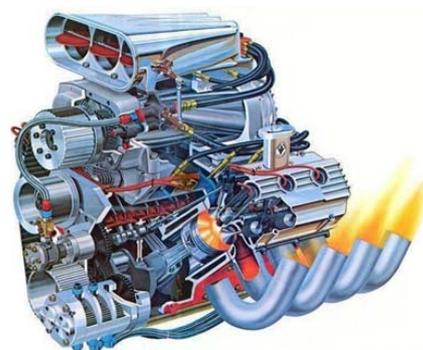
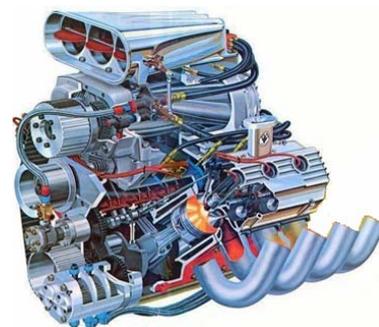
As a consequence, we are ‘detuned’ from our Natural love state and divine origin. You could say we arrived with all parts functional, however, in our untrue, dysfunctional and distorted state, we’re badly in need of a severe service, tune up or a complete reconditioning. Our goal being to bring our true self to the fore by doing our Feeling Healing, and then to progress beyond our Natural love state by further advancing our soul condition through the process of Soul Healing and receiving our Parents’ Divine Love – becoming divine.

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

Feelings are what guide us through our ascension of truth. So they are really our Supreme Guides. Many people look for a person, spirit, angel, even God, for supreme guidance, however it’s all right there already built in and can be found through our feelings – our soul based feelings.

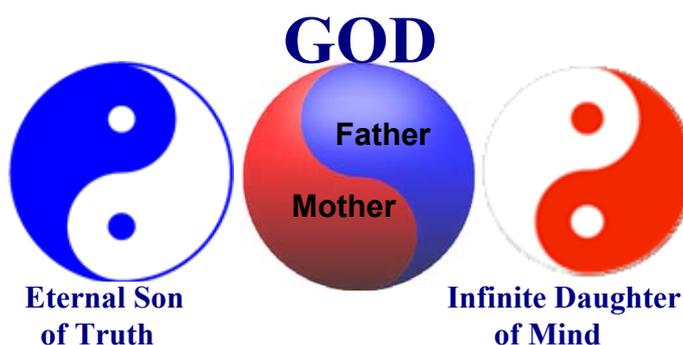
By living true to our self, true to our feelings, we are living true to God. It’s that simple.

Thus we are detuned once our incarnation begins. However, the way is now open for us to bring about our full divinity. To completely Heal all that’s wrong within us on a Natural love level. To embrace and then transform that Natural love into a divine state through partaking of our Heavenly Parents’ Divine Love. All the while attuning ourselves to divine perfection and enjoying the fullness of our divinity and love, as we ascend in truth on our journey all the way to Paradise – the home of our Heavenly Parents.



**WE were DIVINE, and**  
**WE are to BECOME DIVINE AGAIN:**

Our personality, our soul, our real self, are all creations of our Heavenly Parents. We, our real selves, are not creations of our physical parents. Within our original status, we were of Divine nature.



Our physical parents, from our conception, endeavour to mould us into being 'little me's', that is, replicas of themselves, imposing their beliefs and personality traits upon each of us. They crush our individuality and free will. They destroy our personality, our true self. They inflict upon each of us their ways, all of which are of a result of the Rebellion and Default of many, many generations ago. They drive us into believing and subsequently becoming dependant upon our minds. This is not the way for us to express our true selves and evolve along the path towards our true parents, our Heavenly Mother and Father. We are to embrace the Eternal Son of Truth, not the Infinite Daughter of Mind.



No, we are not in the image of our physical parents. Though we may look like them, and act like them because they have dramatically and successfully crushed our true personality, we are each very unique and independent of our parents and all other family members. When we begin to progress along the path of engaging with our soul based feelings and seek for the Truth of our feelings, we will become free of our parents' impositions and suppression.



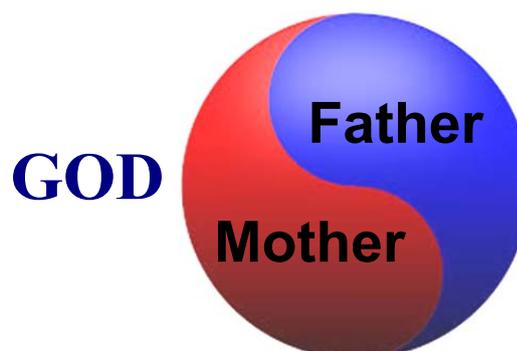
Upon starting our physical life experience on Earth, our divinely created soul begins to express us as one of our soul's two personalities in Natural love. However because of Earth being in Rebellion, so we are parented into a rebellious and anti truth and anti love state of mind control over our feelings and true self.



Natural love is good, just 'less' or different to Divine Love. And it's that in our rebellious state, we're rebelling against Natural love, and Divine Love by not taking Jesus and Mary up on their offer and allowing the Divine Love to transform our soul, as we perfect our Natural love by doing our Healing.

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



**CREATED in THEIR IMAGE:**

James: Mary, what does ‘we being created in the image of God’ really mean?

Mary M: It means that our Mother and Father used Themselves as the model or template if you like, upon which to bring us into being, those of us who have existential souls with the potential of expressing their two personalities in Creation.

And although our souls are divine, as in being divinely created, still whilst we start our personality expression in Natural love, so we need the Divine Love to come into our soul and bring it into the levels of Celestial divinity.

Natural love, so basically the whole of Creation, is of the image of God, and we being divinely created souls can be part of God’s Divinity becoming divine ourselves. So through your Healing, James, you become progressively divine by partaking of the Divine Love and healing yourself into perfection – your true self. And by the time you’ve completed your Healing, your soul is of the Divine Love level of Celestial truth, and your personality is an expression of that level of truth, it all being ‘confirmed’ and cemented – fused – into place upon the direct soul-union with your Indwelling Spirit. Then you are of the essence of God, true and perfect to the level of the first Celestial sphere, the first sphere of true divinity.

Mary Magdalene communicating with James 20 November 2017



## WE ENDURE FOUR LAYERS of PERSONALITY SUPPRESSION!



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

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



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

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



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

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



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

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

# DEVOLUTION

**Our childhood suppression of our true and loving soul based feelings is creating global pain and personal isolation amongst all of humanity. We are very sick!**

**In our struggle to find solace and purpose, we further withdraw into ourselves, becoming ever more self dependent, believing our control addicted mind that it can solve everything. We just drown further.**

**We embrace an ever expanding and diverse range of pathways to escape from our personal pain, fear and desperation. Alcohol has now been complimented with narcotics, hallucinogens, including caffeine (coffee). Gambling has been complemented with computer games which are generally entraining the mind further into error and pain. Technology is making us sicker!**

**We bury ourselves in front of the television to further avoid contact with anyone, especially family.**

**Children endeavour to exert their independent authority from domineering controlling parents (which we all are eventually) by disfiguring their bodies with tattoos and piercings, etc.**

**We shut out the noise with headphones, thus preventing contact with others. We use electronic devices to 'text' others even at intimate engagements.**

**Technology will take us further into the depths of our madness. You now can buy headsets that prevent any contact with the outside world while playing mind suppressing and entraining entertainment – games!**

**No one loves their children, they are ignored, and the controls hammered into them turn them into clones of ourselves. Look at ourselves and we can all see that we have been all messed up by our own parents, as they have for generations over the past 200,000 years.**

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



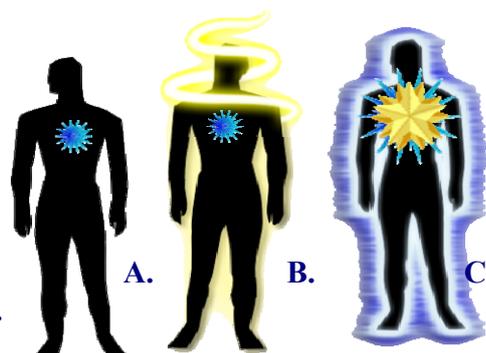
# EVOLUTION

**STEP 1: Longing for and receiving Divine Love:**

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

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

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



## STEP 2: **FEELING HEALING + SOUL HEALING**

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

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

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

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

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

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



# FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

Feeling bad is good.  
 Feeling bad is GOOD!  
 It's not bad to feel bad – it's good.  
 FEELING BAD IS GOOD!  
 Very good!!!  
 And feeling really bad is also good.  
 And feeling worse is even better.  
 It's all very good!

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

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

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

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

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

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

Bad feelings are to be loved.

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

You are your bad feelings – Your bad feelings are you.

Bad feelings have just as much right to life as good feelings.

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

Accept your feelings.

Accept yourself.

So Remember:

**Feeling bad is Good!**  
**Accept your bad feelings.**

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

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

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

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

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

So in doing our Feeling-Healing: healing our repressed childhood bad feelings through the feeling-experiences of our current adult life, we need to use every bad feeling to help take us back 'down' inside

ourselves, to connect with what made us feel the same bad feeling when we were young.

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

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

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

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

### The aim of Feeling-Healing

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

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

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

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

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

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

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

**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**

# REVELATIONS



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



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



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

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

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



**Immortality with the Love.**

# Steps UP!

## Quantum Jump 1



**REVELATION 1**  
James Padgett 1914 – 1923

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

## Quantum Jump 2

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

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

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



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



**DIVINE LOVE:**

<http://www.fcdt.org/divinelove.htm>



The words "Divine Love" have been used in many contexts to convey different meanings. But in the context of our Heavenly Father, Divine Love is the greatest gift in all the universe. It transcends all else that can assist humankind fulfil their dreams of happiness and have them resolved within themselves. God's Divine Love is the one thing in all of God's infinite universe that can bring about eternal life and everlasting happiness in the Celestial Kingdom.

***What is Divine Love?***

The Divine Love differs from the natural love of man with which he was endowed when created, which belongs to all humans, and which they all possess in a more or less perfect condition in this: that the Divine Love is that Love which belongs to or is a part of God, possessing His Nature and composed of His Substance, and which, when possessed by a human soul to a sufficient degree, makes him divine and of the nature of God.

***What is the New Birth?***

The New Birth is simply the effect of the flowing of this Divine Love of the Father into the soul of a man and the disappearing of everything that tends to sin and error. As the Divine Love takes possession of the soul, sin and error disappear. It, the soul, becomes of a quality like the Great Soul of the Father. And with the Soul of the Father being Divine and immortal in Its quality of Love, so, when the soul of man becomes possessed of this quality of Love, the soul being the man, this soul becomes divine also. Then, the image becomes the substance; the mortal becomes the immortal; and the soul of man, as to love and hope, becomes a part of the Father's Divinity.

***How does one receive the Divine Love?***

The only way is simply this: that men shall believe with all the sincerity of their minds and souls that this great Love of the Father is waiting to be bestowed upon each and all of them; and that when they come to the Father in faith and earnest aspirations, this Love will not be withholden from them. And, in addition to this belief, that they pray with all the earnestness and longings of their souls that the Father will open up their souls to the inflowing of this Love, and that then may come the Holy Spirit to them to bring this Love into their souls in such abundance that their souls may be transformed into the very Essence of the Father's Love. The soul who will thus believe and pray will never be disappointed, and the Way to the Kingdom will be his as certainly as that the sun shines by day upon the just and unjust alike.

***Take the test.***

Too often we are told to believe something based on what we are told. You don't have to "believe" anymore. Now you can have physical proof of the existence of God and His Love for you?

*"test my teachings that the Father's Love was now available, and pray for it to the Father in earnest prayer, and see whether, if this was done in sincerity, the Father's Love, conveyed through the Holy Spirit, would burn and glow in the soul, by which sign they would realize His Love was present therein." – Jesus*

*[http://www.fcdt.org/Publications/NTRJ/ntr\\_1\\_9\\_22.htm](http://www.fcdt.org/Publications/NTRJ/ntr_1_9_22.htm)*

Date: June 14 and November 5, 1955

Medium: Dr. Daniel G Samuels

Publication: New Testament Revelations of Jesus of Nazareth, p. 22

Take it to heart – earnestly pray for God's Divine Love and feel the glowing of His Love in your soul. Jesus gave us the Prayer for Divine Love to help us in our prayers to the Father.

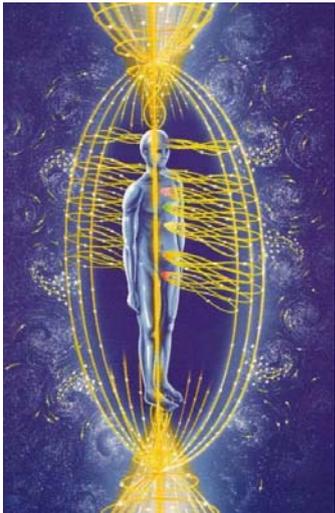
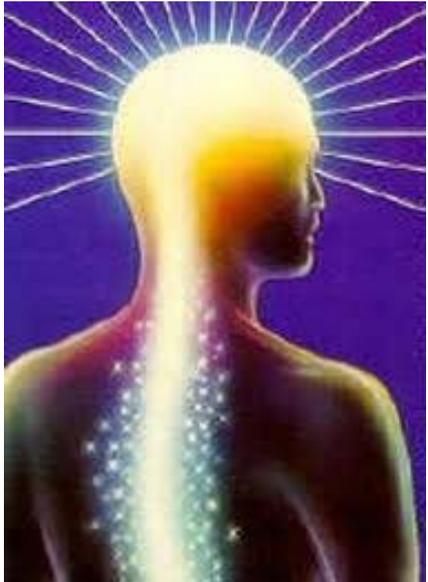
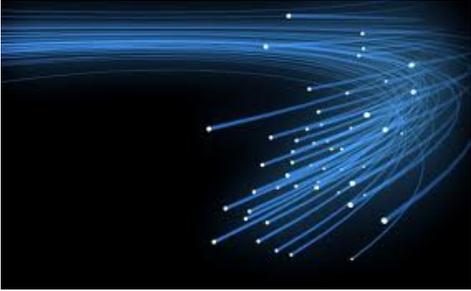
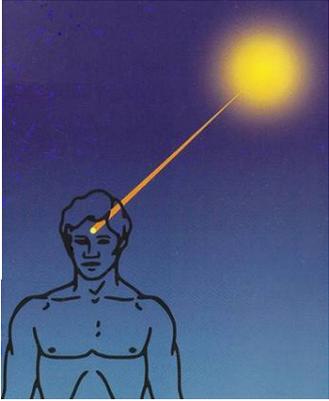


**Note:** Following the writings of James Moncrief, one could consider that any reference to the Father, by other relevant writers, may be read as a reference to 'our Mother and Father'. Further, when considering soul healing, then reference to Divine Love could be referred to as 'Feeling Healing with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

**CONNECTION with GOD:**

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

**Progressive escalation of  
Divine Love flowing.**



### EXPERIENCING RECEIVING DIVINE LOVE:

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

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

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

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

#### **The Voice of Divine Love**

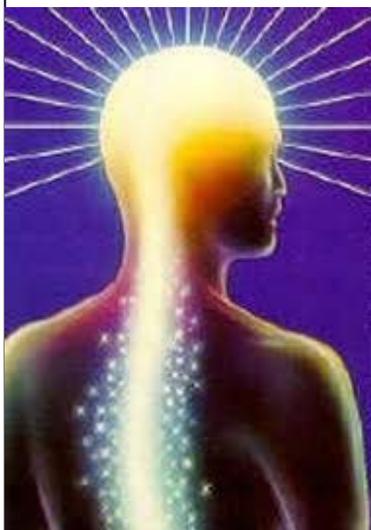
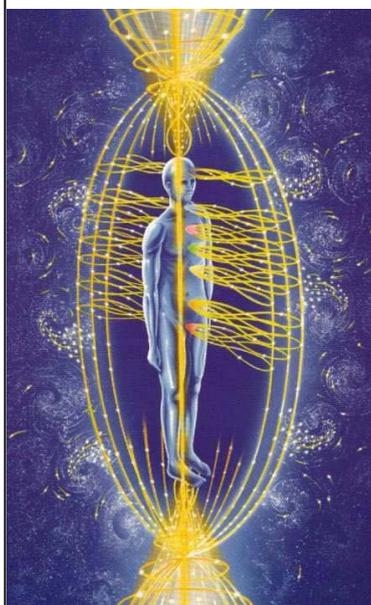
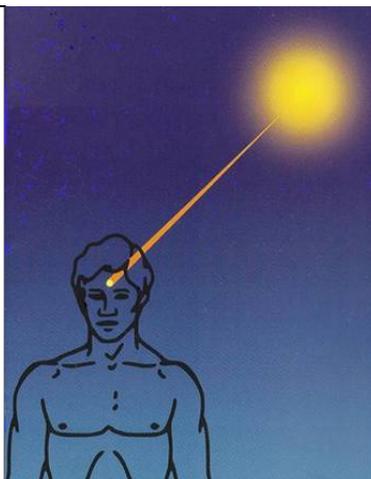
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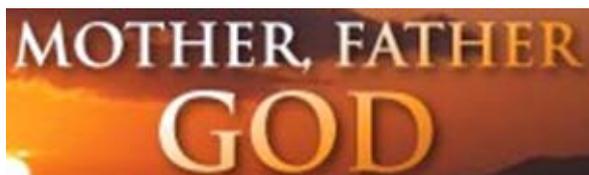
As the receiving of the Love is always assured when longed for and asked for, the experience of receiving may become apparent by the occurrence of a warming embrace in the region of the third eye chakra, or with some, around the heart chakra region. This may be very subtle and gentle for some and may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

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

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

MoC 1,500





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

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



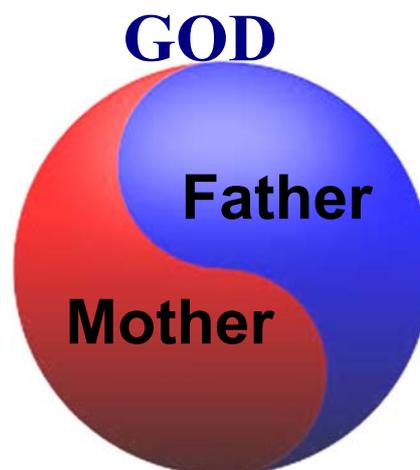
**Jesus of Nazareth and Mary of Magdalene, being soulmates, were both free of sin. Jesus and Mary, combined in their love for us, are our teachers and guidance for us to find our way home to our Heavenly Parents. To start this journey we are to liberate our souls from being entombed within our suppressive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

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

**When you are ready it will start happening simply because you will want it to, it all being orchestrated by your soul. And when that time comes you will have developed a strong foundation in your relationship with the Mother and Father for you to work from. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them, express them fully, all whilst longing for the truth they are to show us.**

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

**WE ARE Children of God**



## WE ALL ARE BEING GUIDED HOME:

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

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

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

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

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

We are to recognise that being engaged and dominated by our mind is the wrong way for us to evolve and grow in truth. We are to discard the mind enslavement that has been imposed upon 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.

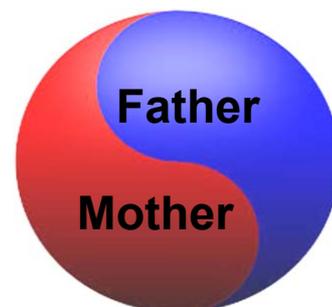
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God's soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of our Mother and Father.

**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:**

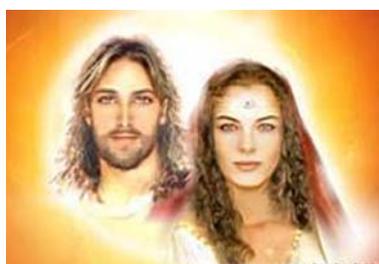


**M&F**

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.**



**HUM**

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

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

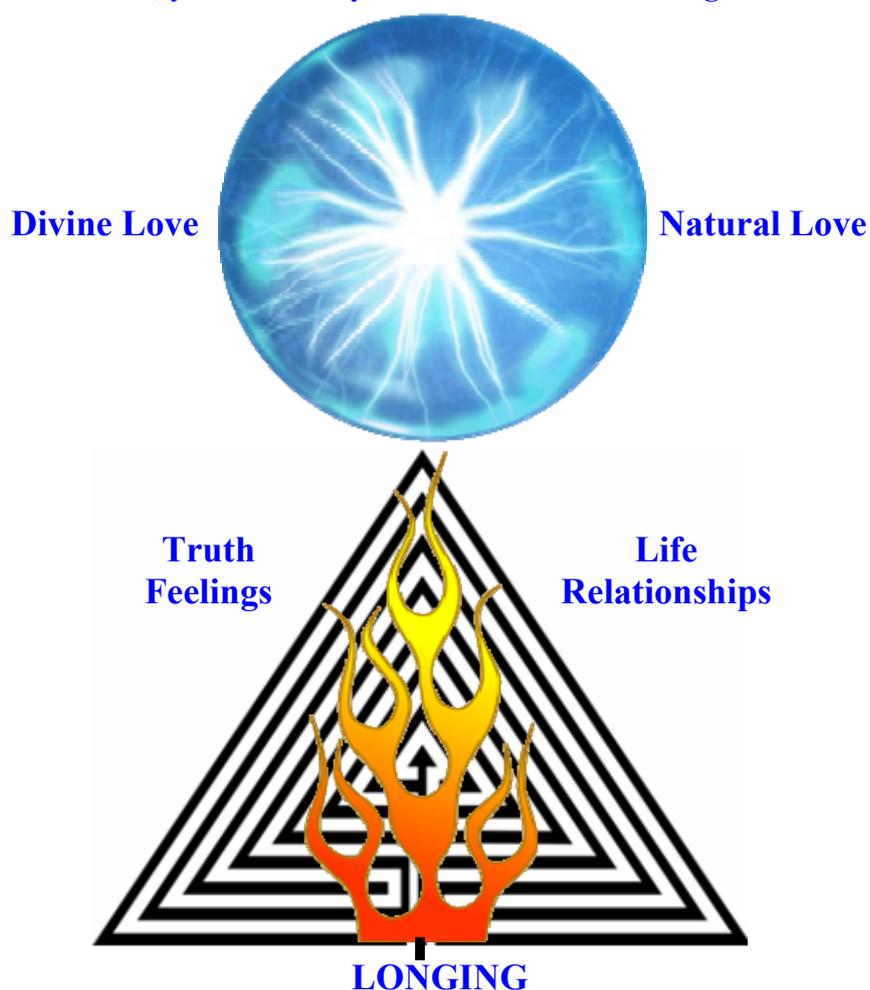
**WE ARE Children of God**

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

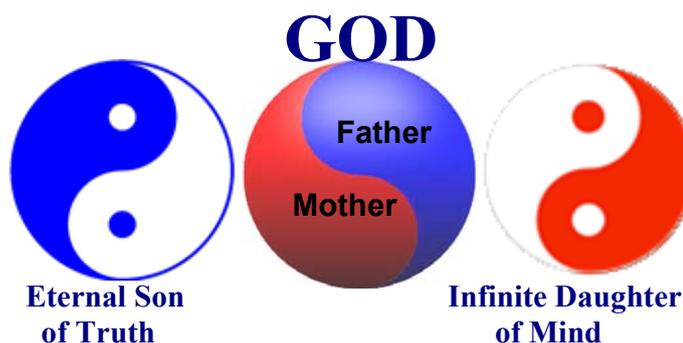
## HOW TO GET TO PARADISE:

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

## The Key



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



PARADISE TRINITY:

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

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

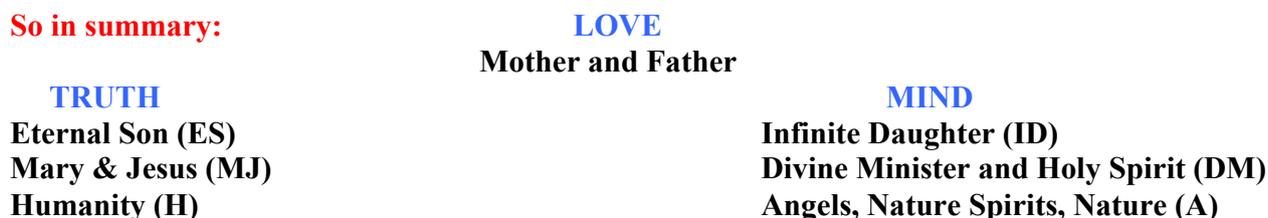
The LOCAL UNIVERSE TRINITY:

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

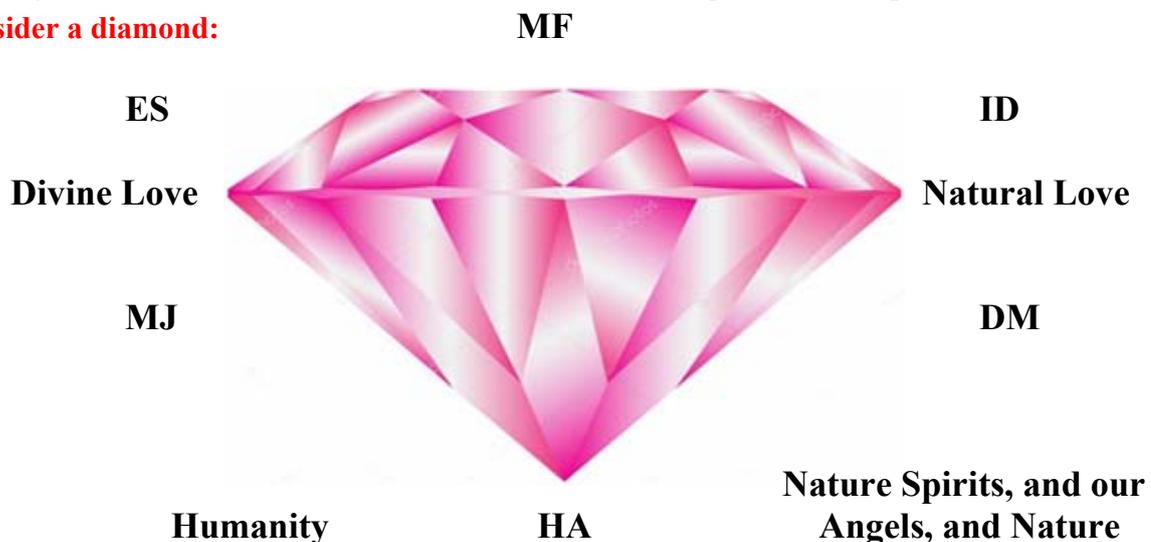
PLANETS that engage in REBELLION:

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.

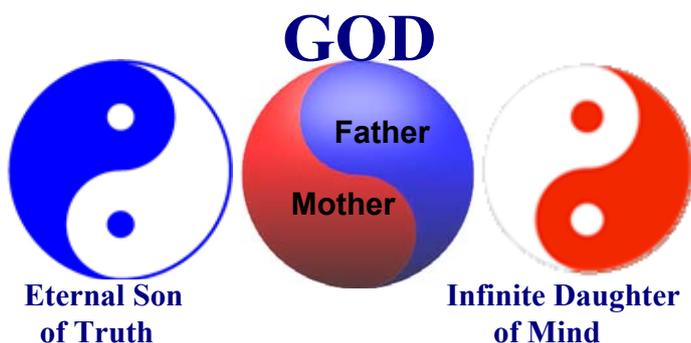
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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.

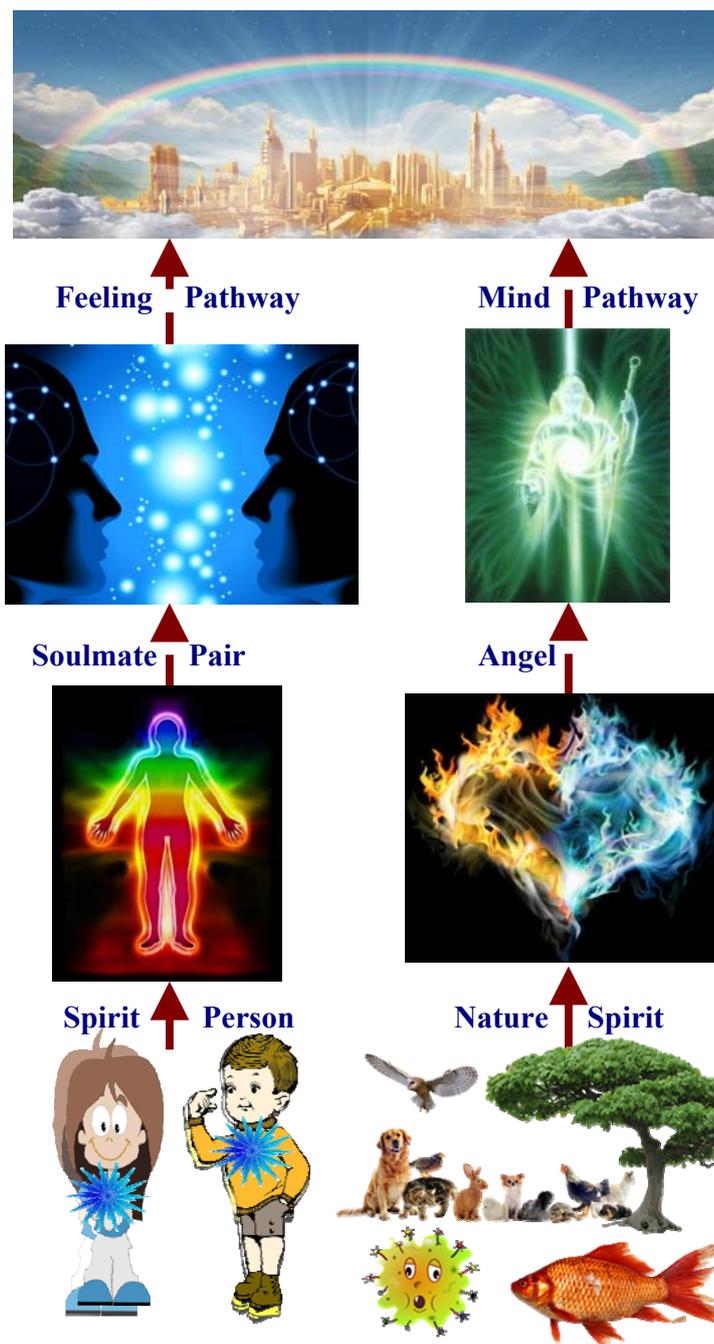
The soul of each human personality (sons and daughters of truth) is existential, driving our personality expression in the experiential. The soul of each human finds truth by embracing one’s feelings and longing for the truth of them. We are to attain the Eternal Son of Truth. We are a creation of Truth.

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.



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

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

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



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

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

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



**Feelings first**



### **OUR GUIDANCE to PARADISE, the home of our HEAVENLY PARENTS:**

There are three distinct phases of our progression to the home of our Heavenly Parents which is Paradise that is within the circle of seven Super Universes, each containing many Local Universes.

Once we progress beyond our Local Universe of Nebadon, then we are assisted and guided by our Heavenly Parents, our true Mother and Father all the way home to Paradise.

Before then, once we have completed our soul healing, we are guided through the Celestial Heaven worlds which are those that interact with humanity on Earth, then further on into and then out through Nebadon, our Local Universe. The regents of Nebadon are Mary and Jesus.

However, before then, we are to embrace our healing. That is, we are to realise who we truly are. We are not the personalities that our parents imposed upon us. We are to put aside our childhood suppression and repression and free our true personality that our Heavenly Parents gave us, and to do this we are now able to embrace the guidance of the Avonal Pair who will lead us through our healing here on Earth and through the Spirit Mansion Worlds to be able to enter the Celestial Heavens.



## **Divine Love**

### **The Gift that keeps Giving**

*A general universal platform on how to experience Divine Love*

As more people become aware of the *Divine Love*, how to experience the Divine Love required a need to provide a general universal platform that is simple yet an effective way for one to experience *Divine Love*. People may learn about the availability of *Divine Love* by word of mouth or from reading literature that introduces this gift for our soul, and also by participating with group dynamics where the *Divine Love* is introduced and discussed. The essence of this standard platform is its independence so that the individual may feel guided to include this simple platform in their daily life and experience of *Divine Love*.

The platform introduced here is a technique that is simple, constant, practical and has been utilised in the general public for over 20 years with good consistent results, accommodating participants and their diversity of belief and cultural background. This platform is a reliable place to begin with the experience of *Divine Love*. It needs to be confirmed that accepting *Divine Love* rests with our soul and heart and that to experience this Love will comfort one in their individual faith experience as we all aspire toward the greater reality of Love, Truth and Spirit.

#### **A Universal Platform on How to Experience the Divine Love:**

Firstly, you are aware now that you can experience the *Divine Love*.

Find a comfortable chair; sit down in a relaxed and normal position.

Close your eyes and take 3 deep single breaths in through your nose and out through your mouth to clear energy and to relax into this experience. Have a little faith and proceed without great expectations.

Gently turn your inner heart and voice to the Soul, God in faith when you feel ready, ask the Soul, God with your own loving voice for an inflowing of *Divine Love*. Having asked sincerely, there is no need to continuously ask. The Soul, God hears sincere love in the asking and so The Spirit that brings the Love acts, and *Divine Love* is now flowing.

Having asked once, you will be receiving the *Divine Love*.

Proceed without expectation on what will happen as you experience the Love.

Sometimes your mind may wander – or there are thoughts, feelings or physical sensations. Experiencing the *Divine Love* is never a forceful experience.

Continue for as long as you feel you would like to. This may be for 5 minutes or 20 minutes or an hour. Time will vary for the needs of the individual or group.

Take another few deep breaths to assist your focus. Give our love to the Soul, God and in our own voice inwardly say this Soul, God that you love this Soul and are grateful to receive this *Divine Love*.

Then when you feel ready, open your eyes and take another deep breath or two, and this closes the experience.

#### Some helpful hints:

- This general universal platform on how to experience the *Divine Love* is uncomplicated. Some people have utilised this platform for over 20+ years, never needing to change.
- The essence of this standard platform is to experience the *Divine Love* in a comfortable way therefore this technique needs to be simple, effective and inclusive.
- Experiencing the *Divine Love* can be a long-term experience so to have a practical, simple, functional standard platform solves a lot of problems about *how* to experience the *Divine Love*.
- From this general platform people who like prayer or meditation, reflection, spirit communication, or just being *in* and *with* the Love can extend their experience from this standard position.
- Lastly, enjoy! And know that when a person is experiencing the *Divine Love* that one is in the tender care of the Soul God, and that no spirit interference will happen, for no spirit can interfere with the Sovereignty of *Divine Love*, which is God's Alone!
- Enjoy, Celebrate and Shine!

6<sup>th</sup> June 2014 Melbourne, Australia

A gift of experience from Zara and Nicholas endorsed by many, many others.



**Feelings!**  
*first*

**“VOICE of DIVINE LOVE”**

**PRAYER / MEDITATION:**

**16 February 2015**

Family Reunion – Afterlife Contact: through Joseph Babinsky page 175

<https://www.lulu.com/shop/search.ep?keyWords=Family+Reunion+Afterlife+Contact&type=>

The Divine Love is the ingredient of real and definite change. This love will not force the change, but change will come if you continue to desire it to do so. When you are anxious to see the change it escapes your attention. Be still and quiet; reflect in silence. Love is present. Keep asking, longing, and never cease: this is your part. It is your cooperation actively engaged that brings the transformation and continues the process.

Do not fade; do not walk away. Remain in the presence of Love. Be stubborn if need be. Remain in the place of active waiting. This is active silence – energetically remaining steadfast in the place of waiting for more of the Divine Love to flow to your soul. You cannot see it; sometimes you will experience it as simple quietness and calmness. This is as pure and real as any other experience, whether demonstrative joy through laughter and dance, or other expressions.

Do not interpret times of quiet as moments when you are unheard or ignored, or worse, that you are rejected. Divine Love is present; it is always present. It does not fade or disappear. Thus, you must not walk away disillusioned and feel forsaken. There is no need for you to sulk. Do not give into feelings of neglect and rejection.

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

You are presently trying on new clothes. You are a soul travelling to new places in new areas having new vistas. You ask if this or that is your new home. The answer is yes and no. You will feel uncomfortable and this indicates it is time to move on. Where you dwell causes you to feel uncomfortable. Where you once felt comfortable no longer feels this way. It is time to move: time to follow your heart and time to explore.

If you move too quickly and reach too soon for a higher place, you will feel discomfort. You will find your new home; this is certain. Now, at this present moment, you are seeking your new home. Do not be alarmed; you will find the peace that your soul desires.

Come home; come home and rest. This is the call that you feel. Do not fear change. You are not slipping backwards to a lower place; you are heading in a new direction: a place higher – higher still. Rest, be quiet, and be still. Listen and hear the whispers of this call.

Your friends await you – new friends as well as old. Your old friends have beckoned to you and they wait your arrival. Remain still and quiet as you move forward. This moment is rich with new adventure.

Are these words familiar to you? Do you recognise them? They are the words of change and progress. They are words in a song that you may have sung or heard many times before. You may have sung or

heard it yesterday and a month ago, and also last year and the year before. You many have sung or heard these words many years ago too.

Pause, breathe deeply; sigh, and, and if you must, cry if need be. This is your soul's journey as you travel the road of great change – the transformation of your soul.

Remember, it is said that only you can prevent the Divine Love changing you from the mortal to immortal. This is true; it remains as true as ever. And it shall remain true during the entire course of your transformation process.

Today you are in a new place. You have not been this way before. Take a rest, breathe deeply and be still. Listen and hear.

The voice that comes to you is the voice of the Divine Love in your soul. Allow me to change you. Do not define me or draw a chart showing a prescribed plan of process and progress. I cannot be so rigidly pictured. Be fluid and flexible. Allow me to expand your soul-vision. Allow me to open your eyes that you may see clearly the new home I am leading you toward.

I am the voice of Divine Love wisdom. Allow me to teach you and guide you. I will not lead you astray.

I am the voice of your transformation – the change and transformation of your soul.

Listen and hear. Be quiet and very still so that my voice may become clearer within you.

Are you ready? Are you ready to continue your journey? Are you ready to begin once again? You have not been this way before: are you ready for the next step?

There are many precious souls around and about to encourage you. However, it really is now you and I, the Divine Love and you – your soul. I am the voice of the Divine Love in your soul. Do you hear the sound of my voice? Do you recognise the sound of Divine Love? Is my voice clear? Does it resonate within you?

Be still and trusting. I will guide you safely home. The way is before us. The way ahead is open. It leads to higher places and higher realms where a beautiful home awaits you.

We are not yet there. It is close; just a little further ahead. One more step ... just one step at a time. Until we arrive, there will always be one more step.

Rest, relax and breathe. Pray and wait.

I am near; I am present. Take my hand. Reach for my out-stretched hand.

Feel my presence ... so close; so very near.

I am the voice of the Divine Love within your soul.

I Am – Source Soul

“Voice of Divine Love” message calibrates on MoC at:



**A Comment on the Previous Message**

later that same day

16 February 2015

Family Reunion – Afterlife Contact: through Joseph Babinsky page 178

Yes, Joseph, I am \_\_\_\_.

I was present while you were receiving the message. It is an excellent message. Where did it originate? Was it a spirit playing with you? Or is it genuinely from the spirit who calls herself “Voice of the Divine Love within your soul?”

Let me begin by saying that it was not a spirit playing with you. You would have felt the difference. A higher spirit would not do this. And the vibration of a lower spirit would have been felt by you quickly, and you would have stopped.

Now, I notice that you did not write my name when we first started this message. Who do you believe that I am?

A new spirit, you say? Am I a spirit that has not identified his or her name? Good. This is true. I am rather quick and you noticed this.

I will allow this to be a puzzle to you for the moment.

The short answer to your question is yes: there is indeed a “voice of the Divine Love”. This voice is present in the Divine Love interlacing with your soul.

I assume you will agree that the Divine Love is the ingredient from the Father’s Soul. As you receive more of the Divine Love you become one with God. The Divine Love is the Divine Substance that transforms a soul into a thing of Divine Essence.

If this is true, and you know that it is the truth, then can you see that it is possible – in fact, it is a reality, that your soul and the Great Soul of our Heavenly Father do communicate soul to Soul?

Do you see this? How do you suppose we in the Celestial Heavens communicate with each other and our Heavenly Father? It is by and through soul communicating directly with each other.

Joseph, you are arriving at a new stage in your soul development. You are experiencing the beginning of the ability to communicate soul to soul. For example, look at the way that you receive messages from Celestial spirits. It is not by pure automatic writing – of the kind that our friend James Padgett did. Your handwriting is basically still your own. Do you recognise this? We are communicating with you by enhanced soul consciousness. Some people call this “thought transfer”, others call it “soul perception”; and few simply refer to it as “inspiration”. With you we are able to communicate by our consciousness blending with yours. It is not perfect by any means, but in time will become more perfect as your soul continues to develop.

[While Joseph was receiving the above words he scribbled a few names in the margin of his notebook: John; Paul; Thomas...]

Yes, I see that you are trying to receive my name; but I have not yet projected this to you. Be patient.

Now, let us return to the subject of “the voice of the Divine Love in your soul”.

The Divine Love certainly is substance from the Father’s Great Soul. Do you accept this is in fact the way it is? Divine Love is real substance – not image only. Is this correct? Is it too difficult to realise that communication between your soul and the Father’s Soul is possible? If this is possible, and if it exists in your soul as potentiality: then why not in *reality* and *substance*? I know there are those who say that humans cannot and do not hear God’s Voice. In a sense this is correct, but certainly this does not tell the complete story. The answer, my friend, is closely linked with the promise and the reality of receiving the Divine Love. Substance, substance, substance ... I cannot repeat this enough. The substance is indeed the ingredient from the Great Soul who we call our Heavenly Father. You become as He is in love – though never yourself becoming GOD.

*Joseph: It is hard enough for me to believe that I am really communicating with Celestial spirits, and now this: to believe I may communicate direct with the Father through the Divine Love in my soul. This is astounding news – beyond belief – an undeniable fact. Did I write what I just wrote? Or did a Celestial spirit slip these words in?*

I am smiling. You are waking up, Joseph. It is a process; always remember this. All development of the soul is process and progress. What is happening in your life at this time is a direct experience of your progression.

Now, regarding my identity, do you feel that you now know who it is that writes these words?

*Joseph: I feel a difference. In the beginning when you first started to write, I felt power and strength, of course, coming to me with gentleness. Now, however, I feel less of the strength and power, and more of the gentleness. I may be guessing; yes, I feel that you are Jesus. Would you like to know why I say that you are Jesus?*

Yes; please continue.

*Joseph: Recently I read a message that you wrote to me eleven years ago. Your words were very firm, similar in tone that I felt at the beginning of the message today. Eleven years ago you were trying so hard to help me see how often I run away from the voice within. I was stubborn, for I did not want to communicate with you. Do you remember this? And so today, I felt the same firmness, in that you were trying again to wake me to the fact of the voice within. Is this true? Am I correct?*

Yes, Joseph, you are remembering correctly.

I am your friend and teacher, Jesus.

And yes, you are often very difficult to work with. The basic difficulty is that you doubt me, as well as other Celestial friends. You do this because you do not accept who and what you are. It is like the light of knowing who you really are is too strong for your eyes, and thus you constantly turn away from the brightness.

Nonetheless, you remain a good candidate to experience your completed soul transformation while you are still on Earth. This is possible: the potential is present within you. You are closer than you realise. When you come to recognise the fullness of the Divine Love present in your soul, it will be a very short step into the Kingdom. Your sister, Ana, will be the one to assist you, perhaps even more than I or other Celestial spirits, or even the other members of your birth family surrounding you with their love.

My suggestion is that you read this message, and the previous message, many times. Words of wisdom are present. Pray and meditate; never cease longing for the Father's Love – for it is more real than all of nature. Be still and listen to the quiet voice of love within you.

I bless you with my love, as even your Heavenly Father blesses you.

Your brother and friend – Jesus.

**“Father, open my soul to this Gift, Your Love. Open my soul and may Your Holy Spirit touch my soul and pour within it your essence, your Love that I may be transformed, that I might be your true child, embraced and carried, lit along my life's path in the glory of your Light and care and protection.”**  
**Jesus 11 May 2016**

### **PASCAS HEALTH WEBSITE:**

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

### **Audio files for meditation:**

#### **LIBRARY:           MEDICAL – SPIRITUAL REFERENCES**

- [!\[\]\(e4d2ed76bd9c83f9e8518368740aa008\_img.jpg\) Prayer for Divine Love from the Padgett Messages.mp3](#)
- [!\[\]\(5a2a53a4ca41d16d61359bfda64defd5\_img.jpg\) Prayer For Love And Strength.m4a](#)
- [!\[\]\(960c12119e56e6349ddadc73d297817a\_img.jpg\) Prayer Of Acceptance.m4a](#)
- [!\[\]\(560cbdddd09ea572efe06d89f2652c06\_img.jpg\) Prayer of the Heart.m4a](#)
- [!\[\]\(ec4f48131873ed6c4deb5b8be5f1e370\_img.jpg\) Soulful Faith Experience.m4a](#)
- [!\[\]\(9cf2dcd04992222c46e1ec1609a145a1\_img.jpg\) The Voice Of Divine Love.m4a](#)

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

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

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

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

**“Every day is a day of devotion.”**

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

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

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

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

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

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

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

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

### **Three Great Truths:**

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



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

**The BEAUTIFUL MIRACLE:**

5 Oct 2012

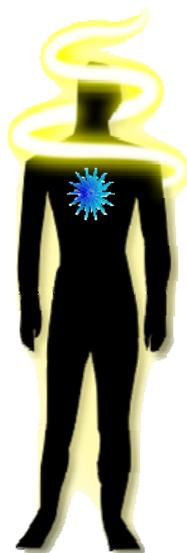
**The DIVINE UNIVERSE**

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

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



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



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



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

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

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

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



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

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

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

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

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

Matthew (Apostle)

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

LUMINOSITY of the SOUL grows with LOVE:

**DIVINE LOVE is a SUBSTANCE**

Angels actually do not have wings.



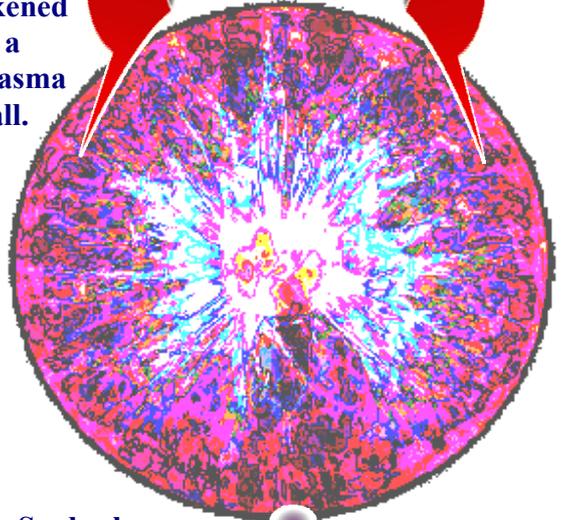
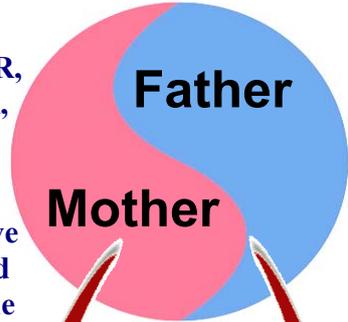
One's soul can grow from the condition of a dark dried up pea to that of a Celestial Angel by asking for and receiving Divine Love. Divine Love changes the essence of the soul to that of the Divine. Nothing else can do this.



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

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

Your soul can be likened to a plasma ball.



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

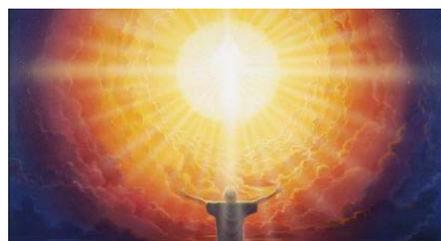


**WORRY or No WORRIES:****No Worries!**

All your worries, and by this I mean your causes of worry, may be taken from your conscious self if you will only seek for and obtain, which you certainly can do, this Love of the Father. It is astonishing how efficacious it is to cause the worries and troubles to disappear. They, as you may know, are very largely a matter of the mind and while in a certain sense they are real, yet the mind or its condition is the real cause of the realization of the worries.

And consider for a moment the fact that the indulging in these worries does not in one particular remove the material causes of the worry, and does not in any manner bring relief from the troubles. No matter how much you may allow your mind to dwell on these things, and how intensely you may worry, the cause, the material cause, remains. You may say, and it is natural to do so, that it is easy enough to advise that you should not let these inconvenient things cause you to worry, but when you come to the practical experience and are the sufferer from these conditions, it is not so easy to throw aside the effect of the troubles on the mind. Well, there is much truth in that, but notwithstanding, this Love that I tell you of, when living in the soul, will make even that effort easy to accomplish.

The philosophy of the phenomenon, if you may call it such, is that this Love is of such real substantial essence that it takes control of the mind and eliminates the consciousness of the reality of the causes of the worry. Now I do not want to be understood as intending to convey the idea that these material causes are not real, for I am not a Christian Scientist to that extent, but what I do mean is, that notwithstanding the real existence of these causes, the effects of this Love, and the faith that accompanies it, upon the mind which is the real cause of the worry is such that forgetfulness of these causes of worry takes the place of the constant indulging in the thoughts of their existence, and the unhappy consequence that must flow from them. The cause itself is not removed but the consciousness of their existence, for the time being, is dissipated, and to the mind that is thus influenced by the Love, these causes are, as if they were not. Of course, they are existing and facing you to some extent, but it will come to you that they are not so overwhelming and insurmountable as they would appear were this Love absent from the soul and its influence from the mind. And in addition to this, love and faith creates a confidence in the power of the Father and His willingness to help, that engenders courage, which enables the possessor of this confidence to overcome these causes of worry that he would not otherwise be able to do.



What I have said may be called the philosophy of the workings of this Love in its effective destruction of worry. But the great fact is that the Father does, as a truth, help the one who is in the condition of being possessed with this Love. His Love is real and His help is real, and the effect is to make the causes named things of unreality so far as the happiness of the object of this help is concerned. And as a truth, shown by the experience of mortals, a very large proportion of the worries and troubles that harass and cause so much unhappiness to mortals is a thing of the imagination and never realized.



**On the WINGS of a BUTTERFLY:** No 12, Traveller, an immortal journey, via Zara and Nicholas

Once upon a time there was a butterfly sitting with closed wings in a person's heart. This butterfly had been sitting with wings closed for a long time. The person couldn't figure out why they always felt a little sad. One day, this person asked another person why they feel sad. The response happened quickly and the person didn't like the response. It was said that perhaps your soul is sad. Several days passed and soon that person found themselves sitting by the sea. The sea has great longing to it. As the sun shone on a late spring day, the person thought about their soul and that perhaps, the person's remark was true, and that this person was a messenger of some sort. Suddenly a breeze swept through the beach and the person heard a distinct voice speak directly to him! The voice said, "Let your soul breathe in Divine Love." That was all the voice said.

The person didn't know what the Divine Love was or where it was, but now the sadness had greater longing so the person decided to breathe in the Divine Love and just like that – the closed wings of the butterfly opened and the person's sadness started to dissolve.

Happiness will be mine the person thought upon feeling the Love and this will take time for me to learn how to live such happiness.

Never again, in the heart of that person, did the butterfly close its wings.

Traveller



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

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

**DIVINE LOVE SPIRITUALITY – DLS:**

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

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

**James Moncrief Books:**

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

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

**Religion of Feelings**

**Introduction to Divine Love Spirituality**

**Main website of DLS**

**Childhood Repression website**

**DLS and CR forum**

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

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

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

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

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

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

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

It is suggested for one to consider reading as follows:

**Speaking with Mary Magdalene and Jesus – books 1 – 4**

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

**Paul – City of Light**

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

**Ann and Terry**

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

**Feeling Bad? Bad Feelings are GOOD**

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

**Feeling bad will make you feel BETTER – Eventually!**

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

**Sage – and the Healing Angels of Light**

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

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

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

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

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

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

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

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

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

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

Pascas Papers, being free, are located within the Library Downloads [www.pascashealth.com](http://www.pascashealth.com)

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

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

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

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

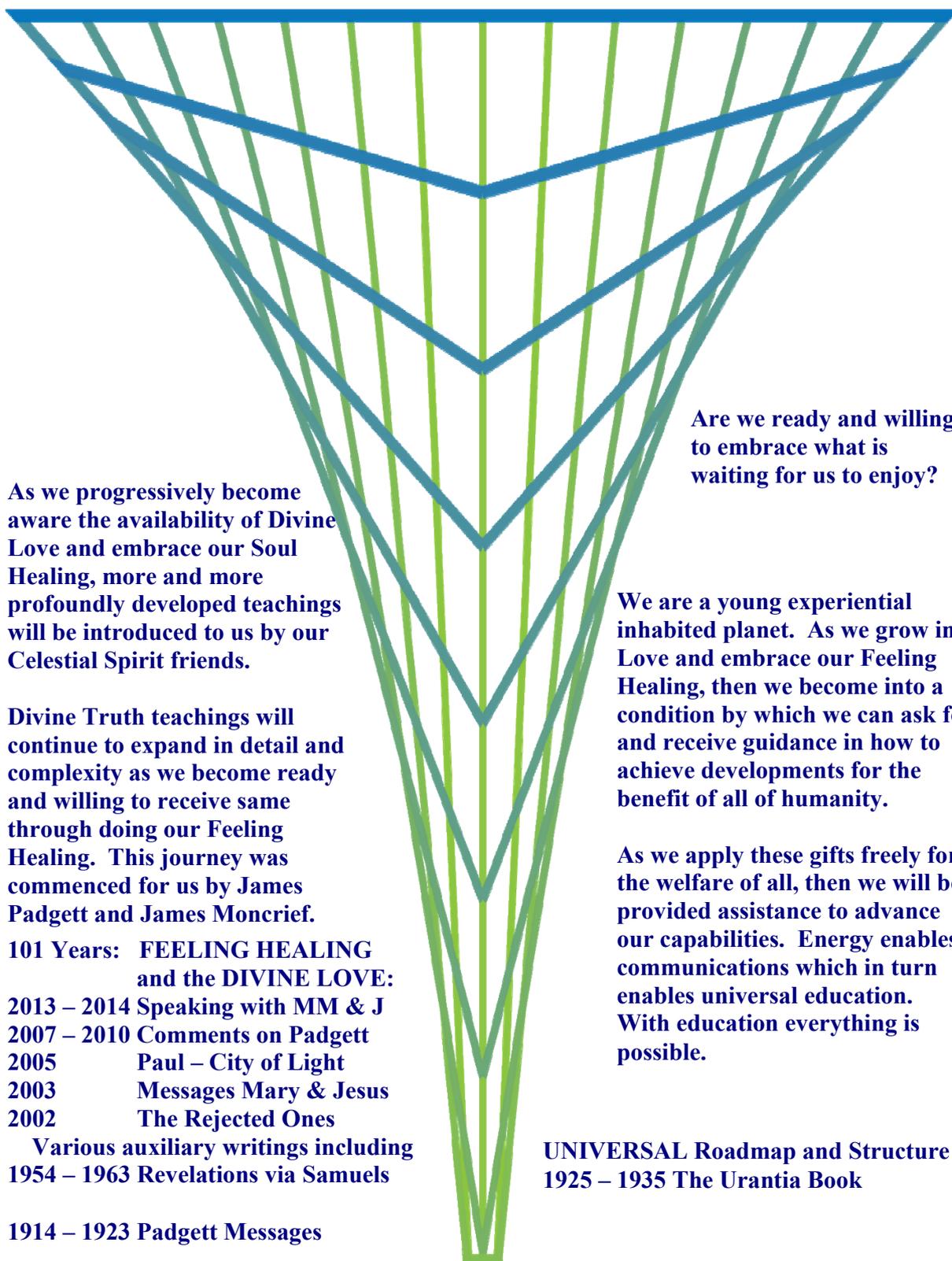
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

**MEDICAL – EMOTIONS:**

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

**PASCAS  
PAPERS**

**DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:**



**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:



# **PASCAS CARE**

## **"Beacons of Light"**

### **around the globe**

