

PASCAS CARE

PRANIC HEALING



“Peace And Spirit Creating Alternative Solutions”

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PASCAS INTRODUCTION:

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

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

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

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

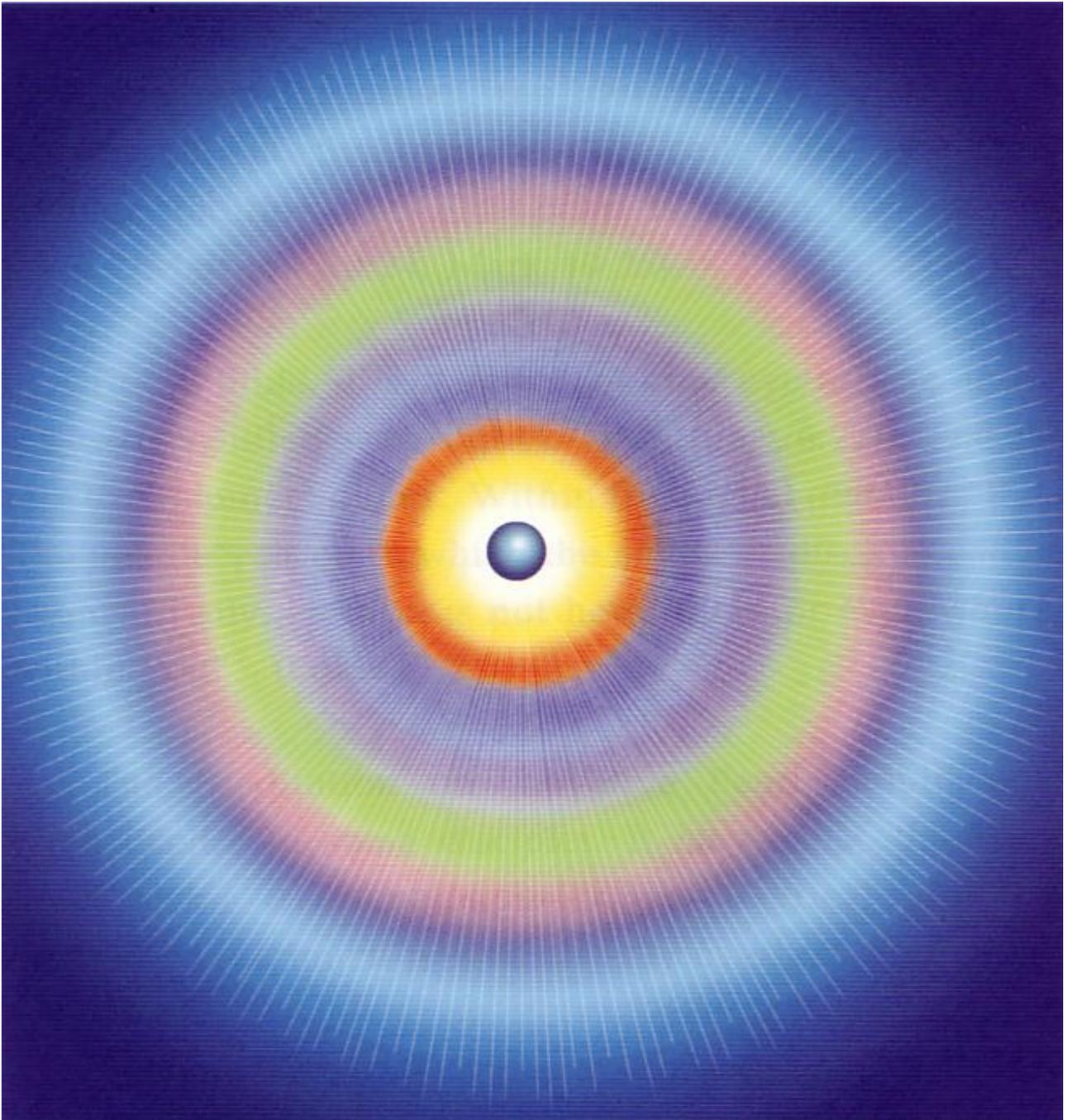
The sources of contents are noted throughout the document. In doing so, we acknowledge the importance of these sources and encourage our readers to consider further these sources. Should we have infringed upon a copyright pertaining to content, graphics and or pictures, we apologise. In such cases, we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

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

Living Feelings First, *John.*



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



Blue Pearl

PRANIC HEALING

PRANIC HEALING :

<https://www.worldpranichealing.com/en/india/>

Let's heal.

And with Pranic Healing you most easily can!

Curious to know about Pranic Healing? Let us tell you a little more about it.

Pranic Healing is an ancient science and art that has been adapted and systematized by the founder of modern Pranic Healing, Grand Master Choa Kok Sui. It has been used to heal countless people through the ages. The principle is simple. We know that every living being possesses the inborn ability to heal itself. Pranic Healing simply enhances this healing process by utilizing the energy of life. This energy is called '**Prana**' (life-force) in Sanskrit.



For those who are on a quest for spirituality, Pranic Healing can help too. Pranic Healing goes beyond just mental or physical or even emotional healing. It provides the right training and scope for those who are interested in spiritual practices, and offers a structured platform for achieving illumination through soul-realisation and later, God-realisation.

To promote health and the knowledge of Pranic Healing, 17 Pranic Healing Foundations have been set up in 10 states across India along with active Pranic Healers Associations and Pranic Healing centres in many other states. All the Pranic Healing Foundations in India are affiliated to the All India Yoga Vidya Pranic Healing Foundations Trust, which was set up in Bangalore in 1996 by Grand Master Choa Kok Sui.

The All India Yoga Vidya Pranic Healing Foundations Trust is in turn linked to the World Pranic Healing Foundation, Inc. in Manila, Philippines – the organisation that oversees the promotion of Pranic Healing throughout the developing world.

There is a lot more to Pranic Healing than just healing part. It not only makes you aware of the aura around the human body – the 'chakras' (energy centres) and their effects on our health, but also teaches us how to feel or scan the aura and determine which parts of the chakras may be affected. By learning about energy, we become more conscious about its ubiquitous presence, be it in people, buildings or even objects.



Just by recognizing the existence of energy, we learn the possibilities of the healing process and bring in harmony and productivity to every aspect of our lives. Pranic Healers around the world have started using Pranic Healing for their businesses, homes, relationships, projects and studies with fantastic results.

Pranic Healing also teaches Pranic Breathing, a practice by which you literally breathe in the difference into your physical, emotional and energy levels by taking them to a more relaxed state of being. A dynamic meditation called the [Meditation on Twin Hearts for Peace and Illumination](#) is another dimension of Pranic Healing that enables rapid spiritual growth by enhancing our spiritual connection with our soul (our divine nature). Regular practise of the Meditation on Twin Hearts also leads to reduced stress, better health and enhanced intuition. A two-day course in Pranic Healing will give you a new way of living, turning you into a more dynamic and focused individual from within.



Benefits of Pranic Healing

- In cases of fever, parents can bring down the temperature of their children in just a few hours.
- Coughs and colds can usually be alleviated in a day.
- Major illnesses such as eye, liver, kidney, and heart problems can be partially or substantially relieved in a few sessions.

But there's more, other benefits include:

- Improved health and increased stamina.
- Inner peace and happiness.
- Better memory and concentration.
- Rapid spiritual growth.
- Reduced stress.
- Better interpersonal skills.
- Greater self-esteem.
- Attain the ability to attract good luck and become more prosperous.

Where do I learn?

Pranic Healing classes are regularly conducted in various parts of India. To get details of a class scheduled in your area or to contact one of our Authorised Pranic Healing Instructors, please contact the [Pranic Healing Foundation](#) nearest you.

Meditation on Twin Hearts for Peace and Illumination is an advanced meditation guided by Grand Master Choa Kok Sui. It involves the activation and use of two energy centres or chakras in our bodies, the heart and crown chakras. Activation of these chakras is a necessary part of any spiritual development. When done properly, the spiritual development of the practitioner is accelerated.



Twin Hearts Meditation, however, is not just for the spiritual development of the individual. A part of this meditation includes the practitioner channelling Divine Energy to bless the whole world and all

living beings. This is a form of world-service that helps to heal the world and can help usher in the Golden Age of World Peace.

Twin Hearts Meditation is an integral part of the Pranic Healing system, but can also be learnt independently. The meditation guided by Grand Master Choa Kok Sui, is available on cassette or CD. (To learn the Meditation on Twin Hearts or to purchase a cassette or CD, please contact the [Pranic Healing Foundation](#) nearest you.

Our sister organization, the Planetary Peace Movement Trust (founded by Grand Master Choa Kok Sui in Bangalore in 1999) aims to promote world peace by spreading the Meditation on Twin Hearts. They are working actively to promote meditation among schools and organizations around India.

Till December 2006, close to one lakh fifty thousand school children in the country have been introduced to the meditation. For more information, please contact:

Planetary Peace Movement Trust – <http://ppmaudiostream.org/>

"You cannot be a philosopher on an empty stomach" – Socrates

Pranic Healing and Arhatic Yoga provide food for the soul, but you first have to feed the body. Since inception, the Pranic Healing Foundations world-wide have been helping the poor and needy in a variety of ways, either directly by providing funds and aid or indirectly, through other charitable organisations.

In India, some of the charitable work supported over the past few years include:

1. Providing food or dry rations to the poor.
2. Providing clothing, blankets or other requirements.
3. Helping with the rehabilitation of street children.
4. Educating children in rural areas.
5. Construction of schools in rural areas.
6. Covering the cost of medicines or hospital expenses for the poor.
7. Supporting ashrams and charitable organisations that are doing social service in rural areas.

To give you an idea of the scope of our work, under the feeding programme, several thousand food packets are distributed world-wide **every day** by Pranic Healing organisations in different countries, funded by donations from people like you.

Master Choa has also set up organisations to help people in jails, especially juveniles. In many parts of Asia, due to a congested court system, many children are in jail for years, waiting for their trial. Very often, the number of years they have been in jail is more than the maximum penalty they could have been awarded. Besides this, they are often living in very unhygienic conditions, with insufficient place for everyone. The prisoners often sleep in shifts, as there is not enough place for all of them to lie down at one time! Organisations set up by Master Choa identify such people and work with the legal system to have released, while work is also done to improve the conditions in the jails for people still inside.

Besides these regular activities, during times of disasters, money is immediately assigned by GMCKS (Grand Master Choa Kok Sui) to help people. Relief by Pranic Healing Foundations include work carried out post earthquakes, floods and more recently, the tsunami. After the tsunami struck, food packets were distributed in Chennai the same evening. Subsequently, short-term relief work was carried out in the form of distributing food, dry rations, clothing, cooking utensils, etc. Currently, long-term rehabilitation is still going on and several villages are being assisted to rebuild homes, fishing boats, fishing equipment, etc.

Relief work has also been provided in areas affected by the recent floods in Maharashtra and in Jammu and Kashmir – for people affected by the earthquake.

All your donations, large and small go towards generating funds for all these projects. Your support and help are very much appreciated.

Please follow [this link](#) if you would like to make a donation to support our charity work. All donations to our trust are eligible for exemption U/S 80G of the Income Tax Act.

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**PASCAS
HEALTH**



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



Mahasamadhi for Grand Master Choa Kok Sui (this is based on Natural Love)

Dearest Pranic Family,
Loving Greetings!

Many times when various of you have had relatives die, MCKS has instructed us to write the following:

Lord Krishna said to Arjuna on the night before the big battle:
The Soul cannot be Killed.
It cannot be Drowned.
It cannot be Burned.
The Soul is Immortal.

Now Master's words of wisdom have a very particular application to each one of us.

On the 19th of March 2007, at approximately 8:50 PM Manila time, our Beloved Guruji, Master Choa Kok Sui took Maha Samadhi, passing from His earthly existence into the Freedom from His Physical Form.

He has bequeathed to us a legacy of treasures for the Soul. It is up to us to live up to His legendary kindness, His unending generosity and His Priceless Teachings which are a guiding light for our spiritual development and for each and everyday of our lives.

No workshops will be cancelled. Nothing will stop. We will continue moving forward, continue to do His Work – never missing a beat. His Great Mission will continue through His Inspiration and Teachings.

Master Choa's great Soul has been our Teacher, and continues to be our Teacher.

As He so accurately stated:

"I AM not the Body.
I AM not the Emotion,
I AM not the Thought,
I AM not the Mind,
The mind is only a subtle instrument of the Soul.
I AM the Soul.

I am a Spiritual Being of Divine Intelligence, Divine Love, Divine Power,
I AM one with my Higher Soul;
I AM THAT I AM

I AM one with the Divine Spark within me,
I AM connected with God.
I AM one with God.
I AM one with All."

- Grand Master Choa Kok Sui

We are all going to deeply miss the vibrant physical presence of the Great Soul, the Maha Atma Master Choa Kok Sui. So remain connected! Please follow His recent simple instructions!

1. Practice Diligently.
2. Purify yourself!
3. Spread the Teachings!

May the Blessings of God and the Blessings of Mahaguruji Mei Ling,
Be with you. Blessings be to All. Charlotte

GMCKS Arhatic Yoga Ashram is the first Ashram in the world for Pranic Healers and Arhatic Yogis. Situated in the midst of nature, surrounded by valleys, mountains and the forest, the Ashram is the ideal getaway from the stress and bustle of urban living.



Said to be near a mythological cave where the Pandavas meditated, the Ashram is situated on a site embedded with natural crystals.

In this lush environment, Grand Master Choa Kok Sui's vision is coming to fruit – the 1st phase of the Ashram is complete. This includes meditation halls, teaching rooms, a kitchen and dining area, an administrative hall and studio units for accommodation.

The 2nd phase is under way – a new meditation hall (for senior Arhatic Yogis) is ready and dormitories for more accommodation are being planned.

Classes and retreats have already begun at the Ashram; since 2006 regular programmes have been held here. The different Pranic Healing organisations in India and world-wide visit the Ashram for a few days to a few weeks to meditate and spiritually recharge themselves; retreats, higher courses and other classes have been held here and will continue in 2008.

A schedule of Ashram activities is available [on this website](#), for more information, please contact arhaticashram@gmail.com

PAPER S
ASCAS

What is Pranic Healing? How and when did this method originate?

Pranic healing is a holistic, no-touch method of healing that treats a person on the physical, emotional and mental levels by treating the human energy field.

It is an accepted fact that all living things have an energy field around them. This has been called the *bioplasmic field* by scientists and is also known by terms such as the *etheric body*, *etheric double*, *aura*, *energy body*, etc.

Contained in this bioplasmic body are energy centres, referred to as *chakras* in ancient Indian literature. It has been found that one's physical, emotional and mental states are reflected in characteristic ways in the energy field. This manifestation occurs in terms of the quantity and quality of energy at various points in the energy field.

Pranic Healing is ancient and probably originated in India. As is the case with many of our ancient arts, it has died a natural death in its home. However, during recent times, Master Choa Kok Sui has revived this technique and has re-packaged it in its current modern form. Master Choa, as he is affectionately called, is a chemical engineer and a successful businessman. He has spent almost 20 years researching the techniques of Pranic Healing by working closely with doctors, psychologists, psychiatrists, healers and clairvoyants while honing his skills and perfecting the techniques that are currently taught under the Pranic Healing banner.

Pranic Healing today is practised widely in most parts of the world and in India alone, we have more than 100,000 healers. Master Choa travels extensively – visiting various parts of the world to conduct classes not only in healing but also to give spiritual guidance and teaching.

Where does prana come from?

There are 3 principal sources – the sun, the air and the earth. Secondary sources include food, water, plants, etc. We need a constant supply of fresh *prana* to maintain good health. Pranic Healing teaches you how to consciously absorb and assimilate more *prana* and use it to improve your life.

How does one learn to heal / treat using this method?

There are 3 levels of Pranic Healing – the Basic, Advanced and Psychotherapy workshops.

The Basic Pranic Healing workshop is open to all. No prior knowledge or skills are necessary. Here, students are introduced to the concept of the bioplasmic body, its characteristics and how it relates to a person's health. They are taught how to feel or *scan* this energy field using the sense of touch. This skill is easy to pick up initially, though mastery takes time and practise.

With this ability to scan, Pranic Healers are able to diagnose those parts of the bioplasmic body that may be imbalanced. At the basic level, this manifests as excess energy at a part, known as *Pranic congestion*, or lack of energy, known as *Pranic depletion*.

Once determined, Pranic Healers are imparted the skills of cleansing and energising, which allows them to normalise the affected areas. Cleansing involves removing the “dirty” or used-up energy that causes the imbalances in the first place; while energising allows us to restore the energy balance by projecting “fresh” or clean energy into the affected part.

Besides teaching us how to heal, the Pranic Healing workshop also contains a meditation technique called the *Meditation on Twin Hearts*, basic Pranayama techniques, lectures on the Law or Karma and character building, techniques to heal oneself and how to heal people at a distance.

There are currently 17 Pranic Healing foundations in 10 states with several more due to come in the next few years. All foundations conduct regular workshop in various parts of the country.

What type of problem is this method used to treat typically?

There is no restriction on the type of ailments we treat. In general, however, people who approach us (in Bangalore) suffer from such ailments as asthma, muscular skeletal disorders (Arthritis, osteoporosis, back pain, etc), heart ailments, etc.

We have also had cases of cancer, migraine, gastrointestinal ailments, stress related problems, emotional / psychological problems such as depression, addiction, etc.

Stress and anxiety in today’s fast paced life are the key problems. How effective is Pranic Healing in this case?

Pranic Healing is extremely effective in combating stress. There are several ways in which this is done:

With Pranic Healing, we are taught to deal with energies. Physical ailments, for example, are often due to "used up" or "dirty" energy in certain parts of the bioplasmic body. Emotional and psychological ailments, similarly, can be traced to certain types of energies.

Stress, for example, manifests in the energy world as ‘stress energy’ which tends to lodge in the area of the solar plexus. By applying basic Pranic Healing techniques such as cleansing and energising, we are able to remove the stress energy from a person, thereby relieving the stress.

Another effective method of combating stress is *Pranic breathing*. This is a very simplified form of breath control that has numerous benefits. On the physical level, it helps us relax, the pulse rate comes down and the blood pressure reduces. On an emotional level, it helps one to calm down and relax; while on a mental level, it allows us to focus our thoughts more easily. Regular practise of Pranic breathing helps one to be more relaxed and stress free.

Finally, an extremely effective technique to combat stress is the Meditation on Twin Hearts (MTH). MTH, also known as *active* meditation, where the practitioner is occupied in focusing on specific energy centres, projecting various types of energy, etc. During the meditation, two important energy centres in our body are activated. This results in a change of attitude in the practitioner in the long run.

We may have all observed two or more people in the same situation, perhaps working on the same project, similar home environments, etc. Yet, one is calm and peaceful and gets his or her work done effectively and calmly; while the other might be a wreck, rushing here and there, finally getting nothing done.

Regular practise of the MTH helps one to change how he or she responds to the environment; allowing the person to deal with the now common stresses of daily life effectively and without getting unduly disturbed.

It must be stressed, however, that regular practice is the key. Practising the meditation as and when we feel like it is not likely to bring about the desired result.

What exactly happens during a session?

During a Pranic Healing session, the patient has only to keep an open mind and sit or lie down in a relaxed position. The patient **does not** need to *believe* in pranic healing. What is required is lack of resistance. Just simple curiosity is enough on the part of the patient.

The healer scans the energy field of the patient and depending on his or her level of skill, may look for imbalances in different parameters. The patient is also interviewed regarding the problem. We are not only interested in the physical ailment, but equally in the underlying emotional and mental conditions.

It is important to specify here that Pranic Healing **does not** intend to replace orthodox medicine. A patient is never asked to stop any medication he may be on. In fact, if we come across a patient whose ailment is severe, he is encouraged to visit a doctor and get his problems diagnosed before returning to us.

Once the imbalance is discovered, the Pranic Healing techniques of cleansing and energising are applied to normalise the energy field. A normal, balanced energy field leads to better physical, emotional and mental health. From a scientific point of view, the balanced energy field catalyses certain chemical changes in the body, which in turn allows normalising of the physical condition.

Of course, the healing may need to be applied several times before a complete cure is achieved. As mentioned earlier, however, many physical symptoms such as pain, insomnia, etc., and psychological symptoms like depression, lethargy, etc., tend to be relieved very quickly.

What are the prerequisites for a healing session to be successful? How many times does a person need to undergo a session?

It is important that the patient does not resist the treatment and on the other hand, the healing is extremely effective if the patient is open or receptive to healing. An important part of a healing session is building rapport with the patient. (It would be important to specify here that the patient **does not** need to have faith or belief in the system, an open mind is more than sufficient)

As explained earlier, Pranic Healing treats not only a person's physical ailments, but also the oft-underlying emotional and psychological problems. Thus, it is imperative that rapport be built up so that the patient is comfortable discussing problems that may be at the root of the ailment.

The number of times a person needs to undergo treatment varies. It often depends on the amount of effort the patient is willing to put in. If the patient regularly practises the meditation and breathing techniques that are taught to him or her, and also, where required, does some simple exercises and is in control of the diet, recovery is extremely fast; in many cases, almost miraculous.

All too often, however, the patient expects that just visiting a healer twice or thrice a week is sufficient. While this may be true at times, especially for purely physical ailments, most of the time, it is not sufficient. After all, it is often the patient's attitude, lifestyle or means of livelihood that are at the root cause of the problem. A busy executive who works 12-hour days 7 days a week would certainly need to practise some moderation in his or her life to ensure effective relief from stress related ailments. Plain healing, while it may lead to relief from physical symptoms, would not be effective in the long run unless the executive changes his ways.

Any myths / do's and don'ts associated with Pranic Healing?

One major myth that seems to have been propagated regarding Pranic Healing is that it is not safe as the healer gets contaminated. This is **definitely false**. Contamination of the healer is definitely a problem in many forms of energy healing. Therefore, when laying down the modern techniques of Pranic Healing, Master Choa was extremely careful to ensure that steps were incorporated in pranic healing to ensure that contamination is avoided.

Of course, there are many cases where a practitioner of Pranic Healing does not follow the basic guidelines and ends up affected. But this is as much the fault of Pranic Healing as saying the car is at fault for a bad driver having an accident!

Proper practise of Pranic Healing (following the 7 basic steps of Pranic Healing as taught in the course) and regular meditation prevent any sort of contamination – which can be verified by many senior healers.

Another popular myth is that Pranic Healing is tough to learn. Admittedly, Pranic Healing is not as elementary as some other healing techniques around. But it is definitely more effective. Many reiki healers have found that they get much better results when their application of reiki is preceded by cleansing as taught in Pranic Healing.

Pranic Healing is extremely scientific and systematic in its approach. The healer is given detailed knowledge about the energy field, chakras and how they play a role in a person's health. We are taught Pranic breathing, scanning, self healing and distance healing apart from the effect of karma on healing, character building and not least, the Meditation on Twin Hearts (and all this at the basic level – the advanced and psychotherapy levels of pranic healing offer one the chance to learn even more).

As Master Choa says, learning and practising Pranic Healing takes as much concentration as reading a paper. Regularity of practise is definitely a requirement to become proficient in pranic healing, but one's efforts are duly rewarded in the form of better health (physical, emotional and mental), a changed

attitude to life (leading to greater harmony, less stress, better interpersonal relationships) and the ability to heal oneself and other of many ailments.

Can anyone go in for a healing session?

There is no restriction on going in for a healing session. Currently, there are 17 Pranic Healing foundations around India, all of which operate Healing Centres.

Besides this, many graduates of the Pranic Healing courses offer healing in their residences at times suitable to them.

For patients who are unable to move around due to physical disabilities, we also offer distant healing.

Can you comment on meditation and its positive effects?

The Meditation on Twin Hearts is an advanced meditation technique that in earlier times was reserved only for senior disciples. It is an active meditation, in the sense that the practitioner is constantly focusing on 'doing' things. These include activating certain energy centres or chakras, sending energy to the whole Earth, visualising a point of light, etc.

As part of the meditation, the practitioner sends a lot of positive, loving energy to the entire Earth and all living beings. This blessing of the Earth helps to heal the Earth on an energy level, much like Pranic Healing. Furthermore, as has been documented in scientific tests (*Healing Words, by Dr. Larry Dossey*), sending positive energies or blessing a person has actual, measurable benefits on that person's health. Similarly, the more people we can get to practise the meditation regularly, the quicker we can help heal our world.

This blessing of the world, besides healing the Earth, also helps the practitioner tremendously. Over a period of time, this blessing activates the heart energy centre, leading to a sense of overall peace, reduced stress, a more proactive stance in interpersonal relationships, and many more benefits; the least of which is the ability to forgive!

With regular practise of the meditation, one can experience many benefits

On the physical level:

- Improved health
- Greater strength / energy and greater resistance to illness

On the emotional level:

- Control of our emotions
- A gradual reduction in negative emotions like anger, irritation, hatred, etc., that are replaced by a feeling of peace and acceptance
- A feeling of love and understanding
- Reduced stress

- Improved, proactive interpersonal relationships
- Forgiveness

On the mental level:

- Greater mental peace and focus
- Improved intellect
- Enhanced concentration
- Increased intuition



ACHIEVING ONENESS WITH THE HIGHER SOUL

(based on Natural Love)

Duration: 1 day

Pre-requisite: None

This course teaches the student two powerful meditations, the Meditation for Twin Hearts for Peace and Illumination and the Meditation on the Higher Soul. The combination of the two meditations leads to a powerful practice that allows for rapid spiritual evolution. The course also teaches us the true nature of ourselves, our higher soul and the divinity within us, and how to unite with them. Many esoteric secrets are revealed for the first time in this course and in the book.

BASIC PRANIC HEALING

Duration: 2 days

Pre-requisite: None

Pranic Healing is the **most comprehensive** and **advanced** energy system available to the layperson. The subjects taught even in the first level are vast and cover many topics not included in other such systems / schools. The course not only teaches us how to heal, but also how to take charge of our life and improve it on all levels; how to improve interpersonal relationships, reduce stress, improve one's financial situation, and become more successful among others.

The basic course includes teaching the student how to *feel* or *scan* the aura and use this ability to diagnose problem areas. Once we are able to feel and interact with this energy, we can use it for many things, we can heal, we can change the energy of a place, a room, an office, we can send energy to people, places or things; since energy is everywhere, there is almost no limit on how we can use it.

The Pranic Healing workshop also teaches a meditation called the Meditation on Twin Hearts, basic Pranayama (how to breathe properly!), lectures on the Law or Karma and character building, techniques to heal oneself and how to heal people at a distance.

ADVANCED PRANIC HEALING

Duration: 2 days

Pre-requisite: Basic Pranic Healing

White prana is composed of prana of different colours. These colour pranas are used by different parts of the body. By using one's intention and certain visualisation techniques, you can project colour prana to the patient to produce more effective healing results. Examples of this would be using red prana on asthma subjects to help dilate their constricted air tubes, and the use of blue prana to cool off a subject with a fever. More severe ailments like AIDS and cancer respond better to more potent colour frequencies like violet and electric violet. Using colour prana is like going to a specialist instead of a general practitioner.

The Advanced Pranic Healing Course includes many powerful healing techniques that make healing much faster and more effective. There are methods to activate the immune system and defence mechanism, to heal wounds and burns rapidly, to rapidly energise the entire body taught alongside topics on preventive healing and instructive healing.

The course gives the serious student many powerful tools not available elsewhere.

PRANIC PSYCHOTHERAPY

Duration: 2 days

Pre-requisite: Advanced Pranic Healing

PRANIC PSYCHOTHERAPY is the 3rd level that forms the basis of most healings. According to recent medical studies, up to 80% of ailments can be traced to "*avoidable emotional and psychological problems*". The heart of most of our problems today is at the emotional level, problems related to stress; worry, tension and anxiety are the root cause of most of today's ailments.

Pranic Psychotherapy targets just this. Each negative thought and emotion creates packets of energy called *thought-forms* or *thought-entities* that contaminate our aura. Using the tools of psychotherapy, these can be disintegrated helping the patient overcome his emotional problems much more quickly and easily.

Once there is a change in the patient's emotional state or attitude, healing is often dramatic and almost miraculous. Pranic Psychotherapy is a powerful tool that can be used to help people suffering from depression, trauma, obsessive compulsive disorders, addictions or even just stress, anger or worry. It is highly recommended to round off one's skills in Pranic Healing.

PRANIC CRYSTAL HEALING

Duration: 1 day

Pre-requisite: Pranic Psychotherapy

Harness the power of Mother Earth's precious gifts. Use Crystal Power to enhance your healing ability, spirituality and prosperity

Some of the things you will learn:

- Increase your healing power by 200 times or more by using special crystals
- Quickly extract negative emotions and diseased energies from the aura
- Activate and revitalize your chakras
- Prevent taking on your patients diseased energies with crystal auric barriers
- Consecration of crystals – make your crystals more powerful by 1,000% or more!
- Use crystals as protective amulets against psychic attacks – which ones really work!
- Magical Rings – secrets of magicians and Master Healers for power, healing and prosperity
- Scientifically use the Colour Pranic Energies of Colour Crystals for Rapid Healing
- Proper laying of crystals for anchoring specific energies
- How to use special crystals like obsidians to absorb and divert psychic attack
- Why wearing the wrong crystals / gem stones could cause financial hardships
- Why wearing certain crystals/gem stones could draw psychic attack to yourself
- Size isn't everything. Know the 5 factors, which determine the real potency of a crystal
- Consecrate rings, pendants and jewellery to attract good health and prosperity for your loved ones and business associates
- Programming crystals for healing.

ARHATIC YOGA

Duration: 2 days

Pre-requisite: Pranic Psychotherapy

"*Arhat*" is a *Pali* term, which literally means "*He who is Worthy*", or "*He who is worthy of Praise*". Arhatic Yoga, also called *The Synthesis of Yogas* or, in the higher levels, *The Yoga of Synthesis*, is designed to help the practitioner develop to the level of an *Arhat*.

The word "*yoga*" is from the Sanskrit root "*yug*" which means to yoke or unite. Yoga is thus the term given to any technique that culminates in uniting us with the divine. There are many paths of yoga, *bhakti* yoga aims to achieve this union through love and devotion; *karma* yoga does it through service, *jnana* yoga aims at union through knowledge while *raja* yoga works at union through meditation. Grand Master Choa Kok Sui has successfully combined all these methods of yoga along with *kundalini* yoga to form one of the **fastest** and **most powerful** methods for spiritual development and evolution.

At the preparatory level, the practitioner is taught four meditations which, alongside the Meditation on Twin Hearts for Peace and Illumination, form the foundation for all future practices. Regular practice of the meditations leads to tremendously accelerated spiritual growth, increased healing power, enhanced mental faculties and intuition besides reduced stress, better interpersonal relationships and peace.

The key to the practice of arhatic yoga is *balance*. As the meditations combine the various paths of yoga, the practitioner finds that he or she develops not only spiritually, but also mentally, emotionally and physically. A well-developed arhatic practitioner then uses these enhanced faculties to help the world by doing service, which forms the karma yoga part of arhatic yoga.

At the preparatory level, practitioners are expected to do at least three hours of healing per week as part of the service, besides studying various books and meditating regularly. Practitioners are also expected to minimize if not stop smoking and consumption of alcohol and maintain a predominantly vegetarian diet. There are many higher levels of arhatic yoga that teach the practitioner advanced and powerful meditation techniques. Admission to these levels is based on the applicant's practice of the preparatory course meditations.

TEACHERS TRAINING COURSE

Duration: 3 days

Pre-requisite: Arhatic Preparatory

The pre-requisite to attend this course is that the applicant should have been practicing Pranic Healing regularly for at least one year along with regular practice of Arhatic Preparatory.

All applicants are screened and accepted candidates are required to attend the Teachers Training Course followed by teaching as an apprentice trainer in at least six basic Pranic Healing seminars. On successful completion, the teacher signs a contract with the All India Yoga Vidya Pranic Healing Foundations Trust authorizing him / her to teach anywhere in Karnataka.

KRIYASHAKTI

Duration: 2 days

Pre-requisite: [Basic Pranic Healing](#)

The Science and Art of Materializing Your Wishes with Pranic Energy and Thought Power!

Learn: Why some individuals with good education and abilities come up with little results in their life.

Law of Entitlement: How to create your own good luck. Use time-tested techniques to control your Karmic Directions.

Secret Hand Gestures (Mudras) And Eye Positions: These ancient techniques known only to high-level magicians accelerate precipitation of thoughts into physical reality.

The Real Midas Touch Through Prosperity Meditations: Especially designed to purge old lingering negative programming from childhood and simultaneously build a network of powerful psychic assistants to be interlaced into your aura to continuously attract prosperity and wealth even as you sleep.

Correct Giving: "As we give so shall we receive" – This is the Divine Karmic Law. However, where and how you plant these karmic seeds will determine how fast and abundant your Karmic Harvest will be! Create the right physical environment to facilitate the programming of your mind and your aura. How to create channels and avenues for your desires to become a physical reality... plus much more!!!

Inner Kriyashakti: the science of Creating Powerful Thought-Forms. Thought-Forms act as your psychic assistants in the energy world to pave a way for manifesting what you want in the material world.

PRANIC FENG SHUI

Duration: 1 day

Pre-requisite: [Advanced Pranic Healing](#)

The Science and Art of Environmental Energy Mastery

True Directional Feng Shui: Know the actual origination points on the compass of Prosperity Energies and Spiritual Energies. Avoid negative energies that cause bad luck. Open the correct pathways in your home and office to allow fresh prosperous energies to come in and nourish you. Having the wrong openings means inviting disaster and misfortune.

True Form Feng Shui: Energy, chi or prana has definite characteristics that follow the pathways given to it. Opening the correct pathway is like opening the right door for good energy to come it.

Esoteric Feng Shui Through Thought Power: The key link in making Feng Shui immediately usable. This once secret technique is going to be divulged by Master Choa to integrate as well as quickly materialize the benefits of Feng Shui. Psychological Feng Shui will help your children do better in school by positioning your child's bed and reading desk to highly energize his/her intellectual faculties. It will allow executives to make better decisions. Marriages will also benefit by positioning the bed to love-enhancing positions. Also know which paintings and pictures to hang on your walls to magnetize positive energies.

PRANIC PSYCHIC SELF-DEFENSE

Duration: 1 day

Pre-requisite: Pranic Psychotherapy

Protect yourself and your loved ones from psychic attacks, negative intentions, malicious entities and energetic pollution

Living in the present society, one is constantly being bombarded and contaminated by negative and injurious energies. Just imagine this – you are in an ocean of thought-forms and emotional energies! These ethereal inhabitants constantly exert pressure on our auras to conform to their vibrations. If not properly protected, we could be affected Spiritually, Mentally, Emotional, Physically and Financially. This course will teach you scientific ways of utilizing Pranic Energies in different dimensions to properly protect yourself, your belongings, surroundings and love ones.

SPIRITUAL BUSINESS MANAGEMENT

Duration: 1 day

Pre-requisite: Basic Pranic Healing

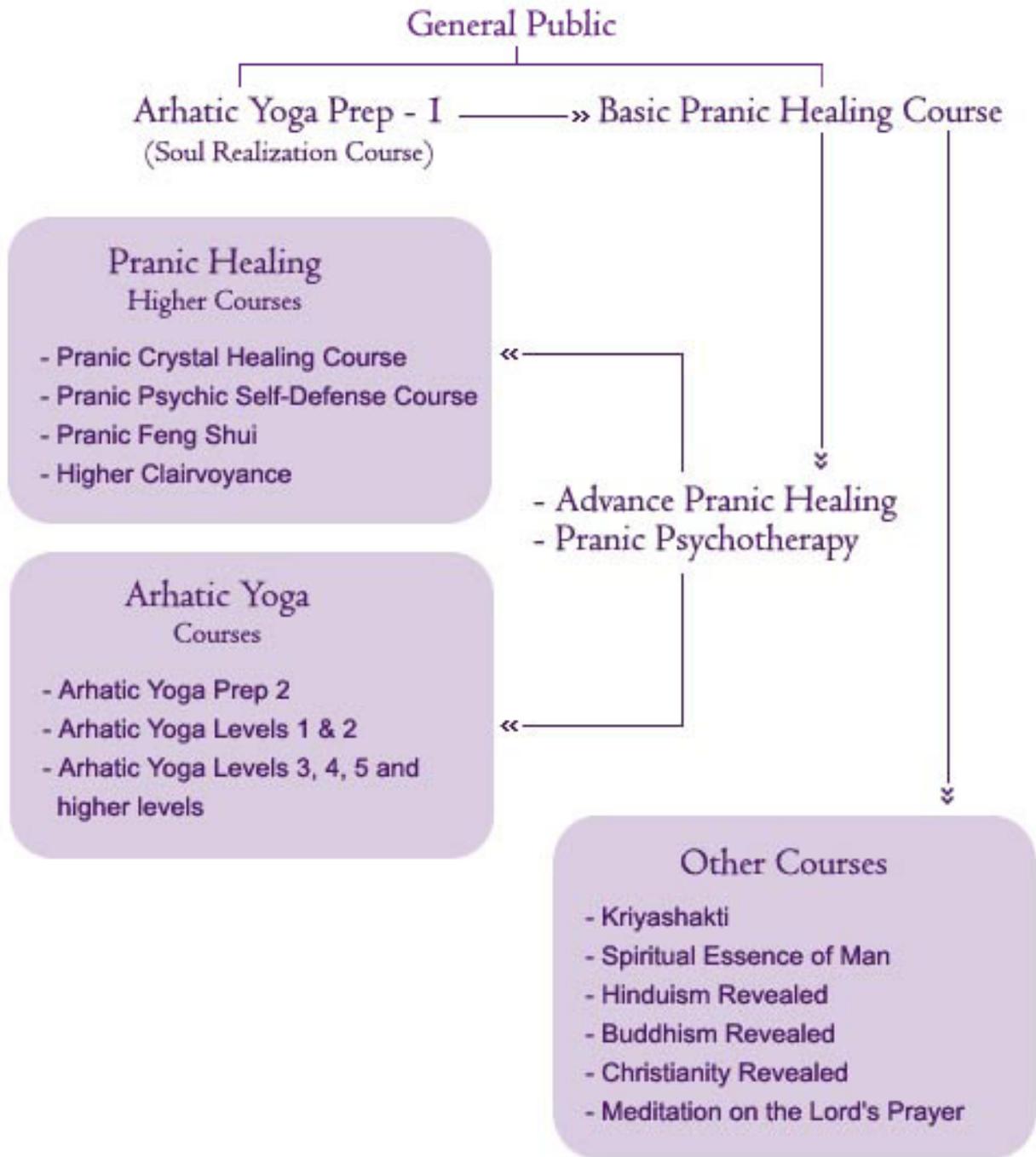
The course is open to all Basic Pranic Healing graduates. The course includes esoteric methods to effectively manage your personal and business life. A must for everyone who has any material and spiritual projects! This pragmatic course will also benefit the self-employed to help rapidly improve productivity levels.

The topics include:

1. Techniques for Development of a clearer and sharper mind
2. Pranic Stress Management
3. Physical and Mental recharging instantly
4. How to increase success and profitability by using esoteric laws
5. Improving inter-personal relations at work
6. Using effective time management techniques
7. Management using the 7 rays



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.



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

Library Downloads – Pascas Papers

All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address. info@pascashealth.com

Grand Master Choa Kok Sui is a modern day renaissance man – spiritual guru to thousands, Master Pranic Healer, internationally read author, engineer and scientist, businessman and family man – he is the embodiment of all his teachings.

Master Choa Kok Sui has spent more than 30 years researching and studying literature and books on esoteric sciences. He has been in close association with yogis, healers, clairvoyants and spiritual teachers from across the world. After years of study, he was finally able to demystify the field of subtle energy through his best selling book, *Miracles Through Pranic Healing*. Translated into more than 30 languages, the book has led thousands to experience the benefits of Pranic healing. He has written a total of 20 books, many of which have been translated into several other languages.

He travels the world, conducting seminars that have inspired and spiritually-uplifted thousands of people from all walks of life.

He is the President-Founder of the Institute for Inner Studies and the World Pranic Healing Foundation, Inc. Both organisations are dedicated to helping humanity and serving the world by spreading the teachings of Pranic Healing and other courses.



Contact Us:

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DISCOVER PRANIC HEALING

Accountant's pain gone...

Septembert 2003, Cyprus

<http://www.pranichealingcyprus.com/About.html>

"I am an accountant working and travelling for long hours. The stress of my work is making me clench my teeth all the time especially in my sleep at night. This is called in the medical profession as TMJ. I have been advised to have a surgery and use strong painkillers for the facial pain it causes. I turned up in a Pranic healing class and volunteered for a demonstration healing. I could not believe the results. The pain went away in 5 minutes. Normally it would take me more that 30 minutes REIKI with strong intention for such a relief. The results are with me 6 days after the treatment. I am definitely taking Pranic Healing course next time this is available in Cyprus."

-A. A. Accountant in Cyprus

Pranic Healing is a simple and safe no-touch healing modality that uses natural laws to accelerate your body's own ability to heal itself. This can be used for physical, emotional and psychological problems.

What differentiates Pranic Healing from other healing modalities?

Mainly that the healer is taught to thoroughly scan or feel the energy body and energy centres before applying any treatment. Once the main imbalances are found, extensive removal of this "diseased energy" takes place, which enhances the body's innate ability to heal itself and also prevents the healer from getting contaminated or drained.

Who founded Pranic Healing?

Master Choa Kok Sui, a Filipino of Chinese decent. He is a self-made businessman, chemical engineer, international author and lecturer. He became interested in healing in his early teens and was inspired to create a healing system which would alleviate the physical and emotional suffering in countries where medical services were limited. His scientific approach, extensive study and research led him to discover and develop a practical healing system, simple enough for a child to understand. The success and amazing results rapidly turned Pranic Healing into a worldwide phenomenon. In less than two decades Pranic Healing centres have been opened in over 40 countries and his best-selling book: "Miracles through Pranic Healing" has been translated in over 27 languages.

What are the underlying principles of Pranic Healing?

The first principle in Pranic Healing is that the body is "Self-Repairing", meaning that it is always trying to heal itself. Whether you apply medicine or not to a cut or cold, the body usually heals within a few days to a week. Based on this, why, then would the body get sick and not heal itself completely?

The answer lies in the energy body (Aura) which surrounds every person. This invisible (to most) energy body is interconnected with the physical body; it actually works as a mould for the shape and health of your physical body.

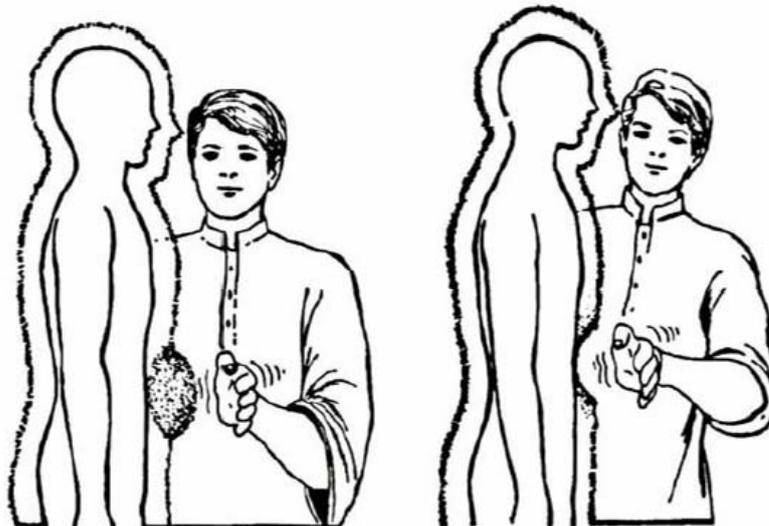
What affects your physical body reflects itself in your energy body and vice-versa. This connection between the two is what Pranic Healers use to accelerate the healing process of your body and emotions.

The second, is the principle of Life Force. For life to exist, the body must have life energy, chi or prana. The healing process can be accelerated, by increasing the life energy in the affected part(s), and on the entire body.

Your body is always absorbing, assimilating, distributing nutrients and then eliminating wastes. As an example, your body energizes itself by inhale fresh air or oxygen and then cleansing itself by exhaling the used up air or carbon dioxide. If either one of these two essential steps is stopped for too long the body starts to deteriorate.

Your energy body does the same thing all the time. It actually draws in energy from the air, earth and sun to sustain life in your organs and cells. If at any time this process is disrupted or disturbed, the healing ability of the body slows down and disease starts to manifest.

When this process is disrupted, the energy condition looks like this **Congestion** (blocked energy) or **Depletion** (lack of energy)



When the area is congested, fresh energy cannot penetrate, which prevents healing. On the other hand when the area is depleted it does not have enough energy to heal itself.

No matter what the cause of the energetic imbalance, Pranic Healing aims at enhancing what the body does naturally and restore its energy to a balanced and healthy state. This is done through 2 steps.

Step 1: Cleansing



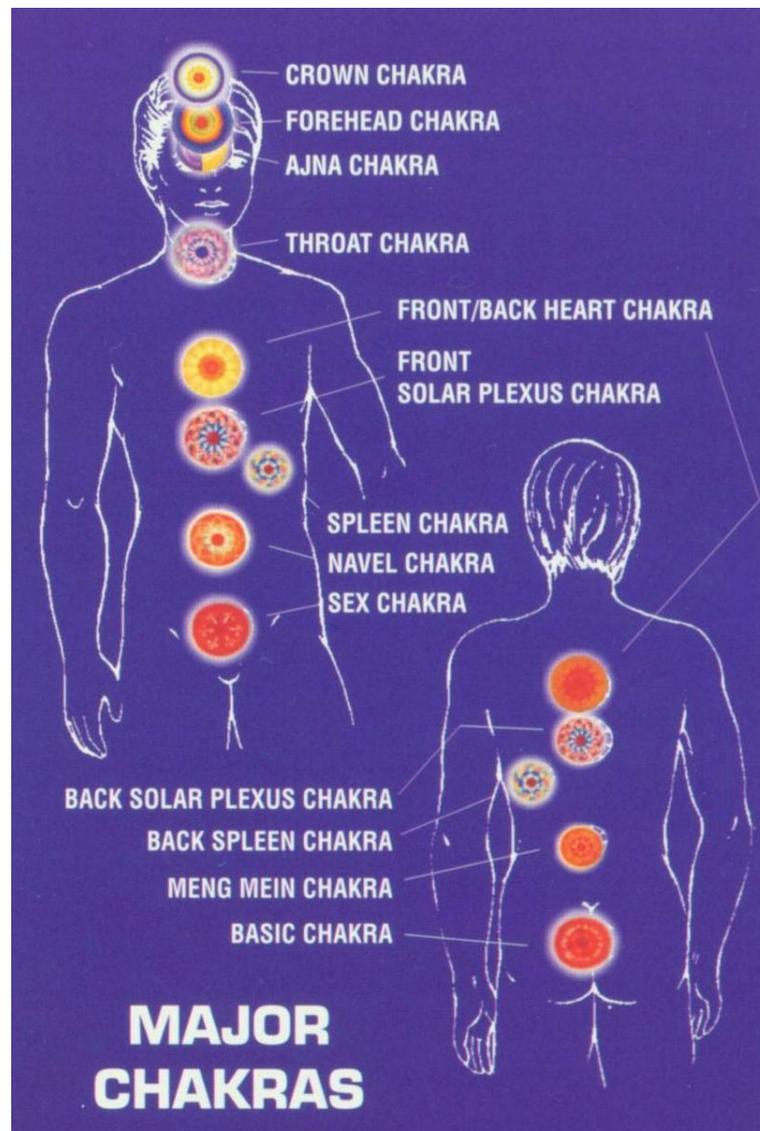
“Cleansing” is applied to the affected area; the Pranic Healer removes used-up, diseased, or blocked energy from the energy body. This is done systematically to allow the body to heal itself. Usually with simple ailments, cleansing alone will improve the condition by 50% or more in the first treatment. (in this image the healer is removing diseased energy from the throat and places into a disposal unit filled with water and salt)

Step 2: Energizing



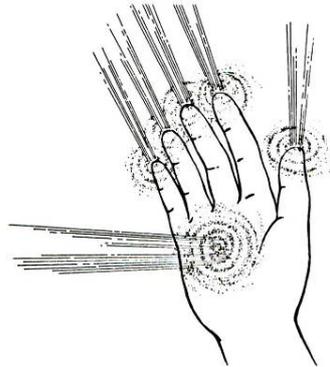
The Pranic Healer absorbs fresh energy from the surroundings and redirects it to the affected part(s). This step gives the body the boost of energetic fuel it needs to heal itself. In addition to this, Pranic

Healing focuses on the health of the energy centres (Chakras) of the energy body. These energy centres act as mini-power stations in charge of feeding organs and glands. If any of these energy centres malfunction, the corresponding organ(s) or gland(s) get affected. Hence, the key to lasting health and rapid recovery depends on how well the energy centres are absorbing and distributing energy.



There are 11 major energy centres in Pranic Healing and many more minor ones in charge of joints and delicate organs. This precise use of energetic anatomy allows the Pranic Healer to more specifically treat the cause of the ailment which in turn produces faster and more lasting results.

Pranic Healing aims at balancing these energy centres, as this occurs and is maintained, the body will recover fully and stay healthy. Pranic Healers use a technique called “scanning” to sense the condition of the energy centres and to find depletion and congestion.



Through sensitizing exercises their hand minor Chakras become highly sensitive to the energy body.

Here the Healer is using 2 fingers to scan the activation of the Heart Chakra.



This enables the Healer to rapidly diagnose the energy body. This step is crucial as it offers an immediate way of finding the causes and areas needing most healing. In some cases the pain may be in the shoulder but the cause could be the malfunctioning of the Throat Chakra. “Scanning” is like getting an “energetic MRI”.

This is also very important in preventing disease, as one may find imbalances before they have manifested physically into the body, one can heal them before they precipitate into the physical body. This would be one of the keys to maintaining good health.

This tool can also be used to feel specific energies, as an example, some Pranic Healers scan the prosperity energy of a certain company before investing in it or scan the Chakras of a person before renting an apartment to see if the potential tenant would be a good or troublesome tenant. This practical approach to using energy in everyday life has helped many better their lives financially and is a reflection of the scientific and practical approach promoted by Master Choa Kok Sui. If by healing the energy body we can heal the physical body, then energy may precede other physical things, such as money, successful careers, lucky opportunities, better grades and good relationships.

Though this sounds extremely simple, the results speak for themselves.

This article was written by Mark J. Wieczorek.

Mark is a manager in a major diamond company in New York City. He is a Certified Pranic Healing Instructor and Certified Associate Pranic Healer. He has been practicing Pranic Healing for four years and has been teaching for two years. He has personally taken classes with Grand Master Choa Kok Sui. He speaks four languages and teaches Pranic Healing in the United States and in Cyprus. He has brought Pranic Healing to Cyprus with the help of his mother, Helen Weeks, who was personally asked by Grand Master Choa Kok Sui to develop Pranic Healing in Cyprus.

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## Chest-Compression-Only CPR Video

<http://heart.arizona.edu/cpr-video>

### Chest-Compression-Only CPR Video



Learn how to save a life!!! This is the new CPR technique which is much simpler.

Interesting to note that certifications not required. If you haven't seen this, you should. If you have seen it, it won't hurt to see it again. This is a new CPR technique which is much simpler. Please watch and forward to your friends and family.

You never know, a life may be saved utilizing this new procedure.

## What is Pranic Healing?

(Pranic Healing is based on Natural Love)

### Overview

Pranic Healing is a highly developed and tested system of energy based healing technique that utilizes life force or prana to balance, harmonize and transform the body's energy processes.

Pranic Healing is a simple to learn, yet a powerful and effective no-touch energy healing. It is based on the fundamental principle that the body is a "self-repairing" living entity that possesses the innate ability to heal itself.

Pranic Healing works on the principle that increasing the life force or vital energy on the affected part of the physical body accelerates the healing process. Pranic healing also influences the proper functioning of chakras within the energy body, which in turn are responsible for proper regulation of life force in the bioplasmic body, which manifests in the upkeep of good health.

**Pranic Healing is not intended to replace orthodox medicine, but rather to complement it.**

### Disclaimer

- Pranic Healing is not intended to replace orthodox medicine, but rather to complement it.
- For severe ailments and persistent symptoms, the affected persons are advised to consult a medical practitioner / doctor to get proper medical treatment.
- Pranic Healing is a system of balancing energy for the purpose of stress reduction, relaxation and empowerment only and is not intended to replace the prevalent medical or physiological diagnosis and treatment. It is only meant to complement them and to be used as a preventive system.
- Pranic Healing practitioners do not physically touch the recipient's body, diagnose diseases, prescribe any drugs / substances or make any health claims or promises.
- A Pranic Healing Practitioner is not a licensed physician, surgeon or psychotherapist. They are neither authorised nor competent to make medical diagnosis or give medical prescription and are strictly prohibited from giving medical advice or interfering with the medical advice given by a competent medical practitioner / doctor.

### Applications of Pranic Healing

Pranic Healing can be applied to bring about a state of physical well-being. Parents can bring down the temperature of their children in just a few hours. Cough and cold can usually be cured in a day or two. Pain due to mechanical injury can be reduced almost instantly. Pranic healing protocols also exist for major illnesses such as eye, liver, kidney, and heart problems, which can be alleviated over a period of time.

Advanced Pranic healing contains protocols and methodologies for healing ailments of the different systems of the body:

- Immunity and Defence System
- Disorders of the Eye, Ear and Throat

- Skin Disorders
- Heart and Circulatory Ailments
- Respiratory Ailments
- Gastrointestinal Ailments
- Urinary Ailments
- Reproductive Ailments
- Endocrine Ailments
- Skeletal and Muscular Disorders
- Blood Disorders
- Disorders of the Brain and Nervous System
- Tumours and Cancer

**Please note that Pranic Healing is not intended to replace orthodox medicine, but rather to complement it. If symptoms persist or the ailment is severe, please consult immediately a Medical Doctor and a Certified Pranic Healer.**

Pranic Psychotherapy on the other hand uses Pranic Healing principles for the treatment of psychological ailments. Pranic Psychotherapy contains protocols and methodologies for healing the following conditions and ailments:

- Healing Stress, Irritability, Anxiety, Grief and Hysteria
- Healing Phobias, Trauma, Obsessions and Compulsions
- Healing Addiction: Smoking, Alcohol and Drug Addiction
- Healing Depression
- Healing Violent and Paranoid Patients
- Healing Mentally Retarded Patients

**It should be noted that Pranic Psychotherapy is only intended to supplement psychological counselling or psychiatric treatment. Patients with serious psychological ailments must consult psychologists, clinical psychologists and psychiatrists.**

There is a lot more to Pranic Healing than just healing. Pranic Healing also teaches one to harness the possibility of using positive energy to bring in harmony and productivity to every aspect of our lives. Pranic Healers around the world have started using Pranic Healing for their businesses, homes, relationships, projects and studies with fantastic results.

Pranic Healing also teaches techniques such as Pranic Breathing, a practice by which you literally breathe in the difference into your physical, emotional and energy levels by taking them to a more relaxed state of being and dynamic meditation techniques such as the Meditation on Twin Hearts for Peace and Illumination which enhances connection with the soul (the divine nature), and sharpens intuition and spiritual growth.

Pranic Healing practitioners across the world have reported the following benefits from the application of Pranic techniques:

- Improved health and increased stamina
- Inner peace and happiness
- Better memory and concentration
- Rapid spiritual growth
- Reduced stress
- Better interpersonal skills
- Greater self-esteem
- Attain the ability to attract good luck and become more prosperous

We urge you to experience these benefits for yourself.

### Genesis

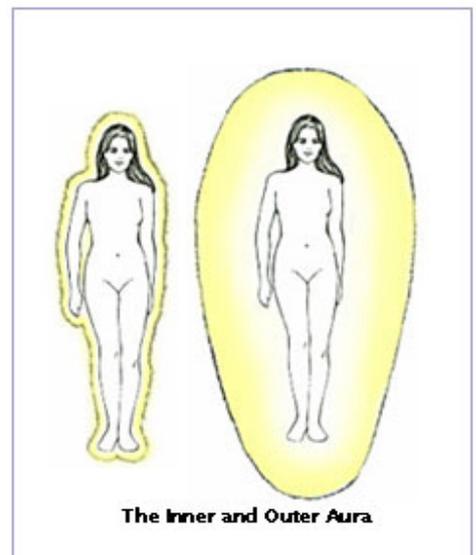
The MCKS Pranic Healing system has its roots within the ancient Indian system of yoga and the Chinese External Medical Chi Kung School. Pranic Healing in its existing form has been painstakingly, systematically, and scientifically developed, revealed and taught globally by Master Choa Kok Sui. Along with committed participants he spent several years experimenting to determine the effectiveness and the mechanism of the healing techniques commonly known and used by healers and students of esoteric sciences. Hundred and thousands of students have learned to do Pranic Healing, and millions of patients have been healed or relieved.

### Basic Principles

"Prana" is a Sanskrit word that means "life-force". This invisible bio-energy or vital energy keeps the body alive and maintains a state of good health. In acupuncture, the Chinese refer to this subtle energy as "Chi". It is also called "Ruah" or the "Breath of Life" in the Old Testament.

Pranic Healing is based on the concept of prana and the overall structure of the human body. Human's whole physical body is actually composed of two parts, the visible physical body and the invisible energy body, called the bioplasmic body or the energy body.

This bioplasmic body is the invisible, luminous energy body which interpenetrates the visible physical body, and extends beyond it by four or five inches. Traditionally this energy body has been called etheric body or Aura. This bioplasmic body contains the mould and blueprint of the physical body and absorbs life energy and distributes it to the organs and glands. The bioplasmic body also contains energy centres that regulate the flow of prana to various parts of the body. These energy centres are called chakras. Proper regulation of prana in the bioplasmic body manifests in the upkeep of good health and vitality.



Diseases first appear as energetic disruptions in the energy field before manifesting as ailments in the physical body.

Scientific evidence provides tangible proof of the existence of the energy body and its relation to the health and well being of the physical body. Scientific experiments conducted by the eminent Russian scientist, Semyon Kirlian, using ultra sensitive photographic process showed a colourful, radiant energy field surrounding the physical bodies of humans, animals and plants. This energy field, or aura, interpenetrates the visible physical body, extending about 4 to 5 inches from the skin's surface. Experiments in Kirlian photography have also revealed that diseased energies appear first in the energy body before manifesting as a physical ailment.

Pranic Healing utilizes "prana" –also known as Ki or life energy, to promote physical, emotional, and mental health and well-being. It has also been called “Medical Qigong, vitalic healing, therapeutic touch, laying of the hands, magnetic healing, and charismatic healing.

Pranic healing is based on two functional principles:

- Principle of Self-Recovery – The body has an innate ability to heal itself at a certain rate. Medicines, Doctors, Therapists and Practitioners of the healing arts just assist in this process by accelerating this innate ability.
- Principle of Energy Force– for Life to exist, the body must have prana, chi or energy. Prana or energy is to a body what gasoline is to a car. This prana can be transfer and manipulated in order to accelerate the healing process.

Pranic Healing influences this natural life force and the bioplasmic body to bring about a healthier physical body. In chemistry, electrical energy is sometimes used as a catalyst to increase the rate of chemical reaction. Light can affect chemical reaction. In the same way, in pranic healing, prana serves as the catalyst to accelerate certain reactions involved in the natural healing process of the human being.

There is nothing paranormal about MCKS Pranic Healing. Just about anyone can learn to use these simple but powerful techniques to bring about physical, emotional, mental and spiritual well-being.

### Levels in MCKS Pranic Healing

Pranic healing has several levels graduating from simple to more complicated concepts and from easy to difficult techniques.

- **Level One – Elementary Pranic Healing:** At this level, the concepts and techniques are easy to learn. Tactile concentration is required. It takes about three to five sessions to learn the basic principles and techniques and to be able to do simple pranic healing. About a few days, a few weeks or a few months of regular practice and application and required to become proficient, depending on the attitude of the student.
- **Level Two – Intermediate Pranic Healing:** This level is still easy. Pranic breathing is used at this level. Visual concentration is optional but still not required. Just as in level one, this takes about three to five sessions to learn the basic principles and techniques to be able to start healing more difficult cases. To become proficient, takes about a few weeks to about two months or regular

practice and application, depending on the attitude of the student.

- **Level Three – Distant Pranic Healing:** This level may take several weeks or months to a year or two of regular practice and application to become very accurate with diagnosis and to produce specific, accurate, predetermined results.
- **Level Four – Advanced Pranic Healing:** The use of visualization techniques is definitely required and a more through knowledge of the disease and knowledge of different types of prana are necessary. To become proficient with Advanced Pranic Healing takes about one to two years of practice.
- **Level Five – Pranic Psychotherapy:** Pranic psychotherapy is Advanced Pranic Healing applied in the field of psychological ailments. The practitioner should be at least proficient in intermediate pranic healing.
- **Level Six – Pranic Crystal Healing:** Pranic Crystal Healing is using crystals as instruments to facilitate pranic treatment.

### **MCKS Pranic Healing Certification Programme**

The Pranic Healing Healer's Certification Program was established in response to the need to provide a matrix for both formal coursework and the continued practical hands-on experience in Pranic Healing for serious healers who would like to enhance their healing skills and become a member of an internationally recognized and accepted group of certified Pranic Healers.

In order to do this, the Institute for Inner Studies is guided by the following principles:

- The Pranic Healing Healer's Certification Program certification program combines a high standard of professional, disciplined training within a flexible structure and schedule
- The development of individual healing abilities is an essential part of the program.
- Opportunities for professional development can be provided.

Through the guidance of Grandmaster Choa Kok Sui, the foremost expert in Pranic Healing, and the professional abilities and healing accomplishments of assigned Pranic Healing coordinators, mentors and instructors, the Institute for Inner Studies ultimately provides the program in all its aspects of Pranic Healing.

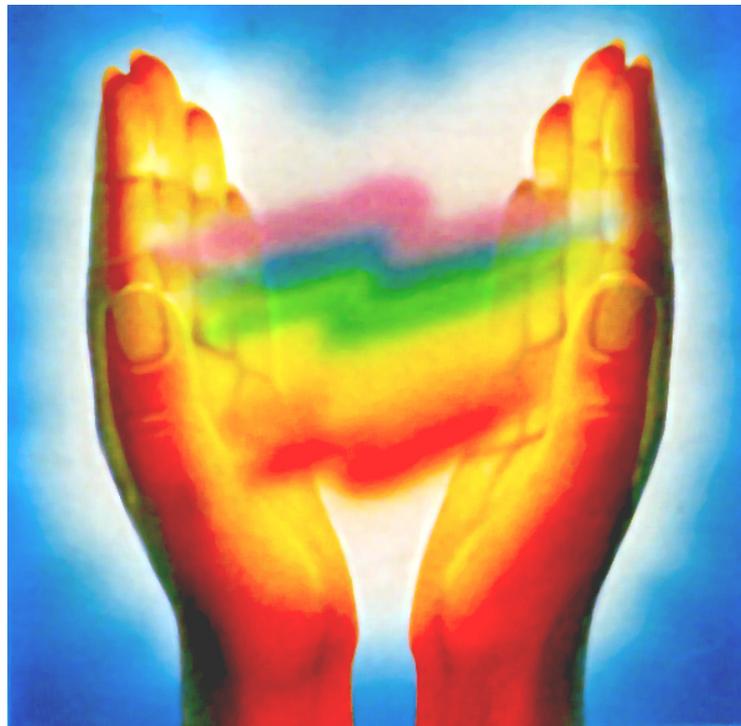
The programme has the following levels of certification:

- **Certified Associate Pranic Healer:** Proficient in elementary and intermediate pranic healing. In the process of becoming proficient in distant healing, advanced pranic healing and pranic psychotherapy. An associate pranic healer is just like a medical intern or an apprentice.
- **Certified Pranic Healer:** Proficient in advanced pranic healing, pranic psychotherapy, and pranic crystal healing.
- **Certified Senior Pranic Healer:** Very experienced and proficient in advanced pranic healing, pranic psychotherapy, and pranic crystal healing. For the moment, relatively rare.
- **Certified Assistant Master Pranic Healer:** Proficient in using powerful and very advanced pranic healing techniques not revealed for the moment to the public. A certified assistant master pranic healer has been trained under the guidance of a master or grand mater pranic healer. Also, should have a track record of producing many rapid miraculous healing that other pranic healers in general

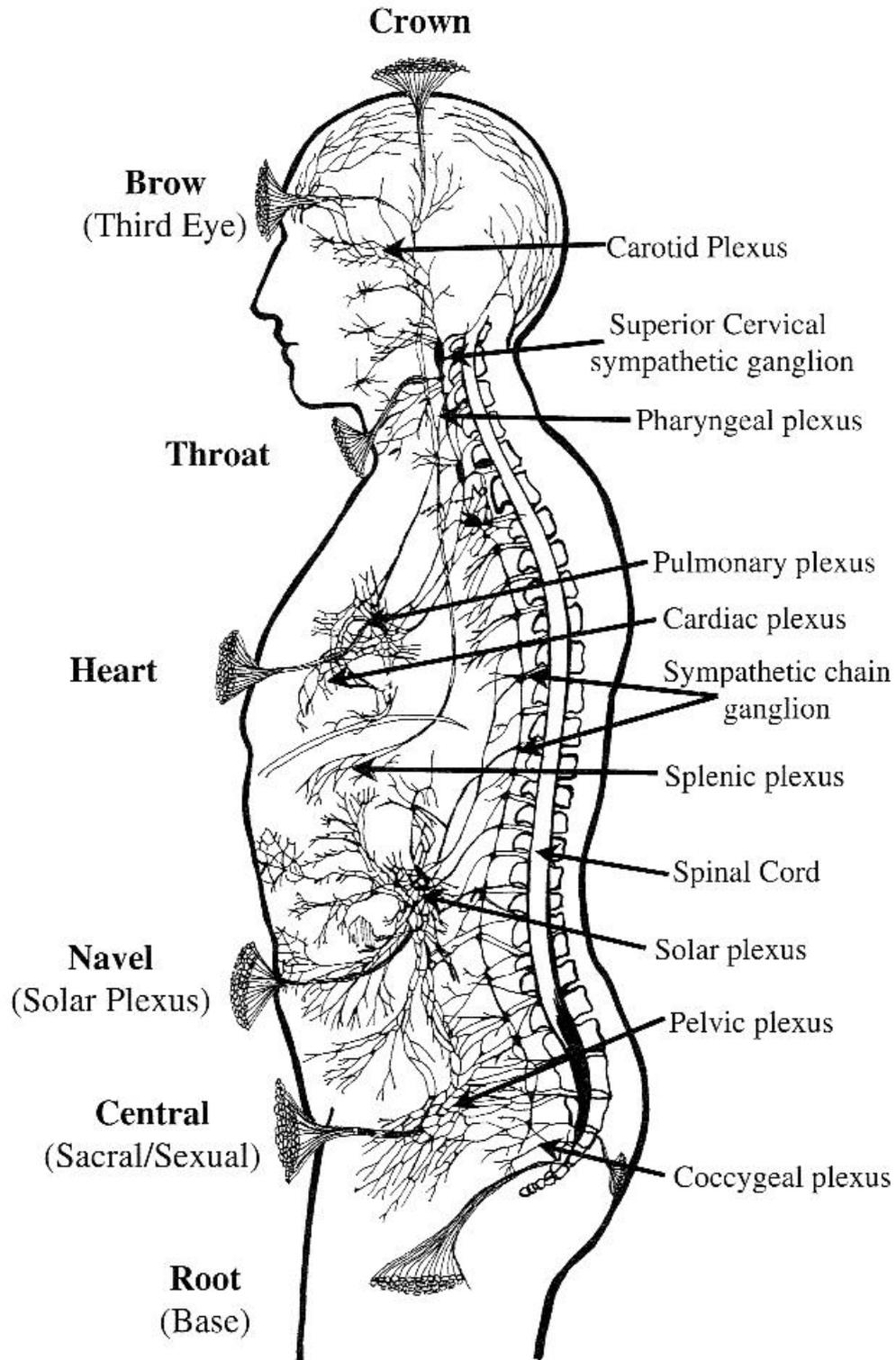
will find difficult to duplicate. For the moment, rare.

- **Certified Master Pranic Healer:** Much more skilful and powerful than an assistant master pranic healer. Has trained several students to become a certified assistant master pranic healer. For the moment, rare.
- **Certified Grand Master Pranic Healer:** Can heal very difficult cases in one or two sessions. The high level of healing skill achieved is extremely rare.

**Pranic Healing, as a modality, on the Map of Consciousness, calibrates over 600**



**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.**



*Chakra and Nerve Plexuses Locations. Each of the major chakras is associated with a major nerve plexus within the body.*

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

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

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

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

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

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

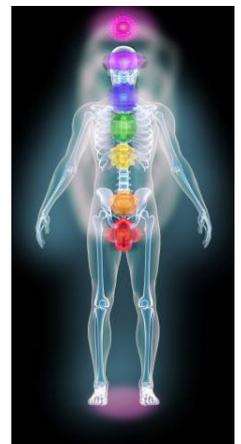
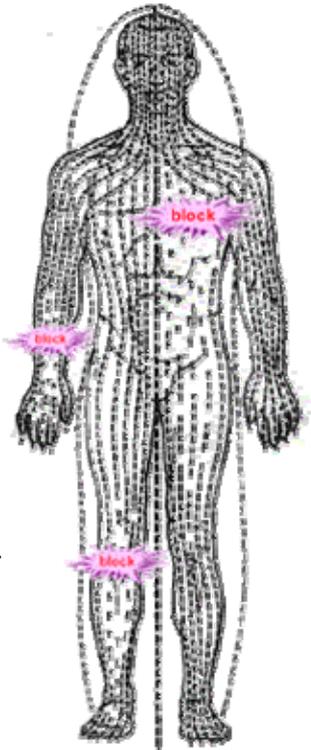
It is the energy level of love that steadily brings about a release from erroneous and harmful man-made emotions and beliefs. The energy level of love calibrates at 500 and higher. One's soul is connected by cords of light to one's spirit body. One's soul is the home of one's personality, natural intelligence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

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

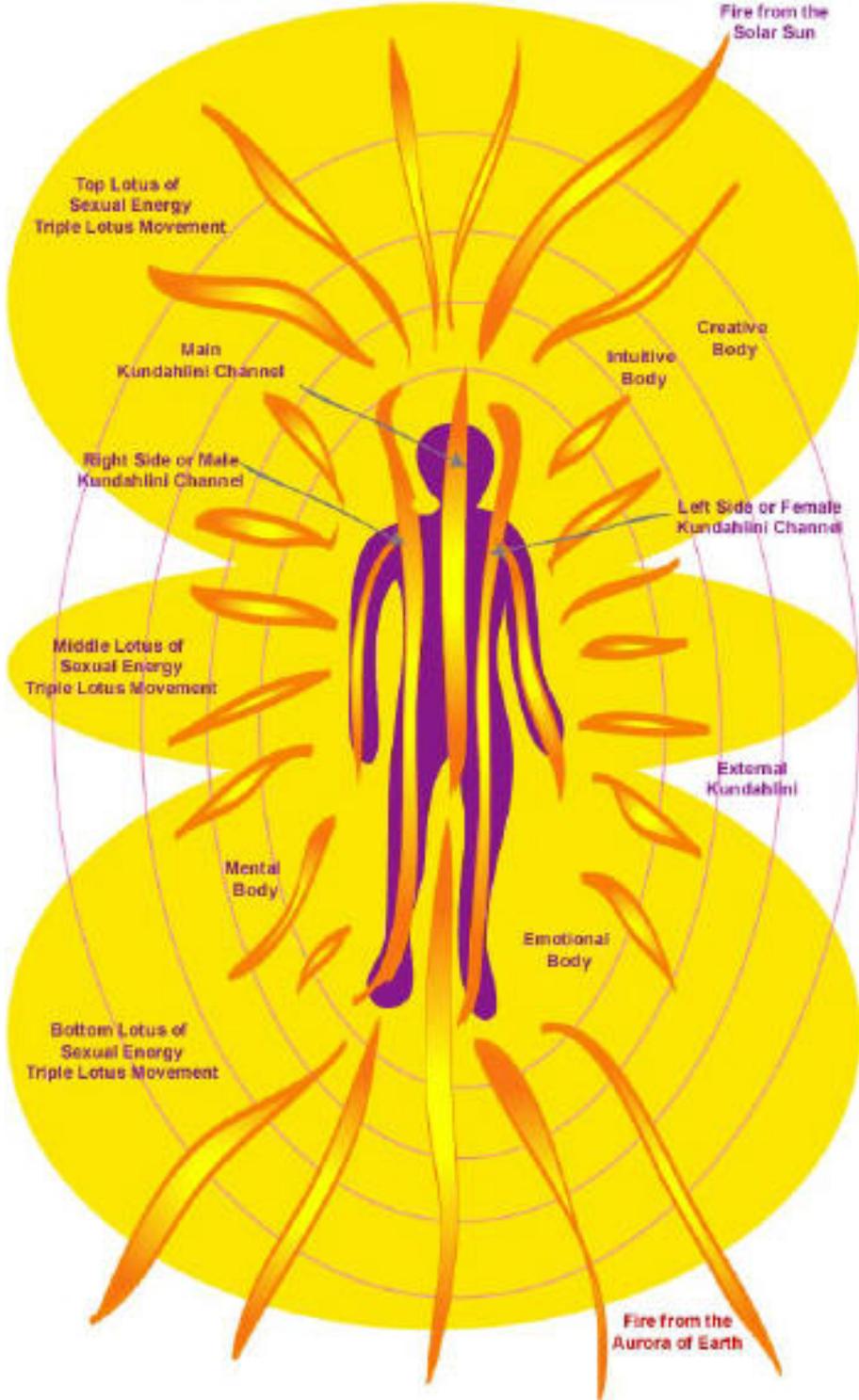
On the Map of Consciousness (MoC), the **charkas** calibrate as follows:

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

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



### Kundahlini and Sexual Energy Movement



**SPIRITUAL FINDINGS:****(Natural Love spirit assisted)**

1. Spiritual energy is needed for expansion of consciousness and travelling in the inner world. Stillness and awareness are not enough. No spiritual energy, no expansion of consciousness. Spiritual empowerment or Shaktipat is the transference of tremendous spiritual energy to enable the consciousness of the disciple to be able to travel to the different levels of the inner world. The transference of tremendous spiritual energy is called initiation in modern esoteric books.
2. Principle of Omnipresence. Based on inner experiences and experiments, consciousness travels infinitely faster than the speed of light and in all directions. One experiences a certain degree of Omnipresence. Different levels of consciousness travel at different speeds.

Although the broadcasting tower is in one place, the signal is Omnipresent depends on the power of the broadcasting tower. God is Omnipresent. The soul is Omnipresent up to a certain radius depending on how much spiritual power it has.

3. Inner stillness is not the ultimate objective. It is just a stepping stone to greater inner activities which manifest as partial functioning of intuitive and higher intelligence, illumination and/or expansion of consciousness.
4. A disciple may experience oneness with the “light” (wisdom) and expansion of consciousness. In many instances a disciple may not even reach the outer edge of the “light” within one incarnation.
5. Before the “light” (wisdom), there is a dark void. The inner world consists of a series of greater “light” and dark void. This dark void seems to be transition realm between two worlds or realms of “light”.
6. Within the “brilliant light” is the “form”: the planets and the moons, the sun, the galaxies, the universe and the universes. Please note that the word universes is in plural form. God being God cannot just create one universe. God being God continuously creates countless universes.
7. Within the “light” are Great, Great Beings whose existence and functions are incomprehensible to common people and even to most disciples.
8. Principle of Now. During deep meditation, sometimes the meditator may experience a state of consciousness that is called Now, where the past, present and future are experienced as One or Now.

To understand this concept, it must be specified that the experience of Now is not static but dynamic. The present is constantly becoming the past and the immediate future is constantly becoming the present. And the distant future is dynamic.

The future that is being experienced at that moment is not static. It is dynamic. To comprehend this concept of Now, imagine that there are one million super computers connected and gridded together. The super computers have built-in programs. All data have already been inputted and

the moment the new data are encoded, the gridded super computers would almost instantaneously come out with the projected future outcome or events.

The past, the present and the future are experienced simultaneously.

9. Creation is not a one time process. The process of creation is continuous, directed and evolutionary. Creation and evolution are two sides of the same coin. The proper term that should be used is “Evolutionary Creation”.
10. The inner sound is continuously used in the process of creation. Therefore, creation is a continuous process. In some religious texts this sound is called the Word.
11. Great spiritual Beings, great spiritual Teachers and their disciples are spiritual energy transformers.
12. The world consists of a series of spiritual energy transformers. The planet Earth is an energy transformer. The sun is an energy transformer, the constellation and galaxy are energy transformers. Our universe is a spiritual energy transformer, and a megauniverse is an energy transformer. A megauniverse consists probably of billions of universes.
13. Spiritual energy transformers are capable of stepping down or stepping up the energy. Spiritual energy transformers also qualify, modify or transform the energy passing through them.
14. Coexisting and interpenetrating physical objects and non-physical objects, is pure energy with consciousness. This pure energy with consciousness is called Nothingness, Ain, Sunya or Kung in different religions.
15. From the Absolute Supreme God comes Pure Energy with Consciousness and Pure Matter. Pure Energy with Consciousness is called “light” in Genesis. Pure matter is called “darkness” in Genesis. The combination of these two results in creation. In India, the word purusha means consciousness. It actually means pure energy with consciousness. Mulaprakriti literally means root matter. Root matter means pure matter. What we call energy is not pure energy. What we call matter is not pure matter. What we call “energy” and “matter”, is actually composed of Pure Energy with Consciousness and Pure Matter.
16. Through intuitive and higher intelligence, it can be sensed that the universe is undergoing a series of expansion and contraction, a series of creation and destruction.
17. The Supreme God is the All Pervasive Energy with Consciousness. This All Pervasive Energy is very subtle and almost imperceptible. It is super stable at the same time all powerful. It does not have form. This Supreme Being or Universal Pervasive Intelligent Energy is what we call the Supreme God who is formless.
18. In Judaism, there is no image of the Supreme God. In the Christian religion, there is also no image of the Supreme God. In Islam, the Supreme God has no image. In the Hindu tradition, the Parabrahman does not have any form. In Taoism, Tao is formless.

19. Since most people cannot comprehend God in this manner, it was necessary for the great spiritual teachers to create images for the different aspects of God.
20. Principle of Individuality and the Principle of Oneness. Individuality and Spiritual Oneness coexist simultaneously. Within spiritual oneness exists individuality. Within individuality exists spiritual oneness. These paradoxical truths coexist simultaneously.

Imagine there are one million computers. Each computer is an individual computer but when connected and gridded together, they function as One Mega Computer.

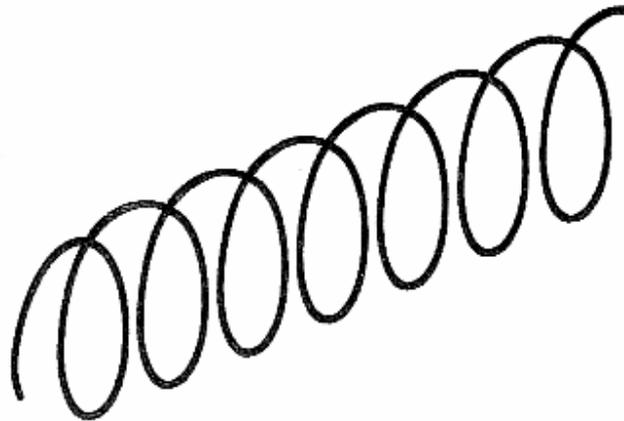
The energy body of the planet Earth has a consciousness of its own. The Earth's energy body is actually a Great Living Planetary Computer. Your energy body and its chakras has a consciousness of its own and is a living mini biocomputer. It is connected with the Great Planetary Biocomputer. The whole universe or universes has consciousness and is a Great Living Cosmic Computer. This is just one level of truth. The Principle of Interconnectedness and Principle of Oneness have different levels of Truth.

The reason why these Spiritual Teachings are correlated with modern science is to make them more comprehensible.

21. Based on the Principle of Spiritual Oneness, whatever a person does to others he does to himself. Spiritually, the causes set within the inner world will inevitably materialize physically unless a neutralizing factor is set in motion. The fruits may be pleasant or unpleasant depending on the nature of the seed that was planted. This is called the Law of Karma.
22. There is only one Supreme God who is Omnipresent. The presence of God in the Planet Earth is called the Planetary God or the Planetary Parabrahman. The Planetary God is also called Planetary Logos since life on the Planet Earth, physical and non-physical, is sustained through the constant use of the *Sound* or *Word*.
23. The Planetary Logos is a part of the Supreme God and is spiritually one with the Supreme God. Therefore, there is only *One God*.
24. The Presence of the Supreme God, in the sun and in the solar system is called the Solar God. In the Indian tradition, the Solar Parabrahman is called Lord Surya or Lord Savitur. In the Egyptian tradition, Amen Ra. Ra means Sun. Amen Ra means Solar God.
25. The Solar God is also called the Solar Logos. Since the existence of the sun, the planets and their moons are sustained through the constant use of the Sound or the Word.
26. The Solar Logos was referred to by St Paul when he said, "He is not far from us; for in Him, we live, and move, and have our being." (Acts 17:27-28)
27. The presence of the Supreme God in our galaxy is called the Galactic Logos or the Galactic Parabrahman.

The Golden Age occurs when our solar system is nearest to the centre of the galaxy, nearest to the Galactic Logos. The Dark Ages occurs when it is farthest away. This truth has been taught by the Great Spiritual Teachers.

Spiritual Evolution is governed by the Law of Cycles.



It is cyclical but on an upward trend.

28. The Universal Logos or Universal Parabraham for our universe.
29. The Cosmic Logos or the Cosmic Parbrahman for the universes.
30. Finally, the Absolute Supreme God, the Causeless Cause, the Source from which all comes from.
31. Spiritually, all of the different Logos are parts and one with the Absolute Supreme God. Therefore, there is only One God – the Absolute Supreme God.
32. A country has a national government, state governments, and city government. There is a hierarchy of governments. Likewise, there are different levels of manifestations of the Supreme God.
33. The Avatars, the Buddhas, Bodhisattvas, Messiahs, Prophets or the Messengers of God come from the Planetary Logos or the Planetary Parabrahman.
34. The Absolute Supreme God is Omnipotent which manifests as God the Will. Will is divided into purpose and power. Purpose without power is impotence. Power without a purpose is not power since it will be diffused and scattered. (Omni – all, of all things, in all ways or place; Omnipotent – having great or absolute power.)
35. The Absolute Supreme God is Omniprovident. To love is to provide. To provide is to preserve.
36. The Absolute Supreme God is Omniscient. This manifests as God the Creator. (Omniscient – knowing everything.)

37. God and the Holy Trinity can be understood as the invisible “light” passing through a prism producing seven colours. Of the seven colours, three are primary colours which, when combined, produce the invisible “light”.
38. These three aspects of the Supreme God manifest down to the Planetary Logos.
39. In Christian religion, these three aspects of the Planetary Logos are known as:

|                     |   |                 |
|---------------------|---|-----------------|
| God the Father      | - | God the Will    |
| God the Son         | - | God the Love    |
| God the Holy Spirit | - | God the Creator |

40. Which is different from:

|                 |   |                           |
|-----------------|---|---------------------------|
| The Father      | - | The Divine Spark          |
| The Son         | - | The I AM, the Higher Soul |
| The Holy Spirit | - | The Incarnated Soul       |

41. In the Indian tradition, the Holy Trinity is composed of:

|             |                            |
|-------------|----------------------------|
| God Shiva:  | The Destroyer and Restorer |
| God Vishnu: | The Provider               |
| God Brahma: | The Creator                |

42. God the Omnipotent is called God Shiva, who is the Destroyer and Restorer. To destroy and to restore is equal to regeneration. The word regeneration has many meanings including spiritual evolution.

When the body is destroyed or dies, the soul is liberated. It reincarnates in another body. This is the meaning of Restoration or Resurrection. Through this process the soul gradually evolves.

Regeneration or creative destruction can be applied to a house which is called remodelling. Creative destruction when applied to the human body is called regeneration. In a company, this is called reformulating the strategy and policies, and restructuring the organisation. In a country this is called progressive policies and progressive laws. In relation to the human race, it is called planetary spiritual evolution.

43. God the Omniprovident is called God Vishnu, who is the Preserver. As stated earlier, to love is to provide, and to provide is to preserve. In relation to parents, it means earning a living; providing shelter, food for the family, and education for the children. In relation to the government, the act of providing and preserving is called the “social security system”.

In relation to the Spiritual Teacher, it is providing spiritual teaching, moral values, and spiritual practices to preserve the students from morally degenerating and improving their life in general.

44. God the Omniscient is called God Brahma, who is the Creator. God is all-knowing. God being God cannot manifest as sterile intelligence. God manifests as active intelligence, as creative intelligence; therefore, God is not only Omniscient, God is the creator.
45. God the Creator is called God the Holy Spirit in the Christian tradition and God Brahma, in the Hindu tradition. God the Holy Spirit or God Brahma is the Divine Mother.

You cannot ask the husband to produce a baby. It has to be the wife who produces the baby. It has to be the mother.

46. In the Islam tradition, some of the different aspects of God are known as the 99 names of Allah.
47. Human beings made in the image of God, also have the three qualities:

- Will
- Love
- Intelligence

These three qualities exist in every person in varying degrees of development.

48. There are saints, yogis, and lay people who have experienced oneness with God. Qualitatively this is true. Quantitatively this is true to a very minute degree. Truth must be understood qualitatively and quantitatively.

These saints, yogis, and lay people, if they were to achieve a high degree of oneness with the Planetary Logos, their bodies would die instantly. How much more for the Solar Logos? How much more for the Absolute Supreme God?

The Planetary Logos told Moses, "You cannot see my face, for no one may see me and live". (Exodus 33:20)

49. The soul, its subtle vehicles and its physical body, must be given very minute dosage of intense spiritual energy, of very minute dosage of oneness with God. The capacity of the soul and its vehicles, and its physical body must be gradually developed. Too much intense divine energy, too much divine oneness may cause the body to become sick, to become permanently damaged or to die.
50. Based on the Principle of Interconnectedness and Principle of Oneness, one can have access to Power, Love and Intelligence. Quantitatively, this is true to a minute degree. Even this minute access and minute dosages of Divine Power, Divine Love and Divine Intelligence manifest as incredible phenomena called miracles by the masses.

St Augustine said, "Miracles do not happen in contradiction to nature, but to that which is known to us about nature."

51. The existence of God is self-evident. It is amazing that those who have eyes do not see. The existence of a camera factory is self-evident by the existence of the camera. The existence of God is self-evident, by the existence of the eye, which is infinitely more complicated than a camera.

The existence of a computer factory is self-evident by the existence of the computer. The existence of God is self-evident by the existence of the brain, which is infinitely more complex than the most advanced computer.

A machine is produced based on the design and mathematical computations made by engineers. These mathematical computations are based on mathematical formulas. The universe is designed and governed by certain Laws of Nature, which are expressed in mathematical formulas. Who else but the Supreme God, who is Omniscient, could do this? Just as the existence of mathematical formulas to compute interest payments, amortisation, principal repayments, and others, implies the existence of intelligence. The existence of mathematical formulas, which design and govern the universe, implies the existence of God, who is OmniIntelligent. This Truth is obvious, yet many do not see this obvious Truth.

52. A beautiful rose is made of only four physical ingredients:

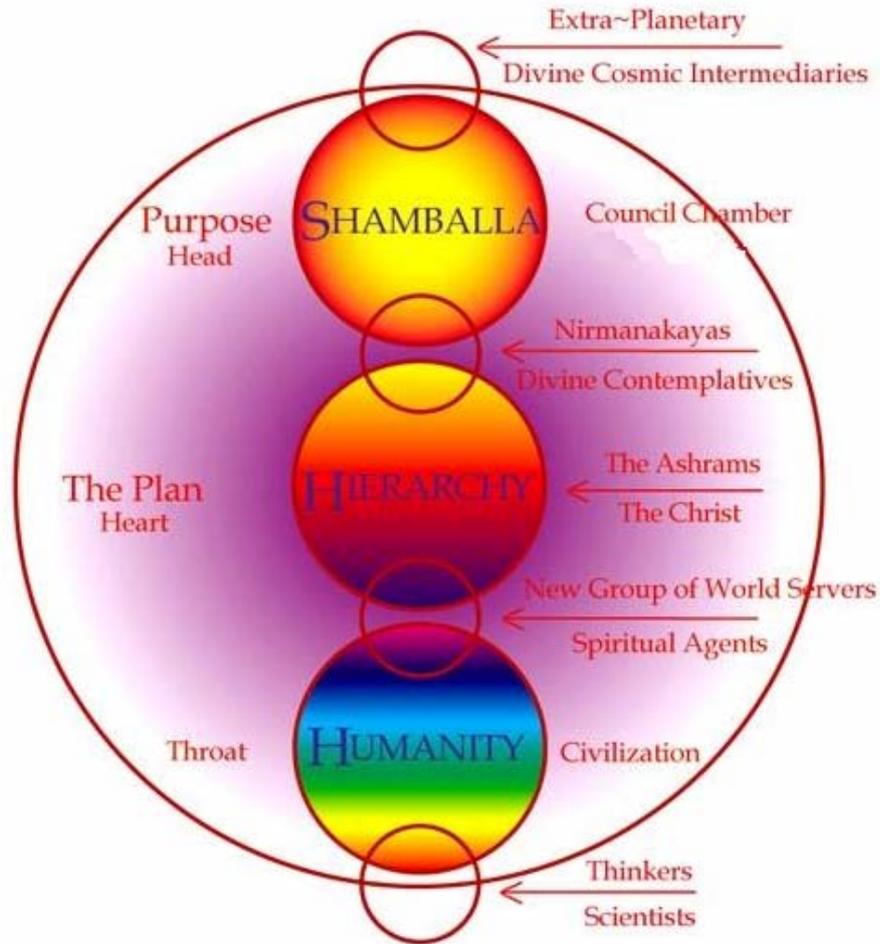
- a. water
- b. trace minerals
- c. air
- d. sunlight

Only God can make something so complex, so beautiful, with just these four physical ingredients. Scientists, even if given trillions of US dollars, will not be able to produce a rose just with these four physical ingredients.

53. The flowers, the fruits, the plants, and the trees, are produced with these four physical ingredients. To produce chemicals you need chemical factories, chemists, and chemical engineers. Many of the bio-chemicals in the flowers, in the fruits, in the plants and in the trees cannot be reproduced by the biochemists and the chemical engineers. Yet a plant or a tree, which is not managed and controlled by biochemists and chemical engineers and which is much smaller than a chemical factory, produces them. Truly God is OmniIntelligent. Truly God is Omnipotent. Nature is God's factory. To see nature is to see the creation of God. The existence of God is self-evident.
54. We are all children of God. God loves all of us. God loves the good, the not so good, the bad, and the terrible. God loves us no matter what we are. God is all loving. God is all merciful.
55. Divine Justice can be balanced by Divine Mercy. It is in forgiving that one is forgiven. "It is in pardoning that we are pardoned," said St Francis of Assisi. By showing mercy, one can receive mercy. "Blessed are the merciful for Mercy shall be shown to them". (Matthew 5:7) If a person does not show mercy by forgiving, how can one harvest forgiveness, thereby partially erasing one's negative karma? The Law of Forgiveness and the Law of Mercy supersede the Law of Karma.

Source: The Origin of Modern Pranic Healing and Arhatic Yoga by Master Choa Kok Sui.

(The hierarchy in the spirit world is based on Love)  
This diagram is based on Natural Love precepts:



The Three Sub-Human Kingdoms in Nature  
Esoterically, the reflection of the three major groups listed above

*Feelings first*

**LIVE FEELINGS FIRST**

**FEELINGS FIRST For Kids**

**FEELING HEALING versus other EMOTIONAL PROCESSING METHODS:**

Thursday, 13 July 2017

Hi James and Nanna Beth of 3<sup>rd</sup> Celestial Heaven (questions from John)

The question to address is:

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

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

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

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

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

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

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

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

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

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

### Why haven't other methods been going deep enough?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

So really one need only work with James' (and Marion's) work, which includes longing for the Divine Love. People are to look to them first, and then later to Mary and Jesus. To put Mary and Jesus ahead of Marion and James can cause you problems because you will overlook what Marion and James are revealing. But as Mary and Jesus are known and with such importance placed on Jesus, and now with the PM and the Divine Love, so it's all the more confusing. Even added to by James having written focusing on and making Mary and Jesus more important than himself and Marion.

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

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

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

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

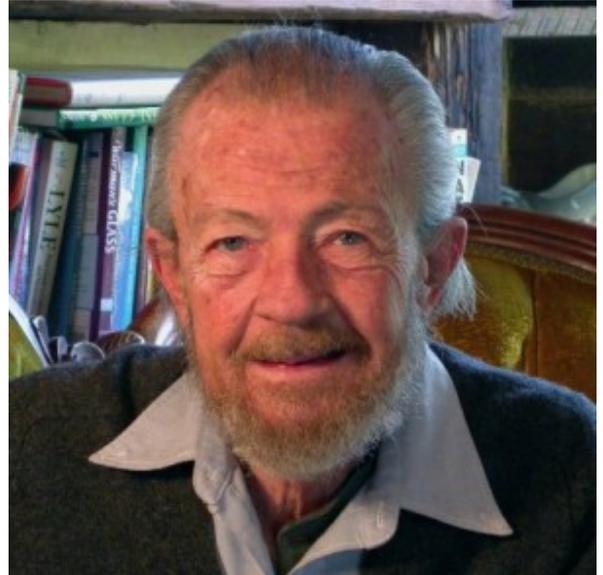
Primary and most important readings are the writings of James Moncrief.

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

Love from us all over here – your Nanna Beth.

**Dr DAVID R HAWKINS:**

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



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

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

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

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

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

Everything is interconnected.

**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.**

**MUSINGS by JOHN:**

Thursday, 28 September, 2017

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

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

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

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

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

Cheers John

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

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

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

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

And to bolster my flagging ego, I would tune into those people on Earth who were still thinking well of me, yourself John being one such person. And here again, by doing this, I gave myself a rude shock

having to face the fact and realise that few people truly understood what I was teaching, taking my work and corrupting it for their own gain. And believe it or not, I never thought such a thing would happen. So, who of my 'earthly followers' was staying true to what I taught – who actually got it?

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

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

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

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

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

Yours respectfully,  
Dr. David Hawkins

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

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

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

I (Sam) bought 'Letting Go – the pathway of Surrender' by Dr Hawkins and I was very up with all of his feeling work but then felt the change in me with the mind dominant aspect of Dr Hawkins work, it was that I wasn't drawn to and felt myself draw back from it but now he can go on from what he already

knows, go further into the feeling aspect of what he discovered and I am sure he will get so much support in that from the Divine Love spirits that are guided to help him. Isn't that just so wonderful John, to have that help, like you have in Kevin and Kathaleen.

### **CONCLUSION:**

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

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

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

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

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

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

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

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

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

**in conjunction with**

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

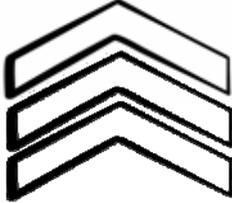


## The CHOICE is OURS to MAKE:

### Celestial Truth:

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

Fully Healed of the Rebellion and Default.



### THE FEELING WAY

Feeling – Ascendance  
Unlimited progression

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



### THE MIND WAY

Mind – Transcendence  
Limited progression

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



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

Hell:  
Exploiting the Rebellion and Default.

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

## Our FEELINGS are our SUPREME GUIDES:

# Feelings!

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

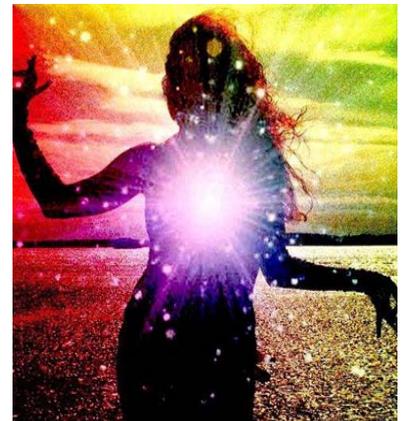
## Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.

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

## FEELING HEALING

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

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



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

# FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

## 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**



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



**1** Divine Love addresses the issues of the Rebellion.

The availability of Divine Love, should we so ask for it, being revelation 1:

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

Whilst we are receiving our Heavenly Parent's 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 the Mother and Father's way of loving us into love and then we live what we are, love.



**2** Feeling Healing addresses the issues of the Default.

The way to clear one's soul of childhood errors and injuries is revelation 2:

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

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



in conjunction with

Longing for the Truth when also longing for Divine Love.

# 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





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

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



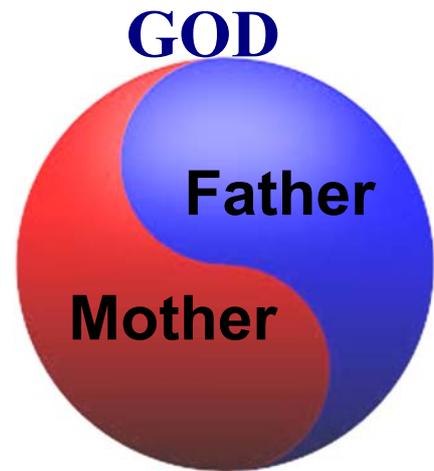
**Jesus of Nazareth and Mary of Magdalene, being soulmates, were both free of sin. Jesus and Mary, combined in their love for us, are our teachers and guidance for us to find our way home to our Heavenly Parents. To start this journey we are to liberate our souls from being entombed within our suppressive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

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

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

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

**WE ARE Children of God**



**WE ALL ARE BEING GUIDED HOME:**

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

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

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

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

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

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

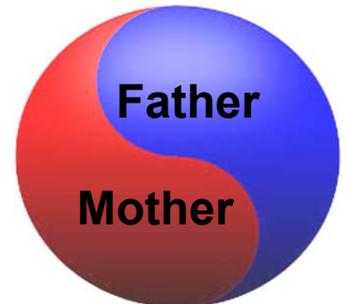
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God’s soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of our Mother and Father.

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

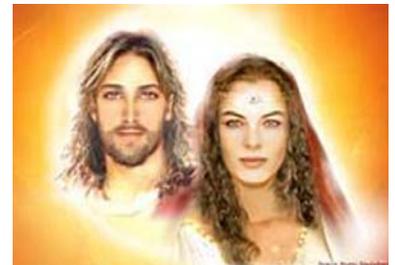
**J&M:** We are also to embrace the truths and guidance of the Paradise Pair, Mary and Jesus, who will then lead us through the 3 Celestial Heavens that are aligned with Earth, and then further on through Nebadon where we will then depart beyond on towards Paradise.

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

**GOD**



**M&F**



**J&M**



**AVO**

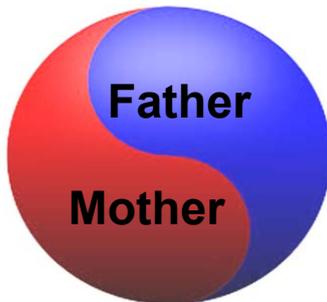


**HUM**

**WE ARE Children of God**

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

**GOD**



**M&F**

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

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

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



**J&M**

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

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

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

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



**AVO**



**HUM**

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

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

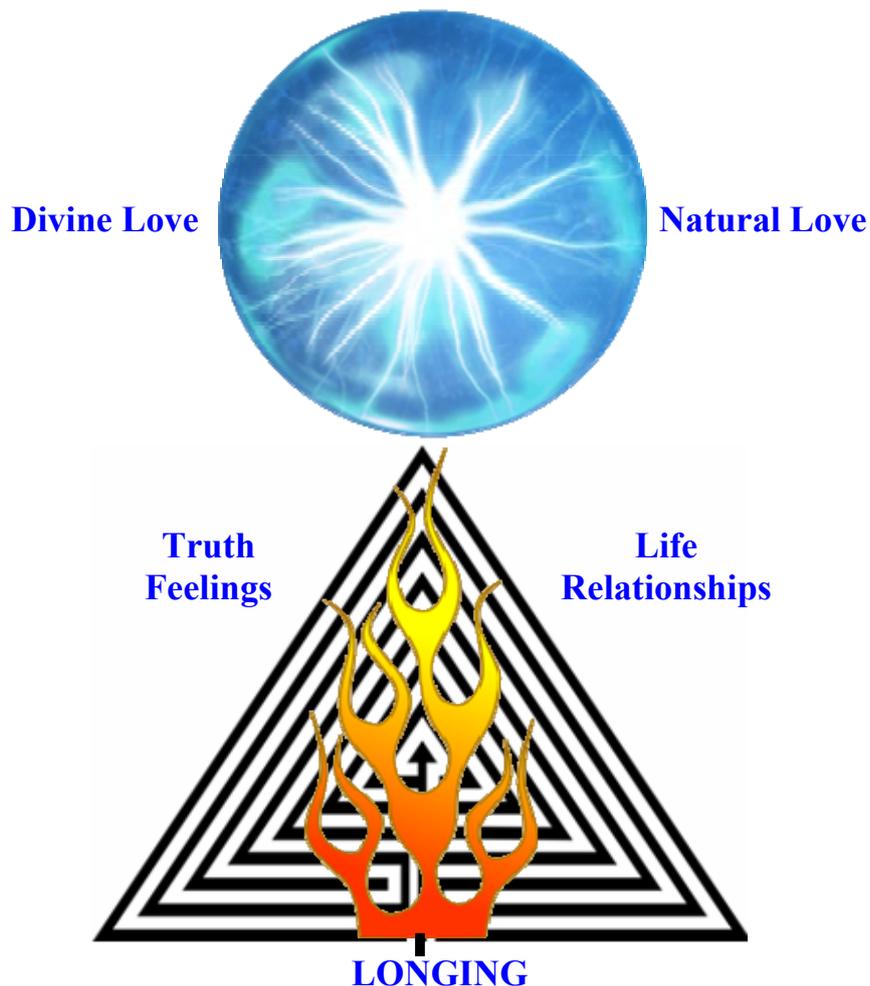
Collectively, should we embrace them all, as we are to, then our pathway home is a journey in the hands of the Spirits of Truth of the Avonal and Paradise Pairs overseen by our Heavenly Parents.

**WE ARE Children of God**

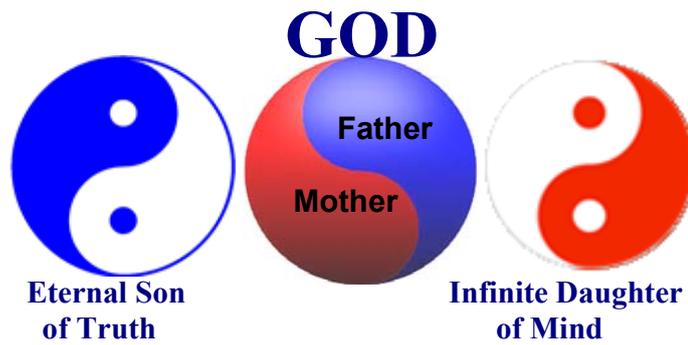
## HOW TO GET TO PARADISE:

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

## The Key



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



**PARADISE TRINITY:**

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

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

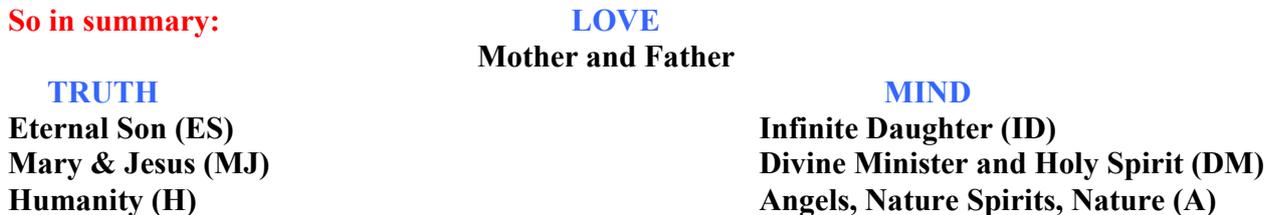
**The LOCAL UNIVERSE TRINITY:**

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

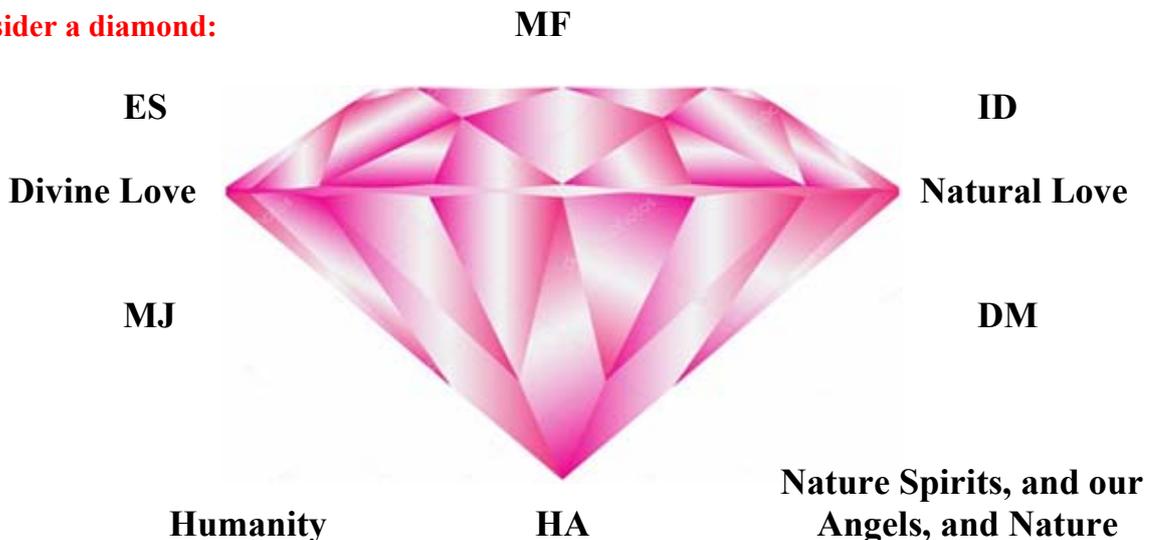
**PLANETS that engage in REBELLION:**

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

**So in summary:**



**Consider a diamond:**



# Mother and Father Heavenly Parents

Creator Son & Daughter

Jesus and Mary

Avonals

as soulmate pairs

Trinity Teachers

as soulmate pairs

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

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

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

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

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

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

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

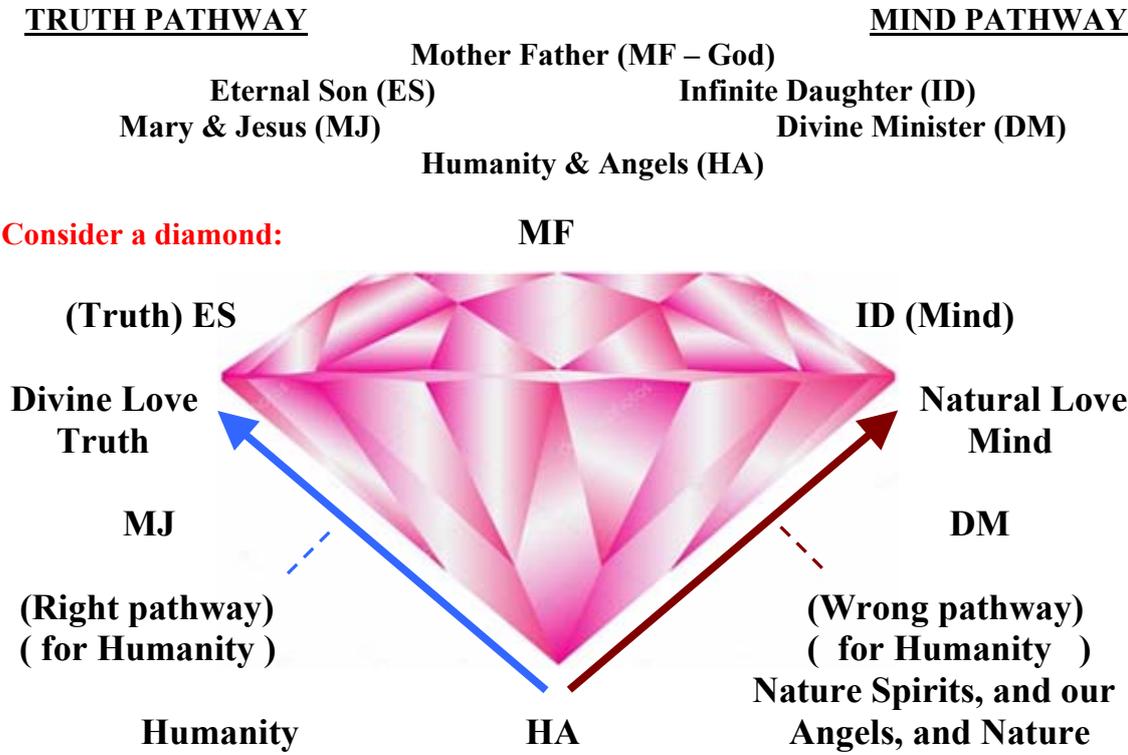
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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

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

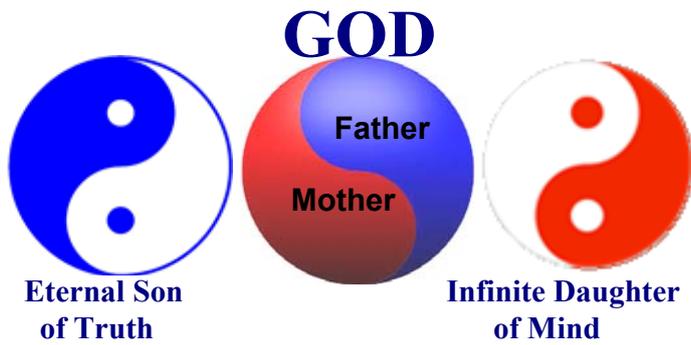
Currently the whole of Creation exists for the ascension of mortal souls from their earth planets to Paradise. It’s all one vast Grand Ascension Scheme. With all the higher and lower spiritual Daughters and Sons, together with all the many different angels and other universal spirit personalities, and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

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



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

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



**CREATION of SOUL and SPIRIT:**

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

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

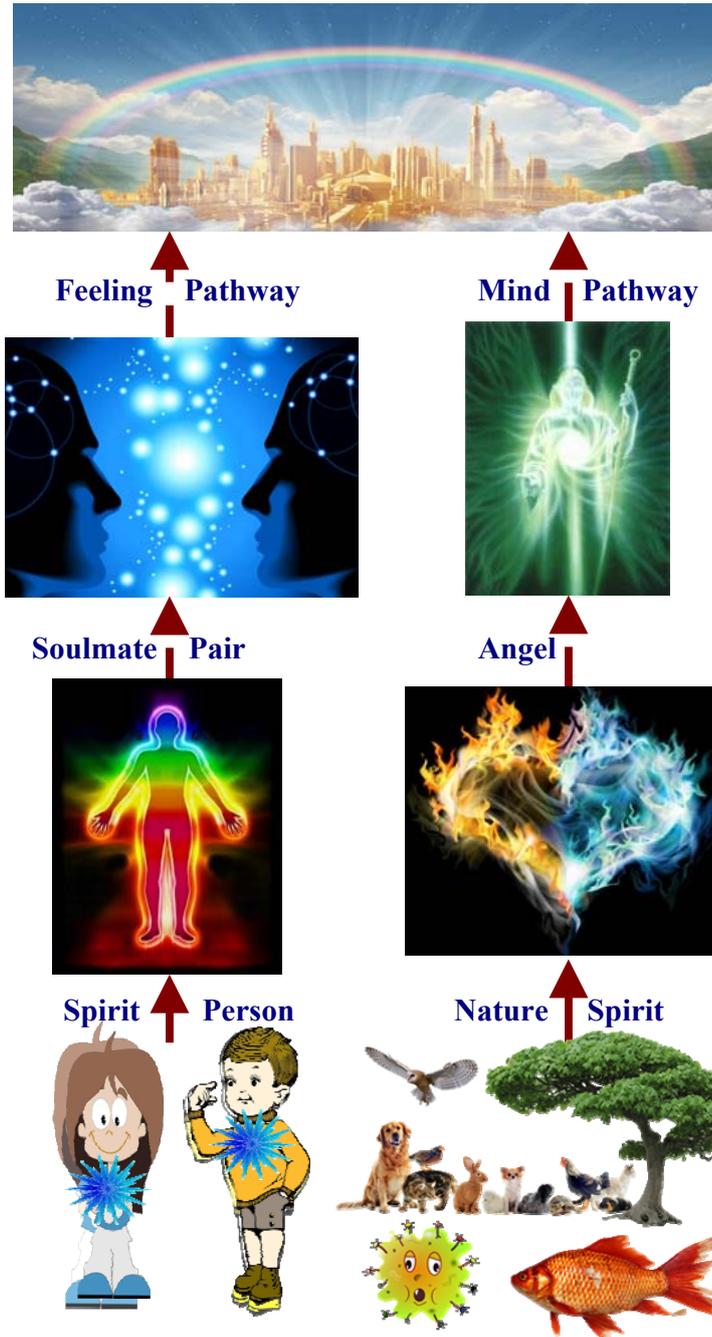
The soul of angels is experiential, evolving through their experience by continually progressing in mind development. Angels are to attain the Infinite Daughter (Spirit) of Mind. Angels are a creation of Mind. Our soul is duplex (we have a soulmate) and is created by our Heavenly Parents. Through our Feeling Healing we perfect ourselves enabling the union with our soulmate, as we progress in truth up through the Mansion Worlds, celestial heavens and all the way to Paradise.

The soul of angels is also duplex, yet of the mind, and they progress in mind evolution to Paradise. Animals, plants and nature spirits are also creations of Mind.

Neither we nor animals reincarnate. We never die; upon death, we move into the spirit Mansion Worlds on our journey to Paradise. When animals and plants die, be they the tiny microbe to the mighty elephants of the land and the whales of the ocean, their spirit energy returns to the Spirit Collective

Energy. And from this energy are drawn other animals and the nature spirits, who then in turn move onto becoming angels through increasing mind experience.

A nature spirit is an angel in waiting.



**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.



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

Available generally from:

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

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

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

For Divine Love focused websites and forums:

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

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

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

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

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

**DIVINE LOVE SPIRITUALITY – DLS:**

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

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

**James Moncrief Books:**

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

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

**Religion of Feelings**

**Introduction to Divine Love Spirituality**

**Main website of DLS**

**Childhood Repression website**

**DLS and CR forum**

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

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

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

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

<http://dls cr.freeforums.net/>

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

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

It is suggested for one to consider reading as follows:

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

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

**Paul – City of Light**

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

**Ann and Terry**

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

**Feeling Bad? Bad Feelings are GOOD**

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

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

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

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

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

**Religion of Feelings  
Feeling Healing**

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

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

**The Padgett Messages being published as:****The True Gospel Revealed Anew by Jesus volumes 1 – 4****Book of Truths by Joseph Babinsky****The Urantia Book**

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

**in conjunction with**

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

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

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

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

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

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

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

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

<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..*

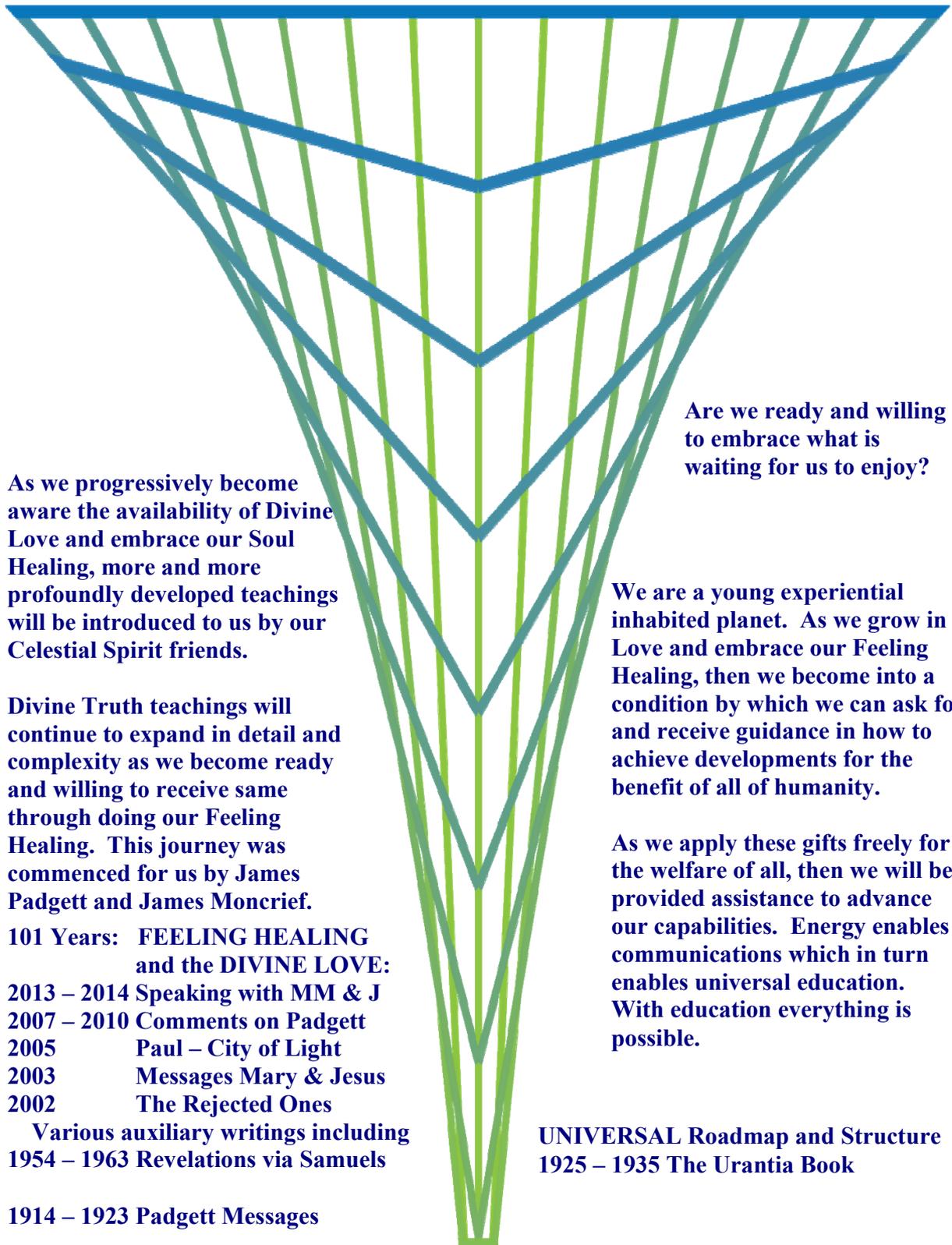
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

**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:



