

# PASCAS CARE

## Sound for Health application



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

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

Living Feelings First, *John.*



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



## HOW SOUND HEALING WORKS – ABOUT VIBRATIONAL HEALING

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

I have found through many years of personally enjoying music and sound, that my clients can also experience the benefits of the different tones generated by the crystal bowls that I use during hypnosis, Past Life Regression, and Energy Healing sessions.

*Healers and shamans of many cultures correctly sensed that listening to vibrational sound helps us access auditory nerves in a way that may increase receptivity to healing energy.*

The pure tone of crystal bowls produces a vibrational sound field that resonates with the light body chakra and corresponding physical area. A series of pure crystal tone therapy facilitates the rebalancing of each receiver back into an elevated level of etheric radiance. Clear quartz contains the full spectrum of light that is related to the seven energy centres (chakras) and thus heals the listener by bringing pure light through sound as specific colour back into the human aura. The effect is multiplied as the crystal bowls are played.



*Sound takes form...it can move into form and take shape...how do we experience and benefit from those sensations?*

- Modern science has shown that in the human body, auditory nerves have the power to shift our energy to the "centre," bringing about a feeling of connection and serenity. The continuous cycles of the universe open to us with healing effects of sound.
- People report a variety of sensations during sound treatments--seeing forms, lights, colours, geometric shapes and other visions are frequently mentioned.
- Sound and music help us enter a different healing state of consciousness that helps us learn more about our inherent strengths and potential for improvement.
- Our bodies are like an orchestra receiving and producing a symphony of sounds, chemicals, electrical charges, colours, and images. When we are in good health, the instruments in our orchestra perform fluidly and in tune. When we are sick or ailing, one or more instrument is flat or sharp, unstrung, deficient in tone. Bringing a body into balance requires observing the orchestra in its entirety and assessing it accurately--its current condition and past experience, its inherent strengths, its potential for improvement.

**PASCAS  
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## **SOUNDING A NOTE INTO THE UNIVERSE:**

Hearing the haunting sound of the crystal bowls seems to awaken an ancient remembering, touching the essence of the soul. How can we explain what it is? Is it the crystal from which the bowls are made? Is it a refrain from the ethers? Is it our connection with the source of our creation?

### **What is sound?**

Everything that moves vibrates, from the smallest molecule to the universe itself. As long as it is vibrating, it is making some kind of sound. We may not perceive the sound, as it may be below or above the threshold of our hearing. The human ear can hear sound vibrations between 20 and 20,000 cycles per second, although we also perceive sound by skin and bone conduction, ingesting and consuming it with the whole body.

Many cultures and religions revere sound so deeply as to believe it called the universe into being. For the Hindus, all was dark and quiet in the universe, until the first movement in the universe created the sound "AUM" or "OM". It is the mother tone, containing the frequencies of all other sounds.

Scientific studies show that sound can produce changes in the autonomic, immune, endocrine and neuropeptide systems. Every atom, molecule, cell, gland, and organ of the human body absorbs and emits sound. The entire body, as well as our brain waves in a relaxed state, vibrates at a fundamental frequency of about 8 cycles per second, literally entraining and attuning us to the basic electromagnetic field of the Earth itself!

The late Dr. Hans Jenny, a Swiss scientist, rendered vibrations into physical forms, using sand, iron filings, and other materials, creating a multitude of kaleidoscopic images. This study of patterns and shapes is called cymatics.

Many modern scientists and doctors are translating this work into medical practice. Mitchell Gaynor, M.D., director of Medical Oncology and Integrative Medicine at the Strang-Cornell Cancer Prevention Center, and author of the new book, Sounds of Healing, uses crystal bowls and Tibetan bowls in his practice with cancer patients. He chronicles a thorough study of sound healing and a holistic approach to mind-body healing.

Dr. Gaynor refers to others who are using sound to complement their medical practice. Among them are Sir Peter Guy Manners, M.D., an English osteopath, who uses cymatic therapy to achieve a near-ideal metabolic state in a cell or organ and Jeffrey Thompson, D.C., who practices a technique called "Sonic Induction Therapy", using primordial sounds and sounds of nature to promote healing at the cellular level.

### **What is music?**

Music is organized sound. Virtually all cultures have used the powers of music therapeutically. For several hundred years, the role of music became one of entertainment. Only recently has the use of sound and music reappeared as a valuable healing mode in our western culture. Some of the most powerful music does not have a particularly pleasing melody. The goal of music therapy is to reduce stress and

pain, promote deep relaxation, develop self-awareness and creativity, improve learning, and clarify personal values.

### **What is colour?**

"There is more energy released in Sunrise and Sunset and times of rainbows than perhaps in any other way." Ronald P. Beesley, Creative Ethers

Sound and colour are both forms of energy, which vibrate. As the vibration of sound becomes higher and lighter, the sound is transmuted into colour. Steven Halpern gave a graphic example of the sound / colour relationship:

"vibrations at 1,000 cycles per second are easily audible. If you double the vibrations to 2,000 cycles per second, that is one octave higher. If you double it again to 4,000 cycles per second, that is another octave. A normal piano spans a bit more than seven octaves. If, hypothetically, we could extend the piano keyboard another 35 to 50 octaves higher, the keys at the higher end would produce colours, rather than audible sounds, when played." (Sound Health-The Music and Sound That Makes Us Whole, p. 182-183).

An interesting side note is that if we were playing this keyboard 35 or so octaves below audible sound, we would be playing Chi, life force energy!

### **What are chakras?**

As the universe is composed of spinning wheels of energy, we too, at the inner core, spin seven wheel-like energy centres called chakras. They are measurable patterns of electromagnetic activity, centres for the reception, assimilation and transmission of life energies. Each chakra reflects essential aspects of consciousness, forming the master programs that govern our lives, loves, learning and illumination. Anodea Judith, in her book Wheels of Life, delivers a comprehensive treatise that is scientific, cultural, psychological, and esoteric. She writes:

"Chakras can be open, closed or any of the various stages in between. These states may be basic aspects of someone's personality throughout most of their life, or something that changes from moment to moment, in response to a situation. An ailing chakra may be unable to change its state easily, being "stuck" in either an open or a closed state. Then the chakra needs healing, by uncovering and removing whatever is blocking it." p. 23

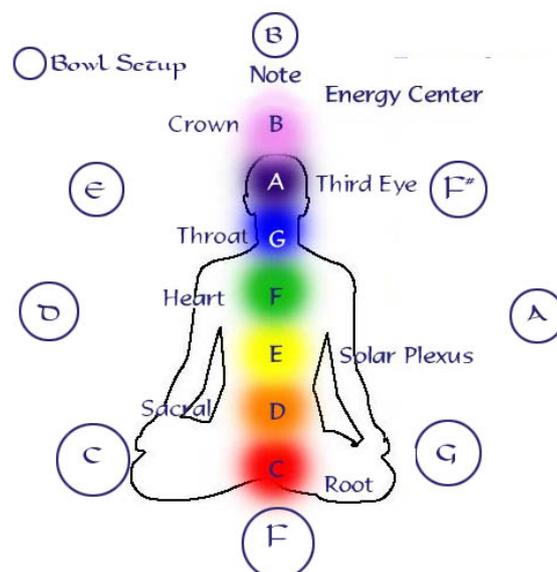
"the seven major chakras are all inseparably interrelated. A block in the functioning of one chakra may affect the activity of the one above or below it. For example, one may have trouble with personal power (third chakra) because of a block in communication (fifth chakra) or vice versa. Or perhaps the real problem may lie in their heart (fourth chakra) and only manifests in these other areas because it is buried so deeply. In examining the theoretical System as a whole, and applying it to your system (lower case) as it uniquely occurs within you, one learns to sort out these subtleties and patterns and make self-improvements according to their goals." p.25

There are times when we desire our chakras to be open, when we are receiving information or healing. There are also times, as when we are in traffic, that we want some of them to be closed!

Colour is visible sound, and sound is auditory colour. Both light and sound affect the chakras, especially when used in conjunction. Each of the energy centres is associated with a specific tone of the musical scale and with a specific colour. Red, the colour that vibrates the slowest, corresponds to the root chakra. The colours follow a rainbow progression, with violet as the highest vibration, corresponding with the crown chakra.

Following is a simple correspondence chart of chakras, colours and notes.

Energy Center	Location	Element	Issues	Right	Color	Note
1st Root	Base of spine	Earth	Physical needs	To have	Red	C
2nd Sacral	Lower abdomen	Water	Sexuality, emotions	To feel	Orange	D
3rd Solar Plexus	Solar plexus	Fire	Power, vitality	To act	Yellow	E
4th Heart	Heart	Air	Love	To love	Green	F
5th Throat	Throat	Sound	Communication	To speak	Blue	G
6th Third Eye	Brow	Light	Intuition	To see	Indigo	A
7th Crown	Top of Head	Thought	Understanding	To know	Violet	B



# Tuning Forks for Healing Therapy

## Introduction to the Life Energy System

<http://www.healingtuningforks.co.uk/>

The human body is sustained by Life force energy which is referred to as Chi in Chinese medicine and Prana in Indian Medicine. This energy which has Electro-magnetic characteristics travels through Meridian pathways inside the physical elements of the body and feeds all the main organs, glands and ultimately every muscle, nerve, tissue and cell.

Surrounding the outside of the body there are several electrical energy fields created by the Source Energy which are commonly referred to collectively as the aura. These comprise of the meta-physical elements of the body and which have Magneto-electric characteristics.

Located on the mid-line of the body there are seven main transition points for distribution of the life force energy into the physical elements and these are known as the Chakras.

The word Chakra means literally a wheel and this part of the system comprises of seven centres of rotating vortices of energy. Their electrical function is to act like downline transformers to feed the higher voltage energy of the magneto-electric energy fields of the Aura into the sub-circuits of lower electro-magnetic energy of the Meridian system.

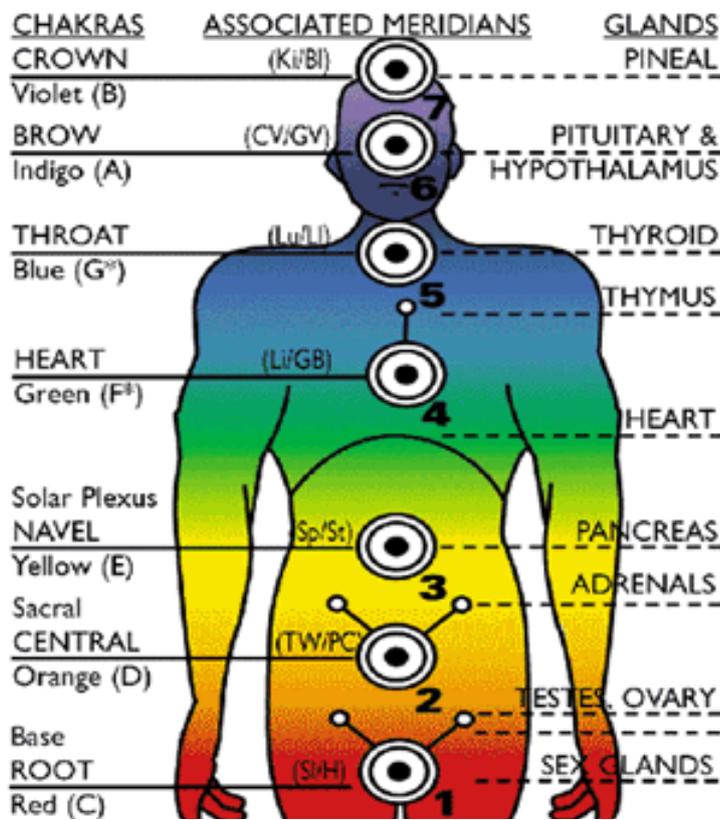
The Meridian system comprises of twelve principle meridians which act like distribution paths for the energy and eight meridians which act like vessels to store the energy inside the body.

The Chakra and the Meridian system are therefore intrinsically linked in order to form a distribution network for the Life force energy and it is this complex system of energy transfer and distribution that is the focus of tuning fork therapy.

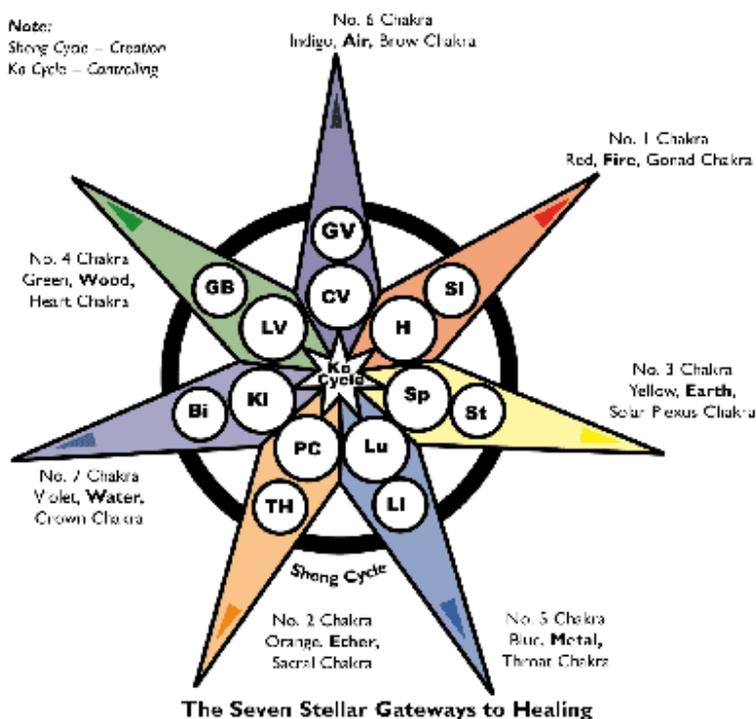
By definition every organ tissue gland and cell in the body depends on a regular and uninterrupted supply of this energy in order to carry out the process of sustaining Life.

Ancient Chinese and Indian medicine both are advocates of unblocking and releasing energy disturbances inside and outside the body in order to alleviate the symptoms of disease. Application of Tuning fork sound therapy can act as a tool to bring about changes on all levels of this Energy system producing a remarkable healing effect as a result.

*This diagram shows the key relationships between the Chakras, Acupuncture Meridian and Endocrine Glands of the body.*



**Note:**  
Sheng Cycle – Creation  
Ke Cycle – Controlling



*This diagram represents the Seven Gates of the human body comprising of the Chakra and Meridian Energy Systems which can be used for the purposes of Healing.*

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## **The Importance of Sound in Healing**

Sound is in constant motion and is made up of three important interconnecting elements namely Pulse, Wave and Form – these cannot exist one without the other as they form a trinity of three elements in action in order to create one powerful force.

The laws governing Quantum Physics has demonstrated that everything in the Universe is made up of Vibrational Fields and the human body is no exception.

Sound is recognized as the most important form of Vibrational Energy as it gives birth to all other forms. It can cause different effects in each one of these fields and vibration from any source can have both beneficial and detrimental effects to our well being as a whole.

When the human body comes into contact within any of these fields either negative or positive resonance occurs and the body's delicate cell structure can become affected depending on the source.

Resonance is the process whereby the primary vibration can initiate the secondary vibration which becomes sympathetic to it so that they both start resonating at the same frequency.

A classic example of this is the sound that can be created by the trained voice of an opera Singer which can shatter a glass if the note is held long enough as it resonates and vibrates to the point of destruction because the material is not flexible enough to withstand the vibrations it produces in sympathy.

In the case of tuning fork therapy a beneficial process of resonance occurs which means that if the frequency measured in vibrations per second [vps] is applied by focusing the Sound generated by tuning forks on various parts of the body it can help to establish a new pattern of balance and erase the detrimental patterns caused by the negative resonance pattern of ill health.

Sound has many other effects on both conscious and unconscious levels often evoking emotional responses – it has a counterbalancing action on the physical and emotional states of the body and mind. The power of Sound for instance can energise the body when tired or relax the body by soothing the nervous system when we are angry, it also has the amazing ability to lift our spirits in times of depression and grief.

When the internal and external aspects of our lives become at odds with each other we become dissonant which is a lack of harmony or inflexibility – as flexibility is to all intensive purposes represents an easier and more harmonic pattern of life then rigidity is the opposite number being ultimately and literally death.

Translated into its musical form Sound becomes the appreciation of its Universal power for it clearly helps us to become more harmonious and coherent – it is by these standards therefore a truly potent medium for healing.

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## Acu Sound Tuning Forks

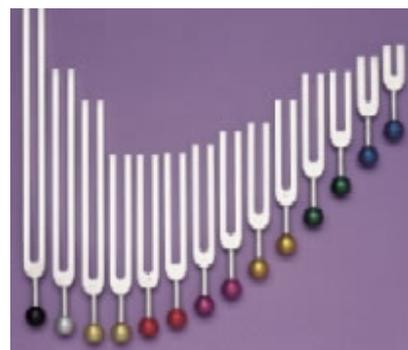
This set of fourteen forks is tuned to the vibrational frequencies of each of the main meridians of the Acupuncture System comprising the following: –

- |                     |                     |
|---------------------|---------------------|
| 1) Central Vessel   | 8) Kidney           |
| 2) Governing Vessel | 9) Pericardium      |
| 3) Stomach          | 10) Triple Heater   |
| 4) Spleen/Pancreas  | 11) Gall Bladder    |
| 5) Heart            | 12) Liver           |
| 6) Small Intestine  | 13) Lung            |
| 7) Bladder          | 14) Large Intestine |

The meridians are in pairs of Yang and Yin elements [positive and negative / light and dark] these are the opposing forces of energy that regulate the action of life force in matter.

Each pair of meridians has a direct relationship with a particular Chakra, Musical note, Colour a specific Endocrine Gland as shown in the diagram previously.

*Photograph of the Acu-Sound Meridian Set of Tuning Forks*



The tuning forks come in twelve different sets each one of which can be targeted at different systems in the body but for the purposes of this article the Acu-sound tuning forks are the main set of reference in this article.

The complete list of sets available are as follows: –

- |                                    |                            |
|------------------------------------|----------------------------|
| 1) Acu-Sound (Principle Meridians) | 7) Vital Sound             |
| 2) Acu-Sound (Secondary Vessels)   | 8) Genetic Sound (RNA/DNA) |
| 3) Chakra Sound                    | 9) OM/Cubit Sound          |
| 4) Muscle Sound                    | 10) Brain Sound            |
| 5) Spinal Sound                    | 11) Jaw/TMJ Sound          |
| 6) Cosmic Sound (Planets)          | 12) Amino Sound            |

On a general level the appropriate tuning forks can be selected by the practitioner using a number of different means including by intuition, using a dowsing pendulum, or by making a logical assessment of the patients symptomatic condition and then using the relevant fork or forks related to the Meridians or Chakra that may be involved.

Other methods involve using Kinesiology muscle testing procedures and these fall into two categories that can be either very basic involving one or two forks or alternatively more advanced using multiples of tuning forks to correct many complex imbalances in the body.

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### **Qualities of Tuning Fork Sound**

When one tuning fork is rung it creates one single sound which is called the Fundamental note however there are many other notes that are sounded simultaneously which are called the Harmonics or Overtones and these are precise mathematical ratios of the first note. The first harmonic overtone known as a Partial vibrates twice as fast as the first note and the second three times as fast as the first and so on.

When two tuning forks are sounded together it creates a pattern containing two vibrational frequencies and the difference between these frequencies is known as an Interval.

The brain however not only hears the two frequencies sounded but also hears the third frequency being the difference between the two by the process of Holographic Sound Translation – therefore the body responds to three vibrational frequencies if two forks are rung.

When it comes to multiple forks being sounded the effect is that a multitude of different frequencies plus all the harmonics or overtones as result of the particular combination selected are administered to the body in one complex Sound Bath.

The tuning forks are made of a special aluminium alloy and are designed to give rich overtone characteristics having warmth and depth. They also have long ringing decay times so that the note is sustained as long as possible from its initial phase of loudness to the very delicate phase as the note subsides into an all pervading silence at the end.

*"Everything in the Universe vibrates and is in a steady state of flow – the Universe is therefore alive with sound and within all sound is harmonic overtones."*

Extract from Healing Sounds by Jonathan Goldman

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### **Health Problems and Tuning Fork Therapy**

A great deal of different health problems can be helped with tuning fork sound therapy ranging from pain control to behavioural and emotional problems.

There are specific sets which work on Muscle circuits and Spinal vertebrae, Jaw, Cranium and the bones of the body. Vital Sound contains a wide range of Vibrational frequencies which are directly related to alleviation of symptomatic patterns in the body caused by illness.

Tuning fork therapy often has a soothing effect on the nervous system and is good for tension and headaches caused by stress. It energises and relaxes the body with the patient often experiencing profound changes by the unblocking of Chakra or Meridian pathways causing a redistribution of their own innate healing energy to where it is needed most.

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### **Tuning Fork Application**

The tuning forks are normally held in the hands making contact with the palms. Used in this way they act as a carrier channelling the practitioners own healing energy into the forks and through into the Sound being generated at the fork tips.

The application of the Sound therapy can be greatly enhanced by the practitioners Intent or focus on the problem that is being addressed at the time. The vibrational combination of the Sound generated by the tuning forks which is the Frequency and the Intent of the practitioner creates a powerful combination of three elements known as a Trinity to create the Healing Effect.

The tuning fork Sound energy can be administered in a very focused point like a laser onto very specific parts of the body such as directly over the main organs or areas of pain and discomfort.

They may also be focused or spiralled into the Chakra vortices and Nerve Plexus positions or alternatively they may be waved over the body in a figure eight infinity pattern to give a Sound Bath in the Aura.

The actual selection of the required tuning forks using Advanced Kinesiology techniques utilises the Alarm Points of the Acupuncture System to identify the Meridian that is Over energised or Under energised other simple techniques are also available to use basic muscle testing to select the correct tuning fork combination.

When using the tuning forks to clear the energy blockages the correct area of treatment can often be felt as a thick heaviness in the energy fields surrounding the body – this effect often disappears and feels immediately lighter and more fluid after treatment when the energy is flowing more evenly to the area.

The reason the application of sound has a powerful therapeutic effect is because it concentrates the vibration into the Mind or Mental body and it is this element that forms the bridge between the Lower aspects of our Physical body and the Higher aspects of our true Spiritual Self.

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### **Effects of Tuning Fork Sound Therapy**

The actual effect of tuning fork sound therapy can be verified by a number of methods which include kinesiology muscle testing procedures to check the status of the organ meridian energy circuits and the chakras which are directly over the main nerve plexus points in the physical body.

The effect on the Meta-physical elements can be measured with a special camera known as Kirlian Photography which captures the changes that take place within the electro-magnetic energy field surrounding the body when the Tuning forks are applied during treatment.

The patient's symptomatic pattern is also assessed at the time of the visit and thereafter to establish the changes taking place on a physical and mental levels over the course of Tuning fork sound therapy treatments.

The following photographs show the before and after Kirlian Photographs of patients who have undergone tuning fork sound therapy treatment and as can be seen from these pictures the Aura has changed dramatically after the therapy.



Photo of Aura *before* Tuning Fork Therapy

Photo of Aura *after* Tuning Fork Therapy

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



**PASCAPERS**





Photo of Aura *before* Tuning  
Fork Therapy

Photo of Aura *after* Tuning  
Fork Therapy

*[All photographs kindly supplied by Prism Aura Imaging Telephone No: 01634-855478]*

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### **Patient Case Studies**

Patient X – 58 year old female with long term history of chronic lower back pain aggravated since being involved in a road traffic accident in 1979.

The diagnosis from a specialist that she had been referred to by her GP indicated a disc prolapse at lumbar vertebrae 4/5 and associated degenerative changes in the apophyseal joints and sacra-iliac region of the spine.

Medical treatment indicated that long term rehabilitation was required plus strong pain killer medication and lumbar spine injections – the prognosis indicated further exacerbations of pain in the future plus great care was always to be taken with her back at all times.

Patient presented with constant pain and discomfort with difficulty in spatial co-ordination and balance plus walking and carrying items such as shopping were very difficult. Her lifestyle and day to day activities was dictated by the level of her back pain.

She had very low energy levels due to constant pain and associated depression and fatigue brought on from having to face the prospects of a long term debilitating illness.

The patient had several treatments which involved Tuning fork Sound therapy and some nutritional support and now feels sufficiently recovered to lead a normal life active. She is no longer in pain and returns for treatment on a regular basis to ensure that her symptoms do not return.

Patient Y – 32 year old male with long term pains in right arm of unknown origin for over one year. GPs medical examination and x-ray examinations proved negative for cause therefore patient advised that it was of psychosomatic origin and was given anti-depressants and pain killers.

The patient who had tried various other forms of therapy was desperate to find something to help his problems. He presented with pain all down his arm radiating up into his neck and was unable to lift his arm above his head to comb his hair and had difficulty washing in the mornings.

On the first session using tuning fork sound therapy the pain was markedly reduced to the point that he could lift his hand above his head which he had not been able to do for some time.

He remarked that it was a miracle for this to happen after so long trying to find something to help the problem and several treatments later was able resume his normal activities and hobbies such as gardening and DIY.

Patient Z – 35 year old female who had been under constant long term stress with her career and marriage problems and was finding it difficult to cope. She was lacking in self esteem and confidence and had developed several phobias--- including fearing a nervous breakdown was imminent.

Her GP had prescribed tranquillisers and anti-depressants which she had reluctantly taken. She instead wanted to find some other alternative solution that involved natural treatments to sooth her nervous system as she was worried about becoming addicted to the drug medication that she had been given to take on a long term basis.

This patient presented with insomnia and was in a tired worn out state with a lack of energy and drive at work. She was initially sceptical about whether the therapy would work but soon found the Tuning fork therapy very relaxing – changes were also made in her diet and nutritional support was also given.

She is now completely off her medication and returns every three months for preventative maintenance check ups. She now feels much stronger and more positive about herself generally to the point that she decided to expand and use her artistic skills more creatively.

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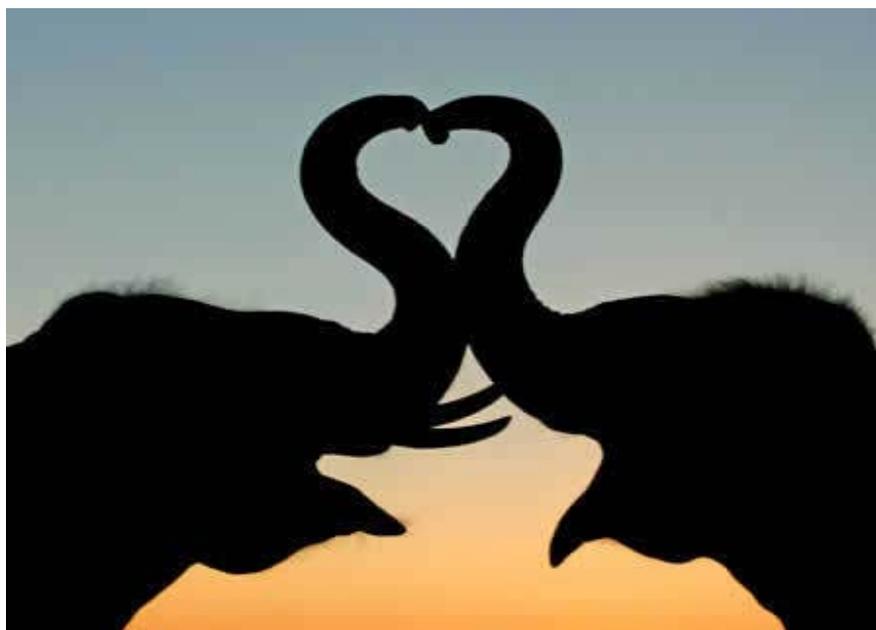
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Acknowledgements : –

9] With grateful thanks to the information and guidance given to me in the book Conversations with God by Neil Donald Walsch 1995 published by Hodder and Stoughton ISBN 0 340 69325 8.



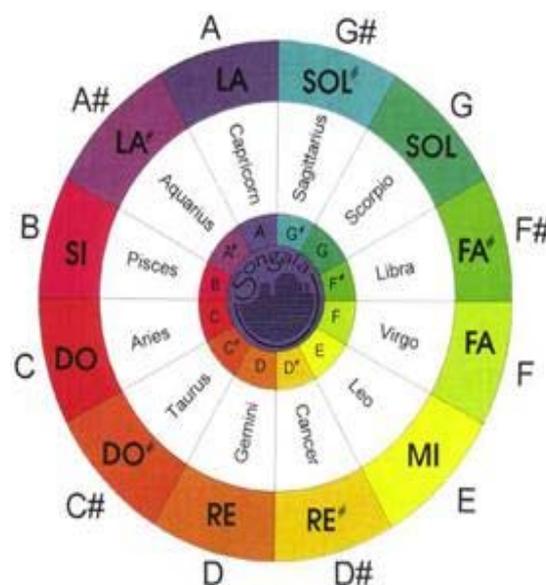
**To liberate one's real self, one's will, being one's soul, is begun by embracing Feeling Healing, so as to clear emotional injuries and errors. With the Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them,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

**SONGAIA SOUND:**[www.anwilliams.com](http://www.anwilliams.com)

**Songaia Sound is a system of vibrational medicine and sound therapy** incorporating voice spectrum analysis and toning the indicated musical notes for health and wholeness. Songaia offers a range of sound healing tools, including Crystal Bowls, the 12-Tone, 3-Volume CD Set, laminated Tone-Colour Wheel, tone correlation charts, and more than twelve music CD albums of original healing harp music by Ani Williams.

**See: Geometry, Music and Healing**

The Songaia Sound Therapy system incorporates both listening to and sounding (toning) specific notes of the music scale. Every individual has a unique voiceprint which can be charted with Voice Spectrum Analysis to reveal patterns of sound. These voice frequencies are related to physical and emotional conditions, genetics, brain wave patterns, and very basic tendencies of the individual being tested.

**The Geometry of Sound Healing**

"The sky and its stars make music in you."  
— Denderah Temple wall inscription, Egypt

The healing potential of the magical fifth and the natural harmonics of our beautiful Earth hold a powerful key for bringing us back to a state of well being. Songaia (song of the Earth) Sound Medicine was founded in 1992, a system of sound therapy based upon ancient knowledge of the harmonious arrangement of Heaven and Earth. The ancients understood that if we live in harmony with the heavenly and earthly cycles, and use those harmonic principles in our physical environment, we can be whole, healthy and truly connected. Just spending time in nature puts us back in touch with the primordial harmonies that heal.

The basic purpose of Songaia Sound is to reintroduce the harmonic fields found in nature into our lives using a musical formula in twelve sound recordings. The twelve musical meditations are based on the twelve tones of the chromatic music scale, and incorporate the pure healing harmonics of harp, Australian didgeridoo, voice overtones, and Tibetan bowls, all instruments used by ancient cultures in healing. Each of these twelve tones correlate with specific physical conditions, organs of the body, emotional states, and even vitamins and minerals.

The Songaia Sound Wheel illustrated above, shows sound, colour and zodiacal associations. According to the findings of historical sound healing pioneers Johannes Kepler, Pythagoras, and many ancient cultural traditions, the planetary frequency patterns are mirrored in life on Earth, in music, geometry, and in our bodies. This was called 'musica speculativa', or music as a mirror of the cosmos, by many researchers in Kepler's era of the 16th century.

One of the most exciting aspects of our work at Songaia Sound is in observing thousands of clients

demonstrating the truth stated on the Egyptian temple wall at Denderah: "The sky and its stars do make music in you." The pattern of sounds emitted from the planets at the time of birth, based on the positions of those planets, is mirrored in the human energy system. This pattern is like a blueprint of influences and tendencies, and each one of us has this unique 'song-print'. The amazing thing about an individual 'song-print' is that the same planetary sound pattern is detected in the frequency pattern of the speaking voice. (Voice frequency patterns are also mirrored in each person's ability to hear specific frequencies. Dr. Alfred Tomatis, a French ear and eye specialist, developed the Tomatis Method, with diagnostic and therapy centers around the world.)

*"The body is held together by sound—the presence of disease indicates that some sounds have gone out of tune."*

— Dr. Deepak Chopra

Each of us is a living symphony of frequencies...some of our notes singing in harmony, and some singing 'off key'. Because of stress, trauma, and negative mental and emotional patterns, the instruments of our symphony need tuning up. Some notes in our body-mind symphony have become so stressed that they are missing, which makes it more difficult for our orchestra, or whole energy system to play. These missing tones can be identified by listening to the notes in our speaking voice with a digital tuner. (These frequency patterns are also mirrored in the individual's planetary tone frequencies.) By knowing the frequency of something, we can alter or change it, and when the missing frequencies are played back, we can return to wholeness, health and harmony. Playing the full spectrum of tones of our living symphony, and especially audibly sounding these tones (called toning), has been found to have the following effects:

- Releases 'feel good' endorphins and supports healthy immune system function.
- Nourishes and feeds the physical and emotional bodies, harmonizing the system.
- Assists in releasing limiting belief systems, stress and general dis-ease.
- Alters brain state, inducing alpha-theta states associated with healing.
- Synchronizes mind-heart-body rhythms and a sense of being centred and balanced.
- Expands creativity, vision, and clarity, opening a gateway for soul freedom.

In our modern high-tech digital world, we have lost much of these healing harmonies in our daily lives. Hours spent at computers, on cell phones, travelling in cars and planes at high speeds, stress is on the rise, and we find ourselves removed from the natural harmonic environments that heal. In the ideal whole and healthy state, our bodies and minds are 'singing' with the healing harmonies of the stars and the Earth—humming with the natural harmonics of the uni-verse (meaning one song!)

"We are the stars which sing—we sing with your light."

— Algonquian traditional song

See complete article: [Music—Geometry and Healing](#)

**Voice Spectrum Analysis** is a leading edge method of mapping an individual's unique voice print. The human voice is truly a barometer of the soul, and one's unique voice print can reveal emotional, physical, and genetic frequency patterns. When an individual's missing or stressed tones are played back using one or more of the 12 tones on the Songaia Sound CDs, distinct changes in the physical, mental and emotional states can be observed, as well as altered brain states, associated with healing. Songaia (meaning "Earth song") can open a gateway to greater creativity, healing, balance and clarity.

*"The liquid crystal structure in body tissue responds to frequency."*

— Gregg Braden

By studying the voice frequency patterns using our sound therapy program, we find chronic and potential correlations with the individual's emotional patterns, genetic coding, biochemical balance, and the organs and systems of the physical body. For instance, if a person is missing a specific tone range of the speaking voice, say the note C, or more specifically, C at 261.63 Hz (cycles per second), we would look at issues relating to that note, namely, heart, circulation, colon, systemic problems (candida etc.) oxygen, hydrogen, zinc. And on the emotional level, self power and survival issues, sexuality, groundedness. The individual can then apply the specific tone or frequency to clear, balance specific issues, and nourish the entire system. In addition to reported physical and emotional changes, increased freedom and creativity are common.

*"Voice is the key to find locked emotion in the body; to release, we must use the same note that locked it, the point of emotional trauma."*

— Fabion Maman

*"Emotions can be detected, created, or changed using sound."*

— Sherry Edwards

*"The sound system that Ani Williams has developed over the last two decades has been a gift of healing for thousands of people world wide. Termed Songaia (Earth sound) Sound Medicine, she has combined much of the latest scientific research in sound's transformative power with her first hand knowledge of cross cultural sound healing techniques. Her music and chant recordings are some of the purest, heartfelt, healing sounds I have ever heard and I recommend them highly."*

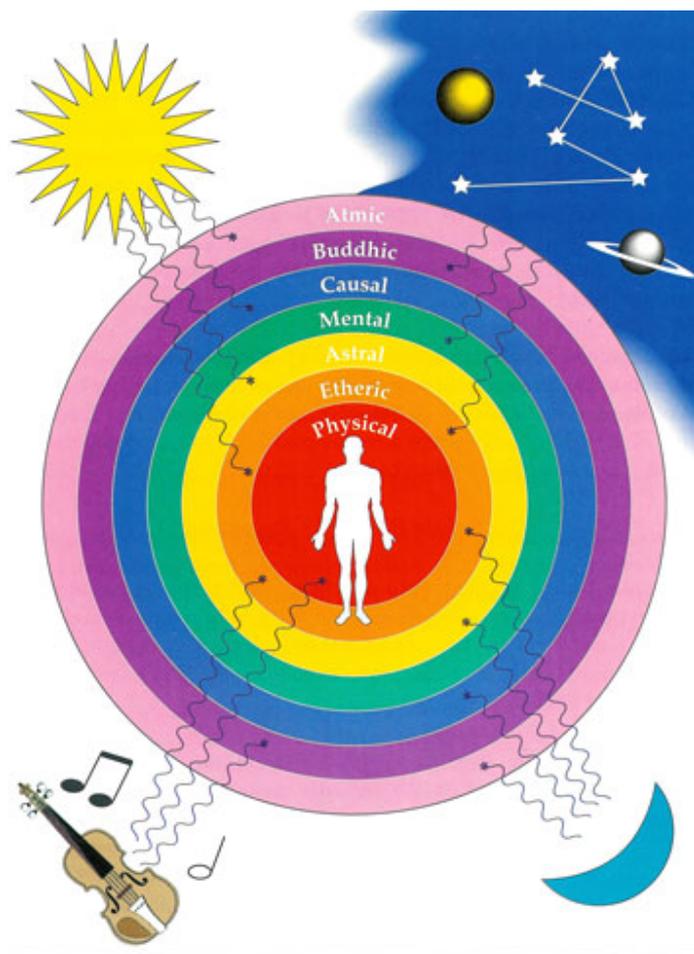
—Rosemarie Brown, M.S.W., Life Coach and Medical Astrologer:

*"I've had my voice analysed by Ani Williams and I can tell you from personal experience that we all have a "missing note" in our life. So what? Well, consider this. Without this missing note back in our life, we aren't working off of 8 cylinders. We're working on 6--or less! Please go to Ani's website for more information. This is a life-changing "tool" that you should include in your personal Mercury transformation kit."*

—Eileen Nauman, Homeopath, Medical Astrology teacher and author:

**Planetary Frequencies match voice patterns:** In over six years of studying the voice prints of more than 500 subjects, a strong correlation was found between the sound patterns of an individual voice and planetary frequencies. Following the system relating each zodiacal sign to a tone of music, i.e. Aries = C, Taurus = C# (refer to colour-tone chart), we found that in charting an individual's planetary frequencies, there was a distinct mirroring in the voice tones. We also found in 95% of the cases, that both the voice spectrum analysis and the planetary frequencies correlated with chronic and genetic patterns of the

individual. As the ancient cultures have told us in their stories, songs and art, we are affected not only by the natural forces of the Earth, but by the entire cosmos.



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

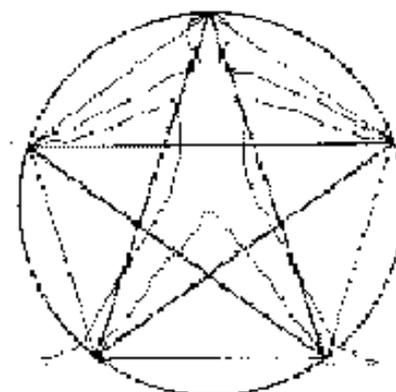
**in conjunction with**

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



# Geometry, Music and Healing

by [Ani Williams](#)



Golden Mean Pentagram

[www.aniwilliams.com/geometry\\_music\\_healing.htm](http://www.aniwilliams.com/geometry_music_healing.htm)

*"Legend recounts how Orpheus was given a lyre by Apollo...by playing his lyre, Orpheus produced harmonies that joined all of nature together in peace and joy. Inspired by this Orphic tradition of music and science, Pythagoras of Samos conducted perhaps the world's first physics experiment. By playing strings of different lengths, Pythagoras discovered that sound vibrations naturally occur in a sequence of whole tones or notes that repeat in a pattern of seven. Like the seven naturally occurring colours of the rainbow, the octave of seven tones".*

*'The Harmonic Lyre'* by Stephen Ian McIntosh

All of Creation is a singing matrix of frequencies, which can be experienced as colour, sound, matter and states of consciousness. Through the research of Stanford University physicist William Tiller PhD, we find that all space, even a so-called vacuum is waiting to receive instruction from us...waiting for us to project our intention so that space or matter can have direction and take on specific qualities. What intentions are we sending to our world? I believe that this matrix of creation is waiting for the most harmonious vibrating chord to sound it into a perfect idealized form.

The discoveries of Japanese researcher Dr. Masaru Emoto have shown the glorious snowflake-like mandalas that form in water when a beautiful piece of music is played, or similarly, when a positive feeling or thought is projected into the water, such as appreciation and love. He has even conducted global 'appreciation meditations' with the goal of purifying some of Earth's great rivers that we have polluted.



*"High-speed photography of crystals formed in frozen water reveals changes in the water after specific, concentrated thoughts were directed toward it... Naturally, since water covers the largest portion of our planet, and comprises the largest percentage of our physical bodies, the impact of our thoughts and feelings will play a large part in the way our environments get created, both globally and personally." (Dr. Masaru Emoto). Water treated with love or beautiful music reflected a molecular change and a harmonious geometry. The image was photographed by Dr. Emoto after 500 people sent the feeling of love to the water.*

This is a perfect example of what Swiss researcher Hans Jenny (1904-1972) discovered while projecting pure tones onto fine grains of matter or liquid and observed the forming of distinct geometric shapes. He termed this sound-matter connection Cymatics and his groundbreaking work has become a cornerstone of sound healing. The following quote is from the Hans Jenny website at [www.cymaticsource.com](http://www.cymaticsource.com):

*"For 14 years he (Jenny) conducted experiments animating inert powders, pastes, and liquids into life-like, flowing forms, which mirrored patterns found throughout nature, art and architecture. What's more, all of these patterns were created using simple sine wave vibrations (pure tones) within the audible range. So what you see is a physical representation of vibration, or how sound manifests into form through the medium of various materials."*

The pioneering research of Fabion Mamon in the 1970's found that when they sounded a specific tuning fork tone onto a cancer cell, that cell would dissolve. Even allopathic medicine has adopted this same principle in new, non-invasive forms of surgery. Scientific American magazine reported one example of an effective method for removing kidney stones by identifying the frequency of the stone, and projecting the 'reversed' frequency to dissolve it.

This interrelationship of sound and matter is at the core of an exciting new wave of science, which is based on timeless principles well known to all ancient and indigenous cultures. Billy Yellow, a Navajo medicine man summed it all up with this wisdom: *"Our task is to chant the world, chant the beauty. The world is a reflection of our chanting."* How are we each using sound to affect our state of being, the health of the Earth and our children?

### **Ancient Seekers of Universal Harmony**

Throughout the last few millenniums, dreamers, scientists, philosophers and seekers of the patterns of creation have studied the movements of the cosmos and the mirroring of these cycles and proportions on Earth. The ancient Chinese, Egyptian, Sumerian, Druid, and Mayan cultures including great thinkers and pioneers such as Plato, Pythagoras, Copernicus, and Kepler, all discovered the interconnectedness of the planetary cycles, sacred geometry, and musical scales long before modern science began to confirm these connections. The divine order of the movements of the cosmos and the sacred proportions found in ancient temple design, are the same principles found in music.

***"According to Plato there are five mathematical sciences: (1) Arithmetic (2) Plane geometry, or the study of numerical proportions (3) 3 dimensional geometry, including the 'Platonic Solids' (4) Astronomy and (5) Music, which illustrates the harmonious composition of the universe."***

'The Dimensions of Paradise' by John Michell

Plato believed that the strongest of all life's influences is music. In his treatise the *Tymaeus*, Plato describes the numerical (vibrational-musical) creation of the physical universe and the soul, which animates it. He called his students to activate the ancient shrines and sacred temples of the Earth with sacred song, employing 'perpetual choirs' in order to echo the harmonies of the Heavenly Choir.

Plato's '*Republic*' describes the cosmos as being held together by eight spinning 'whorls', like a giant spinning wheel with eight feminine weavers sounding the fabric of creation. Each of the whorls contained a planet, and on each planet was a siren singing her particular note, and emitting a specific colour. *"The diameters of the planets can be seen as corresponding to the strings of a lyre, in which case the note sung*

by a siren would be in accordance with the length of diameter of the planet she rode upon." John Michell  
'The Dimensions of Paradise'



The German astronomer and mystic Johannes Kepler lived from 1571-1630 and was possessed his entire life with finding the cosmic proportions and musical harmonies, represented by the distances and orbits of the planets. His writings reveal that in addition to his lifetime of calculations and observations, he was deeply influenced by Egyptian hermetical science. His monumental work '*Harmonice Mundi*', or Harmonies of the World, contained five books covering his life's work on the correspondences between music, astrology, geometry and astronomy.

According to Stephen Hawking in his book '*On The Shoulders Of Giants*', Kepler discovered *how* planets orbited and he paved the way for the later Isaac Newton to discover *why*. Kepler's work focused on the five Platonic solids, their harmonic ratios, and how these shapes correlated with planetary orbits and sound frequencies. He found the musical tones of individual planets, and the musical scales of planetary movements. He was even able to determine that "...four kinds of voice are expressed in the planets: soprano, contralto, tenor, and bass." (Stephen Hawking). Basically, Kepler had found the music of the cosmos, and that the same harmonic principles found in the stars, and life forms on Earth are musical.

### **Perpetual Heavenly Choirs**

*"God hungers for songs."* Marius Schneider

Between 1100-1300 AD hundreds of Gothic Cathedrals were constructed across Europe, inspired by the eastern Hermetic knowledge rediscovered by the mystical order of monk-knights, the Knights Templar. During the tenure and excavations of the Tempars at Solomon's Temple in Jerusalem, they discovered the vaults of hidden artefacts and scrolls concerning the alchemical sciences of sacred geometry and architecture, sound, astronomy, and genetics. Ancient sacred relics are also said to have been in the Templar's cache of discoveries there, including the Ark of the Covenant, the Holy Grail, and secrets pertaining to Mary Magdalene and a Holy Bloodline. (See: [Article about Mary Magdalene](#).) The building of the great Gothic cathedrals such as the ones at Chartres, Notre Dame in Paris, Salisbury, St.Denis, and Cluny was inspired by these transforming discoveries. These edifices were monuments to the rediscovery of ancient mysteries, a new elevated awareness, and were constructed using the principles of sacred geometry, harmonic acoustics for their transforming potential.

***"The huge number of Gothic cathedrals that were erected, as graceful and sublime as if they were designed in heaven, have yet to be surpassed for their dignity and spiritual potency, almost a thousand years later."***

*'Dance of the Dragon'* by Paul Broadhurst and Hamish Miller

(The authors discovered many of these cathedrals are located on a major energy grid they call 'The Apollo- St. Michael axis', and stretches from Britain's St. Michael's Mount to Mt. Carmel)

The sacred architecture employed in these majestic structures reflected a new *'alchemical light and specific acoustical properties'*, according to *'Dance of the Dragon'* authors, that was conducive to the constant rounds of perpetual choirs maintained by the monks. Interestingly, it is precisely at these millennium shifts, when perpetual chanting becomes a device of the collective creative intention. Sacred music and chant is always with us, but surges in its necessary popularity at these crucial turning points, as during the inception of Christianity in the first century AD, during the beginning of the first millennium and time of the Grail Romances, and now as we forge a new paradigm and write our 'script' for the next one thousand years.

Author John Michell has researched the tradition of 'perpetual choirs', in ancient Britain. According to Michell, these choirs were maintained in Britain in at least three sites: Glastonbury, Stonehenge and Llantwit Major in Wales, which together form the rim of a circle in the landscape, with the centre at an old Druid site called Whiteleafed Oak. He found the distances between these sacred sites to be equal and corresponding to sunrise points and sacred proportions. Similarly, sacred sites in other cultures were also laid out in geometric relationship, and were maintained with sacred music and chant, which were synchronized with the seasons and cosmic cycles.

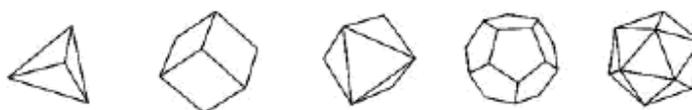
*"Similarly, in Revelations, 24 elders stand before the throne of the Lamb, 'every one of them having harps, and golden vials full of odours, which are the prayers of saints. And they sung a new song...' The elders' new song was their accompaniment to the appearance of the New Jerusalem and a new dispensation on Earth."* 'The Dimensions of Paradise' by John Michell



King David and his harp from a Medieval Bible c. 1170 AD

### The Music of Atomic Shapes

Five basic three dimensional geometric forms are found to represent the five elements in creation: The tetrahedron–fire, the cube–earth, the octahedron--air, the dodecahedron–ether, and the icosahedron–water, as shown in order here:



These five Platonic solids comprise the constantly changing dance of creation, the alchemical dance of the elements. *"In bringing order to the universe the Creator gave geometric forms to the atoms....interacting with human senses to produce appearances and feelings."* John Michell

I was able to experience the ‘musical proportions’ of Platonic solids many years ago, when I was studying with **Michael Helios**, who I consider to be a reincarnated Atlantean wizard. Helios’ early pioneering research in music, mathematical proportions, astronomy and healing became one of my areas of study in sound healing during the early 1990’s. Helios had discovered the musical proportions and corresponding tone scales of the each of the Platonic shapes, which included tuning his keyboard to specific frequencies to achieve the exact proportions.

During his presentations Michael would play the scales and geometries of each shape and the participants would meditate on the five different musical pieces, without his disclosing which geometric shape he was playing. After each piece, the listeners would describe which of the shapes they experienced. It was quite extraordinary, that every Platonic solid was directly perceived, felt, and ‘seen’ with the inner eye during each of the five musical meditations. This was my first experience of realizing the power of musical transmission and its potential to specifically re-order creation. This is exactly what the ancient mystics and scientists were telling us!

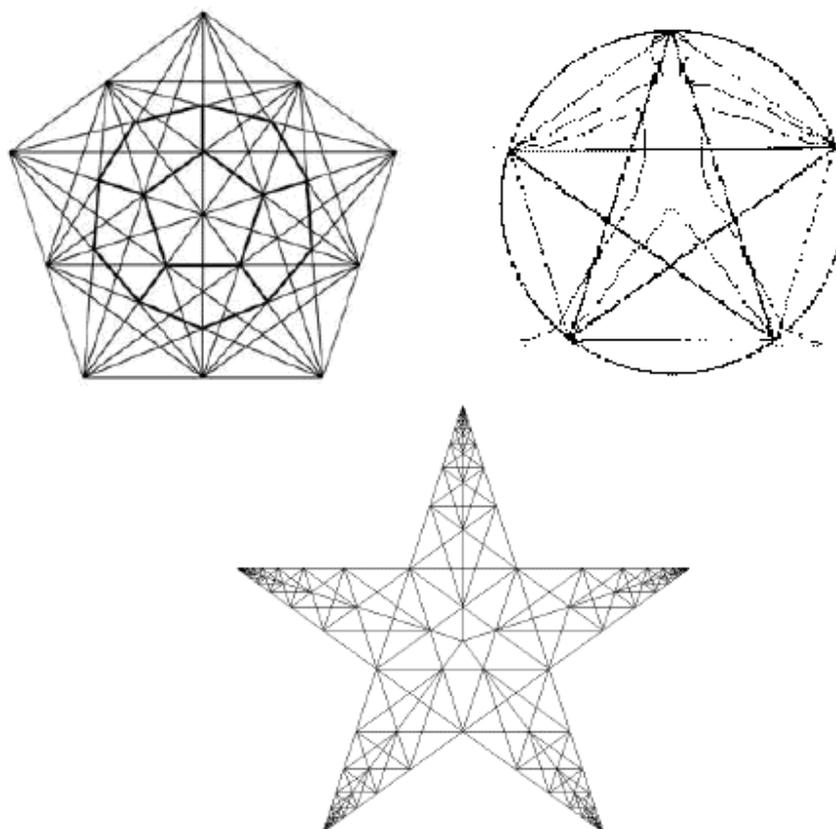
I was especially profoundly affected by the Dodecahedron, and while Helios played the musical proportions, I felt as if I ‘became’ this geometric solid, and this shape and I became the Great Mother matrix of the universe. The dodecahedron can be seen to represent the order of the heavens and also the perfect shape of mediation between the infinite and the finite, the sphere and the cube.

The dodecahedron is comprised of twelve pentagonal (five-sided) faces, and represents the fifth sacred element, ether, or divine potentiality. Recently, quantum physics researchers in the US and France have said that based on measurements of cosmic waves left over from the ‘big bang’, it appears that the shape of the universe is a Dodecahedron. This is fascinating, considering there are five platonic solids and the corresponding five basic elements of life. The entire human race is joined in these same basic sacred proportions of the physical body as it is overlaid in a pentagram, with the arms and legs spread to make a five-pointed star, with the reproductive organs at the exact centre. And there are five appendages from the human torso, five appendages on each leg and arm, five openings on the face, and five senses of physical perception.

If we can imagine the dodecahedral-pentagonal shape of the uni-verse (meaning *one song*), and see the

human body pentagram geometry, we find in both a divine proportion and potential for harmonic perfection, inherent in physical embodiment and the harmony of the spheres. We embody the geometry of the cosmos! And we find that the Golden Mean proportions of the cosmos and our body temples are closely aligned with the harmony of the musical ‘fifth’, or stated another way, the universe and humanity are geometries singing!

*"One of the properties of the pentagram is that the lines bisect each other according to the Golden Section ...the ideal human proportions lie in the canon defined by the Golden Section or PHI."* Nicholas Mann's ‘Sedona Sacred Earth’.



Pentagram image courtesy Bruce Rawls

### **PHI Ratio and the Musical Fifth**

In the book ‘The Power of Limits’, architect Gyorgy Doczi surveys the similarity between the sacred geometry proportions in ancient temple construction of the Golden Mean ratio (1.618) and the interval of the fifth in music (1.667). The fifth is the interval found in most sacred music and has a powerful harmonizing effect on the human energy system. The fifth is the first harmonic sounded by a plucked string and gives the note its depth and beauty. This music–geometry connection is well stated in the poet-mystic Goethe’s phrase that ‘*sacred architecture* (or human body proportion!) *is frozen music.*’

*"Since its discovery by Pythagoras, the fifth has come to be universally recognized for its beauty...the fifth is an archetypal expression of harmony that demonstrates the 'fitting together' of microcosm and macrocosm in an inseparable whole. The fifth is a beautiful sound because it demonstrates how the universe works."* 'The Harmonic Lyre' Stephen Ian McIntosh.

All of creation expresses itself through number and number is frequency, manifest as colour, sound and form, and even as emotion and states of consciousness. The effects of harmonious design based on sacred proportions can be experienced first hand when one enters an ancient temple in Egypt or a Gothic cathedral, such as Chartres. The effect can be immediately sensed as harmonious, powerful and centring, and being inside a space designed with sacred proportions helps us to access other dimensions of consciousness.

*"The most common proportions found in ancient Egyptian temple architecture correspond to the most harmonious intervals found in music: the octaves, fifths, fourths, thirds and sixths. In the temple of Horus at Edfu, the dimensions of one chamber's measurements of width to height equalled 2:3, which defines an interval of a fifth in music. 'Rediscovering Music in the Architecture of Egyptian Temples' by Antoine Seronde.*

This expansion and transformation experienced by being inside a sacred space, can also be reached directly through listening to sacred music, or 'aural geometry'. Most divinely inspired music, such as Gregorian chant, some 'new age' music, and the music of indigenous cultures, features the musical interval of the fifth. An easy way to understand a musical 'fifth', would be to use the white keys of a piano, and play middle C and counting C as the first note, play the fifth key up, which is G.

*... the Egyptians utilized musical scales analogous to our own. The positions of the harpists' hands on the strings clearly indicate ratios such as the fourth, fifth and octave, revealing an unquestionable knowledge of the laws governing musical harmony. Lucy Lamy, Egyptian Mysteries (Thames and Hudson 1981)*

The basic chords of most western music are made of a combination of a fundamental tone, a fifth with a third, or in the case of a C chord, the notes C-E-G, the first, third and fifth notes. However, when we leave out the third (E), the chord sounds distinctly ancient or sacred. I can remember that when I first began teaching myself to play the harp, I tended to play mostly in fifths, just because I liked the sound and the feeling effect of being centred and expanded when playing them. At that time I was not consciously aware of the harmonious principles at work. During those early days of my 'harping', I had a music colleague who played in symphony orchestras, who commented: 'didn't I play anything other than temple music?'

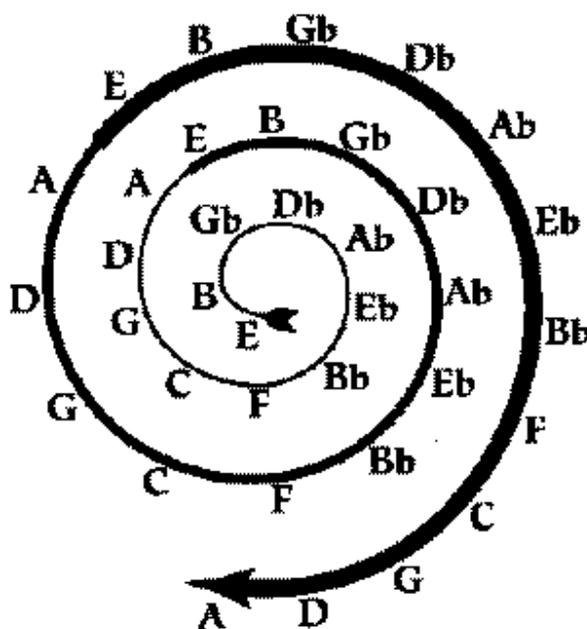
### **The Circle of Fifths and Chakras**

The circle of fifths is a musical sequence in which we can find the harmonic progression of musical scales and also the harmonic relationship of the human energy system. Each human energy centre, or chakra, is a spinning wheel or mandala of geometries, sound and colour. The musical tones and colours traditionally associated with the chakras are: C (root) red, G (throat) turquoise, D (belly) orange, A (brow) indigo, E (solar plexus) yellow, B (crown) magenta, and F# (heart) green.

Beginning this harmonic cycle at the root or first chakra with the tone of C, we progress in the sequence of fifths, and end at the heart chakra and a tone of F#. Many have wondered why the heart chakra would be represented by the tone F#, rather than F, and the circle of fifths answers that question.

This interweaving of the charkas is more complex than the traditional linear progression and it is interesting to note the connections between these 'chakra harmonics'. For instance, in energy and sound healing, there is a strong correspondence between issues in the root chakra--sexuality, survival and money and the throat chakra--our expression, speaking our truth. Working with the fifth harmonic of the root chakra and the throat chakra of authentic communication, these survival issues can heal. The harmonic relationship of the other chakras invites further explorations.

To the find all the notes in the western chromatic twelve-tone scale, we continue creating musical fifths beyond the first seven tones of the chakras. If we begin at the note 'C' and sound each consecutive fifth, we have all twelve tones, and arrive at the thirteenth tone, 'C' on a higher octave: C-G-D-A-E-B-F#--C#--G#--D#--A#--F-C. In the circle of fifths we can see how a musical scale is geometry!



Circle of Fifths (E to A) from *'The Harmonic Lyre'*  
by Stephen Ian McIntosh

### Fibonacci Ratios and Musical Intervals

Leonardo de Pisa (circa 1180-1240 AD), better known as Fibonacci, discovered the uniformity of ancient harmonic wisdom. He realized that the natural branching, flowering, and spiralling forms in nature follow the same uniform laws found in musical scales.

He found this harmonic in nature is equal to a number sequence of 1--1--2--3--5--8--13--21--34--55--89--144 and so on, found by adding each number to the previous one to get the next number.

The Fibonacci series relates to all of the musical intervals, which comprise beautiful chords. The following table shows some Fibonacci ratio musical chords using the fundamental tone 'A':

Note	A	A	D	F	E	C	E	C#	F#	C#	D	F
Interval	root	octave	4th	aug. 5th	5th	minor 3rd	5th	3rd	6th	3rd	4th	aug. 4th
Fibonacci ratio	1/1	2/1	2/3	2/5	3/2	3/5	3/8	5/2	5/3	5/8	8/3	8/5

The Fibonacci ratios were also utilized in sacred temple architecture, including the towering Gothic Cathedrals. Guillaume Dufay (c. 1400-1474) from the Netherlands composed music for the dedication of Florence's cathedral of Santa Maria del Fiore in 1436. His musical piece was based on the Fibonacci series of tones, which corresponded to the dimensions of the cathedral's dome. These 'musical temples' were part of the medieval renaissance of sacred geometry, Hermetic mysteries and the flowering of art and music.

### The Geometry of Sound Healing

*"The sky and its stars make music in you."*  
Denderah Temple wall inscription, Egypt

The healing potential of the magical fifth and the natural harmonics of our beautiful Earth hold a powerful key for bringing us back to a state of well being. Songaia (*song of the Earth*) Sound Medicine was founded in 1992, a system of sound therapy based upon ancient knowledge of the harmonious arrangement of Heaven and Earth. The ancients understood that if we live harmony with the heavenly and earthly cycles, and use those harmonic principles in our physical environment, we can be whole, healthy and truly connected. Just spending time in nature puts us back in touch with the primordial harmonies that heal.

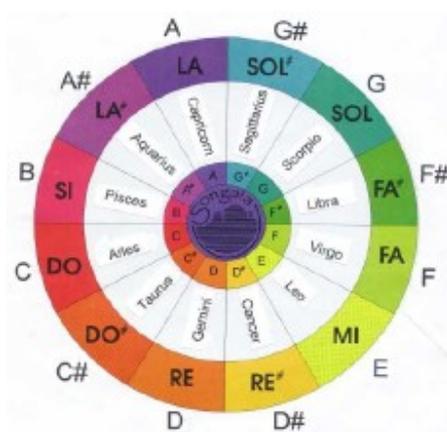
The basic purpose of Songaia Sound is to reintroduce the harmonic fields found in nature into our lives using a musical formula in twelve sound recordings. The twelve musical meditations are based on the twelve tones of the chromatic music scale, and incorporate the pure healing harmonics of harp, Australian didgeridoo, voice overtones, and Tibetan bowls, all instruments used by ancient cultures in healing. Each of these twelve tones correlate with specific physical conditions, organs of the body, emotional states, and even vitamins and minerals.

The Songaia Sound Wheel illustrated below, shows sound, colour and zodiacal associations. According to the findings of Johannes Kepler, Pythagoras, and many ancient cultures, the planetary frequency patterns are mirrored in life on Earth, in music, geometry, and in our bodies. This was called '*musica speculativa*', or music as a mirror of the cosmos, by many researchers in Kepler's era of the 16<sup>th</sup> century. (In the

GONG project, modern science has been monitoring the tone emissions from the sun, and observing those effects on Earth.)

One of the most exciting aspects of our work at Songaia Sound is in observing thousands of clients demonstrating the truth stated on the Egyptian temple wall at Denderah: *"The sky and its stars do make music in you."* The pattern of sounds emitted from the planets at the time of birth, based on the positions of those planets, is mirrored in the human energy system. This pattern is like a blueprint of influences and tendencies, and each one of us has this unique 'song-print'. The amazing thing about an individual 'song-print' is that the same planetary sound pattern is detected in the frequency pattern of the speaking voice. (Voice frequency patterns are also mirrored in each person's ability to hear specific frequencies. Dr. Alfred Tomatis, a French ear and eye specialist, developed the Tomatis Method, with diagnostic and therapy centres around the World.)

*"The body is held together by sound—the presence of disease indicates that some sounds have gone out of tune."* Dr. Deepak Chopra



'Songaia Sound Wheel' © Ani Williams

Each of us is a living symphony of frequencies...some of our notes singing in harmony, and some singing 'off key'. Because of stress, trauma, and negative mental and emotional patterns, the instruments of our symphony need tuning up. Some notes in our body-mind symphony have become so stressed that they are missing, which makes it more difficult for our orchestra, or whole energy system to play. These missing tones can be identified by listening to the notes in our speaking voice with a digital tuner. (These frequency patterns are also mirrored in the individual's planetary tone frequencies.) By knowing the frequency of something, we can alter or change it, and when the missing frequencies are played back, we can return to wholeness, health and harmony. (See [Voice Spectrum Analysis](#))

Playing the full spectrum of tones of our living symphony, and especially audibly sounding these tones (called *toning*), has been found to have the following effects:

- Releases 'feel good' endorphins and supports healthy immune system function.
- Nourishes and feeds the physical and emotional bodies, harmonizing the system.
- Assists in releasing limiting belief systems, stress and general dis-ease.
- Alters brain state, inducing alpha-theta states associated with healing.

- Synchronizes mind-heart-body rhythms and a sense of being centred and balanced.
- Expands creativity, vision, and clarity, opening a gateway for soul freedom.

In our modern high-tech digital world, we have lost much of these healing harmonies in our daily lives. Hours spent at computers, on cell phones, travelling in cars and planes at high speeds, and living in structures that are most likely not designed with sacred architectural principles, we are removed from the natural harmonic environments that heal. In the ideal whole and healthy state, our bodies and minds are ‘singing’ with the harmonic ‘fifths’ and Fibonacci ratios of the stars and with all of the natural world.

*"We are the stars which sing—we sing with your light."*  
Algonquian traditional song

### **The Musical Geometry of Crop Circles**

Gerald Hawkins, astronomer at the Smithsonian Astrophysical Observatory, author of *‘Stonehenge Decoded’* and crop circle researcher, has found that the proportional dimensions of the extraordinarily complex geometries of the crop circles are also in direct correspondence with musical intervals of the white keys of a piano. Does this indicate a musical intention from the ‘circle makers’? Given the divine harmonics within these amazing formations, they appear to be mandalas for awakening, or visual ‘alarm clocks’ with a language calling us to return to the essential harmony of creation before we destroy our beloved planet. They call us to return to the healing potential within divine proportions and sacred music, as in the writer Dostoyevsky’s prophecy that *‘beauty will save the world’*. Most creation myths maintain that the world grows by way of song and music, and *‘God hungers for songs’*. (Marius Schneider)

After visiting many of these amazing crop circles in Britain over the last decade, I have found the energetic intensity and consciousness expanding effects to be immediate and potent, even greater than those experienced in ancient temples. Perhaps, that is because these ‘geometric temples’ are freshly constructed, and hence still alive and active in their energetic effects. Upon entering a formation, I have often heard the sound currents like a ringing in the air, and have seen increased light particles within and above the formation. In others, it has felt as if my very cells were being realigned and harmonized with a higher design or template. It is quite exciting that crop circles are now forming not just in England, but more frequently in the US and Canada, and Europe, including Poland. (and Australia)

While discussing the mathematics and geometry of crop circles with Michael Glickman in 2000, he said that the language of the circles appears to intentionally increase in complexity in a progression that correlates with expanding knowledge and consciousness. And these progressions of geometry often mirror the current planetary alignments and eclipses, a mirroring of the cosmos on the Earth.

Regarding the claims that many of these phenomena are ‘hoaxes’, I would like to see someone work out the mathematical precision required to manifest one of these forms in the short time that lapses between a farmer seeing his field of growing grain and looking again, sometimes only minutes later, to see a huge design imprinted in the field. Often these formations are accompanied by observations of unusual lights and sounds.

The following crop circle images are from the 2003 season. The 13-pointed star geometry of the top image appeared at West Stowell, near Huish in Wiltshire, England. It was first reported on July 20<sup>th</sup>, and the photo was taken by Nick Nicholson.

The second formation shown here is the fantastic pentagram within the rays and pentagon, which appeared on June 29 at Sharpenhoe, near Barton Le Chay, Bedfordshire, England. The photograph was taken by Russell Stanard.



*Songaia Sound Productions*  
2675 W. Hwy 89A, Suite 1081,  
Sedona, AZ 86336  
928-204-1124

**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.**

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

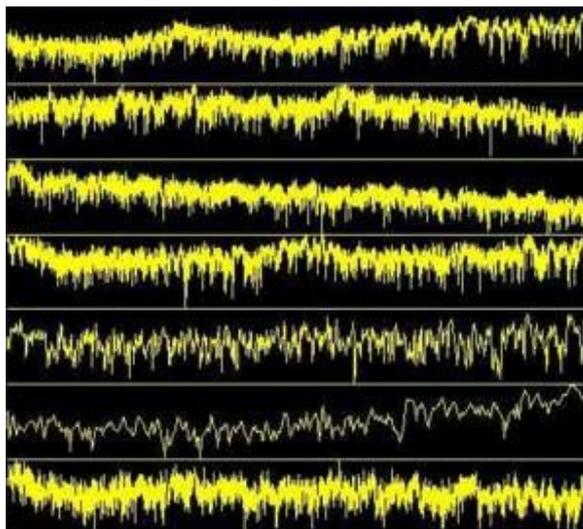
## **Library Downloads – Pascas Papers**

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](mailto:info@pascashealth.com)

# Voice Spectrum Analysis

[http://www.aniwilliams.com/voice\\_spectrum\\_analysis.htm](http://www.aniwilliams.com/voice_spectrum_analysis.htm)



See: [Music as a Mirror of Creation](#)

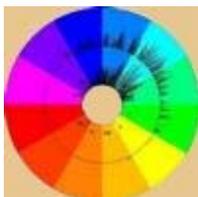
*Discover how the sound patterns in your voice are a mirror of your physical and emotional patterns, genetic coding, and healing potential!*

*"The body is held together by sound—the presence of disease indicates that some sounds have gone out of tune." — Dr. Deepak Chopra*

*"Our children suffering from limited motor response and autism were dramatically helped by the use of Songaia Sound." — Patricia Villegas, O.T, P.T. in Child Neuro-Development, Mexico City*

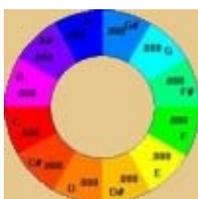
*"I am using the Songaia system with clients, as it deeply enhances healing and pain and stress management." — Kenyon Taylor, BA Cranial Sacral Therapy*





Voice  
Frequency  
Color Wheel

Ani Williams is a world-renowned harpist, singer and sound therapist who has traveled the world for two decades, learning cross cultural sound healing traditions, and studying modern sound therapy techniques. In 1994 she developed Songaia Sound Medicine, which combines Voice Spectrum Analysis, a leading edge method of mapping an individual's unique voice print, and Songaia Sound Medicine CDs, an effective application of harmonic frequencies for reintegrating specific musical tones. The three Songaia CDs contain twelve sound meditations, using the tones of the musical scale, recorded with harp, voice overtones, Tibetan bells and didjeridu.



Color  
Frequency  
Wheel

The human voice is truly a barometer of the soul, and one's unique voice print can reveal emotional, physical, and genetic frequency patterns. When an individual's missing or stressed tones are played back using one or more of the 12 tones on the Songaia Sound CDs, distinct changes in the physical, mental and emotional states can be observed, as well as altered brain states, associated with healing. Songaia (meaning "Earth song") can open a gateway to greater creativity, healing, balance and clarity.

### **In person sessions:**

Private Voice Spectrum Analysis sessions take place in Sedona, Arizona by prior appointment only and last 1-1/2 to 2 hours. In a session, the tone patterns of your speaking voice are assessed and you don't need to sing, or have a singing voice!

The session costs \$150, and includes the following: A personal Voice Spectrum Chart indicating your personal 'gateway' tones, a Planetary Tone Wheel, a highlighted Tone Correlation and Chakra Chart, Songaia Sound information sheets, personal instruction in toning techniques and a Songaia Sound CD with your tones for interactive toning follow-up.

### **Long-distance sessions:**

We are happy to announce that long-distance Voice Spectrum Analysis is now available. The session by phone only requires that you have a quiet room without sound interruptions and a land-line phone in good working order (no cell phones—cordless okay).

The cost is the same as an in-person session, and includes the same charts as well as a toning instruction sheet. These items, results of the session and the Songaia Sound CD with your personal tones will be shipped on the day following the phone analysis. All long-distance sessions are prepaid by check, Visa or MasterCard.

### **Scheduling Voice Spectrum Analysis sessions:**

You may schedule a session by calling or emailing [Ani Williams](#) with your name, address, phone, email address (if available), your birth date, time and place and how you would like to benefit from the sound work.

**See instructions for using the Songaia CD's in your toning practice.**

**Contact Ani Williams at:**

[songaia@earthlink.net](mailto:songaia@earthlink.net)

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

928-204-1124

## Chest-Compression-Only CPR Video

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

## Chest-Compression-Only CPR Video



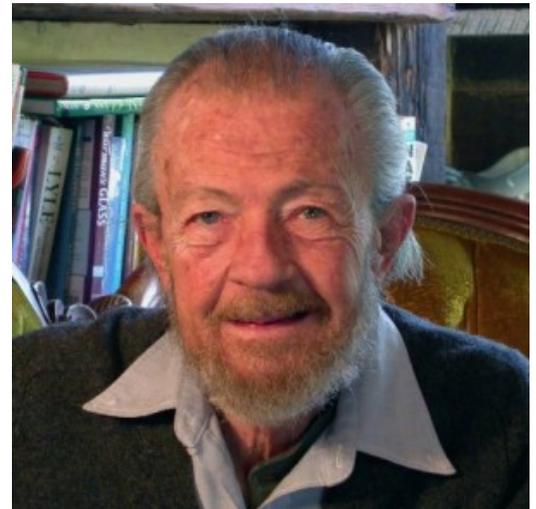
Learn how to save a life!!! This is the new CPR technique which is much simpler.

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.

**Dr DAVID R HAWKINS:**

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



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

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

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

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

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

Everything is interconnected.

**MUSINGS by JOHN:**

Thursday, 28 September, 2017

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

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

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

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

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

Cheers John

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

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

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

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

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

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

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

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

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

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

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

Yours respectfully,  
Dr. David Hawkins

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

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

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

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

in that from the Divine Love spirits that are guided to help him. Isn't that just so wonderful John, to have that help, like you have in Kevin and Kathaleen.

### **CONCLUSION:**

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

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

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

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

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

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

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

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

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

**in conjunction with**

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

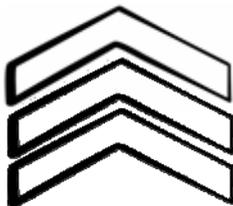
**Feeling  
Healing with  
Divine Love is  
the key!**



**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**

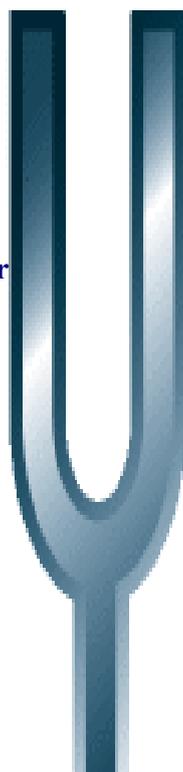
Feeling – Ascendance  
 Unlimited progression

- 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 CHOICE is OURS to MAKE:****THE MIND WAY**

Mind – Transcendence  
 Limited progression

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



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

Hell:  
 Exploiting the Rebellion and Default.

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

## Our FEELINGS are our SUPREME GUIDES:

# Feelings!

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

Kevin 26 Sep 2017

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

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

## FEELING HEALING

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

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



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

# FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

To do our feeling-healing we need to become:

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

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

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

So it sounds simple.

So I repeat:

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

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

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

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

**in conjunction with**

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

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

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

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

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



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

**TRUTH LOVING SOUL V ERROR INFLICTED MIND**



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



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

## Feelings First Spirituality The New Way

**Feelings First**  
**FF**  
**Feeling Free**

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

Accept, express and long for the truth of your feelings

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



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

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



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



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

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

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

Feelings First Spirituality is the True path for humanity.  
It embraces all people.  
It completely unifies the world.  
Everyone can relate to everyone else through their feelings.  
And we can all live the truth that comes from our feelings, all sharing the same truths as we express and have the same feelings.  
No one need be left out; no one is more special than anyone else – we are all united in Truth through our feelings.  
So with and through our truth we live our lives, therefore without the need of any man-made mind-laws, rules and restrictions that limit self-expression as inspired by our feelings.



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

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

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

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



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

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

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

**LOVE is the Religion of Feelings, being:**

**Feelings First Spirituality, The New Way**



my  
**House** is your  
**Paradise**  
 **HOME**

# REVELATIONS



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



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



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

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

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



**Immortality with the Love.**

# Steps UP!

## Quantum Jump 1



**REVELATION 1**  
James Padgett 1914 – 1923

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

## Quantum Jump 2

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

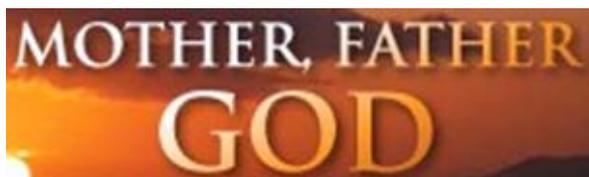
Marion and James Moncrief have recognised the need for one to engage in Feeling Healing and, by their actions, removed restrictions that James Padgett and others above endured, thus JM is able to critique the writings of the past 100 years resolving points of confusion as well as expand on what has been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

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



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





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

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



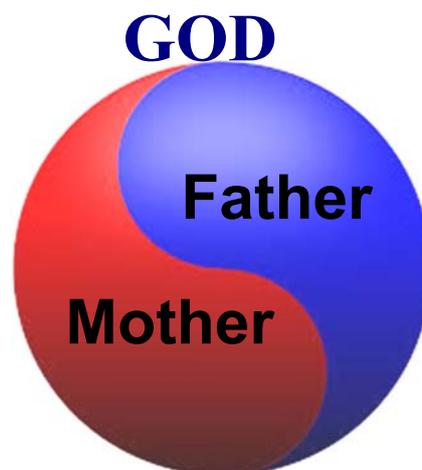
**Jesus of Nazareth and Mary of Magdalene, being soulmates, were both free of sin. Jesus and Mary, combined in their love for us, are our teachers and guidance for us to find our way home to our Heavenly Parents. To start this journey we are to liberate our souls from being entombed within our suppressive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

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

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

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

**WE ARE Children of God**



## WE ALL ARE BEING GUIDED HOME:

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

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

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

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

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

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

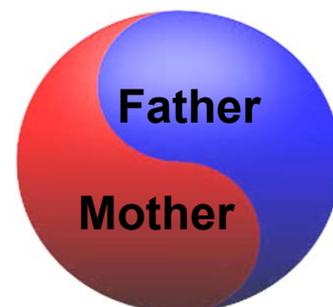
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God's soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of our Mother and Father.

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

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

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

# GOD



M&F



J&M



AVO



HUM

**WE ARE Children of God**

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



**M&F**

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

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

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



**J&M**

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

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

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



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



**HUM**

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

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

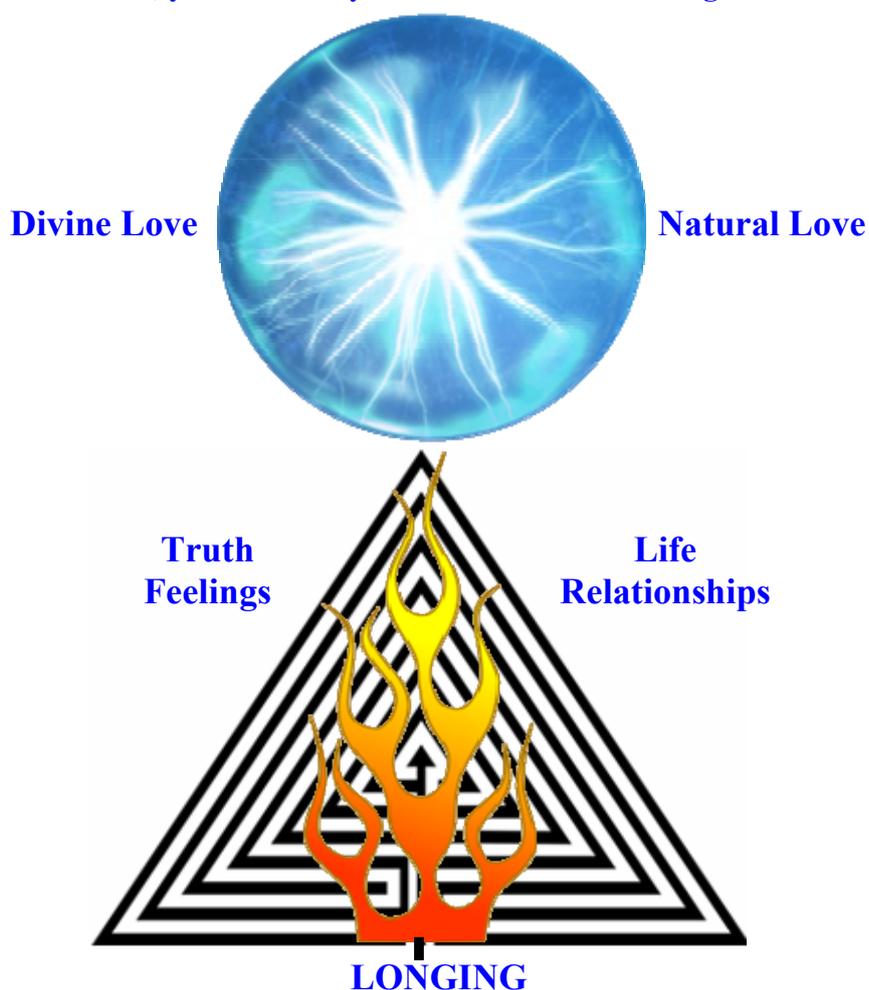
**WE ARE Children of God**

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

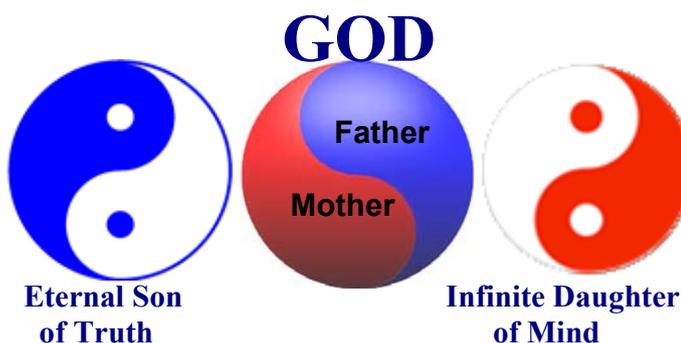
## HOW TO GET TO PARADISE:

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

### The Key



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



PARADISE TRINITY:

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

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

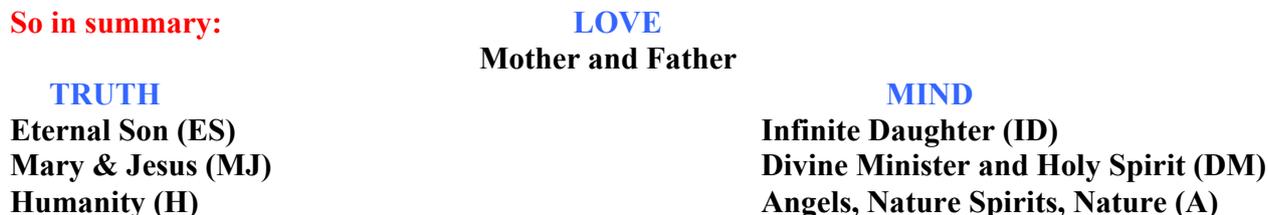
The LOCAL UNIVERSE TRINITY:

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

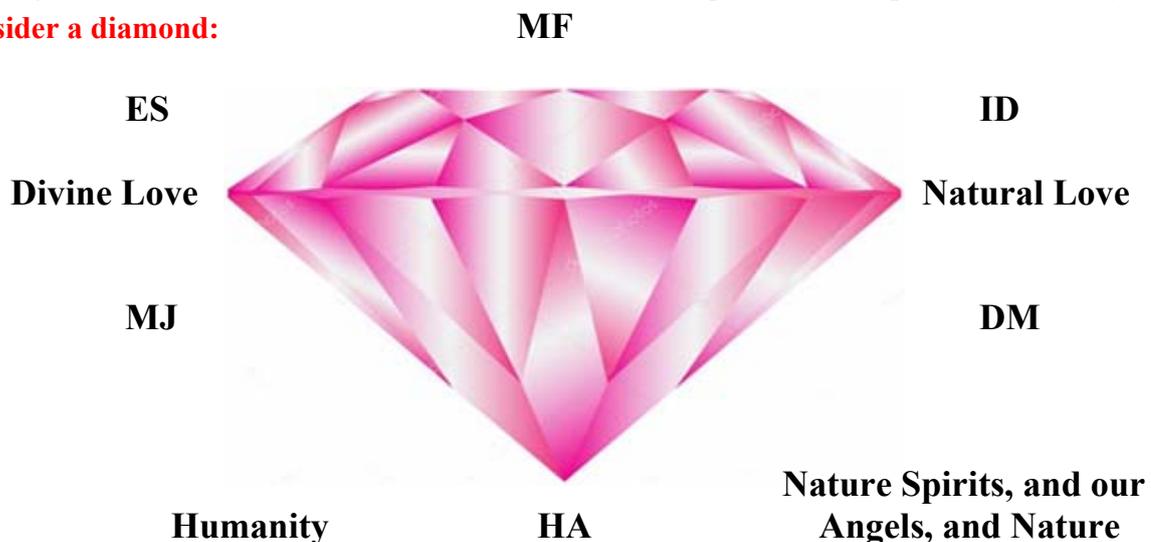
PLANETS that engage in REBELLION:

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

So in summary:



Consider a diamond:



# Mother and Father Heavenly Parents

Creator Son & Daughter  
Jesus and Mary

Avonals  
as soulmate pairs

Trinity Teachers  
as soulmate pairs

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

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

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

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

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

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

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

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

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

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

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

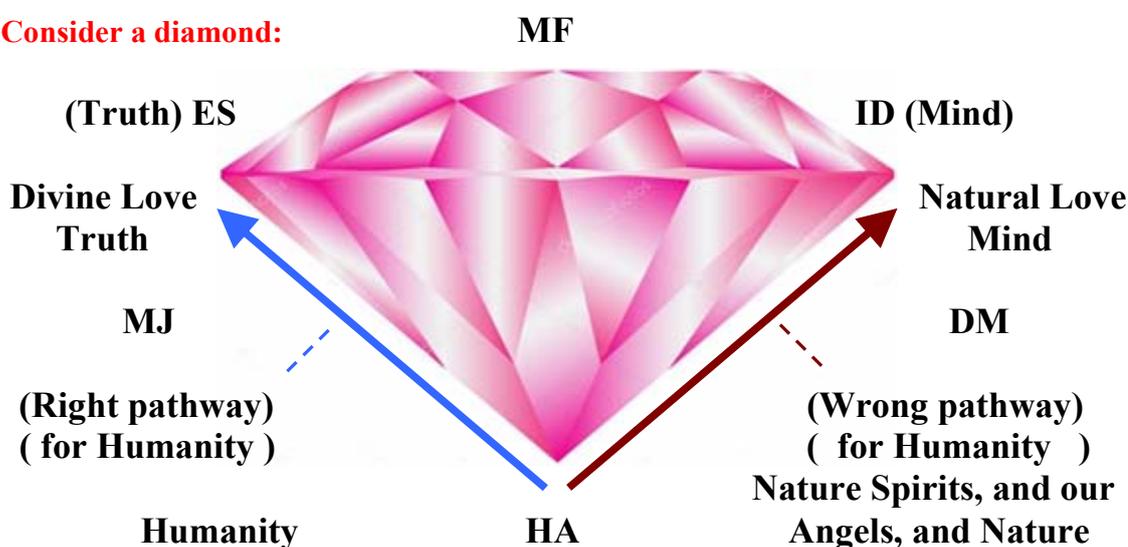
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God’s soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of your Mother and Father.

TRUTH PATHWAY

MIND PATHWAY

**Mother Father (MF – God)**  
**Eternal Son (ES)**                      **Infinite Daughter (ID)**  
**Mary & Jesus (MJ)**                      **Divine Minister (DM)**  
**Humanity & Angels (HA)**

Consider a diamond:



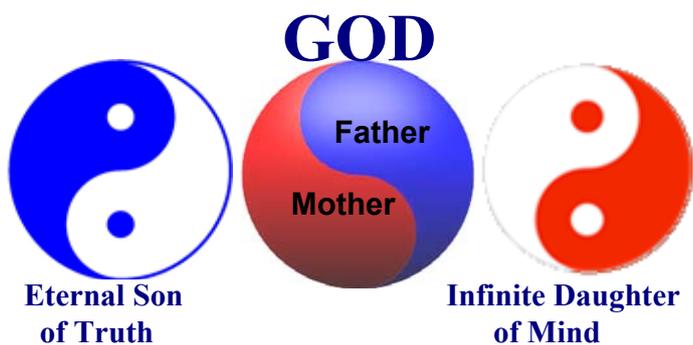
**Humanity** is to pursue the pathway for Truth through one’s soul based feelings, this is the right pathway. However, humanity commences its journey founded on natural love, which we now know is to be perfected through one’s Feeling Healing process and then made divine through asking for and receiving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

*Feelings first*

**LIVE FEELINGS FIRST**

**FEELINGS FIRST For Kids**



**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.

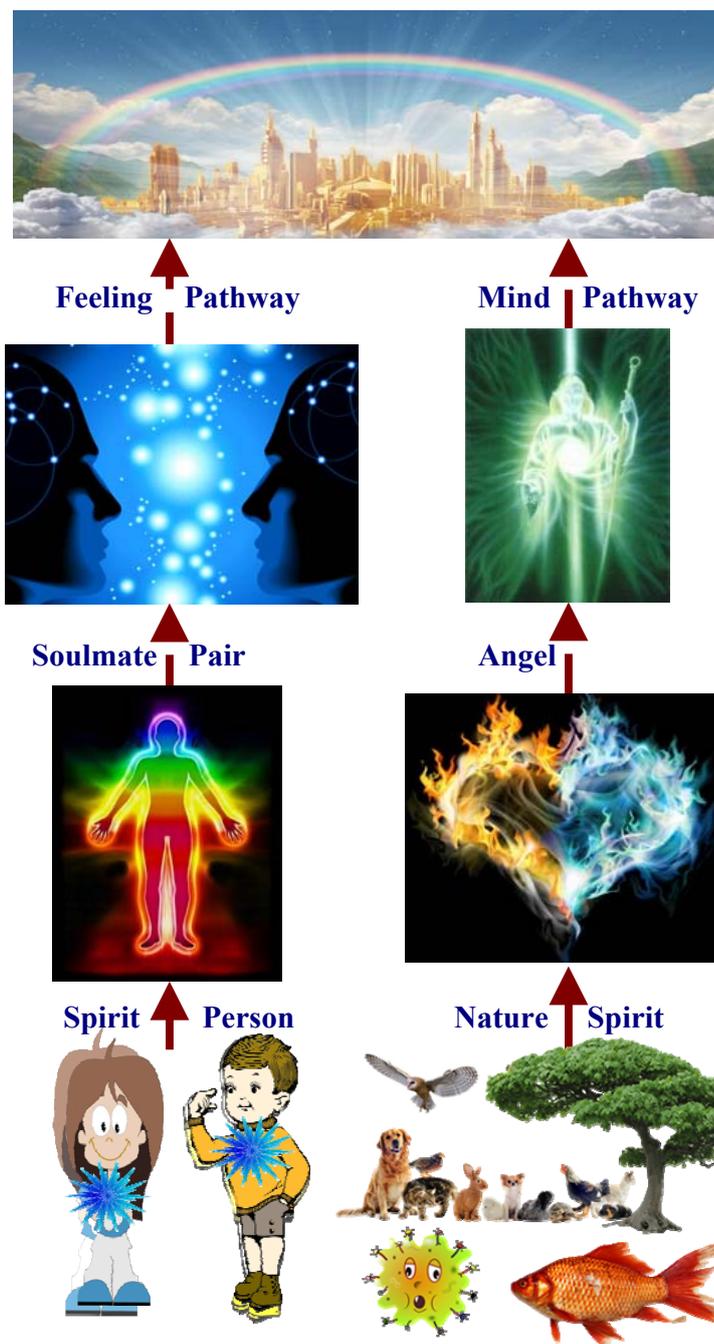
The soul of each human personality (sons and daughters of truth) is existential, driving our personality expression in the experiential. The soul of each human finds truth by embracing one’s feelings and longing for the truth of them. We are to attain the Eternal Son of Truth. We are a creation of Truth.

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.



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

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

**DIVINE LOVE SPIRITUALITY – DLS:**

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

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

**James Moncrief Books:**

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

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

**Religion of Feelings**

**Introduction to Divine Love Spirituality**

**Main website of DLS**

**Childhood Repression website**

**DLS and CR forum**

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

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

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

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

<http://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..*

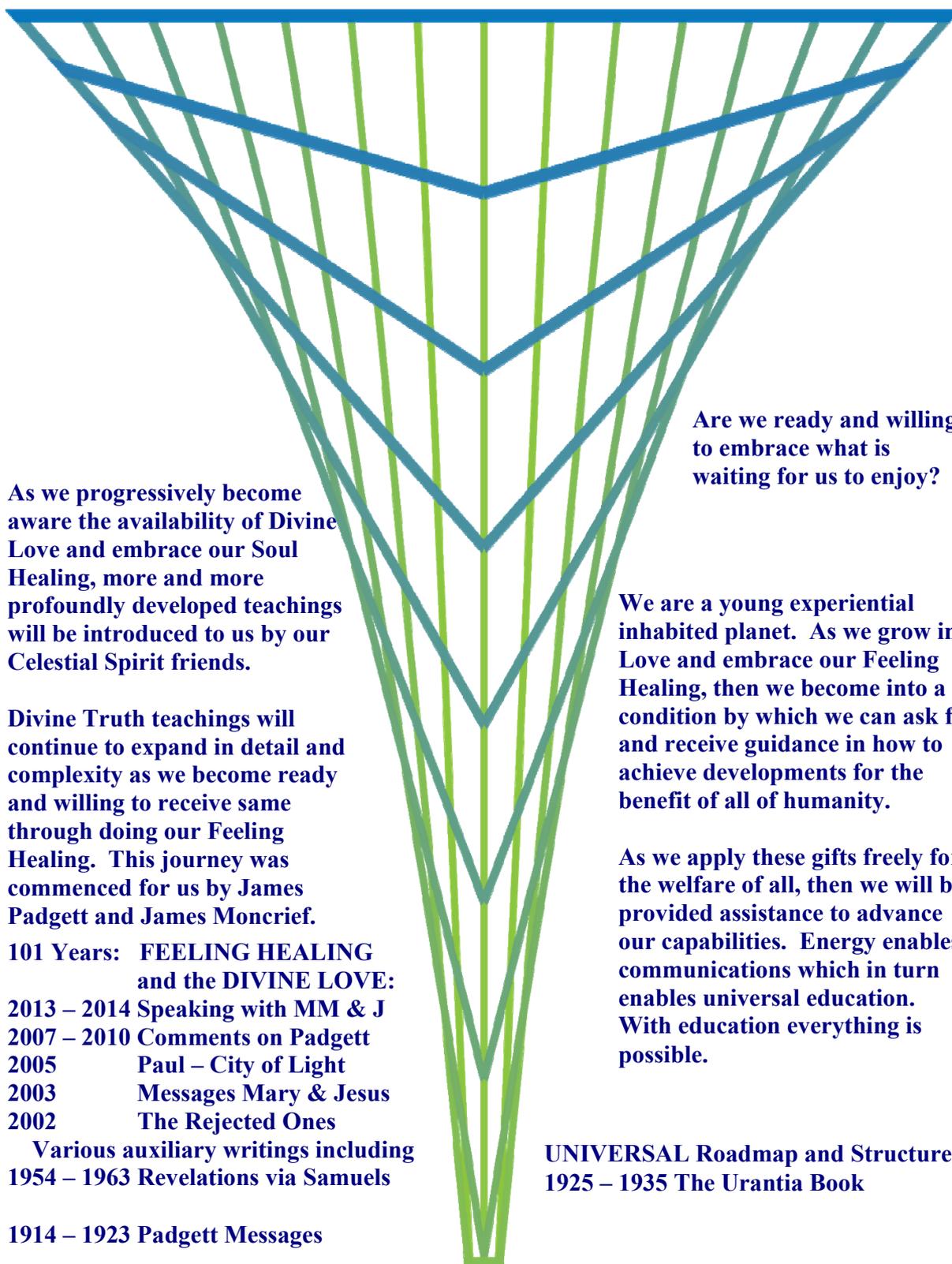
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

**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:**



# PASCAS CARE

## "Beacons of Light"

### around the globe



This document overall:

Map of Consciousness calibration 880