

# The Rejected Ones

## “Live True to your Feelings”

*New revelations of truth*

Messages from Spirit

Introducing

**Mary Magdalene**

and

**The Feminine Aspect of God – our beloved Heavenly Mother**

**James Moncrief *Divine Love Spirituality* (written 2002)**

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**Book 1**

**Contents:**

Preface 4

**Message:**

1	19/11/2002	Zelga	5
2	20/11/2002	Zelga	9
3	2/12/2002	Mary Magdalene	14
4	3/12/2002	Martha, Mary M, Zelga	18
5	5/12/2002	Mary M	24
6	7/12/2002	Rita, Mary M	31
7	8/12/2002	Mary M	36
8	9/12/2002	Mary M, Jeanette	42
9	10/12/2002	Jesus, Mary M, Zelga	55
10	11/12/2002	Zelga	57
11	13/12/2002	Mary – Jesus' mother	59
12	16/12/2002	Mary M, Ursula	62
13	17/12/2002	Ursula	67
14	18/12/2002	Ursula, Mary M	70
15	19/12/2002	Mary M, Heavenly Mother, Mary M	73
16	20/12/2002	Mary M, Zelga	78
17	21/12/2002	Mary M	84
18	22/12/2002	Jesus, Mary M	92
19	23/12/2002	Mary M	98
20	25/12/2002	Zalena	101

21	26/12/2002	Zalena	106
22	27/12/2002	Mary M	109
23	29/12/2002	Mary M	118
24	30/12/2002	Mary M	124
25	31/12/2002	Zelga, Anthea, Paul, Mary – Anthea and Paul's Myriam, Zelga	126
26	1/1/2003	Zelga, Maria, Zelga, Helga, Zelga, Penny, Zelga, Joanne – Uralia, Zelga	133
27	2/1/2003	Edwina, Zelga, Anne – Zameena, Zelga, Mary M, ? - a spirit from the 'lost world'	144
28	4/1/2003	Eloquica, Zelga, Mrs. Average, Marsha, Zelga, Sasha	152
29	5/1/2003	Zelga, Jesus	163
30	6/1/2003	Mary M, Elizabeth	167
31	7/1/2003	Elens, Jesus	177
32	8/1/2003	Jesus	185
33	9/1/2003	Jesus	189
34	10/1/2003	Jesus, Zelga, Alice	193
35	11/1/2003	Mary M, Zelga, Anne	200
36	12/1/2003	Mary M	208
37	13/1/2003	Zelga, Rosemary, Dorothy, Megan	214
38	14/1/2003	Jenny	220
39	15/1/2003	Mary M, Zelga, Heavenly Mother	227

## Preface

It was about six years into my soul-healing, that having not written with spirits for some years, I felt the presence of them, and a feminine one at that. I had the distinct feeling that women spirits wanted to have their say. This coincided with my questioning why the Padgett Messages and the Urantia Book (the two latest important revelations from spirit in the last hundred years) were so heavily weighted in the masculine. And what about the Heavenly Mother? Does She exist? And if so, why haven't we heard anything about Her from spirit? Why didn't Jesus speak about her? And what about Mary Magdalene? I was feeling and suspecting she was indeed Jesus' soul-mate, and so, why too wasn't she taken more into consideration? And if she were to have her say, what would she say to us?

I wrote these messages and then left them for four years before re-reading them. Then I read them correcting the errors in truth and lack of understanding I had suffered from when I first wrote them. Then I left them again for another two years.

Now re-reading them I am struck by how all Mary said has come to pass in Marion's and my healing. It has been long and it has been hard. And I remember back when I first wrote the messages, I was concerned and worried that Mary was being too hard, and some of what she said I was struggling to accept. But now I understand what she means by coming at it from the 'bottom line'. Now I am on that line, and very grateful for her head-on approach. Now I can accept it all. My healing years since I originally wrote the messages have proved to me through my experiences that all Mary and the other spirits told me in regards to our soul-healing is true.

This book, is you might say, where it all began: my urge to want to share what Marion and I have been through, and our understanding about it all. It introduces the reader to the negative state and briefly goes into what one can do about it. However, as with everything, there is a lot more too it.

Thank you Mary.

Thank you Jesus, Zelga, and all the other contributing spirits. Thank you my Heavenly Mother.

And thank you Marion for helping me understand much of what Mary said; for shedding light in a practical way on the feminine aspect of truth.

James. 2008

Please note: Referred to within these messages are:-

The Padgett Messages – Jesus and Celestial spirits reveal truths anew to Mr. James Padgett. The Urantia Book – A comprehensive cosmology as revealed by numerous spirit personalities.

Links to the above can be found on the Divine Love Spirituality web site.

**Message 1**

19 November 2002

Hello James. I am so pleased to be the first spirit to write to you. My name is Zelga and I'm a spirit from the 'seventh heaven'. I want to speak with you, as there is something special I want to tell you. It is not generally known on Earth, but it is of great importance to us over here.

I, and other women spirits, want to write about truth: that which we know, but has been hidden from your world and is crucial to all mankind. We also want to write about the subject of women, as we are so maligned on Earth, and we want to do something about that. Compared to men we women have suffered a great deal and only rarely have we had a public voice in which to speak our truth. And, as you have gratefully given yourself over to our cause, I am very excited and eager to begin.

A lot of women I have known believe that the male way is the right way and they either busy themselves trying to do well in it, to be approved of by the man (their man or men in general), or they hope that somehow within it, their plight will be recognised. And as I have now seen for myself upon my arrival in spirit, nothing much changes. Newly arrived women in spirit still tend to see things in the same way as they did on Earth, because the natural love spirit worlds are still highly dominated and controlled by men. Men can still have their cake and eat it when they come into spirit if that is what they want. There is no one to stand in their way, and for the most part this is what they do. The women spirits still behave in a very subservient manner, and when many of them realise that their secret dreams of a new freedom (in their life after death) are not materialising, despondent and feeling rejected, they find themselves still no better off than when they were on Earth.

Many women when they become spirits, and in particular those with some sort of religious interest, believe that their secret wishes will be fulfilled and they will get their reward for being so dutiful. A reward that they believed was not of the Earth, for it never came to them there, but one in which God will show them some kind of personal favour in the afterlife. Unfortunately however, this does not happen, they become very disillusioned. And it is very disconcerting. I know, because I was one of these women of whom I am speaking. I secretly expected greater things in the afterlife. I longed to be rewarded; at least to receive some sort of praise for the tireless and uncomplaining way I served my husband, children and family.

I understand that many people who are aware of life in spirit have a notion that, without the restrictions of a physical body, great freedom and happiness comes to all, however that is not always the case. Certainly many spirits newly arrived in the spirit worlds do feel euphoric, being 'free' from the limitations of Earth, however such feelings, once one settles into their new life, can quickly dissipate. It usually requires a longer time and much hard work at self-improvement to gain the benefits of life as a spirit and the happiness that can bring. And it does involve a lot of hard work; such happiness doesn't just automatically come to us all. One doesn't die and live happily ever after in paradise.

I grew up in a world, and by world I mean my own family 'world' on Earth, in which men were dominant; much more dominant than in some of Earth's more liberated families now. The men were given the respect they believed they deserved as they had all the authority. My brothers, even though younger than I, were made to feel more important than I. They were told that they were the worthwhile ones of the family and the daughters were of less worth. And my grandfathers were given even more respect than my father and my brothers. My grandmother and mother were as I was: there to do everything for the men. The men had the 'hard' work for they had to earn a living to keep us all, while we kept them well fed and the house neat and tidy.

We were by some standards quite religious, which meant that we upheld the 'beliefs' as we understood them to be in the Bible. I myself became a mother and grandmother and carried on our family tradition.

I prayed to God – The Lord Jesus and Mother Mary – for my salvation. I longed to be good in their eyes. I wanted them to love me and help me in my troubled times, and the fact that my hard times did seem to pass, and that I lived a reasonable length of life, I believed that they were answering my prayers.

Some of the men of my day believed a lot in religion, others not so much, and these men seemed happy to let the believers be more concerned with such things. But all the women, young and old, rigidly believed in upholding the sacraments and adhering to all the necessary rituals that meant an assurance of well-being. We, the women, all believed in an afterlife, consisting of being with Jesus and Mother Mary. It never occurred to any of us as to how Jesus might cope with so many women arriving daily into the spirit worlds all so desperately longing to be with him, completely ready and willing to give themselves totally to him. It was of course, all fantasy. It was our dream: to be able to serve our real master, the 'manliest' of all men. And even though we did love our husbands and stuck with them through thick and thin, secretly, Jesus was the one for us, and not only that, but we believed he was watching us in our every moment, judging us, and seeing how willing to please him we were.

I desperately worked long and hard in the hope that his ever watchful eye would see me, and that pleased with my toiling, he would love me. I so much wanted Jesus to love me. And I believed that if I had his love I would somehow be free. I of course, did not know anything else. Some of my friends as girls, daydreamed aloud of many wonderful things, some of which still make me blush to remember, however by the time we were all married and with families all thoughts of such things, if thought at all, were no longer said out loud.

It was, Jesus, one man-God in the universe of millions whom we were all really living for. And we all know now, at least those of us who are living a higher truth than that of which we were back then, that Jesus was really only symbolically our own father, an imaginary stand-in; an all-loving father that we so desperately longed for.

And James, since my time on Earth, nothing has really changed on it. As free as women may believe they are on Earth now due to women's liberation, still they are only longing for the love of their father. And unfortunately the fathers are not Jesus, for if they were living in his state of love, truth and light, we their daughters, would not be so longing for we would be fully satisfied with our dads.

It is of course the reverse for men and boys with their focus being more on finding the ultimate loving and accepting mother, and hence Mother Mary's importance even though most men who believe such things probably wouldn't admit it. And yet do you think that Jesus' mother wants all the lost, lonely and scared men of your world – all men – to come into spirit and be with her for her to look after? It is a very severe demand to place on one woman (especially when she was only a mother such as I, and not of any saintly status), to be the mother to all men (and women). Jesus' mother Mary could only cope with her own family let alone the countless millions of men and women that are daily calling out to her for forgiveness, her blessing and her love.

Now looking at it, it is all completely absurd, but living it as many are still, and as I once did, there was nothing else. We were programmed to accept and honour such beliefs from early in our childhood. It was the society we grew up in and there simply was no other way. However, this is exactly what I and others here in spirit want to write about with you. We want to make it known and quite clear that there is something else! There is another way! And the whole thing is incredible for it is as yet unrevealed on Earth.

As you know, Jesus is like our older 'brother-father'. He represents the love we wanted from our fathers but did not get. He inspires us through his loving care and helps us to get to know ourselves, but what about the feminine, the 'sister-mother', to us all? Does she exist, for surely it would be reasonable to assume we need both? And this is the first part of the wonderful truth we want to tell you about. She does exist! And she is very real and is the perfect partner to Jesus. Jesus has a partner, his soul-partner or soul-mate. And her name is Mary, but not Mary as in his mother, but Mary as in Mary Magdalene.

For me this truth came as quite a shock when I first heard it, however now it is the most wonderful thing. For with and 'in' Mary 'M', women spirits are given their full feminine status and have gained complete respect; and even more amazing, it is the women who are leading the spiritual redemption of mankind! It is men who for the most part are keeping the Universal Rebellion and Planetary Default well and truly alive, but steadily, and with the help of some men, it is we women who are reclaiming the lost souls of humanity.

**Women are more inwardly personal by nature (men more outwardly personal), but when men and women express themselves the wrong way they become impersonal, and it is this impersonal expression of men and women that keeps the balance of power with men. It is not a war of the sexes as it might seem, it's only that men and women being so impersonal and untrue to themselves are unable to relate freely, truly and lovingly with each other. Men and women are living away from their true natures and in this wayward and negative state are trying to be with each other. And this is what causes all the relationship problems between the two sexes. Men say they can never figure women (and it's the same on the other side, although a lot of women secretly believe they have men figured) because they can't figure themselves out. Both men and women are lost to the truth of themselves. Men and women are lost to their own impersonal delusion. We have all been created to be personal, and not to be so lost and controlled by the impersonal, however as you James are discovering, this is little known about and poorly understood.**

Now, as for the other great truth we want to give you: is it not also reasonable to conclude that there may also be a partner for our Heavenly Father, a feminine personal expression of God? And there is! Our beloved Heavenly Mother. She is real and very loving and is the Perfect Soul Partner to our Heavenly Father. So to balance the scales, Mary Magdalene and our Heavenly Mother represent the missing hidden truth: the as yet, mostly unrevealed, Feminine Aspect of Truth. And the Truth embodied in them is what we all need so as to complete the picture for our soul's survival.

This truth, of Mary and the Heavenly Mother, is widely known in the Divine Love spirit worlds. For within these worlds live spirits who desire and long to know, with all their hearts – THE TRUTH. Spirits in the worlds of only natural love: those who want to advance their minds and not their hearts or souls, have very little to no idea about such things. They are not interested in knowing the REAL and TRUE truth about Jesus and Mary and the Heavenly Mother and Father. A little understanding does get passed through to them but more by default than on purpose, and unfortunately the same happens to you on Earth with such little bits and pieces of truth quickly getting incorporated into false beliefs and used for the wrong purposes – by people living for self-fulfilment and self-gratification, rather than true loving service to our Heavenly Parents.

And it is largely because of this: the lack of any real truth in the spirit worlds of natural love, which results in much of the information from spirits that is passed to mortals, being of little value and unusable for the purpose of advancing or evolving one's soul. And having no real value for your soul it becomes only amusement for your mind. However, there is light on the horizon as the ONLY 'TRUE' truth, revealed by Jesus and the Divine Celestial spirits in the Padgett Messages, is making headway into your world. And along side this truth we wish to add ours – the feminine principle and expression of truth; through you to begin with, and with many more to follow.

When I first arrived in spirit I lived in the lower natural love spirit worlds. I still adhered to my religious beliefs praying to God as I was taught to do. When I found out about the offering of Divine Love to us by our Heavenly Parents, by our Heavenly Father AND MOTHER, and started to live in the Divine Love spirit worlds, gradually I started to heal all my erroneous beliefs. These I had learnt during my childhood. And as this happened, I became more and more in awe of the Father, Jesus and their united plan with the Mother and Mary for our redemption.

Mary is our beloved mistress alongside our beloved master Jesus. Mary is our beautiful loving 'older' sister, and the more we get to know her the more she astounds us with her sense of compassion, understanding and holy righteousness. She is very fair and liberal. She is a far cry from the women of Earth and yet a woman to aspire to be like. She is so committed to the Mother and Father that you feel Their presence beaming out of her. She and Jesus are the way to the personal; the most personal

relationship with God we can have. And every time we listen to her we are uplifted in our souls and feel incredibly inspired to resume our longing to the Mother and Father for Their Divine Love.

I appreciate that it may be difficult for you to embrace such truth, as you have no one like Mary or Jesus in flesh to feel such inspiration from. However, you are well served by their Spirits of Truth, and they do make personal trips to the Earth plane to encourage and comfort those who are striving to live the Truths of Divine Love, so you can still feel a deep love for them and sense feelings of love from them. I can't tell you how magnificent Mary and Jesus are. They ARE the living truth. They ARE our spiritual mother and father, and if we sincerely want to live the truth of God's Love, then all we need do is follow them.

James, I have now made a start to my introduction, and I am happy with our communication. I look forward to writing more about such things. Yours truly:  
Zelga.

**Message 2**

20 November

2002

Hello again James, it's me – Zelga. I want to continue with my introduction. I want to speak more about the plight of women on Earth.

Women, as yet, have no one spiritual in whom they can look towards as a role model. And Jesus, as perfect as he is, is still not a woman. Women (and men) need a female spiritual role model. We need a balance, and until women get it, they will still believe they are secondary to men. Even the 'modern' women of today still have unconsciously buried within them such beliefs. The modern woman might believe she has more freedom being able to live more like a man, but all she is doing is covering up her feelings of unimportance deluding herself that she is gaining men's respect. The modern day working-woman is leaving the family and her children increasingly in the hands of other people. She is being less responsible for herself as a woman. By increasing the rejection of her child, by trying to be more equal to the man, is I'm afraid, wrong. Anything that inflicts hurt, pain and suffering wilfully on another, is wrong. And she is wilfully doing it. The fact that she refuses to see the effects of her actions on her children does in no way excuse her from her wrongdoing.

Modern woman is desperately trying to escape the shackles of drudgery many of us had no choice but to accept, however that doesn't mean that she is doing right by her children. I'm not saying the answer is for women to just give up wanting to go to work and be independent; all I am saying is that the rejection of one's child is what needs to be seriously considered. There is no way out of the problem as things stand, either way will penalise the child, for a child suffers just as much from being with parents who don't want to stay at home all day with it, as it does from neglect and absence from working parents, both situations being a product of the negative and wrong state everyone is living. The only way to deal with the problem is to look to Mary and Jesus and the Mother and Father for help, and what I want to convey to you is a part of this help.

In truth, many of the old ways of doing things have in fact been more real and true, however, such things will only come back anew to those who choose to live the truth of our Heavenly Mother and Father's Divine Love.

**Within each woman is her soul of truth, and if she chooses to live true, then innately she will know how to be a woman and how to be a mother and how to be a grandmother – how to be her true self. And she will be able to know how to be these things as well as still being the free child of her Heavenly Parents.** This should be, and one day will be, the aspiration of women. (And yes, the same is for men of course on the other side, but for now our intention with this book is for women. If men wish to read it they can draw for themselves the parallels they need, just as we women have had to do this for ourselves for such a long time with only the man's point of view being acceptable).

Women are needed and are as vital in the Mother and Father's creation as men. It is such a relief to finally be able to speak of the Mother in such a way. For so long we Divine Love spirits have only been allowed to refer to the Father when making reference to God with mortals or those in the lesser natural love spirit worlds. Previously, for planetary and universal reasons, such things have been necessary so that the Mother and Father's Plan can be fulfilled. However, now for other such reasons, we can begin to balance the scales. We can now begin to openly speak to you on Earth about Mary and most importantly – our Heavenly Mother.

Humanity is so one sided. Can you imagine the full incorporation of the feminine aspect of truth? For so long only the male side of things has been available to souls seeking the truth, and with the other half missing, causing such confusion. Imagine the Church if it were to fully accept the feminine side as a real and wonderful addition of truth. It would of course no longer be the Church, and wouldn't that be a blessing!

Women for the most part are not seen as being interested in, or being able to be interested in, the truth and spiritual matters. It has been men's business while the woman gets on with her area of life – raising the children. However, as I might inform you, the raising of children is not and should not be devoid of truth and spiritual understanding – nor should it be devoid of men! It should in actuality be the focal point and wellspring of all truth, for it is within the womb of women that the new seed of truth is begun, nurtured, and brought into the world. It is sad to see that the truth of women is far more of a secret than that of men's, and unfortunately, a secret to women themselves.

Women are a storehouse of truth. Men have long been freer to reveal their truth, although have failed to do so. Men by their nature can be more impersonal and this is proving to be their stumbling block. Men are living too far away from themselves and need to come back. But their trouble is that the truth they need to do this with lies within women. **And so it is that the salvation of humanity and the healing of all souls will be brought about by women: women striving to live the truth and then helping men to see it from their perspective. This will bring about the balance for both to live equally together and to live finally, lives of love.**

As you have discovered for yourself during your healing James, it has been your mother whom has denied you her truth, as in her deluded condition she is not aware of such truth, and as a consequence she rejected you and pushed you away from her. You have been forced away from your true self, out further into the impersonal (as had your father by his mother), and too far for the good of your soul, so with Marion's help you have been coming back. And Marion is the living example! She is for you 'the way', and your great struggle is to accept the truth and love from a woman when all you unconsciously believe, thanks to the negative and unloving influence of your mother and grandmother, is that all women hate you and will reject you. To accept your wife, while looking at her through the same eyes that only saw rejection from the first woman in your life, is your great struggle. And your life is thus far a testament to that struggle.

You felt powerless with your mother and grandmother and hence powerless with

all women. You have sought women who you believe will only be nice to you as you so longed for your mother and grandmother to be. And when they are nice you have wrongly believed that you have gained power. So now to see you allowing yourself to truly be powerless with Marion; willingly allowing yourself to be powerless and not fighting to overcome it, all so she can help you to see the errors of your ways, has truly been an inspiration to us. Your struggle is representative of the struggle for all men. It will take a longing to be humble and a want to live with humility, that will enable men to help women come out of their prison, so women can help men to feel less scared of them.

The self-righteous modern woman of today is nothing more than a woman who believes that she has some support from her father, and that if she speaks up will not be humiliated by him. The world of men is currently tolerating such women, but as to how far they can push men, we wait to see.

Women have tried valiantly to live what they believe to be the truth. In the Christian families they have supported the Church and adhered to their understanding of the Bible with all their hearts; and in other religious families they have and are doing the same. However to them, and I am speaking generally, their heart's desire; their deepest longings for fulfilment, have been left wanting, their purpose of higher than being a mother, still yearning to be fulfilled. But now women will be able to go the whole way if they choose. With this new revelation and understanding women will be able to look towards themselves for such answers, no longer needing the approval of men to know that what they feel is right. They will be able to 'seek within' and they will find that they will be able to do it much easier than men.

**Women simply lack the confidence to know that they can know, and know it all, for themselves. They can live perfectly with God without the Church and Bible (they both being men's creation). They can live perfectly well with their Holy and Divine Mother and Father, and just as easily as any man can do.** And they will also come to know that they have all the right and blessing from the Mother and Father to live as true to their soul as they want to. They can go into the realms of the personal with increasing confidence, and then demand that their man and men take real notice of them. In time we spirits can see that women will gain their independence through knowing their truth, and it will be women who will help men heal themselves of their problems, and in particular their sexual ones.

Women have been unjustly accused of a lot of wrong-doing. The Bible's condemnation of Eve is bias and does not allow any room for the thought that the man – Adam – may have in fact been responsible for the default and not the woman. It will be brave men who are willing to re-look at all such beliefs objectively supporting the women's view at the detriment of his own. The men's club is very secluded, and many such men will think that all this is a lot of baloney, however long after such men come into the spirit worlds they will wish and long for the help of the very women they do despise.

**Our Mother and Father are a soul-couple. Two who are of One Soul. And we are of Their image: woman and man. We are created to be together, as They are**

together. To be together forever, so the truth of soul mates is real – very real. And so it is: that for every woman there is a man and for every man a woman. For men and women to believe that this is not so, and try to love only each other of the same sex, is sadly only a reflection of the inner torment they are suffering.

Men and women are destined to live, not only harmoniously together, but also completely and perfectly in love. And as women begin to liberate their truth, and it comes into the world bringing the balance so desperately needed, then men and women will both see that living with such love of and for each other is a possible reality; and something to live for, and to hold as the highest aspiration of life. Women and men as soul-mates are to become as our Mother and Father are: completely in love and at-one with each other. However, as we live now: completely unloving of each other, we have as a whole, a long way to go. And if you think this is untrue, wait until you start doing your soul-healing, revealing such truth to yourself.

We are meant to be as children, together with our Heavenly Parents. We are meant to serve each other and not to try to have power over one another. Most of this is known and many people long to live this way, and some even believe that they are, but until the focus is brought right back to the relationship, and the relationship only, it will not be achieved.

God, now consisting of our Mother and Father, is a relationship. They are Relationship. They are Soul with two distinct Personalities continually expressing love for one another. I know this concept may sound difficult to understand, however that is only the mind with its usual difficulty. For such truth is not to be understood with the mind. It is to be soul-perceived – felt – and just known. The mind need only then accept it, understanding the reality as required.

Men and women are in a very bad way James, far worse than anyone has been led to believe. The Mother and Father are allowing you – humanity – great freedom to express your disbelief in, and denial of, Them. And you will be allowed to go even a lot further living lives devoid of truth and love. The Earth is an incredible world. It is very unique in many ways, most of which are still unrevealed to you and will remain so for quite some time to come. It has a very large capacity to accommodate men and women who choose to live such irresponsible, self-denying lives. It has the capacity, so I am told, to enable the outworking of the Rebellion and Default to a very high degree. And this of course was the reason why Mary and Jesus chose to have their Earthly or mortal incarnations on it.

However even amongst all this doom and gloom, the sun will keep shining, and the Sons and Daughters of God will keep coming. And so it is now that this new truth, being personal and solely concerning the individual person, is at hand.

Jesus came to re-reveal some of the truth of His Father as is written in the Padgett Messages, so as to further underpin and stop humanity's descent into impersonal darkness. And with the mercy and goodness of his soul, he is reaching out to you offering some relief and hope to those who do long to live true. This glimmer of light is now available, and as it has helped you, James and Marion, so much, so too is it helping other people to begin to feel the Love of their true Heavenly Father. And now I am going to add Mary's revelations.

James, I want to have a break now, so let us resume in a little while. Please rest for

a time and continue when you feel you would like to.

Yes James, let's continue. As I was saying, it warms our hearts to see that humanity is soon to take another step of truth, and all with the Mother and Father's blessing.

With the revelation, as contained in the Urantia Book papers, concerning Creation and the universe of universes, the impersonal truth has now been extended quite considerably. And so now all that is needed is for a personal revelation to bring all men and women back to themselves.

**Women by their nature are naturally 'going in'. They receive the man from outside of them into themselves. They want to stay 'home', inside themselves and not leave, staying close to their feelings. And as they will find, that by staying true to their feelings, just as Marion is showing you, they will not leave themselves to become caught in the deluded world of male based falseness. They will lose the need for impressing the man and instead will be loved by men for being themselves. However, unless the man is equally willing to come back to himself and stay close to his feelings supporting the woman in hers, it will still be very hard for her to stay true. Although we spirits are presenting a heavily feminine atmosphere through these messages, it will still take a woman and man to help each other achieve all we will be telling you. Men and women do need each other and that applies to one's soul and spiritual growth. There is only so much you can do by yourself, it can be relatively quite a lot, but at some point a relationship is required as the soul re-unites its two halves.**

If you could see, James, how many women are ahead of their soul-partners in the Divine Love spirit worlds you would see the ease with which women can, with some help, set themselves free from their sinful and evil ways, and at the same time just how hard it is for so many men to merely begin to want to. And it all stems from the belief of men that they are basically superior and right, that their way is the right and only way; and the belief of women that their way is the wrong way, and they will try to do better: try to do as the man says. So when the woman discovers over here in spirit that she is no longer answerable to men, Jesus or God, in the way she fears and has been made to believe, suddenly she feels a great surge of liberation and immediately begins to see the light. But it is not so for so many poor and deluded men. It will and does take a very long time for them to begin to accept the truth that perhaps they might not be right after all. And even, with other higher male spirits help, including Jesus himself, it is still very hard for them to begin to break down all the erroneous beliefs and ways of behaving that constitute the power and dominant role.

For men to see and accept that they are not the all powerful ones is very difficult. Even the most powerless of men, still believes deep within him, even if he doesn't feel so, that at least he is more powerful than a woman. And then, even deeper within himself, which makes his problem even more extreme and very confusing, he believes that even with all this so called power, he is subservient to women, for he had to be with his mother who dominated him. So within him, his mother is the real power and controller, and he feels completely powerless with her. Then as he has grown up, his father (and very often also his mother) together with his society and culture tell

him he is the all-powerful dominant one, this belief coming over the top of his all-powerless belief and feelings. And so feeling so powerless with his mother through her actions when he is very young, it is now her words that are telling him that, none the less, he has to go out there and make her proud of him. So he lives in a very disjointed state, and the world you live in reflects this. Men are controlling the world, but are afraid of their mothers. Men are the all-powerful ones, but rule scared of women. So who really has the power? You only have to look at the Church to see what I mean. Why are men of the Church so afraid of women? And the answer is because if they allow women to have equal rights then they will have their power threatened, and if they were truly seeking a spiritual path to the Mother and Father they would have to yield to women, acknowledging and accepting that women are the true spiritual leaders – because we are.

Often the man is said to be the boss and leader within the family, the one with the power, however it's usually the mother that is left to get all the practical 'looking after the children' done, and so in the eyes of the growing child, who really has the power? This separation of power between the parents, with the emphasis on the man being the boss but with the woman controlling all that is really important, causes lots of confusion within the child, the child growing up with role models that don't add up to what it sees and feels. And this all leads to the child feeling one thing but being told another, and so it has to believe what it is told at the expense and denial of what it feels. Such conflicting messages for a child have, as you are uncovering within yourself James, a detrimental effect on it.

We want to help you James in your endeavours to write about the truth as you have experienced it. We want to work along side your own writing, in the hope of forwarding more information and understanding to you and Marion. And now that you have firmly established for yourself the fact that life is about, and only about, relationships, we can come and be involved in your life. As I said, we are very grateful for you to give us this opportunity to share something of our lives and how we see the truth, with you.

James, simply call on us when you feel you would like us to speak to you some more. And until such time I want to thank you again, I'm enjoying our experience together even in this small way. Zelga.

**Message 3**  
2002

2 December

Hello James, I would like to speak to you today, Mary.

I am Mary of the Bible, as you know, and as I have not spoken to you for quite some time, and for the purposes of this work, I will begin with a formal introduction.

I am Mary Magdalene of the Bible, the one who was on Earth at the same time as Jesus of Nazareth. And, yes, we were on Earth; we are real; we did exist back then, and we do exist now living as spirits in the Celestial heavens. This might not be startling news, but what maybe of news is that I am the soul-mate of Jesus. It is I whom is responsible for the feminine aspect of our universal Son and Daughter-ship. I am the living feminine truth. You are familiar with Jesus and his Spirit as expressed in the Truth he has revealed to humanity, but unfamiliar with my Spirit and the Truth therein.

And so it is that I want you to continue writing this work for me James. Just as Mr. James

Padgett wrote for Jesus, I would like you to write for me. And in doing so, it will greatly benefit you. I, together with other spirits I have chosen, will tell you the truth I want to reveal, and it will, as you will find out, make you feel a lot better about yourself and your life. I am the missing part of The Truth to make the whole. And as you are appreciating, it's a much broader picture than what humanity currently understands. It is what humanity needs, the woman's perspective, so to speak.

**It will be hard for many people to understand that having devoted so much of their time, love and prayers to Jesus, in the hope they will be saved and thought well of, that they have been only dealing with half the picture causing their prayers to be ineffectual.** As to why this has been allowed to be for all these years is a matter of concern only for the Mother and Father. It was They who asked us, Jesus and I, to live as we did and be as we were whilst on Earth, just as They ask us to be as we are now in the Spirit Heavens. On Earth, Jesus and I became aware of our true identities, however I was forbidden to reveal and be my true self. I played my role of self-denial as I steadily awakened to what the Mother and Father were asking of me, just as Jesus played his.

**My focus with you will be to help show you how to uncover truth for yourself; how to look into your feelings and see what that they want to show you. How to concentrate on yourself – mind your own business – and become self-revealing. I want to guide you back to yourself so you will be able to see just how far away from yourself your parents took you. Your parents didn't mind their own business**

and allow you to get on with your own life, they continually interfered with you, controlled, dominated, told you how to be, what to believe, how to think; they didn't allow you to stay true to yourself. Your parents, James, caused you to lose yourself, to step away from yourself, to push yourself aside and be how they wanted you to be, and it wasn't right. Consequently you have suffered, and it's this suffering and what they did to you: how they caused it, that I want to help you see.

Jesus spoke of living the Will of his Heavenly Father, but to do this you must first live true to your will. Your own will must be in one piece; it must be able to function perfectly well. You must be able to do what you want to do when you want to do it. If you are doing so, then you can choose with your will, for you do literally will yourself to, live another's will, such as the Mother and Father's.

As a child you were not allowed to live true. You were not allowed to express your will, to live and therefore be true, to your own wants. You were stopped, inhibited and interfered with in many ways all of which had the same result on you. You lost your power and gave it all to your parents. Your parents made you live their will. So what you now believe, but is unconscious within you, is your power, your ability to do the things you want to do, is all still only what your parents are allowing you to do. Unbeknown to you, you are still only living their wills, with yourself struggling for something to do for yourself in it. You weren't conscious of this, so by the time you reached adulthood you believed you were now the full master of your own destiny, but the wind doesn't always seem to blow when you want it to or blow and in the direction you want it go. And why? Because there is no real YOU in the picture. Your life is merely a 'sub-life' of theirs, and will be forever until you choose to – will yourself – to do something about it. And this is extremely difficult to do for how can YOU will yourself to heal your dysfunctional will when your will is only a poor composite of your parents? You're pathetically trying to use your will in your life to get what you want, and yet all you are doing is living the will of two interfering people. And not only that, but they themselves are a mixed up composite of their parents wills. So in effect you are being parented by many wills: your parents and their parents effects on them, and then, if you go back even further, you're being affected by even more wills, and when does it all end? There are generations of people, none of whom have not minded their own business, all coming together through your parents to interfere in your life thereby inhibiting the true functioning of your will.

So you can see you will need to heal and be healed of all of this, to somehow remove all these interfering negative influences. All their wrongness, which defines you now, is reflected in how you function in life, all having been sculptured around your will-controlling parents, and it needs to go. And where is all this wrongness; all this will dysfunction; all the negative effects of not living as a true, whole, wilfully-free person? Contained within your soul. And what needs

to happen is for you to rid your soul of such negative influences. You need to somehow divest yourself of all negativity and then you will be free. And true FREEDOM is just this: YOU ARE FREE TO LIVE YOUR OWN WILL. You are YOU, right through you into the depths of your soul, and so all that you want to do, and how and when you do it, you will know is, YOU. No one else will be consciously or unconsciously influencing you, and if they tried to do it, they would find it very difficult for the integrity of your soul, your own feelings, would first alert you to their evil intention and you would want to make them stop. There is no other true freedom. A free soul, that being one living in a state of pure love, is free, being completely empowered by its own will!

Your soul James (as are all souls) is existential. It is in a state of 'Being', in a reality that is devoid of anything else except personality potential. This 'place' or 'state' or 'reality' is not in Creation, however Creation is of it, is an expression of it – an expression of Soul. Soul creates Creation. If a soul needs or wants to express itself – its personality in Creation – it needs to do something. And the first thing it does for itself is create or manifest its own will in Creation. At a moment prior to your physical conception your soul has already started to manifest will, your will, that part of it – your personality – that's called will. And with this will it is then ready to literally 'will' the rest of its – your – personality, into life. You and your soul are one and the same. You are currently consciously focused on living and perceiving and experiencing life through Creation as you – your soul – express your personality. Once your soul – you – has begun its incarnation, it forevermore continues to will you into Creation. You are always an ongoing expression of your soul's personality. Without a will, an active part able to manifest in Creation, none of you would exist, not your spiritual or physical or thinking and feeling parts, nothing. So your will is very important and should anything interfere with it then that interference is going to have a negative affect on your soul's ability to will you into life. When your parents imposed their wills on you, that imposition affected your will. It affected how you will yourself about in life: how you do things, how you express yourself, how to get what you want; how to live true to your feelings so you can use them to find or uncover the truth of your soul – the truth of you.

The Mother and Father are a Soul-Personality, and we have been created in Their image. They have created our soul and bestowed personality upon it. And being our Parents They want to get to know Their children, and so we need to have our wills functioning perfectly so we can relate to Them and They can relate to us. If however, your parents have interfered with your will, then you can't relate to God as They want you to and as your soul longs to.

If you want to be as perfect as God is, then you will have to heal your will imperfection. If you want to live the Will of God, then you will have to heal your will dysfunction. If you want to live at-one with your Heavenly Mother and Father, then you will have to first become at-one with yourself, healing all that is wrong in your relationship with your own parents. So long as you're living in a

negative will state you will NEVER be able to ascend in truth and arrive on Paradise and be with The Two, who are One, who created you.

As Jesus has revealed in the Padgett Messages, he and I were born on Earth in a perfect state of being. Unlike you, our wills remained perfect, our parents couldn't negatively interfere with them. We could not be influenced by any evil, and even though we still had to maintain a purity of mind, this was not hard to do as we felt the truth with all the feeling of a complete uninterfered with will. However, the problem Jesus and I faced was we weren't, owing to certain incarnation restrictions placed on us because of the Rebellion and Default, allowed to express our full wills, our full selves. Jesus could express himself more than I, as the male was more dominant, the woman more suppressed; and my life was reflective of that, being able to mostly only tend to the sick and poor. I couldn't teach and reveal truths alongside Jesus as his equal. I could only help people in my humanness and not as a full Daughter of my Heavenly Mother and Father. My 'time', as I understood it when on Earth, was to be after I died and entered the lower Mansion worlds. Then I was able to fully reunite with Jesus and reveal the truth that I had within me: that God is my Heavenly Mother. Had I been able to reveal my truth to humanity when I was on Earth, then you would know from Jesus and I that God is both your Heavenly Mother and Father – the feminine and masculine aspects being fully expressed through Jesus and myself.

Strange as it may seem, but the truth of who I really am is not hard to keep from Earth or the natural love spirit worlds: mansion worlds 2, 4 and 6 as Jesus spoke of them to Mr. Padgett. Those in spirit who wanted to know, lived in the Divine Love mansion worlds 3, 5, 7 and above in the Celestial spheres (mansion world 1 being a mixture of both and the introductory world for Divine Love). The separation between Divine Love and only natural love maintaining something of a natural barrier preventing the spread of truth. So humanity on Earth has had to wait until now for a new and full presentation of the truth of myself. Of course many have suspected and speculated about me, but until I reveal my own personal soul nature, no one can know for sure. But now you can. Mr. Padgett was unable to accept and embrace me, as Jesus began his re-revealing of the Truths of Divine Love through him, and I am beginning my revealing through Marion and you, James.

It might be difficult to believe that no one wanted to know the Truths of Divine Love, but it is so. For two thousand years nothing changed. People might have been disgruntled with what the Church called truth, and many searched for meaning, but it was all from and with their minds and not their souls. James Padgett had a sincere soul longing to which Jesus was able to respond. And you have had a deep soul longing for the feminine aspect of truth to which I am able to respond.

Jesus revealed through Mr. Padgett the truth that the Father is offering His Divine Love to you. I am revealing through you that both the Mother and Father are offering Their Divine Love to you. Jesus also revealed that upon partaking of

this Love one can undergo a soul transformation into the New Birth; and I am revealing through you, that this inner transformation is called your Soul- Healing. And it is something that you have to consciously make an effort to do. You have to willingly choose to do it; and in doing so will eventually heal all your will of imperfection – all of the negative you were forced to accept from your parents. And together Jesus and I will tell you that it is by longing for and wanting to live true to yourself: true to your feelings, that you will uncover the truth of your negative will state and heal it. And when you are healed, you will be free to live as Jesus and I do: perfect in our Divine Love souls – as Celestial spirits living in the Celestial spheres.

Humanity has fallen from Grace. It hasn't consciously or willingly rebelled against the Mother and Father but has rejected Them by default. This has led to the negative will state being passed on by default from one generation to another. The result is you are very confused and lost, living with little truth or real understanding about the spiritual nature of things. You have fallen the equivalent of the seven mansion worlds, so to heal yourself back to perfection, you have a long road ahead as you ascend your way in truth back up them. Your soul-healing will be very testing as you uncover the truth of all your negative will. However, humanity is now longing for such truth, and so the way is being presented for those who want to take up the challenge. Now is the time, Jesus and I are revealing to you that which you need to understand to help you; that which will answer and appeal to a sincere heart and soul longing for love and truth.

I feel that is probably enough for the time being James. I will now leave you. Mary Magdalene, 'Sister to all sisters, and soul-mate of Jesus'.

**Message 4**  
2002

3 December

Hello James. I want to write to you today, my name is Martha.

Yes I am Martha of the Bible, and yes, I am one of Jesus' sisters. However today I do not want to write about him, for enough has been said of his life to convey a certain feeling and awareness, and that is all that is required by mortals up to this point.

Today it is Mary Magdalene of whom, for so long, I have wanted to write about. She is very much misunderstood. She is the most wonderful of all spirits. Jesus is absolutely beautiful in all his mastery but Mary in my eyes is like no other. She stands out like a beacon of light, of sheer wonderment. She is the most heavenly of all the spirits I have ever met. And she is equally as masterful, and, I may even say, more so, than Jesus. I am biased for I am very lucky to be able to spend a lot of time with her. I love them both, and really there is no comparison. They together are most wonderful and something that you have to see and experience to behold. They are indeed the complete Mistress and Master of their universe, and, oh James, let me say what an incredible universe of supreme beauty that our Mother and Father have allowed and inspired them to build! It is all absolutely amazing over here. And I have been ever so fortunate, being allowed to accompany them on many of their universal excursions. A lot more goes on all the time over here than even the Urantia Book portrays. We are never without things to do all the time. And there is a lot to do for everybody!

Today, however, I only want to write about one specific thing. Now my thing to tell you is that I am a part of Mary's personal entourage, so I am very privileged indeed. I have been chosen by her to do specific things. Yes, you are right in your assumption, just like how Jesus chose the apostles to help him. He still appoints spirits to help him in various ways. A few of the original apostles are still with him but the others have moved on. When one moves on he chooses others to replace them. Things are always changing. And so too does Mary appoint certain spirits to help her – and I am one of them! I am so lucky. I have been with her since she first came into the mansion worlds. So I have got to know her very well.

Earth, and the associated mansion worlds, because of Mary and Jesus' mortal bestowals, are still very dear to them. They both spend a lot of time in all the worlds, and particularly in the Earth sphere, that being what you call the first mansion world, and the closest to Earth. They are always very active here and as a consequence need help.

I help Mary in her personal duties. I am as you might say, one of the ladies in waiting, however Mary is not so pretentious as to be a lady, for she is the leading example, as is Jesus, of being nothing more than the perfect living truth of themselves. She is always completely true to herself. She is will-perfection-personified. And so as

you can well imagine, if our wills show any deviation from Celestial perfection she is quick to help us to focus on ourselves to see exactly what our problem is.

I cannot speak more highly of Mary, but who am I to say anything regarding such perfection? She is a continual inspiration. To see the Heavenly Mother in her is extraordinary; and then to see her working in Creation, working with the Mother, adds another amazing dimension to her and everything. Mary is wonderful and I cannot say enough to portray her greatness. Her heart seems so big, overwhelming with love, and she holds every soul dear to her. I don't know of course how she manages to do this, but it seems that she has endless amounts of love, and an endless capacity for accommodating every creature that needs her special attention. To watch both her and Jesus orchestrating their realm all under the loving guidance of the Mother and Father is more amazing than anything, and they seem to just do it all in such a relaxed and self composed way.

I have been one of Mary's personal aids for quite some time now. There are others, some of whom have been so as long as I, and others who are quite new. As I said, there is always change: change in Creation is a truth. There are always spirits coming and going, and by that I mean ascending mortals – women and men who are now spirits and progressively working their way up and through the mansion worlds, healing themselves of all imperfection to then enter into the Celestial spheres and continue. And so too will come a time for me to move on and to leave my personal life with Mary, and there will be another such as I whom will take my place. Even now on Earth there are some who will come and be with her such as I have been so fortunate to do. And she is already helping them prepare for such personal work with her.

I, and all of us here in spirit, want to impress Mary on the mortal mind. We'd like you to accept her for herself and not as someone you know through the Bible. If you can see Mary as an unknown person, one in whom you cannot know as yet for there is not the awareness to do so, it may help you to accept her. And if you allow your heart to open out to her, her Spirit of Truth will come to you and you will live as if you do know her in some way. And if you allow your feelings of fondness for her to guide you, rather than any preconceived ideas or beliefs, you will, I have no doubt, be very surprised and very pleased.

And James, that is all I want to say today. Thank you. Yours truly. Martha.

**Hello James. I would like to continue from yesterday, Mary.**

**As I was telling you, the will of all will creatures needs to function properly so that the soul of such a creature can fully express itself. And to fully express yourself is to be true to your soul.**

**For humanity (natural man), will perfection equals living a life of perfect natural love. And in such a condition of being, this man, be he a man or a woman, will know what it is like to be fully expressive. And then this person can use their**

complete will to choose to stay as that natural person, or to submit to the higher leadings of his or her soul and ask the Mother and Father of All, for help in 'letting go' of his or her will as it's expressed in the negative state, and applying their healed and positive will to live Their Will.

And here, although I have used the phrase 'letting go', it is in actuality not a letting go as such but a complete acceptance of one's negative state enabling a transformation of will to take place. Your will of natural love, can if you so desire, be transformed into a Divine Will. And the will as such and of itself is not transformed, but the soul is. The soul that governs the will can become Divine so the action of the will is different. The will of a Divine woman or man, has become true in love to that of the Mother and Father's Will. And in doing so will maintain a relationship with Them, with she or he being and knowing always that she or he is Their child. And the feeling in your heart and in your spirit will be of such truth. You will categorically know without any doubt that you are Their child and that you are a child of Their Love. And how you live Their Will is by declaring: 'with my will Mother and Father, I live Your Will'. And how you live this is by living truly your will, true to your feelings and so true to Their Will. You are not giving up your will becoming enslaved and wholly subservient to Them, having to obey Their every command, no, on the contrary; with love, your love for Them, you are simply, through your feelings, choosing to live and do Their Will, rather than live only your will at the exclusion of Them. And it takes your full and perfect will to fully and perfectly live Their Will.

Natural man, can and will only know that he is a natural man or woman, an adult as it were. He will not be able to totally recapture his feeling of being a child, however, if she or he were parented true to the Mother and Father's Love, then she or he would have never lost the feeling of being anything else other than a child – Their child. If you choose to live in the Mother and Father's creation, then you need to live true to your soul. And within our soul is a destiny to always be the child of such loving Parents. For as Their child, we will never try to be anything else. And in particular we will never need to shoulder or be burdened with the responsibilities of being an adult, of trying to be Them. For we cannot be Them. You might believe as an adult and parent that you are like God, but you are not. And being a perpetual child has many benefits. Life is for all eternity a continual surprise of wonder and glory to behold.

It is such a pity you are prevented from experiencing this wonder on Earth, by not being allowed to be a true child of God. However, all is not lost, for as you do your soul-healing you will slowly feel more of yourself. You will increasingly feel childlike, not childish, but the free child of your Heavenly Mother and Father.

When you learn (relearn) to feel as a child feels, then and only then, will you see and feel the truth of yourself. Women and men are children of Heavenly Parents. Women and men are therefore not as they think they are, of flesh and blood, but are actually something very different. You are a soul first, then you are living in a creation of your soul: a spirit body clothed in flesh. If your physical body is to show a defect, which is a deviation from perfection, be it for the whole duration of your Earth life or for a small moment, it is your soul that has desired your body to

be this way. Your soul controls EVERYTHING.

You can, for example, eat all you like. You will add some weight to your body, but unless it is in accordance with what your soul wants you will not become obese. (If obesity is what your soul wants then you will become obese.) You will vomit or eliminate all the excess to maintain the weight your soul desires. And remembering you are your soul, you can then find out through your own inner endeavours what your soul wants – how your soul wants you to be. And what your soul, the real you, wants, is governed by what the Mother and Father want. So in order that you live and do Their Will you must want to live and do your own. You must want to know yourself: why you do the things you do; and why you want the things you want. And I mean REALLY WANT to know; to know all the way into the depths of yourself in that moment. You need to want to know yourself through to your soul so that slowly you become your soul. So you become soul-knowing, and live with your soul fully expressing your will and the Mother and Father's Will.

By the time you are completely soul-knowing and living it, you will have ascended to Paradise, the home of all souls. However, in the meantime, there are real stages and goals to be achieved along the way. And as you may already know, the first one is to become of Celestial Truth, Light and Love. And by attaining this level of truth on Earth, you will have healed all imperfection: your will, your spirit body, your physical, and all other intervening and connected attribute systems. You will be living the perfectly true equivalent to the Celestial level of life. This is the first real stage of living as a true child of your Heavenly Parents and therefore Their Wills.

So imagine that your soul has sent a light out into Creation, and it has created for itself what you know to be you. You have, as you may or may not be aware, a will-line or will-circuit (a separate thing of itself), a spirit body and other subtle bodies such as your feeling and thinking systems and circuits, your physical body, and all that connects them all. Imagine that your soul has created all these things from the Celestial level downwards, through the seven Mansion worlds and to the Earth. But now you don't know all of this, you only see your physical body. You have a mind and feelings and seem conscious to some degree, but for the most part you are unaware of your soul and the rest of you it has created.

Now imagine that you are trying to live even further away from your physical body, as if out further into a lower creation. You want to try to live further away from yourself because you feel bad. You feel unwanted and rejected in life and want to escape from yourself, from your own unhappiness. But you cannot, for such a thing doesn't exist. However, you want to get away from your pain and misery, and at the expense of your soul, spirit and physical body. So, you have only one option open to you, and that is to create with your mind your own world and universe for yourself. A sort of, 'pseudo' creation, in which you live a 'pseudo' life. This is very hard to do, to be forced to do as a young child, however once your mind has been made to be this way, it's then relatively easy to continue making a fantasy life for yourself in your mind, because you have been made to reject your feelings. With and in your mind, you can live a lie; you can escape to anywhere because there is no truth as there are no feelings to carry it to you. And what you are escaping from is your feelings, and mostly your 'bad' feelings. So you disassociate yourself from your real feeling true self. And this is how you mostly live on your Earth. The Mother and Father have set up the world and provided it all for you, and yet you insist on living in something of your own creation and

made up reality. You are living a pretend life. Trying to live further and further away from yourself – your soul, and from Them.

So your challenge is to come back to yourself; first of all, back to how the Mother and Father have made you - in Their image, to be of perfect natural love. And then, to come back even further, to ascend to the height, which is not a height in altitude but an inner height of higher light and truth and Divine Love, to be of Their Essence. And then totally healed of your negative self-denying will condition of mind, you are free to ascend Creation to Paradise, the true home of Soul.

You are at the edge of Creation in one sense, and so to try to live further out into something that does of itself not exist, only spells disaster. In your negative will and mind state, you are living a destiny with one outcome: failure – rejection, and no love; and if you persist in trying to go even further in your self-denial, you will be lost; very lost, and even further you will be facing annihilation. As by such action you are really saying to yourself and to the Mother and Father: I do not want to exist at all.

So the problem that exists on Earth and in the lower natural love mansion worlds is erroneous belief that has caused great confusion about the truth. It is hard to know and see that which is true. You are and have to live virtually blind relying on only yourself, your semi-functioning facilities, and the Mother and Father, if you want to heal yourself and see your way out of the mess and confusion you live in. It is a very difficult challenge indeed, and only made even harder by living without any expression of the truth I live, and with relatively only a very small portion of Jesus' Spirit of Truth able to actively help you. And added to this, is that so much that is attributed to him, is wrong. It has simply been made up at one time or another. This then added to what is right or not right, based on what your parents have made you believe, compounds one's confusion driving many people into complete despair.

However all is not lost. The Way is slowly being revealed to you so that more truth can come to light, to be seen by those who desire to see it. It has been there all the time, but it goes without saying, that without a starting point, or at least some notion of what you're looking for, it has remained all but hidden.

It would then make sense that a revelation of the Feminine Aspect of God needs to be made available. And the Mother and Father now desire such a thing.

I will pause here for a time James and continue later, Mary.

Hi, again James, it is I, Zelga.

What a delight it is to be with Mary. I am pleased that you are receiving her so well. It makes me feel good. Feeling her presence when she is writing to you gives us all such a nice feeling. It's the feelings that Mary and Jesus seem to generate in us that is the incredible experience of being with them. It is their Spirits of Truth in operation servicing the needs of our soul that make the feelings come so that we can all experience some new truth as it surfaces on the back of such feelings. They are truly lovely spirits, making it a delight to be with them. It is very hard to convey this for the experience is so personal, and different each time.

They always have a big effect on us (this we have also observed with you, so you'll know what I'm speaking about), but sometimes, surprising as it might seem, it's not always pleasing. And by this I mean that their effect is ever so pleasing, it is only love and they are always so loving, however it is us, and particularly those of us not of Celestial truth and love, that often feel stirred up sometimes during or after being with them. For with them you cannot help but partake of their Spirit of Truth, and with such a Spirit comes so much love, light and truth and this has a purifying effect on you. More of the bad stuff that is still buried within you is helped, and often pushed – and even more often, pushed very fast – up in you to accept. This can be terribly difficult when they are with you and you are only feeling such love for and from them, to suddenly feel a change within you and you don't feel so good. You feel bad, you may even suddenly feel very angry with them, but what can you do? What are you supposed to do? And it is made even more difficult when you know that they know they are having such an effect on you, and then, when they look at you with such love in their eyes for you and only you, you feel like dying. They are so pure that any impurity soon becomes exposed. It's very humiliating at times I can tell you!

Most of us here helping you with this book, being of the seventh level (seventh mansion world), can manage to deal with such bad feelings with the help of our soul-partners, and even with the help of Jesus and Mary themselves, however those of lesser light, truth and love, find it very difficult to contain themselves. We see them turn away from Mary and Jesus' light, or simply break down and cry. Many women spirits in particular do this, for they are simply overwhelmed with all the horribleness that is in them when compared to the perfection of Jesus and Mary. (Many men spirits are more used to feeling so disconnected with themselves and are able to pretend not to be so effected – but as they go further in their healing they cannot cover up or hide their feelings as well and also breakdown). It is certainly a lot to contend with. However Mary and Jesus are just so accommodating and ever so patient. Sometimes you would think that they have all the time in the world, for they just stand and wait until the person – spirit – before them has finished crying, before they continue. This of course, if you are that person, is, as I said, very humiliating, and I have been in such a state with them. However, after it, I was left with was such a feeling of love for them because they waited for me, just me, me in the whole of their universe! It made me feel so special, and I am crying now as you can feel, as I am remembering my experience. It was so overwhelming, and it is just what we all

love them for, for their personal approach. When you are the attention of their specific business, then it's you, and it is you for as long as you need. When they are here, they are just so completely here for us, just us and no one else in all Creation. I was never treated like that as a child, and as they insist, it is how all parents should aspire to be. I was a parent, but of course nothing like them. And my parents – well, we all cannot believe how wrong we were.

It is a horrible thing to gradually wake up to how wrong you have been. And then to be with Mary and Jesus and all they do is love you for it. It is very humbling. It is wonderful, to feel such acceptance and love, and all you wish is that you could be given your time over and be like them as they are to all of us children. They are really like our parents – our spiritual parents, or at least the best parents in our likeness we could have. However, as I am increasingly appreciating, they too are still only children of our most loving eternal Parents of Paradise.

Thank you once again James, Zelga.

**Message 5**

5 December

2002

I want to speak some more to you, Mary.

When I was on Earth, the state of life was not unlike that of yours now. I do not mean in the material sense, but in an emotional sense, and in the overall willingness to accept new things. We were, because of the Roman domination, looking for anything new, and anything that would help us to first of all relieve us of such suppression, and secondly, give us a way out.

This way out was of course different for different people. And as you know, Jesus was for many a way out of their worries and overall confinement. He was the hope and wish and dream that many people at that time held within their hearts and minds. However he did not offer then exactly what they wanted. He offered them a way that was completely new and very different from what the wise old men offered. Many people did eventually come to understand what he was speaking about, and many did actively long to the Heavenly Father for His Divine Love.

It may come as a surprise to you, but the truth, which he has revealed to you in the Padgett Messages, is exactly the truth he revealed to the people of our time. So you can easily see for yourself how the truth attributed to him in the Bible has become so distorted and erroneous. And so the Bible, being what men and women believe it is: the truth of the way to the Father and His Love, is not that at all. There are smatterings of truth and some correct beliefs about how life should be, but basically and overall it is very misleading, especially if you look to it, and only to it, for your spiritual guidance and salvation. The Bible will not and cannot save you, it is only a book, and neither can any of the people who represent it and claim to be in command of the 'truth' it contains. The Bible can't help you spiritually because it doesn't contain the truths that Jesus and I are revealing.

No one can bring salvation to the soul except the Mother and Father of Heaven. And They will not interfere in your life unless you ask Them with all the sincerity of your heart. And then you need to listen to the truth Jesus and I speak, and apply what it means to you. And it is in this personal application that you, and ONLY YOU, can help yourself to come to the Mother and Father and willingly long to Them for Their Divine Love.

No one can do it for you. And it is very wrong indeed to take the responsibility out of people's hands by stepping in between them and THEIR PERSONAL MOTHER AND FATHER OF ALL HEAVEN. It is a very evil act to pose as the way-shower to God, when you are not living true, and then pose as the one who knows God, knowing what God wants for His & Her people. Such people who take on this responsibility stopping the individual uncover the truth of God within themselves, do indeed bring down a great burden upon themselves.

These people believe they are superior to the average person; that they have a greater connection to God, and even though they may believe that they are well meaning, and have good intentions, they are still putting themselves between the individual and God. And this is what parents do to their children. And so the good Shepherd fails to be that if he begins to tell people how and what they need to do.

Jesus is shepherding his flock. He says that this is what you *can* do if you seek the union with the Father just as he has. But he does not tell you that you *must* do it his way or else. I know it may seem like a fine point, for there is no other way than Jesus' way, and he has the authority to say so, however he does not say you must do this and that, that you must do what he says. He is always only offering his personal understanding. It is always entirely your choice as to whether or not you want to listen to him and try to understand what he says. He is speaking the truth of His Father. And it is the Father through him telling you that if you want you can live with Him and you can do these things: the things Jesus does. Neither the Father nor Jesus says that you have to do and believe and behave in this way or that way and do what they are doing. They do not create a church and say that you need to adhere to its doctrine and pray this way, and worship this way on this day, or on this day you can or cannot do this thing or that thing, or eat this but not that. It is the telling you, what you can and can't do, that's what they *don't* say. And they also don't say that if you do not adhere to the rule you will be punished. They are not false; they are true. Humanity is false and untrue. They are right and humanity is wrong. Humanity believes and teaches that it knows the way, but it is the wrong way and it does not know. If it did you would be all living with love and without pain, suffering, misery or any other hardship.

The Father (and Mother) and Jesus do not intend to make life hard for you. You are doing that to yourselves. You have made life extremely difficult for yourself. You are swamped with pain, disease and illness. Your Heavenly Parents do not want you to be sick. They have made you perfect in Their image. It is only because you believe you know better than Them that you do what you do to yourself affecting yourself negatively.

Your parents say to you: We are the parent – the all important one. We know, and we know what is best for you. You are the child and do not know anything. How can you? So you must do as we tell you. Your happiness depends on you doing what we tell you to do, and how we show you to live. And they make you do it! They force you! And they force you day-in and day-out through the most crucial forming years of your life. You have been forced against your will to live against yourself, your soul, Jesus, myself and the Mother and Father. You have been forced into a life of pain and illness and imperfection.

They also say: We are the controllers, you are the controlled. You have no say in the affairs of your own life, and you can cry all you want, but it won't get you anywhere. And who is making you cry? It is not the Mother or Father or Jesus, as they are all-loving. It is your parents, but aren't they supposed to be all-loving as well? So what has gone wrong? Why does it – life – not work? You ask yourself: Why then, if I am doing what my all-knowing, all-caring, all-loving parents have told me to do, am I not brimming over with happiness and love? Are the Celestial spirits also crying and living unhappy lives having decided to give up their parents' way and choose the Mother and Father's way through Jesus and myself?

You are being deceived. You live completely deceived. And it all stems from the

misguided belief that parents know it all, or at least more than the child – that they are right and their own child is wrong. Parents (all adults) have lost being a child themselves; and always wanting to know more and feeling that they are only a very small part of their Mother and Father's Creation. They should be as Jesus and I am: the gateway for their child to find the Parents of its soul. They should not stand in between the child – a soul – and pretend to be the wise and all knowing God. The parent's way is only a convoluted and mixed up way of their parents and then their parents. It has nothing to do with the way of our Heavenly Parents. Your parents are, just as they have been, leading you away from the Mother and Father, not toward Them. Jesus and the Father do not say to you, if you do not do as I say, I will hit you! They do not punish!

Jesus makes you develop and evolve and really want to have a relationship with the Father, but all because it's what you want to do. It's all your choice. And you cannot just do what he says, follow the rules, say your prayer, believe whatever, and you will be saved. You have to save yourself. You have to want to grow up and really want, in truth, to leave your parents and become as an innocent child again. You have to really want to leave home, that of the wrong way, and want to live true. And you have to want to do it with all your heart and soul. So long as you need the likes of the church and anyone associated with it, or anyone in a position of authority over you, then you may as well be just still doing what your mother and father have told you to do, because that's all you will in effect be doing.

The church merely takes over the role of parents. And you allow it to by believing in it and giving it your attention. You are not minding your own business; you are allowing others to mind yours for you. And the result is that you will still only ever feel and live all your patterns of rejection. You can believe that you love the church and Jesus and God and everything associated with it all, but it is still giving your will and mind to another. And whilst you do that, you will not be able to develop a free and personal relationship with yourself, your soul-mate, Jesus, God or myself. Your relationships will still be with your parents even though they will take on different guises.

The church is only interested in power. Imagine if they decided they were not and that they were going to stop existing and put the responsibility back into the individual's hands of finding God for her and himself? Were there no church, they believe that absolute anarchy and evil would rule, and that all the 'progress' humanity has made would evaporate, and people would revert back to being nothing more than savages. And yet, at least if people were allowed to become savages, it would be of their own choice, and not under any misguided belief as to how they should or should not be. To say, 'that is not Christian' is something they have made up. It means nothing. Saying that is not Christian, is the same as saying, that is not a tree. But it can and does bring up fear and judgement in many people, and this is wrong. For how can you be true to the God of Love if you are scared of Him and fearing His judgement? Doesn't this just sound like your parents? Aren't you scared of their judgement and criticism and rejection? And are you aware that you FEAR them? Your own parents!

Jesus' way is open and free. It has no fine print. It is the way of love and truth and does not involve fear to try and coerce you into believing. He needs no justification, and if you ask him a question about any of the truth he speaks he will be able to tell

you all about it: how it originated in him so that he could see it and know how to pass it on to you. And in passing it on, that is all he can do. He cannot make you see it. That is your part in the relationship, and it begins with your will, your WANT to see it. And if you truly want to see the truth as he and I see it, then nothing will stand in your way. This truth, you would have easily found for yourself, but when you have other people – your parents – standing in your way, then you can and will only see their way – their 'truth'.

**The main problem on Earth is that the parent stands in its child's way. It does not allow the child to 'see' and find out for itself. The parent tells it what to see, when to see it, how to see it, and even what it is seeing. The parent takes over completely, and the child has to submit to such control. And this in its essence is the evil manifest on your world, and it is what every person has to reconcile within themselves, for you all start as children, and all suffer to more and lesser degrees, the same treatment – rejection. And then you change yourself to fit in, because you are made and forced to do what you are told. And you do it because you don't want to be rejected, you don't want to be unloved by your parents, you'll do anything to please them, to be accepted by them; and so then you grow up and become just the same as your parents. All humanity is living lives of forced rejection.**

To be treated in this way is the way of evil. I know it will be hard for many people to accept this fact: that they are evil and committing evil acts, when for most of them they do not believe or even really feel that they're bad or have bad intentions. However, **humanity is not properly in touch with its true feelings. And that is the great challenge it faces. And it cannot do it as a whole, for it is only within each individual can this occur.** Nevertheless, other spirits and I can help shed some light on the underlying problems, so that those who do want to really help themselves, can.

The Mother and Father have not decreed that men and women suffer. They are of love and are all-loving. You are making yourselves suffer. They do not want you to suffer unless it is something that you have chosen for yourself. If you want to, They will not stand in your way, for the way of love is complete, overwhelming, unconditional love. It is complete acceptance. It allows and wants you to be yourself in every way you want to. If you want to continue living in self-denial, in the pain from all that your parents inflicted on you, you can, the Mother and Father will even help you to. If you want to live a completely negative life you can. They will organise it for you. They will not stand in your way. It is always all up to you.

**This truth's vital for you to think about, because it is aimed at putting all the responsibility for yourself and your life back on you.** So if you are not happy in your life, or if you are sick in some way, or if you are angry at something, it is all of your own doing. And it is not God's or some quirk of nature: it is all yours. You have your illness for very specific reasons. It is yours, and even though you might identify certain biological aspects to do with your illness, and enlist the help of a stranger (a doctor) who then declares that you have cancer, it is still you. In truth you have created it for yourself, and the reasons why all lie inside you. And those reasons you can find out, but to do so means that you have to take full responsibility for your own life, and this I know, is very hard and the most difficult part. Because, how can you do so when your parents didn't allow you to in the first place, when they took all the responsibility of your own life out of your own hands? So you have no idea what being responsible really is all about. But I am here now to help you; to help you

understand how you can take full responsibility for yourself, for all that you feel.

You will only get sick because you already are. The material sickness is only the end product of many deeper levels in you that are not functioning properly. If they were, you would enjoy perfect physical health. The Mother and Father have not designed you with imperfections, and as I have said, you are your soul, so underlying all of you, the real you is your perfect soul. So even if you have been born with a physical disability or imperfection, which may never be healed whilst you are of flesh, there are still many different options open to you in spirit. And the Mother and Father desire that all souls join Them in Paradise. Everything can be fixed, or healed. And as I have said, it is all up to you. So, how does a person who is physically or mentally handicapped fix her or himself if it appears that they are not able to function correctly? And that is the miracle and mystery that await your knowing. And even more amazing is that a handicapped or retarded person will have a soul-mate, and together they will be able to resolve all their problems. They will be able to want to and be able to. The soul is not limited by matter or spirit because it is the soul that brings such things into Creation. The soul, your soul, is a most wondrous thing. It is capable of many incredible things, namely you. The soul has one purpose and that is to 'self-identify'. It wants to bring itself, its personality into full expression in an experiential sense. And it will do this, for it can do no other thing. And to self-identify means to experience the wonders of itself. Which, if you were to live true to yourself, and when you do, you will be truly your own most amazing and entertaining person. And the real beauty is that the Mother and Father have designed it so that through your soul-mate you can see yourself in the opposite or other side. There are Two Faces of Paradise, just as there are two faces to every soul.

If you choose to put your life in the doctor's hands and let him tell you what to do, then you are doing the same thing as putting your soul in the church's hands and letting it tell you what to do. And it is all the same thing as putting yourself in the hands of your parents and letting them tell you what to do. As an adult you can choose to have a doctor help you or not, just as you can choose the church or not. But as a child you had little to no choice. And this they have made you believe is right – the right way for you to live. To unquestioningly look to the authority to tell you what to do, which all means it's going to be very hard to let go of your parents' control over you.

It is a misconception that you will always be the child of your earthly parents. For at some point your parents will once again become children of their Mother and Father. You may or may not ever have anything more to do with your earthly parents once you begin your ascension of spirit, but you will have your soul-mate, forever and ever. Your parents, if they were true, would live being soul-mates and they would be raising you to be as they were: able and willing to meet and be with your destined soul-partner. They would not be standing in the way and making such a meeting very difficult to achieve.

I know that many on your world believe or hope that they are soul-mates, and the love they feel for each other is very special, indicative of their special union. But sadly they are mistaken. (You can only know who your soul-mate is once you've started and done a reasonable amount of your soul-healing.) They have only added this belief to their already large and diverse load of erroneous beliefs. We are all free to believe whatever we like. There are no rules or restrictions. However the more you willingly choose to believe that which is not true, thereby being disharmonious with the true you – your soul – the harder you will make life for yourself. And the more irresponsible you will become. And even though you may believe that your life is becoming easier, there will however come a time when the amount you have willingly taken on and are over riding your soul with, sounds an alarm in you and your world begins to crumble. The soul, your soul, has a lot of leeway. It – you – can tolerate a lot of self-abuse and self-denial, but at some point, and for most people currently this is in one of the mansion worlds in spirit, enough is enough. Your bubble will burst and a horrible reality will begin to descend upon you. Cracks will begin to appear in your pretentiousness and the power you thought you had will begin to evaporate. It will spell the beginning of the end, the end to your being irresponsible. For most when this begins they immediately fight themselves trying to ward off their fears. All those terrible fears that you have been working so valiantly to hide from yourself will begin to surface. You may find that the addition of more false beliefs, more positive affirmations, will fill in the widening gaps, but this will prove to be only a short-term solution. The crumbling will continue, for when it is time it is time.

From here you can still choose to resist yourself, your own inner conflict, and try with all your might to reject yourself, your very own soul that is now setting in motion life experiences that are designed to help you to free yourself instead of burying you further in your hole. But this of course you cannot see. At the first sign of illness you rush to the doctor to get some pills to try and get rid of the badness, the infection, the evil germ in you. You do not see this as a sign from your soul saying: It is time and I cannot live in this rejected state any longer. Please listen to me. I am only trying to help you – 'me'. Let the pain I am stirring in you surface. Please try to express it and let it tell you of your fears, for then and only then, can I – 'you' – let go of it. Help yourself, take the pill if you must, but still long to the Mother and Father for help. Help to help you see for yourself the TRUTH of you: what you are feeling, right now. Feel the pain: what is it saying to you? Speak it out, cry it out, open your mouth and groan. Make a noise to yourself, your partner, and anyone who cares about you, and speak to the Mother and Father. Tell Them everything; all about how bad you are feeling, and what you want and why. You have to get it out, all the buried feelings of negativity, of fear, hatred, anger, misery, guilt, rejection, loneliness. Whatever is in you that is causing this separation, this blockage, this illness, this pain, you have to EXPRESS. Begin! Try to bring yourself out. You are trapped away inside yourself. Bring yourself out, out, out Out, Out, OUT, OUT, OUT!

It has been your parents and the influential carers in your early life, from conception until the arrival of your Indwelling Spirit of God (about six to seven years of age), that have caused you to deny yourself your self-expression, the TRUE

EXPRESSION OF YOUR FEELINGS. From conception these influences have been negative, bad and evil on you. They have retarded your growth. They have not helped you become a fully expressive child of your Heavenly Parents, able to live a Celestial life whilst of flesh. They have denied you the full happiness and love that your soul requires – that you require to be free; to live a completely self-expressed and responsible life. Why they have done this I will discuss later. But for now, if you choose to trust me, to come with me, I will try to help you see for yourself, that which I cannot tell you.

I can only show you the way, you have to live it and find out the truth of yourself: how you really are feeling inside. I can help you see the path ahead of you, offering some guidance and pointers along the way, but I cannot live your life for you. I know this sounds obvious; however your parents have stepped in and told you how to live their way, and so in effect they have tried to live your life for you. They have told you when to go to the toilet, when to eat, when to sleep, when to go to school, when to cry, when not to cry. They have told you when to speak and what to say. And on and on it goes. All very controlling, and all day long: day in, day out. Then on to school, and more of the same. Then on to work, and more of the same. All control, you are not free in any sense of the word and especially in the truth of it. Your great obstacle is them, your own parents, but now you are inhibiting yourself from seeing the truth because they have put themselves between you and it, and you have taken it all on. They controlled you as a child and now as an adult you control yourself, just as they taught you to.

I fully appreciate that a lot of this, and in particular my emphasis on your parents being so evil, might be hard to accept and even sound somewhat extreme, however, I need to be hard because the problem you face is extreme, and if you begin to address it now whilst of flesh, you will be able to save yourself even greater hardship when you come into the spirit worlds.

The 'mother', and then 'parents', and then 'family' are the most blessed and holy things on your world. You hold them in the highest esteem. You praise the evil ones for doing all the wonderful things they did for you – like stopping you expressing your true feelings. Overall, not a bad word can be said against a mother, because, if she did not do it: stay at home with the children, who would look after them, the father? The pressure is on the mother. Everyone is so grateful to the mother, for without her tireless duty and concern for her children, how would they grow up and become like her – a mother?

To accuse the mother of being a bad mother, let alone evil, is, one may think, to go against Creation, itself. However, are you happy? Are you feeling that you are free and perfect, with not one bit of anger, hatred and not one problem in your life? Are you living as Jesus is? And if not, why not? And why do you not know the truth of the Mother and Father, and live with Them and enjoy Their company all the time? Why do you get sick, live with fear and feel that all is not really right? And why do you persist in allowing things to happen to you each day, things that you do not understand why they happen? Why is everyone of Earth not living in complete happiness, living perfect and fulfilling lives? Why, because you are refusing to

address the real problems of your world. And the most real is that you are not parenting with love – that you were not parented with love. The system is overloaded with suffering. All is ready to collapse any moment, but still you blindly refuse to stop. You just keep going. You believe you have no option, for who will feed the children, who will take over the housework? Who? Who? Who?

But you are not functioning properly. You are not feeling right and why? Medicine and science, are they to provide all the answers? But what if they cannot cure you? Then where do you go, what happens to you, what do you do? Do you just... Just go into a hole in the ground or become ashes?

Do you dare to take a real and truthful look at yourself? Do you agree with everything your parents did and do for you? Are they faultless? And why aren't they? Jesus and I are faultless, as too are the Celestial Spirits that live with us. So why can't you be? What do you think it is all about? Do you think? And it goes on. You can just go around in a circle refusing to come home, but one day and at some time, when you choose to really want to know, you will be led by yourself back inside yourself and back down to your memories of early childhood, for it all begins and ends there – with you and your relationship with your parents. That is what it is all about, now and forever more. Only your parents will change from being your earth mother and father to your Heavenly Mother and Father.

We will leave it there for today, thank you James, Mary.

**Message 6**

7 December

2002

Mary won't be speaking to you today James, however she has asked me if I would like to. And yes, I would love to. It gives us great pleasure to speak with you about these things. I know that it might be hard for you to understand this, but I can assure you it does. Ah yes, my name is Rita. I am from – was from – Atlanta, Georgia, of the great US of A.

And yes, I as we all were in my day, am very proud to be American. We Americans, as you know, for the most part do not fail in the area of self-approval, however, as I have found out along with countless numbers of my countrywomen and men, it is all false. I know, and occasionally still it is very hard to admit that on the whole a very contrived, self-praising nation of people. I also know now, which I had no idea of, but there are a vast amount of people, many now spirits, who detest our self-glorifying approach, and blame us and hold us personally responsible for much of their suffering. I of course now know that no one is personally responsible for another, however in the beginning, and I mean in the beginning of my arrival in spirit, I did meet with some hostility which I was very disturbed by.

At first I tried to defend myself and my country, but I soon began to see that really I had no idea about how others saw things and what they meant, and I also realised that my outlook on life was very shallow and narrow. I had no appreciation about other people, not only in other countries, but people who lived right around the corner from me. I was very narrow-minded. And now thanks primarily to Mary and many of the other Celestial spirits, my mind is a little more broadened and I am a little more tolerant. However, I am only of the Fifth Mansion World and have a long way to go before I am able to be how they are. I am looking forward so much to living in such a pure and perfect state of existence as they are.

Today, Mary has kindly asked me to write more about my reception into the spirit world. I will, but first, if you don't mind and no one here objects, I want to say something about Mary. Oh, James, I wish you could see her. She is the most beautiful of all the spirits – of all the spirits I have seen. She is just wonderful, and so kind and considerate – so understanding. She is the absolute darling of the spirit world over here. We girls just don't stop speaking about her. She is supremely beautiful. We thought that many of the movie stars of our day were wonderfully glamorous, and we dreamed of being one of them. We pretended in our little lives to be Marilyn because she got all the attention from men, but now seeing Mary, well, there is no comparison. We all just bow down before her. And she commands such respect. We all wish that we can be like her. We all wish we could be like the Celestial 'angles'.

We call the Celestials, 'angels' (they are of course not real angels), because to us they seem so angelic, almost unreal, and they all love us so much. It is so refreshing for us to be in the light of their souls. But I must just say again to you James, Mary, oh so beautiful, majestic, sweet Mary, she is the best. I am so grateful to my dearly beloved Mother and Father to allow me, for reasons I am not as yet aware of, to be in her presence, just like this – she is standing here with me as I speak to you. Being able to speak to you, and with Mary here and the others all around... it makes me feel very humble. I will pause for a moment to gather my senses... Please give me a moment

while I collect myself, the light at times gets a bit overwhelming.

I'm able to continue, thank you for waiting.

Well James, I will get on with what I have been asked to tell you. I don't know if it is much, but it is a part of my story to date. As I said, I want to tell you about my life shortly after my arrival into spirit. I don't really know where or how to begin, but as I'm learning, I will just try to speak the feelings that come up in me. I have taken a breath and asked the Mother and Father to guide me, so here goes. I am so nervous and that is one of my many problems. I am, so I have only just realised, still a very scared little girl. I was of late middle age when I died, my family, my husband and my three little children all alone. They weren't little as in years and physical stature, but that is how I saw them. I was so upset that the cancer should deprive me of them, and most of all, I was so angry about what I could do to try and help them, to try and still be with them. And I got more and more angry the more I realised that I could do nothing, but just watch them. I could visit them from here in spirit, and I could try to speak to them, but I couldn't have any effect and I wanted so much to tell them things. I don't know how it works, but I found I was somehow able to sort of see a little ahead of them when it came to certain things. For example, when John my eldest started dating that girl, I just knew she would be trouble for him, and I wanted so much to warn him and tell him to leave her and not to have anything to do with her.

It was terrible. I used to lie awake all night crying out to him to leave her alone. I would get up and go to him, and be with him listening to their conversations together, and this made me more furious. I felt as though she was undoing all the good work I had done. She was taking over, taking him from me! In the beginning, I tried to rationalise to myself that he did have his own life to lead and that I had to let him go, but I couldn't and I became so possessive. I became so attached to him, so much so, that I couldn't leave him for a minute, and every time the girl spoke to him I would speak to him as well trying to tell him what I thought and trying to drown her out. But nothing I said or did seemed to get through to him. It was so frustrating, I could see him, stand with him, sort of touch him, but he never once knew or could feel or sense I was right there with him. I went countless times to his father in the hope that he would listen to me, as he usually did when I was with him on Earth, but I could not get through to him either. It was simply horrible, and as every day passed, more and more he liked this horrible, ugly, evil girl. I became more and more terrified and so scared, that I began to scream when she would come to be with him having not seen him for a day or two and having left him to me.

I know James that now I sound so possessive, so jealous and nasty, and I was, but the worst thing was I had no idea that I was like that. I was nice, we all were. We all believed that we were nice and lived nice lives. But now, as I see myself more truly, and even as I'm speaking now to you – I was the evil, ugly witch. I wanted my son completely for myself. I wanted him for me because, I believed he loved me and only me and would never leave me. I was his loving mother! I was so deluded, so caught

up in my own selfish state.

This was now some time ago, but I was in this state for quite a time, some years. And all of this time I seemed just so centred on this one thing: how was I going to get my son back? I hated this other women with such intensity. I wanted to kill her. I wished her dead. I would scream my hatred at her as loud as I could in the hope that somehow she and they would hear me. But it had no effect.

Looking back now I don't know how I survived. I didn't eat even though of course you don't have to over here, but it does take some of us a long time to stop doing what we did on Earth. I didn't sleep, and again although you don't actually have to sleep like we do on Earth, you do need to rest, to regenerate, but I didn't.

Now I see that I went into a state of pure and total mental delusion. I had broken down into myself and was taken over by parts of myself that I had no idea were a part of me. ME! – parts I had buried deep within myself. I also had no awareness of other spirits about me. I know now that they were with me all the time, but I was just so consumed in my passion of hatred. It was horrible, terribly dementing, but I did not care, I just wanted him to leave her, or her to leave him, so I could be happy. I wanted him all to myself. I wanted to mother him and look after him forever. And if I allowed myself to think these thoughts for a moment in my rage, I would suddenly feel such pangs of guilt to the effect that I had not been a good mother for him, and I so desperately wanted to make it up to him, by loving him and being with him even more! If I could have killed him I would have done so, just so that he would have come to be with me in spirit and to get him away from her evil influences.

She of course was not evil. Now I know that not only is she not evil, so far as I thought she was, but I was the evil one. She is actually the right one for him, for the remainder of his life on Earth, and, so I have been told, they will be relatively happy together, and so far this is true.

So I was consumed with such a deep and overpowering desire to have him, my own son! I wanted him more than I ever wanted his father. I loved him with such a passion and I wanted him to love me the same, and I became more and more convinced, obsessively so, that he should dump her and come and be with me. And if by some reason of which I dared not think, he didn't want me, it didn't matter, for my love would be so strong that he would not be able to say no. I completely wanted to possess him and wanted him to do everything I told him.

When he was little he did fight me, just as all children do, but I was able to subdue him and control him. And now I wanted to take him over completely. I wanted him, my eldest son, more than anything I ever wanted in my life. And it is a funny thing for I had no feelings whatsoever for my youngest son or daughter. They did not even exist so far as my self-obsession with John went. I did not care about them one bit. I dared not even think about this; I didn't think it, for they just didn't exist. Now having done my soul-healing this far, to the fifth mansion world, I am able to see that I didn't care about my other children when I was alive, and this has caused me much grief, especially as I believed I showed no favouritism. But, as I am beginning to wake up to myself, I can see that I did love John, but completely in the wrong way – so what really was this love? I now feel terribly ashamed of myself. And as I progress

further in my healing I am slowly waking up to the truth that I was a complete sham. I was a fraud mother! I was not a mother at all, but someone trying to play a game. And worst of all I can see more now how really all I was doing with my eldest was making him my father, the dream father, the one who I wanted to love me the most. I was one of three girls and our father showed my eldest sister the most favour. I was, as I am discovering, deeply envious and very bitter and raging furious about this. I wanted to kill her in the hope that then maybe he would favour me. I just wanted with all my heart for my daddy to love me – and he didn't. And it still makes me so sad. Why didn't he love me as much as Annie? What was wrong with me? I made him laugh, and I did all the things he asked of me. I did even more by helping mummy, more than Anne for she didn't do much housework at all. Daddy just wanted her to be with him when he got home, and Josie and I had to compete for second best. Our mother tried to fill the gap but it was of no avail, we all wanted him and him only. I don't know why I wanted him so much, but I am told it will come the more I go in my healing, and this I know will happen. I have lived through one divine world of truth and already I have allowed my soul to speak some of its hidden feelings to me. I am steadily getting the hang of it – expressing my feelings and accepting them and living true to them. And I am slowly seeing my own picture as it comes up in me.

I was told by higher spirits, that on the First Divine Love World, Mansion World Three, you actually begin your healing, and this is what happened to me. Then the more you go the more serious about it you become, beginning to see it all linking up, seeing your behaviour now and relating it to what you remember from your life on Earth. And where I am now, in the middle of the Fifth, I can see the 'light' ahead of me, and I can see Mary for how she really is: the 'little' mother of us all. And I can see that under her guidance all that is coming up in me is real and true. And then, so I am told, by the time I ascend to World Seven I will see how everything that I am as an adult has been caused by my childhood upbringing.

To complete my story for you James, I carried on in such a state for years. Every time I now think of myself as I was then, I feel so ashamed. John didn't need me trying to influence him away from what he wanted in his life, God forgive me. I had already influenced him enough by mothering him with false love as I did, however as I know now, the Father came to my rescue (I wasn't aware of the Mother back then). It began with my tuning in to Him asking Him to help me to achieve my devious ends, to get John to come and be with me. I thought that if anyone could, God could bring him over into spirit to be with me. And I must have been asking God out loud to do such a thing when suddenly I heard a loud man's voice in my head. I was stopped dead in mid thought. It just overwhelmed me so much, and what He said was in a very sharp, direct and forceful voice: 'You Americans are so conceited, you want everything for yourself. You even want God to kill your son for your own selfishness!' And that did it. Something in me seemed to break and suddenly I got a moments flash of truth, of self-objectivity, hitting me over my head. I suddenly straightened up to the terrible reality of what it was: that I was wishing God to kill my own son for me, for my own selfish reasons. It was true! And I cried. I wept and

wept and begged God with all my heart for forgiveness. I couldn't believe how bad I had been. I still can't fully believe it, but slowly I am growing in understanding of it all.

That is all I have to say. I hope I have done what Mary has wanted of me. Once again James I am grateful for your listening to me, for it does help to have someone who wants to listen to the horrible truth about oneself. My life has changed so much. I am still that evil mother, but I am progressing in my soul-healing and I definitely would encourage anyone who wants to live true and live with their Heavenly Mother and Father to embark upon the healing of their soul. Once again James, thank you, and good-bye to you, Rita.

Before you finish for the day, James, I want to add one thing. I've changed my mind about speaking to you today. **Mary.**

**Pray with all the longing of your heart to your Mother and Father of Heaven for Their Divine Love. Pray, and ask and long and beg, and do what ever you feel you need to do, and do it with as much conviction as you can muster. Want Their Divine Love in your soul more than anything else in the world. Ask Them sincerely from the depths of your being for Their Love. And once you have prayed, pray to Them again for even more of Their most precious and loveliest gift of all – Their Divine Love.**

**We all have to long to our Mother and Father for Their Love – Their Divine Love. The reasons why we actually and very specifically have to do this ourselves are many. And unless you want to, and then actually do it for yourself, you will never ascend the Heavenly heights of love, truth and light that we are speaking of. And you will not be able to rectify the condition of your soul. You will not be able to heal yourself of all that is not right within you. Only by invoking Their Divine Love into your soul will you be able to live the Will of God. Only souls filled with an abundance of this Love – the Divine Love, will be able to live true to the will and destiny of their soul. And without this Love in your soul you will not be able to live in the Divine Love spirit worlds, nor will you be able to ascend higher than the natural love Mansion World Six. Without this Love within your soul you will not progress in your healing as the spirits herein are accounting. And you will not ever be allowed entry into the higher and greater spheres of the Mother and Father's creation. This is the Truth, and no spirit or mortal can live outside it.**

**Pray – long – for the in-flowing of your Heavenly Mother and Father's Divine Love. Pray with your entire heart and with all your might. Pray with no expectations other than the Mother and Father will hear your prayer and answer it for you. You will not feel the Love itself come into you, but you will know when**

The Rejected Ones

'Live true to your Feelings'

**your longing is true and your soul is partaking of this Love. You will feel the Holy Spirit delivering it to the doorstep of your soul.**

**If you truly desire to live true to God then begin with praying to Them for Their Divine Love. Ask and you will receive. Believe, and you will come to understand in time, it is the Love, the Divine Love of God, that is the way of All Things!**

**Mary. Soul-mate and eternal partner of Jesus.**

**Message 7**  
2002

8 December

Hello James it's me again, Mary.

I want to speak more about the will. As you have seen for yourself today, you can now see what it means – what it feels like – to live the Mother and Father's will. To live Their Will you have to first accept that you don't know how to live Their Will. This might sound obvious, however to accept that you do not know how to live the Will of God is the first and most crucial step. Not knowing is the key, and as Marion says, the Mother and Father KNOWS, not us. We do not know! And this is very true and very important! We do not know how to live. Many people believe they do, many parents teach their children such beliefs, however we don't know. The Mother and Father have created us with the capacity to know, but in the beginning we do not know, and this is where we all have to start. It's a point or level of humility, an acceptance of not knowing; of giving up and over to Them, a willing submission to Them, wanting Them to show you. It's a point at which you decide to get your mind out of the way and accept with and through your feelings that you don't know. It is you being the child – Their child, for a child does not know.

Not to know is the crucial key. Say it to yourself: 'I DO NOT KNOW, I DO NOT KNOW ANYTHING!' It is easy to say, but to live it is another thing.

Right from the beginning of our incarnations we have in us a desire and innate deep-seated longing to know. We first want to know ourselves. We don't know this at the beginning but we do want it, our soul is longing for it. Our soul is always longing to know. And so we begin to do this: to get to know ourselves, by looking to our parents for we believe that they are our teachers and they will help us to know ourselves. Where ever love is, we look toward it to know. And even if your parents didn't love you, still innately you know they should and that they are givers of love, so still you looked, and still look, to them to help you to get to know yourself. **The truth is in our souls.** We know deep within us that love is the way, and with love and through love we can know all that there is for us to know. But if love is withheld from us, we can't know, we can't get to know ourselves, **for without love there is no truth.**

To become self-realised: a soul-personality of the Mother and Father fully expressed in Creation as one of Their children, is one of the main drivers within us. It governs our life. All we do in life is working toward trying to achieve this. It is what our existence is all concerned with, and it will be all you will be concerned with when you are healed enough within your soul to feel this truth. **When you can feel**

**something within you and you know that what you are feeling is true, it is, for it all goes together as a package. If you are looking to know and live and feel and be the living truth, then when something in you feels true, that is, an experience you are having is saying to you: this is true and I know this; I know it to be true; I feel it to be so with all my heart, soul and being, then it is true, real and indisputable. And it is for you, a part of YOUR expression of the truth: the truth of your soul and the truth of the Mother and Father.**

If you were born on a normal world, and by that I mean one that is not governed by the forces of evil, one that is not suffering under the weight of planetary rebellion and sexual default, then you would be striving to perfect your natural or self love, and at some point would begin to become aware of God, and later, to want to choose to live God's Way. And the great personal challenge for us all is to work out how to do that, and for you whilst you're in your negative mind and will state.

**And the way to do that is not to try, but simply to want to! All we need is the longing. It is the want, the longing, the desire, and WILL to want to do it.** That is all you need and should have. Because anything else means that in some way you believe you know something or some part about how it is to be done, and then that is the error, you are then deluding yourself. Remember: you do not know! If you believe that you know something about how to do it, then how do you know you are really true in your belief? How do you know if it is how God sees it? You can't know because you are in the way; your belief is standing between you and truly knowing. **True knowing is FEELING it to be so; and is NOT believing it to be so.** I know these might sound like fine tedious points however I can assure you if you choose willingly to live ONLY in your beliefs denying your feelings, then you will be living in a world and a universe all of your own creation. The delusion is that if you choose to live by your mind, alone in and through and with your beliefs, then you have made them all up for yourself, they are not of the Mother and Father's Creation, so in reality they do not exist except in your own fanciful greatness, and this is wrong. Nothing can be sustained by itself that is not of love – of the Mother and Father's Love. And beliefs are just constructs of the mind, not love. They are contained within your own fantasy of mind. However whilst you live in your self-denial state of will, they are to you very real and very powerful and very much in control. And you have given yourself over to them so that you believe it is you whom is in the power position, who knows something. It is wrong to assume you know something when that knowing is based on a belief. You can only know what is true, not what is belief. Too many people live their beliefs as if they are truths, always being let down and disappointed. **Belief cannot be sustained with love like truth is, for belief is not of love whereas truth is.**

Most people on Earth believe they are in control of their lives. But are they? No they are not, as the underlying truth is that no one can ever, not even Jesus or I, control our lives. It is impossible to take away from the Mother and Father that which is Theirs. We as souls are Theirs. We are Their creations and They can by right do what They will with us. And they are. To live without this acceptance is absurd, however that is how most live on Earth and in the natural love Mansion Worlds of spirit. It is not until you want and desire and long to live with the Mother and the Father, at one with Them, and begin to ask for and long for and will for Their Divine Love to come into you, that you begin to accept that you exist for Them, not wholly for yourself. You stop being completely self-centred and selfish and begin to allow Them to come into your life in a conscious willing way.

In effect They have allowed you to feel as though you can exist outside of Them, that being, without Them. However, the reality is you are of Them and within Them, but once you step in and wilfully choose to deny your feelings and live according to your beliefs, then you bring about the separation in mind from Them. Your heart is still connected to your soul, it cannot separate, however you can allow such over dominance of your mind to the extent that you may as well sever your connection to your soul and be as though you were completely without feeling. You are then said to

be truly lost: a lost soul, for you have covered up yourself, your true self, to such an extent that in truth you do not know yourself. You believe you are so and so of such and such an address, and you do this and that, and that you believe is your life, however, you are a completely self-fabricated image styled on whatever your beliefs tell you to be.

Your main trouble is no one has told you that you are not really real; that you live as a self-created delusion of your mind, which has been brought about because of certain negative influences on you when you were very young. You do not even know for the most part that anything is wrong with you or how you live. And sadly you can easily carry out this pretence on Earth with the material world structured as it is, but when you come into spirit, things will quickly show you a very different picture of yourself. Rita's account being a good example. She believed falsely that she was who she was, that she lived in a certain way, had certain relationships and did certain things in her life. When she got sick, it was just one of those unexplainable things that can unfortunately happen to you, and the doctors were unable to do anything for her. She died and then began to have an awakening. It happened such that she became fixated on her eldest son, whom, as she has wanted to see the truth of, symbolised and became her father. She was not aware of such feelings. She had no idea that such things existed within her. So where were they? And why did she not feel any such things about her son when she was alive and with him on Earth? Because she didn't want to. It was, as it always is, all her own choice. She chose, albeit when she was young, and too young to remember as an adult, to forget such feelings, to push them aside and bury them – the feelings about her father. She was totally unaware that a very large part of her motivation, again not consciously known to her, to have a son, was so that she could have her father back and in a way whereby she was in control. She could make him love her, instead of being rejected by him. And this scenario is common to a lot of people. The complexities of life are governed by your soul. And the further away from it you live, because of the myriad of wrong beliefs you make up for yourself based on: why you live the way you do; why you do what you do; why you say what you say; and why you act as you act, the more you will bury the real truth of what you are feeling. Rita became ill because she was living full of erroneous beliefs all developed through her early childhood and all causing her to live away from the truth of herself. Her experiences in spirit to do with her son showed her that she didn't know herself, she thought she had some idea but really was so far removed from herself that she had no idea at all. The experience she told you shows how much she was living in denial, lacking any true understanding of herself – no wonder she got so sick!

Rita tried to express her anger towards her father when she was small, but she could not articulate her feelings truly. She never learnt how too. However, in various

ways she tried to show her parents that she felt her father was showing too much favour to her eldest sister. She felt constantly rejected although she wasn't consciously aware of it at the time. She tried to get her father's attention and take him away from her sister, whom she began to dislike with greater intensity.

Again she tried to show this and even tried to side with her other sister against her, but the parents did not allow such things. And her parents did not allow her to be angry, especially her father. She was caught in a horrible predicament. She couldn't be angry, even though she felt it, because this made her father angry and he rejected her even more, this not being what she wanted. So she had to try a new approach: copy her mother and do things for her father. He would then smile at her and tell her she was good. This praise was not the love she so desperately wanted but at least it was something, and something that she got and her sister didn't. So she developed a myriad of beliefs and behaviours for herself to get her father's attention believing she wouldn't be rejected by him. She wilfully changed herself to get with her mind what she wanted from her father. Her father didn't change, she did. Now she had established patterns of behaviour based on erroneous beliefs about what men like and how to get what you need from them. She was now living more of a fantasy deluding herself, that her father loved her. And every time he said she was a good girl for helping mummy around the house her beliefs received the necessary affirmations they wanted – that they were 'right'. And when at the age of four she was able to make daddy's cup of coffee 'just how he liked it', the overwhelming gush of praise told her she was definitely on the right track. But she doesn't remember such things or the intricacies of her life decisions, as she was too young. So for the remainder of eternity, or until she decides to change such beliefs, she will live this way with all men. She will be, as she was throughout her married life, a very good and committed housewife, doing all the right things, keeping the house well, doing it all for the men, but she still did not get the love she was still longing for. She chose a husband who would appreciate all such things superficially but deny her the true love she wanted just as her father did. And so she looked to her son to be the father she still so desperately longed for. But nothing changed. So far as her soul is concerned she is still four years old: wanting for her father to love her, and secretly believing that he does want her with him as he is with her sister. And who is to say that what her sister got from their father, the so called 'love' was really loving. As her sister will testify when she does her soul- healing, although she did get more attention than her siblings, she too feels bereft of his love. Love in the negative self-will denial state is not what you believe it to be. And many of your loving feelings are not genuine being only a contrived product of your mind, something based on what you have learnt and expect and believe love to be.

The truth of how you really are is locked away inside you. It will lie there dormant until you are ready and decide that you want to live it. It is deeply covered over with dominating beliefs. These beliefs are not really you, but the fabricated part of yourself

you have had to create to enable yourself to survive in your world. For what are you to do if your parents do not love you as you need? Cry? And how long can you cry for? Forever? No, for you have to stop crying. You are even made to stop crying. You have to grow up! And besides, it makes your father and mother angry if you do it too much, and then you will get even less attention, or maybe even more attention but the wrong sort, none of it being the love that you are longing for, only hatred and anger. And this all adds up to your feeling increasingly rejected.

All the resulting feelings of not being loved are not welcomed on your world, the so called bad feelings, for they make you feel bad and you are told you are bad for having them, and are dealt with in such a manner as to deny them and pretend that they are not real. For after all James, what sort of a parent would you be, if you had a child that could openly tell you that you do not love it, and have no love to give it, and feel no love for it? And that was the truth.

Have a rest and we will continue later.

As you have just seen for yourself with Marion, you James are a completely self-contrived person. You have virtually made yourself up comprised of thousands of beliefs, all of which you created from conception onwards. The good news is that it is only from conception, as you need to be developing under your parents' influences to do it. The belief of reincarnation is impossible, it would be too uncaring of our Mother and Father to subject you to negative beliefs from prior lives as a young child. Reincarnation is an erroneous and contrived belief based on no understanding or appreciation of just how deeply ingrained and controlling one's beliefs are through one's early forming years.

Has the guru, and so called self-proclaimed 'enlightened master', delved into the healing of his or her early childhood negative beliefs and will denial? Surely if they had then they would be teaching about how one can do their soul-healing, or the **healing of themselves through feeling acceptance** – trying to find the underlying causes of one's self-denial, and not speaking about such nonsense as reincarnation and bad feeling avoidance. Reincarnation can be used all too conveniently as an escape; you simply 'transcend' using your mind so you don't have to face and find the truth of, what your self-denying problems are. There are hundreds of thousands of self-proclaimed gurus in the natural love mansion worlds, all pretending to have found enlightenment, when all they have done is **succeeded in running away into their minds from their negative or wrong childhood beliefs, refusing to deal with the truth and pain of them.**

If you believe you are longing for the Divine Love and believe you have received it, and yet are still maintaining or clinging onto such beliefs as reincarnation, then I would advise you to begin to question yourself anew and start by asking yourself such questions as: Am I really receiving the Divine Love? And how do I know? And have I just made it all up for myself? And what is this healing? Am I doing it? If not, do I want to do it? And why am I still clinging to the false belief of reincarnation? Do I know it is real? How do I know? How do I know when anything is real? What do I know? Do I really know anything? And then when you are finally about to give up,

tell the Mother and Father what you really want. Give up, ask Them, beg Them to show you the truth: the truth of yourself and that truth They want you to see. And pray as hard as you can, long with the desperation of one who is absolutely confused and admit your confusion to Them, and then carry on with your life and see what happens. If you are true, and you only feel more confused, then you are on the right track. For remember it's about not knowing. And all your beliefs are only making you pretend that you do know. And you have hundreds and hundreds of beliefs all telling you that you are right in how you are and they are all wrong. They are all negative beliefs keeping you separated from yourself.

At any one time you can only deal with so much. And by asking the Mother and Father for help, They will provide you with the experiences outside of yourself to bring about the help you need. And the more confused the better because this means your neatly ordered, stratified belief system is coming under attack. Your feelings will begin to try to surface and your controlling beliefs will instantly be on guard to ward off the attack. And then what will you do? How will you be able to cope, and worst of all, what if everything collapses? **The negative mind that you have created for yourself is founded on the assurance that you will not be loved. It cannot allow love in, for it was built on no love. It is all kept in place by fear. It is self-fulfilling: the fearful mind fears all, even itself. It has to be on the alert and in control all the time or else the dreaded thing, the greatest thing it – you – fears, will happen. To feel confused is a good 'bad' feeling. You may believe it is a bad feeling and that it's not good to be confused; that it's a sign of weakness, and that you are not allowed to be confused, but are wrong.** Men in particular are not allowed to show confusion, you must be in control at all time even if you have to bluff your way through. Wipe those sweat beads off your brow and make sure you are wearing a half-inch thick layer of antiperspirant before you go out into the world. Because remember: fear smells. And it is bad to smell, the enemy will know where you are because your body odour of raging fear will give you away. You might think this sounds extreme but see what is inside you; do your healing and see what you come up with, as to what you believe about your body smells. Some people naturally accept their smells, others detest them pouring perfume on trying to disguise them. These are all negative, fear-driven controlling beliefs, and all of them, one by one, will have to be worked through, brought to the surface and seen for what they are – the truth revealed, as to why you have them.

This is your soul-healing: healing your negative mind and will state. All of your mind is virtually working in a negative state; negative compared to that of the mind of the Mother and Father. You are, as is, all in your world, going the wrong way. You are steadily, and have been for thousands of years, moving further away from yourself. There have been ebbs and flows, coming back some and then moving away in another direction, but still overall the situation for everyone is not good. However, all is not lost as there is good in it all as you will discover for yourself as you progress through your healing, gaining an appreciation as to why the Mother and Father have allowed it all to happen and will allow it to continue. It will give you a great appreciation as to how wonderful They are for allowing you such freedom to explore Creation for yourself. And when you have decided that you have had enough of playing the role of an all-knowing mini-god, They will be there waiting for you with open arms and a very big Heart of Divine Love.

But as I have said, it is all up to you. Offerings can be made to you, and the Mother and Father always have Their loving hands outstretched to you in every moment of every day. As to whether you want to accept such an offer is your choice, but if you choose to accept, then tell Them, and long to Them to show you the truth, the Real and whole Truth of your life. And why I say and stress THE REAL TRUTH is because you will instantly be coming up against your controlling beliefs. They believe they are real and true. You are giving them their existence so what else can they – you – think. They and you believe that they are true, real and unfaltering, the foundation of your life. You may believe in Jesus. But still it is only a belief. What do you really know about him? How do you know that he is real? How do you know that he came to Earth? How do you know that the whole thing about his life and the Father is true? You don't, and you won't until you begin and finish your healing to the Celestial level of truth. And for that matter, you won't know if any of what I am saying is true. How can you? How can you be sure that James is not simply making this all up? He wrestles with it daily. Mary Magdalene, the soul-mate of Jesus? You have to decide for yourself. All the responsibility is yours. Only you can and will know for yourself, and as James can testify, the knowing does come. In an amazing way when you are ready and least expect, suddenly, you know something. And when you do know you feel it to be true, and you know that what you feel is right good and true. There is no dispute. All of you agree, and even your mind accepts the new truth.

James believed in reincarnation until he began partaking of the Divine Love. Ask him and he will tell you how it evolved for him. He also believed in Jesus. Jesus even came to him in his early meditations as I did. However, he couldn't see us. He could feel us making an impression upon him and he could speak to us, but still he had many doubts in his mind for a long time as to our authenticity. And these doubts lingered until he found the truth of us within himself, until a knowing that we are real and true in our relationship with him came up within him. And with this knowing his belief in us was transposed into a belief in support of the truth he feels and lives in his heart, rather than a belief that has no support from truth. When you are ready to know a truth, then your soul will instigate what needs to occur for you to experience it as a very real thing, so real that within your heart you will know it to be true – there will never be any doubt, only a rock solid knowing that it is true. Belief can be chipped away at and eventually made to cave in on itself, whereas truth will always stand firm.

You can only know what you know as you know it. Many people, by adopting beliefs, believe they know things, but this is false knowing and wrong. The soul is not at the base of it, it's only another belief contained within your mind circuits. You live a self-made fictitious picture of yourself, a picture you hold in your own mind and composed of beliefs, not of truth. It is all added up through your childhood giving you a false belief of how the world sees you, all based on how your parents made you see yourself. The feedback from your parents, who represented the world, is what you live in, and with your mind you ensure you still get the same reaction, negative or positive, in your adult life.

When you unwind all the confusion inside your mind and re-circuit all your beliefs to become founded on truth, your mind will become positive and constructive rather than destructive and negative. And you will be able to feel what it is like to live having started knowing nothing, then to allow the Mother and Father to teach you and show you and guide you in your evolving knowing. And then, by the time you reach the Celestial level of truth and love, you will know what it is like to be living the Mother and Father's Will. Up until then you will get glimpses along the way as They help you have faith and the strength to keep pushing on, striving to be completely true.

The Rejected Ones

'Live true to your Feelings'

We will finish for now James, Mary.

**Message 8**

9 December

2002

Mary.

Good morning James, and how very productive it has been! It is so good to see you and Marion steadily working along doing what the Mother and Father are asking of you: seeing more truth of your negative states.

As you are waking up to the truth of yourself, I won't interfere or impose my understanding of things on you. I can only relate to you and write this through you as you grow in truth. I cannot go ahead of you. I am limited in my expression of truth by your limitations. How you 'hear' me and what you write is a combination of our minds working together. I impress on you the gist of what I want to say and your mind writes it in your language. And so long as you always stay true to only writing when you 'feel' I or another spirit has something to say, you will be in no danger of making it up and taking matters into your own hand.

You are very sensitive to us. Not everyone can write as effortlessly with spirits as you can.

Many people, unfortunately not being so sensitive, begin honestly enough allowing spirits to inspire their minds, but very soon seize control taking over with their minds shutting out the spirit. Spirit- mortal rapport and communication is determined and conditioned by the level of truth and understanding between the mortal and the spirit.

Many spirits of natural love want to dominate and control mortals, they tend to look down on the mortal as being somewhat inferior, and many mortals give over their mind, or at least a part of it, in the misguided belief that they will gain power by enlisting the help of the spirit. For a spirit seeking power, the fact that it survived death often gives it greater beliefs of superiority, which unfortunately at times gets communicated through to people on Earth.

James, what you have achieved spiritually by embracing your soul-healing with the Divine Love, has enabled you to build a platform of truth from which you have started to communicate with us. This means you can feel where you are in the experience and won't be swept along or misguided or seduced by your ego.

Simply write as the inspiration takes you. When you go back to re-read what you have written, particularly if you leave it for some time, even years, as you will have grown in truth, you'll be able to objectively see what you have written and feel if it still rings true. So for the time being just write, don't worry too much about whether it all makes sense, the sense will come.

Because of your foundation of truth I am able to launch off at all angles expanding your understanding of that which you have experienced. All I am passing onto you is simply an expansion of the truth you have already achieved within yourself. At times it might all sound new, but really it's still only an extension of what you have

personally achieved. I and the other spirits are only helping to make it make sense for you, to put it all into a picture; the package Jesus and I want you to understand.

There are many spirits, and especially ones of Divine Love, in all the various levels on each of the Divine Love mansion worlds and Celestial spheres who would dearly love to speak to mortals and try to help them to see more of the truth of themselves, but this will only happen when people appreciate what the true purpose of such communication would be, that being, **ONLY** to help further them along in the healing of their soul, and to help them to further their relationship with the Mother and Father. And especially to give them, if nothing else, support and encouragement to just keep going as they are, **to keep praying to Them for Their Divine Love, and wanting to live true.** And a lot of help, unseen and unheard and sometimes felt, is now given to people who are striving to live the truth of the Mother and Father and to soul-progress in life. Little help is given by Divine Love spirits to those choosing to live without the inclusion of the Divine Love. Such Divine Love spirits simply don't feel anything – any truth – in common with such natural love spirits or people. The rapport is not there. The intention and goals are too different. And there are plenty of natural love spirits willing to help natural love mortals to further their own selfish and self-gratifying ends.

**No spirit can force a mortal to do it's bidding. The notion of evil spirits 'taking over' and controlling the person is incorrect. The mortal might not be in a right state of mind, but still somewhere within the individual who's being 'controlled' is the consent of the person. If people are worried about being influenced, coerced, or even taken over and possessed by bad intentioned or 'evil' spirits, they should look into themselves for the truth of why they are fearful of such things. And they will discover that it will all stem from something that was said or happened to them during their early childhood that is making them afraid.**

**If you are scared of evil spirits, the fear itself can draw such spirits to you, however if you sincerely long and want to be with the Mother and Father, and are partaking of Their Divine Love, no evil spirit will come anywhere near you because they will see the light from the Love and it will repel them. Like attracts like, and if you are praying for and receiving the Divine Love you will have too many Divine Love spirits helping you – a whole band of them, associated at all times with you showering their light over you for 'protection'. There will simply be nothing of interest for an evil spirit within you, no matter how scared you might still be of them. If you long for the truth of your fear in time it will come, and you will change as you work your way through your soul- healing, and slowly the fear will leave you and you'll just know that nothing can harm you.**

I want to change the topic James and speak about what you and Marion were talking about in regards to smiling, and in particular, your false smiles.

You smile James to be 'nice' more than you smile because your feelings are saying so or just making you do it naturally. You smile so that you are not badly thought of.

You smiled as a child so your parents wouldn't see a frown of anger, especially anger at them. You smile as a defensive method of protection. You smile to pretend you like that person so they will not be mean to you. You smile because you are afraid; afraid of yourself, your mother and father, afraid of all other people. You are afraid they will criticise you as your parents criticised you. And because of this you smile to cover up. You smile to cover up your feelings of not feeling love, feelings of being hurt.

So much of what you call love is not love. It is like the false smile: a contrivance only brought about by relativity's. As you will discover for yourself through your healing, if your parents seem to be more lenient on you, relaxing their perpetual criticism and rejection of you, seeming to accept you for a moment, then you call this love. You said James: They are loving when they are not criticising or being mean to me. You were so deprived of love, that any small pause in the normal daily rejection was worthy of grasping and holding onto with such a big word as love. So you can easily believe that your parents loved you. You make yourself believe they love you. But it was not love.

You wanted your parents to love you, but they were unloving. No one can be anything but unloving when they live in a self-denying rejected state. When the pressure eased off James, you desperately held onto the 'fun' times believing that you did feel loved by them, and believing you loved them. So you have rejected your bad unloving memories and clung onto all your 'good' and 'loving' ones, but how many of these good ones are there? If your parents really were loving James, you'd be overwhelmed with good feelings and memories of them, you'd be able to remember masses of the good times, but what you call good you can count on one hand. And it's not good is it, not being loved? As you are finding out through your healing, what you believed to be love has turned out to not be love, only a fantasy, delusion and manufactured belief. All you believe you feel love to be James, is not love. And this is the most important truth I can tell you. And as hard as it may be for you to accept at your current level of truth, in time, as you healing progresses, you will come to know, through direct experience of your feelings, that what I say is true.

*(Break – as often happens whilst I'm writing, things disturb me. It took a while to get used to the fact that I could just stop – switch 'off' the spirits for a moment, five minutes, ten, a day, week... and that they didn't mind. When I started again they would still be there right where we left off. And often during such breaks things would come up – bad feelings – about which Marion and I would speak, accept and express often causing a change to what Mary was speaking about. Mary and Jesus often like to speak about what has just been going on within me or between Marion and I – especially if it has involved seeing new truth.)*

James, as Marion and you have just spoken of Jesus' prayer – the one he wrote for all the children of his Heavenly Father in the Padgett Messages, I will mention it now myself. I will add that what Marion said was very true and very important. Contained within the prayer is all you really need to know, however it will only become clear as to what really is being said as you progress in your healing and

revealing to yourself the truth of the negative state you are living under.

You are battling against everything in you trying desperately to convince yourself that you are not bad. You are battling against what your parents have told you. They told you very clearly that you are bad: 'Stop doing that, stop behaving that way, we don't like it.' You have been told how to be and it's not how you wanted to be. You were told you are wrong and bad for doing what you naturally wanted to do – for just being you. You were made to feel that you didn't know how to be, but your parents did. You were made to feel bad. And you feel angry. You feel angry as a result of their will being imposed on you. You want to fight back. You want to not do what they say. You are in a constant battle against them. You feel unloved by them. You feel rejected by them. You feel scared for if they do not love you and are rejecting you, what will become of you? And as extreme as you might believe it sounds, you are feeling terrified because your life is being threatened. You don't know it, for you are only a child, but in your forming child world to suddenly feel scared, rejected and unloved, especially by your parents, is the worst thing that can happen to you. And just how bad you feel you will uncover throughout your healing.

**For the parent it is all too easy. You believe as a parent you're supposed to tell your child what to do and how to be. How else can one parent, and what after all, does the word 'parent' mean. But you are forgetting you are a child not a parent. The only true parents are the Mother and Father.**

**We are all children; adults are only bigger children and should be wiser and therefore more accepting and appreciative of what it actually means to be a little child.**

**Raise your child on the prayer Jesus has given you. And at the same time re-parent yourself through your healing, undo all the false teaching that your parents taught you.**

**Words are easy to say. 'STOP THAT!' is said without even thinking. For many parents they say it hundreds of times in one day usually without even thinking about what it is they are actually saying. And the words all have a negative effect, the child being saturated with negatives. Even if the child doesn't seem to be paying attention it's still the parental intention: the deep hidden motivation causing the parent to say such things and in such an unloving way, that affects the soul of the child.**

**The unloving intention absorbed by the child causes the negative belief pattern from a controlling reality that all goes together to make the child feel unloved. It is always the intention that does the real damage. That is why it's hard to know exactly what affect you are having on your child because for the most part you are unaware of your hidden intentions and motivations. Your feelings of anger and hatred, which you have long since learned to hide from yourself and the world,**

might be 'speaking' from a deeper level saying something entirely different to your child, as to what you intend to convey on the surface. Your child will 'pick-up' this underlying and hidden intent registering it within its being. It won't understand what is happening to it; it won't understand why mummy or daddy seems to be smiling and acting like they are having fun when all it feels is bad. The unconscious child won't know it is being rejected and is feeling unloved, but it's soul will. And the truth of what really is going on: what really went on between you and your parents, is what you're going to find out as you do your soul-healing.

In saying such words, what is the deep underlying intent of the parent? It will take them all the years of their intense healing to discover this. But in these two words are contained all the suffering they are still living due to their unloving parenting. The underlying intent of these words is the same intent that was present at the conception of the child. The child has grown up – formed – and so will, become of this same intent, and will probably learn from its parents, many of the same ways to cover up its true intention.

As a parent, have you caught yourself saying negative things to your child with stronger force than you intended, even surprising yourself wondering 'where those words came from'? When the pressure is on between you and your child, have you not lashed out verbally or physically doing something you wouldn't do when not under such pressure? And yet these moments in which you seem to 'loose yourself' show you that there is more going on deeper within you than you are aware, all of which you are struggling to contain, struggling to keep the lid on. There are huge amounts of repressed bad feelings locked away inside everyone, all of which the parent will be affecting its child with.

The perpetual battle you are fighting is against your parents control over you. You don't want to be controlled. You can't stop them controlling you but you can try and fight them. And once you've absorbed this control, accepted it, resigned yourself to it, then you have internalised the battle – you are battling against yourself, against them being represented by your own negative mind and will patterns.

Jesus in his prayer refers to the Evil Ones who constantly surround you, and who are these Evil Ones? They are your parents. And they are the negative patterns you are battling away against within you. The evil one passes on to the child, the same wrong that was done to them. The parent becomes the false teacher.

Yes, there were high spirits who were the original Evil Ones that brought the Rebellion and caused the Default, however those dark spirits can no longer interfere and influence you. Now all that they inflicted on you has become internalised. Now it is all personal, between your parents and yourself – that is where the true battle of good verses evil is raging. And to win the war you are required to do your soul-healing.

As a parent you are the caretaker of another child, one of your Heavenly Mother and Father's children. You are the guide of another 'greatest of all Thy creations', and this little person is trying with all its will; all it's tiny and yet dynamic will, to love you. And what do you do in return? You say: 'STOP THAT!', and in doing so

you have crushed it almost out of existence, just as you would a pest you might see eating your precious roses in the garden. How you treat this aphid, another of the Mother and Father's creatures, squashing or insecticiding it to death, is exactly how you treat your own child. And I ask you: HOW CAN IT BE ANY DIFFERENT? If, like you, they are both creatures of the Mother and Father, then what is the difference in how you see them? Just because one is an aphid and one your child you are still saying 'STOP THAT!' and doing it with the same underlying negative intent. And if you can really open your eyes and SEE, you may be able to accept the truth, no matter how horrible and shocking it may seem: that in truth, you really also want to squash your child out of existence just as you can do to the aphid. But you don't because the law, of which you have made up for yourself and agreed to live by, will punish you. But who says you cannot make up a law just as easily that says: if your child annoys you, because it is yours, you have the right and absolute freedom and support of all authorities to kill it, just as you believe you have the right to kill the aphid.

So maybe you can begin to see the horrible truth of yourself. You see your own child in no better light than an aphid. And really it is not even about the aphid or your child, because their lives are not up to you. Even though you may believe you have the power to control either of their lives, you do not. If the Mother and Father did not want that aphid or child to die they would not die. And it is not that you are doing Their will in killing it, for Them, it is just that They are completely letting you have all the power and control you believe you need. And the real truth is that you are doing all this to yourself. You are your child and you are the aphid, because you are still the child of your parents and they are still saying to you 'STOP THAT!' You are only carrying on the 'good' works. For you know no different way to be. And you will never know any different way to be until you do your healing. You will just go on killing aphids and pretending you are not doing the same unloving act to your child, pretending instead you are loving it, until you change and heal yourself of all the false teachings and false beliefs that are governing your existence.

Jesus' prayer is very precise. It contains the entire truth you need so far as seeing it conceptually. However being able to live the truth is what I am trying to help you understand. It is very difficult to turn yourself around and begin to see that how you are, how you live and how you see life to be, is all wrong. I'm not trying to sweet talk you or paint a pretty picture or speak all-loving kind and caring sounding words. I want to expose you to the truth, something most people don't want to face and I want to confront you, to make you stop and think, even re-consider that which you have thought was right. I want to make you see just how scared and wrong you are. Because if you do not accept these feelings of being afraid, how will you ever be able to really deal with the truth of how you are, how you feel deep inside you, how your parents really made you feel. And how will you be able to heal yourself of all the bad feelings you feel? To keep trying to do what you are already doing; trying to bury your bad feelings hiding from them and believing they are not in you, is the wrong way. The right and only way is to bring all these bad feelings out – right up and literally out of you. And the only way you can do this is by expressing them. You have to own up to them. You have to want first of all to admit to yourself that you have them, to say to yourself: 'yes I am scared', yes I feel bad, and then you have to fully want to accept your fear. And how you do this is by speaking about it, about all

you feel. You speak up about how scared or whatever the bad feeling is making you feel and tell someone, someone who wants to really listen and accept you. By their listening to how you're feeling, you are being accepted for how you are – no more pretending, no more need for lying. You can be honest about your feelings, about what you feel, and so if you feel scared. you feel scared. Being scared is NOT BAD. NO FEELINGS ARE BAD. They are not nice to experience, but they are not bad. You have only been falsely taught that they are. And you're full of them, these so called 'bad' feelings. They are packed into you, threatening to flood you, ruin you, to show you up and tell everyone what a horrible person you are. Your parents didn't want you to be scared, because it threatened them. They were full of fear, and didn't want more of it. Their parents told them to stop making them feel scared. So they said: 'STOP THAT!' because they felt their parents within them who were telling them to stop it. They have become you transposing themselves onto you. And you can't do something they weren't allowed to do. So they have to do what was done to them. If they weren't forced to stop feeling bad by their parents then they wouldn't force you to stop, and you'd be free to express your fear until it went. You wouldn't hold it in, because your spiritual system, under guidance from your soul, wouldn't want you to, it would want the bad feelings out of you because if they remain suppressed they will cause other problems. Your bad feelings are warning signals to you, signs that need to be taken very seriously as they help you to become aware of things that are threatening your survival.

You may believe that it's bad to be scared and good to be happy. But is this happiness real, true and as good as it could be? Were you allowed to express your happiness feelings as a child or was it too tainted, controlled, even suppressed?

You are miserable poor souls living in very dark conditions of self-repression. You all live in very narrow and confined little cupboards of space in which, if you were not literally put into as a child to shut you up or to punish you, you have put yourself. As families you live as though you are all in separate cupboards within the same house. You grow up together in a family but do you really express yourselves truly to one another? You are just flesh and blood bodies speaking to each other but not really connecting. You live unreal and ridiculous lives of nothing. They are all made up – fantasy lives. You are all really poor pathetic creatures, and yes, even though you are the greatest creations of the Mother and Father, as to how you live and treat yourselves you may as well be the lowest of the low. You have no idea how unloving you are to yourselves in your negative mind and will states. And how unloving you are to each other, nature and God. Humanity is in a very bad way and it's a very sad state of affairs. For all too long you have been told how great and wonderful you are, only adding to your self-delusion making you wrongly believe that things aren't too bad, and you're not that bad, but now I want to present the truth to you. The plain hard facts. Things aren't as they seem. You are not what you believe yourself to be.

Very few people when they arrive in spirit live in a mansion world higher than the second or third world. Many, and I mean billions of people, go to live on the lowest world: the first mansion world, which is in many ways just a mirror image of the Earth; and then even more stay confined to the even lower two Earth planes that are available to humanity. Many spirits live in such mansion for years; hundreds, even thousands of years, completely absorbed in their own self-delusion. They resist all change. What if you were to live for a thousand years on Earth rather than eighty?

Would you live any differently to how you are now? I dare say not! For why would you change? What would make you change? If you were making money, growing in power, getting and achieving all you wanted, why would you change? What would it take to make you change? And why do you persist in wanting to make money when you don't need it to survive?

We of the Divine Love spheres do not have a church. There is no need of such a thing. We are the *living truth*. Love is the rule and love is the way. And it is only love. We need nothing else. And with love we do everything that we feel we want to do. We do everything with love, as we cannot do anything else. We do have places of worship, private and communal, and in these we pray to the Mother and Father for more of Their Heavenly Love; we worship Them – we love Them. We have no need to call ourselves anything other than what we are. We are not 'Christians' as such, except we all live true. There is only truth and untruth. You are untruth. And Christianity, as you know it, and as the lower spirits know it, is untruth. It is fictitious, made up, just like money. It's unreal and doesn't really exist. I know it may sound confusing, but it is true. Imagine if you were able to live as we do – with a Celestial love. You and your world would be very different. You wouldn't recognise it or yourselves. It would be completely different and how you lived would be the opposite in every way as to how you do now. Even what you call alternative is nothing compared to what I'm meaning. Alternative is only a deviation on the same theme, a slightly different set of values, beliefs and rules you have made up for yourselves. But it's all still living with a negative mind and will.

Imagine a world that ONLY exists for the Universal Mother and Father of All. Everything that's done and spoken and felt and expressed and lived is for Them. I know you can't imagine it, but one day, this is how life on Earth will be: it will be the same as life here in the Celestial kingdoms. It will of course be a very long time coming on Earth, but the Earth will be healed as will all the people, as they slowly integrate the truth, healing themselves of the delusion they live under. When humanity really chooses as a whole to bite the bullet and stop living untrue, then great leaps forward will be made.

We'll have a rest James.

Let's continue, James. I want to change the focus and so we will start on a different subject. I want to speak about something a little lighter, something that will help you to further understand your frustration about what you were saying to Marion after our mornings writing, and after she read some of the channelled material that Jesus had communicated to one of the more recent channels associated with the Foundation Church of Divine Truth: one of the publishers of the Padgett Messages.

You are angry that Jesus speaks only in generalisations, and not personally about the need to do or what's involved with your soul-healing. So why doesn't he speak more openly about the healing? Why in the Padgett Messages has he given you the feeling that all one need do to purify oneself is to long for and receive the Divine Love into your soul – that once you're doing this everything bad, sinful, evil and wrong

will simply leave you? And the reason is because of the limitations imposed on him by the Rebellion and Default. Just as I wasn't allowed to assume my true place beside him on Earth and up until now, so he can't come and be with me in the personal, he can't openly speak about the need to do your healing and how you go about it. He – we – can only do this once someone takes the initiative on Earth and then invites us to do so – someone like you James. And then once we are invited we can speak about it equal to the level of truth that you are. We can't impose ourselves on you, teaching and exposing you to this truth until you are ready and longing for it. And now that you are, so here we are helping you to understand.

James, it was right that the Divine Love didn't just magically heal you of all your imperfections, as it was also right that it plunged you down into your darkness making you feel very bad about yourself and your life. You wanted to know the truth of yourself; of your life and of God, and so with the help of the Love your soul has taken you down into your healing journey, revealing to you the truth of what really went on during your early childhood.

Jesus didn't speak about such things during his time on Earth, he couldn't without my help and my truth, and so neither could he reveal such things to Mr Padgett. Jesus and I are One, a united spiritual package, so if we can't work expressing, revealing and teaching together, then we have to honour whatever limitations are imposed on us. There was nothing else Jesus could have done, he has re-revealed most of what he spoke about on Earth to Mr. Padgett and until someone, such as yourself, came along wanting to know the whole truth, he was powerless to go any further. But now that you have invited me into your life, together, Jesus and I, can come and reveal what else we want to. And we want to tell you about your soul-healing: how you 'activate' the Divine Love within your soul to help you see the truth of all error within you. And by seeing such truth, this is how you heal yourself; this is how you remove all sin and evil from within you. You have to work at it yourself, it just doesn't automatically happen upon receipt of the Love. And this is what I want to speak to you about.

With Marion's help you both embarked upon doing your soul-healing and investigating all that that means. You began without fully appreciating exactly what Jesus says. And why you still feel like 'shit' as you so succinctly put it, is because you still are just that: 'shit'. And that's what I am trying to say in these messages to you: you are negative until you finish all your healing, and so you should feel like 'shit'. And so even though on the 'good' days when your soul is not pushing up the 'shit' from your depths and you feel a lot better, don't delude yourself into thinking that maybe it's all over. You have a long way to go; a lot to see, a huge amount of repressed bad feelings all of which will make you feel rejected and unloved.

The most difficult challenge people face is doing their soul-healing. Nothing as yet on your world is known about it – it's all new. Certain aspects about your repressed childhood's are understood, however not within the context of the Divine Love. Jesus and I want to present to you something of a complete picture, expressive of both the masculine and feminine aspects of truth. There is a lot to learn and a lot of it will take you outside the boundaries of what has previously been considered acceptable. And if what we say is applied to your life, then your life will also take you outside the boundaries of what you consider normal, but I think you'll be pleasantly surprised by what you will discover. It will be very hard work to do your healing, to push beyond and break down all barriers, however it will all be worth it.

I have been doing enough speaking James. If you are not too tired and would like to continue writing, I will ask one of the other spirits if she would like to speak to you. Mary.

Hello James, my name is Jeanette, and Mary has asked if I would speak to you, and I would be delighted.

I have been here listening to Mary, as we all have, and as usual marvel at her understanding of all such things. She is certainly presenting it all from a different perspective is she not?

I was French and lived hundreds of years ago, and so the language and social codes of behaviour, and how and what we thought of ourselves as women, were very different from how women of your world today think and behave. In spirit there is a huge mixing of races, nationalities, and eras of life and life styles. To see spirits coming together, for example, from Paris having lived in the same city but at different times is quite interesting, and then to see that they discover that they are soul-mates, makes the equation even more fascinating.

And to see other spirits with virtually nothing in common come together as soul-mates slowly growing to become united together and harmonised is incredible. And to experience it for yourself... ah! – What more can I say? How magnificent are our Mother and Father!?

Soul-mates are very real. We are created to live as such. This truth you know but to actually see that the Mother and Father have organised it so that it requires both of you to be together to complete your healing is just another amazing thing. And you will do it together. Even if one seems to be further ascended in truth and has done more personal healing before the union is made, or rather the introduction is made, still both are required to complete it all.

As you read in the Padgett messages, one member of the soul-pair may ascend quite high and even achieve living a very high level of truth, but still the union is needed before both can fully ascend into the higher heavens and once and for all leave the influences of their earth life. Only as soul-pairs can we live in the greater or higher universals heavens, in those worlds The Urantia Book speaks about. **You can't ascend beyond the third Celestial sphere without your soul-mate.** You need to have come together because universal assignments are given to pairs.

It is good to want to be with your soul-mate. You can ask the Mother and Father if They can bring you both together. And it is good to allow Them to do it for you, not to try and make it happen for yourself. If it is that They intend for you to live with your soul-mate, and for you both to do your healing together, then that is what will happen. And for the majority of people and spirits that I can see, finding out that you are actually soul-mates is a large and ongoing part of your healing. For as you know and have been told, the purpose of doing your healing is to know the truth of yourself, who you are really and what is the real purpose of your life. So many of us lived a life on Earth completely feeling as though that was all there was. That life on Earth was all life and the thereafter not really existing at all, and if anything, being

only a sort of fantasy. But as we have discovered, those of us who are doing and have done their healing, all that we thought was important about our lives was not, and the Mother and Father were actually guiding us along using our own beliefs all for a higher purpose. And it is this purpose that becomes revealed to you and it does literally come up in you all by itself; it just seems to happen when you begin to soul progress in truth, love and light, all with the blessings of the Mother and Father's Divine Love.

For many of us we are now very different spirits than the people we were on Earth. It is incredible how we have changed. We – our personality is still the same – but it is not tainted with all the wrongness and evil that we possessed. We are holy and pure of mind, body and spirit and I can tell you it is a most blessed feeling. It is so much better, SSSOOOO much better, more than you will be able to imagine. I feel so FREEEEE and so well, for on Earth I was sick a lot during my childhood and very weak as an adult. But now with the strength of love in me, it all makes up for it and far surpasses anything I ever felt or believed I could feel.

I was sick because of the wrong beliefs I had imposed on me from my parents, just as we all have had done to us. I know some people seem to be better off than others; some for example, were not ever sick compared to my wretched illness. And some seemed to be able to be happy, even loving of one another, but not I, I was bitter and spiteful. I hated all people especially if I believed they were better than I. But when it all comes down to the core of one's soul, I am yet to meet a spirit who hasn't needed to do a lot of self-analysis and self-healing. You have to know all about yourself. That is the journey. It is not anything else. It is not about any great spiritual achievement or being a great this or that with this or that stature and standing in life. It is only all about the relationship you are having in each and every moment with yourself, with your soul-mate, and with the Mother and Father – NOTHING ELSE. All else is only a means to help you express yourself in these relationships. It is really all very simple but we have made it all so difficult for ourselves. The Mother and Father do not want our lives to be confused and all going off in the wrong direction. They want us to be happy and full of love. It is us who stand in our own way and have complicated everything. We are all so mixed up. Incredibly so; and so much so that it will take a lot of hard concentrated endeavour to unravel all that is within you as you systematically ascend the mansion worlds.

We are told by those higher than us, those who know of such things, that you are now able to ascend the mansions worlds whilst still of mortal body. Ascending through them by growing in truth. This we have as yet not seen. But we are told that it will begin to be seen soon on Earth.

And what I mean by this is, that as certain events are transpiring now (these events I am not allowed to specifically mention), soon it will be possible for mortals to do their healing and progress right up through the mansion worlds of truth, all being done whilst still of flesh; and able to live all the way to Celestial levels of love and truth as a mortal. This will be a great step forward for mankind! It will be a huge step; it will be real progress, as it will mean that women and men can now consciously and actively liberate their souls of all such pain and suffering and erroneous beliefs whilst of flesh. So in theory, you can be born to ignorant parents who carry on teaching and enforcing all the wrong values and beliefs by completely imposing their will on yours and limiting you in your development as a soul, and then see and accept all this wrongness; work with the Mother and Father to heal

yourself, eventually rising up out of such self-hatred, evil and sin, to live as They have truly intended – with love. Up until now such a thing has not been done for it could not be done. Since Jesus' time all of us who entered spirit have been ignorant of what the real truth is. Now you can find out and live it before you come to spirit. And so you can now see how Mary and Jesus are coming in their personal way to begin the next stage of humanity's growth.

It is very exciting and we are all involved in it in some way. Some more than others, but still, 'things are a stir'. It means that the combination of Mary and Jesus' truth – how they see it, live it and reveal it, will allow a huge weight to be lifted off humanity – the beginning of the end of your soul-burden. The beginning of the end of all pain and suffering. And our beloved Mary is the missing element: you need help from her Spirit of Truth. Help which comes when you accept her for whom and what she is; when you accept the truths she is imparting, and when you want her to help you understand them.

And this, what we are writing now, is a small part of her revelation of the way – Her Way. How she sees it to be, and how she lives it. And so to combine her way of living with how Jesus tells you to live will make it all happen for you.

Only one side of the picture has been given to you on Earth thus far. The feminine aspect of the Divine Son and Daughter-ship has been left out – it had not been desired by the hearts of men and women. But now that's changing. Women are coming up and trying the man's way. They want to be equal. However, many who are trying are beginning to discover they are still feeling unsatisfied, and in fact in some ways, even more so. Many women are even considering going back to the old way of staying at home and being with their children, exiting the men's world now having had a taste of it, and discovering that being able to carry equal weight with a man has proved to be nothing at all. For it isn't! It is all just imaginary. There is nothing in it, except more and more impersonalness, and this really goes against the grain of every woman.

The woman is designed to be with the child right from the beginning, and to be – believe it or not – completely satisfied in and with her personal relationship with her child. However, the only reason that she is and has become dissatisfied is because she is doing it all wrong. I was a mother and I did it all wrong. I was nothing more or less than countless millions of mothers in my day but we all did it the wrong way. Those of us whom have chosen to do our healing have found out that we were not only wrong, but also evil. I am no longer of such an evil and horrible state and so it is easy for me to say and speak about it as if it was commonly understood. However it has been incredibly bad – very hard to do my healing. It hurt more than any of my physical pains to finally admit to myself that I had ruined the lives of my children. And I couldn't blame ignorance because I DID IT. I WAS THEIR MOTHER, AND I TAUGHT THEM HOW TO ALL BUT DESTROY THEMSELVES. I did not love them as they were growing up, even though I believed with all my heart that I did. But as the Mother and Father revealed the truth to me so that I could see for myself how I really was, all I could do was cry. I cried a lot during my healing. Like so many, I cried all the way up through the mansion worlds, for as I went higher, as I received more Divine Love, even though I felt so exhilarated in feeling the Mother and Father loving me, on the bad days when I was once again plunged into the thick of my despair, I cried. I wept for forgiveness; I prayed to Them to forgive me for my sins, as I saw day after day the damage I had inflicted on those innocent little souls.

I would try to console myself as I reminisced over the good memories of the fun times we had together, but still the Mother and Father kept showing me more and more and more. It seemed endless. All I longed for was to be healed: free of the erroneous beliefs I had in me; the same ones I had inflicted on my children. I longed to be Celestial for then I knew, as I had been told and could clearly see for myself, I would be free. I was so distraught, and I wept and I wept. And my soul-mate, he wept, for he too was seeing all he had done; how badly he had neglected his children and prevented them from knowing and loving him. He lived as he believed a man of his day lived, but as the Mother and Father showed him the truth, he too was wrong, very wrong; he neglected and rejected his children making them feel completely unwanted.

And then our children grew up and did the same to their children. All of our children have come to spirit long ago, and they have all done there healing and are living redeemed in the various Celestial spheres. But they like us, and our parents before us, and their parents before them, all went through their healing purging themselves of all error.

As it has been told to you, nothing has changed, for the most part on Earth, over all these long years. Except for in some small circles, parents have parented their children in the same ignorance of spirit and soul as we did. It is a great eye-opener – doing my healing.

When I came to my spiritual senses over here, I met and saw numerous very bright spirits whom I found to be called Celestial Spirits. I wanted to be like them. How did they get to be as they were? I wanted to know, and as you find out when you really want to know something, and I stress: REALLY WANT TO KNOW FROM DEEP WITHIN YOU, and not just as a passing interest or for self-gratifying intentions of the mind, the answer comes to you so you can know. One of these spirits told me about the Mother and Father of all Heaven and Earth (whom I had had no interest in at all), and that I had a choice to be as perfect in soul as They are, or to carry on living imperfectly as I was.

I was interested but it wasn't easy. I wanted to know about Them, but I also wanted to do a lot of other things in my new found freedom as a spirit. I wanted to investigate other parts of this new world I was now living on and so it took a long time for me to fulfil a lot of other dreams. You know James, you dream and want and fantasise about all such beautiful things you see other people having all through your life, but your circumstances prevent you from having them and being able to do such things, but then you come to spirit and it's all there for you – you can have and do whatever you want – fulfil all your desires and dreams, so this is what I did. It's what a lot of us have done. And then it's not until we've done these things and found that they are not the big joy or excitement we had hoped they were, that we then turn to look for other ways to satisfy us. So one by one the things I did and tried did not make me as happy as I wanted to be, even though without my physical illness I was so much happier, still I wanted more. It is hard to explain, but inside me I felt I wanted to be happy, really happy. And it was after I had given up each thing and was thinking about my happiness and what to do next that my Celestial friend would appear and we would talk some more. Slowly I got the picture she was presenting to me as I now had more life experiences from which to relate to what she was saying. I realised that even though I lived what I thought to be a full life on Earth, in fact I was deprived of many experiences, which I later came to see where things I had kept from my childhood as a wish or dream and had forgotten about, but was able to live and

experience over here. I know it may sound funny but one of the big things I saw over here was a toothbrush. You see I never had such a luxury during my life on Earth. I wanted one, and it took me a long time using it before I realised that I didn't need it after all. And I wanted to have dresses, oh so many dresses! And of every fabric and style I could imagine. Of every colour, and varying lengths. In Paris I could never afford what the ladies wore and I so envied them. I wanted the Parisian affair and romance that I thought they had in life, not just the commonplace life I had lived and the one good dress, my husband bless his soul, bought for me out of his hard earned money that he had hidden from me and saved surprising me one birthday. I was so happy, but when could I wear it, and even though I loved it so much I only wore it on very special occasions for fear of damaging and ruining it and then not having it all.

But over here I went on an endless shopping spree. I could have whatever I wanted and I did. You don't need money, and even if you do, like spirits on the lower planes who still like to pretend it's important, you can simply make it with your mind! And so many people, free to express their creativity, do so by making many lovely things. It was wonderful, but once you have had something that you so desperately wanted there comes a point when you don't want it any more. So I gave all my dresses away, there were plenty of women, who like I had been, were so grateful to have them and couldn't understand why I didn't want them – all such beautiful things! But I didn't, and then I wanted something else, and after that, something else. Life was very grand getting all the things I wanted and so on and on I went until I finally wanted happiness, and only happiness, and it was then I began to listen to my Celestial friend more closely. She had been very patient with me, and I didn't really know why she liked me, but she just said that it was the way of things and that there were many things I didn't understand over here, and this I had seen for myself and easily accepted as her reasons for her attentions to me.

It was she whom introduced me to the Mother and Father, I mean to long for Their Divine Love. It took me a little while to accept that God was also my Heavenly Mother, but it all made so much sense and seemed to somehow just feel right. And when I finally decided to do so, well, that was that. I needed no further convincing and was then taken to live in a new world on which I could be with other spirits like myself all of whom had chosen to live with the Mother and Father's Love as I had done.

It was a relief to arrive on that world. It now seems funny to write these memories, but what I do remember was when I arrived in this first Divine Love 'heaven', the third mansion world, I felt as though I could 'breathe'; and breathe for the first time ever in my life, spirit and mortal. I felt as though somehow the air was clearer or my lungs suddenly opened and I could breathe. Then I felt that it wasn't being there that made me feel this way, it was me! I felt a constriction in me had suddenly lifted. I then realised that it was the constriction of my illness of Earth. And even though I did not have the symptoms of the illness after my physical death I realised that somehow in my spirit I still had been sick, but now I was healed! And as I breathed I felt as though new life was somehow strangely coming into me. It was wonderful and such an overwhelming surprise that I wept. I thanked God for Their blessing for I also somehow knew that it was Them giving me this reward for choosing to come

and live in the first of Their worlds, the worlds of Their Divine Love. I felt so loved, really loved: loved for the first time in my existence. And then at the same time I suddenly felt a shock go through me as if suddenly I was about to be struck down. I remember I almost fainted, which reminded me of my illness (tuberculosis) and the constriction feeling in my chest, and the fear and anger that would suddenly take me by surprise making me feel like I might die being not able to breathe at all. I will add here James that we don't breathe air as on Earth, but there is an 'in' and 'out' of spirit energy that simulates breathing, and on the lower worlds, such as I am relating to you, it does feel like – as your Earth memories are still dominant – you are actually breathing the spirit air!

And this was the beginning. My Celestial friend took me to my room and we talked. At first she merely consoled me and waited until I managed to catch my breath and come back to my senses. Then she asked me to speak about the shock I felt. And slowly I began to speak about it, how one minute I felt so good the next so bad. My friend asked me to describe my experience, what I felt during it, in as much detail as possible. And I talked and talked and talked. I don't know how long I talked for but it seemed as though I just wanted to say all these things. And then I felt like crying, and with my friend's encouragement and support I let myself cry. And I cried and cried and cried. I thought I would never stop. It just seemed to come up in me, and went on and on. My friend just sat with me as I wept. And that was the beginning of my healing. We talked a lot and I cried a lot more. And slowly I began to really value our talks and looked forward to her coming and seeing me. It seemed as though for some reason I really needed her, and I did. One day she asked me if I would like to meet another friend of hers, not a Celestial, but someone like me, and so I did. He was from a totally different life to me and it took a few visits with the three of us before I felt I was warming towards him. After a while we became friends and began to talk a lot and pray together. We had other friends and spent time with them but slowly we began to just enjoy being together. And slowly, as so much else was happening, as it always is with the Mother and Father, we liked each other more and more. Then one day we just felt we were meant to somehow be together. We knew about soul-mates and had met many higher pairs and many spirits who believed they were of this special union, but when we began to feel such a thing at first we didn't want to delude ourselves and get carried away, but as time went on it became clear that we were. We had by this stage progressed in our healing enough to live in the fifth mansion world, the second Divine Love world. We had also worked through all the belief circuits of the natural love worlds 2 and 4 and the worlds themselves did not appeal to us for in them we once again both felt restricted. There wasn't the freedom that there was in the Divine Love worlds. And there wasn't the united feeling of knowing that every spirit in the Divine Love world was living true to his or her level of divinity unlike the natural love worlds, where even though the same level of natural love is enjoyed still everyone is separate and not united in the love of the Heavenly Mother and Father.

Marcus and I now live in an unnumbered divine Celestial Love world or sphere as they are called, making them distinct from the mansion worlds associated with Earth.

The Rejected Ones

'Live true to your Feelings'

And as one progresses, one forgets about the lower worlds of natural love, because how we live is real spirit life, life with the Divine Mother and Father of All.

Thank you James for this time to write. I have thoroughly enjoyed it, Jeanette, once of Paris France.

**Message 9**  
2002

10 December

Hello James it is I, Jesus.

It pleases me greatly to see that you are working! I know it has been a hard road for you and Marion to forge your way along in your healing without any help or anything to go on. But at least now we can come and be of some support.

I am so pleased that you are working with Mary. It is giving me a lot of pleasure. It has been very hard to work with so many souls on Earth and in the various natural love worlds without being able to disclose the truth of her existence, let alone the ramifications such knowledge would have.

Finally, as Jeanette said in her message, I too feel a breath of fresh air. I know it may sound all very strange to you, and many who may read these messages, but it is true. **I have only been allowed, as so guided by the Mother and Father, to reveal only the Father and myself, but now the overall picture can finally be balanced.**

Mary has asked me to speak to you today. I was not going to interfere in such work, for the Feminine Aspect of Truth has been entrusted to these women and they are more than capable of carrying out their part. It is one of the worst deficiencies and deplorable crimes that exist on your world, that being the degrading of women. I have found it very trying that humanity has not made more of an effort to rectify this imbalance particularly when everything about you in nature suggests the two opposite sexes are to live equally together. However, at last now this great problem, the rift between men and women, can have some light shone on it.

I want to speak to you about the one-eyed perception so many people and spirits have of me. I know it is the only perception they can have, but many souls when they come into the spirit world, both men and women, suffer quite a lot of disappointment when they learn that I am not alone in the universe, a single bastion of love: all by myself with only the Father in Heaven to console me in my difficult times. And to also see that I do have difficulties and difficult times like everyone, that I actually have real feelings like everyone, is apparently hard to swallow.

You see James, I am the Perfect One, the Creator Son, and as you initially wondered: do I live with so much love that I do not need anyone? And what I want to tell you is that I DO need someone. I need Mary! We all need someone, even the Father, needs the Mother. My soul is similar to everyone's and the same in the aspect of its duality. Mary and I are soul-mates. Together we are the Perfect Ones – the Perfect Pair, the Creator Son and Daughter of Truth, and TOGETHER we look after our universe. I AM NOT ALONE. IT'S NOT JUST ME AND THE FATHER. How could it really be any other way? How could a man exist alone? How could a woman exist alone? Especially when it requires a man and a woman of perfect love to give rise to, to create, a perfect replica of themselves. And so it is that Perfection, as seen in the Creator potential of my soul, that requires its counterpart Creator to do just that: Create. Mary and I need to be together so we can create all that we need to create in our universe. Together we create In Truth coming together and uniting with the

Divine Minister – the Creator of Mind in our local universe.

Angels exist in pairs, as do ascending mortals, men and women of Earth, as they will discover when they reunite with their soul-mates. Mary and I exist together, as do most other spirit personalities of Creation, and we all do based on the pattern from God – God exists as a Pair, Two who are One, the Heavenly Father and Mother. You have a mother and father, and being a child created in the image of God, does this image not reflect that God is both a Mother and Father?

Look into your own life to find the truth. Don't just look to me, as I have been limited in what I can reveal to humanity. Honour and respect your own intuitive feelings.

It has been good to speak with you again James, but for now good-bye. I am Jesus, loved one of Mary, who was my most beloved disciple. I loved Mary the most on Earth, no one else.

Mary.

Thank you James for allowing Jesus to speak in such a way. It is a new experience for him being able to speak more openly and freely about things to Earth. I am so glad. We have waited for such a long time. And now we are able to lift our self-imposed restriction off and be more expressive and free. We are going now James, as Jesus and I have other things to do. I will leave you in Zelga's capable hands and look forward to resuming our communication when we return. Mary, the one so loved by Jesus.

Zelga.

They are such an incredible couple. What more can you say, other than just feeling good and loved in their presence.

## Message 10

11

December 2002

*Zelga, how do I know you are who you say you are, or that any of you are who you say you are, and especially Mary and Jesus? How do I know? How do I know if you are not merely some part of myself writing, some part of my mind? How do I know because you only speak to me using my words and phrases, and is that only because of my mind's limitation, my needing to maintain control? How come Jesus when he speaks to me is not how he sounds or speaks in the Padgett messages? And how do I know whether all this stuff about the Mother and Mary is real? I find it all very confusing. It seems so easy to write this a way, but is this only me refusing to take responsibility?*

*Marion says I not a writer and you are only a fantasy and fabrication of my mind. And I believe her to a point, as I'm not very good at expressing myself in English. But why do I feel like writing all day? And how can I know you are who you say you are when I can't see you? All I feel are strange goings on in my mind. I don't even know if this is your right name and not just something I have made up for myself. It's all so confusing, and if you are really you, then you've probably heard my confusion as I was trying to tell Marion about it this morning. So what do you reckon about all this, and why if you are not even real and only me, is there any point in asking you anyway?*

*I just seem to go around and around in circles in my mind. The Mother and Father just say to keep writing, but who are They anyway? Just another voice in my head? This writing, even though I love doing it, all seems so strange, talking with 'spirits' who might not even exist. The only part that does seem real is that each day I do see more things about myself. Out of the daily confusion and pain comes some understanding. And this is all thanks to Marion's help. Without her I would still be getting stoned and masturbating all day, wondering why nothing interests me in life and why nothing seems to have any purpose to it, and why I am so scared all the bloody time.*

*Marion says that I'm scared to speak. She's right, I am. How can I not be when I was told all the time as a child to stop saying this and that, and to stop doing this and that, with parents that didn't really want to know me, who weren't interested in what I had to say about myself? How can I speak when I was raised on cartoons and they were my only light relief from a shit day of school, and then a shit time with mum and dad? Dad was always working, so I hardly saw him. He appeared in the morning had a cup of coffee, then dropped us off at school, and would come home after we were in bed. He worked most of the weekend and maybe if we were lucky he would occasionally kick the footy with us and buy fish and chips on Sunday evening. And mum: she never stopped talking. She wants all the attention with no time for anyone else or anything else unless she is having her say about it. And my grandmother: she was continually telling me not to be like mum or dad, pointing out their faults and feeding me all the bullshit about how I should be in the world. She didn't listen to me either, she just told me how I was supposed to be. And school, for all those years I just sat in the classroom listening to the teacher. I reckon in all those years, if I added up the time I spoke during class, it would come to a couple of hours worth if I were lucky. The teachers didn't want to hear me, so who does? I don't even want to hear myself. I hate the sound of my own voice. I speak dribble, shit, that everyone else in my life has said to me. Nothing I say is original. No one has ever listened to me. And the bosses at my jobs didn't want to listen – no one does! And now all I do is sit listening to strange voices in my mind – it's all one way. Some of my school friends and later my girl friends, and my brother and sister seemed to listen, but to what? I was only pretending to speak to them. What have I got to say that is original? I am so far gone that I am only copying what I have heard my great examples: my parents, grandmother and teachers, say. It's taken me six years of Marion's help to see that I can't express myself. Before then I hadn't a clue. What do I do when I speak and what does it mean? I just open my mouth in the hope that something comes out and that it will make some sort of sense.*

*All I know is how to say: 'How much is this?' And then 'how come this is so expensive, and why's this bill so much. It's not right that they can charge so much when we only make ten phone calls a month if we're lucky?' And what is all that, just complaining and whinging about money? And there are just a million variations on the same theme in me. Today it's the telephone bill; tomorrow the bank charges, and next day it's the price of the roast chook.*

*Is this all the meaning I have in my life? Is this all my great speaking, complaining about the weather all day: 'it's not sunny; it's too sunny; it's cold, it's too hot, oh that's Melbourne's weather for you, and what about that forecast, there's no way it will reach 30° Celsius today – the clouds are coming over already!' And it goes on and on and on and on and on. Day after day. And that is all I talk about inside or outside. 'Have a nice day'. It all so pointless, so meaningless; no*

## The Rejected Ones

## 'Live true to your Feelings'

bloody wonder I can't express myself, for what else can I say if I have never heard anything different. Forty years of it and all I can still do is complain and criticise it all – everyone and everything, and it's all just me. Marion tells me it is all me. I am complaining and criticising about myself and only me. Really out there, the weather, doesn't exist, it has nothing to do with the weather. So what sort of shit is that, more confusion? So what is real and what is not? Who am I, who are you? Are you real or are you just like the weather? And the trouble is, she – Marion – is right, for after I have expressed myself, all my hatred and criticism, I don't even take any notice of the weather. I just seem to enjoy it all. I don't get bothered or angry if it is hot or cold, I just seem to adjust to it putting the heater on or turning it off. It is as though the weather is not real. When I am happy in myself, it is only I. Me in the entire universe and only me, until something pisses me off and around I go again in my little circle criticising and hating everything outside of me.

So what is the score? Lets start again, and I'll try to let myself not pretend that you are real or that I need you, someone else in my life, like my mother or grandmother to speak for me. They spoke for me; I certainly didn't speak for myself. I bet they would be hard pushed to recall a conversation about anything I was interested in and spoke about. And all those years, I can hear their endless words going around and around in my head. Like a radio that can't be turned off, 'Now James, would you like your Gran to get you something to eat?' 'Yes, Gran.' 'And what would you like, your granny's favourite?' 'Yes Gran.' 'You sit down over there and help yourself to some bread and butter just like your grandfather did when he was alive, and I will get it ready for you.' 'Yes Gran.' 'So how is that horrible man at the fish-shop (aquarium)? Are you still there? Well it's good to have a job at least, and at least you like the fish. You know James, it's all good experience. It doesn't matter what type of experience it is, but in the long run, it will all add up to something.' 'Yes Gran.' 'You'll be very pleased with your Gran this week James.' 'Yes Gran?' 'Well I picked a very long priced one. Thirty-three to one. I haven't had one of those for quite a while...' And on it goes.... It never stopped nor was it any different. It might sound like I have a loving Granny who only wanted to look after me, but that was Sunday, every week I went to Macedon to visit. And it was always the same, no variation. I never said anything, and on and on it went as I performed my duty. And I can't express myself, no wonder, I never had a chance. She only wanted to hear her own voice.

But I'm not supposed to blame them, never blame the parents, it's always the child's fault, isn't that what we're taught? Parents are never wrong. But why can't I blame them? Was I really a horrible little boy who never stopped crying? I was born with an ulcer in my stomach. I was sick. I looked miserable. I needed to be fed, and have my nappy changed that stunk. I was a pain in their arse: a trial and bother. I made them sick. I was stupid; I grew too tall and kept growing out of my clothes. I had to go to a private school. I cost too much to run.

I hate it all. Cynically, I think to myself: I'm channelling myself. To bloody right I am! I am so angry. Six years now of seeing more each day how angry I am. And why not, what else do I have to do? Sorry Zelga for not even letting you answer my questions, see look at me now; I'm just exactly the same as my mother and grandmother, only wanting to hear my own voice!

It's quite all right James, it's what you need to do. It's good to get it all out. You need to express your bad feelings and we are here for that, if that is what you want. Speak to Marion, speak to us, speak to the Mother and Father, just so long as you speak about how bad you feel and don't hold it in any longer. Get it out, that's the best you can do for yourself.

And as for are we real or not, well James, I can't prove it to you, that is something you'll just have to find out for yourself. However the truth will come through your own feelings, and in time you will know the answer to these questions for yourself. Zelga.

**Message 11**

13 December

2002

I want to speak to you James. I am Jesus' mother, Mary.

I have been waiting to write because I want to ask everyone who is interested in me, to please stop worshipping me. I do not want to be worshipped, please! I do not want any credit given to me. I do not deserve any. And just because I was Jesus' mother, the mother whom the Mother and Father chose, it's not any reason to worship me. If anything, I need to be sympathised with because I did not appreciate what an amazing gift They gave to me. I was blind, as all mothers are, to the truth, and as a consequence, I did my best to keep Jesus AWAY from the Mother and Father making him do what I wanted him to do.

As I progressed in my soul-healing, I became more ashamed of the errors that I lived and the many ones I tried to force on Jesus and my other children. Joseph and I did what we thought was best by trying to get Jesus to do what we thought being a spiritual and dutiful son involved. We tried to get him to say and do his prayers as we had been taught to do them, and even at times tried to persuade him not to speak with what he called his Spiritual Father in Heaven.

We of course had a very rare opportunity, to listen to our son and to support his life with the Father, but all we succeeded in doing was adding more hardship to his life, more trials and tribulations. We tried to make him be like the other children and tried to stop him being his true self.

As Jesus himself has revealed to you, because of the nature of his soul, it being kept in its perfect state, we were not forceful enough as individuals to completely interfere with him and inhibit his soul development and divine development of character. We were fearful people like many in our day, and only tried to do what we were told by the authorities. It was Jesus himself and his good nature that made us feel that we were not complete failures as parents, even though it became quite apparent to us from his early childhood that he was very capable of looking after himself and doing exactly what he wanted to do and when he wanted to do it.

I was most grateful to him for looking after me when Joseph died, this being another thing that he did not have to do. It was only out of his purity of heart that he stayed with me and his brothers and sisters, for as long as he did. This I am ever so grateful to the Mother and Father for. If Jesus had left during such troubling times I dare say, I and the other children might just have survived, but we would have greatly missed his fatherly feelings toward us all.

I as you also know through other messages I have delivered to Earth, was not a virgin, and I did not conceive Jesus in any other way than by normal natural means. There was no need for me to be any other way than how I was. I can't be the blessed Holy Virgin Mother of Christ. That is not my role in Creation and it is a sin to make me. So I say again, please do not hold me in any special favour. I was only a mother

like all mothers. I am not special, nor do I want to be elevated to heights beyond this for it is untrue, and if you persist in believing I am anyone other than who I am – an ordinary woman – then you are deluding and lying to yourself.

It doesn't harm me if you choose to exalt me in any way because I have now done my healing and live in the higher Celestial spheres, but you will continue to cause great harm to yourself, and to your own soul's growth and development. It will retard your ability to see the truth clearly as you imprison your mind with such false belief. And remember that such beliefs, if they have been adopted when you were a child, will be deeply ingrained in you, and so it will take you a lot of hard work to completely divest yourself of them. I would advise you to ask the Mother and Father to help you to see the truth of why you have such a belief; ask with all the sincerity of your heart as you ask Them for Their Love, the Truth, and all other help.

They will show you why it is that you believe that I am something and someone I am not. And when you see the reasons for your belief you will be able to know for yourself that what I am saying is true.

I can only encourage you to look, and to *want* to look into yourself. By telling you, you are wrong to believe that I am something I am not, I can only hope to stir up deep buried feelings within you. And it will, if you have already begun to embark on doing your soul-healing and want to know the truth; these feelings, be they good or bad, will lead you deeper inside yourself, to the truth that lies hidden and 'dormant' in your soul.

I, being the 'Great Virgin Mother' (whom, as I said, I am not) that so many souls wish to believe and call out to for help and love, have become, and wrongly so, the substitute mother principle. These people who believe such false things really want a new mother. Deep inside them they are not happy with their own mother. If they were they would love her and not me. I am not to be loved as a replacement mother for all the lost and lonely children of Earth who were not loved by their own parents. I am not to be put in place of your own mother, to be made higher than her. If you do this then you are making a very big mistake because you will be hiding from yourself the real truth about how you – your soul, feels about your own mother.

To believe that I being Jesus' mother in some way elevates me to an even higher level than Jesus, presupposes that I am more wise and more all knowing than him, and that the Father – the Heavenly Father and I are closer than Jesus and the Father, which completely discounts any love that Joseph and I might have had for each other. It does not allow me any privacy; such beliefs are very invasive. Do you believe that I want to attend personally to each and every soul that cries out to me for help? And why aren't these souls crying out for their own mother's love? I ask you, where are such souls' mothers now? Why are these people and spirits not looking toward their own mother for such love? Just because you have become an adult does not mean that you are still not a child and have a parent. And if such people turned their focus on their mothers and went to them and begged them for love and help and comfort, all that they long, beg and pray to me for, it would very quickly become obvious to all involved as to the real truth that was underlying their relationship. There would be no love forthcoming and this is the truth you will have to accept one day.

And even if you try to justify that your belief in the Virgin Mother Mary is only a symbol for the Mother of all things, and even the Heavenly Mother of Jesus, then do not continue to delude yourself in such impersonal concepts because these will cause you equally if not more harm, than looking toward me as a person who can comfort you. If you entertain such beliefs then all you will be doing is restricting your own personal relationship with the Mother of All: the Divine and Heavenly Mother who is the true Holy One! She is the one who is always with you and can comfort you. However, as you will be told in messages to come, you will not be able to ask Her for help directly until you come to a reconciliation of the truth of how you are with your own human mother. And if you persist in keeping me between the truth of the relationship with your own mother, then you will also be keeping me and other things between any relationship you will be able to have with the Divine and Heavenly Mother.

And so I want to say again, PLEASE DO NOT WORSHIP ME! Think fondly of me, by all means, as a sister of yours in our Heavenly Parents kingdom. And even though I was the mother of Jesus of Nazareth, I was only a mother like all other mothers. I am an ascending soul of light and truth, just as you are. You have equally a specific role to play in Creation as I have, and if **you stay true to your soul's leadings by honouring all your feelings, you will enjoy the bounty of love that is destined for you to have.**

Try not to remove the focus from yourself, which should remain on you at all times, by calling out to me for my attention. I am not your mother, I cannot be. And by minding your own business, you will not make the pain you feel in your own heart caused by the rejection of love from your own mother persist in robbing you of any good and joyous feelings of love.

There is a real and true mother of Jesus, the Divine Mother of all Creation. She is his mother and my role in the affairs of flesh and blood are well and truly over. And so I will say again, please do not worship me or idolise me or dream of me or make me the subject of your fantasies any longer. Allow me as a belief to die within you so that you move on in your life and make room in your heart for the ones who really should be there.

I have no healing abilities other than that which comes as a natural attribute of my soul dependant on the level of love and truth that I am living. And my healing of any soul – even though I have never done such a thing – is not up to me. That is the Mother and Father's business, not mine. It is to Them and Them only you should direct your prayers, and it will only be through the invocation of Their Divine Love that you will be healed. You have to accept full responsibility for your whole unloved negative self. I will not and cannot come and interfere in your soul's development in the hope of furthering my own self greatness by healing the sick and loving the poor.

I have very little now to do with Earth or spirits whom are not of the Celestial level of love. My soul is progressing as I obtain more of my Heavenly Parents' Divine Love. I have before me my eternal destiny and everyday with my soul-partner (whom is not Joseph) I am endeavouring to continue my ascent of truth. I have only

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come today to speak with you James because Mary asked me to. And now having said enough I will return to my home. Thank you for writing my message, and I truly hope that it can be of some help.

Good-bye, Mary, one time but now long ago, mother to Jesus the man.

**Message 12**

16 December

2002

Mary.

Hello once again James, I have returned to see that you have progressed further in your healing enabling me to speak even more clearly to you. As you became aware over these past days all that I had said to you was to help you make further inroads into the difficulties you are having with your communication.

**Your main problem, of which you are now well aware, is that the damage done to your will has given you an inability to express yourself, and as expression is the whole key to your development, you are in a very difficult place.** You are not really a 'real' person. I know this sounds strange but as you are seeing more fully for yourself, you are only a compilation of the people who were the main controllers and influences in your life. And now without them physically present and playing their well-established roles, you are having to do it all for yourself. You are having to be all these people at the same time, so if you ask a question, then you (one of them), answers it; then you (another of them), follows on and adds some more to the discussion; and then you (another one of them), asks a new question to take over the controlling spot. So all in all you can quite comfortably be alone physically but still act and speak and think as if there are quite a few others in the room with you. I know it is all so dementing. And you are right to feel angry and hate them all. You have to. You, the real you, has to come up enough in you, so that you can let them all go about their own business. Your life is yours, not theirs as well!

The complications of the false personality that you are living under, that you have made up for yourself, penetrate right to your core. You are not a real person or spirit for that matter, no one on your world currently is. You are all false people, believing that what you see is who you are. But you are all wrong.

**Imagine a world in which there was no hunger, no disease, no war, no hatred, no anger, no illness, no physical disability, no emotional or mental disorder, only love and perfection. I appreciate that it is impossible to really imagine such a beautiful world, however that is the destiny of Earth, and of all souls if they choose the way of the Mother and Father's Divine Love. All of these negative afflictions only exist as a result of your wrongness causing your soul a terrible pain – the pain of your denial of self you suffered at the hands of your parenting.** I am powerless to do anything about your situation. I can only reveal truth and understanding that may, if you want it to, help to open your eyes to the truth about yourself. All the rest is seen to by the Mother and Father. Only you alone can heal yourself – with Divine Love.

I am glad, as is Jesus, that you went and looked on the Internet to see if the *Angelic Revelations of Divine Truth* (a presentation of the Padgett Messages) is still readily available. As you saw it is and will continue to be for some time. And you also got an appreciation of the various channels to whom Jesus is speaking and revealing more of his truths. This is all as you surmised: an extension of his second coming, with Mr. Padgett's work being the main stay and containing the core truths. Jesus will

continue to look for other channels and work with them, and as people begin to do their healing and need more help to understand things, I will work with them. We will continue in this way for some time yet, but then we will stop. We will have done enough to complete our work with the souls of humanity. Enough of our truth will be present for those who want to use it. And Jesus will have completed his **Second Coming of Truth**.

I don't really want to say much more today, I just wanted to let you feel how new you feel within yourself as we write together. I am glad to feel more of your will present, and less of your control and restrictions. And of course as you continue to do more work on yourself you will feel my presence more clearly and I can be clearer with you. I will go now, thank you James, and I look forward to speaking more with you soon, Mary.

I would like to speak to you James, my name is Ursula, and I come from Hungary. I am now a spirit of the seventh sphere and I live very near to Zelga. We are now close friends and have realised that we share a lot in common. And by this I mean, even though we lived in separate countries and at different times on Earth, we still experienced many similar things.

We met when we were on the lower mansion world number three after we had under different circumstances begun to pray to the Heavenly Mother and Father for Their Divine Love. We have since enjoyed doing our healing almost in step with each other, and as you might well imagine we have helped each other a lot to understand things – and in particular, feelings, as they have come up in us.

Why I am writing this is because I want to say that both of us were without our soul-mates at the time we met, we now both have them. Most of the spirits are united together with their soul-mates by the time they reach the seventh sphere, however this does not mean that both are in the seventh sphere together. Zelga and I were told about our soul-mates, whom they were, at around the same time when we were in the fifth sphere. Both our partners were still very much entrenched in the evil affairs of the lowest natural love spirit world (mansion world one). And together each day we would descend to this world then separate, going to be with our soul-mate. And slowly both of us were able to suggest to our partners that how they were living was wrong and doing them no good, and that there was a better way. And slowly both of our partners turned away from the darkness and into the light. It was our increasing love for them that persuaded them to come with us. And we were with them helping to slowly advance their natural love and finally to embrace the Divine Love.

All the time this was happening we were continuing our healing, helping each other. We spent much time consoling each other, as we felt time and time again rejected by our men. They of course did not know they were having such an effect on us, and we slowly came to understand that they were our fathers in whom we were still looking for love and to be loved by. And by knowing that they were our soul-mates put even more pressure on us longing desperately for them to love us.

I wanted my man (now of course a spirit-man) to love me more than anything else in the world, and of course more than any other woman (spirit-women). However he did not feel the same for me as I did for him. He was not as yet of a level of truth to enable him to feel that I was the chosen one for him, and as I let my heart go out to

him only to be rejected, it hurt ever so much. I was in such unbearable pain especially when he fraternised with other women spirits. And when he began to believe one of these spirits was his chosen soul-partner, I felt as though I was going to lose him forever. It was such agony, such an unbearable period in my life.

But amazingly certain events took place and he was able to see for himself that this other woman did not have the same desires for him as he was having for her, and so he came back to our friendship with a little more interest.

But I was not his cup of tea. He was not naturally attracted to me. I was too short and not good looking enough for him. He was used to women who made much more of a motherly fuss over him and I was only interested in friendship. He wanted to have sex (spirit fashion), but I did not. I wanted only to be healed and to be living in a true state with him. It was ever so difficult. I thought I would rather die at times instead of being with him. I hated him and loved him. He stirred up so many things in me; so many angry and evil thoughts, many I'd thought I wasn't even capable of, and yet I still could not let him go. I felt as though I was somehow inexplicably tied to him and this caused me so much frustration and pain. So many times I tried to give him up, and I would try not to see him, and even one time he asked me not to come back and see him and this I thought was my chance to get away, but after only a few days I was feeling my deep longing had returned and I wanted desperately to see him, and then I felt his pull on my spirit and I knew he wanted to see me. Oh it was such a relief.

During this time that we were separated I cried and cried and talked most with Zelga. And as memories of my life on Earth came back to me, I could see clearly each of the experiences I was having with him related in essence to ones I had during my early life, ones that were causing me all the pain and grief of this separation. And it is this I specifically want to say to you today: that there is no real difference in how we do our soul-healing, as to how I have observed you and Marion. However, we in spirit can see more clearly our memories when they surface and are at times far more emotional and vulnerable to our emotions, but we still have to express them all, before the truth comes and the Mother and Father can intervene and transform us out of our wrong state. They seem to step in quicker for you on Earth, and we can see how much more difficult it is for you to remember, and how closed off you are to your emotions. You are more blind to the memories of your early childhood and need only to focus more on the feelings of the present, and as we have been told by those higher than us, this is a grace the Mother and Father bestowed on you for the effort you put in to try and do your healing whilst still of flesh.

We also appreciate how much harder it is for you being constantly surrounded by the world and all its evilness. We at least have the support of living in a whole world that is reflective of our higher truth and has agreed upon to live with Divine Love. We only descend as we need to, back into the ugliness, to have the necessary experiences of darkness we need to reawaken and stimulate our buried feelings. There are other similarities and differences between doing your healing in flesh and spirit, but I don't want to go into those today.

I want instead to tell you other things. One needs help, but you don't really need your soul-partner until you are of a higher truth. Other people or spirits of the same

or other sex can help you, and can be a stand in for your soul-mate until the Mother and Father brings you together. And how it will be for you reader, will be how the Mother and Father want it. There are truths that govern the structures of the heavens, but as to the individual requirements, the Mother and Father seem able to provide a countless array of different experiences for everyone. This I do find simply amazing, it absolutely fascinates me. So many spirits, all with unique lives, and every moment in them unique for them... They are truly magnificent!

You can begin your healing any time. You only have to want to do it. And if you do you also have to want to begin praying to the Mother and Father for Their Divine Love. Without the Love the Mother and Father will not personally help you. They will attend to and provide for your needs impersonally, if you seek to perfect only your natural love, but you will never get to know Them as Themselves, and as your true Soul-Parents.

When you begin your healing They will make use of whoever is in your life. And if you don't have a friend or a sympathetic partner, you do still have yourself. And you can speak all your bad feelings out loud to Them. In time someone will come to help you, someone who will want to listen to everything, all the bits and pieces, everything you have ever wanted to say, because it is all still in you waiting to be said.

For many it seems that a waiting time is needed before some help in the form of a person or spirit comes. This happens mostly in the beginning. And so far as I can see the purpose of this is to help you begin to feel how much you do so desperately need someone. And it also helps you to focus on the Mother and Father asking and longing and praying to Them for Their help, Love, and for the Truth. It all seems to help you really make up your mind, to get focused on yourself and build a strong desire to know the truth of yourself. It also gives your soul time to receive the Divine Love and to make ready in you the 'climate' (especially in your mind) to begin your healing. It is a preparation stage, somewhat like a training period, in which you can begin to attune yourself – mainly your will, to what is needed to forge inwards and upwards looking to change your life.

Potentially, your life will never be the same again. Many, if not all, of the things that you like doing, and even love doing, will need to go, things you are doing that are anti-living life with the Mother and Father. To accept that all of you is wrong and living anti the Mother and Father's Will is no small thing. It really is the beginning of your new life. And it is a huge leap into the unknown. It is of itself very scary, and if this is what you feel: fear, anxiety, dread, or even that you want to do it, but it all sounds too much and you doubt you will be able to, then this is where you begin. With each and all such feelings honour them. Bring them up in you. Write them down if it helps, but try to speak them out loud as you write, or at least read it aloud to yourself or your partner or a friend when you have written out all how badly you feel. And if you have a good friend in your life, then tell them ALL you feel. The more you can tell them about everything you think and feel, the better. You have to voice all your concerns, every slight little fear and apprehension. Begin now. Think about it all and see what and how it makes you feel. You only need to do as much as you can at any one time, and if you can't even do that, then tell this to your friend, and tell it all to your Mother and Father.

If as yet you are not sure about the Mother and Father, as to whether or not They even exist, and you feel stupid or scared talking to Them, then express this. It doesn't matter if They are real or not, you will only ever find out if first of all you express your disbelief. You might hate God, you may feel guilt or anger about this, and all your feelings have to be voiced. Begin to openly admit to yourself that you feel them. Allow yourself to have such feelings. Focus your mind on them and then when you are ready, speak them out. **The Key is to Speak – to always speak if you can.** You have to HEAR yourself say what you FEEL. And in the hearing of it, which may take a number of times, you will connect with it; it will lead to another feeling and then to another and so on, until finally you see something about why you feel as bad as you do. As you speak about all you feel, really want to know the truth of why you are feeling such feelings. Want to know with all your being.

Whenever you feel blocked or at a standstill, stop, and pray to the Mother and Father for more Divine Love, and ask Them if They can help you to see the TRUTH. Wanting to see the truth is also very important because without wanting to see why you are feeling the way you are, there is no real point to expressing all you feel, and you won't be doing your healing. **You can simply pray to the Mother and Father for Their Love and do nothing else, but ultimately this will become unsatisfactory, as you will fail to feel what you believe the Love should be making you feel.**

Without understanding about the need to do your healing and something of what is involved, you won't understand what Jesus is speaking about in reference to your inner soul transformation. This transformation ONLY comes as you work your way through your soul-healing. **Your soul-healing IS the transformation!** And this why we want to share our experiences with you, to help you see that there is a lot more involved. And this reflects the deficiency of truth revealed to your world at this time because Mary's Spirit of Truth has not been welcome. But as you begin to understand about what doing your soul-healing entails, this deficiency will be made up and you will be able to receive and then live more complete revelations of our beloved Creator Daughter and Son – Mary and Jesus. As you begin to understand more about the healing, more of what Jesus has newly revealed, and I mean since Mr. Padgett's writings began, all will become clear.

I see that you are tired James, so let's finish here and I'll continue later. Thank you very much. I am most grateful and glad to be of help. Ursula.

**Message 13**

17 December

2002

Hello again James, I would like to continue with my message, Ursula.

I can fully sympathise with your feelings of anger and how disturbed you feel. It is agonising trying to wrestle your way along in your healing, but as you know, when you are fully committed, what else is there to do and what else can you do!

As I said yesterday there's a substantial lack of understanding as to what your real problems are. Mary's revelation is the missing part of the picture. Without her input either in spirit or in person it is very difficult, if not impossible, to do your soul-healing. You can want to, and you can embrace the Mother and Father and Their Love, however in respect to the actual hands on part of yourself in effecting your souls transformation you need more of the picture, both the masculine and especially a lot more of the feminine.

As souls, a part of how we relate to reality needs some sort of context into which we can feel a part of. Our parents and our family are supposed to provide this for us until we are sexually mature by which time we can step out into life as a complete person looking for further ways to live.

But the trouble, or at least one of our troubles, is that our parents do not provide us with the correct picture, as their lives are not perfect, so we cannot be perfect either. So we receive all the wrong pictures into which we try with all our will, to be. We do this because we innately believe that they are right and how they are is the right way to be in life. So we willingly adopt all that they are; all of their negative mind and will state, thereby completely forming in wrongness. We don't even consciously suspect that anything is wrong, and we carry on living their ways in the world under the misguided belief that it is the right way.

Mary and Jesus come to us with the correct picture. They are the pictures living. They are truth personified. They are the Mother and Father as Daughter and Son together as one in the full meaning of truth. They are the feminine and masculine aspects of the Mother / Father expressed in the Daughter / Son relationship. And so as we too are daughters and sons of truth, ascending daughters and sons, they are for us our role models of perfection. They then provide for us a reality – a real picture – a personal picture for us to look towards and to try and strive to be like.

Humanity as parents, have not until now, had such a picture of Mary and Jesus. Some people might have wanted it, but they could not have it. They could at best only have half of it, as Jesus' Spirit of Truth has been available for us since his liberation of it two thousand years ago. But as for Mary's Spirit of Truth, that has been only available to us in spirit, but not to you in flesh. However, this is soon to

change for there is to come about on Earth an outpouring of spirit by one who can do such a thing, and who for all intents and purposes is a real living picture of the feminine aspect of truth. In a way it is through this individual, that Mary's revelation of truth can become manifested on Earth, with her Spirit of Truth becoming available to all whom want to know and live the truth. And once this outpouring has happened, then Mary's Spirit of Truth can unite with this individual's Spirit of Truth and together they will provide the Way to the truth through life on the feminine side, which will of course balance the masculine side as seen in Jesus. And this woman will have a soul-partner who also will liberate his Spirit of Truth and it will come under alignment with Jesus' existing spirit, and will fill in the gap of one having lived and being conceived in evil.

I can't tell you more about who these two individuals are, however, it is a very big time once again for humanity. These two people stand on the threshold of a new age in the sense of truth-revelation and the understanding this will bring. These two being a high Daughter and Son will have traversed the circuits of negativity, of denial, of rebellion and of default, and will have come through to be of perfect love living back in perfect harmony with their Mother and Father of Creation. They will have been tried and tested and will be able to declare to the world of humanity that now the gateway is open for all to follow; for all to follow if they so choose, in the way of the light and the life of themselves and of Mary and Jesus. For all to follow them to Mary and Jesus. They are the bridge for humanity to cross, to life with Mary and Jesus and so the Mother and Father.

Symbolically and personally this couple will represent the Truth that can now be lived, and so the next great age that has been prophesied as the Age of Peace will unfold. However, this age of peace is peace for the souls who embrace the truth of this couple and achieve living true to their soul. In other words, it will only be peace of soul, spirit, mind and body that will come to the souls who do their soul-healing. Peace and a feeling of contentment will come into their hearts as their hearts and souls fill with the Divine Love of their Mother and Father, and as their natural love becomes purified, bringing them into perfect harmony with such Love.

In principle now it can begin, as you can begin to do your healing, you can now completely find peace of soul, mind, heart and spirit on Earth. This truth we have all found out since coming to spirit.

Humanity has been hopelessly lost, this we can see easily as we ascend higher with the Mother and Father's Love. And we all come to accept and see for ourselves that the Mother and Father of course know exactly what They are doing and it is always the best for everyone. No matter when you begin your life on Earth; no matter how lost you get, and no matter what age or time it is, so far as your soul is concerned, all that will and does happen to you is exactly for you and perfectly so. This is another of the things I find astounding to contemplate: the sheer wonder of how our Heavenly Parents have organised it all allowing us to play our parts in Their lives.

This forth coming planetary age involving the full liberation of all Spirits of Truth, will enable people to live to the level of Celestial love perfection, so that when they die they need not live up through the seven mansion worlds having already done that in the flesh, and will come into spirit going directly into the Celestial worlds after only a few days spent in each mansion world for orientation purposes. As to the heights of

Celestial love and truth one can achieve living on Earth during this next age, I do not know. I suppose that this waits to be seen, however I am sure those above me do have more of an understanding of these things.

Still, the actual doing of one's soul-healing to achieve this Celestial level of love and truth perfection will be difficult for women and men. Many women look to having their power centred in the family at home and over their children, and to relinquish this will be very challenging. Men, at first glance, might seem to have all the power, but they are equally as lost as women; they don't live with any real truth (the 'truth' they have being contrived by the mind and only believed wrongly to be truth), so don't have any real power. Women although they feel largely inferior to men still have control and power over the child giving them enormous power.

**Everyone is parented to be subservient to their parents, even those people given more freedom than others. And this, whether you are a woman or man, is the root of all evil within you.** And so even though you may feel you have power, somewhere within you, you will still feel powerless. **Real power comes only to us with truth, and truth only comes as we submit all false-power and control to the Mother and Father replacing it with Their Love.** Jesus shows us real power in that he only exists to live and do the Will of His Heavenly Parents. As for his own body and life he willingly submitted to those who believed it to be important and powerful. They, his judges and executioners, through their actions were examples of people who wrongly believed they had all power and authority, able to take human life, but could only do such a thing because of their own deeper feelings of powerlessness. Jesus made them feel threatened and scared them by not conforming to their desires, so he threatened what they believed was their power. And this scenario you can see in every family with parents believing they have all power and their children having to submit to them. Their children end up feeling subservient and powerless under the roof of the very people whom they are so willingly and openly longing to for love. These deprived children, all children of humanity, grow up to be adults forgetting for the most part how powerless they have been made to feel, only to want to have children for the same reason that their parents did: to regain power.

The great challenge facing humanity is to accept and acknowledge, and then to express, to bring it out in the open, as a child how powerless and subservient your parents made you feel; and as an adult, choosing to relinquish such desires for power, especially trying to regain it by having your own children.

**Our Mother and Father did not create us to have power over one another, nor do They want us to be subservient to Them or anyone else.** We are to be of Their Love in our soul, and all-powerful (power derived from truth and not false mind / belief contrived power) in our natural love, wanting to willingly do and live Their Will by living true to our will – all expressed and lived by living true to our feelings. Our parents have us so they can become all powerful, not to help us gain our own full expression of soul and therefore love, and be naturally the power of that love. We parent all around the wrong way and for all the wrong reasons. It will be individuals who really and truly want, and ONLY want, to be honest with themselves, honest about what they feel, who will be able to see the truth of themselves and their corresponding motivations for doing things. It is, and has always been, the same great challenge that faces us all, but at least now with the help of Mary's understanding we can shed light on it for you.

This truth I have been saying to you has come up in me in answer to my acceptance

of my self – my soul. It is how I see it, my expression of the truth. However the truth has already been revealed by Mary and Jesus. They gave me the pictures into which I have grown. They have been my necessary substitute parents to whom I have looked for love, truth and acceptance. And they have loved me and supported my existence up through the mansion worlds, and they have provided me with the Way to see where to go. And they have also helped me to see that really it is all contained within me, and with their love I have been able to, and are able to do, my soul-healing, coming into this understanding for myself. They have also shown me the way to the Mother and Father and this I am the most grateful to them for. Because, as you will come to see for yourself just as I have, when it is all said and done, you are the Mother and Father's child of love and They are all you need.

James, thank you for your time. Yes you were right to feel that I felt and sounded more like Mary herself speaking to you, however it was all me. But I did as we can through you – utilise her Spirit of Truth if we so desire, and this is what I did and why I felt familiar to you and as though I was Mary. This is something that has been only briefly touched on and I have been allowed to help you experience such a thing - all for you to ponder.

Good-day to you and Marion, and I will speak again later in the book, Ursula.

**Message 14**  
2002

18 December

It's me again James, Ursula. I've been asked to continue. I did not know it would be so soon! Mary asked me. She is overseeing our communications to you. And she asked me to specifically expand on what I finished with – using the Spirits of Truth.

The Spirit of Truth is well documented – an introduction to understanding what it is and how it functions – in The Urantia Book. I want to speak about it in regards to our work and its relationship with the individual soul.

Mary and Jesus are the highest Daughter and Son of our universe. This means they are the most perfect and closest to the Mother and Father. We live in their universe. And their universe consists of many worlds like Earth that have mortals on them all in various stages of evolution. And then there are many other higher worlds that comprise their universe all of which provide life for spirits in one way or another. I won't go into such complications except to say that we do become more aware of such things in this seventh mansion world in preparation for entry into the Celestial spheres – the higher spirit levels of Mary and Jesus' universe.

Mary and Jesus are the Mistress and Master, meaning they are The Way, The Light and The Life of their universe; they are also the Living Truth and the highest manifestation of Divine Love and natural or self-love. All of the creatures that live in their universe can look toward them to see the truth personified, the truth of the Mother and Father. They are our Spiritual Parents, and when we choose to follow them, what we are doing is choosing to live as they do, to embrace the Truths of Divine Love, which they are the embodiment and expression of. And so as you know, we of Earth are very special to have such a personal and intimate relationship with them both, as not all worlds are afforded such a privilege.

The soul of Mary and Jesus is very powerful, it contains within it the truth of this whole universe.

This power 'shines' as the Light of their Truth, and manifests itself in their personal Spirits of Truth. So through their Spirits of Truth they are able to shine their light on every living creature, they are able to help them in their pursuit of truth and understanding. When Mary and Jesus finished their lives on Earth, as a part of their ascension into living in the spirit worlds they liberated their Spirits of Truth. Their liberation being a big moment for all creatures in their universe because effectively every creature could now personally relate to the Mistress and Master personally and directly through their Spirits. Jesus and Mary being finite expressions of their soul couldn't personally attend to the truth needs of every soul in Nebadon whereas their ubiquitous Spirits of Truth can.

How their Spirits of Truth are I have no idea. I have only learnt a little about them, but I can detect a comforting presence within me when I find and reveal the truth. When my feelings give rise to the truth, I feel good, I feel loved, enveloped in a sense of knowing that I am right and everything is going along as it should. And I feel I am being loved, supported and cared for, and I am free to move onto the next truth.

Mary and Jesus' Spirits of Truth are not separate spirits of personality; they are

forever simply an out pouring of their personal essence, their spirit. However they are free to work within us, within our heart helping us to understand the truths of our self, life and God, but only if we invite them to help us. They will not encroach or interfere with us if we are not interested in living true, in becoming the living truth.

The Spirits of Truth are liberated by Mary and Jesus in accordance with the Mother and Father's Will. For Jesus, it was at Pentecost, and for Mary it was soon after she had arrived in spirit. When you activate their Spirits of Truth within you, in effect they help you see the truth for yourself, that is, 'see' or understand, Mary and Jesus' truth in your own way. And as you personally come to know the truth of the universal Daughter and Son, so too are you coming to know the truth of the Paradise Daughter and Son as manifest in the Deity Personality of the Eternal Son (re: The Urantia Book). And as you get to know Mary and Jesus through direct experience of living the truth, so too are you able to get to know the Mother and Father of All.

If you refuse to follow Mary and Jesus denying yourself the help from their Spirits of Truth, then you will only ever be able to live in a perfected natural love state, that currently being equivalent with the sixth mansion world. Entry into the Celestial spheres requires the full acceptance of both Mary and Jesus' Spirits of Truth. If you do not embrace them willingly, that is, submit to the actions of their Spirits of Truth; if you do not want to live true to yourself and become the living truth; if you do not want to live true through the ongoing willing submission to, and acceptance of, your feelings, then even if you partake of the Divine Love you will still not ascend the mansion worlds, as you won't be able to do your soul-healing.

To accept and 'activate' their Spirits of Truth, all you need do is make a concerted effort to long for the truth, to really want to know and live it, the Truth, according to the Mother and Father: the Truth of Divine Love. By longing for this truth you will naturally include all the truth of Mary and Jesus. And as you submit to the healing process you will start to open yourself up to the ministrations of these Spirits. You might not be aware of their presence with and within you, however they will be there. When you 'feel the presence' of Mary and Jesus, they may be 'with you in spirit' as in close to you in the spirit worlds having descended out of the Celestial heavens, or it may be the presence of their Spirit of Truth – that you are perceiving.

Many people particularly of the churches develop a very deep and strong love for Jesus, however this love is a mere contrivance of their minds. It's false, as it has nothing to do with accepting the Spirits of Truth into their hearts and souls in pursuit of the Truth. They simply use Jesus as a fantasy to increase and even overwhelm themselves with natural love, but even this natural love is not pure, it being heavily tainted by their negative controlling minds.

As you proceed in your healing and real growth of truth, a more sublime relationship and love of Mary and Jesus will develop within you. It will be based on true love and will be devoid of anything to do with your mind, but first you will have to heal a lot of what is wrong in your mind before you can start to enjoy such feelings.

Women and men are daughters and sons of truth. Mary and Jesus are a Daughter

and Son of truth. We are all wholly concerned with truth. Truth defines our lives; without it we feel meaningless and purposeless. Without truth we live such nonsense lives as you are now living on Earth and as so many are living in the natural love spirit worlds. You have no true spiritual aim or direction, and little to no understanding about the Mother and Father and what life is really all about. Let alone any real and true grasp on how to live life honouring your feelings.

I want to finish now James, have a rest, until next time – Ursula.

Before you finish I want now to speak some more to you James, it is I, Mary. Today I come to you in answer to some personal needs of your soul.

You were yearning to know the truth right from the beginning in London when you started to investigate spiritual matters – when you started to take notice of your bad feelings. I was well aware of your souls needs for truth, but also of other needs you needed to attend to before you began in earnest your quest for the Truth.

I have been overseeing your growth, as I have done Marion's, since your conception. My coming to you in person has been done in stages and only very briefly in the beginning. You had a lot of erroneous beliefs centred on being a man and because of these I could not directly interfere. However, as you have progressed and healed yourself of a lot of these beliefs, now I can come.

And I would tell you that the same could be said for the Heavenly Mother. She, like me, has been with you, but equally unable to attend directly – personally, to you. But now as you can be with Her as you can the Father, things are much easier for all of us.

I can't tell you how much of a relief it is for me to finally be able to communicate directly with humanity on Earth, for all these years I have waited. And now I can finally have my say. And I will begin by saying to all:

If you continue to live in denial of your own soul's true expression, not only are you denying yourself, but also the Mother and the Father. This is rebellious and requires healing. And the longer you continue to live this way the more damage you are doing to yourself by further isolating yourself from your Heavenly Parents. You will never know the God of the Universe, as you will never know yourself.

And the further you fall by having children whilst in rebellion, the more you will default in you approach to God. By having sexual desires, and by fulfilling them against the Will of God, is evil, and you will need to account for your actions. I know that this may sound harsh but as you do your healing you will see the truth for yourself and you will take full responsibility for it. There is no punishment, only for you to correct, through your feelings, all that is within you that is wrong. The Mother and Father have allowed, and even wanted, you to stray, and will help you to come back to Them when you want to, but you have drifted a long way and it will require a strong desire and determination to do so.

If my Sprit of Truth had been allowed to be free on our world I would not need to sound so extreme, but now is the time for action and my Spirit is at hand! It is time for people to get down to business: the work of healing their souls, for there has been

The Rejected Ones

'Live true to your Feelings'

too much suffering and not enough loving. Your souls are crying out for love and help, and now you can begin to care for yourself. Begin now by opening up your heart and longing to your Heavenly Mother and Father for Their Divine Love. And begin now to also ask Them to show you the truth that you need to see about yourself so that you can be free. Pray to Them with all the sincerity and a deep hope that They will hear you and answer your prayer. Pray to Them for Their Divine Love and it will come. And in your prayers long to your Heavenly Mother and Father to come and love you, and care for you, and provide you with all the experiences that They know you need to help you to see the truth that you are asking for. And then believe that together They will help you and love you until your healing is complete, and then They will love you forevermore.

Mary.

**Message 15**

19 December

2002

I want to continue this morning – Mary.

In the Beginning God made a person in the image of Themselves. And you are whom They made. You are the beginning. You, the reader, each person, each part of a soul-couple, is the beginning. There is only perpetual beginnings in each and every moment. As you are learning from your cat James: she lives like this. She has an experience and it's fully lived and expressed and she moves onto the next one seemingly with no memory of the last. She's not concerned about her actions, she simply acts; she's not worried about her future and doesn't do things trying to create a certain effect in or for the future. She simply remains true to herself, nothing more, acting on her feelings of the moment as they arise. You can live taking the future into account by becoming wise as to the effects of your actions, however to always be concerned about the future to the detriment of your feelings and lose your focus in the moment – how you're feeling NOW, will only cause your problems. It's giving your mind too much power, power that negates and therefore takes over your feeling system creating feelings it believes are required.

You have been parented to make your mind control you at the detriment to your feelings, and you achieve this by denying yourself certain true feelings and replacing them with contrived false feelings. The feelings are still real but the motivation driving them and creating them is wrong, so effectively they are untrue or false. This result in great confusion, because if you feel a feeling and it feels like love, how can you tell if it's a true love feeling from your heart or a falsely created one derived from your mind, particularly when it feels like your heart is telling you its love. But perhaps even this 'heart' is also a contrivance of your negative mind!

As a child you have been coerced and forced to deny your feelings, to stop readily expressing them and thus remaining true to the moment. With every feeling you've had to suppress, and then keep repressed, your mind has taken over forming a negative pattern filling the gap between the true feelings and the truth they would have inspired. And as you've formed you have accepted that these negative patterns – mind circuits – are real, and the way you see and live life is right.

I understand that it's very confusing, but if you were hurt emotionally, spiritually and psychically, with or without the accompaniment of physical pain, although your immediate reaction to this is to show and express your hurt you haven't been allowed to do so, and gradually you've come to believe that being hurt and the resultant pain is right, it's what you need in life, it's even good for you. You accept the negative pattern as being true, so life will uphold this pattern making you feel hurt and bringing pain into your life as required by it. So bad things have to keep happening to you to hurt you, to make you feel just as you did when bad things happened during your forming years. And if you were to

'feel' into these bad feelings, you will find they are the same bad feelings you felt as a young child, and you'll then be able to see who was making the bad thing happen who was making you feel bad.

During your forming years life is highly personal. You experience the whole world as being yourself. If a bad thing happens making you feel bad, then you are the thing – you are making yourself feel bad. And it is the duty of the parents to make their child feel good, but not falsely so, ensuring it always feels good about itself. And if something bad does happen, as you can't control everything, then supporting the child in all its bad feelings by allowing it to freely express them and not by making it believe it's not feeling bad. Everything that happens to you as an adult is a result of your childhood patterns. Your adult life is always determined by your early childhood. If your forming years made you feel bad, so will your adult life make you feel bad. However, most people are unaware they do feel bad, wrongly believing, in a lot of cases, that their adult life is much better – freer, than their childhood. But such freedom is only a delusion as they work so hard at doing all they do to deny their underlying bad feelings.

If an aeroplane suddenly drops out of the sky and falls on your roof, kills your friend, the pilot and the passengers, maiming you for life, the truth of why it happened to you, your friend, the pilot and the passengers, will all be found in each of your early childhood years, which negative patterns were established back then, and which people coerced or forced you into them. Such a strange event as this, the plane suddenly crashing into your life might seem like one of life's great mysteries 'shit happens', and it's just 'bad luck', however I assure you, nothing 'just happens', everything happens for a purpose. And if you want to find out the purpose, then you'll have to look back into the negative influences during your formative years. And when you do – when you do your healing – such unexplained things will become explained. You will understand what negative patterns have been formed, how they were formed, and how they then manifested in your life to being such a bizarre experience as a plane crashing out of the sky changing your whole life.

You have been hurt and made to believe that this hurt and pain is love. Your parents hurt you, traumatised you, rejected you, and say they love you. So as a very young child what are you going to believe? You desperately want your parents to love you, you don't know what love is, so if they hurt you but at the same time tell you they love you, and then you will mistakenly believe this hurt is love. And this is the whole guts to your psychological problems. You feel one thing but have been told and made to believe your feelings are wrong, and that you feel something entirely different. You have not been allowed to freely feel your feelings, knowing if you feel love it is true love. You have been conditioned and controlled by other negative controlling minds to over ride the truth of your feelings, to not trust them, to reject them and to replace them with mental beliefs. You believe you feel love, and you believe you are loving, and you believe you are doing loving things, but they are only beliefs and in truth they are not loving. James, look at how many things you have done for Marion in the mistaken believe they are a loving act, and yet the thing has made her feel bad. So how can it be loving if it makes someone feel bad? And you have to understand and accept that all of what you believe to be love and loving are

not true, it's all false and all wrong and all unloving.

Your parents make you believe that their treatment of you is for your own good, and they are only punishing you, hitting you and yelling at you, and telling you what to do, and constantly criticising you, because they love you. And it is their well meaning love and treatment of you that they are doing **FOR YOUR OWN GOOD** because how else are you going to learn about and cope with life. If they don't teach you the hard rules of life, how will you ever know anything, and how will you ever be able to grow up and think freely for yourself. How will you be able to be a free and independent child? And yet their very controlling actions are making you not free or independent. They are making you totally dependant on them or an adult – the authority. **You have got it all around the wrong way. What you think is right is wrong, and what is wrong in many instances will turn out to be right, if you can manage to do your soul-healing.**

Your parents James, parented you so you would grow up with a negative mind and will like them. They did not mean to do it, doing it by default. They weren't openly rebellious, only ignorant of the Truth and how this impacted on their actions in life. And all the way along they told you they loved you, and all they were doing was for your benefit. They completely disrespected your will, and stopped you freely expressing your feelings and growing in truth. Instead of working out the truth of life for yourself through your experiences, being shown it by how you felt, they imposed masses of erroneous beliefs on you, all of which you had to accept, so you could live according to them believing you were living life correctly.

Your parents took your own natural self-power away from you, they took it for themselves incorrectly believing it was giving them power, leaving you feeling powerless and unloved: rejected. And yet all the way along they seduced and coerced and forced you into believing they were doing the right thing for you, they believed they were even doing you a favour telling you how lucky you were to have them as parents. You mother considered herself to be something of a free thinker, someone who didn't just comply to her mother's wishes, someone who was independent doing what she wanted: liberated. However this was all only her beliefs, none of it was true. She might have looked like she was liberated being able to do things her mother could never do in life, yet **she still parented you by controlling you and de-powering you, she didn't allow you to be free, independent and liberated. And how could she, when the truth is, neither was she.**

**What I want people to understand is that all their problems, all their woes, all their worries, all their pain, all their anger, all their illness and disease; why bad things happen to them, why anything negative happens, all stems from how they were treated during their early childhood.**

**Spirituality is about understanding the truth of yourself. If you want to be spiritual and to spiritually grow then you will need to become interested in the truth of your early childhood. Why are you as you are, and why is your life as it is? Ask yourself: how does my early childhood condition my adult life? What went on**

**back then that makes my life as it now? And what really is the truth of my relationship with my parents – how did they really treat me and was it loving or not? To answer these questions is your spiritual path, it is being spiritual, it is your quest for truth: the Truth of Yourself. And it is all that matters. Anything else that is said to be spiritual is only a delusion of one's mind. And what I want to present to you, to augment your healing and spiritual growth of truth, is a picture to match your feelings. I want to shed light on what is really going on, so you can understand it with your mind. And then with this mental picture you can apply yourself to uncovering your repressed feelings and living true to the moment in and with each feeling.**

Let's stop here James, go out shopping and do what you want to. I will be here when you get back and we'll continue. I am your loving spiritual mother, substitute for your Heavenly Mother, helping you **uncover the truth of yourself through your repressed childhood feelings**. And as you get to know yourself, so too will you get to know Her. Mary.

### Heavenly Mother

Welcome back James, my beloved son, I am taking over from Mary to add Myself to your writings. Are you surprised? Oh what a delight it is to be able to express Myself through the circuits of your personality. This is of course a very large part of the pleasure Your Heavenly Father and I get from our children. We can all be together if you allow Us to be with you in a personal way.

I want to tell you my dear one, that I want to communicate with you through the channels of your soul. I want to be able to show you directly how much I do love you and care for you. I want to be able to tell you as much. I want you to be able to feel My love for you. I want you to listen to Me always. I want you to speak freely to Me and I with you. I want and look forward to being able to converse with you as freely as you converse with one another.

Your beliefs limit your understanding of Me; so much so, you had not even allowed the truth of My existence to enter your consciousness. But I am here and We have always been together; your Father and I have been attending to the needs of your soul. We love you. We do not want to do anything else!

As you awaken your soul with Our Divine Love you will purify your mind allowing yourself to fully be of your natural and true love. And when you have done this I will be waiting for you. I cannot as yet speak as freely as I want to with you. That can't happen until your heart and soul are filled with Our Love and you're free in your spirit to express your self-love, but when such a transformation has been completed, then together We can all be as one, the Three of us in the truest Trinity of Love.

As you journey I can be with you in the quiet of your heart, and when your mind is

still, we can speak. You can tell me all that you feel, and I can listen and tell you all that I feel. Continue to long for Our Love, want Us to be with you and in your soul through Our Divine Love. Want to live true to your heart of such love; want to live and know the whole truth of your soul. Want and long for Us to help you feel and know the truth: that We are always with you.

Continue, my child, to long for the truth of your soul. Continue to honour, accept and strive to live true to all you feel. Want to find the truth of your feelings for it will be through your feelings that you will come to Us.

We can only relate personally to you through your truth, as expressed by your feelings. We can't relate truly to you through only your mind. We will use your mind to speak to you, but we need your mind to be pure and perfect and true, and existing in loving support of your heart and its feelings, and not existing in rebellion to them.

We will help you with the healing of your heart and soul if that is the help you long to Us for.

Sometimes you will need to experience harsh things to break through your incorrect beliefs and shatter your barriers. These experiences will make you feel more helpless, and to begin with, more unloved, however as you will see, such bad experiences are designed to help show you the truth you are longing to see.

We, your Father and I, are not coming into your life to make your life better in the ways you believe you want it be. On the contrary, we are going to help you to see the truth of your wrong ways and why you have them. We will do whatever We can – all that you need – to help you see your way clear of the delusion you live in.

Your world We allow – We want it – to continue because you desire it with your minds to be this way. We want you to experience living without love. But you don't have to keep living denying yourself love if you no longer want to. Your personal world you can now change if you don't want to live untrue anymore. How you want to live life we leave up to you. You can persist in living anti Our Love or you can give up the self-rejecting and God-rejecting ways of your negative mind and live how We intend you to live. But always the choice is yours. Choose wisely my Earthly child of love.

We are providing humanity now with more personal guiding light. It is coming to you as people and spirits. And they will help you to find out the truth of your feelings: what you do really feel about yourself; and will help you to see yourself for how you really are.

Be prepared for the worst. Begin to accept that you are all wrong, and not living with love. It may sound hard at first but steadily as We awaken your soul with Our Love you will see all the truth that you need to see, that which will set you free.

We have a lot of wonder waiting for you to live. Now in your present condition and state of rebellious mind you live with very little joy, little hope, and only a very small amount of faith. But you do not have to live this way. You can be completely loving and overflowing with joy and rock solid in faith. Our hearts are always open for you to come home to live with the Creators of your being. We will be here when you are ready to turn within. Come my little child who is so lost and confused. Let go of it all and be with Me your Heavenly Mother of all love. Accept that you do not know about the affairs of the heart. Accept that you do not believe that which is founded on love.

Accept that you are in a very bad state rejecting yourself by your own hand. And accept that your way is not Our way, and that Our way is unknown.

Give up, give in, and submit the care of your soul to Us. We will look after you. We are looking after you. Place your despair in our arms and let go. End the torment. Look to live a new way – Our way. Ask Mary and Jesus to support you with their Spirits of Truth. Look to them for guidance and help. They come as Our representatives; they have a lot of willing helpers wanting to love, encourage, and be of support.

And believe that one day you will understand it all. All about your own evil condition of mind, and why We have wanted you to experience it – why We have allowed it, created it, to happen. One day you will know all there is to know; not today or tomorrow, but one day. So for now there will continue to be questions you can't find the answers to, and although a lot about your life you will still be confused about, just keep longing for the Truth, honouring your feelings, living true, and one day it will all be yours.

I am going now James, but I will still be here with you. Your Father and I are always with you. And we know all you are going through is very difficult – very hard at times, but it is the way of your soul, the way of love, all you need to make you become the person We want you to be. So good-bye for now. I have filled your heart with My Divine Love, and your head is all but a spin. It has been a wonderful pleasure to be with you and your spirit friends. Your loving Divine and Heavenly Mother of All.

Thank you James for that pleasure of accepting the Mother so willingly. What more can you say than that which you feel? Have a rest, and if you still feel up to some more writing I will speak to you later. Mary.

**Message 16**  
2002

20 December

Hello James. Mary.

Today I want to speak about those poor little children's faces of despair and misery. Their faces are the face of humanity and you can see it when you know what to look for, in all the children of Earth. I know that this may sound extreme James as not all children are dying of starvation abandoned in a hostile desert, but it is true. Your questioning, James, as to surely there must be some children, or at least one child, who is not so tortured and whose parents do truly and perfectly love it, is fair, but I'm afraid to say, as yet, they do not live on Earth.

For there to be true love and children who are perfectly loved, their needs to be truth. And there is no such truth yet available on Earth to be lived. That which you call love is based on misguided and unsound belief. As you and Marion are discovering for yourselves you are not of love and not loving as adults. Your parents did not make you feel wanted and did not live the truth that you are both now living. Your parents lived only how they believed they wanted to live or should live. They did not live true to themselves and to their heavenly Mother and Father.

What your world calls love is a lower manifestation of various attributes of your personalities all being expressed through and with a negative mind, however, real and true love awaits to be lived on your world: love expressed by a fully positive mind and will and not one living in rebellion, self-denial, and rejection.

Your world lives as an assortment of different levels of truth. Mainly of the lower levels, with the majority of people ending their lives and then carrying on in the lowest natural or Divine Love mansion worlds. Some people do express love corresponding to slightly higher levels of truth, however this love is nothing like the true love I am talking about. And a child needs the truest and purest love to be able to come into full expression as an adult. Without it, it is denied love and therefore suffers accordingly. It will only be future parents – people who have completed their soul-healing and living the equivalent of Celestial love and truth, and who then feel they that want to be parents, who will parent with the full love needed for their children to grow up feeling and believing and expressing their hearts and emerging personalities with love. These children will feel loved and completely wanted. They will not be wandering around the shopping centre looking sad or strapped into a pusher trying desperately to disappear, or dying the horrible death of the unloved and unwanted in the deserts of the world.

To see these mothers simply carrying on with their shopping while their little child cries and cries is a shame. These parents do not care with all their heart for their child. And if they did the child would not be crying. It would have no need to. **A**

**child only cries for love. It wants what it is not getting.** The Mother and Father have not created children to want everything they can get their hands on, and which if the parents give into, then there will be no end to it, the child always asking for more, as they will be in the power seat. **A child only wants things other than its parents because it is not getting the love it needs from its parents and wrongly believes (having been taught by its parents) other things will fill the deficit.** If a child cries and it is given a toy or something to amuse itself with: to take its mind of itself, then this is exactly what happens. It loses the focus from being with itself. It has taken a step away from itself and it is another step removed from its soul. Its own parent has made it step away from the parent itself. The intent of the parent to give the child something to take its mind of itself, is evil. The parent is directly interfering with the child's self-expression. The child is then distracted. It loses connection with its will. The parent has interfered with the child's will by making it do what the parent wants. And the child believes that the parent wants it to do this thing – focus on the toy or food, and that this is its parent loving it. But this is not love. And the child stops crying, and the parent is happy with it for to be obedient, giving it all the wrong signals, helping it create wrong beliefs that are laid down in its mind.

The child is only trying to get away from its bad feelings. It is crying asking the parent to love it and make it better. But the parent, instead of doing this does other things, which the child then learns are the things you do when you are feeling bad. It forgets that it was feeling bad, and at least some attention is better than nothing, and as already existing negative patterns are in place right from conception, the child by this stage of its life doesn't really expect to be loved, only paid some sort of attention. And this is then what it believes is love. This meagre amount of attention, getting given a toy or some food is love. It expects nothing more because it forgets that it was feeling so bad, and it has never experienced anything different. It doesn't know more love even exists.

It's a very sad fact that you as children begin life only trying to stop your bad feelings. Your whole focus and intent becomes focused on trying to feel better and it remains that way. All you do in life is to try and make yourself feel better. It is not doing things because you feel good and supremely loved and doing things for love's sake, instead you do things to try and make the bad not so bad. It then becomes a system of relativity's within you. The really bad times when your parents are hitting you, yelling at you, coming down very hard on you, with their will, make the lesser times of such unloving treatment seem loving, being such a relief that you don't feel *as* bad. And gradually you can even persuade yourself that these lesser times of feeling rejected were your great times and fun times with our parents, the times you all really enjoyed being together and loving each other. Can you see how deluded you have become, James, look at your 'good' memories and feel the true feelings of what you felt back then and see if they hold up to being true and pure experiences of love and fun.

To be truly loving happens naturally. You cannot make it up. You can't force it to happen. And you cannot pretend to do it. If you're intently focused on receiving the Mother and Father's Divine Love and living true to your feelings, slowly through your healing They will help you to heal your negative will; and your intention to do anything and everything will become of truth, of what is in your heart and reflective of what is in your soul; and it will then be of love, and you will be loving. You will become more loving the more true you become. But to become truer you first have to face and completely accept how untrue you are, and so therefore how unloving you are as well. And to face that you are not a loving person may for you be your greatest challenge. But until you do, how will you know if you truly are loving? It is just enough for you to believe that you are? And is it enough for you because you have friends, a partner, children and feel love for them? It is also enough for you that you are told by others that you are a loving person? And are you afraid to really find out what your soul feels about how you are?

Your existence is built on beliefs. It has become a major necessity for most people to build very firm beliefs within themselves, telling themselves – believing that – they are a good and loving person. But look more truly at yourself. Why then do you not feel so good about certain parts of your life or aspects of yourself? If you were truly loving, would you not feel such love and act in an all-loving way? Some part of you may be loving and more genuine, but how do you know which part and how big is it, and if it's true, what about the other parts, what are they?

As your wrong belief patterns are broken down by the Mother and Father through the workings of Their Divine Love in your soul and your continual longing for truth, you will begin to see yourself more clearly. You will see yourself reflected in everything. If you feel angry towards a person then that person in really only you, reflecting some aspect of you to see in yourself. If you criticise another person or thing then it is only yourself you are really criticising. But why are you angry or critical? What happened to you as a child to become like this? And this is the truth you must uncover and see about yourself. And if you can let go enough, and pray hard enough with enough sincerity, really wanting to know the truth about yourself, the Mother and Father will help you see how you are criticising yourself as you are criticising others.

James, as a child you were heavily criticised, which led to you believing that you need to be criticised. You were told by your 'caring' parents that they are criticising you for your own good, and that it will make you a better person, but all it did was make you believe this: to be a better person you must be criticised. And as you believe your parents must know better than you, because they are the ones doing the criticising, then you will also criticise believing you are gaining power just as you experienced with your all-powerful parents gaining power over you. Being criticised makes you feel powerless; having been made to be subservient, so you believe being critical makes you powerful. You then look into the world as the great knower of many things, the things your parents criticised, criticising others for such things as you criticise yourself. You are criticised so become the criticiser. It's all very complex and only by doing your healing can you unwind it all, finding the truth of what really happened.

This is a small example of what you can do to begin your healing, to start

expressing your bad feelings. If, for example, you come home from being out shopping, and you feel angry about something, then bring your anger up telling whomever you're with, provided they have accented to listen to you – to what you're feeling. And if you're by yourself tell the Mother and Father all you feel. If you are alone, speak out loud if you can so you can hear your own voice, hear the words of your anger. Begin by saying: 'I'm angry'... Begin by declaring to yourself that YOU ARE angry. It is you – YOU FEEL THIS WAY. And then continue to say what it is you are angry about and how this all makes you feel. When you have finished allowing yourself to be angry and just feeling – accepting your anger, stop, and long for the truth of why you are feeling this way. Then resume expressing your anger. Moan, rage, yell, do whatever you feel like doing and saying, and if you can't do or say anything and have to keep it all locked up within you, then accept this – never do what you can't do, only accept. Always accept yourself as you are. Don't try to fight or resist, simply accept.

The first and a major part of your healing is to fully acknowledge your anger, or bad feeling.

This is what is buried in you, having the lid kept on it by your controlling beliefs. By acknowledging your feelings, you will eventually bring your belief up, exposing it, enabling you to see the truth of it. And by seeing the truth it will be broken down, stopping its control of you.

By concentrating on your bad feelings, acknowledging them as they surface, is what you need to do in a constant ongoing way. In the beginning you might find this difficult because you may not be so aware of feeling bad and knowing such feelings are there. Speaking for James, it took him years and still he is grappling with identifying and accepting his bad feelings, let alone expressing them. He was not allowed to express his bad feelings when he was growing up, being further compounded in him by the pressure of being a man. He buried his bad feelings very deeply and believed he was nice and quiet and relatively self-confident. However, as he will testify, feelings of unhappiness and being scared plagued him from time to time, and it was wanting to do something about these during his late twenties that was the beginning of his healing – his search for truth. James, you acknowledged finally to yourself that you were scared and unhappy, so much so, that you decided you didn't want to live that way any longer. Back then you did not know what to do, but it was your personal decision and added determination to try and find out why you felt this way that initiated your spiritual life. You began longing to know the truth of yourself with a sincere want to be happy and not scared, and it has led you to us speaking now.

Let's have a rest, Mary.

Zelga.

Having someone to listen to you is all-important. I will continue James, Zelga. We all need someone. We begin our lives by needing our parents. And this continues. We all need a friend, someone who believes in us, who accepts us for being who we are. We are all very fortunate to be given a soul-mate. In them we need no one else. They provide us with everything we need so far as an intimate relationship is concerned. They can and will want to listen, and they just do. Those of us in spirit who've experienced this find it amazing and it gladdens us to see it with you and Marion. However, it's not always easy, particularly when you're doing your healing together. We've all had difficult times with our soul-partners but still something inside us says to keep going. It is a hard thing to explain, and can really only be experienced, but it is wonderful. It is so exciting when you have passed up through the lesser worlds and are getting closer to Celestial perfection. I know you will write about it with Mary and so I won't try to explain it because I don't fully understand it myself, but how the Mother and Father have organised it so you can do your healing with your soul-partner and the specific roles one another plays for each other is incredible.

In one moment you are angry with your partner, you argue and argue to the point of hating each other, then so frustrated you both give up the fight and give in to your bad feelings. Then as you both break down in them not wanting to be the dominant power person by allowing the bad feelings to overwhelm you, slowly the truth begins to dawn and you speak all about it and tell each other in a more unheated frame of mind what happened and why you were feeling so upset. The whole process of being together and wrestling it out is so hard, but so thrilling especially when you are both friends again, and the typhoon of emotions has passed. Over the years of being together expressing your feelings, the bond you both establish becomes very solid. You certainly find out if you like each other! And love comes. It does, it really does, and when it does at least you know it is genuine because you truly know each other as you know yourself.

Most people believe if you can find your soul-mate you will live in blissful love happily ever after. And this is true – BUT ONLY ONCE YOU'VE BOTH FINISHED DOING YOUR SOUL-HEALING TOGETHER. Up until then it's more of a working relationship as you battle your way – using each other – through healing all your bad feeling denial.

I hate having so many things buried inside me that control my behaviour and what, when, how and why, I say anything. I hate it, I hate it, I hate it! And I hate the ones who made me be how I am. I hate my parents for hurting me in so many ways and making me feel so rejected. I hate them, I hate them, I hate them! And having someone to tell how much I hate them is so good. All I want is to tell someone who cares about my plight, about my feeling so bad. I couldn't tell my parents about it, as my punishers didn't care about my feelings. They were the cause and so now to have someone with me (my soul-mate and partner) who is here for me all the time, to speak

whatever horrible things I feel to him, and to have him listen and sympathise, is just what I need. It is such a relief to be able to SPEAK! To say just what I want to and when I want to. My family believed they had good manners when it came to speaking to each other and other people, but as I have seen through my soul-healing it was all so controlled, and all so affected and put on. Now I can just speak my true feelings, I can say what I want to say, and behave in any way I want, and my soul-mate loves and accepts me as I am. It's such a good feeling to know someone is there always for you, someone who is non-judgemental, all accepting, and someone who just loves you for being your true self. James, it is such a pity our parents couldn't have accepted us this way, it would have made life so enjoyable.

The most incredible part of the experience is that you begin with what's in your life now that's making you feel bad. It can be the biggest thing or seemingly the most insignificant. And so often it's things that haven't even bothered you before. Then as you begin to express your bad feelings: anger, hatred, misery, sadness, guilt or whatever you feel, you begin to feel yourself going in and back to your early life as a child with your parents, and then finally you see that it is all concerned with them. It is all about your childhood and the thing happening now that's making you feel bad has only provided you with the impetus to bring up bad feelings from the past. Slowly you begin to see how everything in your life now is still in essence – in truth and in feelings – as it was when you were a child. So focusing on the things now in your life that make you feel bad, is also focusing on things you are still feeling bad from early childhood. The thing making you feel bad may not be the same, but the feelings will be, and **it's the feelings that are important**. So do you see James, through and with your feelings now you are an adult, you can connect back to your feelings in early childhood. You are still the child even as you are an adult. So you are still the poor unloved child you were then, now as an adult, only mostly you don't want to allow yourself to know or remember this.

Then there are those feelings that just seem to surface, sometimes slowly and other times very rapidly that don't seem to have had any outside stimulation to bring them up. Stimulation is going on all the time, but as we discover, so many things are based on patterns and need lots of sequences of events to bring about bad feelings. These feelings you treat the same, as soon as you notice them – and this you become better at as you become more familiar with the whole process of expressing your bad feelings – you get the attention you need from your partner or the Mother and Father and begin to tell them what you are feeling. So many of these feelings are often undefined to begin with and slowly you may detect that you are feeling strange, out of sorts, a bit off, maybe sick or woozy etc. And then as you describe and focus on them, you may begin to feel a hint of anger and then you are on your way. Then you come back to more familiar ground and you are angry again, yet again! Angry, angry, angry! And you wonder: when is it ever going to end? How much anger can I have in me? On and on it goes, day in and day out. So many bad feelings have we all locked up in ourselves! It seems like they are endless. Endless bad feelings to keep expressing; longing to uncover the truth of them.

It is equally as hard for us here in spirit as for you in flesh. You might think that as we have other spirits ahead of us and even separate worlds, all with many planes and sub planes defining where we are in the greater scheme of things, that we might have some idea about what is in our soul and how much of our anger and hatred is left as we progress in our healing. But we don't. It all comes up from within, being liberated directly from our soul as required, all helping us to look within.

You cannot see it without. Where you are in the scheme of things becomes

immaterial. Where you are at the moment and what feelings you need to express is all that matters. And this is forever. It becomes very reassuring beginning to live true to your soul. Even though I am not quite there (at the Celestial level), I have done enough healing to know what it feels like: to feel the outside of me is only a manifestation of what is inside me, and to feel I will create what I need out side of me from processes within me to help me progress to the next experience.

We are doing this all the time even though on the lower worlds it is not so obvious. It seems to many of you on Earth that the outside totally dictates life, but it doesn't. You can't see this because the reality you are living now is composed of all the stuff that is buried and repressed inside you – all the anger and hatred and fear and misery and unlovedness we've been talking about, all of which you are hiding from yourself by persistently denying your bad feelings. However, as you begin to bring all of this up and out of you, what is left is only the real and true you, and your experience of the outside world will then reflect this truer you, life will be much more pleasing. It is an amazing adjustment in perception you make as you begin to feel how not in control of everything you are, and with nothing happening without you knowing why. And the more attuned or 'closer' you become to your soul, and the more soul led you are; and the more you're able to freely express your soul – simply be the soul you are – then the more you feel you are the creator and fulfiller of your own destiny only doing this through your soul and not with your mind. **Our healing is a relinquishing of our mind's control, giving up and allowing our soul to take over. And our soul shows us the truth of how we are to live through our feelings – it shows us through our feelings. So if we can live true to them, then so too will we live true to our soul. Our mind then settles comfortably into playing the role of helping us understand our feelings and what we do in our life as we live true to them.**

I would be most delighted to answer your question as to where I and the other spirits are when we talk to you. Well, we are in the seventh mansion world at my and my soul-mate's house. We all sit around our lounge room and certain things happen (these things I cannot tell you about), and suddenly we are in your lounge room so to speak. We no longer descend the mansion worlds to speak to you as we first did, because you have ascended them, and so we can meet on more equal terms. It is a lot easier for us all, and very much fun. It's all fascinating and exciting, as we don't know what is going to happen next, especially when you suddenly get up, stop writing, leaving us in the lurch. Oh, and by the way, I see your little cat is coming and she'll want all your attention, so good-bye for today and I look forward to speaking to you soon. Zelga.

**Message 17**

21 December 2002

Let's get back to it James. Mary.

Let's continue with the horror. Not quite the great inspiring and uplifting spiritual work is it? Not exactly what everyone who wants to see the light and be healed and do great works for the Mother and Father might consider worthwhile, but all of that way of thinking – with only the mind – is all a part of what I am pointing out to you is false and untrue. What most people call spiritual, and being spiritual, and the spiritual life they are seeking; and their so called spiritual beliefs they believe and practices they practice, aren't spiritual, and just like everything else, are wrong.

I will tell you again: Being spiritual IS doing your soul-healing. You can't be more spiritual than that. And whilst you're of your negative self-denying mind, striving to heal it, is the ONLY way of being truly spiritual. And as you do your soul-healing and grow in truth, so too will you grow spiritually – growing in truth is spiritually evolving your soul. All else of what is spiritual, until you've completed your soul-healing, is only, at best, natural love advancement of your mind.

You have got the wrong role models to aspire to. The Christians put Jesus somewhere into a holy place taking him off the street and out of the very hearts of the common man he is trying to speak to. They format worship and ritualise everything, and then believe verbatim all the Bible says. And it's all wrong! Jesus is wherever a heart is sincerely seeking and yearning with all his or her will for the truth – the truth of the Mother and Father. And at least now with his messages to Mr. James Padgett you can begin to understand what his true message is. And add to his words what I want to say, and you'll have the makings of a spirituality that will satisfy the cravings of any soul.

How can you look to God for love and help if you can't freely relate to God as both your Heavenly Mother and Father? You were parented by both a mother and father and as a child of God you naturally should look to God being both your Mother and Father, this truth being what Jesus and I are revealing to you. But without both a union and acceptance of the feminine and masculine together as one, as portrayed by Jesus and my Spirits of Truth uniting within you, you will never be able to truly spiritually grow. You can delude yourself that you are making spiritual progress with your mind, but true spiritual progress is the ongoing expression of your soul in Creation, something only achievable by living true to your feelings. To believe that Jesus and the Father will save you without the help of the Mother and myself is false hope. It's not a full revelation, it's only half of what you need. However you won't be able to accept this revelation until you start to heal and change your negative mind.

And a part of your healing will be to confront the truth of your fear, the fear of what has been done to you.

And this damage was done to you in your home from conception to adulthood. And as you will discover for yourself during your healing, the worst thing you fear has already happened – being a child with your parents. But how can I say this, such a terrible thing against your parents? How can I, this spirit person calling herself Mary, soul-mate of Jesus, say such a thing when wouldn't she at least be all-loving and all-caring and the very picture of purity, love, tolerance and patience; and someone who would only ever say good and nice things, never going so far as to condemn one's parents? Surely she of all people, if she does exist, would not be condemning parents, let alone accusing all parents of not loving their children? She must be the evil one, the one who is threatening to tear us all apart and ruin our life. Surely she must be the work of Satan, one of his minions – a devil perhaps, and sadly James has come under her spell.

But if all I am saying is utter nonsense, and one's parents are all-loving and did the right thing by you, then why are you so unhappy? Why are you reading these words looking for answers? Why are you riddled with fear and disease? Humanity has had thousands of years to see that things are not right? And yet why do parents continue to delude themselves that they are good and nice and loving and caring to their children? And why do you as children continue to protect your parents saying they are all-loving, when how you conduct your lives and so readily deny your bad feelings, shows things are not right.

And look at the 'wonder' of medicine, what really is it doing for you? Prolonging your torture! What do you have to look forward to in later life? Are you going to live on your precious superannuation and enjoy your wonderful freedom of no more responsibilities while you watch your body fall apart, and feel the pain begin to creep up in you, and wish that the medical authorities would speed up their discovery of cures for the darkness that is descending on you?

The pain is ever threatening. You have to do so many things to keep it away. For many people everything they do is to try and keep it away. Right from the beginning if you could hear yourself you'd hear yourself crying in the womb. And your crying never stops. You may force yourself to shed no more tears, but your soul – the real and true you, is still crying. And will continue to cry until you allow yourself to cry. Through your healing you will cry, and even if you can't, you will feel that in some way you are as you're-live' the memories of crying long ago.

The soul-healing mansion worlds, those of Divine Love, are called the 'crying worlds'. Many spirits are now in their homes crying, expressing the pain that is surfacing within them from their early childhood. Don't be deluded into believing life in spirit, in 'heaven', is all happiness and bliss. These spirits are in effect in the 'hospital and convalescent worlds', and this too is what you'll need as support as you go back through the torture you have been denying all these years. Your inner torment is like a huge wave and everyday you go on refusing to acknowledge it, it grows in strength. You James, together with Marion, have lived these past years like a recluse, your home being like a convalescent and recovery world, all being necessary as you've both allowed your repressed childhood pain to surface.

By the time you are born, already the wave is too big to be healed by a magic wand and made instantly better. Your whole being has grown and formed in it – the negative mind and will states of your parents. And this continues through to sexual maturity. By then you are in a very bad way. And when it seems you are in the prime of your life, easily able to override and block out any repressed childhood feelings, you are going full steam ahead, away from yourself, adding more and more layers of falseness on top of your already traumatised soul. To come back from here is a big thing. It will take time. A lot of adjusting and readjusting and then more readjusting will have to occur. It will take many years to do your healing, however it will be less than the number of years of horror you have already lived. It is not a second by second healing – that being for every second you have denied yourself you have to relive and account for it. But it will take time, and in it, it will seem like it is endless. It will go on and on and seem to be getting worse and worse. The further you go the more you'll see, and the more you see the further you can go. And the more you can see, the more bad feelings you can feel, and the more you will reawaken – recall – the pain of the feelings, and the more you will beg the Mother and Father for Their help and love. And the more you will feel helpless and lost and not knowing and not relating to anything in life. And the more separate from the world, the more you will hate everything and everyone, and the more you will hate yourself. And the less love you will feel and more demented you will be. And the further you'll go the less spiritual you'll feel and yet strangely you will know that you are healing yourself, changing, growing in truth, and becoming the real and true you.

And the further you go everything you thought you believed will crash and be thrown out the window. And you'll even hate the Mother and Father, and be angry with everyone and everything especially those you thought you loved; and you will be angry and angry and angry, and you will hate me and Jesus and everyone else and everything else. And this is being spiritual, this is your spiritual path, it's living contrary to everything you've been made to live. Now you will be beginning to actually live true – true to your negative state. You have to live true to your self-denial so you can uncover the truth of it. Once you've achieved that – completed your soul-healing, then you can start to live true to your positive mind and will condition. But first you'll have to become the real and true negative you. And when you've done that then you will for the first time since your conception be close to being your soul. And then when the day comes when you actually finish your soul-healing, when you have given up everything and it is all over, then will come love. You will love yourself and the Mother and Father in the correct way, and you will know what is right for you to do. And you will be doing and living the Mother and Father's Will, and feeling happy, loved and secure. You won't be scared anymore, and in a way will begin your life again – **YOU WILL FEEL AS THOUGH YOU HAVE BEEN COMPLETELY BORN ANEW**. And you will know the truth of this and will not have it confused with all the erroneous beliefs that you once lived and believed.

To be spiritual on your world is to live in reverse, virtually in the opposite way to how you believe spiritual living is. To change yourself around so you are looking the right way is a very big task. But it can be done – you can do it! You only have to want to and not stop wanting to live as you are doing. But to give up everything your holding onto, everything you're using to deny your feelings and yourself, will be very difficult. But you can and will be able to, if you want to.

What I am saying is new. Nothing except small isolated bits and pieces of truth exist. And it is impossible to live true based on these things. No one has done it, so Jesus and I have come back to help. The Mother and Father asked us through our

feelings to do this for Them and so we are. And if you listen to the depths of your heart you will hear Them asking you to try to begin your healing.

I'll finish here, James.

*A few hours later – Let's continue James, Mary.*

I want to change course somewhat James. You sit back and allow me to guide your mind, write what comes to you.

In the beginning there was only Nothing. Soul then came into being. And as Soul came into being so too did love and all the attributes of Personality, because Soul is Personality and Love in its Existential form. Personality is the expression of the Soul in the experience of Creation.

In your beginning there was nothing. You, I mean, were nothing. Then, you were soul, created by Soul – the Mother and Father. Then you were personality of soul, your personality bestowed on you at your creation by your Mother and Father; and now you are the personality of your soul being expressed in Creation and we can relate together and can identify you as James. But to your soul I am not really real. I am only you. I am a part of you. Really only you exist in your own world in Creation. You are in your creation only as an expression of your soul, as I am in mine. We are separate paradises and universes, as we are separate souls, and even this may be debatable on some realities of existence.

When you were conceived you were brought into another world. You were brought into your parent's world. You were still soul but just beginning to express your personality and from your own world and universe to live in. And, as we all do, you needed your parents to guide you to provide you with an environment of love so that you were free to be just how your soul wanted you to be. But they didn't help you in this way. They made you change yourself and fit into their world. This was very confusing because as you grew older so their world seemed to change. One day they were angry with you for something and the next day they seemed to be laughing about the very same thing. All very confusing and so you are: very confused!

Parents fear their children. You all do on Earth. Whether you believe it or not you do. And so as children, you have been treated as a scary thing. Your parents feared you were going to somehow take their world away from them. You, their own child, is going to change their world, and it will not be as it was, they will lose control of things, of things in their world. You are a threat. You are competition, you are something that needs to be overpowered, something that needs to have its freedom taken away. And so in this environment how can you be loved? Your parents were scared of you and because of this you are scared of them. When you cry they feel threatened. They do not know what to do. Parents do not know how to parent until they do it. How can they? No books or learned techniques are going to help you when you are in the thick of it. How can they! And so too with your healing.

All that I can tell you will not do a thing for you when you are in the thick of your

soul-healing, but the Mother and Father can tell you and help you. As the confusion and tough times just keep coming, loose yourself to them. Abandon yourself to them, try not to fight them, accept them but keep speaking up about how bad you are feeling. When you are in your states of trauma you are out of your senses and will do only what you can. You will respond as you did as a child being in the same traumatic state. There is nothing else you can do. You can't be how you are not. You are how you are. But I want you to know that the Mother and Father are in control and nothing will happen to you that will harm you. You have already been harmed during your early childhood and survived this far. However, you will have to relive the bad traumatic states you were forced into as a child. You will have to go back into them so you can find the truth of them – this will be the most difficult part of your healing.

A traumatic state is one in which you all but loose consciousness. You are literally out of your mind. You are your soul, bare and exposed and unloved. These are the hardest times you have lived and will face in your healing. These are the times that are at the core of all your negative beliefs. Steadily, step-by-step, the Mother and Father will work you towards them. You will be unravelling beliefs that keep your whole denial structure in place and when you have unwound the confusion the real wound will be laid bare.

When you are small and you are crying and so desperately at your wits end, the trauma sets in place. This is emotional, mental, spiritual, psychic and behavioural trauma. The trauma that you might experience such as a physical injury or the loss of a parent or some bad thing happening is nothing compared to the trauma you will suffer with both parents there with you treating you in such an unloving way. A physical injury or loss of one or both of them would be a relief. At least with a physical injury you might get some attention and sympathy, and the loss of one or both parents may give you a chance of being looked after by someone not as bad (it may of course bring someone worse into your life, but they are still not your parents and directly concerned with the state of your will).

Your parent's denial and refusal of love causes you trauma of the highest type. This trauma is the worst and hardest to heal. And you see it going on every day in the homes of 'well-meaning' parents. You are a traumatised child. And during your healing you will begin to see this more and more clearly. You will need a lot of help and loving care to heal yourself, to allow yourself to re-live and bring out and express truly all your early childhood trauma. Your whole childhood was one big trauma – that is a lot to accept and understand. By honouring your bad feelings you will do this for yourself, helping yourself love and care for yourself. It will be you who heals yourself with love, all through self-acceptance. Your soul will guide you along the way to recovery. Back to where, once again, like in your beginning, you will be only your soul and you will live only in your world of creation. And you can do this all within yourself. And you can be happy in your world be it on Earth or in spirit. It will be your world and you will feel happy and loved in it. Nothing from within or without will be intruding on it keeping you away and separate from yourself. You will be living free with the Mother and Father and your soul-partner, **for it will take the two of you to create your outer world: an expression of your one soul and its two united personalities.**

You live in a negative mind state. This is not one of love – true love. Most of what

you believe is love isn't love being nothing more than a contrivance of your negative self-deluding mind. It is self-defeating. It keeps you subservient. You are taught it by parents who are themselves negative being children of negative parents.

**So much of the positive attitude approach to keep healthy in mind and body and spirit is wrong and actually very bad for you.** It is all a part of your confusion as to what to believe. You struggle on believing that the things you are doing are right but they are not. The things are wrong, and if you stop for a moment, you might detect that you don't actually feel good. So many people, for example, struggle on exercising or having sex in the misguided belief that it is good for them, but if they could be honest with themselves they'd have to admit that it actually makes them feel bad. This bad feeling is brushed aside with such comments as: When I'm fitter I won't feel so exhausted, and: I know it's good for me – I can feel it. But is it, or is it only something you believe based on what the authorities say? And why do you do it? Do you have to? Is it something your soul requires of you? Or is it because all you know is how to live negatively and so you have to keep finding things to do – things that you falsely or negatively believe are good for you and fun to do but make you feel bad? You have to keep being how you are – feeling bad, as you did through your early childhood, but as you don't want to feel bad, then you have to find things to do that you can believe make you feel good, when in fact they are actually doing the exact opposite, all because your underlying patterns are negative, unloving and self-denying. And it may surprise you that many of the things you have long since convinced yourself are good for you, and you actually 'love' doing, you will eventually give up, and then further on in your healing you won't even be able to imagine what you saw in such things let alone 'love' them.

You don't begin to smoke believing it is bad for you and will kill you and, oh, what a fun thing that is to do. You pretend all sorts of things to yourself in the beginning and then when it has become an established part of your negative program of self-denial, just adding another thing on top of many, it becomes a habit and very difficult to let go of. It becomes something that you 'need', something you have convinced yourself makes you feel good, but something that honours your negative patterns actually making you feel bad and unloved.

**With the help of the Mother and Father and Their Divine Love you can and will break free of all your habits and addictions. You will unwind all the controlling factors that cause you to believe that they are something you need, and one day it will all be gone.**

**The negativity has built on itself from conception. There is a lot of it and it is well entrenched.**

All the way along you have felt it and felt bad, but as you naturally don't want to feel bad so you have looked to all sorts of beliefs and ways of behaving and things to do, to try and make you feel good, to cover up the bad feelings. These things you believe do make you feel good, but the delusion is that then they keep you helplessly trapped in your own wrong state. And you can't see it. And you won't until you want to. **The Mother and Father will not interfere in any way, and in fact, They will help you maintain your negative state, and even go further in it, if that is what you want. If you want to make increasingly bigger business as a part of your belief that it is making you feel good giving you a sense of power and self-importance,**

**then They will keep opening the doors for your 'success' – as you call it. More suffering I call it. Because one day you will come crashing down and it will be a long way to fall, back to a more realistic level of reality. And be it on Earth or in spirit that day will come.**

Lots of people continue on in spirit (as a spirit) after they die just as they did on Earth. And then many of them find many more new and exciting and wonderful things they can do. It seems that millions of opportunities suddenly open up, and things they only dreamed of doing now they can do all they like. There are no money restrictions if you don't want there to be, and no restrictions on anything, but still all that is offered will only support your negative pattern helping you bury yourself even deeper in your falseness, deluding yourself even more that you are happy and living a life of love. It can take many centuries before some spirits wake up to the truth that they are only doing all they do so as not to feel bad. Doing everything so as to run away from their hurtful childhood memories. **Like on Earth, the natural love spirit worlds are all geared to the negative, all so people and spirits don't have to stop and face the painful truth of what they really felt during their early childhood. All man has created is designed to help him hide from his true feelings, to help him deny his bad feelings. The whole world lives in a delusion of self-perpetuating 'trying-to-feel-good' when underneath the sad exterior façade no one actually feels happy, true and loved.**

I know it may be hard to accept that all you are is wrong. I know I may sound too extreme, and I know it might be difficult to understand that all you feel love to be might not actually be true love.

And I appreciate **that to have to look at your parents in an unloving light might be the last thing you want to do, however, if you truly want to do your soul-healing and fix all that is wrong within you, then at some point you are going to have to seriously consider all I say. It will be very difficult, and to give up all that is wrong within you will prove very trying and testing, however to uncover the truth of the real you, to find who you really are, you will have to confront yourself and accept that a lot of what you might see won't be pleasing.**

**So to begin from here, I will help you. If you can accept that you are all negative and everything you are doing in your life is going against you, then it is a good premise to begin with. To try to believe that you can accept some things may be wrong, but other things are okay will only take you longer. You will be holding out on yourself, resisting the inevitable breaking down of all that is wrong in you. It is only the healing process itself that can help you see and accept all your negativity and falseness. There is no way you can see it all for yourself before you experience it, and no amount of analysis or therapy will get you anywhere near uncovering the whole truth. It may help to get you going, but the real intricacies of the mind and how you have let it separate yourself from your feelings, only God and your soul knows. Not even I or Jesus or any other spirit can or will be able to tell you it all. We can't because we are not you. You have to feel it all and experience it all for yourself. It is all a part of your soul's growth and expression. It is all a necessary part of your coming into being: to first heal yourself of the negative, of**

**You, your soul, chose to come into being with this negative start. It was something you worked out with the Mother and Father before your incarnation. Difficult, yes, and very traumatic, but you are not a lost cause no matter how bad or desperate or evil; or beautiful or wonderful or successful; or sinful or religious or spiritual, or anything else you think you are. It is all the same – negative. But you can fix it all. That is the most magnificent part of the soul – what it can experience – the great depths of no-love, and yet still come back to being full of love. And I will add this in now for you to ponder: your experience of the negative and of no-love is, and will become, invaluable to you. It won't feel so invaluable whilst you're of it, but once you have healed yourself of it all, then you'll see and relate to it in a new light. And it will not be the end of your involvement with a no-love state. And by this I mean, that in your long-way-off-future you will not be of the negative ever again, but you will help other souls out of theirs.**

With Creation as it is now, rebellion and the negative mind and will state is relatively uncommon. Creation is still too close to Paradise and under the influence of its perfection, however as more Creation is created and the universe of universes extends further and further away from Paradise, the potential for planetary and system and even potentially all but universal rebellion, cannot be left unconsidered. And so who will be needed to help those souls who are so in need and crying out for help just as you are now? It will be spirits whom know what it is all about to live in rebellion, in self-denial of love, who can be sympathetic and caring and loving to these lost and wayward souls.

All that you experience in your negative state, and in particular, all you 'see' and understand as you heal, will be of value forever. It is not just bad luck you had a horrible beginning and once it is over and fixed you will live on Paradise happy ever after, your nightmare experience of the negative forgotten and erased like it never happened. Yes, the happy ever after you will live, but you will be out and about in all parts of Creation with things to do for the Mother and Father drawing upon your negative beginning. Earth and the mansion worlds and the local universal worlds, and the greater universal worlds, all the way to Paradise, are for you to specifically experience. As your grandmother said to you James: 'nothing is wasted', and this is what happens as you experience: nothing is wasted, for how can it be when it is you! And when you are finally only of love, all you do will only build on itself making you more and more of love.

Your life has bad things in it, and bad things only happen to you, because you believe (unconsciously) they have to, beliefs put in place as a result of your unloving childhood. And to try to override these beliefs with more 'positive' ones is going the wrong way. It is all so wrong and can and will only lead to causing more bad things and more hurt. To stop, give up and try not to do anything you don't want to do, or do anything that makes you feel bad, is a better way to live. But it is hard to do. So when you do something that makes you feel bad but you also feel powerless to change it, focus on the desire to do something about it. Want it to change, and want

to see the truth of why you do it. Don't try to change it yourself, just want to change it by uncovering the truth of why you are doing the bad thing. Speak about it, bring it all up – express all you feel about it, both good and bad feelings. And it doesn't matter even if have to still do the thing, do it saying to yourself how much you hate it. You can only do what you can do. If, for example, you have a bad habit, something you do which you don't like doing, don't just try to stop or break it, instead simply yearn to stop it, keep doing it and LONG for the truth of why you do it. Really want to know with all your will, the truth of why you do it and why you can't stop doing it. And then speak to a friend about all you feel about it: how bad it makes you feel, how REALLY bad it all makes you feel; how powerless you feel being unable to stop it; how pathetic you are not being able to control your own life, and speak about how feeling these bad feelings makes you feel. Don't put pressure on yourself trying to stop doing it yourself. Accept that you have the problem and concentrate on expressing how powerless you feel not being able to stop doing it; and if it makes you feel angry, or miserable, or other bad feelings, express them.

And be aware that **it may take you years of working this way on yourself before you find the deepest causes driving your problems, those caused during your early childhood. But when finally you uncover and see the whole truth, then you will be healed. Uncovering and seeing the TRUTH is the key. Uncover the TRUTH and you're Free.**

Seeing the truth is the answer. When you see it you know it. You may immediately forget it but it is within you and will not be lost. The truth is yourself, forever to behold. And if for some reason during your life you need to speak your truth, it will just be there for you to say or do. You have to see – understand – the truth of all the delusion and negativity you are living in. See it in yourself, in your parents, in others who've negatively influenced you, and in the world. And the Mother and Father will show it all to you, all They want you to understand. Amazingly They will show you what They want you to see. As you will experience, it is incredible how truth comes to you, how you reveal it to yourself through your feelings.

We will stop here James as I see you are getting tired. Mary.

**Message 18**

22 December 2002

Hello James. Jesus.

I want to now say with all seriousness, and as Jesus your friend, that all you know about your healing and all you have written this far is true. I know it is hard for you when you have nothing concrete to go by, but that is how it is. It is this way so the emphasis is always on you having to make your own way in life. You have to decide for yourself about all things no matter how strange they may sound or feel. And the more you progress with your feelings, accepting them, understanding them, speaking about and expressing them, the more real you and your life is becoming, and the more you can feel and perceive when things are unreal.

As you live true to your feelings your feelings will tell you what is true and what is untrue, this being a natural expression of your soul. It's how you are meant to live, however, if your mind remains fixed in the negative causing you to be unaware of your true feelings, you will not know what is true and what is untrue, often confusing yourself by believing something that is untrue is true. Many people speak about trying to 'get in touch with their heart' however they never will unless they first allow themselves to accept all of their feelings, and especially all their bad feelings. **One can and will only connect with one's heart of truth if one lives true to it by honouring all one's feelings. If you persist in denying yourself any feelings then you will deny yourself truth. And if you deny yourself truth then you'll never know what is right for you in life.**

A major problem you have is that your parents interfered with your ability to know things for yourself, as to whether they are true or not based on your feelings. Your parents told you in different ways that your feelings were not true. When you were sad for example they told you there was no reason or need for you to be sad, that you were not in fact sad. They took your feelings away from yourself, or rather they made you repress your feelings replacing them with what they told you. You then became as they wanted you to be and not as you were naturally yourself.

And this parental interference of your feelings caused you great problems. They tell you they don't like you as you naturally are, and you can't be how your soul wants you to be, you have to be someone else, something else, a creation of theirs, and not of Gods. You have to be obedient to them, and do and be as they say. They are the controllers imposing themselves on you, and all you can do is submit to their suppression of your true feelings by using your mind to believe that what they say is true and therefore creating other feelings, feelings not based on truth, feelings based on what your mind is made to believe. Your mind is forced to take over from your heart, a severe manipulation indeed, and something that will cause untold numbers of problems until you do your soul-healing, healing yourself of their negative unloving effect on you.

The result of their interference is that you do not know yourself. You don't know what is true; what is the right way to live life; what your true purpose is – what God

is asking of you. You don't even know what you feel. You are lost; lost from yourself, having been turned away from your soul. You can't know yourself until you liberate all your repressed childhood feelings, and unless a spiritual system encourages and shows you how to do this, then it is only leading you further astray, further into the dependence and control of your negative mind.

Although I haven't been able to disclose such truth until now: the truth of your soul-healing, all that it entails is very important, and with Mary and my help we want you to now start understanding just what is at stake. Humanity, everyone, is of the negative. Everyone is conceived into it and becomes it. No one can escape its clutches, and so everyone if they want to free themselves, will either on Earth or in spirit have to do their healing – it's unavoidable. There is simply no other way to extricate yourself from the Rebellion and Default.

I am helping people through my various communications to see that they can do whatever they like, but if they want to live the truth of their Heavenly Father and Heavenly Mother then they have to begin by asking Him – Them – for Their Divine love. Then I want to help them to establish a foundation within themselves of faith and belief and truth and of trust, knowing that what they are doing is good and right and true for them. However, it will take time, years, to establish this foundation within you, and for you to know what you truly do want.

James, you came from a family who pretended to know everything – everything that was good for them. They pretended to know what you needed. They told you what to do and what not to do. They made you scared to listen to anyone else but them, even scared to listen to yourself; and they made you distrust everyone as well as yourself.

Speaking to your 'unseen' friends could have been an integral part of your life. Lots of people do it. Speaking with spirits and with God might have been a natural thing for you throughout your childhood, a natural way of you wanting to express yourself as you do now. And you wouldn't have the doubts about it that you have now, had it been something you did openly during your childhood. Had it been something your parents accepted, encouraged and enjoyed.

Your healing is a very serious business, it's very involved and there's lots to it. This you will understand as you continue healing yourself. But always remember that our Mother and Father are in control. They know what is best for everyone at every moment in time. They have Their way of doing things and doing them in Their time. And as you will see for yourself, the longer you consciously and actively live with Them, everything They do is only done with the best of love for all concerned. And this is only part of Their Greatness.

Good-bye for now James – Your loving brother in Truth, Jesus.

Mary.

Keep going James! I know it is hard at times but just keep going. You and Marion are doing well. Slowly your mind is giving over to your feelings. Keep trying to see how wrong things are within you. I know it's terribly hard to change your programming, equally as hard as it was to change yourself into the wrongness when you were a child.

As Marion has just said: keep hating everything and everyone as you feel to. It is hatred and anger and misery that comprise your depths, all being kept in place, suppressed and repressed, by your mind. And as you have been separated, moved away from your true feelings with little connection to your heart, truth, your spirit and soul, only liberation of these buried feelings can help you.

**Your mind is in control and it's a negative mind, an evil mind, a mind that is anti-love and anti-God. It's a mind that now functions against nature – your own nature. And it has been made to take over your feelings. You still have feelings, however these have been made to be conditional on what your mind – your controlling beliefs – allow. And so many of your true feelings from your forming years – conception to puberty – have been denied you. These are crucial feelings and emotions that still need to be expressed. In a sense you have gone ahead of yourself. Your physical body and spiritual bodies have kept growing but your mental, spiritual, emotional, psychic and behavioural state has remained somewhat retarded. You are still the little boy struggling to make sense of a non-sense world, while you go about pretending to have everything under control as an adult. Simply, you have no idea what life's really about.**

If you were perfect, an experience in your physical body would generate feelings and thoughts in you. And with your feeling and mental systems balanced and harmonised together; with you longing to know the truth of the experience, would come realisations and understanding, even direct revelation from your soul, into your consciousness. The truth would come up into your 'heart' or spirit body in which your conscious awareness is centred. From here further feelings and thoughts would be stimulated in your higher or upper feeling and mental systems giving rise to higher understandings of truth and perception of living a true spiritual life. It would always be your feelings leading the way through your life with your mind in willing support of them. Your mind, its thoughts based on its beliefs, would never control or interfere with your feelings. Your behaviour would always reflect your feeling led life, not your mind controlled negative state, as it reflects now.

But you are not perfect; you live imperfectly with your mind in control of your feelings based on wrong beliefs. Your minds are full of wrong beliefs, masses of them all formed through your early years, and all still controlling you on many levels. And as you do your soul-healing each belief and its associated behaviour, and how and why it came to be put into place, you will have to understand before you will be able to change it. You'll be replacing these erroneous beliefs with correct ones as you reveal the truth to yourself of their wrongness, and accordingly, so too will your wrong behaviour change. By the time your healing has finished all of your motivation and reasons for living will have changed, all into a positive orientation, all pro-God, pro-life, pro-yourself, and pro-nature and pro-love. Then

**will you be able to enjoy giving and receiving true love as you honour and live true to all you feel. Then you will be happy.**

Most people are focused on their physical bodies. Most of their daily things are done for the well being of their physical body. Even going to work for most people is to make money to provide food and shelter for their body and then to provide comfort and security so they don't stress their body hoping to live to a healthy old age. There is rarely a serious and inquiring thought about anything higher. And because of the dysfunction of their lower mind having power over their feelings, no truth awakens in them from their experiences, and nothing consequently goes higher to stimulate higher awareness. They are for the most part looking down and not up. They are looking outward in the direction their physical body can go – ahead; and not inwards and away from their body – toward their soul.

Some people feel a call to higher things. This is stimulated from within and they are not satisfied with all that the physical life offers. And so they look up, some in, and some don't know where to look, looking anywhere and everywhere; or giving up frustrated, unsatisfied, looking nowhere at all.

By longing to your Heavenly Mother and Father for Their Divine Love you are doing a number of things. You are looking up and in, because naturally when you feel inspired to contemplate God that is where you go. God out there in the starry sky doesn't seem to fit the feeling-picture even though many seek Him there. God, They – God as the One Soul that is BOTH your Mother and Father, are 'in there', into where your soul is, where Paradise is, the 'Soul' or 'Heart' of Creation. However, your longing to Them for Their Love is usually a longing that you feel literally ascending out towards Paradise – an inner journey home. And when you long with all your heart you are attuning yourself to higher, rather than your lower, mind and feeling systems. Your longing, for the Divine Love and equally as important – the Truth, stimulates your higher mind and feeling systems enabling you to experience that which you would otherwise not have. It is a reaching out with you, the inner you, the real and true you, to that which is God, the Personality of Soul you can relate to as your true Soul Mother and Father – your Soul Parents. And a reaching out to Them for Their Love which is Divine. They always love you, for They being of love can only love, however as you are so out of touch with Them and literally willing yourself to reject Their love, so you need to refocus your will, putting all your will into longing to Them for Their Divine Love. This being the way you tell and affirm to yourself that you do want Them in your life; that you do want Them to love you; that you do want to feel Their love for you; that you do want to be like Them: to be “as perfect even as They are Perfect”, to be at-one in soul and love with Them. Your longing for Their Divine Love is the awakening and acknowledgement of your true spiritual yearnings and naturally it should take you into wanting for Them to help you uncover the truth of all you are. When you feel love, you want to know and live true, so when you actually feel Them loving you, then you will want to know the truth of this Love. Who are my true parents? Who are these Two who are one God and my true Mother and Father, the Two who are One who created me? And how are they different from my physical parents? And then finally: have my physical parents parented me as God, my beloved Mother and Father of Heaven, would have done? And the answer to this question opens your Pandora's Box – all your childhood repression, all your repressed childhood feelings. Hence, your need to then set about and do your soul-healing.

And to do your soul-healing you will need to long with equal will to know the whole truth of yourself. And you will have to ask your Mother and Father to help bring up all your repressed feelings from your early childhood, all so you can re-experience them as an adult; all so you can then use them to uncover the truth of your relationship with your parents and carers. You have to want to face the darkness within you. If you don't you will continue to deny yourself your bad feelings, and the truth of what's really going on within you. If you want to step out into the light, then it's the truth you are going to have to sincerely long for, as only it will show you the way.

Your physical body will take care of itself if you allow it to. As you do your healing all problems it may have will be rectified, as **all physical problems only come from your childhood repressed feelings and associated negative patterns**. It too has to come into perfection, however this does not necessarily mean you will have the perfect twenty year old body at eighty years old, but it will be the perfect eighty year old body. You might not move or hear or see so well compared to when you were younger, but you will not need to, and you will know why, as you will be hearing and seeing different things in life. Your whole focus as to what is important to you will change throughout your healing and beyond. Things that you thought were important won't be so anymore. As you are currently completely wrong, to become completely right means that you will change a lot – a vast amount, every part of you. All that you believe is important now will not be so by then. Your relationship with your physical body will be completely different. And you can do your healing at any age from puberty onwards. From puberty you are an adult in the sense of choosing your own way in life. You are free to either keep denying your bad feelings, or find the truth of why you are denying them.

If you do want to live true, to yourself and to God, then you will have to confront and deal with your early childhood and all that your parents did to you that was unloving. In my messages to you James, I am taking the line that no one experienced love from their parents, that is, true love, love their soul needed. Many people have experienced something they believe to be love, however only once they have completed their soul-healing will they know if indeed such love is and was real and true. For if it was, then it will remain so, if it was not, then along with everything else that is wrong within you, it will get exposed for being false. And I will say again now, that many people might find my line of approach to harsh, too anti-parents, and they might not want or be ready to deal with the real underlying issues associated in their relationships with their parents. And for such people that is their choice, however as you are giving me the opportunity to write with you I am taking it and speaking from the bottom line. Therefore I am pointing out how much in denial you are. How completely are your negative mind and will, and because of that: how you can't know whether what you have experienced is real and true love. And you won't be able to until you have completely healed every aspect of that which within you has been forced to rebel against that which is love, true, nature, God and soul.

For many people, to go against their parents, to confront their buried bad feelings they have about them, will undoubtedly present many problems. But it is in these problems that many hidden feelings will want to rise, and it's these feelings you'll need and want to come up so that you can get to know them. They will show you the truth of your relationship with your parents, grandparents, brothers, sisters and anyone else influential during your forming years; and if there is love, real love founded on truth, potentially the relationships may remain, but if there is no love and no truth they will all crumble.

The disintegration of your family relationships may or may not be to your liking. However you will have to see for yourself what happens. Love is the superior quality. It is the supreme attribute. If it exists it will last no matter what you all go through. If it doesn't exist, then nothing will last and you will see clearly what's left – the truth! And what is the point of trying to hold onto something that actually is false and untrue.

It is up to you as to how far you will want to go. You can begin your healing, then stop and restart. Nothing is expected of you. It is your life and how you feel about yourself. If you feel so moved, to push on regardless, to see what happens and to break everything apart, then you will do it. It will happen all by itself. One thing will lead naturally to another. Steadily you will become increasingly aware of yourself and what you want to do. You will see who has controlled you, how and why. It is your feelings you need to focus on. Try not to fix anything down. This will be hard to avoid because you have been programmed to make peace and avoid your bad feelings, or feelings that might upset another person. But you will get there step-by-step. If you want to heal yourself of your negative state gradually you'll submit to it, accepting it for what it is, all by breaking yourself down and allowing the inner transformation process within your soul, assisted and catalysed by the Divine Love, to take its natural course.

Life is about the moment, being focused on your feelings and trying to express them. It is not about the outcome. That will come as the truth rises in you. It is not about trying to do what your mind says, it's about feeling your FEELINGS AND EXPRESSING THEM – ALWAYS, not even necessarily doing what your feelings might say. For example, you might feel like killing your mother when you are in your depths of despair, or yourself for that matter, but it is not that you do it, you don't have to act on your feelings, but to keep saying how much you want to kill her or yourself, and why you want to, and say it and say it and say it. And keep saying and expressing the bad feelings until they are gone and all you are left with is the truth of why you feel this way. The saying of: "it IS the doing of it". It is speaking about your feelings, saying what you feel so you really get in touch with the reasons why you feel them, that is what is important. Speaking your feelings helps you connect with them. It helps bring them up from deep within you; it helps make them be real, and so makes you real.

Speaking your feelings is for you to see clearly for yourself – to feel clearly for yourself – why you want to do and feel what you do. The want to kill yourself, your mother, or anyone else is wrong. It's only something you want to do based on your

pent up and unexpressed hatred, anger and rage. These feelings having come up in you when you were little and you're not being allowed to freely express them. And over the years they have built up in intensity, every year your repression of them adding fuel to the fire, so when you do reawaken them and reconnect, they are very intense, but as I said, you don't have to literally act on them. You do not go to your mother and plunge a knife in her heart, but you do allow yourself to speak about what you want to do – how you want to and wish you could kill her, and why. And if you feel you want to chop her up into millions of little pieces, and then this too is what you have to accept about yourself, that you do feel this way, and you have to speak about it all, bringing out all the horror and yuk, even if it repulses you about yourself. It is within you, you want to do it, your feelings are full of anger and rage, so these feelings are real, they are you and they need to be accepted by you. And you accept them by admitting you have them, and you admit by speaking up about them. Nothing bad will happen to you if you do. God won't punish you. But if you feel afraid of speaking about them, then this fear needs to be expressed as well. All the negative related bad feelings need to come up and out. And all the while you LONG TO KNOW THE TRUTH of why you are feeling them, why they are in you.

I'll finish now, please give my love and support to Marion with all my blessings.  
Mary.

**Message 19**

23 December 2002

Live true to your feelings. This is the sub-title I would like for our book James. I will recommence our communication – Mary.

Living true to your feelings is what we've been speaking about. Being true! True means: being you with no imperfections. And this means living with an unblemished soul.

The whole of your life from now to Paradise is a journey of self-expansion through self-expression and the acquirement of truth: the truth of yourself, Creation and Soul – God. And it is all concerned with, and lived through, relationships. It is all about your soul and its expressing of its personality – you – and what you experience in the interaction of personalities.

Earth is only the beginning. All that is wrong in you can and will be corrected through your ascent of the mansion worlds, that being done whilst you're living in flesh or when you come into spirit. You can choose to only advance your mind and natural love, living up to and inclusive of Mansion World Six, or you can seek to divine your soul by partaking of the Divine Love and ascending through all the Mansion Worlds, continuing on through the Celestial spheres of Jesus and my universe, and beyond, all the way to Paradise. You can choose to stay as you are, or heal your negative mind and will, and perfect your own love – natural love; or, you can choose to become at- one with the Mother and Father and enjoy the delights of Creation They have created for you by including Their Divine Love in your soul. Your soul's growth is always entirely left up to you. No one can tell you what to do or when to do it. If you desire the truth then you will need to long for it, and how often and earnest your longing will be, will no doubt be reflective of how much you want to heal yourself of your self-denial.

Humanity is now being presented with these various new options, something it hasn't had up until now. New revelation is being given to you from various sources. Potentially this time on Earth can be a great awakening for you if you want to live true to your feelings and your soul. Or if you don't want to embrace your soul-healing you can long for and partake of the Divine Love, accumulating it in your soul, until the day you do; or you can simply carry on as you have done ignorant of such love immersed in your negative state.

**If you want to start on your life of truth ascension, you will first be required to accept your negative mind and will condition. And by accept I mean you will have to submit to the process your soul activates within you, by which it will lead you into your early childhood pain, giving you a full understanding of the truth of what your childhood was really all about. Through your healing you will become,**

**literally live, your negative mind condition, this being very trying, but there is no other way for you to experience the truth of it. You experienced it as a child largely unconsciously, now as an adult you will need to experience it consciously as you uncover and understand the truth of all you went through.** There would be no point to just intellectually understanding it with your mind, you have to re-experience it all through your feelings. Your feelings will show you what you feel – their truth, and with this truth you will know the truth of your rebellious state.

To live true, first of all means to live true to the evil, horrible, ugly, sinful, pathetic, crippled, miserable, despairing, guilt ridden, unloved creature that you are. You will see and feel for yourself, as the Mother and Father will show you, the truth that you unconsciously believe about yourself. And the truth won't be the face you present to the world, the face you put on when you go to work, or the face of a loving parent. It will be the true face of your soul – your soul in its negative state. The Mother and Father will help you to become it, manifesting it in your feelings. You will not have to physically be ugly and decrepit or show in your relationship with others the mean and evil you that's full of hatred, but you will need to feel and accept it thoroughly. And to such an extent that you will know it is really you, the 'you' you have been made to believe you are by your parents. Of course it's really a false you, but nevertheless you will need to identify it fully before it can be healed. And this will be difficult to do because naturally you don't want to be this bad person, you don't want to feel you are unloving, just like your parents, but you will have to stop running away from the harsh reality that they have made you like themselves: you are evil as they are and there is no escape.

You are terrified of being exposed for what you unconsciously feel deep inside of you, however you have to come clean and admit it to yourself. If you don't it can't come out. You have to speak up and say how you REALLY feel about yourself, about each other, life, and even about the Mother and Father. Having found the Mother and Father and begun to actively pray for the Their Love you might become surprised when suddenly you realise at some time during your healing that you hate Them.

As you uncover how you really feel about your parents and others who have had a direct and negative influence in your life, you may find you hate them instead of loving them. You might already know this but you will still have to completely admit it to yourself and see all the reasons why. And if you hate your parents you will hate your Bigger Parents, the Mother and Father, because when you are small your parents are God and you will have transferred your hatred onto the Mother and Father as you've grown older. As I have said, the truth is going to be hard to accept, it will go against most of what you think is right. Most people don't want to speak about hatred or be accused of being mean, nasty, selfish and unloving. Most of what you see about yourself will appal you, however it all has to be seen, you have to uncover the whole truth of what you feel and think about yourself, and what you feel and think about everyone else, and how you took on such negative beliefs.

I am telling you these things to prepare your mind to be receptive to some of your feelings and thoughts that may surface during your healing. Your current picture of yourself might not agree with that which I am painting, however you don't know what negative stuff is within you until you start to bring it out. So what I am saying will help give you another picture to identify with, one that might help you relate easier to yourself when your yuk starts to rise.

I want to help you become more familiar with what you are embarking upon. I cannot make it any easier for you even if I could. I would be denying you your complete experience. If anything, I want to make it more difficult to begin with so

this is why I am giving you so much information and all seemingly sounding so negative. I might seem to be your antichrist, but remember your Christ is all-wrong, and in fact, you are the antichrist. You are not the truth. You are rebelling against it; you are denying yourself of it. You are not the way, the truth and the life – I am. But you can become so if you choose to do your soul-healing.

I want to rub your face in it and allow you to shudder with the shock and revulsion of what you are potentially going to have to come to terms with. It is all real stuff and when you are deep in your misery and full of hate knowing this is the real and true negative you, then you will appreciate what I am saying. Nothing else on the planet will tell you to do this in such a true and honest way. I have no vested interest in you. It does not matter to me one way to the other whether you do your healing or not, or even what you think of me. You can disagree with what I am saying, but only when you do your healing will you find out that what I am saying is true.

I will finish here for the day James. Thank you once again. I very much appreciate you giving me this time and allowing me to use your mind and its words and phrases, Mary.

**Message 20**

25 December 2002

Good morning James. Mary is not here at present, so I will be glad to speak to you. We have not as yet been introduced: my name is Zalena.

I want to tell you that Mary is with Jesus and they are involved in many things that need their attention at this time of your year: Christmas. A lot of people on Earth are in a more receptive state of mind enabling them to be attended to by not only Jesus and Mary, but also by hosts of other Celestial spirits and spirits from the lower Divine Love mansion worlds. While the heart is more open more feelings can be felt and expressed. And, as you are seeing for yourself, it's in the feelings area that we of Divine Love prefer to concentrate. It is not that we actually support Christmas, for it is of no significance to spirits who have truly embraced Mary and Jesus, but we can use it to impress thoughts and help encourage feelings where they are needed most. And in fact it is mainly those individuals who are not finding the day (Christmas day) all that they want it to be, or what they believe is should be for them, who are more open to us.

We do not want to make your lives better in helping you be more functional in your denial and negative mind states. We do, however, keenly want to help you in all the ways we are allowed to, those being to help you look for and find truth through your feelings. We want you to be more understanding of your negative mind condition and the pain that this will involve if you choose to do your healing. And if you ask us for help we can help stimulate certain thoughts that will produce certain feelings for you to become more aware of.

**What we can't do is interfere with your feelings and thoughts. In no way whatsoever do I or any other Divine Love spirit want to interfere with another's experiences. If I were to try and control you then I would only be doing what my parents did to me. And having felt how angry and how much I hate my parents for controlling me and making me do things I didn't want to do, I assure you in no way do I want to inflict that same control on others; I'd rather not exist before I inflict any control over someone making them feel rejected, powerless and unloved.**

If you want help from spirits in your healing, you only have to long and ask us for it, and we will be with you, a sympathetic ear, a friend you can speak to. And just because you can't see us doesn't mean we are not with you, as we are, everyone who has embraced the Divine Love has a group of Celestial spirits attending them. You are not alone and we readily identify with all you are going through. In time we would like to think more people will want to do their soul-healing and we will be there for you. It can be very lonely if you are the only one struggling on trying to accept and live true to your bad feelings, longing for their truth and trying to accept

**your negative state, but we are with you, this we want you to know.**

**We won't come and be with you trying to give you any great truth. We don't need to do this as your soul contains all you need to know.** We only come as your 'sister' or 'brother' to give acceptance, sympathy, comfort and understanding. We want to listen to you. This is our work, to listen to you express and tell your bad feelings. It is what we feel we want to do. And when you do it, it gives us good feelings. This is our loving you, just being there to listen. But being there because we sincerely want to be there. We come to you with no self-motive. We come and it gives us a wonderful feeling of selflessness, because we know that for the most part you won't be aware of us and we'll get no thanks or reward from you. We come anonymously and expect nothing. And this is how we all try to live our lives.

We don't want to be the Great Ones able to pass on a great truth, the magical words to instantly relieve you of your pain. Many of us before we partook of the Divine Love did want to be the great saint – the great healer and the great doer of good for all souls. Many wanted to be like Jesus, able to be a great healer or teacher of truth, but as we have progressed in our healing, we find our humility and come back to ourselves, we give up wanting to be what we are not. We just want to be ourselves, nothing more.

Love is our guiding and bonding factor. We are motivated by love and the truth we live holds us true to our love. We do things because we love to do them and don't do them for any other reason. Unfortunately, my being not completely healed and still of the seventh mansion world, I do also do many other things for reasons other than truth and love, but these are the things I am healing. It does take time and much experience for us to be able to be with you and help you without interfering. In the beginning we so much want to reach out to you and help you to know that everything is okay, that how bad you feel is right, and to try to make you see that you should be feeling bad and not covering it up. However our truth holds us back, and even though at times we might do things the wrong way, luckily, due to the difference between our worlds, what we do can't negatively affect you. We learn from our mistakes because they make us feel bad, and like we are suggesting to you, when you feel bad then with these bad feelings you have more of a chance to heal your childhood repression.

You see James, all of us in the Divine Love mansion worlds are doing our soul-healing. Those in worlds five and seven are very serious about it and are starting to get into the deep stuff: **the real pain of one's rejection by one's parents.** These worlds are the true healing worlds given almost entirely over to us, to get on with it and to provide us with the experiences we need to bring up our bad feelings. We feel bad just as you do, sometimes with the pain being sharper. And we do also feel a pain similar to that which you feel in your physical bodies in our spirit ones. It's not the happy loving life of 'light' many natural love spirits want people on Earth to believe spirit life is. For how can it be when you are setting out to heal your soul of its evil state. Such natural love spirits are ignorant of the pain and suffering they carry deep within them. They view their new spirit lives as nothing more than fun and a chance to do all those things they dreamed of doing on Earth. But for us we are over having to behave as adult children participating in such childish games. We are serious now, getting on with our spiritual ascension of truth, actively focused on the

healing of our soul. We no longer want to be evil doing anything to contribute to it. **We want to be truly free – free to be our true selves.**

**I also want to say no spirit can hurt or interfere directly with you once you have embraced the Divine Love and want to do your soul-healing. Too many supportive and well-meaning spirits who are also doing their healing, or who have completed it, will be associated with you. You have nothing to fear from 'dark' spirits. They are not interested in doing their healing or growing in truth so will have nothing to do with you. Those of us who are striving to live lives of light and truth are not seen by spirits who don't want to live true. It's as if we don't exist to them, our light – the light from our truth – literally being too bright.**

The further we progress in our healing the more we want to simply mind our own business. We don't want to get involved with things that aren't going to help us with our healing, and the same you will find for yourself as your healing proceeds. You won't want to have anyone or anything in your life that is going to distract you from focusing on being true to your own feelings. And I can tell you how wonderful it is to not be so heavily distracted, to give up the things and relationships that are only keeping you from your own feelings.

We want you to feel bad, as we ourselves also want to feel bad. This might sound strange and not very loving but we know that it is the only way to help heal ourselves, to accept all that we feel, and mostly our bad feelings, because these are the feelings we are working so hard to deny. We are all wrong and we need to express our wrongness. And to do this we need to feel how wrong we are. If you felt good and right and loving then you would express these feelings and nothing would need to be done. But we don't feel good and we're not all-loving. **Love begets truth, which begets rightness and feeling good.** But we are not loving, so not true and therefore not right, and we need to understand why. And to do so we need to allow ourselves to feel our bad feelings, we need to feel bad. We're all so desperately trying not to feel bad and not be told we are wrong, so it is actually very hard for us to allow ourselves to feel bad. You might think in the beginning of your healing, or prior to it, that you're allowing yourself to feel bad, but often these are only superficial bad feelings, whereas the bad feelings I am speaking about are ones that you are keeping repressed within you. And who wants to feel bad? Who wants to feel bad all the time? And who wants to be around people feeling bad? Who wants to be around a miserable or depressed person? But we do. We understand that it's good to feel bad and very good if you want to find the truth of why you feel bad. If you want to live true, to find the truth of all you are, then you have to allow yourself to feel all the feelings you do, good and bad. Many people are scared that if they are with a miserable person they will somehow become like them and catch the dreaded misery bug. But we're not. We see other spirits all about us every day feeling bad, expressing their bad feelings and allowing and supporting each other in their bad states.

**One thing we learn is you can only listen when someone wants to express their bad feelings. You can't tell them what they should do. Many people will try to take over the person who feels bad by telling them to 'cheer up', or 'it can't get any worse', or 'try not to dwell on it, think of nicer happier things', or 'you'll be okay, you'll get over it', but this is not being kind and sympathetic, it is telling the person they have no right to be how bad they feel. This only makes the person who does feel bad, feel rejected, even more than they already do. It doesn't make them feel like they have a caring sensitive friend, someone who is willing to listen**

**to them non-judgmentally; someone who wants them to be just as they are, just as their feelings are making them.**

So many parents fall into the habit of simply telling their children what to do and what to feel. The child grows up relying on its parents to be told what to do forever. And if the parent isn't there to do the telling then they will have someone in their lives taking over the role of the parent. So many of us marry our 'telling parent' who is only in a different disguise. And we are attracted to our partner because they are very close to, and in many ways, our controlling parents. And whether we feel controlled, or feel we are the controller, there seems to be plenty of people on both sides to fulfil the roles for each.

The more you begin to appreciate your bad feelings, the more you can begin to see that they are crucial to your well-being. I will repeat Marion's words: "As soon as you have a bad feeling you should stop and not go on." Only when the feeling has fully come up – when you have completely expressed it, can you go on – or should you go on. It is good and right, and you MUST stop if it's possible, and attend to your bad feelings. They are there to tell you that something's wrong in you. They are the warning, signalling to you that if you don't attend to them you will be faced with other unpleasantness and even greater problems. **BAD FEELINGS ARE WONDERFUL.** They feel bad, but they are the best things that can happen to you whilst you're in your negative state and wanting to do your soul-healing. It may be hard to adjust to this way of thinking but when you are less scared of them, and can embrace them as they surface, then they will take you to places in yourself and in life that are new and not of such feelings.

When we come to be with you we want you to feel bad. We do not make you feel bad because you are fully capable of doing that for yourself, but what we want is for you to try and not deny your bad feelings, not to cover them up or push them aside. We want you to express them until they go by themselves, until you have expressed them out of you. If a child falls over and cries because it has hurt its knee, and the parent is caring and attends to it by just being with it and sympathising with it, allowing it to cry saying how much it hurts and bad it feels, until it has finished, then the child will feel free, and the pain of the injury will more than be compensated for with feelings of love for it, feeling that it is cared about and loved. If on the other hand, **the parent who pretends that what its child is feeling is not that bad saying something like: "you're okay, it's not that bad, you'll be all right, you'll get over it, here, look, eat this", the child will only feel unloved having to put its bad feelings – itself – aside and focus on what the parent is saying; and the pain of the injury, instead of being expressed away, will stay inside and remain to be buried, as the child feeling shocked by the accident, loses a part of itself, and doesn't properly come back to reality. It's the child who should have all the attention because it hurt itself, not the parent making the child pay attention to them thereby gaining and taking the attention away from the child. Whether you're a child or an adult, when you feel bad you want to be able to freely express your bad feeling and not have someone stepping in telling you that it's not that bad and it doesn't hurt, and you should stop carrying on and get over it. We all want to be taken seriously, and a parent has no right to interfere with its child this way, and when it does it**

traumatises its own child and will cause even greater pain to itself when it one day wakes up realising the error of its ways; when through its own feelings, it awakens to the truth of how it caused such self-denial in its own child by denying it love. How unloving it was causing such grief to its own child. When the parent makes the child pretend to itself that it's not feeling as bad as it is, then that child will never again be able to connect, stay true and allow itself to feel as bad as its feelings want it to. It will forevermore deny itself such feelings doing exactly what its parent did to it, telling itself that it isn't feeling bad, contradicting itself and causing all sorts of damage to its soul, all of which will one day become manifest in its physical or spiritual body.

**Bad feelings are your immediate destiny if you desire a true spiritual path. They are your roads to healing your soul.** They are what you need to accept within yourself and come to terms with. They are not to be dismissed, not for you to pretend they do not exist. And when I say bad feelings, that's anything that makes you feel bad. It can be a pain in your body, bad emotional feelings, bad thoughts, anything that upsets you, anything that makes you feel bad in any way. They can come up inside you as you're sitting on the couch, or they can be stimulated from outside of you. As you know, lots of things can make you feel bad and at any time. And many things might make you feel bad, but **being tuned out or shut off to your bad feelings because of years of practised denial, you won't be aware you are feeling bad. But as you awaken your inner senses, you'll get used to feeling bad, welcoming them into your life and accepting they are trying to tell you something about yourself. Then you will start to listen to them and feel them, no longer remaining isolated and alienated from yourself.**

How many parents want to see the face of their child looking miserable day in and day out? Not many children are allowed to show on their faces how they are truly feeling, especially the bad feelings. Children are told to 'smile, cheer up, and not look so miserable'. And so many parents reflexively ask their child what's wrong but not actually expecting or wanting an answer. And if the child has never been allowed to speak and express all its felt, then it won't be able to give an answer. Your mother did this to you all the time James, she'd ask what was wrong not really wanting to know, because she didn't want to have to deal with it or you if there really was something wrong. She was afraid she wouldn't know what to do. It's scary when your child is distressed and you can't find the cause of the problem. But to do all sorts of things trying to block out and stop your child from feeling bad is wrong. And had you been allowed to show your bad feelings when you were young; or had you worked your way through your soul-healing bringing out all your repressed feelings, you would know what was wrong with your child, you'd be able to identify and relate directly to it from and with your own feelings.

**Parents generally don't see that they are the cause of their child's unhappiness. Most parents believe that they are not wrong, however if you have done your**

healing and then parent, you will have a very different approach wanting your child to openly express all it feels.

Positive parenting is very difficult if you are negative yourself. Actually it is impossible because you won't even be aware of what you are doing wrong. You will not realise that what you think is right is having a disastrous effect on your child, traumatising it instead of making it feel great joy being with you. It's all very sad seeing parents doing what they believe is the right thing for their child, when all they are doing is hurting it and corrupting its soul, teaching it how to be like them: how to be a self-denying unloving person.

And by the way, when I referred to positive parenting, I meant with a positive mind and will having done your healing, so not being affected by a negative mind state. Positive parenting as you know it – trying to parent without as much control and using your mind to be 'positive', is just another mental application of wrong doing, as one is still only doing it with and from a negative mind state, still not honouring and accepting all one's bad feelings.

I have been told to tell you James that the reason why we are focusing so much on parenting is because it is in the personal relationship, which if not right and experienced with love, can only generate bad feelings. If a parent were seeking the truth, then it too would feel bad when its relationship with its child was bad, and it would be able to stop what it was doing that was making its child feel bad. Yet most parents being so oblivious to their own bad feelings can't see that they are making their own child feel bad. And we all have believed that the parent can do no wrong, that the parent is perfect, that the parent is god so how can it do any wrong. And to be accused of hurting its own child, even unwittingly, is tantamount to telling it, it is the most evil creature on Earth, which would only be telling it the truth. We are given by the Mother and Father the highest responsibility when we bring a new soul-personality into Creation – when we have a child, and to parent it willingly or by default into the negative is the most grievous of crimes. With the compensation for such a heinous crime being taken out in pain of forgiveness by God through the doing of one's soul-healing. So can you see that it's so important that people should know about their healing and the truth of their negative mind and will state?

I am going to finish here James. Thank you, Zalena of the seventh mansion world and mother of four who is being forgiven for her sins.

**Message 21**

26 December 2002

Mary is not here again James, and so I am going to continue, Zalena.

I want to continue in light of what you and Marion are personally going through. I must say that what you are trying to deal with is helping me. You might wonder how this could be so, with me seemingly being more advanced than you, however in the moment of each experience, we are both helping each other. As when any spirit communicates with a mortal, so is the spirit helped, and so do we hope that you too are helped by us.

We are learning from Marion and you through your conversations. We are not all so separate.

We are with you in that we have not as yet completed our healing. And we can see many reasons why Mary chose us to be with her and to help you in this way. It is helping all of our small group in so many ways seeing the impact we and Mary are having on you both. It greatly pleases us to be of service to you by providing some of the stimulation and experiences you need to help drive you both deeper into yourselves. And it helps us to freely appreciate just how much we can benefit each other.

You have wondered James how do we prepare to write with you, and does Mary mastermind it all. Well, we do not plan anything. Mary does give us guidelines but really these are very general. She is not interfering in any way. If she wants us to do something for her she asks and we try to respond through our feelings. Usually we love to do anything for her but occasionally I have, and we all have, felt that we don't want to. And this, as you might imagine, has brought up lots of confused feelings – saying no to Mary? She of course is not surprised and never makes us feel bad, she just responds accordingly and helps us to bring out our feelings for the truth to be known. She is very nurturing and supportive. There are many Celestial spirits all of whom would be more than capable and willing to write to you, and we have questioned Mary about this, however she says that she wants us to write, and she completely has confidence in us, trusting we'll be able to measure up to her expectations and achieve all she wants – we who are still not perfect. After you spoke with her last night, she said to us she wouldn't be here today, and if you wanted to speak with her or any of us, that we could decide what to do!

We have talked, and of course talk a great deal about you and Marion and what we are trying to communicate to you, and we listen to your thoughts for feedback. So we decided today that I would continue as you felt that our connection was not really that good yesterday, as you felt 'all over the place and quite out of sorts'. And we

completely understand. We hardly feel stable enough to be able to communicate to you as we are all progressing rapidly in our healing, and just like you, we have recently all moved into deeper negative parts of ourselves just as we began our communication with you.

So I want to answer some of the questions you have had in your mind. You don't have to try to remember the questions, as we have written them down and have the list here in front of me.

The first thing I want to say is about our communication. You are right in feeling and surmising that you can perceive what I am going to say to you just ahead of me saying it to you. The reason for this is that it works both ways, just as much as we can perceive your thoughts when we are connected in such a close way, so too can you sense my thoughts. And actually, the more you do, the better and easier it is for us to communicate. So you sense or perceive in your mind, what I'm about to impress upon it, just before I do.

**Mary is to all of us our universal spiritual mother; Jesus our spiritual father. That is how they make us feel. Through their Spirits of Truth they make us feel loved, and it is this love that fills in the personal gap created by the rejection and lack of love from our parents.** You will feel this from the truth that comes to you – you will love the truth. And in loving the truth you will love them. Mary and Jesus are true love and in many respects, the true natural love that we all seek. They are real spirits and they were real people on Earth, so on our human and personal level of existence we need their love to make up the deficit from our parents. **The Mother and Father love us on our soul level; Mary and Jesus on a spiritual level; our parents on the physical level (or so we would have liked them to).**

We are created to ascend with our human love and live as spirits in love with our Mother and Father of Heaven, but we can't do this until our human needs have been taken care of. Your whole focus of love denial James, is centred on your mother. Your relationship with your brother, other boys and men has helped to fill in a bit of what you needed from your father and didn't get. Mary has come to help you with your mothers love deficit, and we are something like your 'sisters'. By wanting to be as Mary and Jesus are, as perfect as one can be in spirit, we long for their truth – we long for The Truth – and their Spirits of Truth help us to understand the truth of our relationships with ourselves, each other, our parents and the Mother and Father. The greater part of your soul-healing will involve dealing with these relationships and looking for the truth of them.

Many people call out to Jesus wanting him to come and love them, but really they should focus on longing for the Truth, so his Spirit of Truth can come and comfort them. And of course they should long for the Truth also wanting Mary's comforting

Spirit of Truth. It is the truth, truth, truth, and more truth we are actually concerned with as souls. It's the truth you want, not the actual person as in Mary and Jesus to come and comfort you. Because, when we are of truth and truthful, we experience love. So being loved, and feeling being loved, is feeling true to one's self, being all the truth that one is. You are all but devoid of truth on Earth, and so devoid of feeling how good it makes you feel; devoid of feeling that you are right and living true, and so devoid of feeling love. So you have to pretend and contrive love feelings all in the belief that you are loved. But still this unreal love doesn't make you feel good as our bad feelings always creep back in.

A child's view of reality is undefined. It is coming into reality. If you are not loved then it becomes quite easy for you not to feel connected to life. You feel as though your feet are not really on the ground, like you're not really here and not a part of anything. You cannot relate or identify with much, if anything at all, and you are scared all the time feeling very insecure and unloved. You feel that you have such a tenuous grip on life, and that at any moment you could just be snuffed out of existence, and feeling such feelings is horrible – some of the worst feelings you can experience. And these James are some of the feelings you have been trying to come to terms with. Accepting that you feel as though you are floating around in some sort of bubble, or bad dream, looking at other people all busy with their lives and wondering what it is that you have missed out on; why you don't fit in and why nothing seems to really interest you making you feel you are alive and a person in your own right.

James, you feel as if you are made up of a compilation of all different bits and pieces of people: your family members, television characters – is not a good feeling. It all leads to feeling unreal, and as you have found out now James, is founded on rejection: feelings of not being wanted for who you are. Your parents, through criticism of you, always wanted you to be someone else, this being very troubling for a child, for someone who needs love so as to help them individualise and become self-identifying, and independent.

You parents are evil by coercing and demanding that you suit them. They demanded that you do and be how they wanted you to do and be. And so how then can you be yourself? You can't, you can only be a compilation of all they have told you to be. And this is very difficult to do. You are an impostor inside yourself, so you are constantly at opposites with yourself. You fight them and you fight yourself, causing even more separation within you in – a constant battle for power. You become embroiled in all sorts of contradictory feelings and beliefs.

Another of the questions I would like to answer is to confirm your perceptions that we do have our soul-mates with us. We are together now. My soul partner is sitting here right beside me holding my hand as I am speaking to you. We are in Zelga's living room on one of her pink couches. We chose to meet here at her place because she lives in the country and we – the rest of us involved with you, live in various cities on our world. And Zelga's is very quiet, even though everything over here

compared with noisy Earth is quiet, but nevertheless we chose her place for its seclusion and privacy. This has also helped Mary, as she can come at will being undisturbed. Jesus is often with her but they do spend a lot of time apart doing what they need to do. And they do have their own home on Salvington (the highest Celestial world or sphere in their universe - Nabadon), which they say they go to when they are not needed by someone somewhere, which is hard to imagine.

Our soul-partners are with us in support of our work here with you. As we want this work to be women spirits delivering their truths to you, we do not want our men directly involved in the communication with you. However, behind the scenes they are equally active and doing everything with us. We all have our soul-partners although some of us have been with our partner longer than the others. And we come here – to Zelga's – as we feel. We are not always all here all the time, however Zelga and her partner are. There are others involved with our work and they too are here in attendance, however I am as yet unable to speak about these spirit personalities.

The reasons for this are to keep your attention focused on personal issues and feelings in our communications. In time you will speak with these other spirits, but first things first.

**Your healing James will remove all that is untrue whilst allowing all that is true to remain. It's a huge process. I've been doing my healing on and off – I was slow to fully commit to it – for about twenty of your Earth years. My soul-partner has been doing it for only seven years, and others in our soul-group have been doing it from five years through to about thirty five years. And we believe we have still a number of years to go here in the seventh mansion world until it's finally all over. I don't know what the average time of doing it would be.**

I am to stop now James; I feel we have both had enough. Thank you once again and I see your little cat needs some more attention. Bye for now, Zalena.

**Message 22**

27

December 2002

Hello James, as you can sense, I will resume writing today, Mary.

I want to write about what you and Marion were talking about this morning. And about how tragic you feel now.

You still have an outstanding longing and deep need for your parents to love you as you wanted to be loved. It's a very strong longing. All those years of not being loved to your satisfaction has greatly compounded it. And because it is still outstanding you have tried to satisfy this longing by doing all sorts of things, which you believed made you feel good, and even made you feel loved. But these things have only made you feel worse as they have led you further from your soul. Such things like drinking cans of Coke, smoking marijuana, going out for dinner, going to the movies, visiting friends, having girlfriends – having sex with them, going on holidays, working, virtually everything you have done, and a lot of what you still do in your life, is done as a compensation for your lack of love and its corresponding feelings of lack of fulfilment. Your heart aches feeling bare and bereft of love; your soul longs for the real thing. And so you call out to the Mother and Father begging Them for Their Divine Love in the hope that it will quench your thirst, giving you finally what your parents should have. But the Divine Love will not quench this hunger for natural love, the love from your parents, only you can give this to yourself now as you are doing through your soul-healing. With the help of Marion, as she loves you and unconditionally helps you, you are you able to unconditionally help and therefore love yourself. The rectification and purification of one's natural love is only achieved through yourself and others of such love. Your pets and nature can help, anything that is of natural love, all so you can reveal the truth of yourself, and by doing so, liberate your own natural self-love. And when this is done, when your healing has been completed, then the Mother and Father's Divine Love will mean more to you, then you will feel it more conclusively; then you will feel how your soul has become divine. **The divine inner transformation Jesus spoke of in the Padgett Messages, occurs at the same time as you heal your natural self-love need through your soul-healing.**

Your parents, James, were not ready to be parents. They were not fulfilled adults, being themselves still so deprived of their parent's love. And this is true of many if not most parents, they being still mere children in adult bodies not yet satisfied with life, not living with love and being able to give unconditional love to a child. Your parents if they could be honest, would have to admit that they didn't actually want

children. It was only a belief, something of a fantasy, to come together, to 'fall in love', to marry and have a family. It all being a part of the picture imposed on them through their childhood and something they brought into reality but not really wanting to. They were still the little child needing love, they still wanted all the attention, and so they had you and made you give them your full attention. You couldn't attend to yourself, they didn't allow you to remain self-focused; you always had to do what they said, listen to them, be how they wanted you to be. You in effect haven't had a real childhood. You weren't a real child. You were something, almost like a pet and a possession for them, something they could use and treat how they wanted to. Rarely did they consider your feelings because rarely did they consider their own. And the result of all of this is you have grown up feeling rejected and unloved by them. Your healing has shown you how unwanted they made you feel, and how unwanted you still feel, and how you've done so many things, only trying to be wanted and to feel loved.

They have made you powerless. They used your power taking it for themselves. This is why you feel drained of energy and lifeless so often; they sucked the life out of you. They were nothing more than controlling parasites leaving you with only a shell of yourself and feeling like you don't really exist at all.

James, your parents had not grow up at all. They both believed that by leaving their parents and living away from home was the beginning of their real grown-up life. Their childhood could be dismissed as something they didn't particularly like, and they could get on with the new modern world and all the new things and social freedom that was coming from America. And you simply had to fit in. So you felt like a lodger under your own roof, a roof that was said to be for you, but in truth was not yours but theirs. And then you also played a very convenient role looking after your brother and sister. And with your grandmother infatuated with you, your mother could give you over to her mother without having to think about you, enabling her to 'get on with her own busy life'. In many ways she resented you, your presence being a gross disturbance and interruption in her very important life. Now she had to 'drag around the kids' when she went shopping, no longer able to enjoy the freedom she believed she had.

Having children made her feel trapped, confined in a life she didn't enjoy. She tried to rationalise that there were good things to do with having babies and little children, but her insincerity you can now feel. Now having uncovered the screen she masked you with; now having direct access to your true feelings, you are able to see through her deceit and falseness, able to see the truth of her lies.

Your parents, James, corrupted your mind, coercing you into believing that all they did for you was good for you, by providing a nice expensive home in an expensive and prestigious suburb and a 'very good private school education'. What more could you want, and what more could they have done to fulfil their parental obligation? It was all for you, so you were told, all so you could get a good job, be a success, make lots of money and live the happy fantasy just like they were living – with a happy loving family of your own, but somehow this wasn't quite what happened, with their

divorce, and now your separation leaving the family.

Your parents were blind to your feelings. Really they felt still too tortured by their own parents.

They weren't of a state of mind to unbiasedly parent their own children. They would have been better off just indulging in the pleasures of life without involving children. A parent who is still in need of love themselves cannot be loving to its child. And children are said to be more needy than adults – how absurd!

Jesus said that the meek shall inherit the Earth. Once you believe you know more than your baby you are no longer meek. How can you know what your baby wants if you are not living true? You have to make it all up to make it stop crying, making it up with your mind and not with your feelings. Some parents are naturally better parents because of how they were treated as a child.

Some families do try at least to genuinely make the child the important one, however all intentions no matter how good are still hopelessly flawed due to the lack of truth, real knowing and understanding.

The way children are parented is appalling. There are no kind words I can say for it, and if I did I would be lying and adding to the cover up. No one really wants to face the truth because there seems to be no alternative. And most people are so well entrenched in their negative system of beliefs they do not want to try and find another way. But as more truth becomes available and people take greater responsibility, the truth will come to light and things will positively change.

And I am not saying people shouldn't be parents, only that if you are or want to be, then you can be so in the light of all I am saying. You can accept you are not perfect and are of a controlling negative mind state and still have children. Even this small amount of awareness will positively influence and affect your relationship with your child. All I want to do is help you to wake up to what really is going on within you, to understand that you have lots of repressed feelings all of which you have no idea about and these are negatively influencing from your parenting. So to start, to allow yourself to accept them will help you to give yourself a chance to grow up and be more loving to your child. What I don't want is to see humanity simply remain as it has been now for hundreds of thousands of years, completely ignorant of its negative mind and unloving ways, carrying on deluding itself that everything is okay when it's not. You all sense its not, and now you can start to do something about it. And just because you are all rotten unloving parents doesn't mean God is going to judge you and you will suffer in hell for the rest of eternity – YOU ARE NOT GOING TO BE PUNISHED. YOUR PARENTS PUNISHED YOU BECAUSE THEY DIDN'T LOVE YOU, GOD DOES NOT PUNISH YOU BECAUSE GOD DOES LOVE YOU. And all talk of God punishing you when you are naughty or sinful is nonsense, rubbish, and only perpetuated by those unloving people who want to remain in control of you.

The best thing that can happen to humanity is for it to come clean, to own up and stop lying to itself. To openly admit that it doesn't have a clue about how to parent, and that all parents are bad, and at best only partially loving. And that all children suffer accordingly, and parents are themselves children who have suffered from not being loved as their soul wanted to be. You are all in the same situation with the same problem: no one is living true to their feelings. No one is living true. And so no

one truly loves. And by thinking that just because you partake of the Divine Love you are now somehow loving and not like how you were, you are mistaken, you remain unloving UNTIL you complete the healing of your soul.

Let's finish their James, Mary.

I'll continue, Mary.

I want to come back to the beginning. I hope I have impressed on you how bad a state you are in and what you need to do to help yourself. I have wanted to present you with a picture of the problem you face if you want to live true and live the Will of your Heavenly Mother and Father. So now I want to go back over some of the fundamental truths.

There is only the one way to the Mother and Father of Heaven, and that is through your own souls leading as expressed through your feelings. And if your feelings are lived truly, that is, if you truly honour, respect, accept and express them, then this expression will bring all of your soul's personality into being. And you – your consciousness, body, mind and spirit are attributes of your personality all of which allow you to experience yourself, your soul, others and God. And by having relationships, your personality can be freely expressed enabling you to look for the truth of yourself in Creation. If you want to honour yourself, and all you feel your soul to be, then your soul will lead you out of wanting to be, and being content with your natural love perfection, to living a higher way, that of your Heavenly Parents and with Their Divine Love.

To be able to live perfectly true to the destiny of your soul, you need to pray to the Mother and Father asking Them for Their Divine Love, which will come lovingly to you as They answer your prayer. By partaking of the Divine Love, and allowing your inner transformation to begin, achieved by doing your soul-healing, your soul begins a new life, and allowing it to begin its transformation is achieved by doing your soul-healing, a new course of existence, setting out for Paradise and living soul perfection.

To live perfectly well in the highest sense is to live the Will of the Heavenly Mother and Father, and this can only be achieved by becoming of Their essence through receiving Their Love into your soul. This course of events is for all ascending mortal souls, however you also face further complications. On a world that has not been interfered with, you would be seeking to live natural love perfection with or without the inclusion of Divine Love. And all you would be experiencing and learning would help your soul grow in truth in a positive way. Your experiences would be positive and of love. You would be ascending to Paradise with grace and the challenges of people who are filled with the joy of love and longing to be true to themselves, their

Earthly parents, and their Heavenly Parents. However, as I have told you, due to certain circumstances, you are not living with positive minds and so can't achieve living in this state of grace until you do your soul-healing. You are not living with the desire for truth, and consequently you do not live with love, and the expression of joy is absent from your world.

Basically you are all very unhappy and unloved people without much of an idea why. You have very little understanding of higher things and really don't believe that there is or are such things. And even if such things do exist, you believe you are too far away from them to do anything about them. All you call spiritual and religious, the negative systems and beliefs you use as guidance for your soul, are at best, a very big confused mess of erroneous belief. Dotted amongst all the rubbish and confusion is a handful of truth, but it is so embroiled in all the mess that it largely serves no purpose at all. Based on how you see and believe life, you cannot find your way out of a paper bag, let alone ascend the mansion worlds of truth to live Celestial perfection. All you really know is a few words like: divine love, paradise, soul, spiritual, truth, etc., but what good are these to you when you don't know what to do with them?

Two thousand years ago the Mother and Father asked Jesus and I to come to you. We were conceived and born of perfect natural love. Jesus was allowed to advance his soul into something of its divine perfection through the partaking of his Father's Love, however I had to remain subservient to the dominating rebellious forces. And because we had to honour and live true to the restricting rebellious conditions, you all but lost and disfigured the truths Jesus revealed, resulting with the Christian religions; religions that purport to be true, yet are sadly and pathetically untrue, providing little real help to the soul, and mostly succeeding in further entrenching your mind in its negative and wrong beliefs. And with no real improvement in sight, the Mother and Father have once again asked Jesus and I if we would come and bring the truth to you again. This we began with Jesus 'speaking' to Mr. Padgett. And now I am helping you to see more truly the state you are in, and to help you become more aware that you need to do your 'soul-healing'. And you can either do your 'feeling-healing' – without the Divine Love, to perfect your natural love; or you can do your soul-healing (which includes your feeling-healing) with the help of your Heavenly Mother and Father and Their Love, transforming your soul into its divine condition as well as helping to bring you into a perfected state of natural love, all enabling you to live in the Celestial kingdoms Jesus spoke of.

You all live in a negative mind state, and you can willingly continue doing so, or you can try to not live it. Trying not to live it is doing your soul-healing. Living it is evil, sinful and full of error. And why people don't understand this is because they choose to remain unconscious of it. It was forced upon you by default when you were young by your parents who were unaware of it, and blindly you have accepted it as being the correct way to live, passing it on to your own children. And as unfair as it may seem: that you have been subjected and exposed to such evil seemingly without having a say, that is not entirely correct, because on a soul level you agreed to incarnate on Earth knowing exactly all you were in for, all because it is an opportunity to experience and understand first hand what it's like to live in evil – to live without love.

Many people incorrectly believe life is right how it is, and are trying to make their way in it. It will come as a shock to find out that they have been wrong and have

done lots of bad things in their ignorance even while believing they have been good. Others know that bits and pieces are bad or wrong but don't know how to do anything about them, feeling completely powerless and living resigned to such a fate. And others try to look for a way out. However up until now there has not been a way made available to you, but thankfully that is all now changing.

Living in a negative state is living anti the Mother and Father, and therefore, anti yourself. Hence, it is negative. Negativity begets wrongness and bad feelings, and no matter how much you try and pretend not to be bad, by 'loving' and 'caring', you are still negative. Most people try to cover up their badness with false positiveness – this you call love. True love you have no real idea about and definitely no truth to support it. To choose to stop being negative is not a matter of making the decision and then setting out to change your ways through positive thinking, or believing you are now all-loving because you use loving words, it is actually to come clean and to **be** and bring out all the negativity that you are. You are negative because you are denying yourself – denying your true expression. This is because your parents didn't allow you to be yourself. And it – the negativity – won't just go away no matter how hard you try to ignore it or over ride it with your mind. You are what your parents have made you become, and only by completely accepting this can you see the truth of who you really are; as James has seen himself: the miserable, angry full of hate and unloving person he is. The truth of why he's like this is because he could not be himself and so is very angry and full of hatred for being made to be this way. Whilst in your negative mind condition you cannot be your true loving soul in your life no matter what you might think. And as you, the reader, uncover the untruth, badness and yuk within yourself, as you bring up and express your repressed childhood feelings, you will see that you too are full of misery, sadness, feelings of being uncared about, dismissed, rejected and most of all, unloved. And consequently, you are in a bad way – a very bad state.

As you are living in a rejected condition you need to reverse this by accepting yourself – accepting this condition, this being achieved by the expressing of it. You will need to fully accept your rejected condition, allowing yourself to fully BE IT. Your parents have rejected you; you are a rejected person, and continue to reject yourself. You of Earth are the Rejected Ones: unaccepted by your parents for being yourself, and forced into being something and someone you are not. And to heal this you'll have to want to see the truth of it so that you can fully live and express it. You are rejected but living trying not to be, trying not to feel bad – you are rejecting your rejected state. And this has to be reversed. You can't merely superimpose a positive state over your negative and hope the bad will go away; no, you have to first allow it to be, all so you can see exactly what it is: so you find, understand, 'see', feel and know the truth of your negative condition.

It is a difficult thing to consider, being completely the thing you dread most. To allow yourself to be completely all the things you hate about yourself, your parents and your life is a big undertaking. But it is the only way out. You can only be yourself. So if you are negative you have to be that. You can't be something else. You have taken it all on with your complete will. You are it, all of you *are* negative. All the cells in your body resonate to the tune of your denial; all your feelings are conditioned by your mind which is full of beliefs that lock you completely into your self-denying evil state.

Your soul naturally longs to be as its Parents are – perfect. And your Soul Parents have given you your beginning with your Earthly parents. Your Earthly parents if they were positive would have parented you in harmony with your real soul Parents. However your parents parented you with negativity and led you away from your

real Parents making you live untrue to your soul's natural yearnings.

By wanting to live true; by wanting to do your soul-healing, and by wanting to do it all with the Mother and Father and Their Love; and therefore wanting to long to Them for Their Divine Love, truth and help, is bringing your focus back in line with the natural longings of your soul. It is your first step to take, to want to be at-one with Them, to live and do Their Will, and be as perfect as They are. The next step is to pray with a sincerely heartfelt longing for Their Love. And then to ask Them both to help you to do your soul-healing – to completely heal yourself of all that is untrue. You will need to also long hard for the Truth. Then you can begin to concentrate on acknowledging, accepting and expressing all of your feelings: good and bad, with the bad ones taking you back into your early childhood so you can uncover the truth of what went wrong.

In each and every moment you are feeling things. And the aim is to bring up in you and right out into the open, all of these feelings and all the aspects associated with them. You are trying to get to know yourself through your feelings. And as you are trying to do this, long to the Mother and Father to show you the truth. You have to want to be all the horrible and bad and wrong feelings that you are. I have said it before and I will say it countless times again. You have to fully allow yourself to be them, for only then will you know what you are of. Only then will you see and feel very clearly for yourself, what beliefs you are living and how they are affecting you as a person. The truth of your feelings will not make you feel very pleased with yourself, as you will feel the horrible and ugly truth about your negative self-denying self, but once you have seen it for exactly what it is, you will be set free of it by the Mother and Father. They will, through a function of Their Love, take the badness from you because you have been courageous enough to admit the truth of your negative self. They will then transform this part of your soul into divine perfection removing your imperfection for ever-more.

You will feel the wrong leave you and you will know that you are no longer it, and it is not longer you. And then you will truly be free. The truth of yourself through full self-acceptance will indeed set you free. And this is the only way to do it. There is no other way. And you won't do it until you really want to.

The process of expressing yourself and bringing out your buried and repressed bad feelings is difficult. It is even difficult to write about how you do it. It needs to be personally experienced. There are certain aspects of it, which can be learnt, certain techniques and methods can help you, but ultimately it all needs to be done by speaking, by sharing it with a friend, and eventually with your soul-mate.

How you express it is up to you. We cannot be with you and coach you through it. However if you really want to do it the Mother and Father will help you, providing you with the experiences you'll need. And steadily, as more people strive to live true and embrace their healing, more of an understanding as to how to do it and what you can expect will come to light. Certain things are also taking place of which I am not as yet at liberty to tell you, however when these things have been completed, then all the new planetary circuitry will be in place enabling you to in-circuit your mind and feelings in the truth as you do your soul-healing. The groundwork is currently being done and soon the trail will have been blazed for you to follow. (It will be open, reader, by the time you are reading these words.) And by following it you will

uncover your destiny and your own true path through Creation.

Jesus as himself is giving you a picture of the perfect way to live. I am giving you a picture of the mess you're in. It is however for you to heal yourself of your mess so that you can live the perfect picture. I am focusing you more into and on yourself. There is really no escape no matter how hard you try; but I do understand how hard it is to stop running and face the truth of yourself. And I do appreciate how much help you will need.

The aim of your healing is to show you the state you are living in and how untrue it is. It is not about helping you to succeed in the world or coping better in your life. It is about smashing all the wrong beliefs you have that are in control of you. For the most part if you are successful in the world you will find it even more difficult to give up your beliefs for success; if you are a failure then you are already closer to the true you.

In most cases a person who has lived a life and feels that they never quite did it – made it to where or how they wanted, and all that happened failed, going from one disaster to another, never getting a break or a chance, is in a much better place to being open to the notion of living true to their bad state. They are a bad state! And they will find it easier to embrace their bad feelings and accept all is not good nor is it as it seems to be, than a person who believes they are quite okay in themselves and relatively happy and content in life.

You may look at other people and see they seem to be having a fruitful and happy life with success and enjoyment in the world, whereas you just seem to feel so bad most of the time, and are always looking for some sort of direction or truth as to explain why you are not like them. If you believe that their way is all there is and all you want, you will just have to keep on going, endlessly deluding yourself that one day you'll be like them. But if you feel already life is too hard and seems to be applying a constant pressure on you, then your soul is asking you to acknowledge such feelings and start to look for a new way to live.

Your life and all life you see about you except for nature is wrong. I won't stop telling you this.

But you can't see another way, because as yet it is not being lived on your world by anyone, although this is soon to change. And as you embark on the doing of your soul-healing you will uncover a new way for yourself, a way that is still in and of the world but somehow also not of the world and different to how you've experienced anything previously.

You are setting out to personalise yourself into being the full expression of your soul. So to individualise you will develop relationships with everything that is in your life expressing yourself truly in them. You have to become a full and complete expression of your own will, and so you will have to know why you do everything you do, what you feel about it, and how you understand it to be. You will know

yourself through and through, so much so, that in many respects you will feel like you are new person.

As you progress your faith will grow: in the process itself, in yourself, and in the Mother and Father. You will need your faith because during the crunch times, when you will be doing your best work and feeling the worst, the very worst feelings, feeling so confused and disjointed, faith will be all you'll have to hang onto.

Your healing will be very hard and I want to try to give you more of an appreciation of what you are in for. I am trying to give you an overall sense and summation as to what it's all about, however personal experiences are the best and these will follow from spirits later in this book. But before they do, I want to give you more pictures to think about.

Imagine that you are having your flesh torn off strip by strip. How can you know what this feels like, however some people know, for they have had it done to them. The horror of such torture is still in your (humanity's) collective mind, and so when you are in a bad state during your healing trying to express your feelings, you may feel so terrible that words and pictures like having your flesh torn off might come out of your mouth as you are trying to describe just how bad you feel. Such imagery is real because on some level of experience you are all sharing in the same horror. All of you, every soul of humanity is connected in a common destiny, and even though you may all live in very different times and places the badness of your feelings will feel as real to you now as to someone a thousand years ago. So no matter how strange some of your descriptions are, how 'movie-like' in their sheer graphic grossness, still express them as you see and feel them. And as you do, try to stay true to them, try not to contrive them making them better or worse than they are; simply try to allow your feelings to paint the picture you feel.

What I am trying to say is that when you feel bad you will feel really bad. I can't tell you just how bad, and my saying you will feel like death, or nothing, or I can't go on, are only words and will be nothing like what these feelings and states of mind will feel like. And if you can, try and want to feel bad. Try to embrace this, if only as a concept: **THAT FEELING BAD IS GOOD! IT IS RIGHT AND NOT WRONG TO FEEL BAD. YOUR BAD FEELINGS ARE YOU AND THEY ARE GOOD AND RIGHT, NO MATTER HOW BAD THEY FEEL. THEY ARE AS MUCH OF YOU AS YOUR FINGER OR BREATH OR HEART, AND THEY NEED TO BE ACCEPTED NO MATTER HOW BAD OR EVIL OR WORSE THAN ANYTHING YOU FEEL. WHEN YOU ACCEPT FULLY HOW BAD YOU ARE FEELING NOW, THEN, AND ONLY THEN, ARE YOU LOVING YOURSELF TRULY. AND UNTIL ALL YOUR REPRESSED CHILDHOOD BAD FEELINGS HAVE BEEN LOVED OUT OF YOU BY YOUR OWN SELF- ACCEPTANCE OF THEM, YOU WILL NOT BE OF LOVE OR TRULY LOVING. BUT ONCE THEY ARE ALL GONE YOU WILL BE ABLE TO LIVE AND ENJOY THE JOY OF BEING ONE OF SOUL-LOVE PERFECTION.**

If, or when, you are the listener, the helping ear of support, the 'enlightened witness', or just a friend, try not to tell the person who is trying to express their bad feelings what they should do. Try to avoid this at all costs. You may be tempted to

do it but try not to. And if you can't help doing it, accept that you do, and want to find the truth of why you need to tell another person what to do. Many people wanting to help another have ingrained in them many ways of trying to stop the other person from feeling bad, by trying to rationalise away their feelings, or tell them how they should feel, or come up with solutions to problems, all with the effect of taking over from the suffering, stopping them expressing all the bad feelings they need to.

When a bad thing happens to you, or you realise something you are doing is making you feel bad, don't just stop it so you won't feel bad, see instead if you can do the opposite to your programming and keep doing the bad thing, but express all the bad feelings it makes you feel. And always remember to long for the truth of why you feel bad, really want to know, but to know through your feelings and not to simply work it out – come up with an answer – with your mind.

And as you begin your healing, try to be sensitive to your feelings allowing yourself to feel bad, even in the simplest or most 'stupid' things. If you feel bad accept your bad feeling, this is crucial, accept it by fully acknowledging and honouring it – by speaking about it! Always try and be a friend to yourself, and allowing yourself to feel all the feelings you feel. And if you want to start accepting your bad feelings, you'll find that within the home is a good place to start, you'll be amazed how many little things make you feel bad, as after all, your home when you were little was your torture chamber.

To tell a child to: stop that, get out of the way, now move over there, don't touch that, get off that thing, stop making that noise, sit down, eat your food, not that way, don't do that, stop doing that, shut up, come here, go there, stand up, sit down, go put your jumper on – NOW!, hurry up, don't run, keep your hands off, stop yelling, stand up straight, stop making a mess, stop, don't, go away, eat with your mouth closed, brush your teeth, and all, over and over and over, again and again, time after time, day in and day out, without any genuine feeling or consideration for them, is soul destroying. The poor little girl or boy doesn't stand a chance to stay true to her or his own feelings. Slowly more and more they are lost, moving further and further away from themselves becoming an unreal creation of their mother and father and less of a true blessed creature of love, a creation of their Heavenly Mother and Father.

Yes, James, let's stop. Mary

**Message 23**

29 December 2002

Good morning James, I'll continue – Mary.

The two ways of helping yourself are, as I have said: one, doing it all yourself by trying to identify your problems through your feeling acceptance, mainly psychological, using whatever measures you need to express yourself; the other is doing the above with the Mother and Father and Their Divine Love. And your on going **bad-feeling-acceptance** can readily apply in both situations. Also, remember as you look to other systems for help, that the systems, thoughts, medical approaches, spiritual outlooks and everything else, are all based on, and have all grown from, the problems that you already are. They are no different from you, and the individuals providing the help are themselves very heavily entrenched in all the wrongness. So even though they might be able to shed a lot of light on your negative state, really they are only offering another picture for you to adopt within the negative and are not dealing with the core problem of your repressed childhood feelings.

Some systems are designed to help you express your feelings; however they will be limited because they can only go so far. In spirit, the conditions are different and established such that if you want to perfect your natural love it is easier to do, however still much harder than accepting help directly from the Mother and Father. It will take you a long hard time no matter which way you choose to go be it in flesh or in spirit if you choose to go it alone perfecting your soul yourself. And then you can only do that to a certain level, attaining a level of natural love perfection and nothing further. You can continue to develop the attributes primarily of your mind, and once free of repressed bad feelings you will feel happy compared to how you feel now, but this natural love happiness cannot compare to the happiness you will experience with the Mother and Father's Divine Love in your soul.

Only a soul who has done, or is steadily doing, her or his healing and knows that she or he is well on their way, can offer any real help to one starting out. If you choose the way of the Mother and Father and Their Divine Love by all means seek help from wherever you feel you want to, but bear in mind that unless the people offering the help are engaged in actively doing their soul-healing with the Mother and Father through prayer for Their Divine Love, then they will be limited by their negative mind patterns, as to how much they can help you.

Doing your healing with the Mother and Father brings about the activation of higher laws of truth, these are covered quite extensively in the Padgett Messages, so I won't go into them to deeply here, but the Law of Compensation will give way to the Law of Forgiveness making your healing progression much swifter and more focused,

more potent, and with far greater rewards. There is nothing to compare with the feeling of feeling your soul – you – actually being transformed as you are expressing your bad feelings, and then to know that when you have done it, they are gone for good.

I can only stress that the way to Paradise is with the Mother and Father and Their Divine Love, being achieved by growing in truth. You can still have an impersonal relationship with Them through the limitations of your natural love soul, however it won't be as fulfilling as a personal one when you start to partake of Their Love.

When you begin to pray to the Mother and Father for Their Love expect to feel worse than you already are. Remember it is all about feeling bad. Initially you might feel better as you partake of the Love, however if this continues you might like to consider your relationship to the truth – are you wanting to do your soul-healing and find the whole truth of yourself, or do you just want to receive the Divine Love like taking a pill to make you feel good? No doubt you'll want the Divine Love because you feel bad and would like it to make you feel good, but this is not the correct motivation for asking Them for it. You are asking Them for Their Love because you want to be like They are – Perfect. You want to be of Their Divine essence, and then live according to a Divinely inspired will. You want to live and do Their Will. If you ask Them for Their Love solely to make you feel good by magically removing all your wrongness and bad feelings, then you may believe you feel better but you won't advance your soul. It can be easy to delude yourself into believing that you are growing in truth and advancing your soul, and even healing it, simply because you are receiving Their Love, however unless you are actively longing for the truth and doing your soul-healing you will not be advancing anywhere. You can accumulate a certain amount of the Love without starting your soul-healing, but there will be only so much you can receive before things start to stagnate once again. Just because you are longing for and partaking of Their Love doesn't mean you don't need to do anything else. If you want the Divine Love to actively start transforming your soul, you will need to actively start doing your soul-healing. **Jesus has only revealed the first part, the truth that you can ask for and receive the Divine Love; I am revealing the next part, that you will need to do your soul-healing if you want to start your soul-ascension.**

The Mother and Father want you to commit the care of your soul to Them, and this requires you to submit your will and control, that which you're living with your negative state, giving it all up to Them, so They can resume the control in your life which you have taken from Them. So you can live your full positively inspired mind and will doing Their Will lovingly. Your healing is only a very small part in your overall relationship with Them. Nevertheless it's the most pressing part you need to attend to once you've started longing for Their Love. You are standing in the way of Them with your negative mind. To long to do your healing, and to ask and beg Them for help, is needed because your negative state is interfering with your ability to live true to Their Will and become as all-loving and unconditional and all-accepting as They are. Even if you grew up on a world of positive mind still the same real problem of how to live with Them would be present.

The pull to be as They are is very strong in every soul. You are ascending souls of truth, and as you study the information given to you in The Urantia Book you will see that Paradise is a long way off but exerts a very firm pull on you. Always within you is the desire to move on, and only if you insist on keeping it covered and living in denial of it, will you remain in your early childhood bad feelings – repressed.

The essential ingredient in it all is the Truth. And the Truth is the Truth. It is the only thing of Creation that is permanent. It underpins Creation; Creation forms itself

along the lines or circuits of Truth. And Truth emanates from the Mother and Father's Soul and is completely manifest in the Eternal Son (The Second Person of Deity – re The Urantia book) who coordinates all Daughters and Sons of truth so far as helping you to know Them as your true Heavenly Mother and Father, the One Great Soul – God.

You will feel the benefit of the Mother and Father's Love in your own way. Each of you will have a very different relationship with Them, negatively influenced to begin with by the negative relationship you have with your own parents. If you have one wrong circuit on any level in your relationship with your own parents then this wrong circuit you have with your Divine Parents too. If your parents parented you perfectly then you would begin your relationship with your Mother and Father perfectly, however as you have all been parented imperfectly – negatively – then this is how you will start your relationship with Them. And so as you do your soul-healing your relationship with Them will change.

The Perfection of Divinity is coming into your soul as the Divine Love. It is the Mother's and Father's Essence coming into you! Just imagine a drop of such purity merging with the impurity of rebellion and default in your soul. There is going to be an effect of some sorts, **BUT ONLY IF YOU ALLOW AND WANT THERE TO BE**. The perfection will displace the imperfection. And the imperfection will come out, **BUT ONLY AS YOU DO YOUR SOUL-HEALING**, only as you allow it to. The doing of your healing is you taking responsibility for all that's wrong within you, and your 'willing' it out of you as you express, speak about your bad feelings. It's you choosing to no longer be of it, all by uncovering the truth of it – the truth you need to see showing you your imperfection. So it's conceivable that even though you are receiving the most perfect love you will only feel worse and worse as that imperfection surfaces within you. But it will be only worse in the short term whilst you're doing your healing; in the long term you will feel the Love for what it really is. But first all the yuk needs to come out of you and as this happens you will feel bad. So you could say that if you want to know as to whether you are receiving the Divine Love, by feeling worse about yourself and your life is a good indication that you are and you're healing is beginning. And conversely, if you believe you are receiving the Divine Love and are only feeling better and better then perhaps you may be going the wrong way and deluding yourself about the Love and these 'good' feelings. I say that perhaps, because there are no fixed rules. It might be right that you spend a season (and it might consist of many years) partaking of the Love, feeling good having it in your soul and not starting your healing. The time to start your healing will be the right time for you. Many people will find they may need a time of grace, a time to just allow the Divine Love to make them feel good whilst they prepare for the hard time of doing their healing. Many of you have been so heavily knocked about through life because of your negative mind, so might need this time for certain pressures to ease before you are ready to do the hard healing transforming work.

And you might also need this time of grace to prepare your mind, to learn more about what your healing is about. To introduce yourself to and start accepting such notions like: all you thought your relationship with your parents to be might not be as you believe. It will take a lot for most people to start to consider and accept much of what I am telling you now, namely that you are evil; your whole world is wrong; your relationship with your parents was based on no love; and that to do your healing will require more effort than just sitting back in meditation or prayer soaking up the

Divine Love. And it could also be that it is not a part of your soul's plan to begin your soul-healing on Earth. So all you do for the remainder of your physical flesh life will be in preparation to embrace your healing when you come to spirit. It will be, as everything is, different for everyone. Your time to begin doing your healing will be perfect for you, and you will know when it's time to start through your feelings.

Your commitment to yourself will be matched by the Mother and Father. By this I mean you can't and won't precede any faster in your healing than your commitment to do it; and any faster than what They know is best for you. As you work your way through your soul-healing bad things may happen to you at times, things which you might think loving Parents might or should prevent, however They will be making such things happen even though they seem to contradict what you'd call loving, all so you can feel bad enabling you to express more bad feelings uncovering their truth. Bad things will continue to happen throughout your healing because of this, however they will diminish in intensity as you heal. The Mother and Father will make sure nothing happens that you can't deal with through the expressing of your feelings. As you will see, all such bad things will still happen to you in a very loving and supportive way, something that only Parents of extreme love could bring about.

Try to remember – along with everything else – that you are embarking on something that you have no idea about. You don't and can't know what you need and what is good for you. You are trying not to lose control desperately hanging on. And yet your healing will require things to happen to you so you do lose control, and can't hang on. You need to smash apart and break down all your wrong beliefs, and at times you will feel really bad. But this is all good and you will be supported along the way in ways, which you will not initially comprehend, but which you will come to understand. You are in the best of care even though you can't have any idea about it, but slowly the Mother and Father will show you how much They are looking after you and how much They do care and love you.

You cannot feel the Divine Love itself. It is Light and so fine a vibration that your soul perceptions will not have developed enough to feel it – they will have developed enough by the time you reach Paradise. However, you can feel the Holy Spirit bringing the Divine Love into your soul, coming about and even entering you – the spirit you. If you feel you need the help of a formal prayer to help long for the Love, Jesus has given you one in the Padgett Messages. If you say this prayer with all the intention of being true, then you will invoke the Mother and Father's Love even if you are not sure as to whether or not you are actually receiving it. I am not going to give you a prayer because I want you to find your own. All you need do is express your feelings – what you feel you want. I want you to find your way and feel what is right for you. It is all up to you. I can't say this enough, and it is for you to find your feelings in it all, because, how else are you going to know what is true and what is not if you can't feel it?

So far as needing any type of 'religious' or 'spiritual' ritual or place to pray in – you

don't. YOU ONLY NEED YOURSELF. Of course if you do want to long for Their Love in such places, do so by all means – always do what you want to do, however it's not a prerequisite for living true to Them and receiving Their Love. As James found, he started out with formal meditations and prayers, having a special room with incense and music and the 'right' atmosphere, and it suited his needs and beliefs for then, but as he has progressed he has dispensed with all of that, longing to the Mother and Father for the Truth and Their Divine Love wherever and whenever he feels like it – nothing formalised about it anymore, all simply acting on his feelings.

You are already living your life for someone else and possibly two, three, four people or even more. As yet, you don't really exist, so you won't know what you truly like or dislike. But as you let go of all the controlling beliefs and patterns through your healing, you will let go of all that is not you being left with and discovering the true you – what you like, what makes you feel good.

You will only be able to do what you can do. Don't try to do too much. If something begins to make you feel too bad, and you don't want to go on trying to express all you feel, stop if possible, you'll always get another chance at expressing your bad feelings. And if it's not possible to stop, then keep going expressing all the way how much you don't want to do it. If you hate vacuuming for example, don't do it. See what happens, but in every moment express your bad feelings. Then if you have to do it because the dust and fluff is piling up all over the house, or you are worried about who will think what, do it, but express all your worries. Tell them to the Mother and Father if no one is with you. And ask Them to show you the truth of all you feel. And what you like and dislike will change. You may feel you love doing the vacuuming, but the deeper you go into yourself, uncovering how you really do feel, you might find you actually hate doing it – your 'love' of it merely being a belief. It is for you to see what happens for yourself and what you truly feel about everything. And even though it is only the vacuuming and surely there are better things to get on with, such as healing your soul – just remember, it is through the FEELINGS to do with the vacuuming that you WILL heal your soul because it is doing the vacuuming that is currently giving you the bad feelings.

During the day things around the home contain, for most of you, the horrible stuff, because it was doing, or having to do, those things as a child when you didn't want to do them, that involved the conflicts with your parents. And in these conflicts so much of your relationship was unexpressed – you weren't allowed to say what you felt. The truth of your relationship with your parents is in the yelling and screaming, the protesting and being punished, the reprimands and being forced to do what you didn't want to do; followed by all the false nice 'loving' words that came when the storm had passed.

You will have to go back into these traumatic times and re-experience all of your feelings. IT WAS NOT NICE – NOT NICE AT ALL! It is hard to even remember exactly the torture you suffered, and why would you want to, when it was so horrible? But it all has to come out – every last bit. There is no other way, and as I have said, anything else is only an escape. You are already escaping with all your might. You hated the treatment your parents made you suffer and now all you do is try to forget it. And so this is what you have done, forgotten it. As an adult you live

in denial of this. Your healing is recovering your memories and unfortunately they will mostly be the unpleasant ones. And once recovered, re-experienced to the degree of seeing and feeling what you need to, so they will go. You don't actually have to be beaten or yelled at again, but you will need to remember the feelings, the true feelings of what was actually happening, and what you felt before, during and after. You won't for example have to feel the pain of being hit on your bottom by your father, but you have to remember that when it happened you felt very scared, rejected and unloved; angry, humiliated and powerless, and you never understood why your very own father hit you and hurt you. All of the physical pain also will need to come out, but this will happen in different ways for different people. For example, one person may cry it all out; another might experience anger rashes covering parts of their body. Another might experience muscle soreness, bone aches, stiffness and pain, inflexibility, skin irritation. It will all need to be expressed one way or another.

All that has remained unexpressed on all levels will need to be expressed and in doing so the causes will be shown to you and the effects – the controlling beliefs that lock it all in place – will be broken and you will feel freer and freer and more and more a separate and unique individual.

Your parents are the cause of all your problems. The reason why anything goes wrong for you IS because of them. They are the causes, but you have taken it all on so now you are the cause and your life – what you feel – the effect. You have taken it all on because you are a separate will and personality. You naturally look to your parents to show the way until you are old enough to look to your higher 'parents' Jesus and myself, and then even higher Parents, the Mother and Father.

Everything bad that happens to you as an adult is caused by you taking it on from your parents. They forced their negative patterns and their ways on you, and now you are living those patterns with full strength of will, in effect, doing it all to yourself – what your parents did to you. And even the seemingly out of the blue accidents are all your manifestation. The Mother and Father organise it for you. You are creating a life for yourself based on the expression of the attributes of your soul, most of which are now severely impaired because of your parents' negative effect on you. As some of these attributes are now being negatively expressed so to will you create this negativity for yourself and your life will reflect it all back to you. So all your problems from illness to hating the vacuuming you are creating for yourself. You are making yourself sick, because you are sick of yourself and because your parents were sick of you. They rejected you and you now do the same to yourself – you reject yourself and so in accordance with the needs of your overall soul growth, when it is time to become sick you will. Medicine is trying to kill the bugs, however they will always be there because you need them. What would all the doctors and all the money making medical companies do if you did not have the bugs, or even if they were there but did not bother you? And yet if you were living true to yourself you would not need the help of the bugs to show you that you are living untrue. You wouldn't need all the medicine that you have. So while you all need the bugs to make you sick they will. If they didn't, then you would have real cause to be angry. But the Mother and Father have provided well for your needs, and I can tell you that if for some strange reason the doctors did manage to find a cure for everything, we over

here in spirit, would be at liberty to give you new bugs they couldn't cure. This being done by the angels through their little helpers, the nature spirits. You need things to make you ill, to show you that you ARE ill. Not sick as you understand sick to be, but sick in your soul, sick in your spirit, because you are living denying so many feelings. If you expressed ALL your feelings you wouldn't need to get sick.

As you progress in your healing less and less bad things will happen to you. You will no longer need them to stimulate your bad feelings. You will get to a point in which you don't need bad things to happen to make you feel bad, your bad repressed feelings simply being free to surface of their own accord in accordance with your growth of truth. At this time you will become more focused on the intricacies of your relationship and all the small things that go into making you be with another person correctly. Then you will not need big outside things to upset you as small inside things will make you feel crushed. You may suddenly step aside allowing your husband to pass through, and in an instant you might feel deeply unloved and so crushed and defeated, you have to stop everything, sit down and cry. And as you express all your feelings you'll move back into something that happened when you were young, or how your parents treated you, showing you why you now feel like this. And you will feel the devastation of not being and feeling loved by them.

You have been made to accept all the bad stuff by default. You are conceived and born into it and it might seem like you don't have much of a say. However you do. You will be saying a lot throughout your healing! As you will see one day for yourself, you have actually chosen everything for yourself to experience. You are just not aware of it yet. You have wanted the parents that you have and wanted all they have done to you, and by the end of your healing you will completely accept this truth. Now however, your revulsion to such a thought as to wonder why on Earth you would want to be treated so badly and to live your childhood rejected and unloved with it full of such horribleness, is a long way from the truth. And just as how you are a long way from understanding that you are the cause of all your problems, so too are you a long way from knowing you have wanted it this way, all of your life, no matter how bad it is now or has been or ever will be. The Mother and Father don't do anything to you, that you do not want. However, what your soul wants, and what you want, will, until you've healed yourself, be two different things. **Your healing will bring you back to your soul so that you can be the real and true: wanting exactly everything the Mother and Father know you need. Then They as the Loving parents They are, can give you, Their child, all the positive parenting you will ever want.**

We'll end here for the day James. Thank you. Mary.

**Message 24**

30 December 2002

Hello again James, I am so pleased with all that you and Marion have seen today. And so in light of that, let's continue, Mary.

Today I want to give parents a break and speak about how I communicate with you. It is all done through your mind circuits. Each and every part of your soul's creation is in-circuited in Creation. And so there is a pattern for everything and it all works back to, and comes from, the Mother and Father. They ARE Soul, and Creation is a manifestation of Their Soul and is all brought into being along very definite and specific guidelines – Truth. If there were another Mother and Father then Their Creation would be along the guidelines of Their Soul Pattern being the manifestation of Their unique Personality. And we would then see the differences in the two creations and therefore be able to distinguish the separate God personalities. As we live in the Creation of the One God who is both the Mother and Father of our soul, all we experience is helping us to get to know Them – Their personality, and consequently, Their Soul.

Our soul has been designed to be of the Mother and Father's Pattern. We start in Their image, transforming our souls into Their essence upon partaking of Their Divine Love. So as we get to know ourselves – the truth of our soul – so too will we get to know Them – the Truth of God. They are providing you with all the experiences you'll need to get to know your own soul and Them. And currently They are providing you with all the experiences you need to get to know what it feels like to live without love and in rebellion and default against Them.

When I want to convey a certain picture, which your mind can relate to, I organise your thoughts to make your mind 'speak' to you so that you can hear your own mind's voice in your head, but with a slightly different 'feel' to it. What you feel as you allow us to write through you is more than can be conveyed into the writing you are doing. Your writing has your 'tone' together with a separate subtle variation from me or the spirit relating to you. Overall I allow and encourage you to use your words and phrases to paint my pictures. Sometimes I will 'flash' the picture I am conveying to your mind as we begin, but mostly I allow the picture to unfold as we go along. That's why sometimes you don't see where I am going and just have to concentrate on writing the next word as it comes to your mind, whereas at other times you do see my direction and can move along faster knowing more about what I'm going to say. Sometimes I want you to draw more upon your own pictures to express that which I want, this being done to help clarify your mind and expand your understanding; and other times I want to hold the reins more tightly preventing your mind from having

too much of its say. I like to use my mind to inspire yours, so as you write you are making up what I want you to say. And when I communicate to you this way I need you to be fully conscious, open and willing to receive my inspiration, for I need your mind and will to do the work. I could if I wanted, and if you completely agreed, override your mind making you feel like you're almost unconscious, and take over your body and write or speak through you, but in doing this I am not including you in the experience, and the whole thing is for you James, it's what you experience as you write with me, even more so than what is written.

We have to practice to be able to do such things with you, but once we get the hang of it, it is very easy, and languages are of no barrier for really we are using picture symbols which are common to all minds. The one thing we do need however is a starting point, or points, in your mind from which to begin with. We need some sort of connection or picture in your mind, something which you can relate to us and us with you by. There would be no point speaking to you about a subject you know nothing about or have no interest in, for we would have to begin at such an elementary level, beginning your education about the subject, before we could relate in a more relaxed and straight forward way. And as you James are interested in **the truth of how to live life**, then this we can start with and expand on.

And so it has been very wise of the Mother and Father to orchestrate it such that you have forged your way with Marion seeing so much of the truth I want to communicate across to you for yourself before we began this writing. This has made my work much easier as our rapport can be achieved with far greater ease. You have also progressed quite significantly, as you are now aware, in accepting this aspect about your personality – being able to communicating with spirits – taking more control in it. You are so at ease with our writing through you like this, that it would be right if you doubted we were real and having anything to do with it, it being only a creation entirely of your own mind. However we are here, subtly guiding what we want you to write.

I can't convey much of my personality across to you in this form of communication, and there is no need to. If another person were to write with me I might sound or feel different being 'coloured' by their personality. So really one needs to understand that this writing by me to you is really a combining of you and I. It is not all me nor is it all you. It is simply this thing we do together: write together. I know you have questioned me and my authenticity, but all you can do is go by what you feel, and understand that what we do is a joint effort. I am inspiring you to write your thoughts, which I am also inspiring through pictures from a deeper part of your mind. And as you write what I impress upon your mind, so too are Jesus' and my Spirits of Truth, together with your Indwelling Spirit, having their say. So there is a lot to it – a lot going on.

I want to give you my full blessing and support to all the writing you do. It can do no harm and will help those who need it. I am going to rest now having given my contribution as the 'girls' have more to say to you about their personal experiences with their healing and with the Mother and Father.

The Rejected Ones

'Live true to your Feelings'

I will speak to you again soon James, thank you, Mary Magdalene.

**Message 25**

31

December 2002

Good morning James it's Zelga.

We have a little girl here who would like to speak to you, so I will let her continue.

Hello James my name is Anthea and I am six years old.

I have been living in the spirit world for three years, but I do not remember when I came here. I now live with a new mummy and daddy and they are looking after me, as my real mummy and daddy are still alive on Earth. I can visit them when I want to but they do not see me and so I don't want to go there too much. I like it here where I am, as I am treated very well. I have on my favourite dress today – do you want me to tell you what it looks like? Well, it is very long and blue, like the dress Marion wears. And I like it very much because when I walk it flies out behind me and I feel like I am flying. No, I only have my blue dress on today because I feel warm enough and don't need a jumper. But I do have blue shoes on and blue socks to match.

Zelga is very nice to me when I come and visit her. I don't live here with her, but we come and see her as my mummy and daddy like her too. Zelga wants me to tell you that we children live over here just like grown ups, I mean, if we die on Earth we still are children and we are given a new mummy and daddy. We are looked after and grow up just like children on Earth. I love God because God is my other Mother and Father in Heaven, and Heaven is where the bright spirits come from. Yes, I pray to Them for Their Love just how my mummy and daddy do. Oh... Zelga has told me I have to tell you that not all of us children get new mummy's and daddy's, she says I have to tell you this so you don't get confused with other things that have been told to you. Anyway, I got a new mummy and daddy, and I like them and they got me my blue dress. I've finished now, good- bye.

Hello James, I am Anthea's older brother Paul.

I am eleven years old and have been in the spirit world all my life. I was told that my mother and father on Earth did not want me, they rejected me. They did not love me and so I came here. I don't remember them. I have visited them, but I have no feelings for them. I do have lots of feelings for my mother and father here. I love them and I know they love me because I feel it. Love is a very real feeling here and

when you feel it there is nothing else to compare it with. I have watched many children on Earth with their parents and see that they do not feel love how I do, and this makes me feel more special and wanted by my mum and dad. I love them very much! That is all I want to say, thank you.

Hello James, I am Paul and Anthea's mother. My name is Mary. Thank you for letting us speak to you today. I had a shocking life on Earth. I hated every moment of it. My parents were very cruel to me and my brothers and sister. They beat us for no reason and made us all feel very unloved and ashamed of ourselves. The pain in my soul was too great for me and I died quite young of an illness because of it. And I came over here totally deprived of love but so glad to be free of them. I was adopted just as we have adopted Anthea and Paul, and I slowly felt better about myself, however I was still so hurt that no one could have made up for what I lost and didn't get. As I grew up in the natural love worlds my new parents helped me to see that there were other ways to live and relate to people. They were well meaning and Christian but still were not of a pure enough love to make me feel much better than I did. They helped me to accept myself and cared for me, but I did not feel love for them. This didn't matter because all I had to do was remember my Earth parents and I felt glad to be with them. I felt very displaced and like I didn't fit in with their family. They had other children, all adopted of course, as you can't have your own children here as you can on Earth, but you can 'carry' children – foetuses and babies – of a very young age, and to all intents and purposes feel that they are as good as your own.

As I grew older I felt that I wanted to know more about why I still felt so bad and why I couldn't seem to enjoy myself as other children and people – spirits, did. I always felt depressed and loathed myself, how I looked, and especially my hair. My hair my Earth mother always cut short, and I so much envied those girls with long hair. But I didn't like the colour of it, and every time I looked in the mirror all I saw was me whom I hated, whom I despised.

Now I know how I saw myself was as my mother on Earth saw me. She hated me, and as I am doing my healing, I have been able to see in myself why she did. She had a wretched time herself with her parents as they did with theirs, and so far as I can see, it never was any different through our family line.

Through my own endeavours I found out about the Mother and Father and Their Divine Love. I loved hearing real stories about Jesus over here and how he was on Earth. And I aspired to be how Mary was said to be. I wanted to meet them and be with them, and as a consequence I was shown the way through a very loving and bright Celestial spirit.

I fully embraced longing to my Divine Parents for Their Love. And feeling the Holy Spirit come to me and immerse me in Their Love was the only good and pleasurable feeling I had ever felt. I still love it as it envelops me, surrounding me in answer to my prayers. I love how it makes its own way into my soul without my needing to do anything. It gives me such a feeling that someone cares about me. That someone out there – my true Mother and Father, do love me, and that I am not the wretched evil monster my parents made me feel and believe I was.

As I began to progress in my soul development and understood more about the potential the Mother and Father's Love offered me – that of healing my soul completely – I began to long to Them to help me to do this. I am now well on my way. I live on the seventh world quite some distance from Zelga with my soul-mate whom I love very much and our two dear children. We have been very fortunate enough to be given them by the Mother and Father to care for and love, and both of us are trying to give them what we did not have – love. We decided that, as parents, we wanted to be as completely open and honest as we can be with Anthea and Paul. That being only limited by what we still need to heal within ourselves. And **we are also trying to the best of our ability to allow them to find their own ways, to live their own lives, and to be as true to their feelings as they want to be. We are trying to be their guides; just as Mary and Jesus are guides to us. They do not interfere with us, leaving us to do what we please within the guidelines of truth that our souls define, and so too are we trying to parent our children in the same way.**

Neither my husband nor I have had any previous experience with children, as Mark himself was killed when he too was very young. We however, have had some experience growing up part on Earth and part here in the spirit worlds. So we do have a lot of common experience from which we can help each other to be true, to do our healing, and live the Will of our Heavenly Parents. In answer to the question in your mind, we can get married if we choose to. It is more a symbolic legacy from Earth. We both chose to because we want to be the parents for each other that our parents weren't for us, so we decided to try and live as close to how they did on Earth so far as the customs, beliefs and social requirements of their day were. We do not however live the erroneous beliefs they did or choose to defile the truth with. We are living more positively now compared to the harsh and extremely bad way we were both treated as children. When we move into the Celestial Heavens we will drop our marriage relationship and title, relinquishing all Earthly customs and values, which we are still holding on to for reasons concerning our healing. We will attain a Celestial level of truth but will remain in the seventh world until Anthea has reached sexual maturity, then our children will be free to choose their own way completely.

In some ways we are very much looking forward to beginning our new life as Celestials. We both have our soul-names now, and we can feel it won't be too long before we have completely healed ourselves. In other ways, however, we are now for the first time enjoying our lives so much and we love being with Anthea and Paul, they give us so much pleasure and love, and they are helping Mark and I to move deeper and deeper in our relationship together – that we won't be in any rush to move on. We all now have a wonderful life and we are so grateful to our Heavenly Parents. Slowly we are all losing our scars and healing our wounds from our Earth lives. And with the passing of every day we all feel so much more loved.

That is all I want to say. I will pass you back to Zelga whom we thank very much for inviting us here today so that we can speak to you. Being able to do so does a lot for us. I wish more spirits could speak to mortals and share their experiences, because as I have been telling you something of myself, new feelings of self-acceptance have come up in me and I am very eager to talk about them with Mark. So thank you very much James and I will leave you now. Mary, soul-partner, and wife of Mark, mother of Anthea and Paul.

Let's have a rest and resume later – Zelga.

Now that it's later, let's continue.

Imagine a whole world given to souls who are striving to do their healing. I don't know how many spirits live in our world, the seventh mansion world, but it is millions and millions with more continually passing on through having completely healed as new ones constantly arrive. Compare this as to how many souls there are committed to doing their soul-healing on your world James? – hardly a hand full. And how many people die on your world and ignorantly come into the lower mansions worlds without any idea of what life after death is really all about, let alone that a reality with the Divine Love exists, and all that has to offer.

When we look at you on Earth we can only feel despair. Some of us have been in the spirit worlds a very long time. We have seen many changes over here but very little on your world. Currently technology is changing a lot on Earth, but what is that, only new toys for lost children to play with. What good does it do for your soul? It only allows the mind to remain in control and serves to keep you ignorant and living completely against your soul. There is nothing wrong with technology as a whole, but when it is used to perpetuate one's negative mind state it can only help you do more harm to yourself.

There you are James, how was that, I have now given you an introduction to my next guest for you – this is fun! I'll sign off and talk to you later, Zelga.

Myriam.

I have been asked to talk to you now James. I am not of your group and have been asked to come here to tell you some specific things. I feel out of my depth, but I will try to do my best. I have been told specific guidelines as to what they would like me to say, and so as I said, I will try to give it a go. My name is Myriam and I live not in this world, however I wish I could, but instead, I come from a very dark place indeed. I feel very shy and embarrassed at having so much attention placed on me, but I will try to do my best. Please forgive me if I repeat myself, but I feel very nervous, and I don't really know how to start or where to begin.

I am a very sad and miserable spirit just as I was a person. I lived on Earth during the crusades, and I am sorry to say, but I have nothing really to say. Well I'll try. I was one of those girls, you know, those types who are frowned on by others because of giving men certain attentions. I am very ashamed of what it did, but I had no real alternative. I was made to be that way by my father who abused me sexually from a very young age. He made me perform sexual acts for him, and when I didn't do what

he wanted, he hit me. He was the most despicable man I have ever known. None of the men who used me treated me as badly as he did. I was made to feel that I was only for him, my father's convenience. My mother new of such goings on but was powerless to do anything about it because she too was so scared of him and he hit her too. Why she did not leave him and take me with her I do not know, but for some reason it just wasn't to be.

My personal hell at home did not end until I was a young girl, when my father died in a fight fought between himself and his brother. I like to think that his brother killed him to protect me from him, but I think I was only one of the reasons. My father could not help or control himself, and a lot of people were scared of him and would like to have seen him dead. I think his brother did our whole community a favour by fighting with him and ending his life, and at least one part of my hell.

From this point I was in one way a free girl, but in another way even more vulnerable, as I had no father and was now considered the property of all men to do with what they wanted. I was so ruined as a person that I could not stop them. I had no self-esteem, and in another way I needed their favour and personal attention to give me any sense of being alive. I needed what my father had done to me because I knew nothing else. I was a whore and that was that. I was worse than a dishrag, as at least a dishrag got washed at times and folded away, and had a rest waiting for another day to serve a useful purpose. I was nothing and of no account. I was the lowest of life, but as I said, at least none of the men who used me treated me as badly as my father did, and this I am thankful for.

At times I only wanted to die. I wanted to take my life, or for someone else to, but I didn't have the courage to do so. I couldn't do anything for myself except eat. I couldn't even take care of my basic needs so far as attending to my daily maintenance. I urinated and passed my wastes and ate and fell asleep exhausted, and allowed men to do things to me as they gave me the food, drink and the shelter I needed. Now my memories are quite vague. I was not in a very good state of mind to relate much at all to myself, my surroundings, or the terrible pain I was perpetually in. I may as well not have existed, and I do not remember when the end of my Earth life came.

All I do remember is someone saying to me one day that I was no longer alive on Earth. I did not register this for a long time, but I do remember that for some reason men seemed to leave me alone and I felt as though I was in some kind of place where I was getting some kind of care. I felt as though I'd slept for hundreds of years. And I feel that during this time I made some kind of amends for my sins. I don't quite know how to tell you this, but I do know that a lot of women spirits have had the same experience. We have been treated so badly by men but to no fault of our own. And so in some way we have been forgiven by doing nothing other than just existing in a state of unreality when we came to spirit. I have vague memories of some thoughts during this time, but this time was more like a dream.

Slowly I woke up. This too is hard for me to describe to you, however it was as though I slowly came awake after a long sleep. Slowly I became more aware of my surroundings, and then one day two women (spirits) were sitting on either side of my bed. They seemed so nice and friendly and I remember that I thought they were angels and I asked them if I was in heaven. They both smiled at me and I think I must

have gone back to sleep, which again felt like for a very long time.

The next time I woke only one of the women where with me and she held my hand and stroked my forehead. It was, I can tell you, the most wonderful experience I have ever felt in my life. I had never been touched in this way, with such tenderness and love and care, not even by my own mother, and then she spoke to me, and the words she said, which I will never forget were: 'It is all over'. I cried and I cried. I don't know how long I cried for, but that too felt like a very long time, and as I cried relief swept through me, wave after wave, and I sobbed and sobbed and sobbed.

Forgive me for crying now James, but this is still very difficult for me. For you see I only left that place with that woman a short time ago, and she took me to live in a nice house with some other women who all seemed so welcoming and pleased to see me. I have lived with them from then until only the other day, in which I moved into a new house with some other girls I have met since my recovery.

I say recovery because I feel for the first time that I am alive again. With each day I feel more and more strength coming to me. But I want to say that my friend who sat with me told me quite a lot of things, and it is some of these things that I have been specifically asked to share with you today, as well as my personal story I guess.

My friend was a very bright spirit indeed, a Celestial spirit I believe. She said that her life on Earth had been similar to mine and because of this she wanted to help me and other women who have had such a traumatic time and need so much time to recover. She told me that time has no further meaning to her now, and she only does what she does because she wants to do it with her whole heart. She also told me that now she does nothing other than what she wants to, and especially nothing that a man or her father might tell her to do, unless she wholeheartedly agrees to it herself. She has complete and full personal integrity and her life is completely her own.

I can tell you that all the things she said about herself I want to be, and I asked her how she became how she was if she started out like me. She was delighted that I wanted to be how she was, and said that she'd hoped that I would ask her, as she was now free to tell me what she really wanted to say. And so in a summarised form I hope I can remember it all.

She said that I could choose to live the way of God or the way of my own doing. If I wanted to live God's way all I had to do to begin with was to ask Him for His Love, and if I wanted to, she would show me how to do it. She began by calling God the Father as this I was familiar with this, later she told me about God being my Mother as well, and it makes kind of sense.

She said if I wanted to live my own way I had to do it all myself, and that I could, but it would be more difficult because I wouldn't get God's specific care. Well I didn't need any further convincing, and she told me about longing to God for His Divine Love, and this I did. And as a result I felt a slight stirring in me, which was a surprise, and she said that this was right and it was the Holy Spirit conveying His Divine Love into my soul. I didn't know about any of this, however it felt nice and so I kept going, and then to my surprise she came to me only a few days later and asked me to come to a prayer meeting, in which nothing would be expected of me, and it was only with

a few other girls whom had had similar Earth lives as me and whom had also begun to pray to God for His Love. She took me to a new place, lighter and brighter than where I was living, and after the prayer was over and I had spoken to some of the girls, one of whom I liked very much, she asked me if I wanted to stay with them. I did and so that was how I became a resident of the first Divine Love world living on the lowest plane. It is far nicer than where I came from, but nothing compared to here.

That was also the last I saw of my higher spirit friend. I was very sad to say good-bye to her but she said that I was the last person that she wanted to help from Earth, and she was now eager to get on with her life in the higher worlds and begin to move closer with God in all the earnestness of her soul. She said she would come back and visit me to see how I was getting on, but I cried at her leaving me, as she in such a short time had become like a mother to me, but she assured me others would come and help me as she had done, showing me the way to higher and higher levels of truth, love and understanding. And now today, to come here and visit with you all, it has been quite a treat and I thank you all very much. I feel a bit better now. I feel that is all I have to say. Thank you James.

Good-bye, Myriam.

Zelga.

It's me again James, Zelga.

I want to point out that souls like Myriam who have had such a harsh Earth life are taken care of by the Mother and Father by giving them time to come to terms with their endless torture. This is given to them in compensation for the suffering inflicted on them without their consent. It is during this time that such souls on deep inner levels come to a reconciliation about their state and decide for themselves if they want to continue with their existence. This can take varying lengths of time depending on the needs of the individual. And the reasons for this time delay they will see during their soul-healing.

What is given to these souls by the Mother and Father is enough of themselves to be able to make decisions about when they want to go on with their life, for during their Earth life they experienced no such feeling that their life was their own. And so she was able to choose to continue, which then led her to deciding about the course of her life choosing the Father's Way. Why she was overseen personally by a Celestial spirit was because she did, when she was about six years old, long to God for His Love and help having accepted Him into her heart. This happened mostly through feelings and not with any real mental understanding, however it was enough to qualify her to be received into the spirit worlds by a spirit of Divine Love.

Other souls who have retained some will of their own, don't need to go through this recovery time, consequently waking up after mortal death in the usual way, and being able to continue their life from where they left off in the context of being able to use their will to do more or less what they want.

Myriam still has all the erroneous beliefs that constitute her negative state of mind and will condition, and is not yet fully embarking on the real healing of her soul and

the complete recovery of all the attributes of her personality. She is preparing herself for this now she has moved to live in the third mansion world, the first of Divine Love. She still has a lot of personal growth to do before she begins her healing in earnest, and has been granted early entry into the lower planes of this Divine Love world rather than being left to struggle on through the lower worlds of natural love, all because she chose to be with the Mother and Father.

We wanted her to come today for many reasons, but one of them was to illustrate how the Mother and Father help us all and in very different ways. Myriam feels as though she has no will of her own. In truth she does have a will, but she was never free to experience it for herself. She has been taken over by her father and mother to such a degree through abuse on all levels, and so accordingly she has developed her negative mind. She will go through her healing just as we all are, however we can see that she will do it with far greater ease, as she is already coming from a belief that she has no power, so she will not resist as much as others do who believe that they have some power and control of their own. She will feel this as compensation for the terrible time she suffered on Earth and Mary has told us, and said we can tell you, that she will be attending to some of Myriam's personal needs personally herself. This I have no doubt will make Myriam feel very privileged indeed and what she so much needs – love and respect. The fact Mary, the 'mother' of the spirit worlds will actually come personally to her... It will be nice to see.

Everything balances out in the end, you do reap what you sow; these words are so true as we constantly see for ourselves. And the Mother and Father have it all under control. We all long to help each other and we are all given so many opportunities to do so, and when you begin your healing and begin to see just what so many of your problems are about, you do feel a sisterly feeling towards others of such pain and suffering. We are all in such a terrible condition, and up until now nothing could really be done about it until we got to spirit, as at least here there are many ahead of us who can all offer us love, support and encouragement to push on.

Have a rest for a time James, and if you are not too tired, we will continue later.

**Message 26**

1 January 2003

Good-morning James. Zelga.

I have a few spirits here to speak with you today, so we will write, as you want to. Maria is going to speak to you first so I will give over to her now and I'll speak with you later.

Maria.

Yes James, my name is Maria and I am going to start today with you as Zelga has instructed. I want to tell you something of my life, and then something about how I have changed since coming over to the worlds of spirit.

I, as my name suggests, were born to strict religious parents who believed with all their heart in their Catholic Church, and I followed them. I believed in the Mother Mary and prayed everyday to her for her loving care. I wanted to be with her so much that I went into an order of nuns that was meant to be the closest and truest to her. I lived for her, worshipped her, and believed with all the conviction of my heart and soul in her as the Mother of God.

I followed my Mother Superiors learning what they said and being as they were, and when I was older I led younger nuns who wanted to be how I was. I never faulted from my faith loving all those about me and all that I did. I had no regrets as to denying myself other life experiences that I saw people outside our order living. I felt completely fulfilled and satisfied with my life, and I wholeheartedly believed that I was serving my beloved Mother Mary, and her beloved son Jesus, and their, and my, Father of heaven, to the best of my ability. When I died I found that I could continue on in spirit living in exactly the same way, as the order existed in spirit being bigger and more expansive than it was on Earth. I lived on still firm and unfaltering in my beliefs for centuries of your time. I saw nothing in all that time to contradict my belief or show me that any other spirits, just as I saw in people on Earth, knew anything better than I. I believed that I was far superior than most, and especially most women, and so many women said how much they envied my devotion, which all added to my feelings and beliefs of superiority. I was, so I believed, the perfect example of devotion and this made me able to carry on my duties with even more vigour and rigorous adherence. It was very easy for me in spirit, with no restriction from my physical body, to be very strong and able. I helped many people – spirits – who were suffering, and not able to cope with their lives, as many spirits are in the same state of suffering as people on Earth. (A lot of people don't understand this believing that spirit life is painless and free of suffering, but it's not, only for those who wish to remain living the fantasy that everything is enshrined in painless 'white light'.) For all I could see my faith was correct. In the world of life after death, the Faith was strong and in a very powerful position, and nuns were completely respected for who

they were and the work they did. Many new spirit girls, and even some older women spirits, joined our order. We were in a time of great expansion and acceptance by all around us.

I dare say I would have gone on like that forever. I had no reason to think otherwise. The more I did my work in service to the Father and Mother Mary, the more I felt satisfied that this must indeed be heaven – at least it was for me. But then the strangest thing happened to me. I don't know why, but suddenly one morning I awoke and felt kind of strange. It was a feeling in me that I had not felt for a very long time. At first I couldn't remember when I had felt it, and it vaguely felt like, as it started to remind me, as if I was a child again or at least some small part of me was.

I remember having all sorts of thoughts in my mind, the most prominent one being that perhaps it was the Father and the Mother (Mary) now making me be their child again, making me feel re-born for all of my devotion and commitment to them. However as much as I wanted this to be true, I felt more awkward and that my thoughts were not true.

I took my time getting out of bed; I felt I couldn't do anything else. Then I shivered as a small feeling of fear passed through me making me doubt that I was dead, and that really I was only still in my old aching body of Earth, and all I had been doing was nothing more than a dream, out of which any moment I would truly awake. But no, I steadied myself and knew I was dead and this was my spirit life. And still the first feeling and its memory was growing in me, and slowly it became clear as to what it was. Then suddenly a tear rolled from my eye and down my cheek. I was so surprised. I hadn't cried for years, ever since I was a child, and only then I had one memory of doing it when I first prayed to Mother Mary for help, and I felt she blessed me for asking her to do so and for being a good girl. My hand rose up automatically and I wiped the tear from my cheek using the back of it, and then again suddenly, I said words in my mind that were so loud and clear to me, words I had spoken as a child. I had long since forgotten I had said such things to her. I just knew instantly that I had said them to my mother when I was a young girl, and as I spoke them I could feel my teeth clenching together with such anger and fury at my mother, and with such determination and conviction. What I said was: 'I hate you, you are not like Mother Mary, she loves me'. I felt completely that I was that young girl again, me back then speaking to my mother in such a way. I tried to push the feelings away but I felt as though something else in me was more in control locking me up in this state. I don't know how long I was like that for, no one disturbed me, and no one showed any concern when I finally managed to come out of my room and began my morning duties.

I felt very strange all day. My anger had subsided and the whole experience seemed like it was now the dream, but it played on the back of my mind. It wouldn't stop. I would be busy with something and forget about it, but as soon as I relaxed, aspects of the memory and experience, together with my anger, would come back to me. I prayed that evening with all my strength for Mother Mary, Jesus and the Father to take this bad memory away from me. I had faith that they would answer my prayers: what I had asked them for had always been answered in one fashion or another. I went to sleep exhausted having said the Rosary over and over and I remember waking still saying it. I wanted the memories, and especially the feelings of anger, never to return. I was not an angry person. I was praised for my countenance of peace. I made so many people feel at ease by being with them. They said I was truly blessed and secretly I believed it to be true. I had the way all to

myself, and I was the one they all said was the most devoted – a living inspiration. It was even said I was to be a saint, and even this I secretly let myself believe on certain occasions.

When I woke up I felt calm and for a moment I thought my prayers had been answered, but then that plaguing memory came back, and even stronger! I felt rage beginning to rise up in me. I hurried to dress and thought that if I could be with others, and get back to my usual routine, I might be able to escape such evil feelings. Initially this worked but deep within me I could feel that my purity was not as it was before. I now had these bad and impure feelings steadily festering; it was harder to put on a picture of peace and loving serenity. And it was no use, the harder I tried and the more I prayed, even begging for mercy and forgiveness for having had such bad thoughts, the more they seemed to grow stronger in me. I even began to believe that it was the devil trying to overpower me, so I went into a period of seclusion to be only in prayer to the Master and my beloved Mother Mary and the Father. However this proved to be the worst thing I could have done. I was now completely alone with my own horrible thoughts and feelings.

I don't need to go on with my story, only to say that my world and life began to crumble after that. I broke down entirely and ended up being looked after by the very people whom I had looked after. I was in my own hell and it was terrible, and as the years passed and people lost interest in me, I began to lose some of my staunch faith. I was beginning to let go. Now, as I have progressed in my healing, I can see how my soul began to push forward in me, wanting to reclaim me – its personality. And since then I have steadily had all my selfish beliefs broken down becoming more exposed to the fraud I was; how I was entirely made up of false and erroneous beliefs. I was not a real person, I was completely false, and all the good works I did, I only did for my own glory and self-satisfaction. I loved all the power I had and held on to it so tightly. And I did it all because I hated my mother! She didn't love me, and so I wanted to get back at her. I wanted to kill her and replace her with Mother Mary, and as I couldn't do this in reality, I replaced her in my mind and buried all my feelings of hatred for her, as I saw she was a lowly pathetic woman. I committed myself to the Faith being better than her. In summary, all my life on Earth and in spirit were for this motive, and I am the living testament, as we all are, of how unloved I was and what I did as a consequence.

Now, as I am accepting my unloved state, my anger surfaces daily and I am amazed at how much of it I have kept repressed in my soul, but as I pretended to not be angry for so many years, no doubt I have a lot more to come up. It took a long time before I completely divested myself of being a nun, and I wandered the streets consumed with myself and my ever-increasing bad feelings. They would fluctuate in intensity and frequency, but over all I became increasingly discontented with life and myself. And then finally one day, somewhere I cannot remember, I asked myself if there was really a Father, a Jesus and a Mother Mary. Because if there was, why weren't they here in spirit, this being Heaven after all; why weren't they here in

person so I could go to them? And then still further on, I decided to give up the beliefs in them and the Church and to really try to find out for myself what was true. You must understand James, at this point I was a devastated person, to give up all that I loved, the Church, my faith – my whole central conviction. And when I did this, I met a spirit who seemed to be sharing my thoughts, and we talked and became committed to finding out these things for ourselves. And so we began our search together. This took us far and wide, and we spoke to lots of people all whom believed in all sorts of different things. And one day we stopped and decided that no one seemed to know anything more than anyone else and we asked: is this how it – existence – is supposed to be, everyone doing what they want, whenever they want, and for their own amusement, making up for themselves whatever they wanted to believe?

Then suddenly it struck my friend to ask God Himself to show us Himself, if He is real or not.

And as he asked God out loud for this, I asked Him in my heart with all my conviction – which was not much compared to my days as a nun. And then as happens, when a person is ready to ask and does so sincerely, the Father responded and a spirit came to us asking us if we wanted to know the way, the true and real Way To The Father Of All This, and he waved his hand about him, and then he pointed to himself and said: **'Do you want to know the way to yourself?'** We had asked, and we both sincerely wanted to know, and so as the truth requires, we were offered and later shown the way. And this I have since realised was my first real and sincere prayer – ever! For me, someone who believed they were living in prayer all the time, I had finally, after all that time, and all those false and sinful prayers, properly asked from my own heart, and not with my mind; not in the way I was made to learn as a child by my family and the Church. And when I learnt how to truly ask and began longing earnestly to the Father for His Divine Love, my previous life seemed to just melt away. Now the words of Jesus and Mary, the real Mary, not his mother but his beloved soul-mate Mary Magdalene; Mary, our true spiritual mother and not Mother Mary the false mother, began to sing in my ears the more I learnt about the truth and the One True Way to both our Father and Mother of Heaven.

I am so thankful to Mary, the right and true Mary, for all her kindness, love, attention and care that is enabling me to stay real and true to myself, and to live my own soul's truth and not that which was false and erroneous of long ago.

My real issues now all lie with my parents. I have divested myself entirely of my false Christian doctrines and their controlling intent, and I am freely pursuing my true heart's desire. I now live in the Divine Love heaven, mansion world five, and it is far away from the world I once lived in. I do not anymore despise it for teaching me all the wrong things, as it has served me very well in allowing me to learn a lot about my negative mind and how to live a self-glorifying life. But it has taken me a lot of hard work and effort to get this far in my healing and I still have a long way to go. However, now that I know I am living in the true kingdom of my Heavenly Mother and Father, with Their Mistress Daughter and Master Son of the universe, I am happy to carry on coming to terms with and accepting my anger and hatred of my parents

and myself. I am now a true Christian, not the false evil one I was. And I am a firm follower of Jesus and Mary Magdalene having thankfully let go once and for good of Mother Mary.

I will finish now, thank you for your time and consideration. Thank you James, Maria, a redeemed spirit of truth: the truth and love of my real and true Father and Mother of the real Heaven, that filled with Divine Love – Their Love.

Zelga.

Hi James, I'm back, Zelga, and by the way, I won't be saying any more of this 'Hi James' stuff, I'll just begin with my name so you know who it is, even though you can feel when it is me. I'll give my name for the reader.

We, or rather the others here, decided that I would comment on each of the spirits after they have spoken to you if we feel the need to. And this will be to focus on one thing or another that is relevant to the overall aim of the feeling and pictures we are trying to convey to you. So to begin with, I want to say that many spirits have a similar 'waking up' experience as Maria told you, when their soul 'feels' they have 'strayed' too far away from it; that is, lost themselves too much in their negative mind. 'Strayed' is not the correct truth, as one doesn't actually go anywhere from one's soul, you are it and it is you, always with you, you are always a part – an expression of it; however the word illustrates how your mind has taken you over to such an extent, that you may as well have separated from your true self – your soul – with your healing needed to bring you back together.

A crack in the mind's armour to suddenly appear, such as Maria's memory of feelings of anger at her mother as a young child, is one of the ways many spirits experience the beginning of the end of their delusion. And you can see parallels in people's lives on Earth when such cracks begin to appear. And as we can over here, you too can try and patch them up by burying them again, but one day they will refuse to go away and you will have to begin facing the truth of yourself. You can only live in your self-denial for so long, and be it on Earth or in spirit, when the time comes for you to stop, the cracks will start to show. You won't be able to have everything how you want it, life will start to work against you trying to bring you back to your true self and soul. And then, as Mary told you, you can either take the natural love way or the Mother and Father's Way of Divine Love.

Maria, ignorant of the Divine Love, chose the natural love way looking for answers through the second natural love mansion world. And as she found nothing to satisfy her, when her friend thought of asking God directly for help, it arrived offering another way. There are always choices to be made with nothing being forced on you, and if you live true to your feelings you will guide yourself the correct way: the way of your heart and soul. Your feelings are the key, and more honest and true to your heart you can be, the easier life will become.

Now someone else is going to speak to you.

Helga.

Hello James, I want to tell you some things you might find interesting.

My name is Fraulein Helga, and as you can guess, I am German, and I have come to the spirit world from my home in Germany where I looked after my mother for all of her remaining Earth years. This I did as my duty to my parents as they expected it of me, and, as I was their only child, I felt the obligation and responsibility to do so. I hated it, every single and last moment of it. I hated her. And now that I too have come to spirit, I dread that I will have to once again look after her, as I do not want to! I am very frightened of her. She beat me when I did not do what she wanted, and even as a grown woman, I was and am now, still very afraid of her. Nothing has changed in my having died, and this is what I want to say to you today. I have kept all my feelings of hatred and anger I had for her, even though I spent quite a number of more peaceful years on Earth after she died. And I am still as frightened of her as I was as a child. Argh, I hate her so much! I am sorry to put this on you, but it is my truth and there is nothing I can do about it. I am in good hands, as I am getting help, and I want to live the way of Mary and Jesus. But I have not as yet been able to ask God for His Divine Love although I am intending to when my fear subsides. I am in therapy receiving support and comfort, being helped to not be frightened of being scared, even being encouraged to be as afraid as I want to be. This is helping me as I do have some days now when I do not feel such rage for her – my mother – and I am told that if I do not want to see her, there is nothing that can or will make me see her, and she cannot see me unless I consent to that, and in no way do I ever want to see her again! I want to be as far away from her as possible and have a life of my own. I am told that when I pray for the Divine Love I will feel a slight separation from her and this will be a welcome relief. I want it all to end so much. I hated her and all the things she did to me, and I was so glad when she died. That is all I want to say. Thank you for giving me the opportunity to tell you of my feelings of hatred for her because this too has helped me accept them and more of myself. And they say by saying such things I will not get beaten by her. We have to accept all the bad feelings we feel, we have to allow them to be free to have their say; that is what I am told; that is what I am working on achieving. Thank you again and good-bye for now. Helga from Germany.

Zelga.

As Helga said, many spirits need counselling for a long time before they are in any state of mind to be able to ask the Mother and Father for Their Love. Our counselling is all based on being true, and as she wants to live God's Way – as revealed by Mary and Jesus, when she sort help, she was led to counsellors of Divine Love. Counsellors of Divine Love encourage one to accept and honour one's bad feelings, all with the intent of allowing oneself to express them to find their underlying truth. Counsellors of natural love are not so very different from the ones on Earth, relying on similar ways, methods and techniques as on Earth, all of which are largely designed to help one keep one's repressed childhood feelings repressed.

Here in the Divine Love worlds all personal counselling and therapy is based on Mary's Way.

And that is the way of Being True. People are encouraged to feel as they truly do, being supported by reassuring them that the ones whom they fear the most will not come and get them – usually their parents, whom have died some years before them; and now as they too are in spirit, they fear that they will have to go back and be with them. Many people, now spirits, fear the control of their parents, and having been relatively free once their parents died, dread the possibility of having to go back and be under their control. And many parents in spirit want and plan for their children to return to them, wanting them all to live as one big family. It is, as you can imagine, very traumatic for these spirits who thought they were free, and even thought they are free to live how they want, the controlling bonds are still present and hard to divest oneself of, so those who come to us wanting to be with God and follow Mary and Jesus, we help by instructing them to express all they fear and dread, by accepting and honouring such negative emotions and feelings.

For many people it is a relief when their parents die, but on their own death bed, or niggling at the back of their mind is the question: What will happen when I too die; will I have to be with them again; do I have to go back to the family, and will I never be free of them?

Conversely many spirits do want to reunite with their family and parents when they come over with many extended families living 'happily' together on the lower worlds. Families extending over many generations as the whole family tree, 'tribe', as they are often affectionately called, often come together. But as much as many spirits might want to live together for the rest of eternity as they did when on Earth, we are all individuals with separate destinies to fulfil, so many family members move on leaving their human families, seeking their true spiritual family (their soul-group) when they embrace the Divine Love.

Also I will add, as you would expect, some parents dread having to be responsible for their children once again, having enjoyed the freedom of their new spirit lives. They dread the arrival of their children and what obligations might be re-imposed on them. So as you can see, meeting dead family and friends puts a different spin on everything, a lot can assail one after one awakens in spirit, and not all of it is as good as the picture spirits paint for you on Earth – remember nobody, and especially spirits of only natural love, want to feel bad, so, just as you do on Earth, all bad feelings are denied and avoided if they can be. Many natural love spirits use their minds to create their personal 'heaven', a place they can hide within – hiding from their own bad

feelings. So collectively they carry on their self-delusion, making spirit the wonderful land of purity, happiness, eternal love and light.

Penny.

I am going to speak to you now James. My name is Penny.

I did not have an extraordinarily harsh life like Maria's, and I can relate a little to Helga's, as I too looked after my parents in their final years, but this I did because I wanted to, as I loved them. I had a good life. A good loving and very dependable husband and two lovely children; we lived without want, as we were very wealthy.

I believed in God but did not go to church. My husband was more interested in his business than God, but I don't think he disbelieved, and we sent our children to a non-religious school. I believed being a good loving wife and mother was all there was to life. It was a simple picture: I did what my mother had taught me to do. And my husband also believed in the same family values and principles in life. We did whatever we wanted to do, some things together, other things separately. Occasionally I would do some charity work, but mostly I kept my house in order and did all that I was taught to dutifully do. We loved our children and I believe that they loved us. We rarely had arguments and we believed that we allowed each other the freedom to be as we pleased. We believed we were relatively open-minded and felt that so long as you did not hurt or harm anyone, and was basically honest, you were okay and living as reasonably a good life as you could.

I never had reason to question anything. I had my friends, many of whom I had as school friends, and I never stepped outside my circle of comfort. I did not go to those parts of our city that scared me and we travelled extensively throughout the world particularly after my husband sold his business and retired. I enjoyed being a caring and concerned grandmother, and my husband and I lived to be in our late eighties before we both died; he, just before I.

In coming to the spirit worlds we were able to resume our lives together, but in only a matter of years we had greatly changed. There were too many new experiences to be had, being free of any responsibilities, and my husband without his days being consumed with business found many other things to interest him as his vitality returned. Our parents greeted us in spirit, but what was to happen to my husband and I had happened to them, they were no longer husband and wife. And then within only a matter of weeks we too felt that we should end our marriage, as things were certainly very different. Life on Earth seemed set out for us. We were living out a plan, a picture that we all had – all who were in our social network. And we simply lived it out; we were somewhat just carried along in it one thing leading to another. But now in spirit we were in many aspects starting life over. It is a very strange thing to wake up having died and then to reassess your whole life, with many parts missing and so many new things. It was very stressful for both my husband and I; trying to adjust to a new sort of freedom we both found very hard. Often we would speak of our Earth life wishing we were back there, and frequently in the beginning we would go to where we could visit Earth and see our children and grandchildren looking in on their lives, but as we couldn't communicate with them, it only upset us more adding other pressures; so as difficult as it was, we had to let them go and give up wishing life was as it used to be. Suddenly being uprooted and

desperately trying to cling onto what you had, wanting the control but no longer having it, is very disconcerting.

This was all not so long ago. My husband and I are now separated and I haven't seen him for quite some time. But so many things are happening to me now that I don't really miss him and this is actually what it is I want to say to you today. I lived with this man: Peter, for almost sixty years. We made our life together and had children. We married relatively young and grew old together, and now in such a short time I feel nothing for him. Back then on Earth, I loved him with all my heart. He was my world, without him I don't know what I would have done. But now I don't know where he is and really I don't care. He has just gone, as if we had never been together. So I have asked myself: well, what was it all about, what was my so-called love for him and my happy life? Because surely if it was real and true love I would still love him, and perhaps even more now we were free from all responsibilities on Earth. So did I really love him? And if I didn't, what then were all those feelings I had for him? And I don't know the answers to these questions. I have spoken to many of the spirits who are above me in truth hoping to shed some light on them, but as yet I am still at a loss as to know what my life on Earth was really all about. And you know something else; I don't even feel like I really love my children anymore. I mean, well, it's hard to describe what I feel, but I'm in no rush to see them. I don't miss them, I no longer even know if I do love them.

I am told that I can find out the answers of all these confusing and contradictory feelings from these spirits who are with you James, and who are encouraging me to long to God for His, and I believe Her Divine Love, which is certainly a different way of looking at things. So my Earth life wasn't as I thought it was. I have been told that my love wasn't real or true love, only love contrived by my mind based on childhood and childish fantasies, but could this really be so? It's a lot to accept. I just don't know, but no matter how hard I try to imagine myself back with my husband I can't. Actually, I loath the idea. So what did I see in him for all those years... I just don't know.

Anyway I won't trouble you with my problems any longer. I have to work them out; and perhaps I will see what your spirit friends have to say. Thank you. Penny.

Have a rest now James, and I will speak to you shortly. Zelga.

Zelga.

I know you didn't need a rest, but I wanted to wait until Penny had gone, because what I wanted to say to you, as I am speaking out loud my thoughts, I didn't want her to hear. I do not want to interfere with her own investigations and discoveries of truth. These questions she has presented to herself are, as you can see, very potent and the answers to them, which she will find for herself, are hidden in her to be revealed as she does her healing. She will not just accept being told the answers by

someone else, accepting them with her mind and then settling down to creating a new life similar to the one she left. She has changed too much for that now. She is developing a hunger for the truth and this hunger is necessary to lead her to wanting to start doing her soul-healing, and wanting a personal relationship with God. She is right on the threshold of starting a very new and different life, one with the Divine Love.

As Penny does her healing she will see for herself that which she believed was love, and all those feelings she had of love, were in fact contrivances of her mind and were not actually real love. She is as deluded as we all are, and will, for herself, discover how much power she had over herself by living untrue to her feelings. She lived in a fantasy world created by her family and others about her. She believed she was living the correct way, and whilst she had such beliefs, all of which were dependant on her life on Earth, things happened for her as she wanted. But when she started to live in spirit, she had no such controlling beliefs; things happened, she changed, making her question what she thought love was.

Can you see some similarities James in your mistaken belief that your parents loved you and you them. As you are doing your healing whilst of flesh, you don't need to have such a change happen to you such as Penny has, but basically she is going to discover what you did: that all you thought was love was not love, it was something your mind had made up for you. For you too believe it was love based on what your family and early life said love was. You are uncovering the truth of this delusion you call love as you progress in your healing, just as Penny will, should she choose to go ahead with hers.

For those of us who have done a significant amount of our soul-healing it is easy to see how deluded we were. There are countless numbers of spirits who embrace the Divine Love and do their soul-healing only to discover that all they thought love to be was wrong. As Mary pointed out, how can it be love, real and true love, when all you do and how you are is based on a negative, unloving, love-rejecting mind state? What Mary says about our love delusion is true, however, it can take time and a lot of change before we can accept and live such truth.

Joanne.

It's my turn now James, and I have been looking forward to speaking to you this way since Zelga came to me asking if I would be interested in speaking to you. I must say I was delighted, as I love Mary and would do anything for her. I have my own work that I do, and currently it involves counselling those of the lower worlds of Divine Love who need such love and care as to bring their feelings up so that they can see the truth of themselves. Yes, my Earth name was and still is, Joanne.

Mary has shown me the way into myself, and I have liberated all my childhood pain and completed my soul-healing. I am here today from the first Celestial sphere

to tell that it *is* possible to do – you can finish your soul-healing. It does end, and it completes one's whole Earth experience, it is an incredible journey! We are on our spiritual journey from the moment we are conceived. People say they are starting or living their spiritual journey, but life is it – they have already started! You're either, blind and ignorant of this truth, or flowing with it. And **when you embrace the Mother and Father's Divine Love, and do your soul-healing, you are fully awake and living your true life's path, you are on your way to Paradise!**

What I want to say to you today is **The Truth is already within us and all we need do is bring it out. We don't have to go looking for it, and learn it from an outside source, as it is within us right from conception. The Mother and Father have given it to us in our soul. Our souls are made of truth – they contain it all, and it's waiting to come forth if we want it to, and more importantly – ALLOW it to. So I say to every well-meaning parent: try and bear this in mind. Your child, that little helpless person lying there in front of you, has within her or his soul all truth, and if you don't interfere with it, if you allow it to fully express itself, it will naturally through the course of its life reveal this truth.**

The great challenge to a parent is to not get in the way of its own child; to not take over and tell it what to do, what to say, what to feel and when, and how to behave. **DON'T TELL YOUR CHILD HOW TO DO ANYTHING EXCEPT WHEN IT ASKS FOR HELP.** That is my advice. It is the parent's responsibility to show its child by being the living way, the living truth for it, the living example for it to emulate, not to control and dominate with a heavy hand and a fierce voice. If you truly love your child then you will see it as an emerging soul who contains all the truth within itself, needing only your love and support to protect it and encourage it to express all it feels. And protecting and supporting it means learning how the Mother and Father protects and supports you, you being Their child, and you then loving your child as They love you. Your child looks to you and you look to Them, and They will show you the way through your feelings as you bring out the truth of yourself, just as your child will show itself its way through its feelings, as it too brings out the truth of itself.

Your child will ask you to help it when it needs it. You only have to be there for it. When your child asks of you something you cannot give, don't be mistaken in feeling you are being criticised for not being able to give everything, as this will cause you to over react by telling your child what to do. In your negative state you can't give all, as you are still in need yourself. You can't give what you don't have. If you take control your child will resist saying: no I don't want to do what you are telling me to do. Stop making me try and do it. I want you to love me! I want you to love me how I need to be loved. And this is exactly the same longing with which we reach out to the Mother and Father: with a longing and need to be loved by Them with all the expectation that They will and that we will get what **WE WANT.**

**We want our Heavenly Parents' love just as we wanted, and still want until**

we've healed it, our parents' love. When our parents didn't give it to us we developed the belief that it would not come and so many of us have a belief that it will not come from the Mother and Father as well. We don't even try or bother to ask Them for Their Love as we naturally would, as we did naturally try to do with our parents. We need to re-ignite or reawaken our longing for love. And we need to believe that it is there for us to have.

Jesus came to tell us that the Divine Love of our Father is there for us, and Mary has revealed the same for our Mother, together with the way to heal all our incorrect beliefs; all the wrong beliefs and errors that have deadened our longing and inhibit us making us scared to try. We tried countless times to get out parents' love, but they refused to give it how we needed it. They gave us 'love' conditionally, all according to how they wanted to do it – all without considering our feelings. So this 'love' made us feel rejected over and over, and now we're terrified of being rejected. We are also scared that if we ask the Mother and Father for Their Love They too will reject us. And if this happens to whom can we go? We are faced with the end.

You were rejected by your parents and still live in that state of rejection, and will forever until you do your healing. But it was your earthly parents who rejected you NOT your Heavenly Parents; They are waiting for you to love Them, to WANT THEM WITH ALL YOUR HEART AND WITH ALL YOUR STRENGTH OF WILL. They want you to love Them and only Them, to give all of yourself to Them, and then They can shower you with all the love you need in ways you will not have dreamed of.

The Mother and Father have always loved you, They can't not love you, and never will not love you. It's just that through the Rebellion and Default we are rejecting Them, effectively turning our backs on Them saying: we don't want Your love, we know what's best for us, we can look after ourselves, we can do it all ourselves, go away and leave us alone – WE DO NOT WANT YOUR DIVINE LOVE! So when we long to Them we are now saying: we don't want to reject You, we are wrong, please Love us and help us see the errors of ways.

Your relationship with the Mother and Father is completely conditioned by the relationship with your parents. If you love or hate your parents, within you, even if you are not aware of it, you will love or hate your soul-Parents. You cannot freely love and live in truth with Them until you have healed yourself of all the evil, sin and error that exists as a result of your parenting. All that is unloving and not of love. And we are all of it. That is the condition of Earth. So as you heal your wrongness divesting and separating yourself from your negative unloving relationship with your parents, so will you be also clearing and opening the way for you to have a more personal loving relationship with Them.

If you are having difficulty asking the Mother and Father for Their Divine Love, ask Them to help you see the cause in you that is giving you the problem. Ask Them to show you the truth as to why you are feeling as you are. And ask Them to help you to 'see' it. "Ask and you shall receive", but you have to want to both ask and receive. Have you asked with the intention of really WANTING to know the answer? You are wasting your time if you ask or pray without really wanting to know the truth about yourself. You have to come clean and squarely face yourself, and try to be

as honest with yourself as you can; and really decide for yourself if you do really want to know. And then with all your want, ask, even if you believe it's not much. And even if you are not being honest: either you can't but would like to, or you have doubts about yourself, bring it all out, open up, and confess to the Mother and Father all your feelings of doubt, uncertainty, confusion and any negativity about yourself. This is the way "to knowing yourself". By admitting to yourself what you truly think and feel in each and every situation in life. It may sound like a lot to do, but at least you can begin by WANTING to do it. It is all in the wanting; in the desiring. If you really want to do it, then your will is active and it will take you along the way you want to go. "Where there is a will, there is a way", and this is true; but it is your will and your way that you must want to live – and NO ONE ELSE'S – ESPECIALLY YOUR PARENTS.

Your parents are standing in the way of you and the Mother and Father. They are *in you*, you have accepted them, and more so than you know until you do your healing. You are a mixture of them with yourself struggling to fit in somewhere if you're lucky. If your parents gave you some slack you may have a little of yourself, if they totally consumed you, then you are starting from scratch to find yourself. This you will find out as you go. However, no matter how bad you are, whatever your state is, if you want to live true and live the Mother and Father's Way: live as They want you to; and you want to ask Them for Their Divine Love, then all you need do is long: long to Them for Their Divine Love.

Want with the expectation to get what you want. Be in no hurry and try not to condition it, even though unconsciously you will, but WANT to try not to. Try to be open to allow the Mother and Father to show you for yourself Their Way, and in Their time, for it will be what is right and true and good for you. And They will show you THROUGH YOUR FEELINGS – and in no other way. You'll simply feel to do what you want to do. And as you progress in your healing, what you feel you want to do, will become truer.

I feel that is all I want to say. Thank you all for asking me to come. I have thoroughly enjoyed myself, and thank you James for writing my words. I wish you all the best, and I will return now to my home in the Celestial spheres. My name on Earth was Joanne, but my new and true soul-name given to me by my true and real soul Mother and Father is Uralia. Good-bye James, thank you again – Uralia.

Zelga.

We receive our soul-name at some point in our healing all depending on the will of

The Rejected Ones 'Live true to your Feelings'  
the Mother and Father. I have mine and it is Zelga. I have chosen to use it now. It is our personal choice as to which name we use, our Earth name or soul (spirit) name. But when we go to live in the Celestial spheres we all use our soul or true spirit name. It comes to you as a part of the Mother and Father's blessing of love, when They feel it is right for you to have it. It is Their name for you, what They have named your personality – you, and what the whole universe will know you as. We will end for today James. Thank you and good-bye for now, Zelga.

**Message 27**

2 January 2003

I am going to start today, James, and my name is Edwina.

I want to begin by telling you that I am rather plump. I have been so all my life and I hate it. It is a terrible thing and when I came over here to the spirit worlds I stayed the same. As you know, we don't have a physical body, but we do have a body of spirit material, and it 'settles' to be about how your physical was when you were thirty. With our mind we can *alter* it, however that takes some doing and I can't be bothered. Not everyone wants to be the glamour model. So I remain plump, oh all right – fat! But I hate it! I hate being fat! And even though I never thought about how I would be when I died, I now realise that I did secretly wish I would be thin in my new life – BUT I AM NOT! It is terrible, I feel so bad and I don't know what I can do about it. I have begun to try and find out, as all my Earth life I wanted to do something about it but I couldn't. I tried diets and got medical advice and tried drugs and all sorts of pills and weight watchers formulas, but none of it had any effect. I tried alternative therapy, excessive exercise, everything and anything, but I just couldn't stop myself from eating all the food that I did, and even when I did manage to stick to a diet for any reasonable length of time, I still did not loose weight! I lost faith in myself and in the end gave in completely and ballooned out to be hugely gross. I don't know how I lived to be so old but obviously my obesity didn't inhibit my longevity. And now here I am and I am the same, not gross mind you, but still too fat, and the weird thing is that I can eat and eat to my heart's content and nothing changes, for as you know, the food we eat here in the lower worlds in not really real as in physical food, it's contrived by our minds, but we still need to *eat* it until we have given up the need to put things in our mouth. We don't need food to sustain our spirit bodies as we imbibe the light so to speak, but eating is still very pleasurable and there is so much more available to eat and taste and enjoy.

I have been told that as I ascend the spirit worlds I will find that I do not need the pleasure of eating food, as pleasure will come in other ways, ultimately just by being myself and being just love. This would be wonderful and I dream of it, and I have seen spirits who are that way, but I feel I am very far away from that. They have told me that my weight problem is all a part of my self- denial. I eat to compensate for not being loved correctly as a child, and that by doing my healing I will see the negative causes: how my parents treated me that made me fat. And as I heal these causes then I will no longer need to be fat or to over eat; I will discover what my true weight and form is like. Oh, this sounds so wonderful, and even though I am a new arrival to spirit, I am beginning to pray to our Mother and Father for Their Divine Love. I have always loved God, so I was very open to the higher spirits telling me about Him, and,

as I now understand it: Them. Isn't it marvellous having God as both our Father and Mother! What a surprise eh, but it does make sense. It takes some spirits time to readjust to the notion, but not me, it just made so much sense. Little else has ever made sense. However, so far as my healing goes, I don't have much faith in being able to do it, it seems a too daunting a task, but they have said that faith will also come as well – I hope so.

James, I want to tell you about some of the other things I have discovered over here. All those doctors on Earth that were beginning to do all that surgery to correct the physical looks of people, movie stars and anyone who could afford it, well, they are all hard at it over here. Can you believe it! The first world closest to Earth, the one we all wake up in and many continue living in, is full of it. What they can do is far in advance of Earth, but I imagine it won't be long before Earth is doing it for everyone as well. I looked into it because it is all apparently very easy to do over here – to alter the outside look of your body. And you should see some of the people; some of my friends I don't recognise, it's quite extraordinary. The doctors help you alter your look and *hold* it with your mind. Everything is done with the mind. So many spirits are so concerned, if not only concerned, with their looks, and being given a fresh start with a new life, they are definitely making the most of it by altering and adding to themselves all they like. And fashion is extreme, as you can have and do everything you want, because you don't have to pay for it. Everyone can have what she or he wants and there is so much to have. I can see it would be very easy to get caught up in even more than the young people seemed to be when I left Earth. It still sounds rather funny to me to say 'left Earth', and it is still very strange having such a change of surroundings and seeing everything in a different way, and the fact that we don't die! The wonderful thing about starting over in spirit, so far as I can understand at present, is you can finally do all those things you dreamed of doing. And you have whatever you want: a big house, expensive car – yes some of the cities still provide such things, and spirits pretend they are driving around just as on Earth – well they do drive, but using their minds to move their mind created car and not petrol; or you can go and live in an all natural sector with everyone equal; however you want to be you can indulge in until your heart is content. I have to admit I'm building up a bit of a wardrobe; the clothes are simply stunning, even in my size!

The initial feelings of freedom can be hedonistic, but I'm told that after some time one's childhood beliefs start to reassert themselves, the old patterns apparently don't die. To have everything focused back to your childhood is also very new for me. I was glad to end my childhood, as all I can remember about it is that I was continually embarrassed and felt humiliated by my fatness. And as a result never felt I had a childhood like other children, and so I was relieved to become an adult and able to be fat in my own right. Everyone told me when I was a child that I was too fat and that I should do something about it, but no one said anything to me when I was an adult,

and I used to laugh in my mind to the effect that, even if they did, I would just squash them. I remember I also wanted to squash my parents in the bad times – when they were yelling at me and calling me repulsive names. They made me feel so bad about myself, now that I come to think about it, yes they did! I have a higher spirit friend with me, she brought me to speak to you, why I don't know, but she said it would help me with my healing, as I do really want to get started. She is beckoning for me to stop now. I will, and so, good-bye. Edwina.

Zelga.

Edwina has begun her healing now, James. She spoke herself into it. A perfect example of her expressing herself; her intention to do her healing, but also her belief that she doubts she will be able to do it. Her spirit companion will now take her back to her home, and she will be with her as she continues to express the feelings of hatred for her parents – her wanting to squash them. She has received some Divine Love and it doesn't take long for it to begin its transforming work on you if you allow and want it to.

Edwina is a good girl because she refused to be enticed by so many of the *Earthly* allurements and temptations for the newly arrived. For every bit of wrongness people have created on Earth there is even more in the lower mansion worlds. So many spirits just carry on as they did on Earth after they realise they are no longer restricted by age, social climate, material responsibilities. They can quickly increase their self-denial by doing and having all sorts of pleasures to keep their bad feelings away. Their minds become so much stronger having even greater control over them.

Without having a physical body that you lose control over, there is nothing to stand in the way of a controlling mind.

Before we continue I will answer your question: How do these relatively new spirits know how to speak to you using the mind control techniques we higher spirits use? Well, they don't know.

As you have felt receiving their messages, they are very purposeful with quite strong feelings delivering their messages, and this is because we help. It takes a lot to do, and it's the men spirits – our partners in the background who control it. For the lower spirits like Edwina we provide a picture screen of you writing so they can see whom they are speaking to. They speak out loud to you, as if you can hear them, and the man on duty, listens and relays her words to your mind. You lose a lot of their personality, but we can't do anything about this. We higher spirits don't need a screen and we do it all through our feelings as we can perceive what's in your mind and its thoughts. We've all trained to speak like this to you. Once you get the hang of it, it's quite easy to do.

Yes... you see, this explains why just before the last two spirits began speaking to

you, you thought it was going to be a man that was about to speak; that was only our partners preparing your mind to be receptive. And when you got going it switched to a feminine voice and feel. The men act as a conduit. The men are artful at keeping their own minds in neutral and not allowing any of their feelings to come across to you as this would confuse you. By doing this we don't have to descend to the lower Earth planes to speak to you, and can instead bring the spirits up to us giving them a new and special experience. It's one thing to hear and be told about higher worlds; it's entirely another to actually visit them. Our bringing them *up here* serves two purposes: one, benefiting us as we don't like descending unless we really have to; and two the benefit to them is they get to experience a higher world expanding their awareness seeing that there is a higher life that can be aspired to.

While I'm answering these questions I may as well answer your other one: How is it that you can write with us any time, and that we are always here and able to pick up exactly where we left off? How can you get up in mid sentence, and not resume until even the next day, and yet when you do, we begin as if no time has been lost?

Well, as I conveyed to you some thoughts about this previously, I will add that we are able to utilise the time differential between our worlds. We have in effect, us being residents of the seventh mansion world, seven of these time zones in which we can do things seemingly ahead of you, but all in our time, so you have the luxury of coming and going at your leisure, as we do being easily able to fit in with you. There are also other variables that we can take into consideration, however I don't want to digress into these as they are merely technical and are not of any relevance to our work. Other mortals will one day receive information about such things, as the information will be relevant to their needs. One day all that is here will also be there. And there will be no need for separating the mansion worlds into natural and Divine Love worlds.

Let's continue as we now have someone else here willing to speak to you.

Anne.

Yes James I am very willing, as it is one of the greatest things that we can do: help others to understand more about themselves, and in this context, their soul-healing. It is all I want to do and I have been doing it for years. I feel in no rush to ascend higher and to get on with my journey to Paradise. My soul-partner and I receive so much pleasure helping others to see the truth for themselves that we feel there could be nothing that would give us greater pleasure. Of course when we have done all we need to, then the Mother and Father will orchestrate something else for us to focus on, and no doubt this will involve beginning our ascent in earnest. However, in the meantime, we do not know of such things and nor do we care, for as you are learning: **NOT TO LIVE FOR THE FUTURE**, is one of the key truths.

I am a Celestial spirit and for your records my name is Anne – that was my mortal name – my soul-name is Zameena. At least that is close enough in the English language for you to get some idea of it; for really my name is a tonal frequency of light that expresses the essence of my soul and personality, and so to put it into words of an earthly vibration is difficult and takes away a lot from the feeling it gives you. Anyway, I am not here about my name, rather to tell you more **about the need to STOP. Hold back and not do anything unless or until you have to. When in doubt don't do it. And try to give up all that you can. If it is meant for you to do, it will come back or you won't be able to give it up and not do it. These are some life principles you will find helpful as you do your healing.**

**You on Earth are doing everything all wrong. You are in a completely negative patterned mind, and so the more you can STOP and WAIT, and see how you feel about things, the better. Delay for as long as you can expressing all you feel while you wait. Don't rush ahead or into things; things offered to you might seem good on the surface, they might appeal to your need for power, but if you want to continue with your healing, you might find yourself feeling that you have to reject them; and to allow these feelings to come out can take time as you will be unfamiliar with them.**

You might find throughout your healing that there are many things for you to stop and give up doing. Many things. And these will all have to be given up as you uncover the reasons why you are doing them – as you see that these things are harming you and contributing to your soul and self-denial and not as you believe, benefiting you.

When you begin your healing you might have to make time to pray, and give yourself time to concentrate on becoming aware of your feelings. It all depends on your state of feeling-denial – how acute it is. One day your whole life will be as a continual prayer, an expressing of longing, wilfully living true to and expressing all you feel.

If you have the slightest feeling of not wanting to do something then don't! – and instead express – talk about – the feelings of why you don't want to do it. Slowly the more time you give to yourself to do this, the more wrong things you will stop doing; and as you will find out, a lot of time will need to be given to just expressing your feelings so you can find the truth of them. If you don't have time to express all you feel, then you don't have time for yourself, and you'll never get anywhere in your healing. It's always what you want. If you want to start being kind to yourself, and want to start honouring all you feel, then you will want to give yourself, and make, the time to do so. Otherwise you'll carry on as you are denying yourself saying such things like, 'if only I could find the time', but you only can't find the time because you don't want to – always try to at least BE HONEST WITH YOURSELF.

You have made your life what it is; it's an ongoing manifestation of your feeling-denial: your negative mind and will self-denial patterns, those developed during your formative years. Your whole world is made up by your self-denial. Man has done it all to himself. He doesn't allow God to have a say. Many blame God, accusing God

of being unloving because of the state of your world, but it's not God's fault, it's all your own doing, and one day you'll take responsibility for your actions. God loves you so much, They allow you to live in such suffering because it's what your mind patterns determine. On an unconscious level – it is what you want. It is all you got when you were young, suffering, and so that is all you know, and consequently all you manifest.

You live and die for what? Most people never even give any serious thought as to what life is about, and so many people come into spirit in a very poor condition of soul indeed. One person can have a horrible life, another enjoy it, but as to their truth they can both be the same; both so desperately lost, with the difference being only in how they were parented. You are all in such pain, but I want to tell you that when you finally do finish your healing you will rejoice. You will feel as though you're a heavenly angel of light and love. I feel so wonderful compared to how I felt with the tortuous beliefs that wracked my soul. Now I am of a positive mind, my healing is over, and what wonderful joy I feel! It's all and much more than you could imagine. I encourage you to begin, to give yourself a go; find the time to begin your soul-healing. The channels are opening, and as the new circuits begin to 'fire' you will be able to do it, all the way to the Celestial level of truth, all while still of flesh and blood. Never before have the truths been revealed as to how to achieve this. Never before has anyone on Earth completed their soul-healing. Now is indeed a very unique time, a time of awakening, awakening to the truths from Mary and Jesus.

I am finished, and I thank you for this pleasure: to be able to add my little bit. Thank you Zelga, and also thank you James. Zameena – Celestial spirit and divine *angel* of the Father and Mother.

Zelga.

Yes James, speaking of angels, I can answer your question: why does The Urantia Book speak openly about angels, they being separate creations to us, and yet they are not mentioned in the Padgett messages, only Jesus calling the Celestials – *divine angels*?

Jesus didn't mention other spirit beings such as angels because he didn't want to confuse things nor add anything that would detract from ones concentrating on the truths he wanted to impart. He calls the Celestial spirits 'divine angels' because when we attain Celestial citizenship our souls have been completely cleansed and purified of all evil and error, we are just like the angels of heaven.

There are angels, so I understand, although I am yet to see one. They don't reveal themselves until the higher Celestial levels. They don't want to interfere with our need to be so self-focused whilst we do our healing and recover from it. They don't come into the mansion worlds to be amongst us because we'd corrupt them with our evil and negative ways. It wouldn't be fair on them to subject them to our darkness. I understand that one day, when humanity has healed itself of all its evil, then 'men and angels will walk the Earth together'. Though, not for a long time.

Mary.

Hello James, Mary.

I wanted to drop in and see how you were going, and all's very well I see. I am so glad you're continuing and it's now a lot easier for you. Please tell Marion to keep going, and that which she is doing is what she is meant to do: nothing but express herself no matter how frustrating and meaningless and purposeless she feels. She is a very good girl indeed and soon it will break. You only need to express all that you feel at the time. You don't have to do anything else. Express all your bad feelings (and good ones) when they come. Express your hatred and anger and all the yuk in you. Express and Express and Express yourself as much as you can, and to whomever is willing to listen. TALK IT ALL OUT OF YOU – ALL THE WRONG IN YOU. Bring it up and out as your soul longs to let go of it. Bring it up and become responsible for it: accept it, allow yourself to be it, to fully FEEL it; that is all you have to do. ACCEPT ALL THAT YOU FEEL! You are all of it. And Keep going all the way, and one day light will appear at the end of the tunnel and the kingdom of all glories will be yours!

To answer a question in your mind James, Jesus and I have many small groups and individuals we are helping to move along in their pursuit of truth. Many are on the Earth, some of whom are aware of our help in various ways, and some not. Keep up the good work James. I will speak with you again soon. I'll give you back to Zelga. Love Mary.

Zelga.

Hi James. Zelga. That was a surprise; we weren't expecting her. It is always so nice to hear her words and feel the confidence in her love – to feel the reassurance her love gives. We will carry on if you feel up to it. Good. So let's continue.

My turn next James.

I am from a part of spirit called the *lost world*. It is at the bottom of it all. I have been allowed to come to you today for reasons that are far beyond me, however I will try to do my best. I live in a horrible, evil and dark place, but unlike many others who are with me, I want to live there.

Those of us on my plane live near each other because we need each other's wretched company. We want to only be evil and as bad and wrong as we can be. There are,

believe it or not, many souls like me who are very aware of their evil state and want to indulge in it. We live proudly in the *lost world* – that's what we call it – because we are unwanted by people like you who want love and light. We can see the light of your soul and we detest it. If you were to come to our world we would want to destroy you, or at least try and coerce you away from your good and well-meaning intentions. We know something about everyone: within everyone is a part like us. We are allowed to exist this way because it's how we want to be. No one can stop us. Not even Jesus. Not even God. We of our evil foul world of darkness are the ones who live in hell. We choose to live there. Do you understand this James? Some spirits are aware they are evil and willingly choose to embrace the dark forces of evil. Not everyone is struggling against evil trying to live lives of goodness. However, unfortunately we are confined to our world and can't interfere with those seeking the ways of light.

We hate all life and allow nothing of the natural world to exist. We make our environment suit ourselves and it is all unnatural. We hate all people and we delight in hating each other. Have you ever felt the relief it gives you to be able to just stop and HATE? To give into it and let yourself go? Many of us were made to hate on Earth, but had no where to do it. We may have tried but paid dearly for it. Now we can indulge in our suffering by trying to be true to our hatred. We don't want it to go, and we dread God coming one day and taking our world from us, making us once again be how our parents and society forced us to be – good.

We are a horrible collection of the most wicked, most depraved, most sick, most despicable – the worst of mankind that has been over the ages. Some of us are new, some centuries old and others have no record of their age. We despise all niceness and I have only come here today to make myself sick with it all because I was assured that I would be given a large reward for my sacrifice – for leaving my home of hate. My reward, I am told, will be greater power and control as that is all I thirst for. I have to keep talking until I have fulfilled my contract, so I will have to think of more things to say.

We have few woman with us, as we despise them, and we wouldn't let any of them come today for they are not to have power or control or else they might give us away, as they cannot be trusted. I hate them even though some of us seem to want them, but I have never seen any reason for it.

I am not going to give you my name, just call me the Evil One as I am the one who most are told to be afraid of, and I am here to tell you that I am real and there are lots of us.

We want to control yours and all worlds. We only want war and ruination to come to all mankind. However, we always have to defend ourselves against the light and all those well meaning nauseous spirits who come and pester us trying to get us to come to God and the Church. We hate the church the most, as most of us have come from homes in which it was forced on us and our punishments were said to come from God. We hate and despise God, and all those do-gooder religious fanatics. They are really just as bad as us for they corrupt so many souls with their evil beliefs and 'well-meaning' ways, but they are afraid of us, because we have accepted our fate and have stopped pretending to be good. Yes! Apparently that is enough. I can go now. I hate you all.

Zelga.

Well James we thought we would give you something to think about, and I can see you are feeling the effects of his heavy and dark thoughts on you. We did not allow him to speak directly to you, as there would be no point typing all the obscenities he spoke, and it would have taken you all your strength to receive his message, so the men have used their powers of mind control, to somewhat shield you enough, and act as an editing system conveying the general meaning of his message.

The reward he spoke of was not what he was expecting. It was the opportunity to come into our midst and speak with you in all his revoltingness. That will give him all he needs, as no doubt he will tell all his accomplices how bad he was and how scared we were of him. No doubt this will keep him going for years to come.

These evil spirits are indeed sad cases, to wantonly accept and be as evil and dark as they can. They are confined to a very small part of the lowest plane of the first mansion world. They are so imprisoned within their own minds that most of them don't do much other than simply immerse themselves in their own thoughts of hate. They don't and can't do anything else with their minds having such severe control over them. But their acceptance of their hate is ultimately their undoing. It may take a long time, but one day they'll find surprisingly they no longer hate. Nor will they want to remain in the 'dungeon sectors'. No matter what they think they are doing, by accepting this negative side of themselves in the full expression of it, they are taking steps to heal themselves.

The Law of Expression applies, just as we have been encouraging you with your healing. The acceptance and expression of your negative feelings can help you find the truth of them. And so inadvertently, many of these dark spirits have embarked on some level of their feeling-healing, and once begun, many evolve into embracing the Divine Love. That is once they've 'served their time of darkness'. And when they do engage their soul-healing in earnest, they are very valuable in our therapy work because they have been through the worst of the darkness, were not afraid of being evil or thought of as such, and are usually very good at helping others see their vileness.

These spirits are considered to be the worst of human nature, the ones God even despises, however it's mostly spirits in the higher religious planes of the natural love lower mansion worlds who hold these beliefs. And the irony is these self-righteous, self-aggrandising pious religious spirits are themselves in a far worse soul condition than these hateful evil ones who are trying to live true to their hatred. The religious spirits are doing all they can to hide and cover up their hate, to deny such bad feelings; whereas those in the hell sectors, such as he, are doing all they can to bring it out and uncover it. They will progress faster in their soul-healing than will those self-eluded fanatical spirits of the various religions. To live the right way by being true to their hate without even knowing it. Who is being more true to their feelings: these poor dark spirits accepting and expressing their evil, or the power and glory

seeking religious spirits who believe God is on their side as they do His work? Who is more deluded? Ironically it's many of these religious spirits who are of greater evil than those in the hells, but they don't live in hell with the dark spirits because they are able to keep themselves free of it by their self-deluding false beliefs. However, were they to start to do their soul-healing, many of them would find that very soon they would feel like hell.

All of us who have had things to do with the Dark Ones hold them dear to our hearts. We love their unpretentiousness and their seriousness at being what they believe they are – evil. We can't do anything for them except support them, allowing and encouraging them to be as evil as they want, knowing that one day they will change. They can't hurt anyone other than themselves. Their own self-hatred beliefs heavily quarantine them, but if we had a choice, we'd much prefer their company than the religious do-gooders. In their own perverted ways these dark ones are at least more open minded than those of the closed minded religious believers.

As you further heal, releasing yourself from self-judgement and criticism, so too will you become more accepting and less critical of others. You can't be what you are not. If you criticise, it is only because you have it still going on in you – you are still only criticising yourself. You criticise and judge yourself as your parents did to you, but if you can't accept this, then you project it out judging and criticising others. You do what was done to you, to them. If you were made to cover it up, you will do that too.

I feel that we should end our writing for the day, as you are tired. I will speak with you tomorrow. Zelga.

**Message 28**

4 January 2003

I am starting the day with you James. My name is Eloquica, and I want to give you some idea of myself and what I have been through.

I come from an old noble family situated in the middle of the European states a long time ago. I lived with all the fancies that life could give. I was given everything that I needed, and all I wanted and much, much more. I was treated as a queen although I did not become the queen. My mother and father were very kind to me, and loved me with all their heart, and made sure that I was looked after very well. I had everything I wanted, there was nothing, not one single thing in the whole world that I did not have or could not have, once I'd heard about it. I had the most wonderful stable of horses and I loved riding them all, with a chestnut called Milander being my favourite. He and I were inseparable during my later childhood, and every spare moment I would ride him through the fields and forests. I loved this animal with all my heart and couldn't dream of a life that was better than mine was.

As was the family tradition, I was married to a suitable gentleman and my husband proved to be all I could ever have dreamed of. He too loved horses, and we rode together almost every day. We loved each other's company more each day and quickly I loved him more than my horse. Then we had our children; I had six: three boys and three girls and we loved each of them, and they loved us, and they gave us even more happiness than we could have imagined possible. My husband's family was nobler than mine, and our wealth seemed to have no limit. Our children had, as we both had in our childhood, all they wanted. We had all the material comforts, and we had each other. We had all day long to be with each other. We had no business or 'princely' duties to attend to, and we were not asked to be entertainers to any degree; we only enjoyed the company of ourselves. We did have, as you would expect, a host of other servants all whom did their jobs with remarkable ease and gave us no trouble interfering as little as possible. All in all, I had I believe, the dream life that so many spirits and people dream of. I had the complete impersonal life of material perfection, and I believed I had the complete personal perfect life. We all loved each other and wanted to be with no other than ourselves. We did not despise or hate any other people, and no one did bad things to us; and everyone we knew or had things to do with only supported our way of life. Everyone seemed happy, and if any of our servants had a problem or cause for alarm, they were free to come to us and we would do all we could to attend to their needs. We looked after them very well and so they had no cause for complaint and rarely did.

We lived in an isolated part of the country, and during our life we were not affected by wars or national or international upsets. We lived completely at peace, and all around us was peace. I believed we lived paradise on Earth. And we loved every moment of it. We never thought of it as paradise, we just lived it; and we never

thought that we were happier than others for we had very little to do with anyone. We were all free to be ourselves, and we rarely had arguments, and we thoroughly enjoyed the merchants who would call from time to time with all sorts of new things to amuse us. Our family extended through our brothers and sisters all over the nation, but they too lived similar lives to us, and even though there was a very large and official social calendar, my husband and I only rarely attended such events, and rarely did we provide them ourselves. We felt that we didn't need such things as we had all we wanted.

Our wealth was maintained through a system of feudal allotments that extended far and wide so as to cover what you most probably call a state, but as these things had been in existence for so long, and our wealth and family so well established, we did not really need such things to maintain our daily existence, thereby asking little of our people, whom, so far as we could see, were very happy with this arrangement; so much so, that they came to us offering more than we asked of them in taxes showing us their gratitude. So we always had the finest of food and stock, and the finest of clothing and embroideries, and the finest of furniture, and the finest of everything you ever imagined, together with the finest horses. All of these things were kindly given to us. We lived in a state of grateful acceptance and well-being. We thoroughly loved our life and lived it as such. It could not be any other way – we knew no other way. We knew nothing about life without love and happiness. We saw from time to time people who seemed to be having difficulties, but so often they even refused our help saying that they so much respected all the help we already gave them that they didn't want to be any burden on us.

Occasionally we had need to travel, but even though we went to other lands and saw other things that were not in such a good state as we were, we accepted that was the way of things, and unless we were asked for help in some way, we minded our own business and the rest of the world seemed to mind theirs.

When I died and came to live in spirit I was accepted into a similar life provided by my relatives and father and mother whom had gone before us. We lived in the first mansion world in our own 'little state' just as we had, seeing and feeling no reason to change. And when my husband joined me in spirit, we continued living as we had done for a number of years. But then things began to change. Yes, as you might expect, the fairy tale came to an end. Slowly we began to realise we were not as happy and fulfilled as we had been on Earth. Nothing really happened to interfere with us, but instead the discomfort came up from within. We could feel inner stirrings that made us question how we were living, and gradually as they increased, we realised that we wanted more, more than we had, even though we still had everything. We wanted something that did not exist so far as we knew. It was some sort of inner need, something to quell or satisfy the rising feeling of discontent.

This negative feeling evolved with time as many of our children joined us from Earth, and even though they made us feel a little better, still the feeling of discontentment persisted. The next feeling was one of restlessness, which was very strange because we had never felt such a thing before. We felt dissatisfied, my husband and I wanting something more but having no idea what it was. And the feelings kept on growing in intensity. Then one day we decided that somehow we needed to do something about it. Up until this time we only shared these feelings with each other, we would lie awake at nights feeling them, talking about them and wondering what it – they – were all about, and why they were invading our perfect

life. Nothing we could do or say would make them go away. We blamed life in spirit adding to our disenchantment, as so many stories of the 'after-life' promised even greater happiness.

One day we reasoned that perhaps there was more to life than we supposed, some aspect unknown to us. This was a new notion for both for us, as we had never had any reason to suspect, to consider, any such thing because we were always perfectly happy.

Up until this time we had never travelled or left our home estate; we had no reason to, however early one morning we decided to ride out into the country and go and go until we felt we did not want to go any further. We decided to ride to nowhere other than where our horses led us, and to see where fate took us. We used to do this as children giving our horses their freedom, and it was a great game. We rode off at sunrise, and we never came back! It was the most extraordinary thing. And it has been the same ever since, with the only difference being we don't have our horses any more. And now here we are, still living together, and still much in love, however, we have also found the love of our Heavenly Mother and Father; are doing our healing, and are progressing through the seventh mansion world. And yes, as strange as it might seem for two people who only really knew happiness, love and no hardship, we too have needed to do our healing just as everyone else does.

We have learnt that our minds contain many erroneous beliefs even though we lived, what on the surface would seem, the most perfect of all natural lives. Our lives were just as set in our negative belief state as we lived in our country estate on Earth. In many ways we were just our minds, with all the love we felt conditioned by them, all firmly set in place by our parents. Although we did not suffer as so many do, and feel the pain and torture of their upbringing, we were still in no better a position when it came to living with the Mother and Father and being a soul. You see James, we've had to realise that our 'happy' life of 'love' and 'joy' was merely a belief all made up by our minds. We lived locked up and superficially, which didn't allow anything 'negative' in. We were happy and loving, but it was a wrong happiness and love, insincere and untrue. It was only that we'd been parented that way, into being 'happy' and 'loving', and because of our riches nothing ever threatened and showed up our mind's control over us making us question ourselves. What I want you to understand James, is that our love and happiness was a contrivance and pretence of our mind; negative patterns and behaviours passed down over the generations in our family. We had the wealth to live such a lie, to live such a fantasy, to be so self-deluded. And it wasn't until we came into spirit where different laws apply, that the cracks in our perfect picture started to show. Many people would be envious of our life, it seeming to be so much fun, with no responsibilities, not heartache, not pain, and yet it was still utterly false. It was nothing, for what do we have left from it? Nothing but some memories, which we believed, were good, but which are being eroded away by the truth. We have learnt that things are not as they seem on Earth. We lived denying ourselves all bad feelings. I can see it now, how we carefully and

methodically ensured they remained out of sight. We artfully used our wealth to keep the truth of our feelings out of our lives, to keep our bad feelings suppressed. Through our healing we have uncovered pain and anger and vast amounts of hurt. As we now understand, as souls, it hurt us all to be parented in such a way, in which only 'love' and 'happiness' were tolerated. We too have had to put our true selves aside, we thought we were confident people in charge of life, but how wrong we have been.

I am telling you my story so you can see how important it is to want to uncover and find the truth of yourself. You just don't know what you will find, and what you do might surprise you. Nothing of our lives remains other than our relationship together. As it has turned out, we are soul-mates, but that has led us into stripping away our delusions, and it's been very difficult to do. To admit that our way of life was wrong has been extremely hard, but we are managing to get there. All thanks to our beloved Mary's help and the love from our Mother and Father of Heaven.

We worked hard uncovering our rigid patterns of false freedom. What was such freedom when the rest of the world wasn't free? How free were we really? We were hiding in our sanctuary without even knowing it; we did nothing to disturb our peace. We lived a dream and we called it love.

Thank you James for giving my husband and I this opportunity of coming to you, and speaking with you. And I hope my life has proved to show that all is not what it seems, and that only life with the Mother and Father is a true life of love. Eloquica.

Zelga.

It is hard to conceive that people who say they had such a wonderful and peaceful dream life of love are still living in a negative mind state and have to do their healing as we all do. It's something we want you to consider seriously James: that love isn't all it's made out to be. Because how can it be true and pure love when one's mind is negatively patterned?

I appreciate it's difficult to understand that what you say and feel is love is not love, and only something your mind is making up based on early childhood negative belief patterns, however as you go deeper into your soul-healing, you will question all that you believe and feel love to be. And the resulting truth will expose your false beliefs, revealing them for being what they are – false. Can what you say is love be false? Can it indeed! This is the most significant question you will face and need to find the truth of. And as you do, it will bring into question every aspect of your life: What really is the meaning of life?

We want you to understand that the emotions you feel, although being valid in  
*Divine Love Spirituality*

their own right, are perhaps not all you make them out to be. You have removed their true meaning and therefore their true feeling, and it takes a lot to bring them back and know for real what they truly feel like. It is difficult to understand, but it is that you do feel feelings and emotions and these are real and what they are, however it's what is driving them, what is generating them, what they are founded on that is wrong and untrue, thereby in effect making them invalid, and so by extension – false.

What you call love now may turn out to be something completely different causing you to question everything in your life, everything you believe, everything that you are. You only need look at any child who is trying desperately to love its mother, while its mother is treating it badly. How screwed up will its mind become? Its mother in one moment rejects it, making it feel very unloved, then in the next is telling it how much she loves it. What is the little child supposed to think? It's going to cling onto what it believes love to be no matter what. And it does, and its mind forms around such negative unloving patterns and forevermore (until it does its healing) it will wrongly believe that love is love. It will even believe that rejection and all the associated bad feelings are love, does its mother love it, all because its mother has told it so.

How is a child supposed to deal with such a huge contradiction – it doesn't feel loved by its mother and yet its mother is telling it she loves it? What is it supposed to do? How can it fix the problem? It can't go and get another mother, and besides, it wants its mother. But it wants its mother to love it and accept it, not reject it. So what can it do, other than protest? And when it does the parent comes down even harder on it. It is calling out for help and the adult ignores it, or worse still, punishes it. It's punished for feeling bad, for feeling its not being loved as it needs to be. It has no recourse, nowhere to go, no-one to seek help from, it's entirely on its own. And all the while it needs and wants nothing more than its mother to love it.

And you know what feeling rejected feels like. There's no worse feeling, you feel like you're being annihilated – you can't exist without love. When you are little, you don't as yet know the Mother and Father love you, as all your focus is on your physical state requiring your parents' love to ensure survival. At your most vulnerable time in life you are pushed aside, rejected, not loved, so how does this make you feel? Completely traumatised. When you are 'throwing that tantrum' you're fighting for your very survival, with all the strength you've got, and all because you feel so threatened; and to suffer that kind of rejection and pressure so young, when your faculties aren't even formed, is devastating. It all but crushes you, stops you from expressing yourself, forces you into your mind and away from your feelings.

Jesus died on the cross to show us what we are doing to each other, how much misery and suffering we are inflicting on each other. How much we don't love, have no idea about love, and how we've given control over to your isolated and scared minds. We rejected him just as we've been rejected.

As children we begin on the cross. We live as Jesus has shown us by what we did to him and how we terminated his life. He died to show us how bad we are to each other. We live on the cross of suffering. We are the 'World of the Cross' – the world of no love, the world of no truth. We begin life conceived on the cross and never come off until we've done our soul-healing. We only pretend to ourselves that our 'Great Life', of pain and suffering, is a happy and good life, and a life of love.

The pain you feel in your body, in your heart, in your mind, and in your spirit, is

the cross you bear. We are all bearing it and carrying it about with us. Your healing will show you just how much you are suffering, how much your parents made you suffer, and how nothing has changed since then in your adult life. We are all being eaten away by our own cancer of self-denial, and without applying all the drugs of fantasy and self-delusion trying to take our pain away, what are we left with?

Nothing but bad feelings. Only our pain. So where now are such feelings of love?

When you see and hear a child screaming in tormented anguish, understand that it's in pain. Imagine yourself being this child. What is happening to it? What is happening to you? This child is fighting for its life, its own survival. It has no freedom, it's not being lovingly encouraged to express itself, it's trapped in its parent-made prison, it's already dying even though its new-child-energy is rushing it into being. It's dying from pain, from the torture it's enduring, its adult life will be nothing more than a slow death. Not a natural gradual physical death, but an agonising traumatic death of its mind, spirit and soul.

The family home is a child's prison camp; the extent of its torture determined by how much freedom its parents give it. If they allow it to retain its power it will grow up believing it is self-confident, that the world is there for it, and it will more than likely be able to get whatever it wants. Life will seem to work for it. If it loses all power then it will grow up crushed, depressed, hating everything and everyone, and not understanding why it can't do anything it wants in the world.

Life will make it seem like a failure. And with both these extremes, the child now as an adult, might say it was loved, that it can feel love for its parents and it was loved by them.

To be a loving parent means you love wholly unconditionally, as God loves you. But to do this we first need to heal all our unlovingness, all our negative rebellious mind; we need to become of a Celestial truth. When we have achieved this, completely healing our soul, then we'll know what love is and what it truly feels like, and we'll be truly loving as we live that truth. Until then, we live in a system of relativities, all trapped within and an expression of the negative. We are conceived into the negative state – everyone. Those of us who appear more successful, happy and loved are only parented by parents who aren't as controlling, or have learnt to live a more unreal and superficial life. These people being the 'successful' ones, the law abiding righteous hardworking citizens, are called the good ones, and the 'failures' are the bad and evil ones, yet, we are all evil, all failures, only it would appear – wrongly – some more so than others.

This is what we want you to understand James. It will require something of a mind shift, a refocus. But as your feelings are leading you this way, so it will become easier to understand what we are telling you.

All day long we tell our children they are wrong; we criticise, judge and punish them. We don't allow them to be how they want to be. We force them to be how we want them to be. And we call this being loving parents, parents who are concerned for their child's well-being. We hurt them saying it's for your own good, you need to learn the ways of the world so you can survive. Yes, so you can survive in an evil,

rebellious, negative world – great, just what we all want!

We live way out on our own isolated planet from the rest of the universe. We believe we are the great ones, and that we are right. We are not one family united under a happy flag of humanity, but terrified children barely out of nappies, pretending for all we are worth, not to feel the truth of the pain we are really living in. Go ahead, live your life, torture your child believing you are doing God's Will, and when the day comes to account, you will have no one to complain to but yourself. We are all living separate unloving lives, all desperately clinging onto an unreal existence, and so scared to let go and die. But die we must, and during your healing you will die, it will be the death and end to all the hatred and error and false love, and when you are healed you will be reborn anew into the arms of your loving Mother and Father.

James, your parents said: No you can't be you; you can't be true; you can only be how we tell you to be; you can only be like us. Each parent says: It is my way that counts not yours. It is my will not your will that you will do. And if you refuse, I will punish you. I will make you feel worse than you already do. You do not exist, I do. You are not real, I am. You are not the all important one, I am. You are not the boss, I am. You are subservient to me; I am the all-powerful one, not you. I am your god, not you. And I love you because I tell you so, and what I say you must believe, for it is real and true – what I say is the Law! If it weren't then why would I say it? I am doing this – all of this – for you. I don't have a life anymore because of you, so shut up and don't complain. And if I can't have a life, don't think you can. My life is not for you, it is for me, and I wish you would stop interfering; you are just like my parents. Stop it! Stop doing your life and listen to me and do my life. I am the way the light and the life in your life, and without me you are sunk, you are nothing, because remember who brought you into life after all. And if you don't behave, I will take your life away just as I gave it to you. So smarten up, stop crying, and stop being yourself. Yourself is an ugly, repulsive, snivelling, pathetic creature, and I can't have my child looking like you because what will all the other parents think – what will my mother and father think! They will think I am no good as a parent, and I have to show them I can be as good, if not better, than them, so you my son, get your act together or else!

'I hate you.'

No you don't, and I won't have any of that talk in my house. If you want to behave like that and say those horrible, nasty and mean things, then you can go and live somewhere else. I'll send you off to live with your grandmother; you know how much you'll love that. She can have you, and she won't put up with that sort of thing. So come on now, get yourself together, and let's be friends.

There now, are we friends... see that's better, we are all nice again. Now come here and give mummy a nice big kiss. See, now isn't that better? Look, you are feeling all better, so now we can get on and we'll go and have an ice-cream, there now, would you like that? Yes, that's a nice idea, isn't it? Come on, we'll both go to the shop and have a nice time together. There now, isn't this a lovely time we're having together?

Isn't it nice to be friends and to love each other? And see look, now you don't hate mummy after all, do you... no, now you love mummy...

Does that sound familiar to you James?

We all live in a very poor state, James. We thought that we would access some of your memories and you could 'channel' them, so to speak. It wasn't loving or nice all that your mother did and said to you. It was all lies and wilful deception. It is all corrupt, evil, full of wicked coercion, and all designed to keep you on your cross, and to keep you there at all costs; and 'to never, and, I repeat NEVER' allow you down.

Thank you James for just going with us as we work all these different experiences for you. It gives us a great deal of enjoyment to be able to work with you in such ways, for there are lots of things we want to show and tell you.

If you are ready we will allow another spirit to speak with you. Take a moment, by all means James, if you need to, perhaps take a break? Zelga.

Mrs. Average.

I am Mrs. Average. I have a name, but it is of no account for my life was just that – of no account. I lived on Earth as countless millions have. I live now in spirit as the same countless millions do, as a nothing, as a no-one person. I am the crying shame of humanity. I am the voice of pain and suffering. I am the one who lived as their parents did, and as their parents did before them, and their parents did before them... I am the bulk package. I got married at the right time to the right man and lived the right life with the right number of children. I had the right family, doing all the right things, and living on to be the right grandparent doing all the right things the right grandparent does. I lived in the right street, next to all the right families who were just like us. Our husbands all went to the right work and we stayed at home and did all the right housewife things. We looked after the children and made sure they ate and were clean and went off to school, and we socialised when they were away, or did the shopping, or did more housework, or prepared the meals, and picked them up from school when they were finished. We made their dinner and watched the TV. And went to bed and did the same thing day in day out. We said all the right complaints, about how our lives were not something else, and we never did anything about it. We upheld the women's tradition of complaining to your husband when he gets home from work so he can deal with the children because we have had enough for one day. And our husbands did the right thing pretending to be interested and saying he'd take care of it, and went off to the pub. We pretended to be happy and

pretended to live together as one big happy family. We had the right pets; the right garden and we all lived completely in the right way.

Now I want to scream.

Now I want to tear my right life to shreds. Now I hate my right life and its complete nothingness.

I have hated it right from the start and I will hate it right to the end. I hate myself as much as I hate my life, and I hate my husband and my children. I hate God, and I hate everything, and everyone because I am fed up with it all. I HAVE HAD ENOUGH! I have died an agonising death from illness, and still I live in spirit in just the same way: the right way of NOTHING. I am a nothing person. I have no individuality; I am the same as millions and millions of other people and spirits. I know how they live and what they do and what they say to each other because I am them. None of us are different. We delude ourselves believing we are, but we are not. Some of us drive a different type of car or have a different pet or different numbers of children, but underneath this slightly different outer appearance we are all the same. We are the Mr. and Mrs. No-ones. And we all come from the same nothing place: our own little world that we all thought was so special to us.

But we do not exist. We are commonplace and commonplace is dead. But we still live and breathe. And this is the problem, for how can the dead still be living? We have nothing to give, nothing to offer, we only know how to take, how to consume. We are the blight of humanity. We are Mr. and Mrs. Right.

Thank you and good-bye.

Definitely have a rest now James. Mr. and Mrs. Right are hard to be! Zelga.

Zelga.

Now let's continue.

Marsha.

I am to speak next to you James. My name is Marsha. I lived in a very poor family, in some of the worst conditions families have ever lived. We had so little to eat, only what we managed to find scavenging along the streets. We'd return faint and exhausted sharing what we found. We barely existed, we were all malnourished and suffered from all sorts of complaints and illnesses caused by our insufficient diet.

I lived with my brothers and sisters whom I saw die before me, many of them in my arms. My mother and father lived for long enough to have us all, and then they too died. We all lived crammed into one room, which was never cleaned and did our toilet outside wherever we could.

We shared our room with various creatures most of which were rats that came in the hope of finding something, but got very little. We tried to catch the rats to eat when things were very bad, but as they were vermin we were still reluctant to eat them even though our stomachs were crying out for food.

Why my existence was so bad was because I knew nothing else. Others have suffered similar or worse deprivations than I, however, I had no life of anything except trying to subsist. We did not love each other nor did we hate each other, we rarely spoke as we were always so tired, and we rarely went together searching for food because we could cover more ground if we went alone. I had no way to express myself, no one to converse with, no one who wanted to listen to me, no one I could listen to. This was my deprivation; it was intolerably bad.

The one outstanding thing we all did in the family, the one code we honoured, was to not immediately eat what we found, instead, to bring it home to be shared. Occasionally we might find a great prize and we all ate well, but this was rare. My father did the portioning of food giving the smallest the most and the oldest the least, and this we all accepted as it was how it was. My mother did her share of scavenging when she could, when she was not pregnant or with a small one. She didn't have to cook or do housework, and if she wasn't scavenging she stayed at home and did nothing. She seemed relatively content with her way of life, as did my father, they never complained or argued. We spoke very little and for the most part never spoke to anyone else. We kept to ourselves and others left us alone.

To be so hungry all your life causes you to be retarded in many aspects of your personality development. We only knew we needed food and it was a constant struggle to find it. We lived in a relatively small town and even though some people did take pity on us, the average family did not have much to spare making it all the harder.

In all the years I can remember I never once wanted to change my circumstances. It might be hard for you to understand, however I knew nothing else. Other people and their ways of life I did not relate to, as they were never spoken of. Nothing was spoken of. We were almost a family of non-speakers, as we all had the same goal and knew what to do, and that was that. There simply was nothing else to say.

When I came to spirit, as I have found out since my arrival, and the same being for my brothers and sisters, we needed a lot of rehabilitation, and in such a way that very slowly and gently introduced us to other things and other ways of life. And knowing nothing else I resumed my scavenging. It didn't matter that I was always alone, or the city I was in was different, I was all but oblivious to my surroundings, being only interested in food if it was right in front of my eyes. Some of the others were with me, but I took no notice of them, and we were only together at our communal sharing and when we slept.

At first I didn't know, but gradually I seemed to find more food during my scavenging. I didn't even know I had died – I think I died during the night in my sleep. I can't remember, as I can't really remember much at all. In fact, most of what I have already told you I have re-awakened in me since I began healing my soul. I have come, you understand, a very long way. And as I was saying, neither did I notice that some of the faces about me, supposedly my brothers and sisters, were

different. I was in such an enclosed state of mind, so trapped within myself; I functioned not unlike, but even probably less aware, than that of an animal. I habitually did my scavenging round. I lived on instinct and wasn't even aware of having any senses other than sight, for we did not taste or smell. I could hear but that was of no real help in solving my hunger.

When I think back to my Earth life, I wonder how the Mother and Father managed to keep me alive for so long, for all I really remember is that one day I was the only one left. And I think this was probably about the time I died, so to suddenly be back with others in spirit I just accepted that they were my family. Time meant nothing to me, one day after another, and so I suppose I might have just assumed the others were late in coming back from their day, as sometimes we did not come home especially if we had not found anything. There was no reason to burden the others if you could not contribute yourself.

So as I was saying, gradually I began to feel different. I began to feel! I began to become in a sense conscious for the first time, as if I was waking up out of some deep dream in which I never thought or felt, just did. One day I was late on my round, something, I don't remember what, delayed me, and as I came around the corner of my next calling site I saw to my surprise a woman putting food down on a plate for me. I don't know how, but I knew it was just for me, and when she had gone I raced over and ate it all, myself!

I had never done such a thing. I found enough that day to feel satisfied with my coming home and sharing what I had, but all I could think of was: Would there be some more here tomorrow for me? I felt a feeling I had never had, of wanting it to happen again, of expectation and excitement. I know what these feelings were now, however back then I just felt strange. It took a long time with me going regularly and watching the woman putting the food out for me, and eating it, before I began to accept these feelings as simply a new part of my life.

Then one day to my surprise the lady, having put my food out as usual, moved a side and then sat on a chair some distance away. I didn't know what to do. I couldn't go over there, I was afraid she would see me and make me go away not allowing me to have the food, but I so much wanted my food. In the end I gave into my longing and crept over hoping she wouldn't notice me. As she wasn't looking I grabbed the plate and ran off. And I want to tell you, all of this has been told to me. I don't remember it as clearly as I am telling you now James, really, I was nothing more than a child and behaved as a wild animal who was trying to be tamed with kindness using food. Slowly I accepted her being there and became less scared and even more trusting of her, and then one day I ate it all with her watching me. And then our relationship changed.

I felt a good feeling. I wanted to eat with her there instead of running away. I realised this as I was walking home, and so the next day was looking forward to eating with her being there again, but when I arrived she wasn't there and neither was any food! I nearly cried. I felt tears coming up in me; I don't know if I had ever cried. And then sheer relief and overwhelming joy the next day when once again she was there. Then I cried.

Steadily our relationship grew. And soon I felt very easy with her, but then she

suddenly spoke my name. I was stunned, for she spoke it just as my mother did, and only when I was very young; my mother never called us our names after she'd weaned us, but the memory surfaced in me and I cried and cried. She wasn't my mother, but I knew that she felt the same things for me that my mother had done during that short time. Other memories surfaced, I could hear my mother murmuring my name as she gently rocked me, and I wept.

As time passed she spoke to me more, very simply and softly. Somehow I knew what she was saying. Then one day I felt another strange feeling in me, an urge, and I wanted to say something back to her. This scared me as I had not spoken for so long and I held off not doing it for days, until one day, suddenly before I could stop myself, I murmured something to the effect of saying, thank you. I don't know where I'd heard those words because we never said them in our family – we had no need to. She smiled and I cried. And then she came over to me and put her arms around me and held me tightly. I didn't feel scared and I gave into her love. I was hers, I didn't have to say anything or do anything, and she just held me and I cried and cried. When I had finished I didn't want to leave her – ever – and, as if she knew what I was feeling said, 'I will look after you and you can come home with me and everything will be all right. Nothing will happen to you and you will be free to go any time you want to'. I went with her. I didn't want to leave her, and slowly got used to being at her house and being with her. More and more she helped me to awaken my soul, mind and heart. She taught me how to read and write and speak my feelings and thoughts. And she helped me to come back into a life I never knew existed. And then one day when we were on our daily walk, I saw another little girl who was just how I had been – scavenging for food. For a moment I was shocked, and tears began to well up in my eyes as I watched this poor skinny little dirty girl, who only wore thin rags even though it was winter and cold, looking for food oblivious to us.

The next day on our walk we saw the same little girl, and I asked my new mother if we could do for her what she had done for me, and she willingly agreed. And so we started to leave a plate of food out for her and she did what I did. And slowly we built up our relationship and then finally one day she came home with us as my new 'sister'.

We helped a little boy and an adult woman in the same way; and all during this time I was growing in understanding my new life. One day, I suddenly felt I wanted to know more about God. My new mother had spoken of God, and when I asked her more she took me to lots of different places explaining to me that these places (the spirits in them) all believed in God, but in different ways, and that it was up to me to choose for myself which way I would believe. Later that day I remember I asked her about which way she believed, and she said praying to God for Their Divine Love. And this way was then to be my way. And so it was that I began my soul-healing, with the Mother and Father soon becoming my real Parents. I knew with all my heart my life of scavenging was over.

The Rejected Ones  
Thank you. Marsha.

'Live true to your Feelings'

Zelga.

When you've regained your composure after such an emotional story, we will continue.

Good to see you back, as you are tired we will only do a little one, and we have just that for you.

So now I would like to give you to Sasha.

Sasha.

Hello James I am Sasha, and yes there is a reason why so many of those speaking to you have names ending in 'a', but I am not the one to tell you of such things. But I will say that everything has a purpose, and as you become more aware of yourself, the truth will be made known to you. It is simply incredible how the Mother and Father have arranged everything. We live constantly smaller and larger pictures of ourselves. We move from the personal to the impersonal and back again, and each time we come back we can go deeper into ourselves. We are constantly relating to ourselves and Them and our soul-mate. And over and over again you will see how much everything in your life is there for a purpose, even in your negative mind state. It is all for a reason, and truth underpins it all. There is nothing that is not a part of the personality of God. Our outside is the reflection of our inside. We are always moving in perception in and out, just as we breathe; just as the Universe of Universes (Creation) expands and contracts. We are living cycles within cycles: circuits within circuits. We are forever more not less, and nothing you experience will be lost. It will all cycle around and around again and again.

Thank you James. Sasha.

**Message 29**

5 January 2003

Hello James, Zelga.

We want to change the personal accounts and expressions of truth in the messages, focusing them more on spirits' experiences of asking for our Mother and Father's Divine Love, and the beginnings of doing our healing. So I will begin.

I was introduced to the truth of asking for and receiving God's Divine Love a long time ago. And it took me a long time before I allowed its transforming ways to take effect in my soul. I wanted all I thought the Love would give me, but at the same time, I found it very difficult to relinquish all the other things I wanted. Unlike you and Marion, I did feel like I had a place in life, and life was for me. You have both been pushed far back into yourselves making you feel powerless in, and rejected by, the world. Your lives haven't allowed you to feel that it's up to you to make the world suit you. You've had no real idea about how to assert your will to make things happen for you. You've tried, but nothing has really worked out. And you feel you can't do anything unless someone helps you, unless someone invites you in and does not reject you. But I didn't feel this way. I had children. I experienced having power over someone. I felt I had power and could make the world suit me. I felt I had all manner of freedom and I didn't want to give any of it up. I thought God would ask me to give it up, so I was reluctant to let go and submit to the healing process.

I had my children in complete ignorance of the wrong I was perpetuating, and when I came into the spirit worlds and found out that I could do even more of the things I had only dreamed of, I was delighted. Finding out the truth about Jesus, Mary and the Mother and Father, and realising that the churches' religious teachings and the Bible were basically wrong and containing little truth, gave me good feelings and I quickly replaced my beliefs with those of the Divine Love worlds. I wanted power, ever more power, and embracing the Divine Love gave me feelings of superiority, of being special, of being in a whole different class of spirits and life, which only intensified as I moved to live in the Divine Love mansion worlds.

The more I learnt about the evil and insidiousness of the religions, and started to understand what my soul-healing was about, the more I started to accept that my parents weren't loving to me, and instead of feeling bad, I actually felt more power, feeling superior to them. And secretly I relished these feelings. I felt I had been let into a huge universal secret. I knew better than my family and the Church; it was wrong and I was right. I was on the true path to God, they were all still allowing the church to be god. I even secretly hoped my parents would never find the Divine Love, as punishment for what they did to me, and that they would stay forever doomed to their own evil ways and rotten beliefs, whilst I ascended to the higher heavens to live as one of those Celestial angels Jesus speaks about. It took me a long time to want to let go of my new-found specialness, freedom and superiority.

I had listened to many higher spirits speak about their healing experiences, but still

I believed that all I would need to do is long and pray to the Mother and Father and my soul would be transformed, and everything would take care of itself. It's all so obvious now: I was very arrogant, conceited, and mostly in love with my own self-importance. I thought my healing wouldn't be too bad, of course I had no idea what I was in for, but feeling superior to my parents because I was partaking of God's Love was enough. But gradually as I started to honour, accept and express my bad feelings, I found out what humility is all about. One of the harsh realities I had to accept about myself was I believed I was a better parent than my parents. I believed I was smarter and more progressive than them, that I loved my children more and better than they loved me. I was very full of myself.

Many spirits take a long time, like I did, to progress through the third world, the first or lowest Divine Love mansion worlds, and even though they ask and long for the Divine Love and feel it come into their souls, still with their negative state being so well in control, they fear relinquishing any small amount of power they have. And a parent who has raised children and been active grandparents enjoying another position of power might find it very hard to give it all up. To give up being a parent once you've been a parent is very hard. It's the only guaranteed feeling of power and control most of us get, and letting go means we have to accept that possibly we weren't as good a parent as we believed we were. When you realise that you only had children so that you can get the power back your parents took away from you, you don't feel terribly proud of your achievements. The further my healing takes me, the greater my shock at seeing just how controlling I was. Being a mother can be the ultimate power tool. A man has to try and get his power in other ways. To be seduced into believing that your child needs you and cannot survive without you, that you are the most important one, is delivering yourself into the hands of the devil.

It's ironic being a woman and feeling powerless in a man's world, and yet we being closer to our children are the all-powerful ones. Our impact on the child is greater than the fathers. Women, really we are the ones in the driver's seat, and then we reject our boys making them become rejected unloved men, who we then fear and feel so powerless with. We make the men how they are, and then we complain to our husbands that they do not do what we want and fulfil our dreams. They marry us believing we will be a good mother to them, a better non-rejecting mother, someone who will accept them completely for the pathetic scared little boys they are, and we do mother them pretending that we are having a happy and loving marriage and life together. And then worst of all, we have children believing that we are bringing them into a loving environment doing all the right things for them. We are dreaming, delusional, and unfortunately living out our retarded fantasies of self-grandeur and self-delusion. It was hard for me to accept these things; that this was my truth: the truth of the negative I was living.

Even though I felt superior to my parents, I still felt the victim and I had to come to terms with that. All love I felt for them left me as I went further and deeper into my healing. And slowly I was broken down to see that I was exactly like my parents, no better and no worse.

One day while I visited them we were able to share more of ourselves, as they seemed genuinely interested in what I was doing, and as I recounted my experiences they listened and didn't fight me even agreeing with all I said about them; adding that

that was how they too felt under the weight of their parents. But I couldn't allow myself to feel too sorry for them. I didn't want to do that because had I, I would have put my own pain aside seeking to forgive them, letting them off the hook in the hope they would see what a kind, considerate and caring daughter I was, and that now finally they might love me. I had to remain on my side, accepting what I felt, admitting to all the anger and hatred I felt toward them; because it was the truth of my feelings I wanted. I wanted to accept and understand all I felt, the whole truth of my negative state. I couldn't let them off the hook because I would be giving myself away, and this is what I have always done with them, put myself aside allowing them to retain all power. A lot of people, James, try to forgive their parents in the hope that their bad feelings will disappear and all will be good and loving, but that too is only a fantasy. It's not true forgiveness, it's only giving control back to your mind, deluding yourself that you are the all-powerful one being the forgiving one, but you're not. It's not true power. Like it all, it's false; unreal, untrue. It's not power at all. And the sad part of all is: all that we have been led to believe is power is not power, it's only mind control – our minds controlling us in their negative states. I feel the victim and I owe it to myself to stay with my feelings of powerlessness – how my parents made me feel.

I know I have digressed somewhat from speaking about my Divine Love experiences, but whilst I'm on this subject you will see also James that a lot of people will try and use the Divine Love to make everything better. They won't use it to help them own up to how bad they really feel and confront their repressed childhood feelings. They will pray and long for it believing it will remove their bad feelings making them be all-loving. They will use it to further suppress their bad feelings, and it will take them longer before they can face themselves, be honest with what they are truly feeling, and begin the healing of their soul.

Now that I have said my bit, and it does feel good to have my say, and I thank you James for listening to me, I will give over to allow another spirit to speak to you. Zelga.

Jesus.

I want to tell my adventure of asking for the Love of my Heavenly Mother and Father. I am here, your friend in Truth, Jesus.

Yes James a surprise. Mary and I have come back to see how you are doing, and I want to add my personal experience to the ones that are to follow. I simply can't let the girls have all the say!

As you know I was very young when my mother and father began to teach me about the ways of life as they knew it, and what they believed would be important for me to know. My mother and father taught me the prayers they did both privately and when they were at the temple. I copied what they said and prayed to God, Yahweh, for His care and blessings, good fortune and general love and well-being. I did this

for a number of my earliest years until one day I found that I did not want to say their prayers anymore as they suddenly had no appeal for me. I felt that my mother and father would be upset if I did not continue as they had shown me, but as I could not do it anymore I decided to ask them if they minded that I did not do it, and instead tried to work out my own prayer to pray. I asked them both to sit down at the dinner table, as we did when we wanted to speak seriously to each other, and they both did as I asked. As a family we all had a lot of respect for each other and this made me feel loved and accepted by them. I was able to ask them for what I wanted and speak openly my thoughts and feelings.

I was very apprehensive, however the memory is still a clear one for me, as it was the look of support and complete acceptance on their faces that made me feel so good. I told them that I hoped they would not be upset and that I did not want to disappoint them, and that I respected all that they had told me, but would they mind if I made up my own prayer and said it to Yahweh. They both said no they did not mind at all, and then they both agreed very enthusiastically saying to me that when I had made it up, if it was all right by me, would I tell them so that they too could do my prayer. They said that they would much rather do my prayer than anyone else's. I was so happy and thankful to them, I don't quite remember, but I feel tears might have welled in my eyes.

This is one of the most pleasurable memories I have from my life on Earth. And it was from that time on that I began my personal life with my Heavenly Father. I don't remember too clearly exactly the sequence of events, however I do recall that I thought long and deep about it. In the end, having tried many possibilities, I gave up. I found the task too daunting – what did one say to God? I tried for days to work out a prayer that seemed satisfactory and covered all I wanted to say and ask for, but at the same time I wanted it to be very simple, and something that would be easy for my mother and father.

Then one day after again deciding to give up suddenly a thought occurred to me, to the effect of: why don't I ask Yahweh Himself what prayer I should do, after all it was Him I wanted help from and wanting to offer myself to. This then brought up even greater difficulties for I did not know how to ask Him, as it wasn't done so far as I knew, and if I couldn't work out a prayer to say to Him, then how could I ask Him for one to say? I was getting more confused and caught up in myself. And so once again I decided to ask Joseph and Mary what they thought I should do.

After some moments thinking about my problem my father said: why don't you just pretend that God is a real person like your mother and I, and pretend that He too is sitting here at the table with us and then simply say to Him, like you would say to us, whatever it is you want to say. This I thought was a most wonderful idea and went away having to think about it – what would I say to God if he was sitting at our table?

One evening when I was alone in our house I decided to do what my father suggested and feeling rather foolish, but intent on trying, I asked God if He would be so kind as to sit at our dinner table as I would like to speak to Him. Then when I felt I

was ready I tried to imagine God was sitting there like my parents had been and I spoke to Him. I do remember spluttering and bumbling my way along, but finally I felt all right about it, and said to Him that why I had asked Him to sit here was that I wondered if He could be so kind as to give me a prayer to say to Him; and that I couldn't work one out for myself, so I would very much like His help. And then to my surprise He spoke to me, and He said in a very clear and definite voice: 'Yes, certainly my son, I would very much like you to pray to Me for my Love'. That was all He said, and that was enough.

So that was how I began to ask Him, my beloved Heavenly Father for his Divine Love. And it was how I began to speak to Him. I would ask Him to come and sit with me at the table and I would pretend that He was there and I would speak to Him. After some time I realised that I could speak to Him anywhere, and after more time, He spoke to me of his own accord and asked me many things. My relationship with my Heavenly Father had begun. I told Joseph and Mary about my experience and they were enthralled and said that they too would ask for His Love.

Thank You James, we are going again now. Mary will come back later to speak with you. Jesus.

**Message 30**

6 January 2003

It's my turn this morning James to tell you my beginning with my Heavenly Mother and Father – Mary.

I, as did we all, heard about asking the Father for His Heavenly Love from Jesus. When I first heard him speaking of God in such a light I was touched so deeply that I will never forget. He seemed to speak about God as if he knew him personally and that they were the best of friends. And this appealed to me very much. I too wanted, as Jesus said I could, to speak with this God- person who Jesus said was also my Father in Heaven, the Father of my soul. I came from a family that was less traditional and less conforming to Jewish life. I had many brothers and sisters all of whom did look to me for leadership, as being the eldest I was given the privilege, but also being a girl I still had to know my place. I did all the right things so far as I could see were right, and had no particular aspirations in life other than to help others. I was very much living each day as it came, and so when Jesus came I listened to his words and they made me feel good.

He said that all I had to do was ask his Father of Heaven, who was the same God as Yahweh, for His Love, which he called Divine Love, and then I would be able to share my life in a very intimate and personal way with Him. And this was very appealing, for Yahweh as I knew him, was not a real person, not one to speak with and have as a friend and loving father, which Jesus intimated; but was instead very impersonal and only really approachable if you were a man, and then a learned man knowing the right rituals and ways of behaviour – knowing the right words to say. Yahweh was a God to be feared, not a loving father, not someone you could feel safe with, and someone who wasn't perpetually judging you.

As I got to know Jesus more personally I could see that he was very different from all other men I had known. He seemed very open and friendly to everyone, especially women. He seemed very informal with them, and many of them I also saw did not know how to behave with him. However, the more you got to know him, the more you realised that he wanted you to be just as you wanted to be. He didn't seem to mind or judge or condemn you for anything if he did not like it, and he didn't say anything that was not supportive of you, he was never demeaning. This was to many of us a breath of fresh air and it was this that made us more curious about what he was speaking and teaching. He openly invited us to join him in prayer to his Father in Heaven and he said that his Father was very open minded and the God of All: all our foes, as well as our countrymen – the God of all the rich and poor, a God who simply loved us all.

Many of the things he spoke about were very new for us to understand, but what he said appealed to human nature, and made such obvious sense once you decided to accept it and think about it for yourself. The biggest new idea for us, and especially women, was that this Father of his was also the same loving Father to women, and that all men and women in His eyes were equal. Jesus told us what He had said to

him: that He created men and women to live together as equals, sharing the daily duties in all aspects of the family life and sharing equally all aspects of looking after children. And that segregation of any sort, was not to His liking and was not needed, as it only led to unhappiness and competition, and eventually hatred of each other, rather than love.

Jesus was very sympathetic to us all, as most of what he said was so different to what we had known, not only about religious matters, but just general life – we needed time to accept and understand. The more time we spent together the more logical all that he said seemed. And then once I understood that he was saying we are all souls, and that meant we are the same even though we might be born into different social, economic and national situations, my eyes started to open. And by using my mind to look at all people no matter what race, nation or creed, and no matter what standard of living or level in the social strata, as being equal, then I began to really see what he was trying to help us to see. I could imagine all anger, hatred, war and evil dissolving away as we accepted each other as equals with only love to share. However, as all these new pictures were coming to mind, and I was trying to imagine a world like the one Jesus was painting. I found it very difficult to see how most people could or would want to give up their traditional ways and embrace something so far reaching and new.

By the end of his life it was obvious that the ruling powers were in no way interested in listening to such notions, and so I came to further understand another truth that Jesus taught: being that we all were individuals in His Father's eyes, and that to live as He said, one must live true to what is in one's own heart. The truth he taught was personally inspired and to try to live it, as a collective, would only be achieved by and through living it individually; the person first, who would then bring about changes of governments and how the authorities would see things. So all in all we came to understand that it was a change in heart that would help people be free. And as we all did feel repressed personally and impersonally in one way or another: where were we to begin? And this Jesus helped us to see, as he always stressed that the way to change or to see things how he saw them, was through partaking of His Father's Love, and that being how to partake of it involved longing to Him for it. He explained it all to us as he again did in his messages to Mr. Padgett. Can you see how far away from the truth, and how distorted Jesus the person, his life, and what he taught has become as represented by the Bible and what Christians believe?

Jesus invited us all to sit with him and pray to His Father for His Love. He said that the Divine Love would come, but not until we had decided we really wanted it and were prepared to accept all that he said. He said that if we still chose to retain our old ways and beliefs then this would limit His Father's ability to give us His Love, for being His Children we needed to be of pure heart and intent to receive His Love. This proved a stumbling block for most people. It meant that somehow they were to give up all that they knew and accept a completely new way. Back then it was very new, just as is all that I am revealing to you about your negative mind, and how completely wrong and of no love you are.

Not many wanted to embrace this idea wholeheartedly, and many even though they said they did and seemed committed to Jesus, still held onto, even secretly, their old ways and beliefs. We had no idea about our negative mind state and how badly

entrenched we were in it, but Jesus was diametrically opposed to all of how we were.

Jesus loved to talk about and discuss all he knew. He said the more he talked the more he saw and understood, so he wanted people to ask him questions, loving the more perplexing ones which very occasionally someone would present to him. To answer these questions he would have to speak directly to His Father in Heaven. It was astounding to watch him look, as if into heaven, with a questioning face and then some seconds later bring his focus back to the person and begin to speak the answer. And sure enough, new understanding would come to light, to enthral all of us who loved to see his mind work in cooperation with His Father.

Jesus shared with us as much as he could about his own thoughts and feelings. He seemed very open and unafraid of what people might think of him. He was very relaxed, never in a hurry, and also very confident and firm in his conviction about all he spoke. As we spent more time with him, we saw him grow and change and become even more certain and confident and full of love. All the way through his public life he remained a kind, open minded, supportive, encouraging and friendly likeable man.

One day when a group of us were sitting with him, for some reason the others left, and I was alone with him. This was not unusual as many people spoke with him privately or in small groups. It was one of the wonderful things for women that he did, which once you got used to and didn't feel threatened or out of place, enjoyed, as he openly encouraged women to speak their feelings and thoughts. He encouraged everyone to speak honestly, and when they said something of worth he praised them for it, and this made you feel, not only very good inside, feelings which I am sure a lot of women and girls had not ever felt before being inspired from a man, but also very special and important and equal to men.

I didn't realise we were alone, as I was thinking about whatever it was we had just been speaking about, and as I looked up to ask him a question about it he looked very lovingly at me and said, 'Mary you don't need to ask me this question. Look deeper into yourself and you will see that you know all that I do!' At first I was rather a bit taken aback. It was the feelings I felt for him that suddenly came up in me, as he looked at me, which I hadn't up till then allowed myself to acknowledge as anything more than just being one of his followers. I felt such an overwhelming feeling of love for him; I realised I loved him. I think I lowered my head feeling somewhat flushed, embarrassed and ashamed of myself, but at the same time bewildered and so surprised, because as I said, up until this time I had not thought of him in any other light other than as a teacher.

I knew many women (and men) loved him, so many women said they were in love with him, living for a moment of eye contact and the slightest sign of recognition from him, but in many ways it was all still so impersonal, and that was how Jesus responded to much of the praise even deflecting it to his Father in Heaven saying He is the true one to love and praise. So the thought of a more personal feeling of love for him completely did take my breath away. And then, as if he knew what I was feeling, he said 'It is all right for you to love me this way, it is my Father's way'. We were then interrupted as others came back into the room. And I was glad of their return, feeling myself relax, but I soon left needing to get some fresh air and to think about all that I felt.

Quite a number of days passed and I felt all right about myself, about what I felt had happened between us, but I told no one, and Jesus did not seem to show me any

extra favour. I wondered if he felt what I felt, but as he seemed no different to me, I put it aside telling myself that I can't make things up, and instead I will think about what Jesus meant by my knowing it all myself. Some time later I decided I didn't quite know what he meant, but I wanted to know more, however I felt unsure as to how to approach him about it. Even though he encouraged us to speak, he was getting increasingly busy, spending more time with his male disciples who were feeling very excited about all he had been telling them. We – women – felt a little left out, however Jesus explained to us that our time would come, and for the purposes of what His Father had in mind, he needed these men to carry out his immediate work. We all accepted this, the men of course feeling even more special, just as they thought it should be.

I decided to ask Jesus more about what he said to me, when and if, the opportunity presented itself. I would not go out of my way to speak to him privately or in public, and so when I received a message saying that he wanted to see me, alone in private, I was again shocked, as well I must admit, excited. When I arrived at one of his relative's houses, he had everything organised and I was amazed when he asked me to eat with him, just the two of us, together, alone, and he assured me we would not be disturbed.

Nervously I sat and even though I had eaten with him before, it had always been with others. So I felt like a little girl not really knowing what to do or how to behave or what to say, but thankfully Jesus was just as he always was, and soon I felt more at ease. He asked me almost immediately what I had thought about in respect to his telling me that I knew what he knew. I said that I had but hadn't got very far with it, that really I didn't know what he meant. I told him I had wanted to come and ask him to explain. So he did. He told me that I was his soul-partner, his true destined soul-mate, his equal. He said that he did not expect me to understand about such things, and there was a lot he knew about which he wouldn't tell other people, but if I wanted to know he'd tell me everything. He told me about his life and what the Father had asked him to do, and the limitations he faced; and even said that he felt he would not live a full life as he would be too threatening for the authorities to tolerate, but he was not going to leave his native area and move to other parts of the world, he was going to carry out his Father's work as the Father directed him.

We spoke for a long time about all sorts of things and he said he would like to see me more in private, and if I wanted at any time to see him, he would. He said he would give me top priority even above his disciples. He said he wouldn't tell me all he knew for this was not the time nor place, and as I listened to him speak about life after death and the creation of his kingdom in heaven, I gathered and understood, that our time together would not happen in earnest until then, until we'd both died and gone to live in heaven.

He said the Father had told him all about me and my soul and that he would be able to explain it all to me in the spirit world if he didn't get time to before he died. He further explained that what the Father wanted of me was to keep on living doing whatever I wanted to, and to study life in the light of all Jesus said. He said that this would prepare me for the work the Father wanted me to do when my life here on Earth had finished. He went on to speak about the need for me to stay in seclusion as there was no need for me to say or do anything more than be as I was. If I wanted to get married and have a family he said that was entirely up to me, however he felt that

such things would not be of much interest to me. He also spoke of how best I could serve him and so it was decided that I should be the spokeswoman for the women followers. He said he wanted to choose women disciples to be the equal of his male ones. He told me the women would focus on helping the poor and tending to the sick, whereas the men would focus on teaching the truths he revealed. But he also said he would want to meet with any and all women who also wanted to understand the truth of what he taught, as women were able to learn and teach truth just as well as men, if not better.

He said he did not expect anyone to be able to live the truth he spoke, except me, however his mission was to prepare the way for all men and women to follow us. He said that they will try to do their best, but for other extenuating circumstances, it would not be actually until he died that the Father would come with His Holy Spirit and fill the hearts and souls of those men and women who lived with faith and trusted all he taught, and those whom had sincerely prayed to and asked God for His Divine Love. He said that his Father required his followers to live with faith in him and His Father, and if they did they will feel the reward when the time came in their soul.

Everything he said to me, as it always did, made so much sense. I felt all he said was true. Later after I left, alone on my bed, I thought over all he said and wondered if it might be true, that which he said about me. I had to admit to myself that I had felt certain things throughout my life and a deep longing to be with God, but I didn't know if such things were normal, being also felt by others. Did I dare to believe and accept all the implications from what Jesus said? Was I truly his soul-mate, his chosen equal partner, chosen by God? By the morning I thought I would just accept and do what he said, and I would keep and respect his confidences with my life. And I did. Occasionally I allowed myself to think of the after life, however it was all too much so I busied myself doing what he said: helping people in their sufferings and helping those who wanted to understand the truths he taught.

And so it was when he died, that we felt the rush of *wind* caused by the Holy Ghost upon our spirits as it surged into our souls at Pentecost bringing the Father's Love. And what an incredible experience it was! I felt my spirit being raised up as if by a great angel, and I knew, as we all did, that the man we all so loved, and whom many of us had seen die on the cross, was all that he'd said he was.

I felt my soul coming alive, transforming itself into the very essence of My Heavenly Father and I cried for joy, as I too knew all through me that He, Jesus' Father of Heaven was also my Father of Heaven, and it was all just as Jesus had told me and promised. And from that time on, each time I prayed to my Father of Heaven I felt the Holy Spirit coming to me, and with the passing of each day I felt I was understanding more of what Jesus had spoken about. I felt as though I somehow had his voice in my thoughts explaining things to me and helping me to see all that I wanted to know. I felt that I knew more about what Jesus meant regarding my soul, and as I continued to help others I began to see deeper into their problems and why they had them. I felt that my Father was guiding me to see what He wanted me to see, and I felt that I had begun my life and my work with Him, and I could see it carrying on into spirit. I could see how people were reacting to what Jesus had taught now he was gone, some understood and appreciated him more, others had no qualms about using what he said, even changing it, to serve their own purposes. Overall it became obvious that not many people were able to stay true to his teachings, they quickly lost interest in longing to God for His Divine Love, reverting back to their old

ways, embroiling the purity of Jesus into their imperfect lives. Many of them felt misplaced, especially the men, for they had unreal expectations and did not understand the subtleties of which Jesus spoke. I could see I was not like them. They all seemed to be receding and losing the light, that Jesus had given them, but steadily I felt a growing intensity and understanding, a focus awakening in me. But I felt I wanted to keep such thoughts and feelings to myself. I only shared a few of them with some of my close women friends.

It was easy for me to remain insignificant in the fall-out during those years after his death.

It had been a very intense time for all of us, and only Jesus had the understanding to know exactly what was happening all the time. Looking back we were all like a lot of lost lambs who for a time came to live under the protective arms of the Good Shepherd; when he left we were cast out back into the darkness. As the years passed I could see how humanity, and in particular men, were not yet ready to give up their false power, and less and less did I have anything more to do with those who still believed that they were carrying the banner for Jesus.

At the tomb when I saw him standing in front of me, when I realised who it was, I got such a shock. Even though he had said I would see him again soon, when you see your first apparition and it speaks to you, it does tend to leave you somewhat unsteady on your feet. I felt such a deep longing to be with him, and many of the same feelings of deep love like those I felt on that first night when he spoke to me privately. I could feel my heart opening further to him. I felt joyous but also alone; I didn't want to remain on Earth without him. I wanted to be with him. I wanted to learn and grow by his side; I wanted to share all that was happening to me with him.

He came often to me, it was a balm to my heart as he told me how pleased he was with me, and that he was preparing the way for me for when our Father chose to end my life and deliver me unto him. I would cry and feel free in my heart, free to allow myself to feel whatever I might. And then his voice was with me all the time; I no longer needed to see him. He remained with me for the rest of my life and helped me to uncover and reveal to myself, and those few women I chose to tell, the truths that I would present to those in spirit after my death.

Gradually I felt a longing to relate to God as my Heavenly Mother. I allowed whatever feelings and thoughts to come because I knew Jesus was with me supporting and encouraging me, and so in time I began to speak to God as my Mother, as both my Mother and Father in Heaven. And together They helped me look deeper into my feelings and to look into the feelings of others, all so I could begin to understand the real problems and their causes that afflicted humanity. So came the unfolding and evolving of my understanding about love, false love, the negative mind, and the need to do one's soul-healing – all that I am passing onto you James. All that Jesus and I want you and Marion to help others understand.

Thank you James. I will end here. Mary.

Elizabeth.

I would like to speak to you now James, and my name is Elizabeth. I would like to give you my account of my introduction to the Divine Love.

I was deeply religious on Earth living the Church of England faith and believing in Jesus, the Father, and all that Christians of today attribute to them. I prayed religiously to God for His love and for many other things. I wanted to give myself to Him, and live as He wanted me to. I believed all I had been taught by the church as a young child and by my parents. I had no reason to question or doubt any of it, and I didn't. So far as I can remember I never questioned my faith and believed that I was superior to those who did not believe as I did. I wanted to do all the right things by God, and so the Bible being His Holy word, and our Church being His honest representative and stand in for Jesus, I attended weekly service all of my life. I have always gone to church, if I had to miss one Sunday's prayer I would feel as though I had committed a sin and would look forward to making it up the next week reaffirming my commitment. I loved it all. I enjoyed all the sermons, all the festivities, the ritual and social aspects the church had to offer. And other than my husband and children, it was my whole life.

When I died I went to the section of the first spirit world that was predominately inhabited by spirits who were like myself: still committed to our faith. And I found many of my relatives, some of whom I had known and others I had not, living there; and I soon found my place amongst them. I loved living in a city that was all Christian – all Church of England and Anglican. We all felt like one big and very happy family, and the central church and cathedral were beautiful, a sheer joy to be in. To hear the choirs singing and the organs playing was spectacular; awe inspiring, and surely something God would be pleased with. It was very much in keeping with my expectations as to what I expected heaven to be like.

However, after some time, years of Earth time, slowly the shiny exterior began to fade. I had cause to visit other cities outside ours, and slowly through a number of experiences I found out that there was more to spirit than I had imagined. Such things were not openly talked about in my life, but slowly I found I became interested in other things. I wanted to know more about our Church, and as I learnt that there were other worlds higher than the one I lived on, I became curious as to how I could find out about them. What was spirit life like in them? What was the Church like in them? And being higher, surely they must be even more magnificent and grand than ours, and closer to God. So with questions beginning to come into my mind I began to ask. Some people – spirits – were not at all interested, others even said these places were the handiwork of the devil, but thankfully there were a few who shared my same curiosity.

One day I realised that to satisfy my curiosity I'd have to go outside our city and look further afield. So I commenced day trips travelling regularly to different places seeing what they were like and what went on. I know it might sound strange to you, but I had never thought of such things. Even though I said spirit life was much how I imagined it to be, I meant in my fantasy of all those believing as I did living together uninterrupted in one place. I had never wondered about spiritual things or even life after death, other than it was heaven and glorious. I only accepted what the church said, praying to be taken into heaven upon my release. Now I felt like I was a young girl leaving home all over again. I was scared to leave the security I felt in our city, and yet I did not really know what I was scared about, as I did know that once you had died you could not die again.

Here in spirit one is far more focused on oneself. There are not the distractions of Earth about you when you live safe and secure snug in your little part of spirit with so many like-minded spirits. Where you begin your new spirit life is based so much on how you are, you feel so at home that you can maintain your delusion for a very long time. There is nothing to confront you, nothing to make you question, nothing to stimulate you thinking differently. If you don't want it to – and I didn't. I wanted it to be just perfect how it was. You can stay in your own little world without being disturbed, shut off from the rest of the world if that is what makes you happy. However conversely, if you do want to step outside your narrow little life, then so much opens up to you, it all being quite incredible.

As I travelled around I found other small Anglican Churches and groups of which I had no idea existed, and so I took to enquiring about them and went to them to pray in them. When I visited them I spoke to many spirits, and being somewhat separated from the central church they had slightly different outlooks on many of my beliefs, even though overall still upholding the Anglican traditions. While I attended these churches I met more outsiders, people who didn't live in our Christian sector only occasionally visiting it. They spoke to me of their lives, which made me see how insular and self-centred my life was. Previously unknown feelings stirred in me. I felt angry at having my safe world threatened, but I had to accept that I was limiting myself as a person by remaining so isolated. And the more time I spent away from my city, the less I wanted to return to it. Each day I returned to my world I felt its lustre was fading. I longed to know more and go further away.

I speak to you as though I was alone, however I wasn't, at least not all of the time. I had friends and some of them came with me on my travels, some with the same intent as I, others just for fun. And there is definitely an all pervading sense of freedom, that you can be and do whatever you want in spirit, you're not limited by money or geography, and the more I travelled, the more I saw, the more I could feel a joy of discovery awakening in me.

One day while I was sitting alone in a small country church another person – spirit – came in and asked if I minded if they sat with me. I had no objections and after a short while we began talking. This woman had a certain presence about her. I

couldn't put my finger on it, but something seemed familiar and yet at the same time, very new to me and unfamiliar. I asked her questions about herself, as to where she lived, and she said that she lived in the seventh spirit world and was down here on the first world, or 'Earth world' as some call it, visiting a friend. I was shocked, the seventh? I asked how many worlds are there, and she went on to explain how there were seven mansion worlds, their separation into natural love and Divine Love, and the higher Celestial spheres, all the way to Paradise, the highest or deepest world into Creation, the actual home of God. She went on to further speak of our ascension as souls, and that if we wanted to live a true spiritual path, to live truly as God wanted us to live, then we needed to embrace what Mary Magdalene and Jesus taught, and not what it's said Jesus said in the Bible or the Church, but the truths they really teach which will help us grow in truth ascending us through all the heavens to Paradise.

I had never heard of anyone speak of such things, my mind was reeling, but for some reason I didn't reject her. She spoke with such a tone of confidence, so self-assuredly like she had personally experienced all she told me. And instead of accusing her of speaking the devil's talk, which I would have done not so long ago, she ignited my curiosity even more. I didn't want her to leave, and asked her if I could come to her home and talk with her some more. She said she'd like that but unfortunately I couldn't visit her home because my soul wasn't as yet developed enough to do so. She said she could however come and visit me, so we agreed to meet again in the church and talk more. And so we met every few days over the next week. And each time she opened my mind to new thoughts, introducing me to new truths. She told me about God being both a Father and Mother, and how Mary Magdalene was Jesus' soul-mate, and helped me to see just how restricting and limiting the church I believed in was for women. And everything she said, although at times I resisted and argued against her, I had to eventually accept was true. I had to, because I could see it and feel it for myself.

As we talked I could see that she was very committed to the Mother and Father and I asked her how she became so through the Church, and why had the Church not spoken openly about such things as she was.

She laughed and said that she was not involved with the Church as I understood it to be, but of the true *Church of Christ*, a Church of Truth, which has absolutely nothing whatsoever to do with the Anglican or any other of the Christian churches of Earth. This was a new and separate Church, but the real and true Church of which Jesus and Mary are master and mistress. Their Church: the Church of Divine Love, was based solely on the truths they taught.

I was spellbound. I could only vaguely believe all she was saying, sure, I had heard of lots of other churches all claiming to be the *True Church*, but as she spoke of her love for the Mother and Father her eyes seemed to glow and I felt love coming from her. As I said, I liked – even envied – her confidence and self-assuredness and understanding of the truth. And she was a woman! I had never heard a woman speak about Jesus and Mary and the Mother and Father with such reverence, and as if she knew them all personally.

After each visit, the feeling that I had made a wonderful discovery grew in me, and eventually I asked her if she could come to my house as I could not to hers, and she said she would be delighted. She said she knew where I lived; this surprised me, and she said if it were all right by me she would meet me there in three days time in the morning. I agreed and I left with my head spinning as usual, but so excited. I couldn't wait for the three days to pass and I told no-one of my friend actually coming to my home, into the world I had known. In thinking it all over I thought that perhaps it was all too good to be true and maybe she had been making it all up, but I would meet with her in my home and see what I felt then.

She came as she said she would and we talked all day. By the end of our meeting I was exhausted. She said that if I still wanted to know more, she would come again in another three days time. I agreed, and she left me some books to read. And as I read them I began to understand more about what she had said, a picture was forming in my mind as to what mysteriously existed seemingly all about me, but of which I as yet had no real experience of.

Her name is Anthea, she is now a Celestial spirit, and I see her only very occasionally as our lives have moved on from back then, but anyway she came again and this time she asked me if I would care to join her in prayer. I said, I would be delighted. She had told me, and I had followed it up reading about it all, how it was through, and with a sincere longing from my soul, that one invocated the Mother and Father's Divine Love. I could not really see how different that was to my own prayers for God's love, but I thought I would remain open and see what happened.

We sat down in my armchairs, and this I thought was very casual. There was no ceremony or ritual. She only said we will both close our eyes, as it was easier to concentrate on our longing to the Mother and Father and asking Them for Their Love. She asked me if I understood what I was to do, and I said I didn't really, but I understood about making a sincere and concerted effort from deep in my heart to ask the Mother and Father for Their Divine Love. She then explained that even though true longing comes from and with one's will, and did not need any words said as it was asking soul to Soul, she would say a prayer to help our minds stay focused on the task at hand.

So we began.

She said to relax and take a few deep breaths, and on my out breath to imagine I was giving myself completely to the Mother and Father, as if I were a small child coming to my Heavenly Parents wanting Them to love me, and to give me Their Love so much so, that I could definitely feel that They were loving me – that They do love me. And then on the in breath she said to imagine again as a child that the Mother and Father had heard my prayer and were responding by opening Their heart to me and Their Divine Love was beginning to flow towards and into me.

This I did, and then she said to stop imagining and long with all my heart to my Mother and Father who are in Paradise for Their Divine Love. And I did. I tried to long opening my heart out to Them and I imagined Them opening Their heart out to mine, and then I asked Them saying in my mind: Please Heavenly Mother and Father

will you give me Your Divine Love. And then I said thank you and hoped that They would.

Slowly I felt my body beginning to warm up. I felt a familiar feeling about me, almost like an unseen presence if I can put it that way, however, this time unlike before when I prayed in church, it started to move *into* me. There was no doubt about it, I could feel it moving into me all of its own accord. And from what Anthea had said, and what I had read, I knew it was the Holy Spirit being guided by the Mother and Father in response to my longing, bringing Their Divine Love into my soul. Then I began to cry. I was overjoyed! I felt all warm and slightly tingly. I thanked the Mother and Father for Their Love and sat enjoying all I was feeling. I felt slightly uplifted, very expansive, warm and comforted. I felt like a little girl, like a child – Their child. I felt deeply touched – moved. I had never experienced anything like it before. I felt very peaceful and content – loved.

After a while I felt the Holy Spirit leaving me and suddenly I found my eyes opened and Anthea looking at me with a smile on her face. We didn't speak for quite a while, as there just didn't seem to be anything to say. And then I thanked her. She said if I liked she would come again tomorrow and we could have another prayer and talk more. She came each day of that week and we prayed and I learnt so much from her.

She then said she would not come for a week leaving me to pray on my own, when and how I wanted, and by the end of that week I was so looking forward to her coming back. I had told one of my closest girl friends, one who had also been enquiring about certain things, and she was eager to meet with Anthea. She did, so the next week we talked and prayed and introduced my friend to the Divine Love.

I found it incredible that I had attended church for all those years and yet had never experienced anything so real, so intimate and so personal. I now suddenly felt that in my own small way I knew the Mother and Father, at least I knew They were real. I came to understand how even though I had prayed to God for His love my negative beliefs inhibited the Holy Spirit from entering my soul even though I felt it responding to my deeper soul's longing. But now I had stripped away many of my conflicting religious beliefs replacing them with new ones, those of Divinely inspired Truth. I wanted to begin my healing and move to live in the first Divine Love world and be with other spirits who were living and experiencing the same thing as I was.

And a few weeks later, I had been feeling the anticipation building in me, Anthea said she'd arranged everything for me to go. I had prepared my family and friends. I'd spoken with them about my experiences with the Divine Love but none of them were interested saying it was only a cult and when I woke up to it I'd be back. I didn't care what they said any longer. I felt so full of the Love, so excited. When it was time, Anthea took me to a certain place where I would be put to sleep, there being certain things done to my spirit body so I could live in a higher world, and when I awoke, she said she would still be with me, and I would be on the third world. She said as I was morally quite sound, there wasn't any need for me to live in the second world, as I could live through its levels of truth whilst I was on the third, living with the Divine Love and starting the healing of my soul.

The Rejected Ones

'Live true to your Feelings'

And so that was how it all began for me. I went to my new beautiful home in one of God's Divine Love worlds. After I settled, I invited other women, and my girl friend from church when she was ready, to come and live with me, and we all lived praying and longing for our Mother and Father's Love together.

Everything was left up to us. We all need to make our own way and with each step the Mother and Father help us to see what we need to see and do, and as our soul awakens and begins to come into our life, as the leading force in harmony with Their Love, so the next step becomes clear and then the next and the next and next...

Thank You, James. Elizabeth.

**Message 31**

7 January 2003

Good-morning James, I will continue today with my experience of asking for and receiving God's Divine Love. My name is Elens and I have come up through it all, and I may say, even though it is probably disputable, the hard way.

My life on Earth was completely selfish and self-gratifying. I was parented in such a way that I could have and do whatever I wanted especially when it came to having control over my brothers and sisters, and as I got older, my parents. They also helped me to feel that I was better than everyone else and that I could and should have everything I wanted. I wasn't anyone special, meaning I didn't come from a superior family, mine was rather a commonplace one, however my situation made me believe that I was better than everyone and that I should have what I wanted and when I wanted it. As you know, our patterns are determined for us by our parents during our earliest years of life. My patterns were all self-gratifying and self-glorifying.

Living by always getting what I wanted, many people praised me and helped me to achieve a great number of things. I did not see all the people I hurt in the process, nor the better people who avoided me. I never had a moment's doubt, nor reason for introspection, I just pushed ahead. I only wanted power and control and all the praise and glory I could get. I rose up in my field of life setting my ambition on getting to the top. I took care of my parents in their old age by sending them away to be with one of my younger sisters with money to cover their needs. All such inconveniences and potential stones around my neck I paid off. It was very easy, and everything and everyone in my life gave way to me. I revelled in being powerful and thoroughly relished the feelings power gave me, and if anyone stood in my way I could easily find a way of dismissing them, cutting them down, or pushing them aside. By my late thirties I was in the most powerful position I could achieve, and needed a family and children to further secure my place. I picked a man, suitable for my needs, and had three children and made sure that they were provided for. I prided myself on giving them every opportunity that money and power could give them. I thought power was love, so I believed I loved them more than most. I was the greatest loving and caring mother ever! And my children followed my lead, each of them moving along quickly in the fields of their chosen endeavour. And from my position it was very easy to secure their goals helping them to be the great achievers I wanted.

One son I took more of an interest in, as I saw he had a lot of the same qualities and potential I saw in myself – he would be my natural successor. Strategically I engineered his life and climb to power so he could stand proudly by the side of his mother and then one day succeed me. And this he did. I then took more of a matriarchal retired power position in which I still controlled all the real power, as I still controlled him right up until my death.

After I arrived in spirit I found myself living in a city that was similar to the one I had controlled during my later years on Earth, and it didn't take me long to reassert myself in a high controlling position. After I found my way around, meaning, once I

had settled into my new life and knew how to get what I wanted, I set about weaving my web so that I could position myself again with my sights on the top. I was now up against some tough men, spirits who were very secure in their positions of central government, but I looked forward to the challenge ahead of me. I had occasionally dealt with such men before, so they didn't pose too much of a threat to my fulfilment of ambition. I disposed of them easily, as such a powerful fresh woman's face as was mine, was just what the populace was wanting. I was in the right place at the right time, and I knew and wanted nothing else, for this was how my whole life had been. I never questioned it, and if anything, I demanded it more and more of myself and of life.

I enjoyed spirit life even more than my Earth life as so many new opportunities presented themselves. And I felt as though all I had to do was focus my desire on something and I got it. It seemed to get easier and easier, and still the more I had the more I wanted. I wanted it all! I found out about the higher worlds and all the things that were of spirit, but these things didn't appeal to me because they all involved changing myself for the better and I already believed I was the best. It sounds funny now to say it in such a way, as I can see so clearly how deluded I was, but that is how it is for us over here, if you don't want to see it you won't. My little world was all I knew and I didn't want to go outside it, only expand it, as I wanted it to be. None of the higher worlds were a threat; no one came from them and said you can't do and be as you want, and if anything I felt they were encouraging me to grow and gain power.

Much of what we were doing in my spirit world had a direct or indirect impact on Earth. You on Earth fail to understand how readily you are and can be influenced by us in spirit. Much of the power I gained here involved influencing Earth. And to answer your question James, not all spirits are interested in power, just as not all people. But for those of us who are like me, we need a creative outlet so certain sectors of our world have been put to use enabling the likes of myself to believe we are running things. And as I found out, it is only a vanity that thinks it's in control.

In reality, in the natural love spirit worlds there are few spirits motivated like myself. Most are trying to gain self-power for utopian reasons, wanting to live in a more natural harmonious and balanced state, concerned with feeling better about themselves and caring of others. Most spirits are trying to be more 'loving', not like I was doing, trying to promote war and disharmony, trying to be a part of the unseen manipulators of Earth.

I carried on growing in status and power in my 'world', and I kept going, believing that there was no end. Everyday I felt better about myself until one morning I woke up with a slight pain in my chest. I thought it would go away, as it only reminded me of some of my old age aches and pains from Earth and was nothing to worry about – what could possibly go wrong now I was a spirit having already died? – but even though I saw spirits in all aspects of disability (other than physical), I never suspected that I would break down. It is the dreaded thing over here. To break down

and lose all your senses, all your control and power. Unlike physical illness it is more mental and emotional – spiritual. As the day progressed I felt uneasier about myself and for the first time in my whole existence I felt a very slight feeling of not being so sure of myself. I started hesitating at crucial times instead of pushing ahead regardless. But I managed to cover up my slight insecurity all day and went to bed early that evening. Then I went from bad to worse. I struggled on and finally started to lose my confidence and belief in myself until I was finally voted out of office and dismissed completely. This process took years and was seen as the natural fall of a Great One, something I'd seen happen to others.

Now it was happening to me! It was excruciatingly painful. Like a desperately wounded dying animal I begged to retain my position, to be wanted and loved and not discarded. I tried all matter of vain power ploys only making myself look more foolish and well past my time. And all that time my chest pain was growing. In the end, still trying to keep up my life of pretence, I could hardly walk, and as I didn't want to give in, my spirit body took matters into its own hands – I broke.

I became, I don't know what; some sort of nothing pathetic wretch of a spirit, and I was moved to another part of the first world to live. Just like being carted off to the insane asylum and left to rot, attended to with no love, care or affection – my greatest horror! I was cast aside for being a blight. I lived as a darkened crushed-nothing-spirit for countless numbers of years. I grovelled around in the cesspools of society as the fallen one; the pathetic shame for all to see. I was ruined and the pain in my heart never left me; it went on and on and on. I begged for death; I tried in vain to kill myself. I can't even begin to portray to you the feelings of unworthiness, rottenness, ugliness, vileness, putridness, I felt about myself. I was like rotting fly blown flesh. I felt as though I was all in pieces, that somehow I was being consumed by horrible creatures and they were eating my flesh off my bones in very small amounts – and that they would take forever to devour me, as I had no physical body. My pain, torture and suffering felt destined to go on relentlessly for all eternity. But I couldn't see the horrible creatures. I couldn't get them off me, and nothing I did seemed to remove the unbearable pain. I wandered my world occasionally taking refuge somewhere and being with someone of a similar condition as myself, but I was alone, so completely alone. Unloved and rejected; I was hell! It is not a matter of living in hell, which would be easier than what I felt. I was it – HELL – it was I, there was none of me separate from it to make any distinction that I was not really it and it was only a horrible place I was in. I WAS HELL. Hell doesn't really exist, it's a state of mind – a place required to reflect an inner state of mind. My mind was now in complete negativity. I was so lost, my soul being the last thing I would have thought about.

However now I can see that it was my soul taking over. I had denied my true self through my vainglorious opinion of myself to such an extent, that if I was to exist at all, then my soul needed to re-claim me. And so it was, unbeknown to me; it had set about bringing me back to reality: to the truth of myself. It brought about my collapse and it defined my hell, and it allowed me to feel the pain of my self-denial and evil state. It made me give up.

One day I woke up suddenly being disturbed by someone. They were in a similar state to me. I didn't speak. I couldn't. I was trapped in my mind circuits of negativity – all but ceased up in them. When we came across each other we didn't communicate we just did what we wanted. We pushed our way along trying to relieve some of our pain. And as I pushed to regain my position, our faces turned to

meet each other and I found myself looking into the eyes of my son! I exploded inside. I died of shame and horror as the complete overwhelming realisation gripped me that I was the cause of him being there experiencing such torture as I was. It was only for a moment that we looked at each. He didn't recognise me, and with dead glazed eyes turned away and shuffled off. I was completely devastated, smashed into a million pieces, nothing could be worse! I could feel no greater pain, the humiliation was complete. But it was my release. I was totally crushed more than I had been, and I realised that even in my hell I hadn't properly given up. I was still fighting to maintain power and control. I thought I was only going through a bad patch and if I hung on it would surely pass. Not hell, not the pain, not the humiliation – nothing was going to make me let go; except this, my own son, whom I had ruined.

I went away to I don't know where. I felt myself letting go as if I was pulling away from myself, and as the days went on I felt my pain begin to ebb a little and then suddenly I found myself crying. I hadn't cried for I don't know how long. Oh the relief! I don't know how long I cried for, but as the days passed, even though I wasn't aware of them, I felt relief seeping through me as my heart pain subsided.

I went on crying and crying and crying, and then I found myself asking God for forgiveness. I wanted him to forgive me for what I had done to my son. I cried out to Him, longing for Him to forgive me. I told Him I would do anything He wanted; I would stay in hell and have all my pain back if only my son could be set free. And that was the first time, as a mother of three children, I had put one of my children before me. This realisation slowly came to me and I cried more as I saw how horrible a person and mother I was. I felt emotionally ruined as the awakening of how bad I was came over me. I felt new pain, but intense as it was, it was nothing compared to that which I had thankfully been released from.

I carried on in this state for even more time and then finally began to feel as though I could think again and even speak to people. I knew that something in me had changed and that I was now a different person. I felt as though I had somehow crossed over a line in myself; I had obtained a moderation of humility and understood that life was not just for my selfish pleasure, it required consideration and respect for others, not using them for my own ends. Suddenly people became real things. I could see they had feelings, and when I smiled they smiled at ME.

I was so far gone. I lived completely in a self-made fantasy about everything, and most of all, myself. I had no feelings. I had shut myself off from them, and my self-glorifying mind was totally in control. But now I felt like I had been hit on the head by an enormous hammer and it had shaken some sense into me. I had truly been knocked off my pedestal.

One day, I felt I would like to live in a house. Up until then I was living on the street in my self-made darkness. I did not know where I was or where I had been, and if you had said I hadn't even been anywhere I would have believed you. So I asked someone about how you go about getting a house. I felt so crushed that I hardly knew how to breathe. Me, the great ever-capable woman didn't know anything. To ask someone about anything was excruciating. I was so scared to do it, to do anything. I was so scared of

people, so very different from when I had no qualms ordering anyone and everyone to do what I wanted. Where was my self-confidence now? I was pathetic. I felt like I had to beg for my existence and daily bread. So I was shocked when the person I asked said they would take me to a place where I could live. A place where people (I'll call spirits, people, as really that was how I related to them) like me went to try and begin life all over. When he said this I felt happy and relieved, but also almost instantly thrown into a screaming rage at him, 'People like me, how dare you! What do you mean? I am not *people*, I am the 'Great One!', then suddenly before I had finished these thoughts, my chest pain stabbed me and I fell on the ground. He helped me up and took me to the refuge. I was crushed again. I said I was sorry to God, and could He please help me even though I didn't deserve to be helped. I was crying all the way. I was a pitiful creature. I wasn't a person.

I was helped back to some sort of order. I was cared for and told that I would be all right. However I was very scared and terribly afraid that I would have to go back to living as I had been.

I received lots of counselling and was told many things by many well-meaning spirits, and slowly I got myself into some sort of shape. I had many horrible and evil thoughts, and each time my pain would come back and I would break down and cry. More years went by and one of the things that were presented to me was to become more spiritual, and to even consider striving to live in the higher planes and even in a higher world.

Memories reawakened in me about such places existing and I found this idea appealing, so I chose to investigate things along those lines. I tried lots of different things. I tried to believe in all the things that were being taught, and some I found to be helpful, yet others annoyed me as they were very obviously trying to control me. Overall however, it was these controlling systems and the spirits in them reminding me of my former self, that helped me make my mind up to not get seduced back into my old ways. I moved without much real thought on my behalf to the more selfless, less interfering and controlling spiritual approaches and lines of thought. Christian religion itself didn't appeal, as it never had, but some of the Eastern spiritual approaches did. I slowly found myself wanting to be of some use and to help someone or help in some way. I had no idea what these feelings meant, then one day it struck me to try and help my son, to try and make amends for what I had done.

This idea greatly appealed and I found myself gaining strength along with a consoling feeling of being a spiritual guide and helper to my lost son. So I went to find him. I didn't know if he would be where I'd seen him, but he was, he hadn't moved far. I took him in my arms and called his name. But he only looked at me with that same blank look. Then I yelled at him that it was his mother and I wanted to help him out of his misery, and then the look of horror that swept over his face threw me back. He pulled himself out of my arms and ran. He ran away and I sunk to me knees and wept with despair. I cried and cried and cried. I just couldn't stop. I felt so bad, so rejected, and so terrible for him hating me obviously so much. Devastated, I returned home and wept for days in my room. Nothing would console

me and I felt as though, once again, I had been hammered almost to death. It was terrible and I couldn't find any relief from the misery I saw on his face and that dreaded look of horror, as if I was the devil itself.

As days passed I thought about going back to him, I felt so torn: to just leave my son who I ruined so badly, what was going to become of him? But what could I do, he was too terrified of me. I was caught in a horrible dilemma. And I cried and cried and cried more and more over it. I was going around in my tormented mind lost with nowhere to go, with no end in sight, then suddenly a thought occurred to me to ask God for Help again, and to ask Him if He could help my son. I begged God for help and said to Him that I would not interfere with my son unless He wanted me to, and could he somehow show me what He wanted.

Soon after my prayer there was a knock at my door and I was told I had a visitor – a friend. This was very strange because I did not have a friend. I had certain people I preferred to sit with in the main living area of our house, but no friends. I went to see who it was and was met by a lady saying that she was a friend of mine, but from a long time ago, and she very much doubted if I would remember her. She had heard I was living in the women's refuge, and as she was passing through the area, she wondered if I would like to spend the day together and go out for lunch.

I couldn't remember much at all about my past, let alone that I might of had a friend, but lunch sounded good and so I agreed. We went to a place in the city I had not been to. It seemed very out of the way, but my *friend* said I would like it. The whole area seemed familiar to me, but I couldn't place it. We ordered lunch and sat at a table on the footpath outside the café and over to one side, it had a low fence separating us from a lane-way. It was all very quiet and my friend told me some things about our relationship together, all very simple things and I just listened. Occasionally she asked me a question about myself but I found it difficult to speak. Then suddenly I heard a shuffling noise and something caught my attention. As I turned around I saw my son in the lane- way, a dishevelled wreck. My heart leapt up into my throat and all I wanted to do was call out to him, but I couldn't for I didn't want to scare him. And then he moved, turning, as if he was going to come over to us. And he was! I wanted to disappear. I was so scared, I didn't know what to do and it all happened too fast. For suddenly he was looking down at me, eye to eye and he said, 'Mum can you give me something to eat?' And, as if in a trance, I lifted up my lunch and put it into his dirty hands and off he went.

I was crying again. But something somewhere in me was saying I was good and my prayer had been answered, and I thanked God with all my heart. I knew that perhaps I wasn't the devil to my son after all, and I felt that I had to leave him be. My prayers had been answered. My friend had sat quietly, and when I came to my senses remembering she was there and looked at her, she smiled. He will be all right she said. They are looking after him, just as they looked after you. Her words sounded good to me, and with more tears streaming down my cheeks I asked, 'Who are they?'

She smiled again and said, 'The ones who care'. And I cried more. We returned home and my friend said she was staying in town, and if I wanted, we could go out again the next day and I agreed. During the evening I felt I wanted to know who *they* were. And by the next day I was so eager to ask her more questions, so I did, and she told me.

*They are spirits just like you and me who want to care for and help others and do*

good – whatever good they can. She went on to tell me that these spirits wanted to live as God wanted them to, and like I did, asked Him to help them to know what to do. They wanted to feel what God wanted them to do, and do it not because it was the dictates of some church. She said you could live knowing exactly how God wants you to. I told her I too wanted to do this, live this way, and could she please help me to do whatever God would want me to do, so that I too could know. She said she knew this about me and she would be more than happy to help me understand.

She educated me about the Divine Love; about the Mother and Father; about living true to my feelings, and needing to do my healing before I would know what God wanted of me. And I loved all she said. It all made so much sense; how completely different her way of thinking was compared to the life I had known! I wanted it all, and with all my heart. For the first time in a very long time I felt a rekindling of my spirit.

She told me about my needing to pray to Them for Their Divine Love and I said I wanted to. We talked for days and all the while without me knowing it, she was helping me to prepare my mind for my soul-healing. I needed new pictures to relate to, new beliefs; and I completely accepted that I needed a lot of healing and all that I was, was wrong. I hadn't felt a good feeling in so long; now a new conviction was rising within me. It felt very good and I was eager to begin.

And we did. She took me to a place where I could learn how to pray to the Mother and Father for Their love. And I did. My first prayer wasn't anything special; I had been told not to expect big things. I was told that it would take time for me to get used to the idea of longing to God for Their Divine Love, and the time would help me develop my longing. I can see now that I was still so far from listening to, and allowing my soul to lead in my life; and that I needed to refocus my will and build my intent and desire to really, really, really, above all else, want, and WANT, the Divine Love from my Heavenly Parents. I wanted Them to rescue me from myself. I wanted to do whatever it took. No way did I want any part of the old me, or my old way of life. As far as I was concerned that was gone forever. Gradually as my longing intensified and I began to feel the presence of the Holy Spirit attending to me during my prayers, bringing the Mother and Father's Love in answer to my longing. And it felt good.

I haven't finished my healing yet, and on a good day I feel so grateful to the Mother and Father. I have been dragged over the coals, though now I realise I did it all to myself. And now all thanks to my *friend*, one of *they* who want to help us poor wretches; and thanks to my even greater friends; my Mother and Father of Heaven, I am on my way to becoming a redeemed spirit and child of Their Love. I am currently living in the seventh sphere and have watched over my son. I do not interfere with him and it gladdens my heart to see him steadily making progress up through the Divine Love worlds, living now with the same intent as I: to help others in need such as we were.

Thank you James for your time, Elens.

Jesus.

Hello James, another surprise, Jesus.

As I enjoyed myself so much the other day, I thought I'd come back and tell you some more personal things about myself; my life, and my relationship with our Heavenly Father. And please note, that for the time being, I will still call God my Heavenly Father, allowing Mary to impress God as her Heavenly Mother upon you.

So I will begin this message in my usual way by saying: I am here, Jesus of Nazareth, and I would like to declare all my love for you and for my Father of Heaven. It is how I speak with my Father that I want to share with you today.

Following on from my message the other day, you will remember that it took me some time to be able to leave the dining room table and speak with My Father in Heaven anywhere and at anytime.

It was not until after my father, Joseph, died that Yahweh told me to call Him: Father. I lost one father and gained another Father! I was feeling upset over the loss of my father for I did love him very much, and one day I remember while sitting on a hill not far from our house; one where I went a lot to think and be by myself, and one that gave me a good view of our town and many of the neighbouring lands and the main road – I loved watching the merchants moving along with beasts and wagons loaded with things. I could see them coming from a far as the dust blew up showing me who was coming next and I would follow them watching as they came up close to where I lay and sat. I'd watch them slowly pass by, and then move off into the distance – I was speaking to Him about how I was feeling and asking Him why my father had to die, when in the course of our communication He said: 'But I am your real Father'. And when He said that a surge of love welled up in me for Him. I cried and I knew instantly that He was, and I had nothing to be upset about, as I had not lost my true Father and never could. I felt my tears for Joseph's death drying, and I felt an acceptance of his death: it was meant to happen and even without a mortal father, my Father in heaven would keep me safe. Feelings of wanting to be **mainly** (?) stirred within me; I accepted taking on more of a fatherly role in our family just as Joseph had taught me.

It was another of my major turning points. I felt that Yahweh no longer existed for me; for I now knew God as my Father. His voice spoke clearly to me making me feel good and filled with love. I spoke to my Father as I had spoken to Joseph. And He responded as Joseph did. It was not until I reached full maturity as a man that subtle changes began to happen with the voice in my head, being completed during my baptism with John. During this phase of my life *the voice of God* slowly took on more of its own personality distinct from having overtones of Joseph. My mind had formed, as all minds do, along the same pattern as my parents, and the Father being 'male' spoke along Joseph's lines. This helped me to accept my Heavenly Father as a real and true

and caring Father, for during times when I felt low He would use more of Joseph's way of speaking and tones from my memories saying things that would console me and encourage me to carry on. And He also said strange things at times in a very clear voice, as if it were Joseph himself speaking. These things would puzzle me for they were out of character so far as I knew, and related, and expected my Father to sound; and yet they were clearly things Joseph said to me, for they brought up memories in me which of themselves also affected me. Each time this happened I would be confused for a while and had to remove myself from what I was doing, or stop what I was about to do, and many times I returned to my hill lookout to think things over. Quite often it was during the walk itself that helped me clear my mind and see what was happening to me, and I would ask the Father for his help and explanations as to why He had replied to me in such an odd way, but largely He left it to me to come to some sort of understanding based on how I felt, and if I couldn't, then I would be forced to give up and seek His council. Often what He said in Joseph's voice made me feel bad and confused. I could detect feelings within me that were telling me that even though it was exactly what Joseph had taught me, the Father mimicked him perfectly – and even though I had implicitly believed Joseph that what he said was true, my feelings were contradicting him, and I had to admit and accept that Joseph had been wrong. The Father played Joseph off against my feelings with increasing intensity as I progressed, all helping me to confront each aspect of religious, spiritual and moral law that Joseph had taught me. He used this technique – posing as Joseph by mimicking his words, to help me dig hard into myself to find, through what I felt, the truth. It was a very effective method indeed, and gradually I pieced together the parts of the jigsaw; the parts of the truth I was to eventually reveal and teach about.

Another thing the Father *said* to me was nothing at all; there would just be a blank. I was at first upset by these pauses and often questioned Him about them, but usually all He said was, 'you'll see'. And I did. Slowly I began to see that in these times I was trying to take control from Him. I was in effect trying to put words in His mouth; that I wanted Him to answer me in a certain way.

Gradually I let go of the desire to control my life and *create* my own destiny, instead submitting to my feelings allowing Him to lead me through and with them. I slowly learnt what it meant to live as His child, a child of His Divine Love.

When I was trying to have control, I realised I wanted to be the Father. I was competing against God. This realisation came as a shock, but slowly I understood what it felt like to cross the line: to try and live life according to myself, in which I was God and knowing what was right for me, taking all matters into my own hands; compared with how to let go, submit to my feelings, and surrender to the leadings of my soul, living as a child of God, with Him as my Father, and not wanting to gain or have the upper hand.

I didn't openly speak about my speaking with the Father during my younger years, however I inferred as much. Within my family it was accepted I spoke with God.

And I never exploited Him for my own gain. I do not know what would have happened had I done so, and I guess He would have stopped speaking to me altogether. I also saw and felt that He was only on my side and I had no need to fear Him. At times I wished others could speak and live with Him as I did, so they too could relish being with God without fearing Him.

All the truth I taught came to me naturally through my life experiences. I knew that I was special in that I had a role to play in the affairs of mankind, as with each experience new feelings would stir in me causing stimulation of my mind, and I would start to think about such things and then begin to see the truth of what was involved. And steadily a picture formed during my teenage years and into my twenties being completed at my baptism. By then I knew what my Father wanted me to do. I had a broad perception of how things would go, and it only remained for me to follow and act upon my feelings to carry out all that He wanted. Like everything, it was a momentary feeling that inspired me to choose the disciples. It wasn't a part of a well-crafted plan made known to me in advance by my Father.

The Father carried me along in my life; this I felt very strongly most of the time. Occasionally I felt alone, lost and confused, but these times made me reassess my pictures, stay attuned to my feelings, and helped me to grow up and take responsibility for all that was happening to me. I had to live as both a natural man and as a divinely inspired Son of God.

Many times people asked me if they could talk to the Father via me. I felt that the Father would most likely honour their request, however I felt bad in even considering it. So I never did it, and instead I told them that if they wanted to speak to Him they would have to do it for themselves, and this feeling and train of thought inspired much of my speaking about My Father as your Father, and you can do all that I can do with Him. I understood that I was the living example for all men and women to follow. The Father backed me up many times in my doubting mind telling me that indeed I was an example for all to follow, however it was a choice for every person and spirit to make for themselves, to accept me as that example, when they felt ready to. In no way were He or I going to force or coerce or scare people into following me and coming to Him.

And so too I say unto you: verily, verily you too can speak to my Father in Heaven in just the same way I did when I was on Earth! And as your soul fills with His Divine Love, as your soul fills with Their, both your Heavenly Father and Mother's Divine Love, your personality's attributes will awaken enabling you to express your mind, feelings, heart and soul to God, and to hear Their loving response to you. Enjoy your relationship with Them, take what Mary says into consideration, add us together, and enjoy relating personally and directly to God who is both your Mother and Father of Heaven.

I see that you are tired James, so I will end now. Jesus.

**Message 32**

8 January 2003

Jesus.

I would like to continue with my message about how the Father and I communicated when I was on Earth. I am here today, Jesus of the Spirit worlds and master of the Celestial kingdoms. How does that sound? I'm having such fun James, being able to be with Mary and speak openly and truly with you. I (we) have waited such a long time for this.

My Father never told me how I should be. He said many things to me but these were all words and phrases and whole conversations that were relevant to my life in the moment, and all the things were for only that moment. He attended to the needs of my soul as a loving Father, but never made me feel that I was wrong or doing anything wrong. He did at times, and many times, make me stop short, and even very abruptly, think and feel about what He said, but He never made me feel that I had to change how I was. That was completely my responsibility, and understanding that I was growing in truth and starting off completely not knowing anything, I accepted that I was going to make mistakes and would need to change some of my ways, beliefs, behaviours and attitudes, and possible other things I weren't aware of, as I went along.

At an early age I committed myself, my will, to Him. I told Him that I wanted to live my life how He desired, and so having made that declaration to Him and myself, that was how I saw everything. That He was giving me my life according to His desire, and I was for the most part very happy with it.

There were times when I questioned Him, however this was usually when I didn't understand all I needed to. And as I got older I learnt to be patient seeing that I couldn't know everything at once, and that many things took time to evolve. There was always more than enough to occupy my whole self in each moment. And I did enjoy so much when segments of the bigger picture came to me as I felt I could then see a direction in which to go.

The Father never told me what to do. He never said: I want you to do this, or, I want you to go there. He never gave me directions or tried to organise me, everything of that nature I did for myself. I had to learn and find out about things, and especially the things he was showing me and helping me to see, clearly for myself, and all from and with my feelings. I didn't have the feeling- denial problems you have, so it was natural that I did live true to my feelings, and it wasn't until later when Mary started to show me how crucial feelings really were that I began to understand the full effects of what happens to people and spirits when they don't live true to their feelings. The Father didn't reveal to me too much psychology; the whole

feelings revelation you have received has literally come from Mary. I concentrated on the bigger picture and this is why I said little about the healing, as I never spoke about it, or one's childhood repression. Humanity wasn't evolved enough when Mary and I were on Earth to accept and deal with such insightful psychology, so it's right that Mary has had to wait until now; now that humanity is ready and able to accept and understand it.

Once when I was younger, He did say for me to do something: to go over to a place and wait for I would be needed by someone to help them. I went and I waited and nothing happened. I waited and waited and waited for hours but still nothing happened. I asked Him numerous times if I should stay and was I doing the right thing and He said wait. I waited longer and I knew that my mother wanted me home before nightfall and it was beginning to get dark. However, the Father said to wait. I felt increasingly angry with my predicament. What should I do, as I said to Mary I would come home and help her, and yet the Father whom I was trying to *obey*, was asking me to do this thing for Him by waiting to help someone else. I became increasingly angrier and frustrated with myself, then at Him, for making me stay and wait to help a stranger at the expense of letting my mother down and not helping her. I genuinely wanted to help her and my father and all my brothers and sisters. I loved them all and they were the priority in my life except for what the Father had now told me to do. He was more important than everything and everyone. But now was I letting my mother down for my Father of Heaven and it didn't feel right.

As the light began to fade I felt more and more anxious. I had never said I was going to do something and not done it unless it was unavoidable. I was a good run from home and I'd left it too late, no matter what was going to happen I was going to be late for Mary. And all the time I felt more confused, worried, concerned and angry. I felt like I had to make a decision, either my mother and my family and my life, or the Father and my 'other' life with Him. How was I going to live the two lives?

Finally with so much tension in me I broke. I told the Father that I was so sorry that I could not honour Him, and having failed Him, I begged Him to help me see why I was so weak. I ran and ran with such speed like I never had before. I ran with guilt for abandoning my post and with fear of hurting and upsetting my mother, and with complete disappointment of myself.

When I got home Mary was very accepting as she always was, and as it turned out she wasn't too fussed after all, she'd been delayed by friends preparing the evening meal and getting things ready for evening. She never asked very much of me and I enjoyed being with her and helping her around the house – all of us did. I felt somewhat relieved, but also very confused and twisted inside myself. I didn't like these feelings and after I had finished all Mary wanted of me, and we'd had dinner, I excused myself to return to my hill to think. It was dark but the moonlight gave me enough light to see with and I did not fear being hurt when I was alone, and anyway, being still somewhat angry my mind was elsewhere.

I asked the Father to please help me see the truth of everything that had happened, and as He did slowly thoughts and feelings came to me in a picture for me to see. This was the usual way the truth surfaced in me. Occasionally the Father would say something directly to me and I would instantly see the truth, however those times were when I had done most of the work myself. The Father would give me the defining truth confirming all I had come to understand myself. These times also gave me good feelings of knowing I was on the right track and that the Father was pleased with my progress.

During the walk to my hill my mind kept telling me I had to make a choice: either my Father before all else; or everyone – or at least my family and those dear to me, before Him. There could be no middle ground, but my mind ached with its dilemma as my feelings didn't want to do either, something didn't feel right – I didn't feel right! I could imagine cutting everyone out of my life and going with the Father, turning my back on them to do His work, but these thoughts made me feel lonely, and I felt how much I did enjoy being with my family and how dependant I was on them and they on me. I rationalised that perhaps later in my life when I was a mature man I could leave and do everything for the Father, as I would potentially have moved apart from my family no longer being dependant on them, but that was later, what about now?

Then it came to me: a massive insight and realisation, which became my platform for living life, it was really quite simple; all I could do was honour and be true to my feelings. I had to *obey* myself first – my feelings; I was the important one, not my parents and family, not even the Father. With this truth I learnt the importance of living true, always honouring my feelings. And I realised that if the Father wanted me to do anything He could show or guide me through my feelings, and that how I was trying to live with Him by Him telling me things through my mind was wrong. No one was ever going to come and meet me that night, the Father made it up so I could see that I had to be true to myself, my feelings – always. And in that experience, in finally giving in and doing what my feelings said – to go and help Mary, and not wait around for something that might never happen, something really my mind had made up, I learnt this very important lesson. I felt a change of consciousness in me, a readjustment, a refocusing and many things clicked into place, and I knew that this was how I was to live my life, simply to do as I felt to do, and if that was to help Mary I would help her, if I ever felt to leave the family and go and do other things I would do that, all understanding that all the Father wanted of me was to be true to myself – nothing else. I didn't need to obey him or Mary, that was all mind controlling and mind numbing giving me those horrible feelings, and I could see that if I stayed true to myself then it was the best by all concerned, particularly me, and this made me feel good.

Some time later, I asked the Father if He was disappointed in me for not staying where He asked me to, and He replied, 'My son, I gave your life to you. I do not want to take it from you. You are correct in living true to how you feel, for this is your life and this is your way. You have not disappointed Me at all, on the contrary, you have shown me that, like your Earthly parents, I too can be proud of you, for you are able and willing to live how you feel, how you want to, and not how another wants you to, even I'.

I felt elated. I felt I had grown up a lot and come a long way. As I stayed true to myself I didn't need the Father to tell me to do things. I didn't need to be obedient to Him or anyone else fearing what might happen if I didn't do as I was told. I saw that His way was through my feelings and so long as I felt in my heart with full conviction

what I wanted to do, then my way was His way and His way mine.

Of course it wasn't all as simple as that and many times I felt unsure of what I wanted to do.

These times helped me to better understand myself; to know what I did and did not want. **It is through our feelings that we know – feel – how to live the Will of God.**

As Marion, Mary and the other spirits are helping you understand James, because you live denying your true feelings you can't grasp the reality or truth of how to live true to yourself and God. So you can see why the doing of your soul-healing is so important, to give up your mind's control over you in favour of **allowing your feelings to dictate and dominate your life.** And when you do, then you will **lovingly obey yourself, your feelings, and no one else.** This is all the Mother and Father ask of you, because **when you are living true, then you will be completely honouring Their Laws, Their Way, Their Love.**

Your feelings are the key; they are your gateway to heaven and paradise on Earth. And as so many of you try to avoid feeling your bad feelings, you will keep avoiding the truth of why they are present; what they are trying to tell you, doing everything in your power to try and keep them away from you as though they are some strange separate nasty and evil thing trying to hurt you. Your modern way of life: avoid all bad feelings at all costs, is only adding pressure keeping you away from your true self and your soul. **Your bad feelings are real and true.** They are not evil; they only make you feel bad. They can make you feel sick but this is what they are meant to do, because how you are functioning is wrong – you are sick. And **until you have no more repressed bad feelings within you, you are living untrue to your soul, to yourself, and to the Father and Mother.** When they are all gone – expressed out of you – you will be living the truth I do. You will understand all I have spoken about – all Mary and I have revealed to you. You will know because you will feel it. You will know the truth because you will feel it to be true.

The formula to life: to live true to your feelings, is easy to say, but to achieve living it, is another thing altogether. It will take all your conviction to do it, but this too is what is needed, for it will be you using your will to will yourself along in your healing that shall rectify your deficient will enabling you to live true to the will of your soul, true to yourself and also true to the will of God.

My Father spoke to me throughout my life on Earth. We became closer and achieved living as if we were one. This closeness continued on in the spirit worlds. I did not need His Indwelling Spirit then to help me secure my mind against the frailties of my human nature. In spirit I could, as I do now, speak with Him, with both my Mother and Father, soul to Soul. I can't explain what this feels like James, but you will get a glimpse of it through the remainder of your Earth life once you've finished your healing. It's an ongoing rapport with Them; They are always with me and I with Them. Only infrequently do I use mind circuits to communicate with

The Rejected Ones

'Live true to your Feelings'

Them, mostly it's through and with my soul perceptions, which as I grow in truth, love and light, expand giving me entry into an ever increasing inner *world* that exists only as, and for, our relationship.

I will finish here James. Jesus.

## Message 33

9 January 2003

I want to continue James. Jesus.

Why I keep coming when you are intending to write with women spirits, is because it's important that you 'bring me in', my Spirit of Truth, as you write; into being with Mary and all she is saying. We are not to be kept separate, and part of your work, and for you personally, is to show there is a lot more to understanding how to live as a true spirit-personality in flesh, other than all I have revealed thus far. I, Jesus, as a man, need to demonstrate that life IS ALL ABOUT FEELINGS, an approach and focus I have yet to reveal. But now as you accept Mary so too can you further accept me. And so too can I now speak to you openly about such things.

All I have revealed to humanity, on Earth and with James Padgett, is mostly appealing to people on a mental level. However James, now because of your acceptance and inclusion of Mary and her Spirit of Truth, I can come and reveal more of myself – my feeling self, and the greater part of our revelation to you. And this part is what has been missing, the part based on the feminine understanding of life. And this part you need so as to live all I have revealed. You can't live all I have spoken about WITHOUT feelings – without feelings being the main focus in your life; without living true to them.

Feelings – people's feelings – are the missing element. They are very important, and because you live denying them, I have been unable to speak about them. But now with Mary being accepted I can – finally we both can; finally after all these years our revelation to humanity can be completed. And finally people can now take what we say, apply it to their lives, and heal themselves of their rebellion against their own soul and their Mother and Father.

I want to shed light on various subjects, which will be of help to you. I want to begin by speaking about how wrong it is to call me the Father – I am not God, nor a part of the Godhead. Many people worship me and pray asking me to remove their pain and problems, and what I want to say is I won't do this. Only by following what **Mary says regarding the doing of your soul-healing, the honouring and living true to your bad feelings and exposing all your childhood repression will you be able to heal all such pain and problems.**

I appreciate it may be difficult to accept Mary and all she is saying, however without the inclusion of the Feminine Aspect of God you will not be able to live a balanced life of truth. You need both Mary and myself; our Spirits of Truth helping you uncover the truth of your negative state to become your true self.

I want you to understand that you were created perfect by your Mother and Father – the Parents of your soul. They created your soul, blessed you with personality, and now your soul is expressing you in Creation. **At the moment of conception your soul activated your will to become of your earth parents, you in effect, agreed to accept**

**all that they were; to partake of their negative states, which they subjected and impressed on you through your formative years. By the time you became an adult you were a product of them, wholly a part of the negative mind state of this world. Currently you are imperfect and will only regain perfection of soul once you have completed your soul-healing.**

A long time ago humanity was subjected to evil outside influences. (You can read about the Rebellion and Default in The Urantia Book.) And these influences now constitute what we call your negative mind state. You are suffering under the effects of evil having become yourselves evil.

The reason why humanity isn't living harmoniously and lovingly together as united children of all-loving Parents, is because of these negative influences.

Mary is coming to you to help you understand the depth of your problem. She is helping you face the hard truth of why you don't feel happy; why you get sick; why you live with so much pain. It will be difficult to accept what she says because it will mean confronting your evil condition: admitting to it, and accepting it fully, and few people will be ready to do this. However humanity is now ready for such truth to be made known to it. We all wait to see what people will make of it.

The Truth of your world is all about you. Many generations have believed in and tried to live how the Bible says, but has it healed all ills? Have wars and hatred stopped? And why have Christians done so many bad things? Why does all the self-criticism and self-denial still exist? Why are people mostly only interested in gaining power; and why do the rich still dominate the poor?

The religions and spiritual systems of humanity have failed to deliver life in the promised land, living free from all pain and suffering. And they will continue to fail because they themselves are founded on the negative. They are not true; do not teach the Truths of Divine Love; do not encourage people to live true to their feelings. They only help you perpetuate the denial of your bad feelings. Humanity will not and cannot ever perfect itself by trying to perfect living within its evil and negative state. Living more true to evil, or living it more perfectly, isn't the answer to your worries. You are now being presented with a new way; a way that will make you stand up to your negative mind and seek to de-power it, these things being only achieved if you submit to it – submit to your bad feelings wanting to know the truth of them.

Winds of change are once again building on your world. The truth is soon to make another surge forward, trying to push its way up through the untruth. Help is on its way in the guise of an army of Celestial spirits who are more than willing to help you to understand what's involved in the doing of your healing. They are with you in your daily toil, and within certain limits, help you to understand that which you need to, if you truly desire to be set free.

The Truth is only concerned with your soul and your relationship with your Mother and Father.

If you remain labelling yourself a 'Christian', or a 'Buddhist' or a... you will remain bound to such erroneous doctrines never knowing what it's like to long to your Father and Mother for Their Divine Love, never feeling it flowing into your soul. And you will not uncover the truth of your childhood repression, so will never release your pain. It you want to live rituals, understand you will be ruled by them. If you want to pray in a certain way and in a certain church, adhering to its rules and regulations, you'll never be free. The choice is yours as always, but I ask you: do you choose the way of your soul or do you want to remain a prisoner of your mind?

You reside within Mary and my universe, our way rules, and our way is the Mother and Father's one true way. If you choose to abide by the truths we are revealing to you, then you will be able to rise up and enter the Celestial kingdom that awaits you; however if you persist in choosing the negative way of your parents then your ascent and spiritual growth will be limited, confined to and contained within, the natural love mansion worlds. You will never experience the true glory of the kingdom; you will never walk your way across the Elysian Fields.

It is terrible what you have suffered. The ignorance of your parents imposed itself upon you and what is done is done. However you no longer need to remain living such pain. If you choose to look into the doing of your soul-healing, find out what it involves, you will see that it can potentially answer all your questions, rid you of all doubt, and help you find eternal fulfilment in life. The offering is being made; make of it what you will.

You are hopelessly bound up in your parent's lives. They have made it that way. The freedom and self-control you may feel you have is only relative to them. If you feel you have power it's because they allowed you to have it within their power structure. If you feel you have no power it's because they took it all from you. But having no power need not be the end of the world, and it can in fact be just the beginning of a new way of life, and entry into another world. Power in a negative governed state of mind will only inhibit your soul's advancement. And it will be hard to divest yourself of. Power as you understand it is an illusion, it's not true power, not power that comes from love, but a false power derived from fear and lack of love. Through your soul-healing you will give up such falseness, it will be most difficult to do, but it will be what's required of you if you want to be free. **The meek shall inherit the world, meaning, those who relinquish all such false power.** But the meek will not be powerless, for they will rise up in their true power, the power of the love of the Mother and Father residing in their soul.

To heal yourself will require that you accept all the evil, wrongness, falseness that you are. You will need to embrace it and allow yourself to be the negative state that you are. You will need to do this so you can see it, feel it, know it for what it is. And as you uncover and find the truth of it, so too will you be healed of it.

What you define as success is wrong, evil and false. You will find true success and your place with the Mother and Father, if you accept your bad feelings and the truth of them. You will need to give up and give in. It will be hard, very hard, because you are deluding yourself on so many levels, but it can be done. So much of your life is false and based on nothing more than fantasy, it's unreal, with no firm reality, and ready to be taken from you at a moment's notice. Your precarious existence is based on false promise and hope, none of which will ever make you feel secure. You have to insure yourself against misfortune because you can't live true to your feelings, can't live the truth of your love, and live with the reassuring faith that stems from this way of life. If you want to live with faith in yourself and God, do your soul-healing.

Your mind is a very powerful tool. It can contrive feelings, it can contrive love, it can believe anything you want it to; and it can make you feel that there is nothing else in the world other than how you are and what you believe. And because you have given up your feelings and allowed your minds to take over, they are now your rulers. **They – your very own mind – is the evil one, you are the evil one living**

**with your mind overpowering you in every moment.** It is making you do and say things only to maintain its power over you; and when you threaten its power with the notion of change for the better, change that will deprive it of power, then it will present untold barriers to you. It will make things harder for you trying to get you to give up, but all you need do, as all you need always do, is keep expressing all you feel: honour and accept how bad you feel and speak about these feelings, all whilst you long for, and want above all else, to know the truth of why you are feeling them. The active expressing, speaking, about all you feel is taking control back from your mind that is preventing you from expressing them. Want to know what's going on in you. Make you the most important person in your life. If you feel scared, or angry, allow yourself to feel so, and want to know why. Ask the Mother and Father to help you to see and uncover the truth of why you feel these bad feelings. Long with all your heart for the truth: to know the whole truth of yourself. And keep going. The going will become very hard but keep expressing your bad feelings, keep speaking about them, don't let any of them get away. It is the only way to stop living rebelliously against your own soul and God.

No one truly exists outside of the Rebellion, until they have completed their soul-healing. You are a tortured child. Why do you really think I died on the cross? I was tortured by parents. I was a child of God and I was tortured. I died to show you the truth of yourselves. I died on the cross for you to see how cruel you really are: how cruel you are to children; how cruel you are to your own child. Even the most well-meaning and 'loving' and 'caring' person is still of the evil. Look into your feelings and be honest with yourself – accept what you find. Look at what you call and know love to be, scrutinise it to see if it's real; how does it really make you feel? If it is true and real love, as you do your healing it will remain; if it is false, it will be exposed and the truth seen.

**The Golden rule is: never interfere with another's will.** This you will understand as you do your healing. Your parents have crossed the line interfering with your will making you become as they are, and now you too break the rule. Your soul-healing will heal your will; it will refocus your intentions in life so you can't interfere with another's will. All will infringement you have caused, whether you are aware of it or not, will be paid for, either through a form of compensation or with direct forgiveness as you uncover the truth of your sin and error. This penalty will be pain as you do your healing. Pain, pain and more pain. Your healing will be trying, very difficult, and will hurt a lot. You have a lot of bad feelings repressed, and they are doing a lot of damage to yourself as you live with a will that is anti love. You have to understand the motives of your sins, and what they are. I did not die for your sins; I did not die to pay your penalty. Believing that I did is wrong, and it won't get you anywhere, it's only something made up by authorities that wish to have power over you.

Through your soul-healing you will take full responsibility for your sins and errors; you will be brought to account. And instead of receiving a harsh sentence to purgatory, you will, as you uncover the truth, understand that God is not judging

you and neither am I. Through your healing you will understand that we only love you. You are not judged by God, all such judgement is attributable to your parents, those who are the false gods, those who chose to stand in between your soul and God, your real Mother and Father.

I died on the cross; you are born on it. It will be up to yourself to find the compassion and sympathy required through the acceptance of all your feelings, especially your bad ones, to help yourself down off it. You have been rejected, parented without true love, and are living and suffering the consequences. It has been a very rough beginning, and there are reasons for such a beginning, and why the truth of how to heal yourself has been a long time in coming. And now it is here. Now you can consider it and see how you feel about it.

I am not coming as many people hope, sweeping down out of the sky gathering up the chosen faithful, and carrying them off to the Promised Land. The land promised is in the Celestial heavens, however only through your own efforts can you get there. I am however coming again at this time, as is my soul-mate and beloved partner, Mary Magdalene. We are coming as one, united in light, united in truth. We are coming to represent truths and information to you; this is our Second Coming of Truth.

Peace will come to Earth when children stop crying for love. When children are loved for being the most wonderful little people that they are, then you will know of the great love that burns in your soul; then you will be living the truth of a Celestial heart. And with this heart will come such love, such love that will fulfil all your child's needs. It will be a child of love, a child of a positive rebellion-free mind, a child of a new humanity, a humanity of destiny.

All my love to you James, and please pass it onto Marion. That is all I want to say for today. James, thank you again, time for a rest. Jesus.

**Message 34**

10 January 2003

Today I want to speak about the Heavenly Mother. Jesus.

If a person or spirit wants the truth, inevitably he will find the truth of God.

During my life on Earth my Heavenly Mother came to me, as did my Heavenly Father. I did understand about God being duplex in nature, which helped me understand the duplicity of soul and how my relationship with Mary and Joseph directly affected my relationship with my Mother and Father. It also helped me understand about soul-mates, and about Mary. If God's Soul is both a Mother and Father and we are created in Their image, it made sense that man and woman are reflections of the Mother and Father; as did the notion of soul-mates: being of two personalities yet of the one same soul – being separate but also together as one.

But why didn't I speak openly about my Mother? Why is she still unknown, remaining unrevealed by me? Because it was Mary's role to reveal her, not mine. I am humanity's spiritual father, and are therefore to reveal the Father; Mary is humanity's spiritual mother and is to reveal the Mother. We are meant to be seen as soul-mates, as two united as one, as two separate personalities united as one Truth – one soul, just as we can know God to be Two who are One.

As I was growing up I questioned my parents about the existence of God, as my and our Mother, but no answers came to satisfy my mind. I questioned the Father one day and he acknowledged her existence and introduced me to Her. As you can well imagine, having the presence of the Mother in my heart as well and in my mind brought many beliefs and things I had been taught into conflict. It was hard to deal with so many issues at once, so I tended to keep Her on the sidelines so to speak. I would speak to Her privately, but as I got no support or positive response whenever I spoke about Her in my family, I kept Her to myself. I soon realised just how male dominated my society and religion was, and in no way was God going to be tolerated as being both *male* and *female*.

As I grew older the Father told me about Mary, not her name, but he alluded to my having a true friend, or soul-partner just as He had the Mother; someone whom I would meet and who would complete the picture being the feminine representation of truth. And He advised me that I should only concentrate on the masculine, as that was what I personally knew, and leave the feminine to her. So gradually I settled it in my mind to not speak openly at all about our Heavenly Mother, that wasn't my role, and toward the end of my life on Earth, with greater understanding and appreciation of humanity's problems, I understood that I was only ever going to achieve a very small amount with humanity; and my life was really about higher universal things, and not everything concerning the revealment of truth was going to be completed with it. More would come later, hence my need for a *Second Coming*.

It also became clear that there was no way Mary would be openly accepted as being my equal, nor the truth revealed as to who she was. And so neither would the truth of Mary or the Heavenly Mother be known. I, and I discussed it often with Mary, chose to keep the feminine mostly out of it. I did allude and occasionally speak about it, but nothing was passed on. Mary not being able to directly liberate her Spirit of Truth, and not being given a public platform, meant that even if we spoke about the

Mother, there was no attending Spirit of Truth available to help people understand and accept such truth, so it would have achieved nothing by actively including Her in my revelation. That would have to come at a later time when humanity was more accepting of the feminine; when Mary could openly and freely have her say with her Spirit of Truth supporting her words.

You need to understand that my life was incomplete, and not just because I died young. It wasn't complete in the truth. It was only a part revelation, just as the Celestials and I have revealed to Mr. Padgett. The whole feminine aspect of truth is missing, and this is what we want to rectify with your writings James and your relationship with Mary.

The reasons why it was only a part revelation of truth are complex, and all being to do with the effects of the Rebellion and Default that had been imposed on humanity. Because humanity had accepted the negative mind condition, Mary and I had to comply with humanity's wishes, we couldn't simply come and say you are wrong, and make you give up the evil. The feminine was too heavily repressed, so Mary couldn't be openly acknowledged as my equal in truth, neither could she reveal her truth, and we've, or rather, she, has had to wait until humanity is more accepting of the feminine before she could attempt to speak her truth. Now humanity, at least parts of it, grudgingly allows more equality of the feminine, so we can come again and help you understand that which we couldn't reveal all those years ago.

It doesn't take much to acknowledge that God should be both a Mother and Father as you only have to look to your own parents, and all about are two different sexes. Many ancients and primitive people have acknowledged in various ways the equality of men and women on a deity level, and bearing this in mind it shows you how fixed in inequality the Christian religions are. They have sought to use my name to give them power. Not being interested in the Truth, they have used the imbalance of the masculine and feminine, cultivating it and making it appear that God can only be male, he can only be a Father, when it is the father that has the power. However, that is not always true, as many families will testify that it's the mother that holds the power with the father deferring to her. Yet for your society to maintain its control over you, you need to have the male dominant, and to give the female equality would definitely upset things and great change would come about. Men and women would have to then relinquish the power they have, and few people are willing to do that.

And yes to answer the question that just sprung to your mind, the same negative and limiting factors that prevented Mary and I from making a full revelation were imposed upon the authors of The Urantia Book papers, causing it too to be so heavily weighted in the masculine.

Humanity has tried to look for its soul Mother, and by accepting that God can only be a Father has then said the church is the mother, or the Earth, or even as you initially thought, the Mother is the experiential face and personality of Deity, the Father the existential. However, as you have now settled within yourself James, the

existential Soul – God That Is – is both your Father and Mother of Heaven. And the full expression of the experiential Soul – God That Will Be – will also express Two personalities, a Mother and Father: The Consummators of Universal Destiny.

What we are helping you to understand is that by looking to yourself you will find the pattern of Paradise. As you uncover the truth of all that you are, so too will you uncover the truth of all God is. And on the most primary and fundamental level, you look to your mother and father as god through your forming years, and so naturally you'd expect to look to God as your Mother and Father through your formed years. And if you can further understand that in a perfect world your mother and father would be soul-mates – two unique personalities that are the expression of the one soul, then you would see so are your two Parental Personalities – the Mother and Father, the expression of One Soul. And as your healing is showing you James, your relationships are the key to everything.

So James, continue to enjoy your relationship with Them both. And doesn't it make you feel good being able to relate to God as being both your Father and Mother? That is all I want to say for the time being. I will speak to you again soon. Thank you James, Jesus.

Zelga.

Hello James. I'm back, Zelga.

That was an unexpected surprise. Jesus was here when Mary was initially speaking with you but didn't want to say anything. And on their return he seemed eager to speak to you, and some of the things he said to you were new to us. There is always something new, isn't it wonderful?

Anyway, we have another spirit whom we'd like to speak to you regarding her introduction to the Divine Love, and as I feel you to be eager to move on, I will give over to her.

Alice.

Thank you Zelga. Hello James, and yes, I am very pleased to have been asked to speak to you. I will gladly share with you my experience of finding the Mother and Father and Their Love. I know you have wondered if a spirit with my sort of life would come, as you have a lot of questions about such things, and so yes, here I am... oh yes: Alice is my name.

I want to begin by telling you about *crossing over* as we call it, from the natural love  
*Divine Love Spirituality*

worlds to those of Divine Love. You see, I ascended the natural love worlds attaining world six before I came across the truth of the Mother and Father and Their most glorious Divine Love.

I will not go into my Earth life only to say that I was a Christian, but once in spirit with so many other things available to me, and without the demand and restrictions on me I faced on Earth, I quickly gave up the Christian side of things preferring to pursue a more intellectual life. As a woman, and in my day on Earth, I was not presented with any way to further my mind in its ability to learn things. I was parented in a *told what to do* regime and did not think for myself. I followed suit by passing on such a terrible way of life to my children and none of us did think freely. We thought what we had been told was right, and we certainly NEVER questioned it. That thought never occurred to us. We did not read and only lived with the people whom we had grown up with; our world was very narrow minded and very small. We were mainly farming families and even though we got some sort of peace and satisfaction from our work and the land, we were not of any mind to really even appreciate any of the beauty or lovely creativity of nature that was all around us. We just carried on day-in day-out moving with the seasons doing what needed to be done. We attended church as that was what we did, and so far as the content in the Bible, we were not really interested, it was just what was expected of us. Now when I think back on my life I feel as though I was asleep for most of it, meaning that I had so few feelings or separate thoughts of my own, and that I only existed as if in some sort of collective robotic mind and that was about as inspiring as the back end of one of our cows.

Once in spirit, however, I was exposed to worlds upon worlds of new things to discover. I felt as though my life was beginning and I had some vague memory about heaven being paradise, and so far as I could now see, it sure was!

I learnt so many things; did so many things. I went here and there. I listened to everyone I came across and it seemed all so exciting. I didn't have to do so much work on myself so far as having to compensate for all my wrongness in life, as I really didn't do much wrong. No one did. Had we, then perhaps our lives would have been more interesting, but we didn't. However, having come to the Divine Love worlds I have had to do my soul-healing just as we all do, and fix all that was wrongly done to me by my parents, and come to terms with all that I did wrong to my children.

In the first proper natural love world, world two, (world one is also mostly natural love, but as this is more for those people – spirits – who don't want to fully give up their Earth life or how they were living it, we don't include it as a full natural love mansion world), I felt as if I were an empty person devoid of experience and I wanted to fill myself up. Over time I learnt about perfecting myself – my mind, and my negative mind at that, and chose to do so. My area of interest became self-analysis, because I found myself to be a very curious thing. I began to have thoughts and feelings about things, which I found very interesting. Where were such things

coming from within me?

And how were these thoughts and feelings stimulated? What caused them? It might be hard to understand, but I didn't have any inner world when I was on Earth. No secret dreams or wishes, no fantasies, I didn't use my imagination, I wanted nothing and knew of no other things to take me away from my world, and certainly not deeper into myself. So now as parts of me were being stimulated, I was fascinated as to where it was all coming from.

I found out about the soul and so thought that maybe this was where such things were coming up in me from, and so I wanted to look further into it. I found it quite easy to live a moral and righteous life, as it was very much along the same lines I came from, and I didn't have much to give up as so many spirits do. I didn't have the crutches and the need to do things for happiness, as I was always content, but stupidly so. But now the more I learnt the happier and more excited I became. It was so wonderful: to want to understand something, then to go and find out about it. I loved reading, and psychology became my thing. And I was fascinated with those *advanced souls*, as we called them, who lived in the highest planes of the sixth world, and who it was rumoured, had found enlightenment – a permanent state of happiness and eternal peace. I wanted to be one of them, so I set my mind to do it. And I did.

It was a lot of hard work, and there is no real defined way as such to achieve living in this exalted mind state, but one way and another, and with the will and drive to do it, I got there.

It all hinged around mind control, that being, controlling my mind to such a degree that it never, thought or felt anything, that I didn't want it to. I chose how I wanted to be: what to think, how to feel; I was god of myself, master controller, an ascended one, a Being of Light, one of the Enlightened Ones. It's all a lot of crap really James, it all might sound good, but what really is it? Is it so great having absolute and total control over your mind? Is that the true way to live? Well at the time I thought it was, but now I know better.

Everything that came up in me, that I believed was a distraction, I had to – I learnt how to – remove it from my mind. My goal was to keep my mind completely free of any interfering thought. It took a lot of practise but finally I was able to do it. And with each step I took, I moved up a plane, and then one day I was in the top class. From here I looked down on, so to speak, all those lower souls, all of whom were still caught up in the pleasures, pursuits and allurements of the lower mind. I felt so superior. And I spent all my time speaking about my latest great thought I had on my subject. Many other enlightened spirits were interested in my field, so we all had great long in depth discussions about many things, all of which we believed were of the utmost importance to us, and everyone below. Ha! Talk about being deluded! – and obsessed with one's self-importance.

We felt so superior and this of itself gave us intense pleasure and joy. To be able to hold your mind circuits still, and wait, and wait, and spend days feeling at one with All There Is (which really was all there was in my empty mind - nothing!), nothing stirring, nothing interrupting, and then to open up a part of your mind and let a great thought in, was joy, absolute bliss – perfect. I felt I had achieved IT – whatever that was, and I could not conceive of anything else. I was in my area of creation, and I was the Creator. I was I felt (really, I believed), so at-one with God that I was God! Oh the sheer audacity, the ego of it all!

I was in this sublime state for many years. Time no longer existed; I was time. I was in the state of nirvana you've read about. I was at-one with the whole universe (the whole pathetic universe of my own little self-glorifying mind). I felt as though it

and I were one, somehow if I breathed it breathed, and if it breathed I breathed. And I was all knowledge. Everything that was, I was. I was at-one with body, soul, and God (and it was all just in my mind).

It was an amazing state to be in, and the few times I had cause to interact with someone lower than myself they looked at me with such admiration I only felt more glorified within myself. I was glory unto thy self. I was the One. I was the Only One in the whole of the cosmos. I was so much the one that even my contemporaries didn't really exist. I was alone...

And no James, I was not perfect as in having healed all my childhood repression through doing my feeling-healing, I had simply mastered its suppression. I had perfected my self-denial. I had mastered by negative mind state. I believed I had full control over my mind, but really: who was controlling whom? But as I said, I was alone, consumed in my self-glory; I believed I was in rapture, cocooned in self-love and a love so great that I was All-Love. What a fool I was. And that James was my undoing.

My bubble burst. It was terrible. I came crashing down to Earth so to speak. I can't even begin to tell you how or what I felt as I still don't really know, but all I know is, that how I was, was completely wrong. I had some sort of reality shift: a mental break down. I suddenly felt as though I did not exist, that I had gone, sort of vanished. I had no self-awareness; I felt void, something like the opposite of how I had been feeling, but also not the opposite. I did not even feel that I was breathing or that I was alive. I can't put it into words you can relate to, as you have to experience it, but I did feel so unreal! Living now in the seventh world I can say, this is truly the opposite of how I felt back then before my implosion, but back then I just don't know...

Anyway I broke. I cracked, and then somehow sort of got a restart. This too is hard to describe, but I found myself in bed in a hospital back on world two. I felt very strange – awkward. I couldn't even mind transfer and project to communicate; I had to actually remember how to speak. A nurse explained a few things to me. She said that I was in a special ward. She said it was for those who thought they were someone other than who they really were. This all sounded very complicated, and I felt I had no capacity for understanding anything at all – such the opposite to how I'd been, believing I could and did understand everything. I was in such a bad way. I was totally stunned. I was vacant in thought and feeling and was being fed food! I asked in dismay as to whether I was back on Earth – perhaps there was something to reincarnation after all. But was told I wasn't, however to deal with such cases as myself, it had been shown over the years that I needed to begin with a habitual level of reality I was familiar with, such as how I'd been on Earth, so in effect I could start over. And start over was what I did.

I won't go into the details of all of that, but I will tell you what my break down was all about and why it happened. This I have only found out since I came to live in the Divine Love worlds. No one could help me understand it in the natural love worlds,

it was simply: a known phenomena, something spirits like me were apparently susceptible to.

Anyway, what I had done was to live in my mind so completely that I experienced what's called *soul-separation*. My soul didn't actually separate from my mind, as a soul cannot lose its attributes being the creator of them, but what I did was move into my mind to such an extent that I may as well have separated from the rest of me, from my soul. I was living, if it can be called that, in a pure mind state, and of my negative mind; and what that meant was, I was existing in one mind circuit plane, that of the highest sixth world. And in that **I believed I was God, the All-Superior One. I had in effect disassociated myself so much from my true self, that I had completely lost touch with the rest of me. I was so far away from my soul, being concerned only with my own greatness, that I was in fact not God but The Great Selfish One. I existed and no one else did. And even God does not exist this way. I had only my own self-importance. I was the One, Creation was I; I was Creation – the beginning and the end, and I was so pleased with myself. I'd attained the acme of self-denial, I had mastered control over all thought and feelings, I could do and be anything and anyone. I could go no further, but thankfully my soul had other ideas.**

**And it showed me the end result of rebellion against love: there is nothing. No life, no love, no feeling, no truth, only you and your empty meaningless mind. Just yourself and no one else. No one to relate to. No relationships to have. No experiential stimulation, no growth, no progress, no purpose – NOTHING. And that's where we are trying to go in our negative mind states. It's what humanity is collectively trying to achieve: Nothing. Globalisation of our negative mind condition; living in a state of Nothing: no nature, no people, no God – only you. Only you and your desolate island – Earth. And in this state of total love rejection and nothingness you can only believe you are love and loved – just what we face, and are forced to accept as children being rejected by our parents and not feeling loved.**

I have since found out that I did it all to myself. I so much wanted the self-glory, to be The Great One, to be the best, that I pushed myself beyond my own limits. I wanted more, and now I realise that I wanted more than the highest level of natural love could give me. I felt very broken and it took a long time to recover to the extent that I could venture outside by myself.

At first I managed going into the gardens, later into the small nearby village, accompanied by a spirit each time. These trips to the village became my therapy and slowly with the help of my guide, who became my friend, I gained a little confidence. It was very slow going, I couldn't even walk in the beginning and had to be wheeled everywhere, but slowly I began to walk and think and feel.

One day when I was a lot better, my nurse friend asked me if I had thought about what I was going to do. I hadn't. Do: what do you mean? What is there to do? What is the point to doing anything when I did it all! "Oh but you haven't even begun", she replied. And I asked her what she meant. And she went on to explain that I only lived one aspect of what life had to offer; **I went up the road of self-glory, and had I ever considered the road of selfless glory?** I didn't know what she was talking about but over the following days she spoke about many things; she even told me that she

had been like I had, and this nearly made me feel like I was going to break down once again.

This nurse spirit who seemed so gentle, so meek and so unassuming, had been like me? I found it difficult to believe, however as she described what had happened to me I could see it in her. I was truly amazed and more interested in knowing what had happened to her. She said she too had had a nurse and very similar conversations as we were having, and that was how it usually begins.

As she spoke I felt as if other parts of me were coming back to life, one thing being my curiosity. And it wasn't long before I was asking her questions about myself, and what I had done, and what I could do now. I wanted to know also all about her experiences.

It was during one of our walks to the village that she asked me if I had ever considered serving God? Suddenly I was thrown back to my memories of Earth and the little church, and a feeling I once had as a very young child, and I cried. And I found myself saying in reply, no I hadn't, but I would like to.

It was a memory of feeling good one day in the church about God, that had reawakened something in me. I can't remember why it did exactly, but I felt good. God meant nothing to me personally, but now somehow He did.

My nurse friend told me that because of my fond memories of God I had come to her hospital, and that there were other such hospitals catering for other *fallen ones* of different beliefs. She told me I could live entirely with God if I wanted to, different to how I was in my deluded state believing I was at-one with His consciousness – that I was Him. I liked what she said, it was different; perhaps a new way; perhaps I could start life over in this new direction and see what happens.

She told me about the Divine Love and I agreed to try and long for it, however I found it very difficult thinking about doing it. I felt as though I was all self-willed out. About all I could do was sit, and walk a little, and drink cups of tea. Longing for God's Love was too much of a strain. But I tried.

Following my guide and teacher, as she now officially was, I sat with her and thought about God. We spoke about Him being like a father to me, and what would I expect or like Him to do. We did many exercises to stimulate my mind and feelings, all designed to help condition me to seeing God as a Father and later also as a Mother: the Mother and Father of my soul; and to stimulate a desire in me to want Them to love me, and for me to feel that I did want Their Love. Slowly God became a motherly and fatherly person to whom I felt I could relate, and then finally I could ask and long to Them for Their Divine Love.

It was all painstakingly slow – I was so retarded. My guide had supreme patience. But one day I did feel as though I was longing properly, and I did feel that I did want Their Love, and I felt I was asking Them truly for it. I felt my desire, as a deep inner longing rather than as a mental belief and exercise of my mind. This was a very different way for me to live. I had had no idea that one could live with longings and feelings and without the need for one's mind to always be in control, but slowly I made headway and I could begin to feel the Holy Spirit coming to me in answer to my prayers for Their Love. And even more slowly I felt a new stirring in me; this I found to be mildly exciting. I didn't want to get carried away as I had done before, pushing myself on. I wanted things to happen slowly and of their own accord. I wanted the Mother and Father to guide me, I didn't want to take over and get in the way.

My guide explained about my soul-healing. I understood and wanted to begin. I wanted to find the whole truth of myself, and I wanted Them to help me find it. I had no idea about what would happen or surface in me. **I had once controlled myself to the absolute level of mind over soul, so now to turn it around and allow my soul to lead through my feelings was so totally different.** It took a long time for me to stop interfering with myself wanting to take over praying for Their Love with my mind, using thoughts rather than simply longing with my soul without any words involved. **I wanted to feel everything, not think it.** And gradually I got there. I have progressed in my truth to the highest Divine Love mansion world. My guide friend revealed her true colours when I asked her if I could meet a Celestial spirit. She just smiled and said, "I am one".

I hope my story has shed some light on your questions James. I wouldn't recommend my life path to anyone, but who am I to tell another what to do?

Thank you James. Good-bye for now. Alice.

## Message 35

11 January 2003

Good morning James, I feel like saying a few words today. Mary.

I am pleased Jesus spoke to you in such a personal way because he is so badly misunderstood by your world. Even though he is who he is, he still has feelings, and no one wants to feel rejected. And as much as Christians might believe they are embracing and loving him, they are mistaken, doing nothing more than continuing their rejection of him. And no one wants to feel rejected by so many people and in such an unfeeling uncaring insensitive way.

I want to speak about feelings today – what else! I want to tell you some more personal things about my life on Earth and the feelings I felt. I was not in Jesus' position, with the Father leading Him so personally from such an early age. Although I too was born of perfect soul and not defiled, I came from a common merchant family, treated how other children were in our town. Like Jesus, I didn't need to do my soul-healing. **I was able to feel my feelings, as I was not trained too heavily to deny them, and then with and through them, find out the truth my soul wanted me to see.** I felt I was to study life's intricacies – relationships. Like Jesus, I was educated by my parents adopting all their negative beliefs, which as I matured and questioned through my feelings, was able to see that they were incorrect and could change them accordingly. Intuitively I knew **feelings were the key**, they were just a natural part of my life, but as I matured I began to see that other people treated their feelings differently. They were mostly afraid of feeling bad, afraid of any bad feelings, even other peoples', and did all they could to keep them away. I was more interested in the emotional state of myself and people than was Jesus, but Jesus gave me the mental pictures – understanding – within which I could apply all I was feeling.

One of the things that concerned me the most was observing people who said they loved each other, and yet to me their behaviour was not loving. It was obvious to me that it was anything but loving, and when I tried to point this out to the person in question invariably she would say that it was loving, that was what love was all about. That it wasn't an idealised fantasy, and if two people wanted to be together, then that is love. So it was love when a couple stayed together even though the man regularly beat and verbally abused and berated his wife often humiliating her in public. It didn't make sense, and so my quest for understanding what love is and what was really going on, began. And the more I observed, the stranger it became.

I would witness a father rejecting his daughter, and the daughter steadfastly refusing to admit that he didn't love her. And the daughter would seek the attentions of men who also rejected her, who hurt and abused her like her father did, all in the name of love.

I would witness a mother rejecting her son, and the son steadfastly refusing to admit and accept that she didn't love him. He would suffer all sorts of emotional abuse from her yet continue to blindly declare his undying love. Nothing seemed right no matter where I looked, nothing seemed to make sense, and I had no one until I met Jesus to speak about such strangeness with. When I did finally meet him, what a relief! What a blessing, and best of all he understood exactly what I was speaking about. He too could see it, had seen it, had wondered about it, and had come to many

sound conclusions himself about it all, all of which helped me to gain confidence in my own thoughts, feelings and conclusions, as many were the same as his.

It was puzzling to observe men rejected by their mothers, who often openly hated women and yet couldn't be without them, usually choosing a woman to be with who was almost an exact copy of his mother. And the men seemed like such little boys around their wives or girlfriends, completely different to how they were when they were away from them and in the company of other men. It was clear how few men actually wanted to spend any, what you'd call 'quality time', with their spouses, preferring to work day and night, having little to do with the little children only wanting to play a role in their child's life when it was old enough to leave home – to leave its mother. And this was called 'loving families', and, 'we're so lucky we all love each other', and, 'we're so in love'. I called it the Rejection Cycle, it fascinated me, and gradually with help from Jesus, and from the Mother and Father, I began to uncover the truth of this false love. That was all I called it, false love, because it wasn't how I felt and experienced true love to be. It wasn't how Jesus and I treated each other. We didn't do things to reject each other then claim we loved one another. We did things to accept each other and there was no need to say anything, it was simply understood. We knew how we felt about each other, and it wasn't anyone else's business, and besides, how could others judge us when what they believed love to be, so far as I was concerned, was not love.

I want you to understand James, that Jesus and I being perfect, and not conceived into and becoming part of the negative evil state of self-denial, were able to think and feel about things in a real and true way. You can't do this, no one can on your world, and won't be able to until they've done their soul-healing. When you've completed your healing then you'll be able to gain some understanding of how Jesus and I lived; thought about things, felt things, and how we went about our day. Until then you will remain confused, tied up in your erroneous beliefs believing that love is love when really it's not love at all. And what is it? Something fabricated by your mind, a belief, but it's sure not real and true love.

It wasn't until the later part of my Earth life, Jesus had been gone for a number of years that I felt inner changes resulting in my Daughtership wanting to come to the fore. Up until then, I had been a simple woman observing life by mostly helping other women. Now I started to feel a deep inner calling, like the Mother and Father were beckoning me, wanting me to begin my life in earnest.

And this I new would see me through to the end of my life beginning in earnest in my spirit life.

As Jesus said, because of the restrictions and limitations imposed on me: on the Feminine Principle whom I represent, whom I am the living example of and manifestation of, I couldn't express my true self until I returned to spirit. And once there it was easy to then put into practice all the things I had understood in flesh. **I was able to set about advising spirits how to do their healing. I was able to help spirits see that it was all about rejection, that which was causing them pain; and rejection that had occurred to them during their forming years resulting in their negative patterns which would dictate their adult lives.** And like the reaction you have seen from many people who are partaking of the Divine Love, though what Jesus has revealed, they don't want to be confronted with such truth. They don't want to believe the things are wrong in them, originating from causes in their early childhood, most of which, if anything, they want to forget. This attitude of course greatly affecting one's life causing ultimately even more pain. People, like the spirits I

first spoke to, don't want to accept this pain, they don't want to acknowledge that they are even in pain. It's much easier, so they wrongly believe, to dismiss the pain, to not focus on it, and hope, it will go away, than it is to accept it and try to understand why they are in such pain and where it's coming from. However some spirits did accept what I said, they did accept me being Jesus' equal, and courageously they started to do their soul-healing.

For us, the past two thousand years have been ones of intense work and great joy, seeing so many souls rectifying their negative condition; coming from all over the natural love mansion worlds to embrace the Mother and Father's Love and ascend the Divine Love worlds. And it's given us so much pleasure to see so many from Earth, so many of evil, now living so happily in the Celestial spheres.

What we would like to achieve during the forthcoming planetary age, is bring to Earth what exists in the Divine Love mansion worlds. All the love and compassion, truth and understanding. We would like to see people consider what we are saying, **thinking about their soul-healing and even possibly doing it; and longing to their Heavenly Mother and Father for Their Divine Love, and for the Truth of that Love.**

Thank You James. Mary. I'll give you back to Zelga.

Zelga.

There you have it in a nutshell: to bring all the aspects of healing your soul with the Mother and Father's Love to Earth. We can't wait! It is all so exciting. So much is going on over here on all levels; and even those in the natural love mansion worlds feel that something is astir.

Events taking place on Earth are contributing to a feeling of new awareness, and in certain circles, like something is in the wings. The most important part of it will be that **people understand about doing their healing and longing to God for Their Love and Their Truth. The evil can only go so far before it begins to destroy itself, to implode, and when that happens, doors will open as new people look for new ways to live, ways different from the past.**

**We all have to heal the rebellion and default within us. We are all of it, and so it will forever control us until we heal ourselves of it.** And now you can. It sounds simple, but the reality is something very different. How do you do it, and how do you know you are going in the right way? How can someone who is completely wrong, self-deluded and evil, look objectively at themselves to know if their actions, feelings and thoughts are true or untrue? And the answer is you can't, **all you can do is strive to accept, and speak about your bad feelings. Your bad feelings are the way into your self-denial. They are what you are denying, so to accept them and allow them to have a say, will definitely start you off in a new direction.**

And the healing of your soul will be very hard. We want to impress that upon you. It's been a long hard slog for all of us, and we've got lots of support from Celestials who've actually done it, for encouragement. You don't have anyone but yourself. All thoughts, feelings, hopes, fears, worries, confusion, problems, criticism, expectations, doubts, pain, more problems, illness, trivialities – all that's wrong with you, will need to be accepted and expressed with the truth looked for and really WANTED. You have to want to see and know and feel and express all that you are – all that you FEEL. **Underneath the self-imposed negative and superficial you is the hidden real and true you. It needs to come out or else you will forever be only a fake, a contrived you – false person. You are not currently real, no matter what you believe or feel about yourself, and this is what you have to accept. You have to see for yourself that you are pretending to be someone you are not, and then see how and why you are acting this way, and then how acting falsely really makes you feel. You have to see who made you be how you are, and why? What was going on in them at the time: the state your parents and grandparents, and other people who negatively influenced you from conception through childhood were in. It will all mysteriously come up from somewhere within you as you speak about it. It is an incredible process, the soul-healing and transformation with Divine Love, and it hurts. It hurts because your parents hurt you, and you need to find the truth of such pain – what really happened to you. Were you loved by your parents and carers, or weren't you.**

Your healing will be the most difficult thing you do in your life, however it will never be any more difficult than what you've already experienced as a child. The only problem being you've mostly forgotten how much pain you were in and suffered as a child. The worst is over, you have already suffered the nailing to your cross, now all you need do is learn how to love yourself through the ongoing acceptance of your feelings, easing yourself down off the cross, healing your wounds, and discovering the real and true you, and what love really is.

We begin where Jesus and Mary left off. Jesus left us from the cross. He died to show us the truth of ourselves. We are *he* nailed to the cross, and we are Mary unable to express her true self and rise up to be Jesus' soul-mate in her full glory, giving us all the wonderful truth we need to know about life and the Mother and Father. We are who denied them: we are the denied.

We deny ourselves their love and truth, so too do we deny ourselves the Truth and Love of the Mother and Father; and because of this we deny ourselves the truth and love of our children, and we deny our children the love and truth they require. We live in self-denial, we 'love' without love; we don't feel love. We are the *Rejected Ones*.

I will leave you here James, and we will resume later. Zelga.

Zelga.

James, there's another spirit here to speak with you, so I'll give over to her and speak to you later.

Anne.

Hello James, my name is Anne (but not the Anne who spoke to you in an earlier message).

I come from the most despicable place in all the spirit worlds. I was a dreadful person and used all the manipulative ways that were available for me to get what I wanted. I killed people with my own hands: by cutting their throats while they slept. I stopped at nothing to fulfil my own evil desires, and as I got what I wanted, I wanted more. I had an insatiable appetite for power. It was immediate power. I did not plot and plan and seek power through recognised routes, instead I wanted power through someone's death, and I wanted it now! Death of the person was the only true way I saw to have any real power. I did it purely on a whim. Certain feelings would come up in me at times, all for different reasons, and I would kill. I killed many people, and being a woman, it was easy to gain access to their houses in one guise or another, so I could do what I wanted to do.

The authorities couldn't find me because I followed no obvious pattern; they had to wait until I destroyed myself. I acted in the moment. If I felt I hated the person who was before me, I would plot to get into their house, men and women, and kill them. To the police it was a random killing with the only thing in common being my method of throat slitting. I used all sorts of disguises to achieve my ends, so any reliable account of my appearance proved difficult, and I also moved around a lot. I moved between towns, cities and even countries, carrying out my evil ways. I had a job that was in the diplomatic service so I was able to move around and take my time over my victims. I began killing when I was thirty years old and killed for almost ten years of my life. It was then that I undid myself, by letting my guard down once rather than staying true to my original plan.

I was caught and sentenced to death. I had a perfect memory of my victims and kept the newspaper reports of my doings. I confessed to all the deaths and was executed. This caused me no real pain, and in comparison to what I had done was of very little concern. I showed no remorse because I was not a remorseful sort of person. Had I been, I doubt I would have done what I did.

I want to tell my story to point out that the mind of such an evil and wicked person, as I was so judged, is not at all understood by the authorities that condemned me. I was just a poor wretched individual, just like the ones I killed, only I lived more true to it. I don't want to be seen in a good light, or seen trying to better my cause,

but how I was, was entirely a result of how I was treated as a child. I was only living like we all do: living out my state of negative conditioning, with a part of that being my compulsion to kill; just as another's compulsion is to smoke, or have sex, or drink, or go to the movies, or eat, or have another cup of coffee, or go to work, or have children. It may seem wrong to liken killing someone to drinking a cup of coffee, but what I want you to understand is, if something is being done for a negative and evil reason, be it drinking a cup of coffee, or killing someone, why should such self-destructive, unloving behaviour not be treated in the same way – understood in the same light, being treated equally on an acceptance and sympathetic intellectual level. And of course drinking coffee is not taking another's life, grossly infringing upon them so of course isn't punished by society, but whether you outwardly or inwardly express your negative condition, still there are certain common characteristics, and these I want to draw your attention to.

Now I'm not saying to put everyone in jail who drinks coffee, but to see that the underlying motivation is wrong, and in both cases needs to be understood and dealt with sympathetically. The person who is a compulsive killer needs help, not to be treated like unwanted vermin. He or she needs lots of help to find the cause of why they need to live such an extreme compulsion. And the person drinking coffee as an escape from their bad feelings, needs help also, because they too are suffering doing something that is wrong to themselves. They too need help to see what it is within that is driving them to behave in such an unloving way. I was motivated by the same need we all have: trying to relieve my inner pain and torment by seeking power over others. I wanted to have power over people by being the controller of their life through death. Our parents have all-power over us, so we too want to be all-powerful; and if we can't get the power we need over ourselves then we can try and gain it over others.

My sin is greater than one who needs to have yet another cup of coffee, and one is not guillotined for having twenty cups a day. However, on a deeper level, we are equally tormented. Our healing is a great equaliser, and you will find that even though on the surface some may appear to suffer more than others, on the deepest levels our pain will be the same. In some ways because I was more aware of my evilness, when it came to doing my soul-healing, I could accept more easily my negative state compared to someone who lived what appeared to be a 'normal' and 'right' and 'successful' life. I was under no illusions about my vileness, but those who cover up their negative state with pretensions and fantasy, indulging in what they believe is being good, and living with such power, will find it very hard to break down such veils of falseness, and it may even take a longer time doing their healing than I did. I will pay for my sins, just as will the do-gooder coffee drinker who lives completely deluding themselves pretending nothing is wrong with them, and by the end of our healing there will be little difference between us. What I want you to understand is what's on the surface is not what's on the deeper levels, the deeper levels only being revealed during the depths of your healing.

The Mother and Father did not punish me as most who are ignorant about such things might have thought or hoped They would. They accept and love me, and this I

know as I am living in the seventh heaven (seventh mansion world) having almost completed my healing. But still I have punished myself for my terrible deeds. I had to accept I had no right in taking another's life, even though those I killed, had they been true to their bad feelings, would have wanted death. Nothing happens just randomly. All happens for a purpose, and on a soul level their needs to be a mutual agreement. On a soul level those I killed wanted death, and sought me to perform this function for them, hence our paths crossed. And as to why their soul might want such a thing, the truth will be revealed to that person during their healing – the truth of why their life ended at the hands of another, the truth of how they were parented.

I want you to understand that much more goes on within us than we are conscious of, and it's the deeper realities that are actually governing our lives. Why any bad thing happens to you, is because of something in your negative pattern, put in place as a young child, that needs to become manifest, the truth of which – of why it happened, coming to you as you do your healing. We live with about 5 to 10% (that is my reckoning) awareness of what's really going on within us, and our healing involves the becoming conscious of the other 90-95%. And that is why it's such a detailed and extraordinary process.

When I died, I went to live in the hells, a very low and despicable place full of souls similar in self-hatred to myself. I, my soul, led me there. And as I can see now, it was the right place for me to be, allowing me to be truer to myself: the primary objective of our souls.

In hell I killed just as I had done. At first I felt the overwhelming relief from my inner pain and torment when I achieved my goal, but then the one I 'killed' awoke still alive, for spirits cannot die again, and it was a terrible backlash I felt, as though I had been struck by a knife myself. The pain was unbearable, excruciatingly so, indescribable, and I fell to the ground and went into great spasms. I did this to myself as many times as victims I killed on Earth. I couldn't stop myself from doing it. I would pick my victims, kill them, they would come 'alive' again playing out my charade, and I would be wracked with spasms of the worst pain you could imagine. I paid in full for that which I had inflicted on others. And when I had suffered my final attack I felt a great sense of relief, real and true relief. Something in me said it was over, that I had paid back my debt in full. And then I felt I no longer needed to do this terrible thing to myself or anyone else.

I was shocked by the realisation it was over. Could it possibly be true? I hardly dared breathe. It took me a long time to gather my senses. I felt that I had been locked into this terrible habit from which I had suddenly sprung loose, and even though I felt free, I still felt very upset, afraid, lost and full of despair. And then came misery. I felt so miserable. I cried with misery; I was misery; all I knew was misery. And it seemed that there could be no end to it. I was damned to eternal hell; misery I believed, my destiny. But slowly I began to accept my miserable state. I felt like I was barely alive, barely functioning. I was only just existing. If I had to feed myself I would have died. I couldn't do a thing. I just sat mostly and cried. I wept and wept

and wept and I didn't really even know why. My pain and misery was unrelenting. I saw others during my wanderings who were in a similar state to me, but I couldn't speak to them. I couldn't reach out to them, as I was the one needing consoling.

After a long time I felt I needed help; I realised I wanted it. And it occurred to me to ask for it. The idea just seemed to appear in my mind all by itself without any of my doing. The idea appealed, but how and who was I to ask. I didn't know what to do, and it was all too much and I broke down again and cried. And it was somewhere in my crying that I called out in my mind for someone to please come and help me. No sooner had I done this and I was wracked with new pain: did I seriously think anyone would come and help me? Why would they want to help such a damned soul as I? I cried accepting more my own self-judgement and criticism, dismissing asking for help again. I felt so bad, and I was in so much pain. The pain felt like knives were being slowly pushed and pulled through me, all over me. And I could not escape them. I was so tormented; I was the slime of hell.

But then I realised someone was standing in front of me. She held out her hand and asked if she could help me. I was speechless. She bent down and took me by my arm and helped me to my feet.

She wiped away my tears and we started walking together. I was completely helpless. I allowed her to take me with her. I didn't feel anything. I couldn't think or feel as I was in too much of a state to have any real awareness of my senses, let alone be able to express myself.

She took me to a house, it wasn't far away, and showed me into a room with a bed and a table and chair. She lay me down and said "rest I will still be here when you awake". And I slept. Sleep came quickly like an anaesthetic. I had no resistance to it, I submitted to it, it was so welcoming. I was afraid of sleep up until then because I never knew if I would wake up. I was scared that I would be somehow taken away in my sleep, to where I never knew, but a very bad place. But what place could be worse than where I had been!

When I woke she was there as she'd said she'd be, and I felt a warm sense of relief. She smiled at me and said the worst is now over. You have been a very good girl suffering like you have, but now you need not worry so much as you have paid for your sins. Somewhere inside me her words seemed to have an echo, as if I was saying them to myself; and somewhere also within me I knew that what she said was right and a bigger sense of relief swept over me, and I wept. I cried a lot with her but she was always so patient. She sat, I cried, we would speak a little. I would feel tired and sleep. This went on for a long time. One day I began to feel a little better and felt like going outside. We went for a walk in the sunlight (spirit light) and passed by the place I had lived in, my hell. It didn't seem such an ugly and dark place as I remembered it to be and she said "you are now living with different eyes. You are not as bad as you were". The tear tap turned on and we sat down on a seat until I was ready to go home. And then I realised that I hadn't had a proper home for years, and I asked her if it was possible that I might be able to have one. I had no idea about such a thing but as money was no longer needed, even though you could still have it if you wanted and pretend to do all the things you could with it, she said it could be possible, and she would see what she could do for me.

I moved into my own home! And for the first time in a long time I felt like I had some sort of life. In all this time I took my friend entirely for granted. She was just there and never asked for anything from me. I never wondered why she was helping

and why she was so interested in me. Then one morning while I was bathing, waiting for her to arrive so we could go shopping for clothes, these thoughts suddenly struck me. And so I asked her. She was so pleased. She said it showed her that I could think outside of myself and consider another person – a very big step. And now our relationship could really begin, as she could share herself with me and tell me about herself – provided I wanted to know. And I did. And for the first time in my life I wanted to have, and did have, someone else – a friend – in my life. I never had a friend! And this realisation struck me hard and I cried more.

I did not have any brothers or sisters, and my parents kept me like an ill treated animal. I was really nothing to them, I don't even know why they bothered to keep me alive, someone I guess they could beat up and have power over. I will not go into the abuse I suffered as a child as this is not the subject of this book. But once my friend introduced me to the Mother and Father and Their Divine Love I began my soul-healing and saw all I had suffered and why I was so damned. I saw the truth of why I killed, and how in truth my parents had killed me, time and time again.

I have listened to a lot of spirits' stories, and even though I lived a dark life on Earth, and paid for my sins in the darkest of hell, we all have suffered so badly that no-one seems better off than anyone else. Their stories in their own ways are just as shocking as mine, and although most didn't spend time in the hells, we all feel equally rejected and unloved by our parents, and we all manifest our hurt and negative state in some way or another.

I have spoken with all whom I deprived Earth life of, some rejected me and are still living in the natural love worlds, however others embraced me as they too had come to accept their rejection with the help of the Mother and Father's Love. Each of them had come to the realisation and understanding, that my killing them was merely a manifestation of something they had dreaded their parents doing to them, and on even deeper psychic levels had had done to them by their parents. I was their parents or a parent who had finally come to take their life away. I was the manifestation of their negative fear pattern. Their parents made them want to die, and made them feel as though their life was going to be taken away from them at any moment, and it was. We cannot escape the truth; even if it's the truth of the negative – we still live it, it's unavoidable.

How can we expect to live happy lives, if the Giver Of All Happiness And Love we deny in our lives? And how can we expect to be happy when we are doing such terrible things to ourselves? When we live wrongly, what can we really expect but to be unhappy? And this is what we have to accept. We have to accept our unhappiness; live true to it if we want to heal our soul. We have to want to see all that is causing us to be unhappy and then accept that all these things are us.

From our perspective here in the seventh world, we can look into the lower worlds and see those spirits of Divine Love struggling valiantly with the recovery of themselves. And we can see those of the natural love worlds still living on deluding themselves that everything they do is right; and then we can look at you, Earth, and see you as yet have no real idea one way or the other.

I am testament to the love of the Mother and Father. They did not forsake me, and Their healing ways have worked on my soul and its personality attributes just as they will on yours. I have lived in Hell. It was all of my own doing, as I took on the ways of my parents and wholeheartedly carried out their wishes of self-denial to the darkest point of the universe. But now, like many, I am stepping into the light, and I am soon to be fully redeemed and a completely healed soul of Divine Love. My soul-partner and I are soon to prepare for our *flight* to the Celestial spheres and we couldn't be happier. I have completely forgiven myself. I have only some unfinished business to attend to before we go. My healing has been long and hard but now I can stand up and look back over my whole life, seeing the darkness I acquired from my parents manifesting in my punishment in hell; then my compensation and redemption coming as the unseen Laws of God worked upon my soul; to my embracing of my Heavenly Mother and Father's Divine Love, and the doing of my soul- healing through self-acceptance and self-forgiveness, and the stepping out into the light of truth and love. Up through the mansion or resurrection or rectification worlds, circuit by circuit, I healed my soul of its great unwanted and painful burden, and now I stand on the threshold of the first real step in my journey to the Source of all Perfect Light – Paradise, and to the Father and Mother Themselves. Tears are coming to my eyes, as still my memories are fresh and the pain not that far away. I am told the pain will go and the memories will fade, being there only if I need them and not as they are now as a constant daily reminder, and this I can tell you I am truly looking forward to.

I feel in one sense very tired, exhausted by all the extreme effort I have made; first to live such brutality, then to pay my dues, and then to heal myself of it all. But in another sense I feel new, alive, and reborn, as if I am starting over in a new life. I am looking inward and upward, not outward and downward. I love my soul-mate, I love Mary and Jesus, and most of all, I love my Mother and Father.

Thank you for your time James. I have said all I wanted to say, Anne.

Mary:

Not a good morning James?

Keep going; it is the only way. Keep being true to how you feel. You had nothing; nothing that your soul needed in your life as a child, so now that is all you can feel – NOTHING. You wanted to be yourself as a child but your parents didn't allow you. And all the bad feelings you're feeling are because of this. You live completely as though you do not exist. And this truth will be hard to accept. In years to come you will re-read these words and still you will be accepting what I'm saying. You live with completely no point to your life. When you look at yourself face-to-face, truth-to-truth, you are nothing. You are beyond even killing yourself, because there would be too much meaning, taking this action. And this is how you feel *living* a no love life. It's how you all live on Earth. And it is only by seeing this through feeling it and being it, can and will, any truth come and give you something to exist for.

To live with no reason to exist is pointless. And yet you busy yourself with pointlessness, all to avoid this truth. Everyone fills their day doing meaningless things. You believe they have meaning and they make you feel good; you believe you are making progress; achieving, but how can this be so, when it's all only the outworking of your negative mind patterns? And it begins from the moment you are conceived. **You have a child, bringing it into your meaningless life and expect it to give you love, truth and the meaning you don't have – that which your parents didn't give you. You expect the child to fill your horrible void of nothing, to give you all the love that your parents denied you. That is a terrible amount of expectation to put on a little thing who itself needs all it can get from you to survive. A child is battling in its every moment with survival. It needs all love to feel secure and that it doesn't have to be afraid. But instead of giving love to it you take love from it. You leech your pure little child of all its goodness, truth and love. It becomes in a very few years just how you are, a dead person, an unreal false person, a complete nothing doomed to only find meaningless things to busy itself with, trying to make the pain go away. Meaningless things like: making money, having sex and having a family of its own.**

Your life on Earth is nothing. You've made it anti you, anti nature and anti the Mother and Father. You persist in living in evil and darkness saturated with meaninglessness. Your souls and all their beauty are dried up withering old sponges so desperate for any small drop of attention. If your parent doesn't criticise you for one day, and treats you nicely, even smiles at you, you retain a fond memory of them that you cling to for all your life saying your parent loved you. One day, you keep saying to yourself, they will love me. But why are they criticising you at all!

You are the child of the Mother and Father, how dare they say you are wrong and stop allowing you to be as you want to be by stopping you from freely expressing

yourself. It is a shocking reality, the truth you all live. I was not able to help you see the darkness of your self-delusion while I was on Earth because no one wanted to know the truth of their negative state. Jesus lived and died to give you something to compare your lives with. His life was full of meaning, full of true purpose, not a waste of time. His life was a life of truth; how does yours compare?

You have a very serious problem – YOU. How do you stop all the bad feelings you have and all the bad things that happen to you? How do you actually live so that you are happy? Really happy – truly happy? All the spiritual systems and religions that exist on Earth only perpetuate the negative, teaching their followers how to allow it to gain a firmer hold over them. Where is the truth they teach? **Why are they not encouraging people to long to their Mother and Father for Their Divine Love? Why are they not helping you become truth revealing, your own personal living experience of truth?** Life is not a game; it is very serious. You are all pathetic, retarded children; with all you do only serving to keep you in your self-denial state.

You as a soul came into life full of expectation to be loved so that you could grow up freely expressing yourself. You expected to be happy and fulfilled. You expected it all to be for you. And you expected your parents to help you until you were old enough to look to the Mother and Father and receive directly Their Divine Love. But instead you were crushed, rejected and denied love. All your expectations were smashed, ruined. Look at the face of a baby, look at its hope and natural, open willingness to accept everything. Then look at it as it grows into a child and see the disappointment; and then look at it as a young adult and see the anger and the show it's putting on trying to hide its pain and frustration. Look at it being 'successful': successfully self-denying, nature destroying and God hating, as it acquires more material wealth. Look what happens when they retire and begin to crumble and rot, disease ridden, being eaten away from the inside out. Look at them arrive in the spirit worlds, as shattered people now spirits, and with no idea that life still goes on. Look at them trying to pick themselves up in their new free life, trying to gather together new things to make them happy. Look at them ascend the natural love mansion worlds deluding themselves even more as to their new found happiness and complete control of their mind. Look at them finally break, give up and collapse, only to begin to face the truth of themselves: that they feel bad, unloved and rejected. Look at how long it takes, and what you put yourself through, before you begin to face the truth of how you feel. The truth that they have been running away all this time, nothing more than a terrified, scared, lonely, lost child, unloved and full of misery, yuk, and self-hatred.

Your parents turned you against yourself. They did it because they had it done to them. You do what was done to you. You are all in the same situation and it is desperate. You need so much help particularly as you're standing on the threshold of a new technical and mechanical age, ready to blast off further into the oblivion of your negative minds. Do you want to loose yourselves even more? Do you want to move away further from your soul? Children now are being left with their computers

and its games to amuse and entertain them. Children of parents who themselves were left to be amused and entertained by the TV. And so what are the children of the computer age going to leave their children with? More *advanced* computers? And where is it all going to end?

You don't want to be parents. It is only a part of your fantasy and delusion. Some people have a little reality of truth about them and at least try to honour their parental obligations, but really it is still the blind leading the blind; and if only you allowed yourself to be blind instead of pretending you weren't, then at least your child would stand a better chance of being true to itself. You have to try to stop pretending that you know how to do it, and what to do: how to raise your child and live your life. But without doing your healing this will be very difficult to do.

You can't learn how to do it. It can only be lived. **You parent as you live; you parent with the truth you live. You parent as you were parented, even if you don't copy your parents; even if you think you're a better more open minded, caring, attentive, accepting parent – you still parent with the same underlying motives. Your negative parenting patterns (what was done to you and what you now do) are still the same, only superficially might you appear to parent differently. The higher truth you become the better and truer parent you'll be. The aim is to become of Celestial truth so you will parent your child with Celestial perfection. As you heal and ascend in truth so too will you live it parenting in a different way. A Celestial parent will live and be true to truth high enough to allow its child to be free, to be fully loved and to never feel rejected.**

The outside world will always let you down. It cannot be a substitute for your parents' love. It cannot ever make you happy. That is not what it's there for. True happiness, happiness of heart, spirit and soul, and not just happiness of mind, only comes from within; with the outside world reflecting this happiness to you. Feeling unhappy, the outside world will only help you feel more so if you allow it to, if you want to uncover the truth of your soul. Your delusion and deception will make you believe that every now and then you are getting your way and what you want by gaining power, but this will only be momentary, and soon the tide will turn and bad feelings will come and bad things will happen. This has to happen. If it didn't you'd never see that anything was wrong.

To live true to the Mother and Father and your soul, is to face the truth of your bad and negative state. There is no other way. Singing your mantra, or saying your prayer to Allah, or going to church and being one of the faithful, is only helping you believe that you are not feeling how you really do. If you were true and happy and living with the Mother and Father of Heaven, and full of Their Love, you would not have to do any of these other meaningless things. Such things are wrong, they are all

creations of the mind and will do nothing for your soul. They will only lead you further astray. **The truth of your negative state is what's missing from your world. It's the only thing that will open the way to show the right and true and correct way to live.**

Many will say that my harsh words are the words of the devil, too depressing, too negative, but am I wrong? Is your world right as is it; is everyone happy? Why do you want to cling to that which you know is not good for you? Everyone knows, the signs are all around you. Who really does feel fulfilled in their lives? Certainly not you as you wouldn't be reading these words. So why aren't you feeling fulfilled; why are you looking for answers? And do you really want to find the whole truth of yourself? Do you want to see the truth of your negative and evil mind state? Or is it that you hate being called evil? Is that it? But what if it's true? And what's so bad about it anyway, it's only a word. What is so bad is the constant pain, unhappiness, unrest and discontentment you feel? And if it requires yourself to accept you are evil and negative minded to do your healing; and find the truth and heal yourself of these bad feelings... is that so bad?

So who is this Mary person telling us we are all full of horror, evil and badness? We want Jesus, he's nice and loving to us, he only says nice encouraging things. Who does she think she is? Who wants to do what she says and admit all these bad things about ourselves? She says things that make us feel bad, and we don't want to feel bad. And how can that be spiritual? Where is the love? I just want love and to feel better! I just want to pray to the Father for His Love and He'll make all the bad things go away!

**Men and women hate each other. Romance is a childhood delusion, nothing more than fantasy. You all hate each other. Jesus was the only true person of love. Jesus truly loved you. What you call love is only a uniting of two negative minds in the hope that they will be *nice* to each other. How can you be of an evil and negative mind state – anti-love – and truly believe that what you feel is love? It doesn't add up, it doesn't make sense.**

**Men and women come together, two people who hate themselves, who are denying large parts of what they feel; two people who feel in the core of their being, unloved and rejected; they have 'great sex', and say they love one another. Perhaps this 'love' is loving each other with the no love they both have, this I could understand, giving rise to a sense of security, happiness, peace and love, however it's all based on unsteady foundations. Do two negatives coming together make positive love? Do their children feel loved? Do your children feel loved to the core of their beings? Do you?**

**Men and women unite in the hope that each will provide for the other: the love they didn't get from their parents. This puts a lot of strain on relationships, particularly when things aren't going so well. How many people come together making promises based on compromise, then convincing themselves they are leading a fulfilling life? How many people have *loving* relationships and yet neither speaks**

freely about their bad feelings to each other? How many people say they love their parents and yet can't talk openly to them about how bad their parents make them feel? What is all this love? What is it when no one is allowed to express all they feel, freely. Surely if it were true love, you'd feel you could openly speak about all your feelings. What is it when all effort is put into keeping one's bad feelings hidden? How can you say you love one another when you won't tolerate the other person feeling bad or speaking about how bad they feel? When there is denial of self, any part of the self, one bad feeling, there cannot be love, not a true all-feeling love. There can only be something that is a poor shade of love, perhaps some affection or fondness, a friendship of sorts, but not true love. And this is what I want to alert you to. I want you to understand that the quest for truth, the truth of yourself, and of your soul, is a quest for true love. Your natural love is impure, it needs purifying. It needs you to heal your soul finding the truth of why it's not true. That is your spiritual quest; that is the great challenge that awaits you.

How can you say you love yourself when you are full of anger, rage, fury and hatred? How can you say you love yourself when you feel depressed, miserable and full of guilt? How can you say you love yourself when you are lying and deceiving yourself about how you feel? How can you say you love yourself when you are denying yourself all you truly feel? How can you say you love yourself when you are deluding yourself, when your life is nothing more than a fanciful game of make believe? And how can you love another, when you don't love yourself? It's impossible; it's not how love works.

What I am asking you to do is consider what I am saying. You don't have to agree with me, but think about the reality of your life and try and be honest. If you can admit and accept the truth of what you feel, then you will have taken a big step forward. **Your soul-healing, as you will find out, is all about self-acceptance: accepting the truth of your negative state; accepting that if you don't feel loved, then those bad feelings are true: you don't feel loved. And once you've accepted your bad feelings, you can then take the next step and seek the truth of them: want to find out why you feel this way.** This is what a lot of your healing will be about. Acceptance, acceptance, more self-acceptance; acceptance of what you feel. **Your feelings will tell you the truth of what you feel, when you choose to live true to them, they won't deny you and pretend they are something else. Acceptance is the first step to true self-love: acceptance of all the bad, and wrong, and evil and unlovingness that you are. Acceptance of your feelings, good and ALL your bad feelings, IS LOVING YOURSELF.**

One aim in your intimate relationship should be to be able to stand face to face yelling at each other; arguing, telling each other that you hate each other, and why; being able to express all the anger, hatred and vileness, all whilst longing for and wanting to know the truth. As you uncover the truth by allowing your bad feelings to come up and out, then you will start to get to truly know each other. Then you will start to establish a foundation of a friendship upon which love can come.

So do you see what I am saying? You are full of repressed bad feelings and these all need to come out. At times that will be harsh, even violent in the words used, but it's all poison festering away inside you, and until you own up to it, acknowledge, honour and accept it, and then speak about it all; until you do all this while you long for the truth and allow it to come, you will never be free of it. All the blackness, the

vile, putrid, evilness; all your sin and error will remain within you unless you start to express, speak about it, longing to find the truth of it. Your healing is the accepting of all the badness you feel. The admitting and owning up to it, and not running away from it. It is doing the opposite to what you do to your bad feelings; it is loving it through acceptance, through acceptance of yourself. YOUR FEELINGS ARE YOU – ACCEPT THEM, AND YOU'RE ACCEPTING YOURSELF.

Humanity exists on power talk. Power based on various erroneous beliefs, and it all goes around in one form or another, and has done for centuries. The woman is the true place of power, she can declare: I am the child bearer and therefore I am the controller of the child. Then comes the man. And the woman is in control although often she feels so much the victim and subservient that she doesn't believe she has the power.

The man has been rejected from the womb. He has to leave the house and go to work all day long. He has to do this to pretend to himself that he has a life with meaning and purpose. What would happen if there was no need to work? What would men do if suddenly they were made to stay at home all day; stay in the place that rejected them; stay with the woman who he fears?

Men have made up the economy to give themselves something to do. You don't need money to live in spirit, so why do you need it on Earth? The Mother and Father have provided everything. Men desperately need to believe that they are important because they feel they are not. They are not made to feel important by their mothers, they are criticised and told to grow up and not cry, and to get out into the world and be a man. Be a what? Be just another poor lonely guy. And that is the truth. In the heart of each man is loneliness and misery. Do you really believe that you want to be out working every day with strangers, instead of living a life of love with your soul-mate? But can you give it up? What will you do? Nothing? You can't do anything your mother won't allow you to do! You have nowhere to go, and you can't go home, so then go somewhere where other men are, yes, I will hide my feelings of being alone with my friends, with other men. I'll go to the pub and watch some sport. Men cling desperately together marooned on a rock with the tide rising. They are very sad indeed.

But women, what do they have that is better? Oh yes, the children. Their whole life has meaning and purpose because of the children, or so they want to believe. Women hold the power only because they are forced to stay at home and be responsible for the children. The children are the women's work – their source of power. And what power does the child have, what can it do?

Deep in every woman is buried the truth that she is the evil one. It is also in men but mostly in a more impersonal way because women make them believe they have more power. With women it is real and true and it hurts. It hurts in their soul and if you are a woman reading this, and if you are true to yourself, you will know of what it is I am speaking. Men and women know innately within their soul that they are not right, that something is amiss, and so when a child is conceived into this, what chance has it got? All children must become of their parents, and if their parents remain negative so shall it be.

Your healing will require your accepting that your parents didn't love you. It will require acceptance that you hate them. Many people not wanting to accept this truth will try to find excuses for their parents; they will try and forgive them saying they can't be blamed because they too were children denied love by their parents. They will excuse their parents by saying they were too unruly, too ungrateful, little wretches, as children, being such a trial for their poor parents. The parents are never blamed, no-one criticises the mother – all mothers are saints! However, through your healing you will always need to honour yourself, and if you feel hate for your parents, then it's that hate you must accept and find the truth of. When you have uncovered the truth of all your hate, all your anger, all your bad feelings, then you will no longer hate and be angry with your parents; for as you accept yourself so too will you accept them. **True forgiveness comes only through self-acceptance, and only through self-acceptance will you find true love – acceptance of your feelings.**

Remember to always look for the ways you might be denying yourself your bad feelings. By feeling sorry for your parents and not wanting to blame them, when all you feel is to blame them, is only another way to avoid accepting and being true to how you feel. It's okay to hate your parents; it's okay to hate someone who doesn't love you. And when you do, then you have another opportunity to discover the truth of these hateful feelings: why do you hate?

Mary.

**Message 37**

13 January 2003

Hello James. Zelga.

To complete this book, we have some spirits who want to speak to you sharing some of their experiences about expressing their feelings. You might find it a little difficult to accept what they are saying, however try to allow them to guide your mind so as to produce the desired effect they want to impart to you.

Rosemary.

My name is Rosemary. I live with Zelga in the seventh world, and will begin this final part of your book by helping you to see that **expression of your feelings is all that matters**. I will not write about the truth that underlies my experience, but will try to give you an idea of what expressing actually means in all its diversity.

This is an example of what I experienced.

I am writing in my journal about what happened to me today. I went to visit my mother. She is in a lower world and I was not looking forward to it. However, I wanted to understand something about my life that had been bothering me. I had a vague memory of when I was young and at the beach with my family. I remember I was in the water, it was shallow, and I can sort of see a picture of myself as if I am looking at myself. It is blurry, but I can see I have red bikinis on and a yellow hat. I remember my father came over to me and then I lose the picture, but I felt that something was not right, a lingering bad feeling, and I wanted to ask my mother if she remembered such a scene, and what might have happened to give me this memory with this strange foreboding feeling, a feeling that something bad happened. Why do I feel scared?

So I went to see her. She is not doing her healing nor living with the Divine Love. She is living in the second natural love mansion world. It is the second time since I started my healing that I've gone to see her – we no longer have anything in common. I didn't want to go, only this memory has persisted, and it is the only one I have left that I have not seen the truth of. I thought I might have been able to do all my healing without needing to see her again, however I had to go. I felt it was imperative I go. So I went to see what would happen; I went expecting nothing. I hate going to the lower worlds, and I doubted she would be very receptive especially after our last meeting when I got angry and told her how I felt about her: how much I felt she did and does not love me.

To my surprise she did accept my invitation, so today I went. I am back now and I want to write about what I feel.

I hate her. I am so angry. She is so selfish, so self-interested. She did not ask one

thing about me. And that really pisses me off. She never has asked me about myself. I hate her so much. I hate her! I hate her! Mother and Father, I hate my mother so much, and I don't know why. I felt I wanted to see her today, that she might help me with my memory, but she couldn't even remember if I did have red bikinis, although something about a yellow hat did ring a bell. But she couldn't go any further. And how can she, she probably only remembers what she was wearing, she never made me feel like she took any real interest in me – the bitch!

I am definitely not going to see her ever again, and it is quite plain that she is not interested in my life – in me her own daughter. But why not? I am so angry! Why isn't she interested in me? I hate her, I hate, I hate her – why did she have me? She treats me as though I don't exist. And I feel so rejected. All she did was tell me about her new friends and all the fun she is having. I can't even believe that she is my mother; you would think that we never knew each other, let alone she being with me, a small child in the water at the beach with my *loving* mother. Loving, that'll be the day! What love? I feel so unloved, so unwanted by her, and what did happen that day?

Please Mother and Father can you help me to see what truth I need to see? And can you please help to bring up more of my bad feelings concerning my hatred of my mother, and to do with my seeing her today? Please Mother and Father, I really want to know the truth about this memory.

I feel so angry, I feel very hot. Yes I do, very hot, a hot flush, like I'm burning up, burning up with my anger. Why do I feel so hot? I feel as though my back is burning. I want to take my clothes off and try to cool myself down. I want to have a shower put some cold running water on my back. I want to soothe the bad feeling. Oh the pain, such pain, it is almost unbearable. My eyes are now hurting like I have been crying. I feel I am crying deep inside me, I am crying and my back hurts! What is it; please Mother and Father help me to see what it is; why is my back hurting so much? I feel so small, I have only a small back, I am a little person three or four years old, and my back hurts so much. What does this feeling remind me of? Hurting, hurting, my back is hurting; screaming, I am screaming with the pain. I want that stuff, that cooling stuff, that stuff, I want dad to put it on me, not you mum, dad, I want dad, daddy, daddy.

"He's out, stop wriggling, stay still and I'll put the cream on you, stop crying, you're only making it harder for yourself. Stop moving, you'll wipe it all off. Your father will be home later, stop moving and let me do it. You'll feel better, stop it, stay still, I say. Now behave or I'll leave you with your burning back".

I don't want you to do it, I want daddy! He doesn't hurt when he puts it on me; he sings to me, he takes the pain away...

"Well you've got me, and if you don't stop you can do it yourself. And if you don't be a good girl we won't go to the beach anymore. Now stop crying while I put the burn cream on. Stop crying, daddy's not here, it won't do you any good..."

I am now crying as I write this. I remember her hurting me rubbing the sunburn cream on too hard. I hate her. I want my father to fix me, he knows how to be kind to me, and when he puts it on it doesn't hurt. And now I see that that was how it was. I wanted my father but where was he, why wasn't he home? And why did they let me get so sunburnt in the first place, surely we had been to the beach before! Didn't they love me enough to put sun-block on or make me wear a t-shirt?

I have finished my writing as I now see the situation. The picture has come up in me with these repressed feelings as I've released them. Thank you Mother and Father for showing me the truth. But this is only the beginning.

I won't go on more James, about what followed, what I saw and what other bad feelings came up in me, as I would have to tell you my whole life and all the issues I have had to see about my relationship with my parents. However, slowly, understanding came to me. And the picture of the beach memory made more sense. I still feel there is more to it, and of course, it is not a big thing and it happens all the time. I remember with my own children it was difficult at times to keep control over them; one of them hated to have any sun-block out on him at the beach. But it's all those 'small' things that really are BIG things.

When I was young going to the beach was one of our favourite family things to do. I have lots of fond memories with my mother and father during such times, but my real issue at stake, which this memory has brought up in me is: why do I prefer my father putting the cream on than my mother? And why is he not at home this time, when obviously other times he was? What is the significant truth underlying this memory? The whole reason for this memory to come up now is to help me get more in touch with my hatred of my mother, her insensitivity; and what I now understand about her, which I had no idea about when I was small, her self-absorption. My father was somewhat interested in me as a child, but not my mother. Nothing I can remember, and nothing that has come up during my healing has helped me to feel she was interested in me as a person, quite the contrary, as all I've seen is the exact opposite. It's a long process the unfolding of the intricacies of one's relationship with one's parents. This small example of how I expressed myself in the experience, has led me to see so much, but there is still so much more to see.

As I have written (mind transferred) this to you, I have realised how hard it is for me to try to convey to you a feeling and understanding about expressing my feelings, but I hope it has been of some help. One other thing I want to say before I go, as I could feel your question to me, as to how exact and easily it seemed to recount the words my mother spoke to me when she was trying to apply the cream.

I know also from your thoughts to me that rarely in your healing can you 'hear' so clearly the conversation of what was said, so many years ago by your parents. And all I can say about it is, that some people can do it and others can't. It all depends on your negative pattern arrangement, how you were parented, as to whether or not you'll be able to. If your soul requires you to hear the exact words you will. You'll find as you start expressing just how bad you feel, the words will just come into your mind as a part of what you want to say.

Overall, it's more about the feelings and underlying things going on in each situation that the Mother and Father draws to your attention, because **your healing is about your seeing the truth** They want you to see. It is not just a matter of you having these problems or things wrong in you, and you fixing them. **It is about your whole relationship with yourself, your parents and other influential carers during your early childhood, and God. The truth is the driving force.** It is not just a matter of saying I had a problem with my mother putting the sunburn cream on me. It is a matter of seeing how this small part is helping you to see the overall negative picture of the condition of your soul, and how you have lived a whole life denying the truth of how you really feel about everything, including yourself. It is about waking up out of the coma of your self-delusion you have lived in; coming out of the womb of

deception and rejection and misery into the real world: the Mother and Father's world.

How you express your bad feelings will be how YOU express your bad feelings. What I mean by this is there is no right or wrong way to do it as such, only your way. If you are not expressing yourself properly – truly – then no truth will come to you. The truth may take time, even days to come, and you might have to be patient, however, so long as you keep speaking and expressing all the bad feelings you feel, longing to uncover and see the truth of them, it will eventually come. And when it does it gives you a good feeling as you know you're on the right track. It then helps you take your next step into your darkness. **We have to know what feelings we have repressed within us. By expressing them you become familiar with them, they become real, and not just these unwanted things you tried to dismiss. And then, as you know, every feeling is a part of you, so if you ignore one feeling, then you're only ignoring yourself. We have to get to know ourselves completely inside and out. Every repressed feeling you need to re-experience. They all need to come up in you. And if you want to know the whole truth of yourself, they will. That you can count on.**

If you are not serious about wanting to get to know yourself, then forget about attempting to do your healing, you'll only be wasting your time giving your negative mind more fuel. You have to want to really delve into yourself and uncover all that is within you that you don't know about, all the really bad, nasty and yucky stuff. You become your own analyst. And you have to WANT to do it. Wanting brings your will into play, it activates it into helping you find the truth of yourself. And without you really wanting to look into those parts of yourself you don't want to remember – all the repressed bad feelings – you will not WILL yourself to heal yourself; and you will not WILL yourself to see the truth. And **unless you really want to know the whole truth, the Mother and Father can't help you.**

I am sorry, but I did go on about the truth. It's hard not to include it, and it is all so amazing how it all works. But I have finished now, thank you James. Rosemary.

Dorothy.

I am next James, Dorothy.

My leg hurts, AAGH! my leg hurts, I hate the pain; I wish it would go away. I want the pain to stop; my leg hurts!

The pain feels like a pressure from outside pushing down here on my ankle and then causing pain to move up inside my leg. My leg hurts so much. Why does it hurt? Argh, Argh, it makes me feel so weak, so restricted. I hate it, and why does it hurt so often. It has never hurt before, but now the pain in my ankle is like a knife going into it. It hurts; I want to cry. I can't cry; I wish I could; my whole leg is so sore.

I feel so powerless. I can't walk; I can walk, but it feels as though I can't. I want to stop the pain, but it won't go away; my leg and ankle hurts. Mother and Father can you please help me to see more truth about why my leg and ankle are hurting; why I feel so restricted, trapped and so crippled by it? Why? Why? Why? And why it won't go away? I hate it, I don't want a bad leg; I want a good one. Why do I need to have so much pain? I hate it! My leg is so sore, so sore...

Mother and Father please take my pain away. Why do I have to feel so bad; what is the pain trying to show me? Please Mother and Father help me to see the truth?

I get up and do something, and during that time I forget about my leg, but when I sit down again I feel the ache in it and the pain and, AAGH! I focus on the bad feelings, expressing them to myself, or out loud, and especially out loud if my partner is with me. And I'll moan about it forever if I have to.

Now it's aching. I hate this feeling, it makes my foot want to stretch out but it gives me no relief and it seems to come in waves. My leg hurts, my ankle's sore, and I HATE IT. It makes me angry having it for so long! What if the pain never goes away? I am now scared. I don't want a sore leg forever: please Mother and Father can you help me see the truth of why my leg aches? I don't want it one bit! I want a good leg, one that doesn't hurt. What did I do to give myself such pain? Please Mother and Father help me so see the causes of my pain, please, please, please!

More time passes and my mind is distracted from my pain. My partner asks me about my pain and I tell him it seems to have eased. But I am still asking in my mind, the Mother and Father to show me the truth of my pain.

The truth will come, as it has done before. It may not be immediately, but I will see all that I need to see, all the reasons for such pain. And my leg pain, will, as it has done before, come and go each time helping me to express more. I know it's all repressed anger and as the pain comes again I will focus more on my anger: how angry it makes me feel having it. And how having it, but not being able to do anything about it makes me feel. How scared, helpless – how powerless I feel to do anything about it. And how I hate having these feelings.

As a child I was not allowed to complain about such a pain. I would have been instantly taken to the doctor expecting that he would make it stop, rather than just allowing me to express myself – all I felt, and waiting for me to ask for help when I wanted it. Now I can be the child I still feel I am, and I can express my leg pain as loud and as long as I want without having to do anything about it.

Thank you James, Dorothy.

Megan.

I feel a constriction in my stomach, just a bit higher under my ribs. I feel very constricted. It is a familiar feeling and I hate it. I feel so unsettled within myself. I

feel cloudy and yucky and all mixed up. It has not gone into my head as yet, but often it does. I don't like this feeling. I feel stirred up and so congested. I can't make sense of why I now feel it; it just seems to have suddenly come up in me. I have been trying to think back to the last things I did or said, and then back further through the day, trying to see if something did actually make me feel bad, something I overlooked.

Yes! ...oh yes I see, it was what that girl said to me... I think that was it. I think when she said, "it doesn't matter" I felt slightly angry... yes... as I replay the scene to myself and put myself back in it with her, I can feel that when she said those words, I felt a sinking feeling in my stomach. Rejected. Yes that's it, I felt rejected. I felt rejected hearing her say, "it doesn't matter", I wonder why? But I can also see how I dismissed myself, how I just carried on in the conversation with her and didn't accept my bad feelings. Yes... now my sinking feeling in my stomach, having felt like fear, is turning to anger. I am now so angry. I am so angry with her for saying those words. I am so angry, yes, that is my congested feeling in my stomach, oh I see it, it is anger all right, yes, I really feel angry. And how angry! AAGH, I want to kill her, I want to rip her apart. I AM SO SO SO ANGRY! I want to destroy her; kill her; crush her; smash her to a pulp. "It doesn't matter" to you, but it sure as hell matters to me! Shit I want to grab her and rip her apart, and smash her into a million pieces. "It doesn't matter, and I don't care about you, you can't have it and that is that". I hear my mother's voice, in the woman's words. I hate my mother. The woman is my mother. I am so angry with her for treating me that way. For dismissing me and making me feel so rejected.

Oh, now I feel so hurt, so unwanted by my mother. I am sinking into my feeling; I hate what she said to me. How unkind. Why did she say such things? I want to cry. I wasn't bad. What was I doing that was so bad? She doesn't care about me, she didn't and doesn't love me; I can feel it. I can feel it right through me: she doesn't care about me. I only wanted the toy. What was so bad about that? But really I only wanted her; I wanted her to be nice to me. Was that too much to ask? Why did she yell at me and say those mean words? I feel so bad, so unloved. Didn't she love me? Didn't my own mother love me? I guess not. How could she say such a thing if she didn't really mean it? (Crying). I feel so hurt. My stomach aches. I feel so bad: she doesn't love me. Why was she so mean to me? Why couldn't I have had the toy anyway? Why couldn't I have had her love? (More crying.) Megan.

**Message 38**

14 January 2003

My name is Jenny, and I will start today.

I hate myself. I hate everything about me. I am totally evil, ugly and selfish, and I don't know what to do. I can't be anything else other than this. I feel so bad. I feel no one will or can love me. I hate it – everything about my life, and mostly myself. How can I expect someone to love me? I am putrid and all wrong. My head aches with such a pain but what else am I to expect? It should ache, and I should pay for how ugly and rotten I am, and how selfish I have been. I am the worst person and the worst child of the Mother and Father. How can They love me? I don't deserve to be loved. I'm just all-wrong. Nothing about me is right. I don't know how to be, how I'm supposed to be, and I don't want to do anything. I don't want to make myself do anything. I don't want to do anything in life except what makes me feel good. How selfish I am; and nothing makes me feel good. I am all so pointless; meaningless; I am nothing. I am of no account, not worth anything, of no value to anyone, worthless. I am so meaningless; I can't even bear myself in any small way. I am so horrible, so bad, and nothing I do is right.

Yet I want it all. I want to be happy and loved. But who am I to demand this? I have tried to change myself to be how others – mostly my parents – want me to be, but I can't anymore. They were right; I am the rotten ugly person they said I was. I am despicable, evil and only concerned about myself. I hate myself. I tried to be good and kind and loving but what was all that, rubbish, I was only pretending. I didn't mean it, it was what I thought was expected of me. I am so useless. What can I do? I tried to do everything, now I can't do anything. I can't do the housework, I can't clean, I can't vacuum, I don't want to do any of it! I did it all, those for years, but now I see I hated it; I hated it every single time. I believed I enjoyed it, how wrong I was. But it was all I had. I thought I was doing the right thing and that my husband would be pleased with me, but I hated it. I hated every bit of it! Now I know I detested it so much, but look at how much I over rode myself and pretended that I was the good wife, the good woman. I pretended to be the loving mother and good wife. Oh how ugly I am, how evil because now I see that I was only pretending. I hated it; I hated them – the children, and I hated him. Oh, I have been so deceitful. But what else did I have? What else could I have done? Nothing. I wish I could have done nothing. I wish I was stronger, and I could have not done what my parents said I should do, but they made me. If I didn't obey them I was hit. Oh, how I hate them, but more I hate myself. I did it. I took it all on and pretended to do it all. I did it all but I hated it. I hated helping mum and dad; I hated doing every bit of what they said I had to do, but I still did it. I wish I had not. I wish I had just given up and said

no, and let them kill me, or something. I hate myself because I took it all on. I became the rotten ugly evil person they said I was. God, I hate myself.

I hate everything. Nothing is good enough. I demand so much from everything and everyone. No wonder I can't be with anyone. No wonder I feel everyone hates me. I can't blame them when all I do is criticise them. I hate all the things they do, and all the things they say. I can't bear them, but I hate myself even more for being this way. Why can't I just let them be how they want to be? Why do they annoy me so much? And my poor children, how much I told them how they should be. I never left them alone. They didn't have a minute to themselves. I was so bad to them. Why couldn't I have just left them alone? They must hate me, and I don't blame them for it. All I am is interfering. All I can do is tell everyone else what to do. I can't help myself. Please Mother and Father help me to give up telling everyone what to do. Please help me to stop being so critical.

Please help me to see the truth. I hate myself so much Mother and if you don't help me I will understand. I have no right asking You or anyone for help. How can I, who am I? I am so bad, and nothing, I don't deserve it. I am so terribly false, so wrong. I hate it in me. I wish I wasn't, but I don't want to try to be nice or pretend to be anything either. What can I do? I feel so trapped. Trapped in myself. I can't do this or that, or go this way or that; all I can do is sit and feel miserable. What is going to become of me? I have nothing; I do nothing; I'm horrible and hurt everyone. I used to hurt myself, but I'm so useless that I can't do that anymore. So now what? What can I do? I don't know anything. I am so stupid. I am such an idiot. My parents were right: they said I was those things. They knew. I couldn't do the things they asked of me, and I couldn't do them how they wanted me to. I am so dumb. I never did anything right. I don't know how I even exist. I wish I could just be thrown out with the rubbish. That is all I am good for.

I hate myself. I am so bad, and how am I ever going to change? I have tried all my life to change, to be better than I was, to be something so they would be pleased with me. I tried to change myself into being someone who is acceptable and nice, but what a lie. I hate everyone. I hate everything, so whom was I trying to kid? I am so useless. I don't even know why I'm saying all this. What is it supposed to do for me anyway? Make me feel better? I am never going to feel better. How can I? I am evil all the way through to my rotten core. I have not one bit of goodness in me. I am a total waste of space. I shouldn't even exist. I don't know why my parents had me or why they even bothered to try and tell me what to do. Couldn't they see I was totally useless?

They said I was, so why did they keep trying to make me do things? I hate my life. I hate living. I hate it all. Nothing good is ever going to happen to me. Why should it? And I am always hoping it will change. But how stupid is that? What is going to change? How can it when I am so fucked? I can't do anything. I can't work. I can't even cook the dinner. I am a total useless waste of space. I hate myself more than I ever have. I hate myself more than anything else. So what's even the good of that? Even saying I hate myself, how pathetic is that? Do I think that I am somehow magically going to heal myself? That something good is going to happen to me? The whole thing is fucked.

I am so fucked. The Mother and Father are fucked. They've made me be this way.

They gave me my parents. They're making me suffer. How do I know They even exist anyway? The whole thing is probably a lie like everything else. How do I even know I am receiving Their Love? How do I know I am asking Them for it in the right way? I am so fucked. I feel so deranged, so confused, so unreal. I am so false. I have no reason to exist. I am meaningless, useless – a nothing person, a nothing spirit. Who in their right mind would want to be with me? I hate everyone, so why would they want to like me? Why did my parents want me? Why did they have me when all they did was treat me like shit? And why did I have my children, who was I trying to be? – The Great Loving Mother? How fucked I am. I am so far from this. I had no idea. I am so sorry. I just can't believe how stupid I have been. So deluded and so so wrong.

I wish it would end. I wish I would end. You probably wish I would end too! I feel I have no point to my existence whatsoever. What am I going to do? And why do I want anything to do anyway? Who do I think I am, someone? Someone, who is important, someone who has a point and meaning to their life? Well that is bullshit, because I don't. How can I? I feel so pathetic. So stupid and useless.

I can't do anything, yet I expect everything to be done for me. I want to be looked after, told I am special. I want to be served dinner every night rather than get it myself. I want someone else to come in and do the housework, just magically do it, as I can't afford to pay them, I can't even work. That's how I feel now, even though during my false bullshit life on Earth, I did work – I did the housework, the vacuuming, and I looked after my husband and our children. I am the poor pathetic housewife who gets to stay at home all day long. I hate it so much, locked up in prison with the crying baby. I hated them when they cried so much. And what was I supposed to do? How could I stop them crying? I didn't know. I felt so powerless, but did I let myself be that, no, I carried on. I was the great mother, the super woman, the one who could look after her children and do it all, not the failure mother who had her children taken away. And yet now I see I was the failure. They probably would have been better off if they had been taken away, at least someone else might have looked after them properly, and might have loved them. I didn't. All that bullshit I said. Oh, God, so much lying. "I love you" I said all the time, "mummy loves you", over and over. It makes me cringe to hear myself. Who did I really think I was? I should have said, "mummy hates you, and she is sorry she had you, she had no idea that she would, she was only living in a fantasy world of make believe, still playing with her dollies, trying to make her family and her mummy and daddy love and be nice to each other". I wish I could have come clean and told them that I was a rotten mother and didn't love them or anyone, and especially myself. Then at least they might have known where they stood.

I can see it on their innocent little faces. They wanted me to love them, and all I did was pretend that I did. They were so confused. I can see it now so clearly. I wish I knew back then. I am so sorry, my little darlings. I am so bad and I feel so bad, I had no idea.

I would make them cry, and they would plead with me to stop, but I wouldn't. I told them they were wrong and what they did upset me, and I was angry with them. What right did I have? Who gave me all the power to be the Ogre Mother From Hell? I put them through so much shit. I demanded so much from them. I made them love me how I wanted them to. I didn't even let them find love for themselves or express themselves in any real or true way so they could love me. I so desperately wanted their love and I stood in their way. If I hadn't, I can see they would have given it willingly to me, but I made it all so conditional. I screwed them, our family, and all of

our relationships, up. I fucked us all up. I was so stupid. I am to blame. Not them, they had no idea. How could they? They came into my world and I put them through torture. I am so sorry, please forgive me. But what good is it going to do? They are fucked now, all thanks to me. They are just as bad as I am; I can clearly see that. I did such a good job on them, turning them into being evil. They started off so innocent and pure and all I did was corrupt them. It is all so horrible, and there doesn't seem any way out. What am I going to do? I hate myself, and I hate all the wrong things I have done.

I am so sorry, please forgive me Mother and Father for being such a nasty horrible child. Please forgive me for all the bad I inflicted on my children. I must have been mad. I must have been out of my mind. I had no idea, just no idea. No one has, we are all doing it, but still I know it is no excuse. I don't want an excuse, that is really what I have tried to do all this time – not accept responsibility for all my mess. I hate myself. How can I make amends? What can I do? I am so lost, so desperately alone. I hate myself so much, how can anyone ever love me? I am a constant rejection. That is all I know. I feel so bad, so lost and so alone; and I am so scared. I hate everyone because I am so scared of them. I hate being so scared. I am terrified. I hate my parents: they terrified me. I hated my mother and I was so scared of my father. Why did they hate me so much? What was wrong with me?

What was it I did? How could I have been so bad? Was I really as bad as they said I was? Oh, I don't know, it is all so confusing and I am so confused. I am riddled with it. I am it. I am nothing else. I don't have one good or loving part in me. I am totally evil. I am the Evil One. I scared and terrified my own children. What was I thinking of, what possessed me? How could I have been so bad? Why did I do it? Why? Why? Why?

I want it all to stop, to go away, I want to stop saying all this. It is all so bad and horrible. But I am full of it, it just keeps coming out, and I am all of it, every last yucky bit of it. I hate it all! When I look at their little faces and how scared I now see they were of me, how scared and frightened I made them feel, I want to die. What a terrible thing I have done. I made them cry, I made them scream, I made them hysterical, and all the time I was yelling at them to stop. I was making them feel so bad and telling them they were bad for being how I was making them. Who the hell did I think I was? What the fuck did I think I was doing? Oh shit I am so much to blame. I am wicked. I did it all on purpose so I could feel better. I see this truth now. I wanted to make them suffer and pay for what I was feeling, pay for how bad I felt. How dare I do such a thing! I wanted to take their little lives and crush them, destroy them; I wanted to torture them. I wanted to make them suffer just how my parents made me. I wanted to hurt them; I wanted to wipe that smile, that enjoyment off their faces. How could they be happy when I couldn't? How could they be free when I had to slave away all day long doing everything for everyone, and where was my thanks? What was in it for me? Nothing. No gratitude, no sympathy, no caring about me and all I was going through. And all he wanted to do after his hard day at work was have sex and go to sleep. What sort of shit was that? What sort of a shit life did I have? I worked my arse off day and night. He only went out to work, but because he earned money, he could do anything he wanted. I spent the money, yes, on his children. What the bloody hell did he think, that I was just his property for him to do what he wanted with? Didn't I have a say? No wonder I am so fucking

angry. No wonder I am so fucked, I put up with it all. And then all that bullshit I went on about at the parties, about how much I loved my husband, and how much I loved my children. What lies, one after the other, and it was all so easy. Party talk spurting such lies and deceit all over the place, as if I were queen of the night. What yuk; I was so horrible and I am so ashamed. How could I have been so unreal, so false? And all that make-up, my coloured hair, my painted nails, all so I looked pretty, but for whom. My husband didn't give a shit so long as he got his sex when he wanted it. So whom was I being little miss fairy princess for? Some other man, the great one who was to come one day and sweep me off my feet, carrying me away and loving me, and only wanting to be with me all the time and do every thing I wanted and said. Oh god, it just goes on and on and on. When will it ever end?

Sitting there with those stupid hair rollers. What did I think I was doing? Sitting there for hours speaking about how wonderful my last party was and telling the girls about how great I was. I believed such rubbish about myself. What a bullshit life! I was so full of my own self-importance. And I thought I was beautiful: my hair, my nails, and my legs – boy you should have seen my legs, oh God, how conceited and vain I was. I was the most beautiful girl in my class at school, but really I felt like some fat old hag. We were all the same; I was like all the other mothers who stuffed food into their children's faces because they believed they were a kind and loving parent. What crap. What a fool I was. How could I have not seen how bad I was? It was all right there in front of my face. But what could I have done? Given up? But how could I? What would I have done? "Well sorry kids, I am a complete lie, I hate you all, and I hate your father, I'm off, off to live a true and good and right life with my Heavenly Mother and Father." – I wish.

I don't think so. What a stuff-up, my life is. What rot? God I am so bad and I so don't know what I can do about it. I don't know how you can read this, or listen to me going on with all this rubbish. I hope you throw it and me in the waste disposal system – shred us. Flush me down the toilet. I hate myself so much. No one will miss me. My soul-mate sitting here next to me on Zelga's couch, he has heard this all before, God knows why he puts up with me, he must be just as deluded as I am. At least he is coming clean, and he is just as fucked as I am. At least we can be two fucked souls together wondering what the fuck to do with our lives, wondering what the fuck it's all about. We don't have a clue. We have tried to help other spirits, but what is that, just more of the crap, pretending that we are the great ones, that we know about the Mother and Father and Their Divine Love. We know it helps you to heal yourself. We know it helps you to feel as fucking awful about yourself as we do. So, hey, why don't you come along and join in and see how false and full of shit you are? It's great fun; you'll have a ball. Hey, it's a great game just like the bullshit one you are now living and calling life. Hey, come over and we can all be miserable together – what fun! We can have one of those god-awful-boring-as-hell-dinner-parties we all used to have. And we can sit around getting more and more pissed, telling each other how great we are; and how great our families are; and how great our children are, and all the great future things we're planning to do. And hey, wow, we can all fantasise about each other, about fucking each other, and wondering if my life would have been better if I had married you instead of my boring pissed little fart husband over there, who will want to slobber all over me, and stick himself in me when we get home. And I know he will be thinking that really he is shafting that cutesy little blonde girlfriend of our most gracious host.

Oh we are all so disgusting, so riddled with our distasteful perversions. All so desperately wanting something to break the monotony. If only we could have opened our minds and come clean. We lived embroiled in such lies. We are all so

gross, so evil, and so much pretending that we aren't. I can't believe how bad I am. I just can't believe how much more I can see about how rotten I am. Day in, day out, over and over, the Mother and Father open my eyes to the truth of my vileness. Why do They bother? Why don't They just destroy me? I wish They would. I am too gutless to do it myself, and I don't even know how to, and now that I've started my bloody healing I am really caught. I can't go back to how I was. No way, I would die. I can't be that completely false person I was back then. I have to push on. I have to keep going – what else can I do? I have no self-control. I thought I had control in my life, but I was only kidding myself. The Mother and Father are in control, not me. I have only deluded myself into believing that I am. What a farce I am. What a fraud. I am so full of shit; I wish I could be put away, exterminated, burnt at the cross or something hideous because that is all I deserve.

I don't deserve the Mother and Father's Love. God knows why They give it to me, and I suppose They must because I am sitting here telling you all this shit. I wouldn't listen if I were you. Don't give me any credit whatever you do. I have even given you a false name, because I don't want you ever coming over here and trying to look me up. I am false, completely and utterly false; I am unreal, I don't even exist. I am fucked and not worth a fucking cent. I am a complete waste of time. Forget it, forget me, stop listening to me, piss off and do your own bloody healing, and see what sort of fucker you turn out to be. I hate you just as much as I hate myself. And I hope you hate me and come and kill me because at least I won't have to live on in this hell anymore.

I am in the seventh mansion world, can you believe it, what shit! I am supposed to be near to moving on, full of love and light and all that Celestial shit, but I feel worse than fucking ever. I hate myself more the higher I go. Sure it is a beautiful world here, far more beautiful than I am, but I still feel like I'm living in hell. I didn't have to go to hell as some of the others have written to you. I was too nice for all that. Instead I just carried on having a nice time, and a nice day, and then one day I fell apart. I broke down into a blubbering wreck. I don't know why, but maybe it was something to do with the fact that when I came to spirit I discovered my husband, whom I so loved, had married another woman spirit. Can you believe it? What an arsehole! He was setting out to have another family – a spirit family – you can adopt children and all that over here. And when I asked him about us and our family, and what about when our children come to spirit, he just said "things were different now". And too bloody right they were. I cracked. I lost it. It took me years of that bullshit counselling by all those well-meaning-full-of-themselves-psychological-practitioners, to come to the realisation that what I was hanging onto was my 'great life' from Earth. God how pathetic, my great life... what a joke! And then it dawned on me that these spirits who were trying to help me wanted me to just be how I was. They wanted me to get over it, and just get on with a new life, just as my husband had done. Find another man, enjoy myself. Oh yes, I said, I see, so that is why we die, so we can just get on with it and do it all over again. My mind was deranged but strangely I felt a relief. I had no idea at that stage about the Divine Love or any purposeful meaning to life; how could I when my life was meaningless?

So I bloody well did get on with it, on with trying to find out about what the fuck it was all supposed to be about. Anyhow, that was how I found the Divine Love. Very

nice and beautiful spirits told me. I despised them because I wanted to be one of them, and not have to do this shit- hard thing called my soul-healing. Why couldn't I just be an angel of heaven and live with Mary and Jesus, and be of love, and wear one of those lovely bright glowing white gowns?

I didn't want to do my healing, what was the point, why couldn't God just snap His fingers being as benevolent as He was said to be, and then I would be one of them. He put me in this shit so why couldn't he take me out? It wasn't fare that I had to work my way up through the worlds, and how long was that going to take? Years of bloody healing? – you've got to be kidding. They said it had taken them years of healing, that you have to relive in a sort of way, all of your childhood years up until the time of your Indwelling Spirit's arrival, whoever or whatever that was – around the age of six. And I had to relive my conception, and my growth in the womb, and all the horror and yuk that I suffered from my parents; and then the best part was, as if that wasn't enough, I had to BE IT ALL, own up to being the same horrible yuk my parents were!

Yeah, well, I didn't know what to think; I didn't think my parents were so bad. Shit, back then I didn't think I was that bad. I loved my parents, they had been nice to me so I believed, so what was all this talk of my parents being horrible to me? They gave me all the opportunities I needed and I did very well: I married a nice respectable man, and he had a good career, and I was a good loyal and faithful wife. And we had three lovely children, whom we loved, and we got on well with each other. And we loved our big house, and our holiday house, and we, all in all, had a great life.

And then they said, so why are you here asking the Mother and Father for Their love? Why are you still not having the nice loving time with your husband and setting about establishing your new life with him? That bastard, oh yeah, I forgot. I didn't know what to say; how could I answer their questions? Yes, you are right. Maybe I had better not be the spoilt child I am and instead eat humble pie and see what this healing thing is all about. Maybe I will give it a go. And what is this I hear about your soul-partner? Do I get one? Yes, you have one they told me, we all do, and yes you will find each other through your healing. Hmm, another big incentive, this Mother and Father are smart cookies; I can see They've got it well figured. Right, I will give it a go. Where do I go to sign up and how to I begin?

Jesus, what an arse-hole I was. I expected everything to be given to me on a silver platter. Well I was soon smashed; my ego was slaughtered. The Mother and Father have a wonderful way of dropping a ton of bricks on you right at your most egotistical time. And your jaw drops, your life crumbles, your self-esteem dies, your confidence fails, as the reality of how bad you have been settles right through you. And to see how bad you are, well, it is certainly an eye opener. I think if mine open any wider, and if I see any more of how bad I am, they will drop out of my head! I am so bad you have no idea. And it is all so strange. You begin your healing, right? I found it bloody hard to get going, to take it all seriously, but slowly I began to feel myself. And that's feel my *feelings* for those of you with dirty perverted minds like my husbands was. He'd have been laughing – the slob he was. And then this is supposed to be what happens – all this bad feeling shit being expressed as it comes up in you just as I'm demonstrating to you now. Oh it's great fun, come and do your healing, okay? Healing... well, that must mean I too feel bad... yes I do... oh yes, now I see, I do feel bad... so yes, I will do my healing. And as you do it you feel worse. It's great fun I assure you. Oh yes... now I see more clearly, yes, I do understand, I do feel worse now, so yes I see, I do need to do some more healing. Okay I will, and yes, more yuk and evil has come up in me, and yes, now I feel really bad, hey, great, I feel worse than I have ever felt, this is definitely fun, so yes, you're

right, now I really DO see I need to do my healing. And it just goes on like that.

The more you see about yourself the worse you feel, so the more you want to do your healing, and more you see, the worse you feel, so the more you want to do your healing. So you think, well, I must be mental. Why do I keep wanting to see how bad and ugly I am? It's great fun, to keep seeing how bad I am, to keep feeling worse and worse about everything and myself. But the bizarre thing is, that the worse I feel about myself, the more of the horrible and ugly truth I see that I am; and the more I feel scared and unable to do anything about it, the higher I ascend. The higher I go in truth, and the closer I get to being one of those Celestial 'angel' spirits. So something must be happening. Somehow in some strange upside-down or back-to-front way I must be getting better, at least so far as my soul is concerned. The worse I feel the better I become – you figure it out.

I must be purifying myself by seeing and feeling how bad I am, by accepting the ugly evil truth of myself, by accepting how *truly* bad I am, and so I guess this is me becoming true. **This is living true to my feelings, true to my negative unloving self-denying fucked up state, being how I really feel underneath it all; how my parents made me feel from conception through to about six or seven, or whenever my Indwelling Spirit came – when my mind was fully formed. So it's all about being true and honest and owning up to how bad I am with myself, by understanding and feeling and accepting all the bad that I have been.** I can't run away, I've already been doing that, now it's time to face the music.

I feel a little better now. I can accept all that I have said even more so. I feel as though somehow I am now a little truer. It has taken me six years of intense healing to work myself to this point, and to where I am now resident in the upper planes of the seventh world. I am still not there, not fully healed, and there is more yuk for me to see and I am begging the Mother and Father who I do now know are real, to help me see the truth – I want it all. I am once again, like so many times, now feeling that I am coming back up having been pushed down into my yuk and evil self again. I feel a little shaky and I am looking forward to going home and resting. And I think I will do just that.

Thank you James for listening to me, and Good-bye. Jenny. Yeah, yeah, okay, my real name was Mercy... yes, can you believe it? Who in their right mind would name their child Mercy? God, please have Mercy on my soul... Ha, Ha... you do get a bit sick of the jokes... fuck them!

**Message 39**

15 January 2003

I am here Mary Magdalene.

Thank You James. I feel we have done enough for this book. I am happy with it, as are those spirits who have helped you. This book is only intended as something of an introduction to the topics which we'll expand upon during the course of your writing.

Jesus and I are very happy with yours and Marion's healing progress. Keep going, keep honouring your bad feelings and longing for the truth. We will speak again soon, Mary.

Zelga.

Hi, James, Zelga. I too want to say thank you. All of us here in our group are very pleased with how it's all gone. We did have our worries, however none of the bad things came to fruition; we've all been speaking about them as we've felt them.

Although you can't understand, each of us has gained a lot from our interaction with you. It's a two way street, we spirits gain just as much as you do in our communication with you.

I will be with you, that is our group will be with you, for the duration of your Earth life. Should you at any time wish to speak to me or any of us, please don't hesitate to ask. You only have to think to me and I will respond. One of us is tuned in on your mind all the time.

There is of course a lot more we would like to impart to you, and we can read the questions in your mind, however we feel that this is enough for the time being. There is other work, other writing you need to do with other spirits.

So I will say good-bye too, and perhaps we'll speak again one day – Zelga.

Heavenly Mother.

James, I have the pleasure of ending this, your first book, your Heavenly Mother.

I am so glad you are now speaking to Me as an equal to your Heavenly Father. I have been looking forward to it for a long time. I'm so pleased with your progress, having worked your way clear of your negative restricting circuits opening up direct lines of communication with Me.

Yes, I am your Heavenly Mother, and I am the soul-partner of your Heavenly Father. That is, Our Soul is One but with Two Personality Potentials, both of which we are choosing to manifest to you this way, with your relating to Us as your Mother

and Father. We are God and there is only one Soul that is God – Us. I know it's somewhat confusing as your mind has been so conditioned to only accept God as your Father in Heaven, but your heart knows that it enjoys having God being both a Father and Mother to you. And this is how it should be.

I won't say too much at this time, there will be other times when we will speak together. Long to Me and your Father for Our Divine Love when you feel inspired to do so. We are offering it freely to you, and with it you can make your soul divine and become more like Us. We are offering it to you so you can choose as to whether or not you want to live with or without Us. We don't want to force you into doing anything you might not want to do.

Listen to all Mary and Jesus have to say about the doing of your soul-healing. It's very important and complex, and your Father and I will be with you each step of the way. When you embark on it, as you're discovering James, it will take you into unfamiliar areas of yourself. You will not know how to express yourself, however be patient, as We will help you. Those parts of you that you have denied won't know how to function, so when you move into them it will take time, experiences, to slowly get used to them, almost as if you're learning how to walk again.

The negative influences of the Rebellion and Default are extreme. They are deeply ingrained within humanity, and there is a lot to the mind you do not as yet understand. So some of the experiences you will have during your healing might seem weird, and be at times very testing, however, We'll be there orchestrating it all in step with your soul, so you need not worry.

Simply express all your worry, long for the truth of all you feel, and We will help you see and understand it.

That is all I am going to say today James. God, your Mother and Father of Heaven bless your soul. We love you our son and we'll speak again soon.

Your Heavenly Mother of Divine Love.