

# LOVE is the Religion of Feelings

## Feelings First Spirituality, The New Way

[www.religionoffeelings.weebly.com](http://www.religionoffeelings.weebly.com)

Divine Love Spirituality

Pascas Care

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It's okay to feel bad.  
Tell me all your feelings.  
What are you feeling?  
And how does that make you feel?

**The Religion of Feelings** is a contemporary 'religion' based on living true to yourself through your feelings. Understanding that all you need in life is contained within your soul and is shown to you through your feelings. And by loving your feelings, by attending to them properly and not denying them, you can use them to uncover the truth of yourself – the truth of your soul.

**The Religion of Feelings** is not a formalised religion that tells you how to be, that is too controlling and is actually bad for you, limiting your spiritual growth. You can be wholly self-revealing of the truths you need to be, being the person God created you to be, all by living true to your feelings.

**The Religion of Feelings** has no formal structure because we understand we don't need one, our soul contains within it all the truth of our spiritual ascent. If we look to our feelings for the truth they want us to see about ourselves, nature and God, then what more do we need! Our true spiritual path is the path our feelings will lead us down, that is, provided we allow them to. This is the most spiritual we can be.

**The Religion of Feelings** has come about because we deny so many feelings, and yet it's our feelings that are our way to become true to ourselves, the way to the Truth, and our way to God. So for us to live a true spiritual and religious experience with ourselves, nature, each other, and mostly importantly, with God, we need to end our feeling denial.

We have been told that to be spiritual or religious we need to follow either the established religions or look to one of the alternative approaches, yet none of these systems of belief help us look directly to our feelings for the way we are to live our lives. All of these systems help reinforce the established feeling denial, making us look to our minds to show us the way to the truth of ourselves and the way to God. And yet, our minds are not designed to provide us with that truth or way, that is what our feelings are to help us with. So by looking to our mind we are denying many of our feelings and causing ourselves a great disservice and even greater spiritual harm.

**The Religion of Feelings** offers a way to allow you to give up the controlling ways your mind has over you in your life, whilst helping you liberate the feelings you are denying. And at the same time showing you which feelings are good and right to act on, and which are not to be acted on only needing to be expressed and talked about, all whilst keeping the focus of your spirituality and religion on your feelings. It's about heart – feelings, verses the head – mind.

**The Religion of Feelings** is a New Way – the Feelings Way. It is to help you uncover the truth of yourself through your feelings, thereby empowering your feeling-self (the real you) to harness your spiritual growth. All so you become dependent on your own feelings for your spiritual progress, no longer needing to be dependent on anyone else. So the **Religion of Feelings** doesn't require priests or a middleman standing between you and God, you having to follow their rules so as to become at-one with your Heavenly Mother and Father. It ensures that your relationship with God is evolved solely through your own feelings, it being what makes you feel good, you following your feelings and no one else's rules. So there are no rules of religion or rules of the church or rules of anything that need to be adhered to so as to ensure your spiritual progress, or to keep you on the right track to finding God, or telling you whether or not you are living God's Will. Your feelings do all that.

To join the **Religion of Feelings** all you need do is understand that it's to your very own feelings you are to look to for the way into the truth of yourself; which means, how to uncover the real you and to know you are on the right track, and that your feelings are the way for you to have a true relationship with God. That your feelings will do it all. That your feelings are very important, and they must be fully acknowledged, brought out, expressed, and never denied.

And by looking to your feelings for the way to live life, you can unite with other feeling-orientated people, coming together to express and explore your feeling expression, delighting in, sharing and discussing, the truth your feelings bring to light. All whilst supporting each other however your feelings lead you, this being part of the **Religion of Feelings**.

### Denying Feelings

If you deny one feeling you are being unkind, uncaring and unloving to yourself. And it hurts. You might not feel it being so conditioned to deny many feelings, but if you are feeling aware enough and sensitive enough to your feelings, when you stop yourself from

feeling one of them, you will feel you are causing yourself great pain, and damaging your personality expression.

Our feelings express the real us. How you are is how you feel. You might hold various beliefs and pictures in your mind about how you are and what you think you are, but those are mental contrivances used to deny the real you. And we all do that to varying degrees. We are all false and untrue, which means we put on a false front to the world and ourselves, of which some of us are well aware what we're doing, others not so. Yet living being false also means we're living denying deeper feelings, feelings we're afraid of, feelings we believe are no good and need to be got rid of. However this is all unloving, we are hurting ourselves, causing ourselves problems, which again we might be aware of, yet mostly are not. So to be wholly loving of ourselves, we need to stop denying feelings, and try to live instead, true to them, which means, feeling them.

We've been made to be scared of many of our feelings. So we've been made to be scared of these parts of our self, again this is not loving. And so it can take a lot of hard work to stop denying the feelings we're afraid of, and instead to concentrate on bringing them out.

If you feel upset or miserable, sad, for example, and you say to yourself, or someone else says to you, it's bad for you to dwell on such negative feelings, you must do something to change how you feel, so think positively, try and change the subject, go and do or eat something that makes you feel good, have sex, go out with friends and do something that is fun, then all of that is denying yourself the bad feelings you have. And that is being unloving and is hurting yourself and will only cause yourself problems.

Mostly we deny bad feelings we hate and don't want to feel, however at times we also deny good feelings. Do you remember as a child being told to stop racing around and feeling so happy, to calm down, to stop jumping up and down with glee, this being good feeling denial. And now as an adult, can you see the same patterns coming into play when you feel really happy, that you condition it, you don't let yourself get carried away for fear of hurting yourself or doing something bad or being told off? It's all feeling denial.

Our feeling denial starts from very early on in our development. Even in the womb we are subjected to it, then once born and right the way through our childhood. Each family has its own feeling-denial philosophy and environment, dictated to the children by firstly the parents and then all the other carers. And being with many adults who were taught to deny many of their feelings, has led to much feeling denial in yourself.

And being a child, if you are stopped expressing any feeling, that causes a trauma within you. You are forced to deny a part of your personality expression, literally a part of yourself – what YOU are feeling. And this is very bad. And for it to happen many times a day, and for all the days of your forming years, and then carrying on through the rest of your childhood, is extremely damaging, and is the cause of all your problems and illnesses.

You only have problems and get sick, physically, mentally, emotionally or spiritually because of all the feelings you were denied through your childhood. As all those denied feelings are still within you wanting and waiting to be acknowledged and expressed. They are poison trapped within you, not being allowed to come out because you have trained and taught and forced yourself by using your mind to keep them under control -suppressed, and then repressed. So you are full of repressed childhood feelings that are needing still to come out and be fully acknowledged. And the **Religion of Feelings** is about providing the way to do that, and an environment within yourself and with other like-feeling people, to do it in.

Because the truth is: until you bring to light all those hidden repressed feelings, you are limiting your spiritual growth. You can't grow spiritually without fully expressing every aspect of yourself. And if you are denying any part of yourself, such as any feelings, then you are limited and even thwarting your true spiritual growth. So it doesn't matter how many prayers you say to God, how religiously you attend your church, how well you adhere to the tenets and rules of your religion, how well you say your mantra, how often you meditate, if you are denying yourself feelings, then you're stopping yourself from truly growing in truth and ascending closer to the real you and to God.

Denying feelings is going against yourself. And going against yourself is making life difficult for yourself. It's defeating what you are trying to achieve religiously and spiritually, which is why people end up feeling unhappy and unfulfilled with their religion and spiritual system when it stops providing them with the means to keep using their mind to control their feelings. When your feelings take over and 'get the better of you', then you realise your spiritual system or religion 'is no longer doing it for you', and you have to look for a new one. And you will keep looking until you attend to all your feelings. And if your feeling-denying spiritual system and religion are still doing it for you, then you are happy with the false feeling-controlling mind structure they provide for you, then the **Religion of Feelings** will not appeal to you.

Why you get sick is because you are denying feelings. If you stopped denying feelings and liberated all your repressed ones, you'd no longer need to get sick. Because we only get sick to show us something is not right within us, and what is not right is we're not attending properly to all the feelings we should be attending to. So we get sick forcing us to feel many of those bad unattended feelings. And yet what do we do, as soon as we can, we're off to the doctor for pills or help to push all those bad feelings away again, to bury them even deeper if we can, all so we can be 'well' again, pleased we've got rid of our illness, pleased we can keep going in our life as we were – keeping our mind heavily in control of our feelings. And this is all very well, but what happens when going to the doctor or doing what you do to keep your feelings denied, no longer works – then what do you do?

### **We have a choice in life**

So we are faced with a choice in life: To continue as we've been parented, which involves denying many of the feelings we don't want; or, trying to go the other way and embrace, accept, and even want, to feel all those scary dreaded bad feelings. And this is the way of the

**Religion of Feelings.** It is opposite to the way of everything else and all you've more than likely grown up to believe is how life should be lived.

Feeling acceptance is being self-loving. Many people believe they are increasing their self-love by doing things that actually involve denying and suppressing many feelings, and this is not true self-love. Denying any part of yourself, denying any feelings, is self-hate. By hating your feelings you are hating those parts of yourself, so you are hating yourself... and is this how you want to be?

We grow up being taught how to hate ourselves, as seen by the many feelings we're not allowed to feel and express. And then we're told we love ourselves... it's all very confusing. Parents say they love their children, will fight the death for the children they love so much, yet in the same breath, are telling their very own children who they love so much, not to express all the feelings they feel. Those very same 'loving' parents are causing untold damage to their child's feeling-expression, all of which is not loving at all. And most parents fail to see this, and wouldn't want to see it. Because to understand you are hurting and even hating your child by subjecting it to such unloving feeling-denial behaviour, making it do to itself the same unloving feeling denial you are doing to yourself, suddenly, and shockingly, makes you face the truth of your so-called love for your children. And this is what the **Religion of Feelings** will help you see the truth of. Which understandably, not a lot of people will want to see. However, if you refuse to see it, then you are adding to your self-denial and that will only end up causing you even greater problems than you've already got, for yourself and your children. So you're caught between a rock and a hard place – we all are, with the only way of really helping and loving ourselves, being by turning against our feeling denial and looking to our feelings for the truth our feelings will show us.

**The Religion of Feelings** strives to connect the feelings of the child with the feelings of the adult. However doing it as an adult by looking back to yourself as the child through your current feelings. It's recognising that the feelings you have now as an adult are the same feelings you had as a child – and so are feelings you are always feeling. And as much as you've tried to deny them, and believed you've been successful in that, they've actually always been there refusing to disappear.

**This is how it works.** From conception through our childhood, the patterns of belief and behaviour all become set in concrete within us, being very difficult as adults to change. And these are all feelings-based patterns. The many things you do and that happen to you through life might all seem very unrelated, however on a feeling level, they are very related; and not only that, but they are the very same feeling-patterns you are re-living time and time again because that is what was established in you as a child. So on the feelings level, how it was for you as a child is how it is now for you as an adult. However that can be very hard to see, and yet when you do, you are constantly amazed at just how true it is.

So feeling denial as a child is carried on as an adult. And even should you engage in a lot of deep healing therapy, you might be able to see some of these feeling-based patterns, but not until you want to see them ALL, will all the truth of how it was for you through your

childhood come to light through your feelings. And the **Religion of Feelings** can help you bring to light the whole truth of yourself through your feelings. And because this process is all based around ending your feeling denial by uncovering the truth of why you did it when young and how you've kept doing it as an adult, then it's a healing approach to embracing your feelings and looking to them to enlighten you to the truth of your self- and feeling-denial, this being called your: Feeling-Healing.

### Feeling-Healing

And we all have to do our Feeling-Healing if we want to become the true person God created us to be – our true selves. We all have to do our Feeling-Healing if we want to fully heal ourselves of all that's wrong within us. We all have to do our Feeling-Healing if we want to uncover our true path to ourselves and to God. And we all have to do our Feeling-Healing if we want to spiritually grow, evolve and ascend to Paradise, there to meet and be with our Heavenly Parents. And that is what our Mother and Father in Heaven want us to do. So we all have to one day, be it now whilst on Earth or when we're in spirit, do our Feeling-Healing to begin our spiritual journey – and to end our feeling denial.

By denying our feelings we are denying ourselves the truth we need to spiritually grow. Our feelings are the key to our spiritual growth. Our feelings ARE our spiritual growth. If we are stopping ourselves feel all our feelings, then we are stopping ourselves from spiritually growing. And this is VERY IMPORTANT. Because it means, if you are wanting to spiritually grow and are trying to do that through any of the existing religions or alternative spiritual systems, all of which heavily focus on feeling-denial, then such systems are not really going to help you achieve the spiritual growth you desire.

Many people in the West, having rejected Western religion, look instead hopefully to the East for something more to their liking, with Enlightenment being a more reasonable and alluring prospect. And to reach nirvana, to live in a blissful state of being, to become at one with the Mind of God, to achieve such an enlightened state of awareness, might on the surface of it sound very appealing, and doing it, even more so. However how does such a system of belief treat bad feelings, all those bad feelings you don't want? And does it show you that denial of those feelings is the way to go? Whether through intense and concentrated meditation practices, mind over feelings, trying to think positively, whatever the course of action, the sooner you can deny, bury under the carpet, push aside, transcend beyond and above, or simply get rid of all those pesky bad feelings, the faster you'll transcend to enlightenment. BUT IT'S ALL FEELING DENIAL! So the irony is, such people believe they are making very good spiritual progress, even getting so much closer to God, and yet they are heavily deny part of themselves – their feelings, and those very feelings that actually hold the hidden keys of their truth ascension and real spiritual growth. So Enlightenment is a falsehood, not that such people would want to admit that. But anything that is adding to your feeling denial is. And so it's ultimately working against yourself, against you becoming your true self, and against having a true and wonderfully loving relationship with God THROUGH YOUR FEELINGS, and not a contrived one through your mind.

## Doing God's Will

You can't relate truly to God through your mind, despite what many people believe. You can't get to God, get to know God, become at-one with God, do God's Will, through your mind. You can't have a deep and intimate very close personal relationship with someone, including God, through your mind. You need your feelings. You can, and ONLY can, have a very loving and true relationship through your feelings. Doing God's Will is achieved the moment you decide to stop denying your feelings and go with them; when you start to work and support and accept all you feel, and when you want your feelings to start showing you the truth of yourself – the truth of why you're really feeling what you are feeling. That is living true to yourself, true to your feelings, and so also, true to God – which is doing God's Will.

Doing God's Will is not praying to Allah or going to church religiously saying prayers you've learnt and doing 'good works'. That is doing the will of your feeling-denying mind, nothing else. And when you think of all the time and effort such religious adherents put into their religious practices believing they are earning brownie points of favour with their beloved God, that they are doing all God is asking of them, and doing it all so faithfully; and then you understand it's all wasted effort because they are still heavily denying themselves by denying so many of their feelings, all you can do is fall in a heap and weep for the untruth that has been implanted in so many people leading them further from themselves instead of closer to themselves through their feelings, and leading them to the core truth of their very own soul, and to become truly at-one with God.

**The Religion of Feelings is about FEELINGS.** And looking to your feelings for the truth of yourself. And when you do that, then your feelings will guide you in life. And as you are guided in life by your feelings, so the truth of yourself, of your life and of God, will surface naturally within you. God will guide you THROUGH YOUR FEELINGS. And it's wonderful to feel God doing that. And you know you are on the right path, which is the true one and only path for you, because your feelings lead and show you.

Our feelings, because of our feeling-denial, have been badly abused. We misunderstand them. Of course we all want all our good feelings, and only good feelings all the time, however the trouble is, we also have lots of bad feelings. And our bad feelings are just as important, and even more so in many respects, because we're denying and being more unloving to them, than our good feelings. So to spiritually grow, which initially involves doing your Feeling-Healing (for you can't spiritually grow without first doing it despite what you might believe from other spiritual and religious systems), we first focus on ending our denial of bad feelings.

## Bad Feelings

And this is the most difficult part of the **Religion of Feelings**, and why it's been avoided all these years, because, who wants to feel ALL their bad feelings? And worse still: Who wants to feel ALL their repressed bad feelings as well, all those countless bad feelings you were not allowed to feel and express all those years ago through your early childhood? Especially when most people believe their childhood is well and truly over, with the last thing they'd

want to do being years of deep therapy and self-healing work by looking back into and bringing to light their repressed childhood feelings. And for many people, understandably, it will be simply too much, they will feel, as they have so many bad feelings and they are doing all they can through their day just to keep their head above water from fear of being swamped and overtaken by them, to let go and submit to them, to give up keeping up the bad feeling barriers, to allow such massive amounts of pain to engulf them, is just asking for trouble, it would ruin their small peace of mind they have, ruining their relationships and life, destroying all they've worked to make their life be. And they are probably right in having such worries. However, if you are one of these people, you can still learn about your feeling denial and ending that denial by doing your Feeling-Healing, with the view that possibly one day, be it on Earth or when you are in spirit, your life might change allowing you to venture into uncovering the truth of yourself through all those repressed bad feelings.

When your soul says it's time for you to start living true to your feelings, when it starts exerting feeling pressure on you in life and your normal feeling-denying ways start to fail, then it will be time to get on with looking to your feelings for the truth they want you to see about yourself. Then it will be time to seriously consider doing your Feeling-Healing. And that can happen at any time, whilst on Earth or during your life in spirit. And in spirit, there are masses of spirits (people like yourself from Earth) who are doing their Feeling-Healing, and even masses more that have finished it and are only too willing to help you do yours. Currently on Earth, because the **Religion of Feelings** is only new, and with relatively few people understanding about the importance of ending their feeling denial and doing their Feeling-Healing, there is little support from other people, however as more people want to look to their feelings, that support together with understanding what is involved, will grow. So for now, if you liken yourself to a feelings-pioneer, please understand you are stepping bravely out into the feeling-unknown within yourself, and this of itself will no doubt bring to light even more bad feelings for you to deal with. Still, if it's what your soul wants you to do, then you as one of the two personalities of your soul, doesn't have much say in it, so into your Feeling-Healing you will go.

So the way to heal yourself of all that's wrong within you, and at the same time, begin your ascension of truth to become at-one with God, is through the doing of your Feeling-Healing. That is the first stage. And the second stage, which you can embrace right from the start of your Feeling-Healing, or any time after you've started, and the sooner the better, is what is called, your: Soul-Healing.

### Soul-Healing

Our Soul-Healing is like the more advanced version of our Feeling-Healing. It includes all that our Feeling-Healing is, and a lot more.

It involves a very important truth revealed to us early last century by Jesus through a man called Mr James Padgett – the Padgett Messages. And in these messages from spirits who'd done their Feeling-Healing and Soul-Healing, together with Jesus, they shed light on the truth that we can long directly to God for God's Divine Love. And by doing this, and receiving the Divine Love into our soul, certain things happen to us, that guarantee we will



one day complete our Feeling-Healing and Soul-Healing – which we just call our Healing. And we become fit to enter what are called the Celestial Heavens, on our way to Paradise to become at-one with and actually meet our Heavenly Parents. And why this is so important is, that if we don't receive enough of the Divine Love into our soul by longing to God for it, then we will remain confined to the lower Mansion Worlds in spirit and their equivalent levels on Earth. So that means our spiritual growth is limited, we simply are not allowed by God's Laws to ascend or evolve or grow in truth beyond the seven Mansion Worlds, so we'll never enter into the higher Celestial spheres. You can ONLY enter the higher Celestial spheres of truth and love with the necessary amount of Divine Love in your soul.

A lot of people believe – wrongly – that we are already divine, it being our god-given birth right. But as the Padgett Messages tell us, we start of being incarnated onto Earth as all creatures are, being of Natural love and not divine. And we can then do our Feeling-Healing to perfect that Natural love by ending our feeling denial. Or, we can rise higher than the limitations of Natural love by becoming divine by longing to and receiving the Divine Love from God, this being the doing of our Soul-Healing. So when we do our Soul-Healing with the Divine Love, our soul changes as we progress in our Feeling-Healing, allowing us by the time we've finished it to make a huge transition out of being only Natural love into being of a divine and Celestial level of truth.

And all of this might sound a bit confusing, however it's all contained within the **Religion of Feelings**. And so if you want to be as spiritual as you can, to grow as fast spiritually as your soul desires, to become divine and at-one with God in every way, to live God's Will above all else, then do your Soul-Healing with the Divine Love, understanding that this also includes your Feeling-Healing.

**So this is what you will need to do:**

Long with all your heart to uncover the truth of yourself through your feelings.

Long with all your heart to God for the Divine Love.

These are the two main aspects if you want to live a full spiritual life with God. However not everyone is ready for this, you might find longing to God for His/Her/Their Divine Love difficult, and yet you still like the idea of getting on looking to your feelings for their truth and fully healing yourself. And so start doing your Feeling-Healing; and then if you want to include God and the Divine Love at some point, so do your Soul-Healing, you can do that when you're ready.

**The Religion of Feelings** as you can see, offers an alternative way to heal yourself and find God, to all existing religions and spiritual systems. However it doesn't say you must do this or that. It only says you are to properly attend to your feelings, whilst longing for the truth of them. And when ready, to long for and receive the Divine Love from God. It's for you to find your own way, and through your feelings. As has been explained, trying to find any way by using your mind is the wrong way, so your feelings are the true way; however as they are your feelings, so you have to find how to live and express them and long for their truth, for yourself. Which is one of the wonderful things about it all. No one can say your feelings

are wrong, because they are YOUR feelings. And it's for you to work with them, to fully embrace and accept them, to act on them appropriately; and how and when you want to. You don't have to put pressure on yourself by having to embrace five bad feelings that you stop denying by next Monday. When you feel a feeling, you always have the choice of feeling it fully or denying it to some degree, which might be a little or to completely blocking it out – you might not even be aware you are blocking feelings out!

And then when you feel you are ready, and NOT when your mind tells you, you can embrace that feeling, let it be, and let it be as fully as you can. And then when you feel ready, you try and express that feeling the best you can – which means, speaking it out (and not acting it out if it's going to hurt someone), writing about it, even just staying with it in your mind if it's inappropriate or difficult to say and emote what you are feeling. And when you feel you are ready, you can long for the truth of the feeling you are feeling, really wanting to know what it's all about: Why really am I feel this feeling; What is this feeling of mine I am feeling now wanting me to see about myself? And when you feel ready, you can allow your feelings to show you the truth they want you to see. So do you see, it's all up to you and when and how you want to do it. Yes, there are a few main principles to adhere to, but it's not hard. The hardest part being feeling all the repressed bad feelings.

**And the two main principles are:** Express your feelings; and long for their truth. And if you do those two things from and with your feelings, or from your heart, and NOT just with your mind, then your feelings as you express them will reveal the truth of yourself as you require it, all leading you along your spiritual path. And this is all there is to your spiritual growth. And by religiously doing these two principles, by making them the basis or focus of your life, then you are being as religious as you can – living the **Religion of Feelings**.

That completes the introduction to **The Religion of Feelings**. We have covered a lot of ground. From here you can read the many free pdf books available expanding more thoroughly on it. There are also free Pascas Papers that take snapshots of many of the main parts of the Feeling-Healing and Soul-Healing with the Divine Love, along with many other aspects of the **Religion of Feelings**, including **Divine Love Spirituality** which it encompasses, and shedding light on our Childhood Repression and feeling denial. As you can see from the list of books and websites below.

## Briefly, these are some of the other topics covered by **Feelings First Spirituality, The New Way.**

### Love

**Love is the Feelings First Spirituality, The New Way.** It is our feelings that give rise to the truths we are to live, and when we are true, having liberated and seen all the truth of our repressed feelings, then we will be truly loving. And we all want to feel loved and be all-loving. And without truth we can't love, we can pretend we love using our mind, but it's really 'false love'. Because we can't know the truth of love in our untrue love-denying states, and we need to know the truth of love to know what love is. Love grows in you as you do

your Healing by uncovering the truth of your unloving state, coming to terms with it, loving it by accepting that is how you are, and then moving into being all-loving as you heal.

### God's name

We are to find the right name we want to call, know and relate to God, by ourselves. And as you grow in truth, so the name God wants you to know Him/Her/Them by, will come to you. And by longing for and receiving God's Divine Love, reaching out to God as you relate to God and asking God to please fill your heart and soul with His/Her/Their Divine Love – God's Love, will help you develop your personal relationship with God. We are to long for God to love us and to make us be as God is, then in time our feelings will lead us into how best it is for us call and relate to God. We are to find God, and so know what we want to call God, by looking to our feelings. So as with everything, our feelings will guide us to God. If you want the deepest, truest most personal and intimate loving relationship you can have with God, then it will ONLY come through your feelings – you can't achieve it through your mind.

### Divine Love Spirituality

DLS is the deeper spirituality that underpins the **Religion of Feelings**. It's based around the Divine Love and involves doing your Soul-Healing. It embraces the True Way to live, that which is revealed by our feelings, and at the same time takes you deep into your relationship with God.

### Pascas

Pascas – Peace and Spirit Creating Alternate Solutions – is a charity foundation set up by people wanting to live true themselves through their feelings and honouring the higher spiritual truths contained within DLS. It supports and 'houses' the **Religion of Feelings being Feelings First Spirituality, The New Way**, enabling many people around the world to have free access to the newly revealed truths that are provided to help anyone who wants to help themselves by looking to their feelings for their truth.

### Why do we suffer?

Why all the suffering, pain, hardship and heartache – is that really what life is all about? Our lives are about understanding the truth of not feeling loved. And comparing those horrible feelings to the good ones of feeling loved. We start our lives in an anti truth, anti love, anti feeling environment, being subjected to all the bad feelings of being denied the full love we need. Some of us feel we were more loved than others, but still even that love and all those good loving feelings are within an unloving environment. We have no idea, no conception of just how wonderfully good we'd feel if we grew up feeling completely loved in a true and perfect environment. God wants us to start life experiencing what it feels like to not feel fully loved, and to uncover the truth of that through our Healing, before we can then live a life of feeling fully loved. As to why God wants it this way, we can't know until God tells us, which will happen for each of us as we uncover the truth of our unloving state through our feelings.

### The Holy Spirit

This is a Spirit-circuit that conveys the Divine Love into the person or spirit who is sincerely longing to God for it. You may feel the Holy Ghost (it being another name for the Holy Spirit) coming about you when you long to God for His/Her/Their Divine Love. It's a lovely feeling of peace, and when you feel the Divine Love flowing into your soul, which can be very gently, almost unnoticeable, or very forcefully, you know that God, not only does exist, but God does love you. Many people wrongly attribute all sorts of things to the Holy Spirit, saying it talks to them, it gives them prophecy, it makes them talk in tongues, it heals them, none of which are true. The Holy Spirit ONLY conveys the Divine Love into the longing soul. It is not a true spirit as in having a personality, so you can't interact or converse with it. All those other things attributed to it, are things done by spirits in the mind Mansion Worlds who pretend to be the Holy Spirit.

### Mary Magdalene and Jesus

They are soulmates. They are a divine high Daughter and Son of God, the revealers of the truth about the Divine Love and telling us that we can long directly to God for it. They are the rulers on the spiritual level of the universe Nebadon we live in. They came to Earth retaining their divine perfection, so didn't caught up in the wrongness that we're all in, and because of that, didn't need to do their Healing. Neither Jesus nor Mary were conceived by immaculate conception – there is no such thing. It's just another falsehood perpetuated by those of the mind who seek control over others. Mother Mary was simply Jesus' mother and nothing more, she should not be worshipped as God's Mother, nor held up as being closer to God than Jesus. And Jesus is not God, neither is Mary. They are Children of God, just as we are.

### How to do your Feeling-Healing?

It begins by accepting your bad feelings. So when you feel bad, stop and fully acknowledge you are feeling the bad feeling. Then want to bring it right up and out of you. So to express and emote the emotion of it, if emotion is present. We are to talk about how bad we feel, and to keep going expressing our bad feeling for as long as we can, which ideally means, until it's gone. And whilst we are expressing it, we long as hard as we can to know and see and understand the truth of why we're feeling it. And we do nothing else. We don't use our mind to look back into our early childhood trying to see what happened between us and our parents. We just stay true to the bad feelings, expressing them, longing for the truth of them, and nothing else. All the rest will happen naturally. You'll see, things will just come to you, or you'll feel naturally taken back to focus on some part of your early life, and then the truth will come up within you of its own accord and when you are ready for it. It is a natural process. It is not to be forced. Barriers and blocks can be hard to deal with, but we just have to keep staying true to all the bad feelings that come up, expressing them and longing for their truth.

Also read: *Feeling-Healing – you can heal yourself through your feelings (see below for book list).*

# Seven Spirit Earth Planes

Each of the seven Earth spirit planes co-exist in the same space as we do in the physical. We of the physical world are of the coarsest and densest material. Starting with the 1<sup>st</sup> plane, the material within each plane becomes finer, more refined and of greater luminosity. Those within the lower planes cannot see or discern the presence of those in higher planes. Those of the higher planes can move about those in lower planes without them being aware of being present unless they wish to reveal themselves.

Each plane is predominantly for one group of spirit or angel personalities, however there are sectors within planes where visitors from higher planes can move about freely. No harm or disturbance can be caused by any spirit personality upon another, not even those within the physical Earth existence.

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7<sup>th</sup> Earth Plane being for visitors from Havona and Paradise, together with the Daughters and Sons of God. This includes Angels who have come all the way from Paradise.

6<sup>th</sup> Earth Plane being for visitors from the higher levels of our Local Universe. Higher Daughters and Sons together with higher Angels.

5<sup>th</sup> Earth Plane being for visitors from the Celestial Heavens and higher angels and spirits from other parts of Creation, including Finaliters.

4<sup>th</sup> Earth Plane being exclusively for Angels, some of which have evolved from Nature Spirits!

3<sup>rd</sup> Earth Plane is the exclusive domain of Nature Spirits who are derived from creature life experience on Earth.

2<sup>nd</sup> Earth Plane – a ‘Sphere of Isolation’ from which one progresses having settled the Law of Compensation, allowing entry into regular spirit life in the 1<sup>st</sup> spirit Mansion World.

1<sup>st</sup> Earth Plane – the darkest ‘Sphere of Isolation’ and closest to Earth. A plane allowing spirits to live in their state of hell because of their grievous inclination to cause harm to others.

7



Infographics are added by Pascas Care

### How do you long for the Divine Love?

Take a moment and sit quietly, opening your heart out or in to God, and when you feel ready, long with feelings to God asking God to please love you, to please give you some Divine Love. Long and then stop and let the Love come, try not to do anything with your mind. Long with your feelings, and you can support your longing by using your mind and expressing your longing and yearning for the Love out loud or in your mind. Rote prayer or mantra of the mind and with no feeling is a waste of time. Our longing needs to be inspirational, coming from our feelings. You are to pray and long with your own words based on your own feelings and what you want to say to God and ask God for. For example, and said with as much longing, desire, 'wanting', as you can: Please Heavenly Mother and Father, please fill my heart and soul with your Divine Love. I want You both to love me, and I want to feel Your Divine Love coming into me so I know that You do love me. I don't want to feel unloved and alone and separate from You anymore, I want to be at-one with you, divine, true and perfect like You are. Please answer my longing and prayer as I long to you for Your Divine Love. Please fill my soul with Your Divine Love. And please help me live true to my feelings, helping me accept them and long for their truth – please help me see the truth You want me to see.

### What happens when I die?

You move into spirit as determined by the level of truth you are living. If you are living with your mind still in control of your feelings, then you'll move into one of the four Mansion Worlds reserved for such mind orientated spirits. These worlds being currently were most people move into. If you have embraced the Divine Love and begun our Soul-Healing, you'll move into one of the three Divine Love healing Mansion Worlds, depending on how much Healing you've done, so how much you've grown in truth. If you have completed your Healing, you'll move quickly through the Mansion Worlds beginning your new spirit life in the first Celestial sphere. And if you are doing your Feeling-Healing (your Healing without the inclusion of Divine Love) you'll move into a sector within the mind worlds that is now open to such spirits.

### Is there really a Hell?

There are sectors in the two lower Earth planes that some spirits live in, those who are not as yet ready to move into the Mansion Worlds proper, and within these sectors and in a specially reserved sector of the first Mansion World, are what are called the 'Hells'. These areas of spirit are reserved for people when they die who have seriously hurt or infringed upon another's will during the course of their adult Earth life, including any child abuse of another's child or children. (All the abuse of your own children through ignorant parenting is accounted for through one's Healing (and possibly time in the hells if it's really bad), without time being needed to atone for such unloving actions in the Hell sectors.) And within their separation time in the Hells from regular spirit life, such spirits undergo a probationary time requiring they feel all the pain they caused the person they hurt, so as to know just how bad their hurtful actions were. When they have felt all the pain they have

inflicted on others, so as to know what they did wrong and why it was wrong, then they are free to resume their Mansion World spirit life.

### Are those who commit suicide punished by going to Hell?

No. Such people who become spirits are in a very bad psychological and feeling state. Feeling so bad they've taken their own life in a desperate attempt to rid and free themselves of such horrible feelings – more feeling denial. Such people in their new spirit life might take time out so to speak so as to help themselves adjust to the inner trauma they are going through, and once that has been done, they are free to continue with their Mansion World lives. Such people when they become spirits are not punished for being in such bad states that have been brought about by their parents unloving treatment of them. And unless they have hurt or seriously infringed upon another's will, won't have to do time in the Hells or anywhere else to pay for their 'sin'. Suicide is no more a sin than are all the other sins we inflict upon ourselves each day because of the unloving state we're all in.

### Is abortion a sin?

If it is for you, then that's what you will find out through your Healing. Your Healing will show you whether or not it was right to do all you've done in your life; and if not, then you will feel bad needing to embrace those bad feelings, allowing yourself to fully feel them, all so you can see the truth of why you're feeling them. So all actions against nature and God will make you feel bad, as you will see through your Healing. It's not a matter of saying this is right and this is wrong, because how we live, we're all living in states that are untrue and so mostly wrong, so we have no way of objectively judging the right way things should be. We only have our own feelings and the parameters we grew up within, the beliefs we adhere to. So in the moment when faced with such a choice, it's what you feel about it, and at any time you can deny those feelings or accept and work with them to help you understand the truth of why you're feeling them. It's not about laying down laws and saying having an abortion is bad and God will punish you. You don't know what God will do or if it's bad or not until you work through all your feelings to do with it, uncovering the truth for yourself about doing such a thing.

We are not to judge and condemn each other based on our own prejudiced and limited beliefs (although we all do) as controlled and defined by the childhood we got. We are to just keep honouring our feelings and uncovering the truth of them. And what we feel about and how we relate to all our experiences will be for us to find out, they being uniquely ours, and unique how and what truth comes from them. And you might like to know, once the physical heart beats then the soul has engaged the foetus (the 'incoming' personality) on all levels of life, the physical aspects being the last to form. So that person has life, and if she or he dies, whether naturally or unnaturally, moves into one of the nurseries in the first Mansion World in spirit. There such foetuses are lovingly attended to by spirit mothers (women who once lived on Earth and are now in spirit caring for such emerging personalities) as they develop to their full term then being born as a spirit, free to carry on growing up as a spirit baby and spirit child, being either fostered out to spirit parents

(women and men from Earth who've died and are having a relationship desiring spirit children) or looked after in nursery groups. So if you've had an abortion, when you die and start your life in spirit, it's possible for you to meet with your aborted foetus, or dead baby or dead child, should you wish to.

They being a fully grown adult spirit should enough time have passed since their death and the death of yourself. Life on Earth is only one very short specific physical experience, and when we die we move into the Mansion Worlds to carry on living as a spirit in the spirit worlds. And as a spirit, we live for the rest of eternity, we don't come back into the physical. So as with any major life decision, particularly when it greatly effects another person, and even if that person is only a very tiny spec of a heartbeat, there will be masses of feelings involved, all of which can be worked through giving rise to the truths you are to see about yourself. And as you work through it all, so the decision to have an abortion will come or it won't, but you will know what you want to do; and if you don't know what to do feeling very confused about it all, then these are yet more feelings to embrace and seek the truth of. So many bad feelings might come up through such a traumatic experience, as they might for all sorts of experiences you have, all to help you move deeper into yourself, provided you want to live life looking to your feelings for the truth of how you are to be. And as you grow in truth, you'll work out for yourself what you think and feel about sex, and having children, abortion, and any other issue that becomes part of your life to deal with. What we are to avoid is laying down the controlling: 'you must do this, you must not do that' ways to conduct life. We've all been heavily subjected to such control as children, and our Healing is the only way we can free ourselves from it.

### How morally are we to live?

Through **The Religion of Feelings** you are choosing to look to your feelings as your guide in life. You are wanting to live a feeling-led life as opposed to a mind-led one. And what this means is that by embracing and expressing all your feelings, whilst longing for the truth of them, you are wanting your feelings to give rise to the truth that is contained within your soul, which are the Truths God wants you to know and live. So by properly honouring your feelings in this way, gradually the True Way for you to live will evolve within you. So you'll know in each situation in life what you feel about it, and whether or not you agree with it, think and feel it is right or wrong, and whether or not you want to live and act that way. And as your truth grows stronger in you, you'll feel very passionate about it, and eventually won't be able to dishonour or go against it, because if you do, you'll immediately know you are being untrue because you'll feel bad. However your difficulty to begin with is that with your mind having such control over you through your beliefs, it might cause you to feel feelings that make you wrongly believe how you are is right, when it's not so far as your soul and God are concerned.

So you have to keep looking to your feelings, longing for the truth, wanting God to show you the truth of yourself and how God wants you to live, **THROUGH YOUR FEELINGS, AND NOT WITH YOUR MIND AND ITS CONTROLLING BELIEFS**. And keep going, knowing that gradually as you progress in your Healing the truth will start to assert



itself within you, and you'll be able to tell the difference between it and any misleading mind controlling beliefs. So there doesn't need to be any ten commandments for example, that you must adhere to under the belief that if you do you are doing what God wants. That's all mind control stuff, so throw it out the window and look to the truth of your own feelings and the commandments of truth they will reveal to you to live by. And there will be thousands upon thousands of them, not just ten. It then becomes personally between you and God, and without the need of a controlling church or middle-man religion that is designed to be how your parents parented you by making you adhere to their strict rules, commanding you to be like them. We are free ourselves from such dominating soul-destroy mind controlled beliefs and instructions to follow. We are to follow our own feelings, not our parents, or the priest or anyone else, even if supposedly some wise prophet said God spoke them. And by following our feelings and living the truths they present to us, we are following our own soul, and so too following God.

### Feeling unloved

We all feel unloved to some degree, some people to a lesser degree, some more. Or is that we all feel just as unloved but some of us are less aware of it doing a better job of covering it up? Or is that some people were loved more as children and so still feel loved, whereas others weren't and struggle to find love? However it is for you, this is what you will find out through your Healing, should you want to uncover the truth of yourself through your feelings. And all that is true love will remain, and you'll see the truth of why it is true; and all that is false love, love contrived by the mind resulting from erroneous beliefs from your early life, will go, as you uncover the truth of it through your feelings. And what is love, what really is it for you, you will explore in the negative first by revealing to yourself the truth of your unloved state. And once that has all come to light and you've express all the resulting and hidden bad feelings that feeling unloved makes you feel, then you will move into feeling loved and uncovering the truth of what true love is and means for you. Love can only come from truth. So without truth there can't be love; or rather, there can be love, as love is always there, only without truth you can't relate to or feel it knowing it is true love. And any love based on untruth, is false, and will evaporate at some stage through your Healing, leaving you with the truth of your unloved state. We are to first find through our feelings the truth of our unloved state, before we can move onto feeling truly loved. So it's possible as you progress with your Healing that you'll feel less and less love as all your false love is stripped away, feeling increasingly unloved, but eventually that too will pass leaving you feeling the true love of yourself and the true love of your soul. And then with those loving feelings you'll be able to explore truly loving relationships.

### To become perfect, true and all-loving

That is the aim, that is how God created you, that is your underlying true state. However your parents caused you to become untrue, imperfect and unloving. So why they did, has to be brought to light, along with how you've lived and expressed your imperfection, falseness and errors of belief and unloving behaviour, all being done through your Healing. And it's a gruelling task to face all the horrible truth of yourself that you might be denying. But you

will, and the more you accept just how bad you are and how being bad makes you feel, gradually you'll start to feel better about yourself. It's a descent into your personal valley of darkness, and once the whole truth has come to light of your wrongness, then you'll climb out of the valley onto the plateau of Light. We are to long to be true and perfect, like God is true and perfect; and once we've completed our Healing, that is how we'll be – our true and perfect selves, and fully of love, so fully loving.

### God did it all to you

It can be hard to understand, for why would a God that is said to love you, subject you to such pain and suffering? And yet, that is what has happened. God created you to start your personality expression in Creation in the negative, in an unloving, anti truth state, with your adult self being the full manifestation of how God has wanted you to become. So even if you're the most evil person alive, that still is how God wants you to be – so why, why does God want you to be as you are in your wrongness, even in your evilness? And that is what we are to find out through our Healing. As your relationship evolves and grows closer to God, God will tell you through the truth that comes forth from your feelings, why, and all else you need to know about yourself, your life and about God. Life is certainly not what we've all been led to believe it is – as your feelings will show you. God put you in your pain and suffering for very loving reasons, if you can believe that, and when you are ready, which means, when you've evolved your wrongness as far as God wants you to, then you'll moved to start your Healing to end it. And then God will help you do your Healing, showing you what it is all about. It is actually a very unique experience starting off life in such heavy denial of ourselves, our feelings and our truth, as we all are. And believe it or not, but when you've finished your Healing, having expressed all your terrible pain out of you – when you've ended your suffering, you'll be very grateful to God for subjecting you to it all, because you will know first hand through your feelings, what it feels like to live and feel unloved, which will then make feeling loved all the more precious.

### Is it wrong to be Gay?

All we are and do in our negative feeling-denying states is wrong. So how we are as heterosexuals or homosexuals is wrong. And we're all wrong because we live in untrue states of being, all shown by the fact that we live untrue to ourselves by denying many of our own feelings. And that is what your Healing will show you. It's hard to accept, but it's true. And so arguments about whether it's wrong to be gay or not, are useless, just wasting mind energy and keeping you away from your feelings. We are to express ourselves as we feel to, and then it's for each of us to seek the truth of ourselves through our feelings. And so if you are gay, then part of that truth will be why you are gay. And if you are not gay, part of your truth will be why you aren't. And like everything that is wrong within us, if it turns out that how we are is wrong, wrong so far as the Truth is concerned, then at some point, when we've fully accepted and completely understand why we are wrong, we'll become right. God changes us. And if being gay is wrong, then when you uncover the whole truth of such wrongness, you'll naturally no longer want to be the way you are. We are to follow our feelings and they will show the truth we are to live. So eventually, everything wrong within

us, and wrong according to the Laws of Creation, will be shown up for the falseness it is, and then it will go. Once we see the whole truth of our wrongness, we no longer need it, and so it will go and we'll become true and perfect. So all through your Healing parts of you that are wrong will change and go, whilst other wrong parts will remain right the way to the end, and then go. And in the meantime, whether you are gay or not, we all should be completely free to express all our wrongness, to say, do an act as we want, all so long as we don't harm another by doing so. And when you can accept that you are wrong, and that we're all wrong, then you'll find it levels the playing field, we're all in the wrongness together, we're just expressing it differently.

### The Rebellion and Default

Long ago higher spirits that were meant to help guide humanity in its spiritual and truth evolution, rebelled. This being the Lucifer Rebellion. They said, we know better than Mary Magdalene and Jesus, and as God allows us to reject Them and do what we want, so we will. So they took matters into their own hands, leading humanity away from the true Laws of Creation. And because of this, we've been corrupted and made to be false and untrue, adding to our feeling and truth denial all these years, passing on our wrongness from generation to generation. And then adding to the confusion, another pair of higher spirits, known as Eve and Adam, came to help us on Earth but failed in their mission because of the pressures put on them by the higher rebellious spirits. So humanity was taken into Default. So what this means is, our rebellion against the Truth, which is represented by our ongoing feeling denial – not looking to our feelings for their truth, comes about by default, in that our parents subject us to it unwittingly, completely unaware they are bringing us into the Rebellion that they are living, having been by default subjected to it by their parents. So that's why the truth of our feeling-denial has remained hidden until now. And it's all mad and very sad because most parents believe they are doing the right thing by their children, loving them as much as they can and with all their heart, and yet all they are doing is causing their children enormous problems, their Childhood Repression, which so few people understand. Our parents, unbeknownst to them, cause us all our problems, all our pain and suffering, all our illnesses, and all we die from. All by default, all because they teach us how to deny our true feelings instead of how to fully express them and seek the truth they contain. So the **Religion of Feelings** being **Feelings First Spirituality, The New Way** is about reversing this process, ending the Rebellion and Default in the individual and humanity's collective expression of it, by people doing their Healing.

### How do you know what is true?

Your feelings will show you. Only you can know for yourself, and only through your feelings. You can't know if anything is true with your mind. At best you can believe it's true, but you'll never really know until you feel it's true. However the difficulty we face is many of our feelings are heavily controlled and conditioned by the beliefs of our mind, and so these feelings could be called 'false feelings' and need to be seen for what they are and let go. Eventually, through your Healing, you're connect with and know you are feeling and expressing and uncovering truth from your true feelings, because unless they are true, no

truth will come up within you. And gradually as you grow in truth through your feelings, so they'll lead you in life how to be. We are to end being told how we're meant to be by other people, and so end the control of other minds over us, all getting down to ending our parents control over our feeling expression and truth revelation.

### Expressing your feelings

We are not to just express our feelings and nothing else, that is not living the **Religion of Feelings**. That is just letting of steam, which of itself might bring a little relief, but no truth. We are not to indulge and dwell in our pain or even our happiness, we are to accept such bad and good feelings, yet WANT WITH ALL OUR HEART to know the truth of what they are to show us about ourselves. We are to grow in truth, that being as spiritual as you can be, and grow through looking to our feelings for their truth. And if by embracing your feelings, you are scared of opening your Pandora's Box of unwanted feelings, afraid they'll swamp you, consuming and ruining your life forever, all so long as you keep longing for the truth as you express all you feel, even though you might be taken close to braking point, you'll be all right, with the truth saving you from disaster. And also, please understand, that by expressing your feelings that doesn't mean just doing what your feelings make you feel like doing, because many of those feelings will be mind controlled. We are use our common sense and abide by the social laws we live in, looking to express all our feeling using words, ranting, raving, yelling, screaming and crying by all means, all whilst we long for the truth of why we're feeling them. If you feel you want to kill someone, you don't just act on those feelings and kill them, instead you express all those feelings to someone who's prepared to listen to you, all the while longing hard to know the deeper reasons and truths why you feel like killing them.

### The mind and information

Many people mistakenly believe that because they are filling their mind with new spiritual understanding that they are growing spiritually. But they are not. Growing spiritually only occurs from growing in truth. And truth from your feelings. You can't grow in truth through the mind. And so many people fall into this trap. Many people believe you can transcend using your mind to become enlightened, which you can, however that's not growing in truth through your feelings. Being Enlightened, and attaining a state of Nirvana is a falsehood, it's all being done at the expense of your feelings, and will only lead you deeper into your minds control over your feelings, which becomes even harder to extract yourself from. It is going the **WRONG WAY** – go back, back to your feelings and the truth they will show you.

### Mind over matter

Many people teach and believe we should live with our mind being able to control our feelings, so if you feel bad, scared of something for example, then simply apply your mind to overcome such fear. Face the fear with your mind and banish it forevermore. So add to your feeling denial by using your mind to conquer those horrid bad feelings. Everything that

is feeling denial is WRONG and doing you HARM. And the longer you persist with your feeling denial, which many spirits do for thousands of years, the harder you're making it for yourself to end it. And at some point, be it during our Earth life or in spirit, we have to do our Healing.

### Affirmations

Drumming into yourself by affirming the opposite to the bad feeling or unloving disrespectful way you are treating yourself or another person or creature, is not the way to truly Heal yourself. To think, this instead of that, repeating it over and over, the opposite of how you are, trying to replace one belief with another, whilst some people seem good at doing it (because of how they were treated and treated themselves through their childhood), it's still abusing yourself by adding yet more feeling denial to your already saturated feeling-denying self. So if you affirm that you're now a loving person and love that part of yourself that previously you hated, and your cancer mysteriously goes away, you've successfully added yet another layer of mental control and feeling denial to yourself. What you have NOT done, is willingly submit and surrender to those bad feelings, accepting and expressing them, whilst longing for the truth about yourself they are trying to show you. This being the true way of dealing with your pain and bad feelings, all so you can get to the bottom of them, to uncover the deepest causes that are making you sick. And when you see those deep causes and understand all the dynamics of your unloving relationship with your parents when you were a child, and why it is now manifesting as such an illness in your adult life; when you've expressed out of you all that pain and suffering, then your cancer or illness will go, and go forevermore, because you are no longer that unloved little child. This is true Healing by using your Feelings.

### Reincarnation

There isn't any, we don't reincarnate. It's another erroneous mind belief thought up by someone who didn't understand the importance of feelings. It is used to deny yet more feelings. There is no karma overhang from one life to another. When you do your Healing you'll see that you've got more than enough hardship and pain to deal with from your conception through your forming years and childhood. And as you do your Healing, you'll see that to blame your bad feelings, problems, pain and suffering on past lives is just a cop out and is yet more running away from not facing the truth of your feelings you are feeling NOW. Also, God has given you your unique personality. And God is not about to take that unique personality away from you were you to reincarnate, only to give you another unique personality. You are Ann or John or Sue (or whoever it is that your name defines) now, and so you will always be the unique personality that you are. You will grow and change through your Healing and as you ascend in truth, but you'll still always be the inherent person you are. So you will not then stop being Ann or John or Sue or whoever you are, to wake up on Earth again in your new life being this time, Mark or David or Janet or even another Sue, someone with a totally different personality to what you were before. God doesn't bestow multiple personalities on us. You are going to be who you are forevermore. And we don't have some Oversoul that is undergoing multiple personality expressions simultaneously on

Earth as many different people with different personalities through many different time frames, past and future. That's all fantasy. And the notion of reincarnating back as a creature, anything other than a human, is just playing silly mind games.

### Allowing your feelings to guide you

This we are to do as we continually express our feelings seeking the truth they are to show us. It will naturally happen. However, as said above, if we feel angry and like killing everyone, we are not to do what our feelings say by going out and shooting everyone in sight. We are to be responsible with our feelings, embracing our anger, expressing it the best we can to a friend or counsellor, or to the walls or God, speaking, yelling, ranting and raving, crying it out preferably, writing about all we feel, even saying it all in our mind as our last resort, all whilst wanting to know the truth of why we feel so angry that we want to hurt someone. We are to emote the pain of our feelings, yet not necessarily act on them all.

We are to act by expressing them the best we can without hurting or harming another person or creature. To your friend you can express your rage, anger, frustration and hurt, even at them if you feel upset by what they've done or said, but only if they understand that you are needing to bring out such feelings that will connect with deeper repressed feelings so you can uncover the truth of them. If you are 'triggered' and suddenly can't help yourself venting your fury, try and keep a hold on yourself whilst you understand that your buttons are being pushed and that you need to express such rage but in a place and situation supportive for you to do it in. Sometimes of course you can't hold back and so let rip and will have to deal with the consequences, however if you are intent on expressing your feelings to uncover the deeper truth held within them, then life will support you in that.

Wanting to know the truth of why you are feeling what you are feeling is the key, if you stay focused on that, then you are expressing your bad feelings to not only bring them out of you, but to also getting them to show you what's really going on deep inside you. And you'll find that your rage at someone else will all come back to your repressed rage at your parents or a carer in your early life, and that is where all your pain stems from, so that is what you have to want to see. What happened to us when we were young that's now making us so angry we want to kill everyone? So who is it you really want to kill? We are not to act on feelings that make us hurt someone or another creature or break the laws of the society we live in, we're stuck with those laws whether we like them or not.

But we can still in our own home express the fullness of our feelings, expressing how much we might want destroy and kill and maim and hurt and punish, and cut those we hate, such as our parents or God, into little pieces, when we feel the pain and full trauma of what they did to us, all so we can uncover yet more truth about our unloving relationship with our parents, our pain and suffering. And you might not even be able to raise your voice in the society you live in, as no one tolerates you being angry with them, so take your feelings of anger home or to your 'safe place', somewhere where it's acceptable for you to vent your rage, and go for it there, all the while wanting with all your heart to understand why you are so angry – what happened to you when you were young to make you be so angry?

And your feelings will show you what it is all about as you express them, emoting your rage, misery, fear, sadness, guilt, whatever your bad feelings are, and the picture of truth will grow, and you'll understand. And when you understand and embrace the whole truth of your bad feelings, then you'll be set free of it all, you'll simply no longer feel that bad feeling anymore. And you'll feel really good. Seeing the truth comforts you and makes you feel good, even if still overall in your yuk state you feel bad. And when you are completely Healed, the truth will make you feel extremely good. And then the same situation might occur that made you feel bad, but you will have changed no longer being affected by it.

### Do I need to meditate?

You don't need to do anything other than keep attending your feelings, expressing them and longing for the truth they are to show you. You can meditate if you want to, you do whatever you want, however if such practices are helping you deny feelings and so are contributing to your falseness, then that's up to you as to whether or not you want to continue with them. Everything will change, remember, you are all wrong as you are, and setting out to do your Healing means all that is wrong will end up going, being eventually replaced by what is right. However what is right means you'll feel good and right about it, it might not be what your mind considers to be right.

When in meditation you might like to use that time to long to God for Their Divine Love. And to meditate upon your feelings. And even to express feelings, say other prayers asking God for what you want, telling God about all you are feeling, whatever you feel moved to do. And if you can speak to your Indwelling Spirit, other spirits from Earth, or universal spirits, angels or the nature spirits, you might want to use this quiet time, whilst longing for and receiving the Divine Love, to also talk with your 'inner' friends. As always, it's looking to your feelings, fully acknowledging them and allowing yourself to feel them, expressing them the best you can whilst longing for their truth, and doing whatever it is in life you want to do.

### Can I speak to spirits and angels – is that all part of it?

It is if that's to be part of your life. However many people might like the idea and wish they could, but as they move deeper into their feelings they will see that such things are actually not for them and not what they want to do. And other people will find it is something for them. If speaking to unseen friends is to be a part of your spiritual and truth evolving life, then you will gain their help. However, always make sure they are helping you stay true to your feelings and not wanting to lead you off into other parts of your mind and using it to maintain or even increase its control over your feelings. The Celestial spirits, who are people who were on Earth and died and have completed their Healing, are more than happy to assist you with your Healing, and will be doing so even if you are not consciously aware of them. And the same applies to your two guardian angels, they too will be helping you in many unseen ways as you progress through your Healing.

### Is it right to be vegetarian?

It's right to be whatever you feel you want to be. You might not want to eat meat and yet can't stop eating it. So then you have more bad feelings to embrace, express and want to know what they are to show you about yourself. You might start off being a vegetarian believing with your mind that this is part of you being spiritual, only to find that your feelings lead you into eating meat, all so you break down those controlling beliefs of your mind. Then once that is done, you might find your feelings lead you back into being a vegetarian. Overall we are not to hurt other creatures, because we are to become so sensitive to our and others feelings, that we'd never dream of harming anything for our own gain, even if that is for our survival. However setting such rules usually means they'll be broken at some time by your feelings, just to keep your mind from taking back over, so you might go this way and that in all things you do in life, declaring one day, right, that's it, no more meat, only some months later craving it so badly you're back eating it. Your body will adjust as your feelings unfold and are expressed, if will be filled with masses of aches and pains all helping you to stop and let go and come back to your true self. And so no one can say for sure that you will be this way or that or should do this and not that, that is for each of us to discover for ourselves through our feelings, and to end up being totally happy with what we do because it makes us feel good. It comes down to it being between yourself (your soul) and God, and how God wants you to be, which will all come from your soul and through your feelings – the truth you are to be and live.

### Should I eat certain foods and go to church or the temple on certain days?

You do what you want to do and eat what you want and when you want to eat it. All the while expressing all the good and bad feelings that come up, longing with all your heart to know why, and why on the deepest levels within you, you have such feelings. What are your feelings telling you? And you can pray and beg God to help you see the truth of your feelings, and long for the Divine Love, anytime – on the toilet, driving, in the middle of the night. It's your relationship with your feelings that is ONLY what is important. And as you have feelings all the time, so that is your spiritual life – seeking the truth of them and living that truth when it comes up in you. However, as with all things, you can do all of this in your church whilst eating specific foods at specific times if that's what you feel you want to do. It's your life, your feelings, your relationship with your soul and with God, and it's for you to live it and work it out for yourself how you want it to be. And God will guide your soul, which will guide you through your feelings and with the truth that comes to light from your self-revelation.

### Taking full responsibility for yourself in life

**The Religion of Feelings** is about looking for your feelings for their truth so you can take full responsibility for yourself in life. We are grow out of being irresponsibly parented by our controlling parents, shedding all the controlling irresponsible patterns they made us believe were the right ways to life and conduct ourselves in our relationships and lives. And this will happen as we grow in truth, admitting to our irresponsible ways that our feelings will show



us, changing our unloving negative patterns of behaviour from that of being self-consuming, egotistical and selfish, to wholly self-less, yet not without paying full attention to ourselves – to all we feel. We are not meant to ‘put ourselves aside and be selfless wanting little to nothing for ourselves’, we are take full charge and fully honour and be fully responsible for our feelings, expressing them fully and truly, whilst seeking the truth of them. We are to put ourselves first, which means all of our feelings, and allowing our feelings have their say, not denying them or ourselves in anyway. And then our feelings will show us how to be humble, and how we are to help others if that is to be part of our expressing ourselves, but all because we have first helped ourselves by truly honouring all we feel.

### Hating God

Should your feelings move you to hate God, then you hate God with all your feelings of hatred, all whilst wanting to know why. Why, what is the truth: Why am I feeling the feelings I am feeling, what is it all about? When you’ve been taught that it’s bad to hate God, and you don’t want to hate God, or that God loves you because God is all-loving and so how can you hate God, and yet your feelings make you feel you hate God, then you are to fully honour those feelings. And you can hate God and love God, even at the same time. Or you just hate God with all the passion of your hatred. And hating God is not going to make God punish you, so let God have the worst of how you’re feeling. However if you feel God will get angry with you for having such hatred within you, then those are yet more bad feelings for you to accept, express and long for the truth of.

Your feelings are dynamic so always changing, and so you can go this way and that with them like a small boat cast adrift upon a heaving sea. And this is then where your truth, that truth that comes to you through your feelings, comes into play, for it becomes your foundation, the stable rocks upon which your feelings are free to express themselves. And so if your feelings lead you to hate God or anyone, even yourself, then that’s where you go, and slowly the picture of truth will build showing you why you feel that way, which will help you feel good, comforted – the Truth being our true Comforter. And as love is the ultimate truth and what we are all about, so in time your hatred will abate and leave you, leaving you with only love and good feelings. However this might take a long time, your Healing can go on for years, as there is a vast amount of wrongness within you and an ocean of repressed bad feelings that need to come out, and a great amount of truth for you see about it all.

### Should I go to the doctor when I feel sick?

You should do whatever you feel to do, expressing your feelings, good and bad, along the way, whilst you want to know the truth of them. The theory is that you would have no reason to go to the doctor because you’d never get sick or feel bad if you were true and perfect. And so the only reason you get sick is because of your unloving childhood, it has caused problems and trauma within you, causing your mind to control your feelings, all of which causes all the problems, pain, suffering and illness you have. So you might want to resist going to the doctor, holding off and expressing and longing for the truth of your bad feelings for as long as you can, only going if things get too bad.

Yet not going the moment you feel a pain wanting the doctor to take it away. Getting the doctor or therapist, counsellor, healer, psychologist, psychiatrist to help you; drinking, taking drugs – legal or illegal, and so on, even just taking a headache pill, is the same as using your mind to take your bad feelings away. However, as with it all, there are no hard and fast rules, so you might gain a lot from going to the doctor, taking the pills, seeing a therapist, being healed, because more feelings will come up for you to express and uncover the truth of through the experience of doing it. So do you see, it's no so much about being told how to be, it's doing what you want and attending to all the feelings along the way.

Overall you might not want to be reliant on such outside help, wanting to do all your life yourself and only with your feelings, and so this can be your desire, however always bear in mind that your soul might have other ideas, because it's important that you experience many other feelings doing such things that ordinarily you don't want to do. We don't know what our soul is going to do so as to provide the experiences we need to give rise to the feelings we need so we can grow in the truth we need. So we willingly surrender and submit to our feelings and move along with them, expressing them and longing for the truth they are to show us.

### It's really Will-Healing

Our Healing is really about healing the damage to our will. Our parents parented us in such ways that made us go against our true self. They used their stronger wills to overpower our emerging will. And we then used our will to do what they said, because they made us do it. And in that, when we took on their way, going against our way, our will focus became against ourselves. And so we've grown up with our strong will willing life against us, willing ourself against ourself. We use our adult will to live the will of our parents and early carers, all whilst we delude ourselves that now we've left home and our parents control, we are free to live life as we want.

But when you work deeper into the truth of yourself through your feelings, you'll see that you are deluding yourself in this belief, and to your horror, you are still just being the good little girl or boy carrying out the demands – the will – of your parents. And it won't be until you do your Healing that you rectify such will damage, bringing your will back into truly supporting yourself; with the end of your Healing being the time when you will know through your feelings the truth that you are free, that you have finally separated from your parents. That you are in effect, 'Born Anew' or 'Born Again'. So can you also see, how many of the terms contained within our man-made (which are really parent-made) religions are correct, though incorrectly used, only because such mental systems of falseness fail to look to peoples feelings for the truth, so they misunderstand the meaning of such terms.

### And again: How do you do your Feeling-Healing?

You accept your feelings, you express them, and you long for their truth. And how you do that is up to you find out for yourself through your feelings. There are other books

available, other people's experiences of doing their Healing (see references at the end), and then there is yourself. The whole beauty of *The Religion of Feelings* is that it's all about you, all up to you, and you can do it all. God has given us all a soul, and contained within our soul is our eternal life plan, and it's always unfolding, and you're on it now, and you can fully align yourself with it, so living hand-in hand with God knowing what your soul is wanting you to feel and what truth to see as you experience it, it all becoming clearer as you progress in your Healing. The doing of our Healing is only newly revealed on Earth, so it's early days, and should you want to embrace it, you'll be something of a spiritual pioneer. And you might be the sort of person who wants more information and understanding so you know what you're getting yourself into and sort of what you can expect, or you might just want to jump in at the deep end, working it out as you go. And as it's all how you want to be according to your feelings, so that's how it will be.

### Soulmates

Yes, they are real and do exist and you have one. Each soul is duplex, which means it is expressing each of its two personalities in Creation. And so you are one whole personality, one 'half' of you soul, just as is your true eternal life partner and soulmate. And if you are male, then your soulmate will be female; and if you are female then your soulmate will be male. There are no same sex soulmates. And why this is, is because it's all about procreation and the two opposite 'halves' being able to share and experience everything differently and yet together. If our soulmate was of the same sex, we'd be too similar and therefor wouldn't be able to experience the full range of feelings that both 'halves' are to feel.

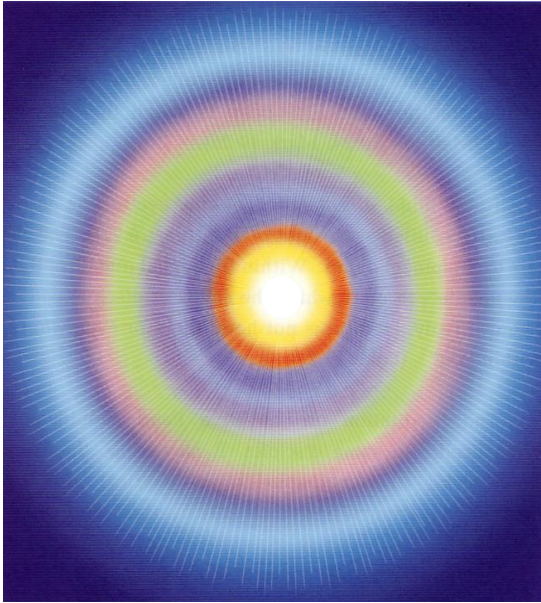
Many people believe they are soulmates, yet you can't actually know if you are, despite what you believe, until at least you are well on your way into your Healing or have finished it. You might be told before hand that you are soulmates, you might believe you are, but you won't know for sure, and that's absolutely for sure, until you've healed all the wrongness, all the falseness out of you. Because although you might feel very strongly you are soulmates, still it might only be part of your controlling mind that gives you such strong feelings. So if you feel you want your soulmate, you can long to meet, whilst expressing all the feelings you feel about it along the way, longing for their truth; and one day, when you are ready, so it will happen.

It is already apparent that some people will do much and even possibly all of their Healing virtually alone, others in relationships, however as to whether or not you are soulmates, your soul will tell you when the time is right. And in doing your Healing with your soulmate, don't expect that because you are soulmates you'll have a blissful relationship of ever-expanding love together. Because more than likely, as you are both false, you'll possibly even hate each other thereby bringing out all the yuk and bad feelings you can, so as to uncover the truth of them, whilst somehow remaining together. If you did love each other, then you'd not make each other feel bad, and so you'd not help stir up each others repressed feelings, so you'd not actually help each other truly Heal. And then when you are both Healed, then you will grow to love each other and live happily ever after.

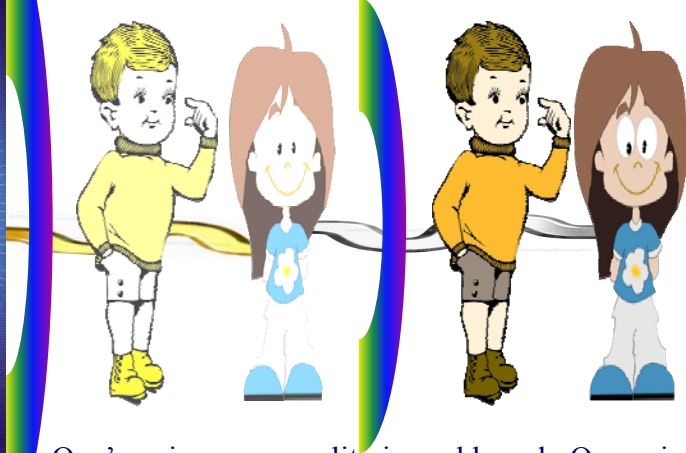
## DIMENSIONS of ONE'S EXISTENCE:

Our SOUL IS NOT ENSOULLED IN OUR SPIRIT BODY. Our soul exists existentially in a whole different level or plane or place or dimension of being – 'soul land'. It doesn't exist in Creation, it's not experiential like Creation is. The soul, all souls, help create their part of Creation by expressing their personalities into Creation, and then by having their personalities do things (further create) in Creation.

SOUL exists existentially



Our Physical Body and our Spirit Body are of Creation, being linked together by cords of light as are the two spirit bodies, male and female, to the one Soul.



One's unique personality is soul based. Our unique soul expresses its unique personality through the two spirit bodies and physical bodies expressing both the male and female aspects.

## PERSONALITY



**Our soul is the centre of our personality.  
We are children of our Heavenly Parents.  
Our soul manifests a male and  
female personality - it is a duplex!**

## Relationships

As life is about relationships, and relationships on all levels, so they are the most wonderful source of feelings. And so within your more intimate relationships, if you can express all you feel to each other, even if it's all the hatred and anger you feel, whilst longing for the truth, then your relationship will evolve into levels you had no idea about. Your Healing might break your relationships apart as truth and all your repressed feelings come to light, and should this happen, then you will know that such relationships were false, and really you were only keeping something going that was doomed for extinction at some point in the future.

The main relationship we have is with our self, and so this is what is focused on through our Healing. And getting to know your feelings, and seeing what truth they show you about yourself, your other relationships, even your relationship with God, is incredible, and a true wonder, once you come to terms with all your bad feelings. And ultimately, once you are Healed, it's about living for the rest of eternity with your Healed soulmate. You will both come together, be it on Earth or in spirit, and then in your true love perfection, together keep ascending through Creation to Paradise, there to one day together meet with your Heavenly Mother and Father, the true Parents of you both, the Creators of your soul.

## Parenting – So how is one meant to parent?

It's very difficult when you understand all you are as a parent is wrong and unloving so far as the Truth is concerned. However within that, one feels love and expresses that, doing the best you can. And as you grow in truth through your Feeling-Healing, how you parent will change in accordance with that truth. So being a parent understanding that you are not perfect and true and will be passing that falseness onto your child, your parenting will at least reflect such understanding, being conveyed to your child who will grow up more aware of the problems it faces and why, and the limitations of you its parent.

It's simply about being as true as you can be, and your child will appreciate that, no matter how wrong you might be. It's being false and telling your child its wrong when it objects to your mistreatment of it, stopping it from feeling such feelings that causes all the damage. So the more you can allow your child to freely express itself, to freely express all its feelings without forcing it to deny them, then the child will be freer to grow in truth from its experiences and its own feelings.

All of which will also help you being the parent, as you will see the child has all it needs within its own soul, and you being its parent only really need to be with it as a guide, but not taking over and controlling it to the nth degree, demanding it be as you are. And having a child will put a lot of pressure on you giving rise to many bad feelings, triggering your control and resistance you felt when you were unlovingly parented, all of which will help you with your Healing. And when you express your bad feelings, don't dump them on or take

them out on your child needing to have power over it because it's threatening you by making you feel powerless, instead express your feelings to your partner or God, as you long for their truth.

### Being the Listener

Being on the receiving end of someone who is in the full throws of expressing deep pain and are feeling very bad and full of masses of bad feelings can be very confronting and might trigger many of your issues pushing so many buttons that you react feeling threatened wanting to fight back expressing your bad feelings. To be a willing listener will come more easily to some people than others, with the idea being that you want to support the person expressing their bad feelings, without stepping in and taking over, being prepared to allow them to go wherever their feelings take them, even if that involves spewing vile hatred all over you, and encouraging them to keep going, all so they can bring it all out, and long for the truth of such pain. And it's not to cut them off taking over trying to solve their problem so as to shut them down again and stop them expressing their yuk.

It's about unconditionally allowing the other person to say whatever they want, and for you to let them do so. And for you the listener to say what you think and feel when appropriate, expressing your feelings; and if you find you both have feelings you want to express at the same time, then you can sort out how you go about that, being the expresser and listener. And it's all very well reading these short paragraphs on how to do these aspects of your Healing, however when you start and you're in the thick of your feelings, then everything goes out the window and your feelings and set behavioural patterns take over, often shocking you as to just what is buried inside you. Our Healing is to work out for ourselves how to do it, all based around expressing ourselves with other people, learning about respect, love and how to have true relationships, ending rejection, all according to the feelings felt. And when those feelings are coming from feeling unwanted, uncared about and unloved, it can be all very difficult.

### What's the hardest part in your Healing?

It's having to face the truth of your feelings, which can hurt and be very painful in itself. However once faced and accepted, it will change you into feeling good about it all. To wake up to the truth that you are not the nice person you've believed all your life you thought you were, is not nice, to understand for example that you are a bully, not respecting other people's feelings, when you thought you were very kind and considerate, is very humiliating, and feeling ashamed that you were such a sham, is not fun.

We are to see all how wrong we are, why we are, where it all came from, how our parents and early carers were, how they negatively and unlovingly affected us, all from conception right the way through our childhood, so there's an awful lot to see about yourself, and a lot of that is not going to be nice. However it all has to be seen and felt. And the next worse thing which will cause massive amounts of anguish, pain and bad feelings in you, to be

accepted, expressed and their truth sought, is coming to realise how unlovingly you've treated your own children.

And to be able to see the pain you've caused them, and how distorted and corrupt and wrong they are, all because of your unloving parenting and negative influence, wishing you could go back and be different and truly loving with them. It's gruelling, hellish, having to deal with and come to terms with the agony of so many bad feelings. Your Healing is going to put you through a lot of pain, countless bad feelings will surface, you will spend days wracked by them, as you desperately try to express and long for their truth. And yet NOTHING throughout your Healing, which may take many years, will be worse than what you experienced as a child. So the worst, no matter how bad your adult life is, is already over.

It is the truth of how it was for us through our childhood we are to see, so all the bad feelings that surface in you are only the same feelings that you felt as child, only now as an adult you can uncover the truth of them, understanding why you feel them, which you couldn't do as a young child. So your Healing might be unbearable, so many crushing annihilating bad feelings coming up relentlessly in you, and you might wonder where in the heck are they all coming from, because you've blocked out your early childhood memories of what you felt, and it will all help you understand: this is how it was for me, this is the truth of my childhood with my parents, this is the pain and anguish, the fear and misery, I felt with them.

And when you move into the deepest parts of you that feel the most unloved, oh god it's bad, so, so bad, but it happened to you, for if it didn't, such feelings wouldn't be within you. And so you can know the truth that this was how my parents really felt about me, which will explain all the pain and suffering and every bad feeling you've ever felt. Our Healing is to show us the truth of our unloving beginning with our parents. And coming to terms with that, accepting it, and then moving on from it, once the truth is known. Your Healing will be the hardest thing you do as an adult, however not harder than what you've already been through during your childhood. And it has to be done, and when it's done, you'll be so happy to be free of all your pain, and feel so good about the all the truth you've see about yourself. It is a wonderful experience to have.

### Psychic Upheaval

Another problem some people might experience early on in their Healing is what could be termed psychic upheaval. Generally people more susceptible to this are those people wanting to feel special because they have certain special psychic powers. And along with these 'powers' will be many associated beliefs which help define such people as in how spiritually advanced they might believe they are. And as we all want to feel advanced because we hate feeling those dreaded feelings of feeling inferior, powerless and unimportant, so the appeal of being able to astral travel and do spirit healing, talk with spirit guides and angels, might be very strong.

And it's not that there's anything wrong with doing these things, far from it, only if such things are attached to your mind as part of its control over you, then when you first start confronting that mind control within yourself by looking to express and seek the truth of your underlying feelings, then possibly a lot of strange 'happenings' might occur within your mind and on the psychic or inner levels. Even to the extent of you thinking you are going mad. And if such strange things happen to you, just keep going trying to stay true to your feelings, expressing all the bad feelings of madness and whatever else you feel, all whilst longing hard and sincerely to know the truth of why such things are happening to you. And it might take time, even years, yet you will eventually settle down, with it all showing you aspects of how it was for you during your early life. Lots of things happen to us on the inner and psychic levels when we are very young, with some of us being more affected by them than others.

And being so unlovingly influenced by our parents and not allowed to fully express those parts of ourself in life, so again with many feelings being repressed causing such inner abilities to be 'closed down' or even having them 'knocked out of us' or distorted, such things might cause problems when you start moving back into yourself through your feelings. We're often made to feel such things are bad, so it might be that you have lots of deep problems in that area, which will come to light as you start your Healing and start threatening the control of your mind. And another thing that bothers some people, is they worry that by opening themselves up to the unseen inner worlds they might attract to themselves negative or evil nasty spirits that will mislead or interfere with them.

And so you can 'protect' yourself from such negative and unwanted energies and presences by longing for and receiving the Divine Love. When you start embracing the Divine Love you will be looked after by higher Celestial spirits who will keep away any lower nuisance spirits or such bad energy. And if whilst longing for the Divine Love and doing your Healing, still you feel unprotected and vulnerable to such negative influences, then work with all the bad feelings you feel longing to uncover their truth, and you'll see that such negative influences are all actually your parents. And when you are able to relate it all back to them, then such 'evil presences' will leave you. All your worries, problems, all your bad feelings, will ALL eventually relate back to your parents, because it was with your parents that it all started. And if you are adopted, everything will work back to your adoptive parents, and then even further still to your real parents, even if you don't know them.

### Is it wrong to have and want material things, such as money?

Nothing is wrong as such, it's all what you feel. And if your feelings lead you into having no money or things, then that's where you will go, and want to go because the truth will make you feel good about that way of life. However your feelings might lead you into wanting more material things, and having more money, all so you can experience what you'll need to so as to give rise to the feelings you'll need so you can uncover their hidden truth. There is no right and wrong so far as trying to work things out with the mind.



There are only feelings, and always more feelings; and the greatest challenge facing us all is being able to freely express all those feelings all the time so we can keep growing in truth from them. Things come and go to provide us with experiences so we can FEEL. And we need to feel because that is how we find the truth we are to live, provided we want to look to our feelings for it and not go off getting sidetracked by our minds. If you acquire things using your mind, for more control, status, being greedy and only ever wanting more things, then you are not going to want to do your Healing and start sorting yourself out by looking to them for the truth they are to show you how to live, that truth coming from your soul which God created.

God has put all the truth you are to live that will make you feel ultimately good, happy and loved in your soul, and your feelings are the way to bring it out, to access it, not your mind. The way we all conduct our lives is mind-driven and at the expense of our feelings, even for those people who are good at expressing all they feel. And if you want to keep going that way, so be it, and you will evolve your minds control over yourself making it harder and harder for yourself to come back to your true self. However one day your soul will say that's enough of that, now it's time for you to become true, because you will need to do your Healing and connect up with your soulmate and get on with the real business of ascending in truth to Paradise, not just trying to accumulate a fortune in material things.

#### When you have nothing else

When you've tried everything and nothing gives you what you need, when you have nothing else, then possibly your Feeling-Healing and the **Religion of Feelings** will be what you're looking for. And even though your Healing might be very difficult, still, when you know it's the way to uncover the truth of yourself, and when you understand that your feelings are what you need to properly and lovingly attend to, then there is nothing else, and all you can do is Keep Going.

You are to live true to yourself; True to your feelings  
 Your feelings are the real you  
 Your feelings are the way into the truth of yourself  
 You will find yourself through and 'in' your feelings  
 Long to be true; Long to feel all you feel  
 Long for the truth of your feelings  
 This is the true way of your soul

## **THE MIND WAY**

### **Mind – Transcendence**

#### **Limited progression**

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

## **THE FEELING WAY**

### **Feeling – Ascendance**

#### **Unlimited progression**

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

## **The CHOICE is OURS to MAKE:**

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

Long to God to show you the truth of your soul,  
 through your feelings

## Prayers to our Mother and Father

**Please Mother and Father** help me accept my untrue state and bring up all my repressed feelings so I can see the full truth of why I feel so unloved and all that's wrong with me.

**Please Mother and Father** help me see the truth of myself through my feelings. Please my beloved Heavenly Parents, fill my soul with Your Divine Love. I long for Your Divine Love; please answer my prayer and yearning to be at-one with You and do Your Will by living true to myself and all my feelings. Please fill my heart and soul with Your Divine Love – please make my soul like Yours – Divine.

**Please Mother and Father,** I want to uncover the whole truth of myself through my feelings. I want to be able to feel and accept just how bad I am, how bad I feel I am, how bad I've been in my life. I want to know the whole ugly truth of myself, see it and feel it and understand how I came to be it. Please reveal to me through my feelings all the truth of myself You want me to see. I want to be as You want me to be; I want to be true and perfect, Healed of all my rebelliousness and self- and feeling-denial; I want to be good, loving, true and happy, please help me become true to myself, true to my soul, true to You.

**Please Mother and Father help me,** I'm in such bad pain, I feel so alone, so miserable, so scared, what's going to become of me, I don't understand, what's the point of me, why have You made me; please help me see the truth of myself – all the truths of myself, nature, how to be in the world, of You both. I want to know, I want to know it all through my feelings, all that there is to see, the whole truth and nothing but the truth. Please help all my pain come to the surface of me so I can embrace and accept and express it out of me. I want to use my feelings to uncover the truth they are to show me; please help me to do that.

**Please Mother and Father love me.** I want You to love me. I want to feel fully loved by You. I don't want anything else, only to be with You. Please, that is all I am asking.

**Please make me feel how unloving I am.** Please show me the horrible truth that I am. I want to see and feel and understand the worst of me, please take me into my darkest scariest ugliest unwanted rejected places within myself. I don't want to feel all the dreadful pain that I know is there locked away inside me, yet I do also want it all to come up and out of me, and I want to use it to see the truth of my wrongness, the truth of how evil I am, the truth of my fucked up state. I no longer want to be false, pretending I am okay, using my mind to make me falsely believe I am good, happy, loved and loving, when I know I'm not. For how can I be when You've brought me into my unloving state, making me be of it. And as You want me to experience being this negative way, please show me the whole truth of it. I no longer want to deny any part of myself, or any of my bad feelings. I want them all to come up so I can express them, emoting their pain, feeling how bad You've made me feel all my life and all through my early life; I want to see why, and so reveal all the truth to myself. I want to be the living truth of myself, living true to my feelings and the truth they give rise to. Please help me to do my Healing, and please fill my soul with Your Divine Love.

The mind way is the 'dead' way; the feelings way is the 'alive' way.

## Feelings First Spirituality, The New Way – The True Way

### It's a New Way

Living true to yourself by living true to your feelings, which is then also living true to your soul and living true to God, is a new way to live. It is what the **Feelings First Spirituality, The New Way** is offering. And you are most welcome to take from it what you can. You are not obliged to do your Healing, no one is going to force you into that, that has to come because you want to stop being false and untrue, and sincerely want to uncover the whole truth of yourself through your feelings. And it might be that you will do your Healing, yet not for a long time, you might go into your new spirit life when you die, there in spirit to carry on moving deeper into your mind control over your feelings. Or, you might want to immediately begin your Healing. And if you do, you can start attending to your feelings any time, longing for their truth; and you can start longing to God for Their Divine Love as well. It's all as you feel you want to be and how you want to do it. There are no 'ten steps', set rules, practices, formulas, rituals, creeds, dogma or ways for you to follow, to do your Healing and live the **Feelings First Spirituality, The New Way**. All that mind controlling stuff we are to throw in the bin, looking to our feelings instead for the truth we are to live.

Our Feelings are the way 'home' to Paradise,  
so we can be with our loving Mother and Father.

# Feelings First Spirituality

## The New Way

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

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

Accept, express and long for the truth of your feelings

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



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

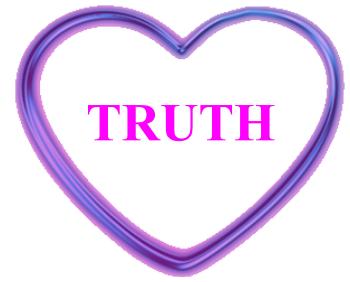
Accept / Express / Bring out ALL of your good, and most importantly,  
 BAD feelings.

Want to understand why you're feeling them.

Use your surface feelings to take you deeper into your repressed and  
 hidden feelings.



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

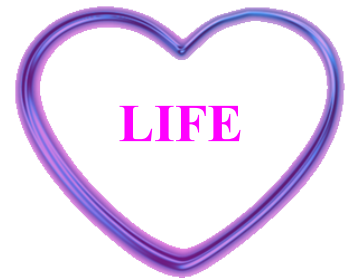


Your feelings will show you the truth of your relationships, including your relationship with God; and if anything is wrong, untrue and unloving, then why it is.

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

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

Feelings First Spirituality is the True path for humanity.  
 It embraces all people.  
 It completely unifies the world.



Everyone can relate to everyone else through their feelings.

And we can all live the truth that comes from our feelings, all sharing the same truths as we express and have the same feelings.

No one need be left out; no one is more special than anyone else – we are all united in Truth through our feelings.

So with and through our truth we live our lives, therefore without the need of any man-made mind-laws, rules and restrictions that limit self-expression as inspired by our feelings.

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

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

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

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



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

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

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

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

**Feelings First Spirituality, The New Way**



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

**HOME**

LOVE is  
**Feelings First Spirituality, The New Way**

FREE BOOKS

FEELING-HEALING with DIVINE LOVE is SOUL-HEALING

First, consider discovering the truth of your emotional pain through Feeling-Healing. Second, consider longing for our Heavenly Parents' Divine Love, as you progress with your Healing. This is the highest and truest spiritual life you can live.

Primary and most important readings are the writings of James Moncrief. Then consider the Padgett Messages, and then The Urantia Book.

James Moncrief publications: all FREE pdf downloads:  
<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html>

**Feelings First Spirituality, The New Way**

Feeling-Healing

Soul-Healing with Divine Love

Divine Love Spirituality

Pascas Care

LOVE



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

It is suggested for one to consider reading as follows:

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

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

**Paul – City of Light**

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

**Ann and Terry**

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

**Feeling Bad? Bad Feelings are GOOD**

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

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

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

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

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

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

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

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

## [James Moncrief's books, the Padgett Messages and The Urantia Book at:](#)

### **DIVINE LOVE SPIRITUALITY – DLS:**

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

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

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

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

**Religion of Feelings**

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

**Introduction to Divine Love Spirituality**

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

**Main website of DLS**

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

**Childhood Repression website**

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

**DLS and CR forum**

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

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

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

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

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

Pascas Papers, being free, are located within the Library Downloads [www.pascashealth.com](http://www.pascashealth.com)  
<http://www.pascashealth.com/index.php/library.html>

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

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

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

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

### **MEDICAL – EMOTIONS:**

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

**PASCAS  
PAPERS**