

# PASCAS CARE

## Geothermal

### Hot Springs



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

**PASCAS FOUNDATION (Aust) Ltd**  
**ABN 23 133 271 593**

**Queensland, Australia**

**Em: [info@pascasworldcare.com](mailto:info@pascasworldcare.com)**  
**Em: [info@pascashealth.com](mailto:info@pascashealth.com)**

**Pascas Foundation is a not for profit organisation**

**[www.pascasworldcare.com](http://www.pascasworldcare.com) [www.pascashealth.com](http://www.pascashealth.com)**

## PASCAS INTRODUCTION:

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

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

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

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

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

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

Living Feelings First, *John.*



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



**Hot springs** encompass everything from tepid natural baths to boiling springs like this, but generally have clear water. Carbon dioxide gas may also make bubbles.



Hot springs that are rich in clay tend to be called mudpots. The clay typically forms by hydrothermal alteration of the minerals in lava.

### **What is thermal water?**

Thermal water is identified as a hot water with composition rich in salts, iodine and gases. It emerges from natural thermal springs, spread all over the Earth and practically on every continent, even in the oceans.

Balneology is the scientific study of the therapeutic benefits of naturally occurring mineral waters. In Australia, this science is not very well known, and is even less seldom practised.



### **Detoxification**

European medical doctors have conducted research into thermal therapy, and have found that:

Hydrostatic pressure in the body is increased which results in increased blood circulation and cell oxygenation. The elimination systems of the body are thus stimulated, improving the body's capacity to detoxify. The body's metabolism is stimulated, resulting in improved digestion. A program of three to four weeks of regular thermal bathing can assist in the normalisation of endocrine glands and assist the automatic nervous system.

Therapy using mineral water spas combined with massage is being used increasingly for work-related diseases such as back problems, stress and tinosynovitus. It is also proving very effective for rehabilitation after accidents. Rheumatism, arthritis and gout sufferers find great relief through spa therapy as do many heart disease patients.

### **Getting the most out of Hot Springs bathing**

Peninsula Hot Springs founder Charles Davidson has travelled the world researching hot mineral springs. He recommends the following procedure to maximize the efficacy of bathing at Peninsula Hot Springs:

- Before entering pools take a shower. It is important to thoroughly clean yourself before entering the pools in order to fully appreciate the bathing experience of relaxation, contemplation and socialisation.
- Before taking a hot spring bath, drink plenty of water in order to promote perspiration. Remember to remain hydrated throughout the bathing experience. Water fountains are provided at the pools or bring your bottled water (no glass please).
- Upon entering bathing pools adjust your body gradually to the hot spring. Pour the hot spring water over extremities such as toes and fingertips and then towards the heart. This step dilates the blood vessels of the surface of your body, which prevents dizziness later on.

- Taking a long bath in hot water causes a rise in blood pressures and increased heart rate. Bathe at a temperature of around 40C (104°F) until you feel sweat lightly on your forehead, then sit outside of the bath tub for a break and re-enter once you cool down a little. Remember to keep drinking water. Bathing for more than 15 minutes without taking a break is not recommended. The key is to listen to your body.
- As the beneficial mineral adsorption of the hot spring water can go on for three hours after leaving the pools, it is recommended you do not rinse your body after taking a bath.
- After taking the bath your body gets tired even though you feel refreshed. It requires two to three hours until blood pressure stabilises, therefore take some time to rest, ideally for at least 30 minutes. Allow a cool down period of 20 to 30 minutes wrapped in your bath sheet recline in the pool-side lounges and soak up the unique atmosphere of our coastal dune surrounds. Be careful not to cool your body down completely.
- Don't forget to drink plenty of water again to avoid dehydration.

For maximum health benefit bathing three times a day is recommended.

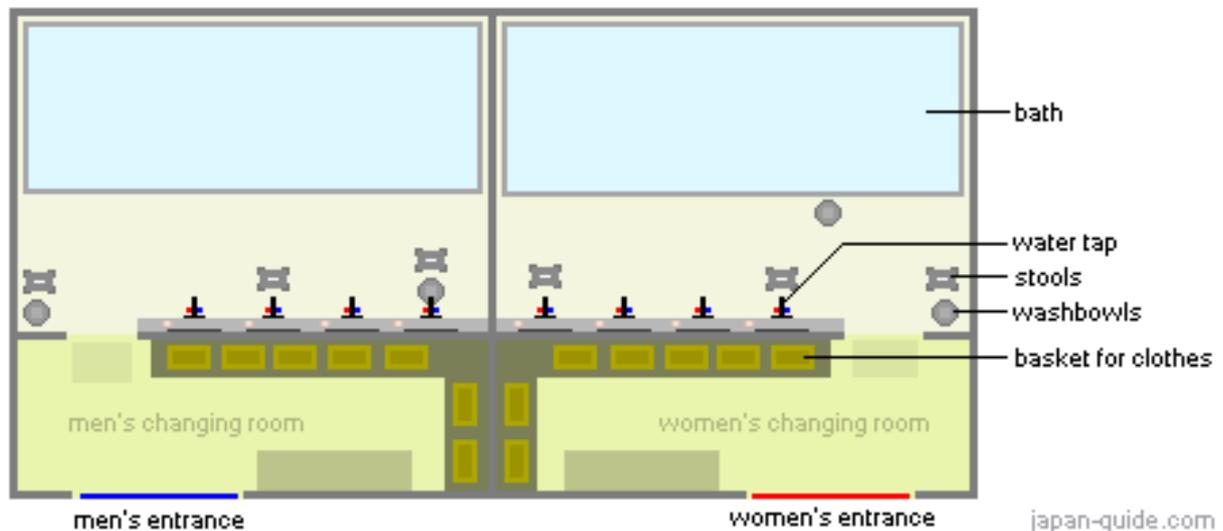


**Feeling  
Healing with  
Divine Love is  
the key!**



## How to take a bath?

Typical layout of a small indoor hot spring bath:



- 1) Take off all your clothes in the changing room and place them into a basket together with your bath towel. Coin lockers for valuables are often available.
- 2) Japanese hot springs are enjoyed naked. Swimming suits are not allowed in most places. However, it is the custom to bring a small towel into the bathing area, with which you can enhance your privacy while outside of the water. Once you enter the bath, keep the towel out of the water.
- 3) Before entering the bath, rinse your body with water from either a tap or the bath using a washbowl provided in the bathing area. Traditionally, just rinsing your body is considered sufficient (and many older baths do not even provide showers and soap), but particularly among younger bathers you will find an increasing number of people who insist on taking a shower before entering the bath these days.
- 4) Enter the bath and soak for a while. Note that the bath water can be very hot (typical temperatures are 40°C to 44° C / 104°F – 111°F). If it feels too hot, try to enter very slowly and move as little as possible.
- 5) After soaking for a while, get out of the bath and wash your body with soap at a water tap, while sitting on a stool. Soap and shampoo are provided in some baths. Like in private Japanese bathrooms, make sure that no soap gets into the bath water. Tidy up your space after you finished cleaning your body.
- 6) Re-enter the bath and soak some more.
- 7) After you finished soaking, do not rinse your body with tap water, for the hot spring water's minerals to have full effect on your body.

## How to enjoy hot springs?

### Types of hot springs

There are many types of [hot springs](#) to enjoy. The conventional hot spring is a hot water bath. Depending on the spring, different minerals are dissolved in the water, giving it different health benefits, colours and smells. Many hot springs contain sulfur and have an according odour.



Hot spring water baths come indoors, outdoors and in many different sizes. While some baths are wooden or stone tubs, others are built to resemble or are actually natural hot spring pools. Some outdoor baths are spectacularly situated in the mountains, valleys or along rivers, lake or sea shores.

Besides conventional hot water tubs, a popular feature of larger baths are so called waterfalls, which comfortably massage your shoulders if you sit below them. Other bath types include sand baths, where bathers are buried in naturally heated sand, mud baths and steam rooms.

Ashiyu are shallow hot spring pools for bathing just your feet. They are found in the streets of many hot spring resorts and can be used free of charge.

Increasing in number are modern hot spring complexes, which offer a range of baths, massage services, saunas and sometimes conventional swimming pools, water slides, etc. In [Tokyo](#), where there is a shortage of natural hot spring water on the surface, some new hot spring complexes are retrieving their water from a depth of more than a kilometre below sea surface.

The ultimate hot spring experience is spending a night at an onsen [ryokan](#), a Japanese style inn with hot spring baths. This is not only one of the most popular holiday activities among the Japanese, but is also highly recommended to any foreign visitor of Japan.

Onsen ryokan are found in various sizes in hot spring resorts across Japan. A typical onsen ryokan visit starts with a bath before dinner. The beautifully arranged Japanese style dinner, featuring local specialties, is either served in your [tatami](#) room or in a dining hall. Many guests like to take another bath before sleeping and before breakfast in the next morning.

You do not need to stay overnight at a ryokan in order to enjoy its baths. Many [ryokan](#) open their baths to the general public, typically during daytime only and against an admission fee of a few hundred yen. Besides ryokan, most hot spring resorts also have some [public bath houses](#) with hot spring water.

**PASCAS**  
PAPER S

**PASCAS**  
**HEALTH**



[http://www.bukisa.com/articles/44509\\_health-benefits-and-side-effects-of-spa](http://www.bukisa.com/articles/44509_health-benefits-and-side-effects-of-spa)

Spa towns or resorts offer hydrotherapy which can include cold water or mineral water treatments and hot thermal baths believed to treat some illnesses and diseases.

There are hot springs from all over the world. These hot springs are of great importance to human beings not only economically but also medically. These hot springs have been converted into spas for health purposes. A spa town, or simply spa, is a town frequented mainly for health reasons, to “take the waters”. The word comes from Belgium town Spa. In continental Europe a spa was known as a ville d’eau (town of water). The term spa is used for towns or resorts offering hydrotherapy which can include cold water or mineral treatments and hot thermal baths.

Health Benefits from Spa:

- It is good for paraplegic for its therapeutic effects.
- People believe that a good soak in hot springs alleviates aches, pains and diseases.
- It treats illnesses, such as arthralgia, chronic skin diseases, diabetes, constipation, menstrual disorders and son on.
- Hot springs therapy maintains health, normalise dysfunctions and prevent illness.
- Baineotherapy (treatment of illness by bath) is good for circulatory, nervous, musculo-skeletal, gynaecological and skin diseases.
- Speleotherapy is good because the cool dust-free environment of local caves is said to benefit pulmonary diseases.
- Hydrotherapic baths are known for their healing powers for rheumatic, gynaecologic and circulatory problems.

Few noticeable side effects of Spa:

- Athlete’s foot fungal infection.
- The Naegleria fowleri amoeba which lives in warm waters and soils worldwide and can cause meningitis. Several deaths have been attributed to this amoeba, which enters the brain through the nasal passages.
- Acanthamoeba, which can also spread through hot springs.
- Legionella bacteria, which have been documented to spread through hot springs.

To ensure a healthy bath the following are not allowed to bathe in a Spa:

- People with open cuts,
- People with sores, and
- People with lesions.





## **What Makes a Mineral Hot Spring a Mineral Hot Spring?**

<http://www.eytonsearth.org/balneology-balneotherapy.php>

In the United States, there are no real standards to classify the properties of hot springs. However, in Europe and Japan, there are general standards that are widely accepted by balneologists.

### **The Hot Springs Source**

There are two primary classifications of hot springs:

- ***Filtration Hot Springs***
  - A filtration hot spring is a geothermally heated mineral water that is initially fed by rain water that seeps into the Earth through faults and fractures. As it travels into the Earth, it becomes subject to increased energy from natural geothermal heat, and is exposed to gases and an often wide variety of minerals from rock and mineral deposits. The water adsorbs the minerals via leaching, is heated by the geothermal heat source, and then returns to the Earth's surface.
- ***Primary Hot Springs***
  - A primary hot spring is a geothermally heated mineral water, where direct volcanic activity plays a far greater role in the process of the hot springs formation. One of the fundamental physical distinctions between a filtration spring and a primary spring is the mineral and gas content of the water, such as radon and bromide. Primary hot springs are often "powered" by magma chambers which exist miles under the Earth's surface, as well as in volcanically active regions.

### **The Hot Springs Temperature: Cool, Warm, or Hot?**

Balneologists generally accept the following classification of mineral springs:

- **Cold Springs** – temperatures below 77° F ( 25° C )
- **Tepid Springs** – temperatures ranging from 77 – 93° F ( 25° – 34° C )
- **Warm Springs** – temperatures ranging from 93 F – 108° F ( 34° – 42° C )
- **Hot Springs** – temperatures above 108° ( 42° C )

The temperature of the water for spas is regulated at no hotter than 104° F by the State of California. In order to experience the full therapeutic benefit of the "hot springs" classification, a single use or special use tub must be utilized.

### **The Hot Springs Mineral Content**

The legal classification of a mineral spring varies in different parts of the world. Generally speaking:

A mineral spring contains greater than 1000 mg/l (PPM) of naturally dissolved solids.

### **The Hot Springs PH Level**

Waters may be classified as acidic, basic, or neutral, according to the balance of hydrogen in the water.

<i>Acidic waters</i>	are waters that measure below 7.0 on the PH scale.
<i>Neutral waters</i>	are waters that measure 7.0 on the PH scale.
<i>Basic / Alkaline waters</i>	are waters that measure above 7.0 on the PH scale.

### *What is the Classification of the Tecopa Hot Springs?*

The Tecopa Hot Springs are low sulfur, high sulfate alkaline hot springs, with a ph level between 7.4 – 7.6. The alkalinity is primarily the result of the potassium, calcium, magnesium, and sodium ions.

### **Hot Springs Therapy: Mineral Content**

European balneologists have extensively studied the therapeutic value of mineral waters. Mineral springs with different mineral content are often recommended above others for various therapeutic uses.

In addition to the value of the trace minerals found in most hot springs, and the stimulating benefits of highly mineralized waters, balneotherapists generally agree on the following observations:

#### **Bicarbonate**

In Spain, a bicarbonate water is classified as such if the water contains more than 250 PPM of free carbon gas. However, springs that contain bicarbonate gasses (sodium bicarbonate, calcium bicarbonate, carbon dioxide, etc.) may also be utilized for the observed benefits commonly associated with bicarbonate hot springs.

Bathing in bicarbonate water, the balneologists believe, assists opening peripheral blood vessels and helps to improve circulation to the body's extremities.

European balneotherapists also utilize bicarbonate waters for bathing to address hypertension and mild atherosclerosis. For these conditions, tepid to warm baths are utilized (86 – 100° F).

Some researchers believe that bicarbonate baths also assist cardiovascular disease and nervous system imbalances.

#### **Sulfur and Sulfates**

Hot Springs rich in Sulfur, in France, Spain, and Japan, are used to address a wide variety of conditions, including skin infections, respiratory problems, and skin inflammations.

Hot springs rich in sulfates (i.e. sulfur compounds) have a far reduced "sulfur" effect as compared to Sulfur-rich springs. Such waters are often prescribed internally for liver and gastrointestinal conditions, as well as for some respiratory conditions with inhalation therapy, in European spas.

#### **Chlorides**

Saline hot springs are rich in **sodium chloride**. Mineral springs naturally rich in chlorides, in amounts between .5 – 3%, are considered by some researchers to be beneficial for rheumatic conditions, arthritis,

central nervous system conditions, posttraumatic and postoperative disorders, as well as orthopaedic and gynaecological disease.

#### **Other Mineral Research:**

- ***Benefits of Arsenic*** – While arsenic in larger doses is toxic in the human body, minute amounts may assist the body with plasma and tissue growth. Foot bathing in mineral waters with a high content of arsenic is used to address fungal conditions of the feet.
- ***Benefits Boron*** – Boron builds muscle mass, increases brain activity and strengthens bones.
- ***Benefits of Magnesium*** – Magnesium converts blood sugar to energy and promotes healthy skin.
- ***Benefits of Potassium*** – Potassium assists in the normalization of heart rhythms, assists in reducing high blood pressure, helps to eliminate body toxins and promotes healthy skin.
- ***Benefits of Sodium*** – Sodium and natural salts assist with the alleviation of arthritic symptoms, and may stimulate the body's lymphatic system when used in baths.

Alkaline water that is high in calcium, magnesium, and potassium may assist the body in cleansing through the skin.

#### **What do the medical balneologists have to say about the temperature of mineral water for therapy?**

It is believed among some circles that warm spring soaking is more beneficial (99 – 101° F) than thermal therapy. **This is not necessarily supported by independent research and medical scientific analysis.**

European medical doctors have conducted research into thermal therapy, and have found that:

- Hydrostatic pressure in the body is increased
  - This results in increased blood circulation and cell oxygenation
    - The elimination systems of the body are thus stimulated, improving the body's capacity to detoxify.
  - The body's metabolism is stimulated
    - This results in improved digestion.
  - 3 to 4 weeks of regular thermal bathing can assist in the normalization of endocrine glands and assist the automatic nervous system.

Many of the stimulating benefits of hot springs water are temperature dependent. Balneologists have found that hot springs soaking temporarily relieves chronic pain directly associated with inflammation, even in cases where inflammation has not been reduced. This effect is heavily reliant upon the temperature of the waters.

In Japan, at the famous Kusatsu hot spring, a 3-minute 125° F bath is utilized for an extraordinary therapeutic experience. Each visitor is pre-screened by the "bath master" to determine if such a bath would be safe and beneficial for each individual.

The founder of Delight's Hot Springs Resort kept a private and personal use therapy tub set at a consistent 116° F.

**Not everyone should utilize high-temperature hot springs for therapeutic use.** The state of one's metabolism and the presence of medical conditions is the determining factor when considering the most safe and healthy water temperature to bath in.

### **Contraindications to Hot Water Natural Mineral Springs Therapy:**

- Conditions involving high fevers
- Extreme Hypertension
- Malignant tumours and cancerous conditions ( internal )
- Liver, kidney, or circulation disorders
- Conditions presenting the risk of haemorrhaging
- Anaemic Conditions
- Pregnancy
- Congestive heart failure, recent stroke, or recent heart attack
- Bathing under the influence of drugs or alcohol

The existence of these or other metabolic conditions does not necessarily mean that there would be no benefit derived from utilizing mineral waters. It does mean, however, that there is a risk associated that may out way any benefit to utilizing hot waters. In such situations, individuals should consult with a medical doctor before bathing, or consult with a European medical balneologist.

In any case, soaking in mineral waters should not be done at excessively high temperatures without medical clearance when any contraindicated condition exists. A tepid to warm bath ( ~ 95° F – ~ 99° ) is as safe as taking a bath at home.

### **What is Balneology?**

**Balneology** is the scientific study of naturally occurring mineral waters. In the United States, this science is not very well known, and is even less seldom practiced. However, throughout Europe and Japan, balneology and hot springs therapy is very much a part of routine medical care. Medical prescriptions are given by licensed doctors for the treatment of a wide range of conditions, and utilizing mineral waters as a part of preventative medicine is widely recognized and encouraged. **Balneotherapy** is the practical study and application of the health benefits of water.

Hot springs therapy became popular in the United States in the nineteenth century and reached a pinnacle in the United States in the 1940's. During this brief hot springs era, doctors and resort owners, as well as an ever-enthusiastic general public, attributed many cures and health benefits to the use of therapeutic geothermally heated mineral waters. However, the hot springs movement did not last long enough to mature into a socio-cultural tradition which would have eventually resulted in formal research and medical acceptance. Furthermore, the FDA eventually stepped in and prohibited organizations from making unsubstantiated health claims concerning the medicinal value of natural mineral waters.

These facts not withstanding, hot spring soaking has a deep and far reaching tradition in North America, starting with the indigenous North American Native Tribes who considered choice hot springs

to be "power spots" in nature. Native cultures universally utilized the natural waters for healing, purification ceremonies, sacred gatherings, and tribal meetings.

Although the brief hot springs movement in the United States faded, enough interest remained by way of naturalists, enthusiasts, and especially those more spiritually inclined, to keep many small resorts in operation throughout the country during the later part of the 20th century.

What remains universally true is the ignorance associated with potential healing powers of natural mineral waters. When questioning Native American healers, therapists, resort owners, and enthusiasts, vague opinions and unsubstantiated "facts" are often prevalent, some of which are contrary to established scientific fact.

The rest of this article is designed to "clear away the pervasive fog" associated healing waters, as much as possible based on scientific research and prevalent scientific theory. Most of the information included is derived from European and Japanese medical sources. Links, as they become available, will be included to more advanced topics concerning more esoteric subjects, including the hot springs effect on the human bio energy system, flow forms, structured water, and more.

## **Other Interesting Notes on Balneology and Balneotherapy**

### **Severe Chronic Illness: The Three Stages of Spa Therapy Response**

Researchers and Balneotherapists in Poland have identified three possible response stages to hot springs therapy, where chronic illness spa programs lasting three to four weeks are utilized for a wide variety of conditions.

#### **1. *Spa Adaptation***

A period of 3 to 7 days of environmental adjustment. This is both a psychological and physiological stage where the mind and body go through a period of adjustment to the external environment, including a physiological response to hot spring therapy.

#### **2. *Spa Crisis***

A possible spa crisis has been observed approximately two weeks into therapy. Symptoms include malaise, fever, tachycardia, headache, fatigue, insomnia and pain. An acute flare-up of a dormant condition may occur. In some cases, medication may be required to control symptoms, and traditionally, spa treatment is reduced or temporarily suspended during this period. This response is similar to a herxheimer reaction, or the "externalization of symptoms" extremely common as a part of natural healing in natural medicine.

#### **3. *Regeneration***

Balneotherapists have noted that the final stage of spa therapy results in an overall improvement in the indicated condition, and that beneficial results may not be noticeable by the individual for many weeks after the treatment program has been completed. Balneotherapists have noted that benefits derived from spa therapy can be extended for up to 10 to 12 months after treatment.

### **Mineral and Water Adsorption – Toxic Waste / Metabolic By-Product Elimination**

The movement of minerals into the body as the result of mineral water therapy is dependent upon:

1. The fat/water solubility due to the structure of the skin membrane.

The movement of water into and out of the body during mineral water therapy is dependent upon:

1. The osmolality of the bath and the fluid condition of the individual.

Depending upon the osmolality of the bath, water is either adsorbed into the body or pulled from the body.

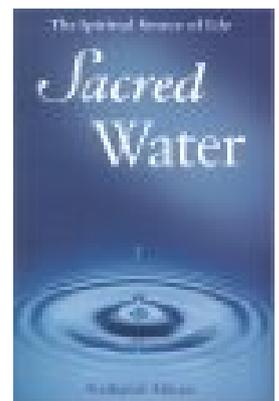
Mineral adsorption via hot springs soaking is extremely small, and the amount adsorbed into the body is concentration dependent and varies depending on the mineral and its chemical form. Even so, medical balneotherapists have noted that even minute amounts of therapeutic minerals adsorbed into the body via the skin have a significant therapeutic value.

The ion exchange capacity of hot springs mineral waters also influences mineral and water adsorption, and is defined by the ionic dissociation of the minerals in the water. A higher free ion content equates to a greater ion exchange capacity.

In short, the osmotic qualities, the mineral concentration, the PH level, and the mineral form effect the transdermal carrier effects of any mineral waters, as well as the fluid conditions of the individual soaking.



### **Healing Springs and Sacred Water Nathaniel Altman**





### **Water Quality Management**

A CMS Chromalyzer which tests, analyses and corrects the water purity using Colourimetric sensing and sampling technology can be used in order to ensure that the water is always pure and balanced. The water is also constantly filtered.

### **Bore and Spear Water Correction**

<http://www.pristinewatersystems.com.au/>

Pristine Water Systems are the specialists in water management systems with more than 10 years of research and development. If you have a water problem, we have the solution!

With our unique Spearity Water Purification system, we can ensure your bore / spear water can be utilized in many, many situations.

There are subtle differences between Bore Water correction and Spear Water correction; specifically associated with location.

### **Bore Water**

Bore Water is ground water that accumulates in aquifers from seepage of rain and rivers through layers of soil and rock.

A water bore is a way of gaining access to these groundwater sources.

An aquifer is formed through layers of sand or fractured rock in which the pore spaces or fractures are filled with water. These formations store and transmit ground water which can be accessed by using a water pump.

Some bore water contains chemicals and microbiological hazards that are potentially harmful to health. These hazards may occur naturally or be due to contamination.

### **Spear Water**

The difference between Spear and Bore Water is that Spear water is generally found in sandy coastal areas of Australia and is accessed by pumping with a shallow well pump.

Spear Water tables are always found a few metre below the surface and water is easily retrieved.

This water has characteristics similar to Bore water and contains fairly high amounts of organic colour, iron, manganese and salinity.

All of the above can be removed with the Pristine Water Systems Spearity system.

## Iron Removal



If you're considering using bore water or spear water for watering your garden or topping up your swimming pool, etc., you'll most probably need to remove metals such as iron and manganese that can otherwise lead to unsightly staining.

Iron and manganese are both stain causing metals that are commonly found in bore waters and spear waters. These metals can be present in "oxidised" form as rust / sludge or in "clear water" form that oxidises on contact with air. Both iron and manganese cause unsightly staining of wetted surfaces and laundry, etc. They can be accompanied by a "metallic" taste and a characteristic odour.

In addition to the aforementioned staining problem, iron and manganese can also cause dissimilar metals reaction that results in corrosion of copper pipes – a phenomenon that is created as a result of interaction between the metals in the water supply and the copper pipe-work infrastructure that transports the water supply within your home.



Corrosion activity can also be increased by low (acid) pH that is often a characteristic of iron / manganese rich water. Copper corrosion results in the deposition of blue / green stains – generally visible on sinks / bath / tiles and in toilet bowls, etc.

The good news is that both iron and manganese can be effectively removed from bore and spear waters. The type of treatment is however dependent on a number of factors including the amount of each metal that is present, required flow rate performance and end use requirements, etc.

Because of the many variations in water qualities it is important to choose the right technology for your specific staining problem.

Pristine Water Systems' make the selection of the right iron / manganese removal easy. We offer a comprehensive water testing service and provide you with a written report together with recommendations for solving your specific bore or spear water problem. To avail yourself of this service simply contact us. We will arrange for collection and testing of a representative sample of your water. Once tested Pristine Water Systems will provide you with a written report together with advice on which bore / spear water treatment technology is best suited to your specific needs.



Treatment technologies include oxidation, filtration using iron and manganese specific filtration media and ion exchange iron / manganese removal softening – or depending on water quality a combination of treatments. Sometimes post iron / manganese removal salt reduction treatment is also required.

Hard water is a characteristic of bore and spear waters. Hard water can be difficult to lather and can cause pipes, pumps and hot water services, etc., to become clogged with scale. Hard water is also inclined to cause scum to accumulate on wetted bathroom surfaces – shower screens, wall and swimming pool tiles, etc. Iron / manganese removal softeners soften water while removing iron and manganese. (Refer page on Water Softeners for information on how water softeners work)

Iron / manganese removal systems need to be correctly sized taking flow rate requirements and hardness, iron and manganese levels into consideration. Pristine Water Systems will provide you with advice to ensure that you select the right model for your specific needs.

NOTE: 35 psi (245kpa) is the minimum recommended operating pressure requirement for most iron / manganese removal filters and softeners.

### **Water Softeners**

As the name implies, water softeners “soften” water. They do this by removing hard water salts and replacing them with soft water equivalents in what is described as an “ion exchange” process. Softeners are ideal for treating most bore waters and country water supplies.

Hard water is difficult to lather and rinse and creates unsightly scum build ups on shower screens and bathroom tiles and fittings. Hard water scale deposits increase heat transfer costs (gas and electricity) and can be responsible for reduced appliance / hot water service life.

Soft water lathers and rinses more freely. Laundry will be soft and fluffy and there is reduced potential for soap scum to build up on shower screens and bathroom tiles and fittings, etc. Skin and hair feel really clean and nice. Soft water is just one of life’s luxuries.



Softeners have the ability to treat a set volume of water after which they need to be regenerated. The capacity – or volume capability of a water softener – will be determined by the type of water softener, the amount of water to be treated, the flow rate and the hardness of the water. For instance Pristine Water Services’ “17 series” water softener will treat 17,000 litres of water at 100ppm hardness before it needs regeneration\*. Their flow rate capability is 25-30 litres per minute. If you need a higher flow rate or increased softening capacity between regenerations you’ll need a bigger water softener. Pristine Water Systems will advise you on which model best suits your needs. There are models to suit all requirements – domestic and commercial.

\*“Regeneration” means passing a brine solution through the softener to release accumulated hardness salts (that the softener has removed) so that the softener can continue to treat water for another preset

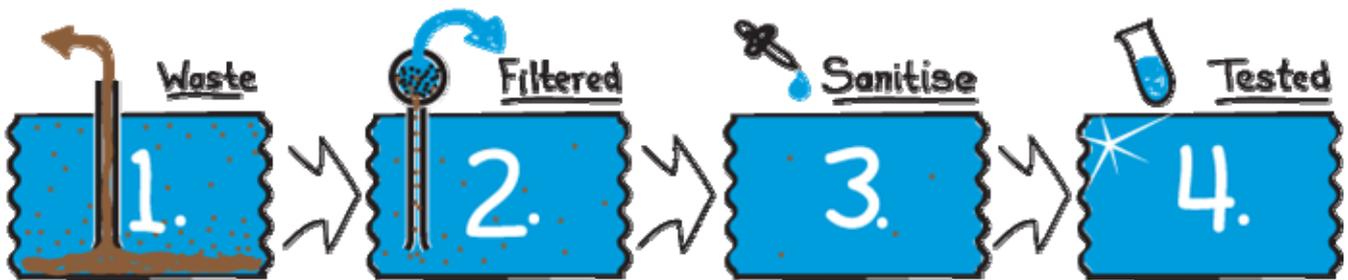
volume – this process is automatically controlled. It's a bit like a mobile phone – you re-charge it so that it can continue to do its job.

Regeneration can be fully automatic (microprocessor volume control) or semi-automatic (manually activated). Automatic models count down the volume of water that is being treated by the softener. When capacity is nearing exhaustion, the softener “parks” itself in standby mode to automatically regenerate at the next pre-set time. This normally occurs at 2.00AM when water use is likely to be minimal. With semi-automatic models you activate regeneration by turning a mechanical timer to a marked setting. The timer turns itself off automatically when regeneration is complete (hence semi-automatic) and returns the softener to service.

NOTE: While the softener is regenerating it is not producing soft water. There are however twin column options that provide uninterrupted flows of soft water 24/7.

It is important to note that the softening process does not add salt to the treated water. Brine is used only as a regenerant and washed from the softener before it returns to service. This happens automatically as part of the regeneration process – both types.

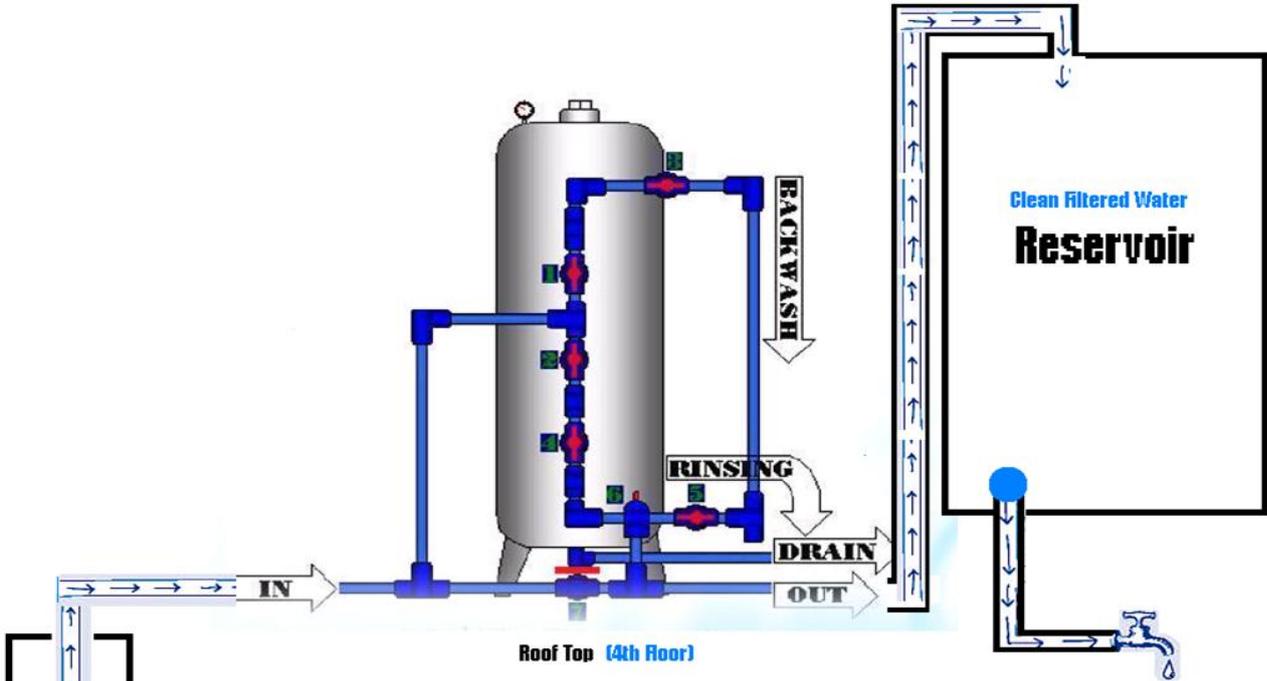
Some models are designed to both soften water and to remove iron and other stain causing metals.



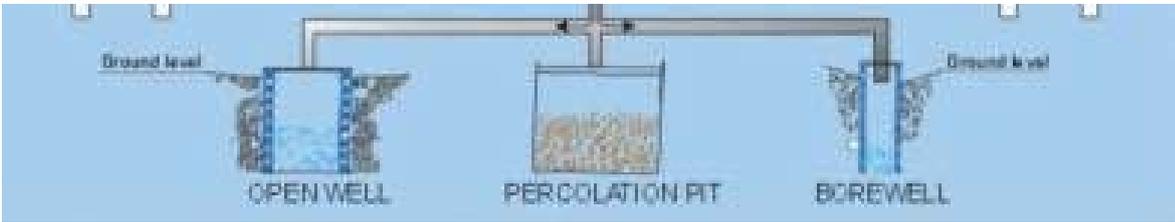
Pristine Water Systems  
2/28 Central Park Avenue  
Ashmore, Queensland 4214

Bs 07 5597 0592  
<http://www.pristinewater.net.au/>





Clean water then flows to rooms and other water faucets with in the premises



## HOT SEDIMENTARY ACQUIFER WATER:

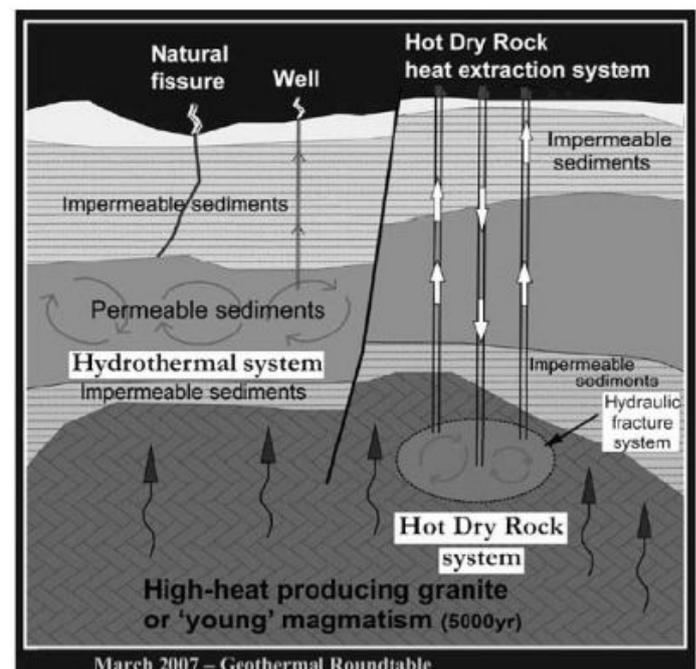
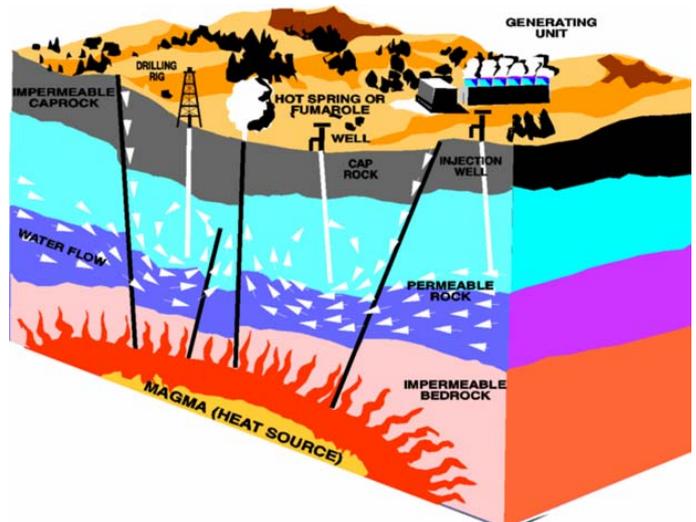
The Earth has molten core. About 3-6km below the surface of the Earth, in some places, is a layer of super hot granite that can be as hot as 250° C. One cubic kilometre of hot granite at 250 degrees centigrade has as much energy in it as 40 million barrels of oil.

By injecting water deep into the hot granite rocks below the surface of the Earth, HFR geothermal turns the stored heat of those rocks into geothermal energy. The injected water captures the heat of the rocks and then, through a heat exchanger, heats a fluid that powers a turbine to spin out electricity. You can see from the figure below how the whole process works for both a “wet” geothermal system (on the left), and a “dry” hot fractured rock system (on the right).

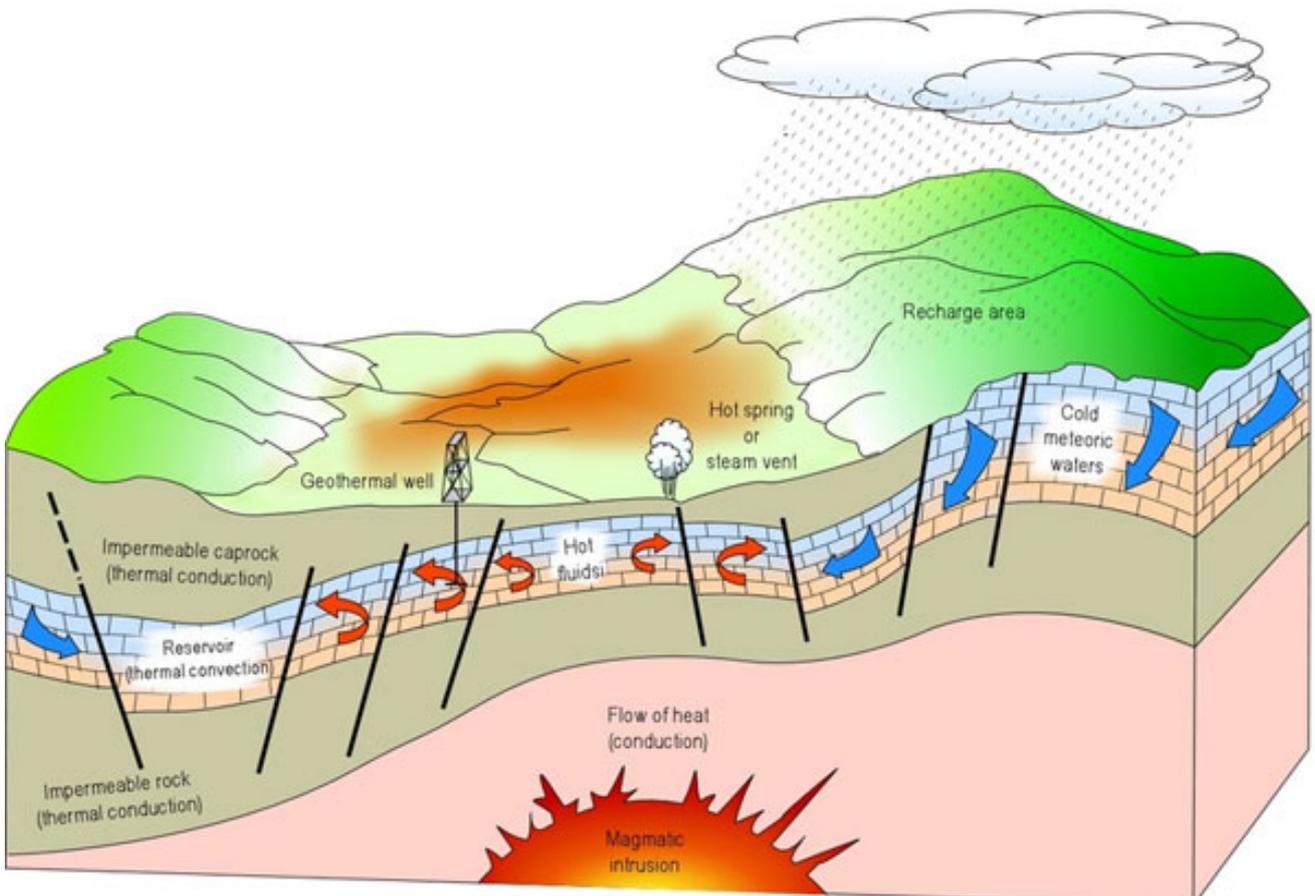
Underground water is generally safer than surface water for drinking because of the filtration and natural purification process which takes place underground. This can be ineffective due to pollution from sewage, fertilizers and toxic chemicals that may seep into ground water supplies.

<http://www.aquaboredrilling.com/>

In Australia, there are two types of geothermal resources under development – they are: Hot Sedimentary Aquifers (HSA) and Enhanced Geothermal Systems (EGS or Hot Rock (HR) systems). Both types of resources are being developed for power generation and for direct-use projects.



The hot saline water that will be used to generate electricity will be brought to the surface from depths of up to 4 km (some 3kms below aquifers of beneficial use) and has no other beneficial use than as geothermal resource fluid. This hot saline water is then returned to the original aquifer, albeit slightly cooler, in a closed looped system.



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

## Library Downloads – Pascas Papers

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

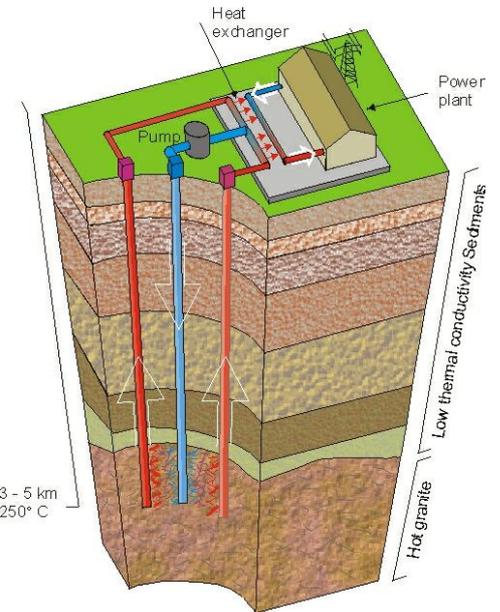
[info@pascashealth.com](mailto:info@pascashealth.com)

**Hot Fractured Rock**

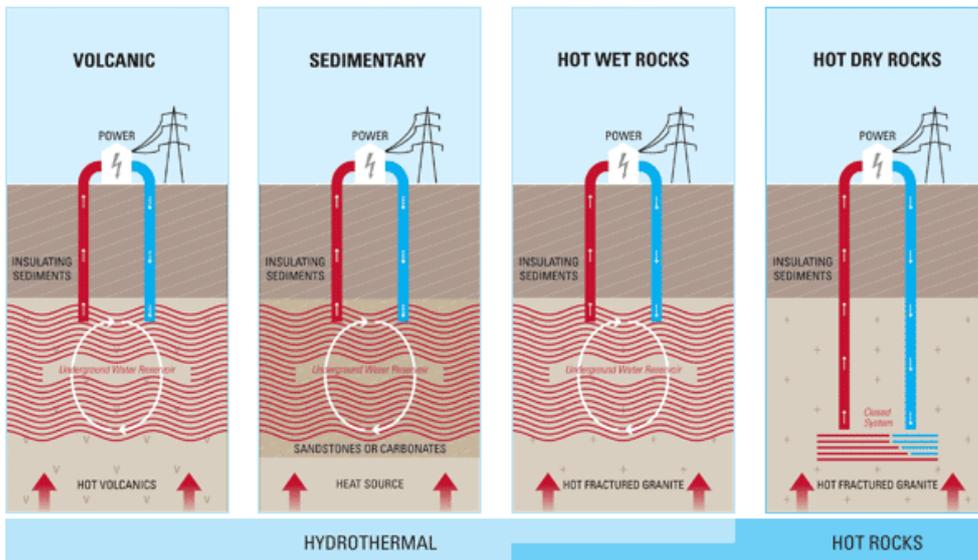
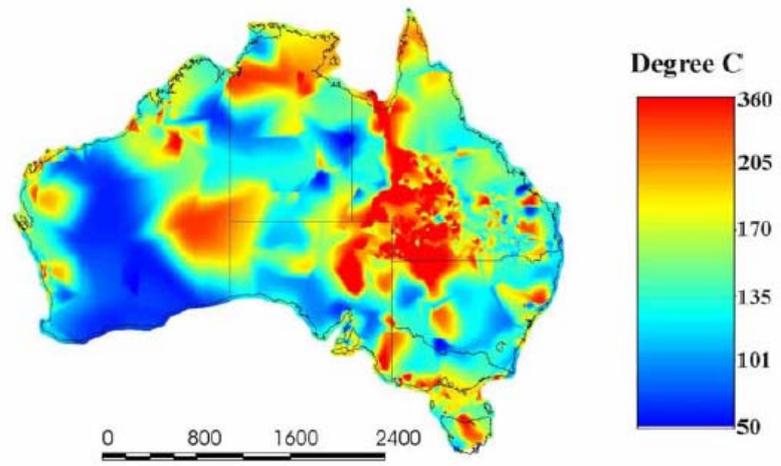
Hot dry rock (HFR, or sometimes called Hot Dry Rock -HDR) is a heated geological formation formed in the same way as hydrothermal resources, but containing no water, as the aquifers or fractures required to conduct water to the surface are not present (see Figure 5). This resource is virtually limitless and is more widely accessible than hydrothermal resources.

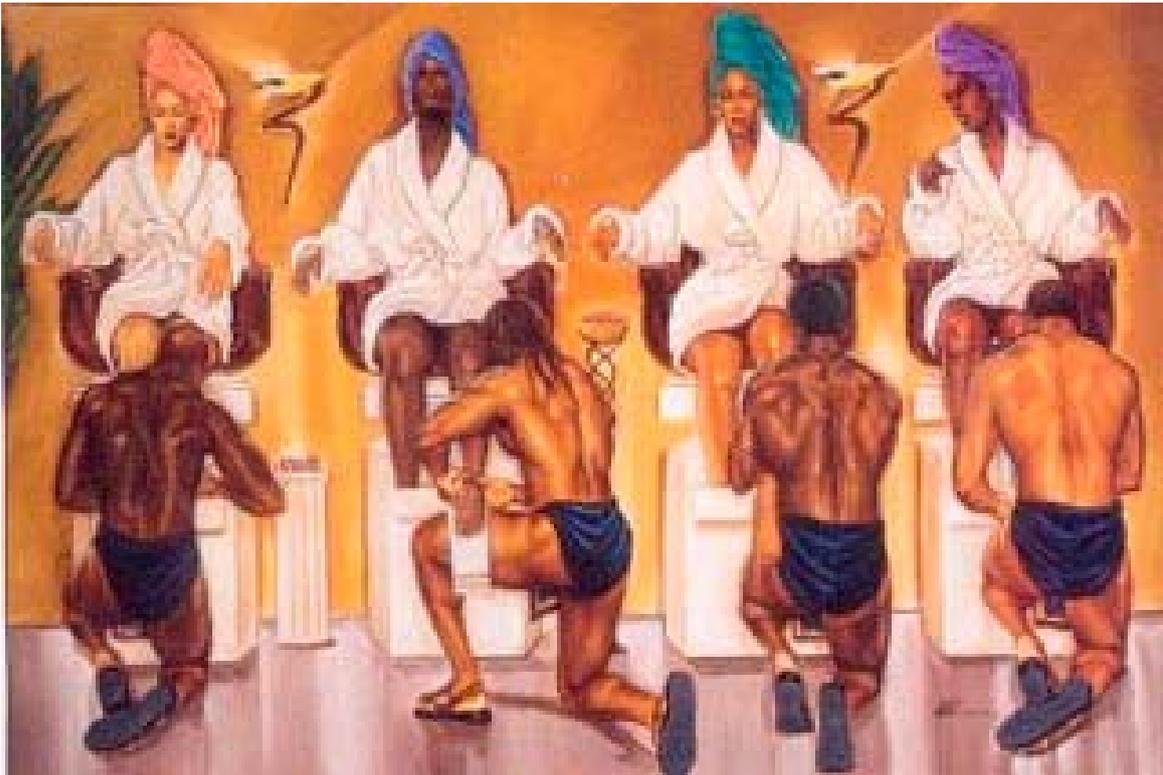
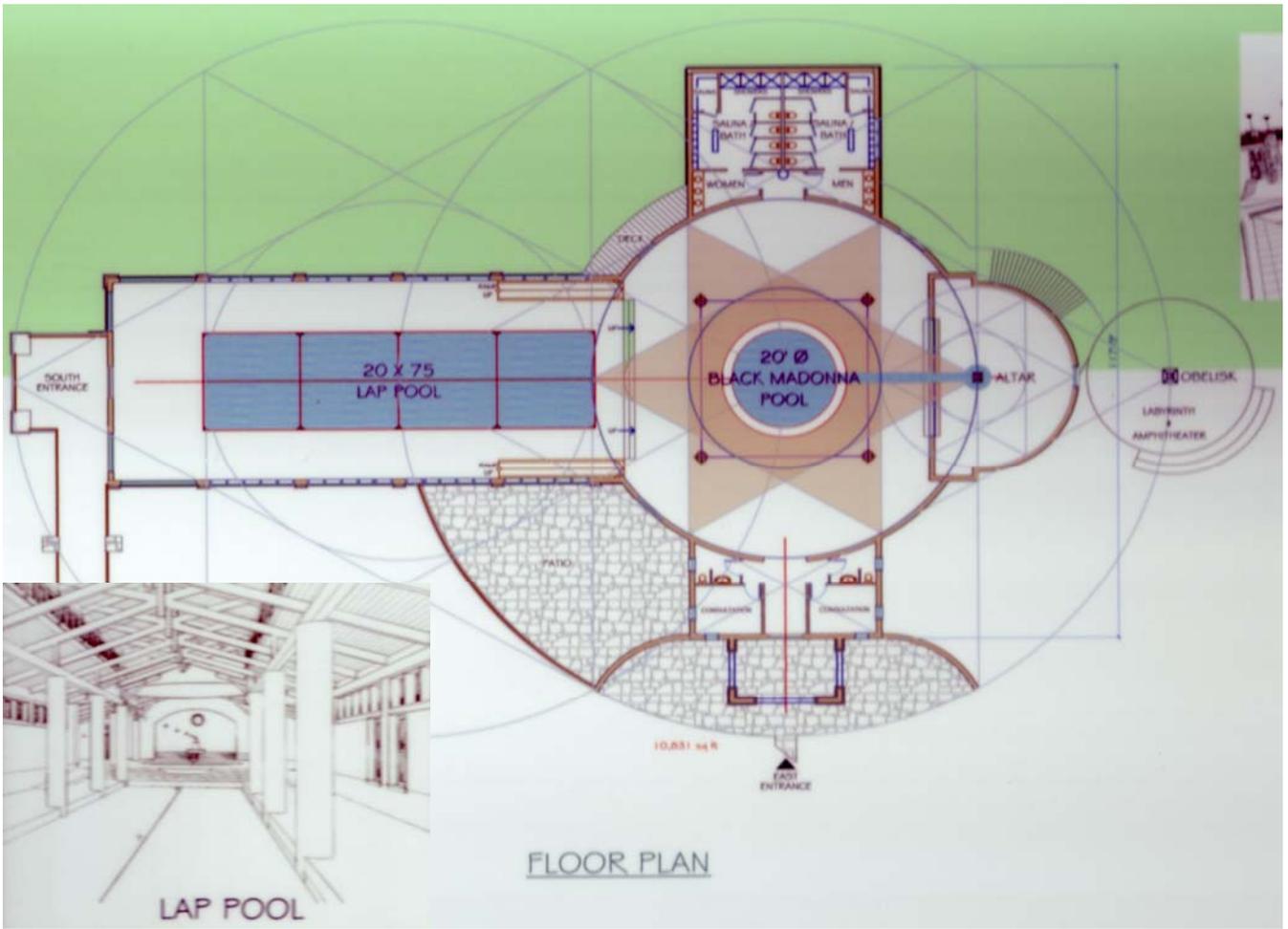
**Hot Fractured Rock Technology (Image courtesy of the Hot Rock Energy program, Australian National University).**

The geological profile of Australia is such that there is a large potential for HFR technologies to be used for energy production in the eastern states of Australia. Figure below is a false colour map of Australia, showing the temperature of Earth's crust at a depth of 5 km.



The potential for HFR technologies in Australia are closely related to the temperature of Earth (courtesy of the Hot Rock Energy program, Australian National University)





## **HEALTH RETREAT:**

Welcome to a lifestyle retreat.



Discover this special place that has a serenity and soul that will immediately capture your desire to live a healthier life. Kooralbyn provides guests with a rare opportunity to explore nature and refocus. Superb organic cuisine, an incredible selection of activities, nurturing massage, valley views, scenic walks and a casual, relaxed atmosphere all provide pure inspiration.

One day pamper

Weekend get away

5 day rejuvenation

7 day detoxification

**or** create your own health retreat package

### **Cuisine:**

"Let food be your medicine and medicine your food" HIPPOCRATES

The style of our cuisine is light and tasty with a colourful Mediterranean feel, full of healthy goodness and freshness.

We use a bountiful variety of organic and bio dynamic fruits, vegetables, grains, seeds, nuts, legumes, herbs, spices, virgin olive oils and dairy products.

The cuisine has been carefully combined so each vegetarian meal is completely nutritional and balanced for optimum health and well-being whilst also creating a gourmet experience to delight your palate.

Our philosophy is like that of the ancient Greeks in that food is and must be treated as the highest form of art. Food not only stimulates and involves our senses of taste, touch, sight and smell, it also elevates our body and soul; Which is why food is always involved in our communion with each other and celebrations of life.

"Authenticity presents 'Vegetarian Organic' or 'Biodynamic Mediterranean' but, labels aside, it is fresh and healthy food served with a clever twist"

"A stylish destination offering naturopathic consultation, health and beauty treatments, gentle exercise, relaxation and excellent food".

### **Rest and Rejuvenate**

(Included in all standard reservations) Focus on resting and pampering. Experience the wide range of treatments and stunning gourmet vegetarian food the retreat has to offer.

The program includes;

- Your choice of accommodation
- All main meals – Gourmet Vegetarian Cuisine
- Daily class – Yoga, Exercise or Meditation (as scheduled)
- Treatment package
- Unlimited use of outdoor spa and swimming pool
- Authenticity's peaceful and serene environment and unobtrusive friendly staff.

A variety of health and beauty treatments and services are available to maximize your enjoyment of Authenticity in addition to the basic Rest and Rejuvenate package and may be reserved when booking

### **Tailored Programs**

Focus your stay at Authenticity on your desired objectives by selecting a special workshop or tailored program with a focus on Actualizing your Potential, Weight Loss and Fitness or Stress Management Various options are available at selected times to suit individual and small group needs.

Timetables for specific workshops are posted on the 'news' page when available.

### **Stress Management**

A minimum of 3 nights applies to this program; focused on dealing with the 'culprit' in most modern health problems, Stress. Headaches, Irritability, Muscle pain, Sleep disturbance, Anxiety and even Depression are possibly all consequential signs of Stress. Be introduced to balanced nutrition, improved

fitness, proper breathing and relaxation techniques and emotional balance during this life-changing program.

### **Weight Loss and Fitness**

Minimum 7 nights; with a focus on increased fitness and a start on the path to realistic and sustainable weight loss. At Authenticity there is no "boot camp" approach, our aim is for you to strive towards self-management of your health and fitness. Work closely with our Personal Trainer to deliver your desired outcome. A combination of aerobic, resistance and yoga exercise together with a balanced nutritional diet, treatments, supplementation and motivational counselling are included in this program.

### **Actualize Your Potential**

Be the best person you can be. Leave your doubts behind as you strive to become the person you want to be.

One on one sessions of personal and professional development counselling are included in this program. Identify Life Issues that are holding you back;

- Turning points
- Identity issues
- Core beliefs
- Addictions
- Stress – Anxiety – Depression
- Hierarchy of Health Care

Actualise your most valuable asset – Yourself.

### **The Vegetarian Banquet**

An enjoyable, entertaining, informative and enlightening way for you to acquire or hone those vegetarian-cooking skills. Use and appreciate vegetables, fruits, herbs and spices in a totally new dimension.

Participate in the preparation and enjoy the sharing of healthy and exciting gourmet meals. Not just an ordinary cooking class, but also a social occasion. Include Day Spa relaxation and you and your friends will never want to leave the Authenticity Health and Wellness Retreat.

Minimum numbers apply – Group and Corporate bookings welcome

Specific workshops and focus groups are available throughout the year.

### **Spa Menu**

- Spa Experience

- INDOCEANE – Spa Ritual
- Counselling
- Body Treatments
- Personal Training

### **Treatments**

- Aroma Therapy
- Beauty Therapy
- Naturopathy
- Massage
- Mud wraps
- Reflexology
- Steam baths
- Thermadome



### **COUNSELLING**

Psychotherapy and Counselling are professional activities that utilise an interpersonal relationship to enable people to develop understanding about themselves and to make changes in their lives. Professional Psychotherapists and Counsellors work within a clearly contracted, principled relationship that enables individuals to obtain assistance in exploring and resolving issues of an interpersonal, intrapsychic, or personal nature.

#### **Professional Psychotherapy / Counselling**

Utilises Counselling, Psychotherapeutic, and Psychological theories, and a set of advanced interpersonal skills which emphasise processes of facilitation. Such processes are based on an ethos of respect for clients, their values, their beliefs, their uniqueness and the right to self-determination.

Requires an in-depth training process to develop understanding, knowledge about human behaviour, therapeutic capacities, and ethical and professional boundaries. Because it is explicitly contracted and requires in-depth training to utilise a range of therapeutic interventions, professional Counselling should be differentiated from the use of 'Counselling skills' by other professionals.

Takes account of the cultural and socio-political context in which the client lives and how these factors affect the presenting problem. This includes an awareness and assessment of cultural influences such as age, development, disability, religion, ethnicity, sexual orientation, socioeconomic status, indigenous identity, nationality and gender. Professional Psychotherapists and Counsellors value such differences and avoid discrimination on the basis of such factors.

May involve work with current problems, immediate crisis, or long-term difficulties. Depending on the nature of the difficulties, the work may be short-term or long-term, and may involve working with an

individual, a couple, a family or a group, and may occur in a variety of organisational contexts in the public or private sectors.

Regards the processes of self-monitoring, self-examination, self-awareness, self-development, professional development and on-going clinical supervision as central to effective practice. Such practices lead to enhanced capacity to utilise oneself in the therapeutic endeavour.

Although Psychotherapy and Counselling overlap considerably there are also some differences. The work with clients may be of considerable depth in both modalities; however, the focus of Counselling is more likely to be on specific problems or changes in life adjustment. Psychotherapy is more concerned with the restructuring of the personality or self.

Although both Psychotherapists and Counsellors work with a wide variety of clients, Psychotherapists are more likely to work very intensively, with more deeply disturbed individuals who are seen more frequently over a longer period of time. Counsellors are more likely to work in specific areas where specialised knowledge and method are needed (e.g. marital and family Counselling, bereavement Counselling, school Counselling, addictions Counselling, HIV/AIDS Counselling). At advanced levels of training, Counselling has a greater overlap with Psychotherapy than at foundation levels.

### **Mental and Emotional Wellness Retreat (5 days)**

Join your practitioner for a week of guided facilitation in your mental and emotional wellness retreat. If you suffer from anxiety, depression, mood-swings, a failing memory and/or mental fatigue we can work with your diet, show you which foods, supplements and herbs can rebalance the central nervous system and a host of other natural holistic health methods for your betterment.

### **MENTAL AND EMOTIONAL WELLNESS HEALTH RETREAT PROGRAM**

- Private, one-on-one individual guidance and facilitation
- Daily yoga
- Daily meditation
- Naturopathic consultation and assessment
- 3 relaxation massages
- 1 counselling session
- Use of spa
- Use of FIR (Far Infra Red) sauna
- 4 nights accommodation
- Fresh, living foods cuisine
- Fresh cleansing juices



### **AND THE FOLLOWING WORKSHOPS:**

- Relaxation techniques and Stress Management

- Nutrition for Nervous System Balance
- Reduce mood swings, anxiety and depression
- Overcoming Addictive Patterns, Thoughts and Behaviours
- Emotional Release and Cleanse
- Affirmations and Visualizations
- New Habits – New Beginnings

The above workshops are a general workshop outline, however, after your naturopathic and counselling sessions upon arrival, we may structure the workshops to include other, more suitable workshops for your specific needs.

For every pharmaceutical drug there is a natural equivalent nutrient, herb or food supplement that can rebalance the easily disrupted communication within the brain, resulting in a shift in your emotional and mental state. Your thought patterns and past experiences can also reflect how you feel and how you react to situations at any given moment. Throughout your programme we will explore various contributing personal factors and provide advice on how to resolve or improve your unique circumstances.

Your programme will also assist in nourishing your body and mind with the essentials of a balanced lifestyle:

- *healthy organic food and juices* to strengthen and cleanse
- *gentle exercise* to stimulate release of toxins, clear the mind and inspire the soul
- *clean fresh country air* for deep breathing that stills the racing mind
- *clear, filtered rain water* to hydrate every cell and enhance many bodily chemical reactions
- *natural tranquil surrounds and views* to soothe tired and over-stimulated nerves
- added bonus of *improving other health symptoms*
- give your *digestive system a rest too*, from heavy processed foods and feel the difference as you embody vitality and lightness.
- *adequate rest and relaxation* to allow your body and nervous system to repair

## **Detox**

This program is not for everyone. It is intensive and concentrated and aims to achieve the same results in as little as 14 days as are achieved by our traditional 21 day programs. We recognise however that each client has different needs and our consultants will advise you of your own programme requirements. Our aim is for results that will last not just for the duration of your stay with us, but for your lifetime. If you are prepared to make the commitment we know that the results can be outstanding.

We believe in the mind-body connection and you will learn the meaning of that, together with the relationship between nutrition, exercise and body health, and the value of self-esteem. It means casting off the mental and physical garbage in your past and focusing on today and tomorrow.

Conventional medical practice tends to treat the symptoms. We teach you to understand the causes, and then to learn from this knowledge and apply the lessons to your new life. This is about taking control of your mental and physical wellness. Only then can you reach your full potential.

You will experience a full range of treatments and facilities, including:

- Initial juice detox to prepare the mind and body for the full program
- Outstanding meals prepared by our chef from organic ingredients
- Massages, mud wraps and beauty treatments
- Personal physical training and exercise programs
- Diet and nutrition planning
- Journey therapies by trained and experienced practitioners
- Life Coaching in “the Fountainhead Method”
- “Beat the Blues” program, which not only addresses the causes of illness but opens avenues to a whole range of mind-body connections
- Access to Yoga instructors
- Bush walks
- Tours of local sites of interest

If there are other activities you wish to enjoy, such as a round of golf or climbing, we will endeavour to include these in your program in consultation with your therapists.

We do not use drugs or pharmaceuticals. We believe that the body and the mind have enormous capacity to heal themselves. Knowledge is the first key, followed by the wisdom to apply it.

And we don't heal and forget. You will have regular contact with our specialist staff over the twelve months following your visit, at no additional cost.

All sessions provided within Divine Love concepts.



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

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

## THERMAL MINERAL POOLS

Enjoy a social bathe with family and friends in the new public Bath House, or for a more exclusive experience join us in the Spa Dreaming Centre. Both bathe centres provide visitors with a great variety of bathing experiences to enjoy.

The thermal mineral water temperature varies from pool to pool ranging from 36°C to 43°C. Cooler pools are available for summer days and for younger family members. The waters abound in rich minerals that infuse the body while you relax and soak up the natural surrounds.

### **Bath House**

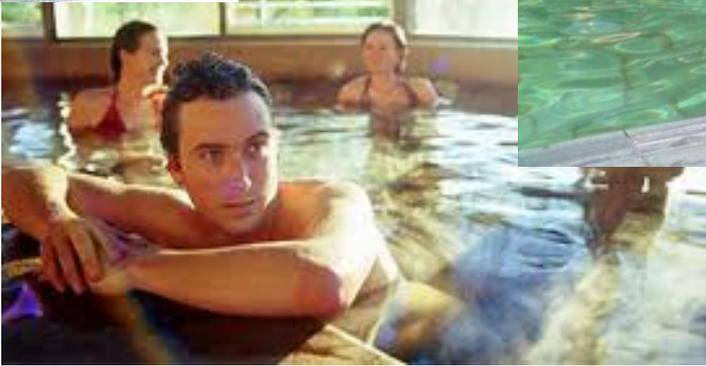
	<b>Off Peak</b>	<b>Peak</b>
Adult	\$25	\$30
Children (5-15)	\$10	\$15
Family (2 + 2)	\$65	\$85
Infant (1 month-4yrs)	\$5	\$10
Adult 10 visit pass	\$200	\$240
Concessions	\$21	N/A
Early Bird (7:30am – 10 am)*	\$15	\$20
Twilight Adult (after 7pm)	\$15	\$20

Early bird bathing is offered in the Bath House if you leave the premises by 10am adults are entitled to a refund of \$10.

### **Spa Dreaming Centre**

	<b>Off Peak</b>	<b>Peak</b>
Adult	\$45	\$55
<i>Adult with treatment booking</i>	\$27	\$30
<i>Partner of client having treatment</i>	\$40	\$45
Access to Spa Dreaming Centre and Bath House (includes towel and robe)	\$60	\$70
Twilight Adult (after 7pm)	\$40	\$45

A description of the most common way of taking a bath in a [hot spring](#) or [public bath](#) in Japan. The actual rules may differ slightly between baths, but if you follow the instructions below, you should be alright most of the time.



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

Thursday, 13 July 2017

Hi James and Nanna Beth (questions from John)

The question to address is:

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

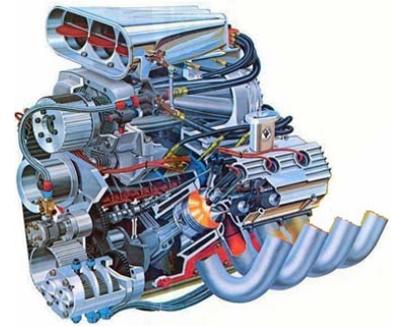
Then consider the Padgett Messages, and then The Urantia Book.

Love from us all over here – your Nanna Beth.

## **WE ARRIVE DETUNED!**

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

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



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

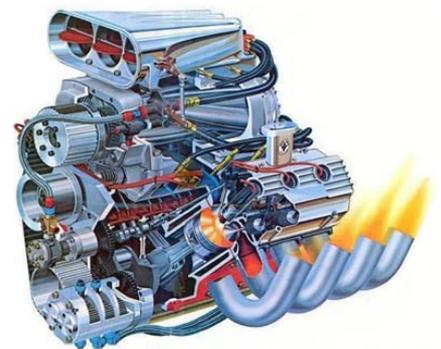


In our feeling- and truth-denying untrue Natural love state, we have been made to use our minds to dominate our feelings, becoming more like that of mind-based creatures of nature than of human souls of truth and feelings. And this is the wrong way for us to develop. So to step beyond this limitation,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

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

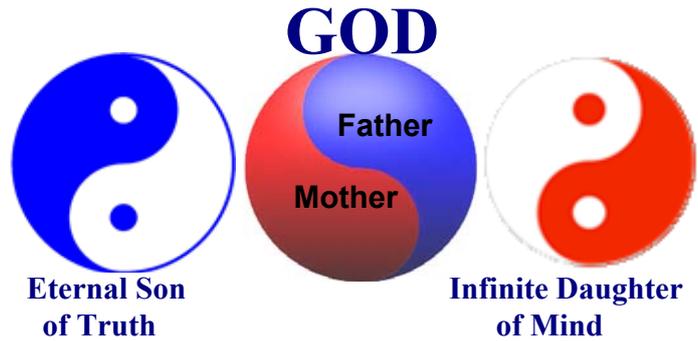
By living true to our self, true to our feelings, we are living true to God. It’s that simple.

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



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

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



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



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



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



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

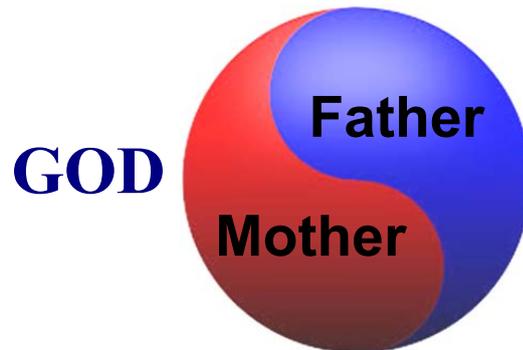
By living true to our self, true to our feelings, we are living true to God. It’s that simple. The revealing of the Feeling Healing process is the commencement of our ability to begin the Great U-Turn and go the right way. Should we then also embrace our Heavenly Parents’ Divine Love, we can also commence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



**GREAT UTurn**

**Negative Spirit Influence blocked**  
**22 March 2017**  
**Law of Compensation quickening**  
**22 May 2017**

**Rebellion and Default officially ended**  
**31 January 2018**

**CREATED in THEIR IMAGE:**

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

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

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

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

Mary Magdalene communicating with James 20 November 2017



**WE ALL ARE BEING GUIDED HOME:**

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

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

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

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

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

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

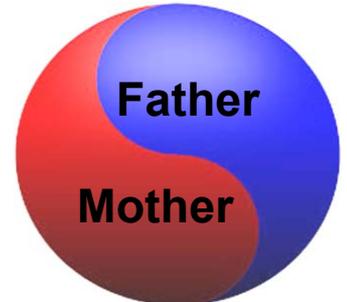
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God’s soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of our Mother and Father.

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

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

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

**GOD**



**M&F**



**J&M**



**AVO**

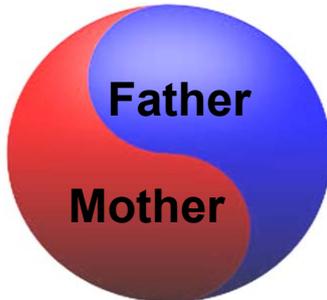


**HUM**

**WE ARE Children of God**

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

**GOD**



**M&F**

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

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

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



**J&M**

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

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

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

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



**AVO**



**HUM**

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

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

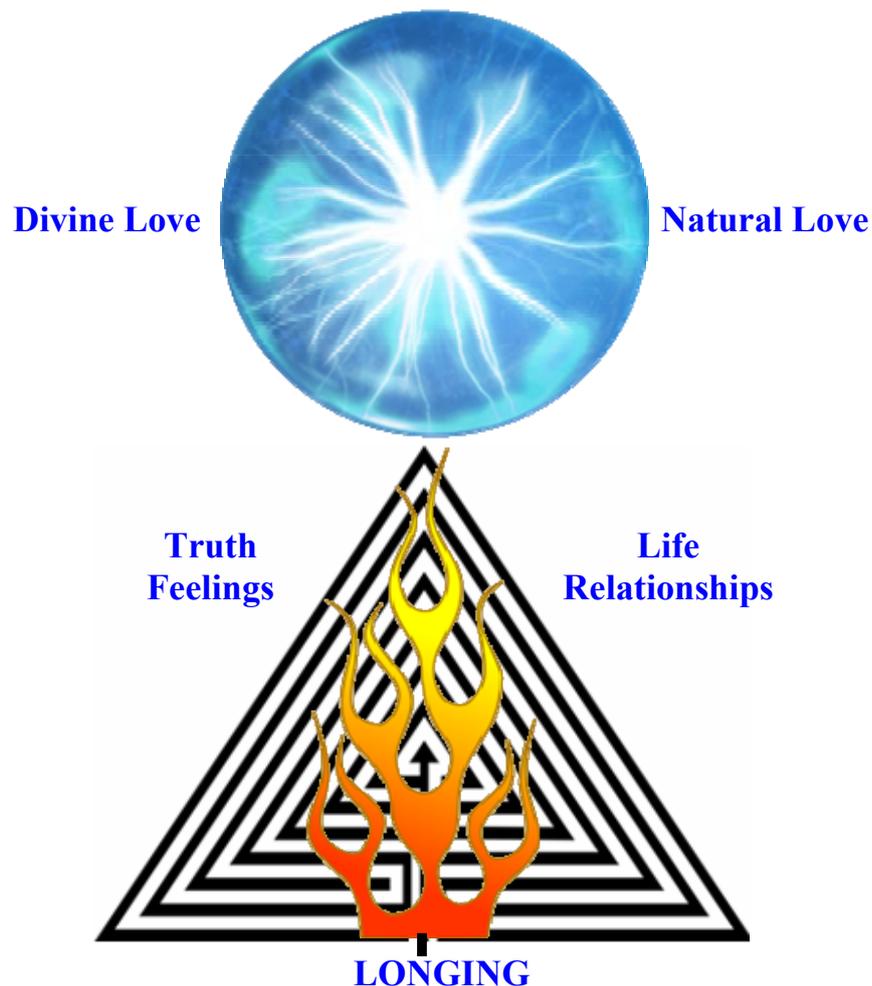
Collectively, should we embrace them all, as we are to, then our pathway home is a journey in the hands of the Spirits of Truth of the Avonal and Paradise Pairs overseen by our Heavenly Parents.

**WE ARE Children of God**

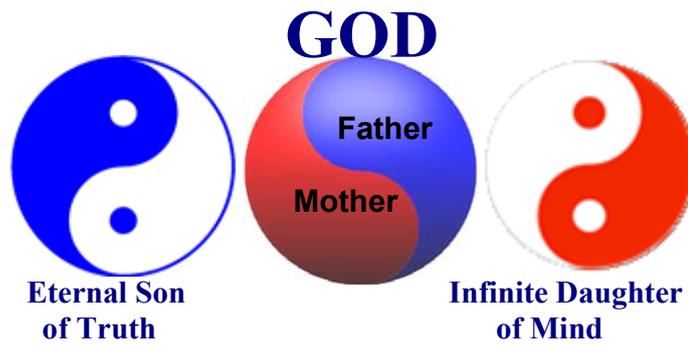
## HOW TO GET TO PARADISE:

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

## The Key



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



PARADISE TRINITY:

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

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

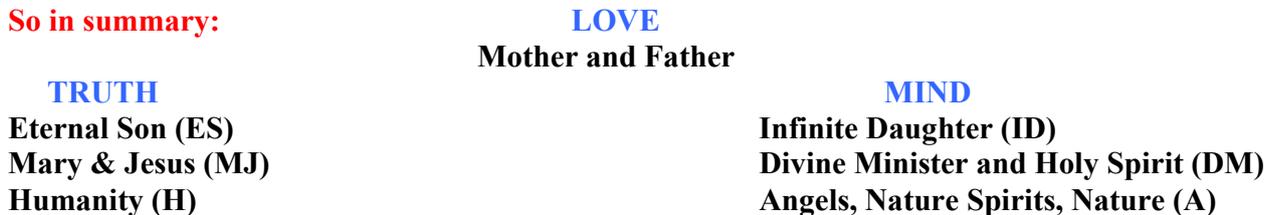
The LOCAL UNIVERSE TRINITY:

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

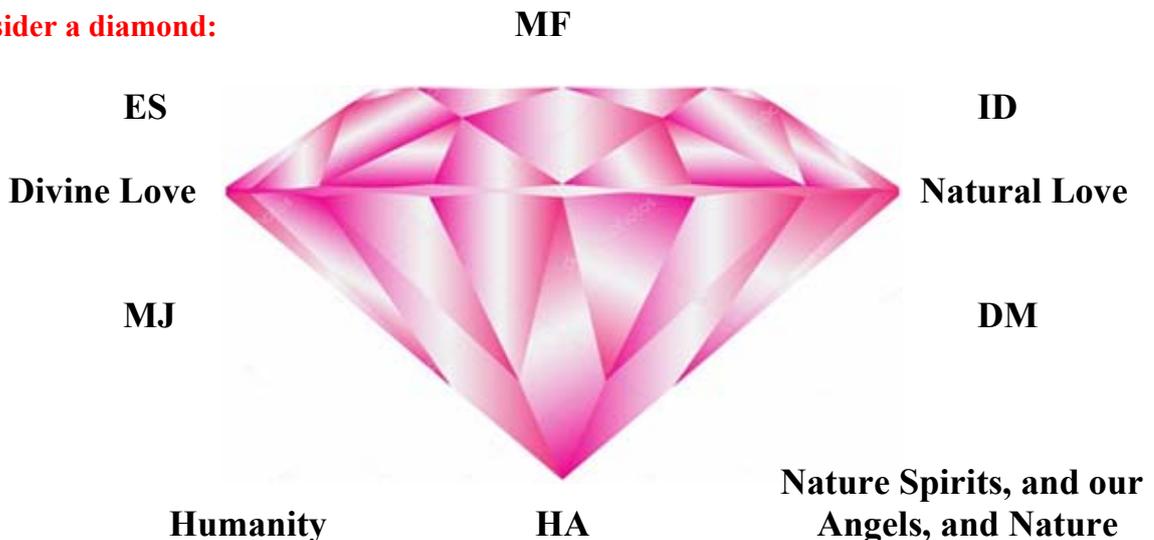
PLANETS that engage in REBELLION:

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

**So in summary:**



**Consider a diamond:**



# Mother and Father Heavenly Parents

Creator Son & Daughter  
Jesus and Mary

Avonals  
as soulmate pairs

Trinity Teachers  
as soulmate pairs

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

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

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

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

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

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

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

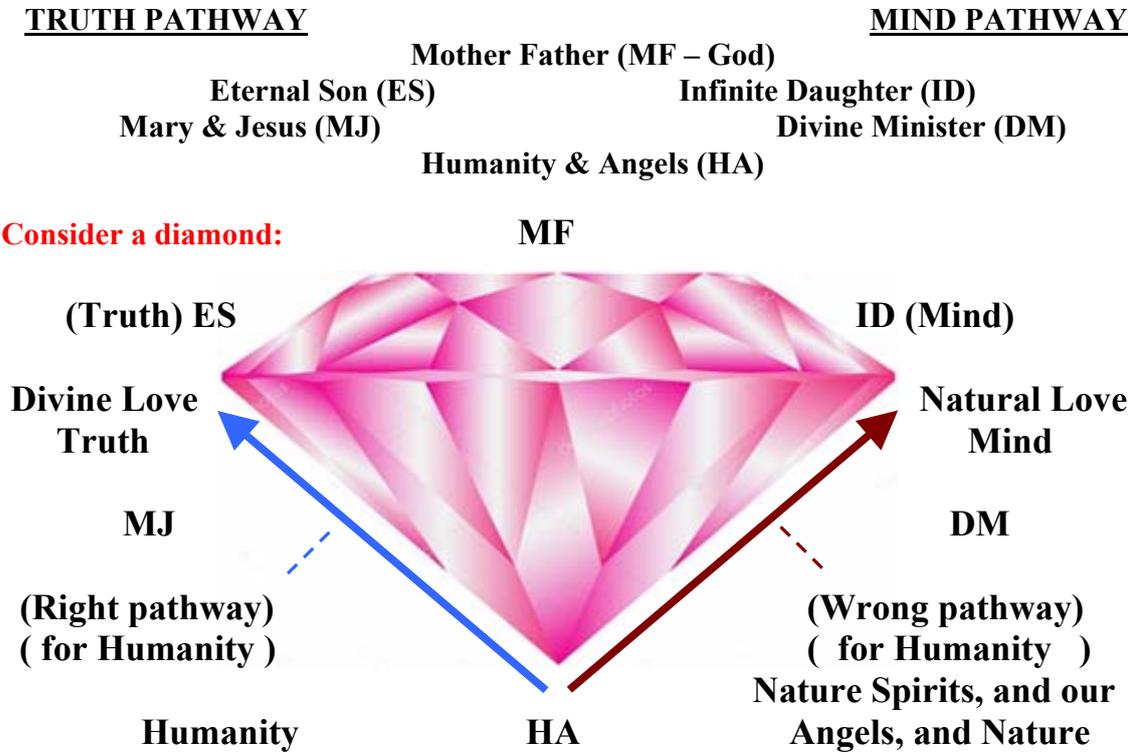
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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

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

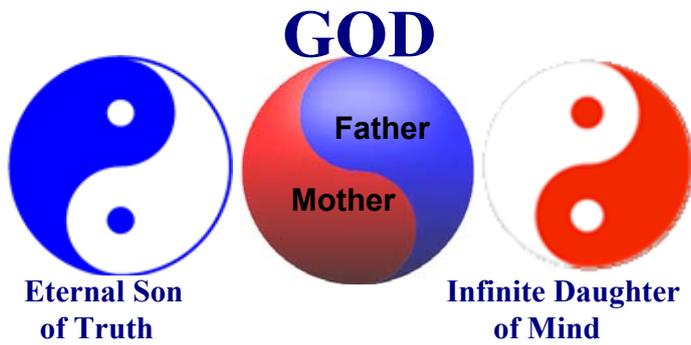
Currently the whole of Creation exists for the ascension of mortal souls from their earth planets to Paradise. It’s all one vast Grand Ascension Scheme. With all the higher and lower spiritual Daughters and Sons, together with all the many different angels and other universal spirit personalities, and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

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



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

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



**CREATION of SOUL and SPIRIT:**

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

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

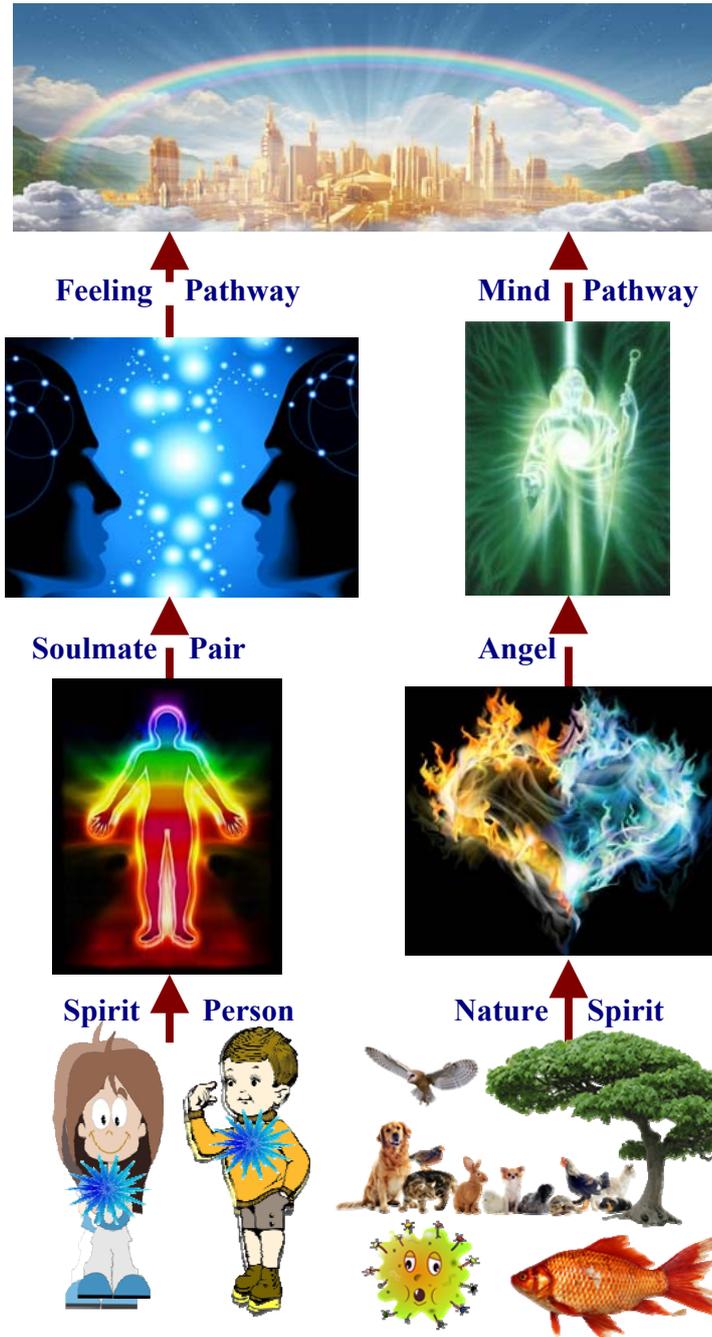
The soul of angels is experiential, evolving through their experience by continually progressing in mind development. Angels are to attain the Infinite Daughter (Spirit) of Mind. Angels are a creation of Mind. Our soul is duplex (we have a soulmate) and is created by our Heavenly Parents. Through our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

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

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

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

A nature spirit is an angel in waiting.



# 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**

