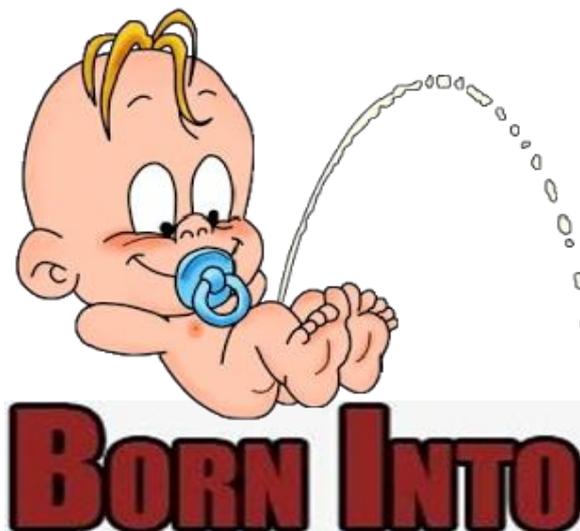
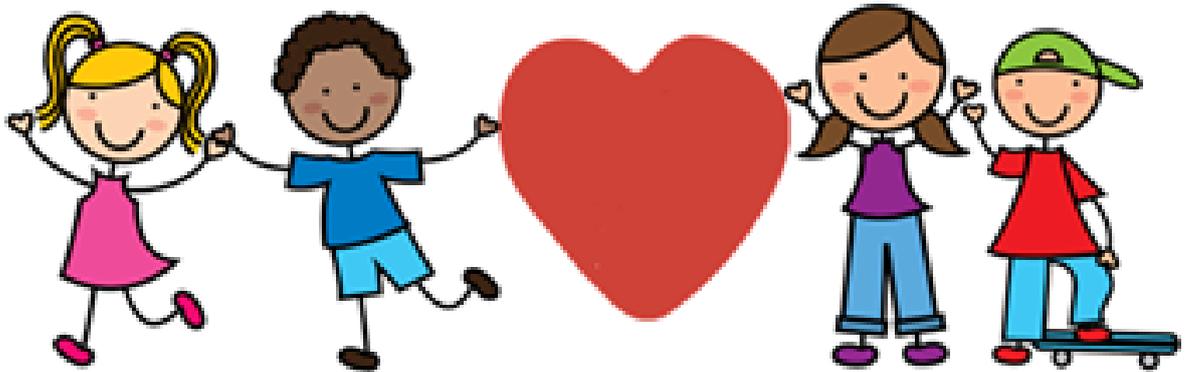


# PASCAS CARE

Living Feelings First

- Children - Graphics

WE ARE GOD'S CHILDREN



**DEFAULT &**  
**REBELLION**

“Peace And Spirit Creating Alternative Solutions”

PASCAS FOUNDATION (Aust) Ltd  
ABN 23 133 271 593

Queensland, Australia

Pascas Foundation is a not for profit organisation

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Living Feelings First – Children – Graphics

# Healed potential



Insightful Genius

*Brilliance!*

**DYNAMIC**

**vibrant**

## **EDUCATING about FEELING HEALING**

Sunday, 27 October 2019

James: When considering schools and other people that are being talked to and presented them with the Truth, here are some of the main elements that might be useful should one be exposed to or wanting to live Feelings First.

Perhaps a program could be designed to introduce children to it and take them progressively deeper into understanding themselves as they grow up, with a condensed version for adults who want to do workshops, or a Feeling Healing study course for Chaldi College.

### **Feeling Awareness.**

There are two extremes which Marion and I are coming from; and everywhere else in between.

#### *Feeling Aware*

People who are feeling aware, in that they have always been aware of their feelings, it being part of how they grew up, or they've come to be more aware of them through self-help, therapy or just life.

Marion was completely aware of her feelings since the earliest she can remember. Mostly they were bad ones, like wanting to kill herself because she felt so bad and that no one cared about her, no one loved her, no one positively related to her, from as early back as she can remember. She was aware of feelings, feeling them intensely, and looking at other people feeling and expressing their feelings. Her problem was she wasn't allowed to express them, with her Healing being one long acceptance and understanding that she can express them now, breaking through all the barriers put in place through your childhood that stopped her showing them.

There are lots of people aware of their feelings, with varying levels of being able to express them.

#### *Feeling Unaware*

I came from the opposite side, being completely feeling unaware. Feelings weren't part of our family discussion. Only if I felt physically sick were I to express those feelings so the doctor would come or we'd go to him. In my early thirties I was told I was depressed, and it was a major revelation: that was what was wrong with me! I knew being scared and unhappy, but that was it. So with Marion it was learning about identifying my feelings – that feeling is misery, that feeling is humiliation and so on, to being able to accept that I had them and then to express them.

So possibly adults, and children, would be taught about their feelings, what each feeling is, why they have them, mock situations that make them feel our different feelings, discussion about them: I had this feeling at home when mummy said or did...

And education about how important feelings are, and how good, necessary, and vital to our well being, it is to express them, and not suppress, reject, deny or repress them, as that makes us sick and makes our mind have to take over which can cause us problems.

And to include the ramifications of expressing feelings or words that might hurt other people, and why they will, and how to be sensitive and respectful in relating to oneself and others on the feeling level.

And then the differences between the mind approach and feeling approach to life.

### **Information about our Feeling Denial.**

To introduce why humanity moved to become more feeling denying – bringing in the control from the Higher Spirits, information about the Rebellion and Default.

Information about the bigger picture and how we are all living the Rebellion by Default. How that applies in our daily dysfunctional and disconnected lives, all because we're not living true to our feelings.

More about how we get sick because our feeling denial.

How we can end our Rebellion by Default is doing our Feeling Healing.

### **Feeling Healing, and living Feelings First.**

Introducing how we're to live truly: living true to our feelings; and if we can, we'll naturally live life as God wants us to.

The importance of living with our feelings to uncover the truth of ourselves.

The importance of longing for the truth, how it happens, what it's like when it comes, how to use our feelings to do it.

How the truth comes and we live it, rather than living a set of imposed beliefs with our mind.

What Feeling Healing involves, how it will affect you, other people, your family relationships – what to expect. How difficult it will be to do it, how much help you might need, or that you can do it by yourself.

More about the benefits of doing it, such as not passing your yuk onto your children.

yuk

Becoming Celestial on Earth. Or starting it and finishing in spirit.

### **The Actual doing of it.**

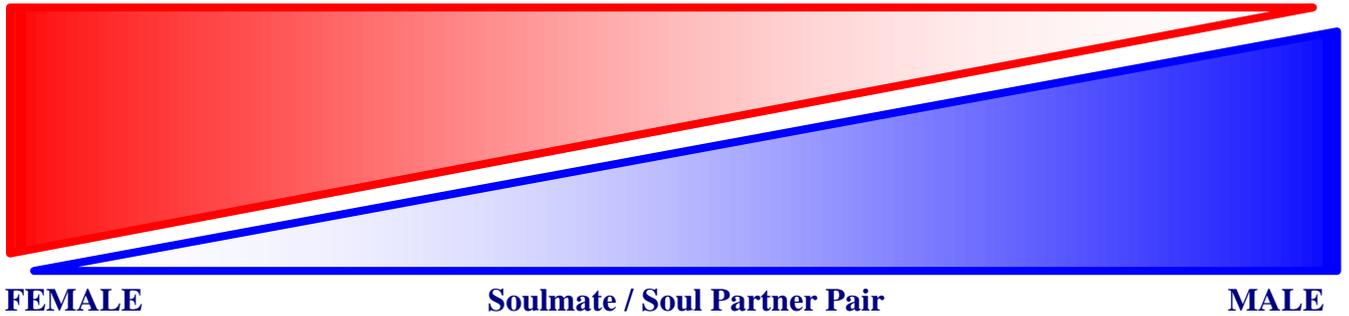
Personal Healing experience.

**Feelings first**

**LIVE FEELINGS FIRST**

**FEELINGS FIRST For Kids**

**The EXTREMES of EMOTIONAL INJURY and SOUL SUPPRESSION:**



At the extreme ends of Childhood Repression, a soulmate pair will be the first to heal themselves, having experienced their parents and close family members impose upon them forms of childhood suppression that collectively represent all possible extremes of experiences that we can have. Thus, when their Spirits of Truth are released, then all of humanity will be able to draw upon these for assistance and guidance as to how to liberate one's own soul from their own personal repression. This is the gift that this soulmate pair is to provide humanity with.

As the female is closer to her feelings, it is the female that may lead and assist the male in their Feeling Healing process, while progressing with her own. The male typically cannot do this on his own, the female being more capable due to her closeness to her feelings. However, to complete her own progression, the female requires the support and participation of the male. It is now time that we recognise that it is the woman that is our spiritual leader.

Our truth loving soul based feelings are to be brought into dominance with our minds only to support our soul based feelings. It is how we are brought up by our parents that we erroneously accept that our minds are all powerful; however they are greatly flawed and self-centred. Embracing one's own feelings is embracing the way of living that our Mother and Father desire for us to express and engage in. We are to fully express our God given personality through our feelings, not our mind based man-made impressions.

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

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

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

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

**TRUTH LOVING SOUL V ERROR INFLICTED MIND**



# Living Feelings First in the Classroom Process

## Feelings First Spirituality – The New Way

(Children)

### Feelings

Your feelings are very important. They are you – you are your feelings.

## How Do You Feel Today?



## Feelings



When you feel bad, it's good to let yourself feel all those bad feelings.

It's bad to stop yourself feeling them, because then you are not being nice to yourself.

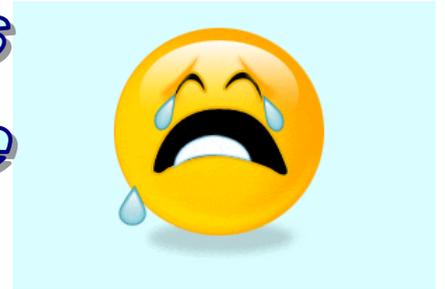
But when you feel bad, what can you do?

You can talk about all how you're feeling with yourself, with your friend, with your mum and dad, with anyone in your life who will listen; and with God.



But what do you do if they won't let you feel bad, and cry and be angry or miserable, or all the other bad feelings you feel? What do you do if they won't listen to you?

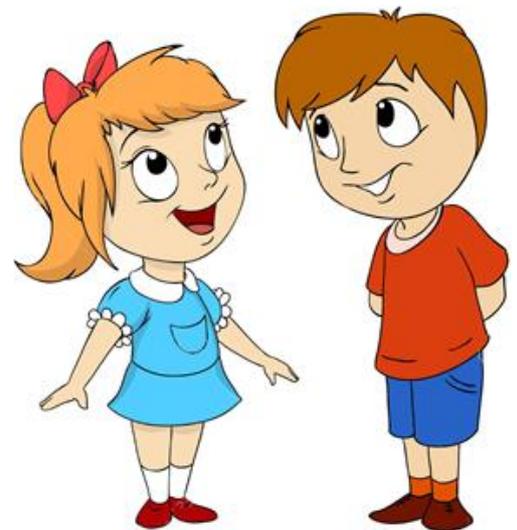
## *Crying is welcome here*



Then you have to do it within yourself or out loud when you're by yourself. So you say how bad you are feeling in your mind. You tell God all how bad you are feeling. You can say how unloved and uncared about you feel, how nobody wants to know how you are feeling, how hurt they make you feel, how much you hate them for treating you so badly, how unwanted, miserable and sad you feel – you can say all the bad stuff about how you feel.

But the best thing is, if you can tell someone all you feel, someone who cares about and loves you.

Still, if there is no one like that in your life when you are feeling bad, and even if you have to say it in your mind to yourself or to God, or even to your angels, it's best if you can say all you are feeling and not keep it in.



## **We are God's Children**

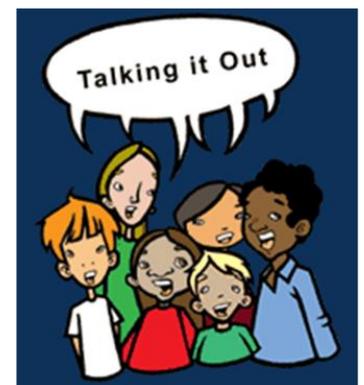
If you stop yourself feeling bad, or stop yourself saying all the bad feelings and emotions, you will end up causing yourself problems later in life. All those bad feelings, if they don't come out of you, are only going to keep hurting you. And you might be able to block them out for a while, but sooner or later in your life, they will come back up in you.

## **BAD is GOOD**

The more you can say what you are feeling, all the good and, most importantly, all the bad feelings, the better it will be for you. And the better it will be in your relationships, with your friends, your family, and with God.

Keeping your bad feelings locked away inside you can make you sick. And bringing them out will make you feel better.

So saying how you feel all the time is good.



And you can also want to know why you feel the feelings you are feeling.

You can ask yourself, your angels, or God to show you why you are feeling bad (or why you are feeling good). Ask them to show you through your feelings and not so much through your mind. It's wanting to know the truth of yourself. Who you are; wanting to know all about yourself, and finding out through your feelings.

# Ask for truth

If you speak out all your feelings, even if you just do it in your mind, and want to know the truth of them, then slowly as you grow older you'll come to understand all about yourself.

We are to get to know ourselves and each other through our feelings. That's why feelings are so important. So if you don't allow yourself to feel them, and don't want them to show you the truth of how you are and why you are feeling them, then you won't be able to understand yourself, and neither will you be able to understand why the good and bad things that are happening to you, do happen to you.



If you want to grow up having good, loving and caring relationships, then the more you and the other person can express their feelings and want to know the truth of them, the closer and more loving those relationships will be.

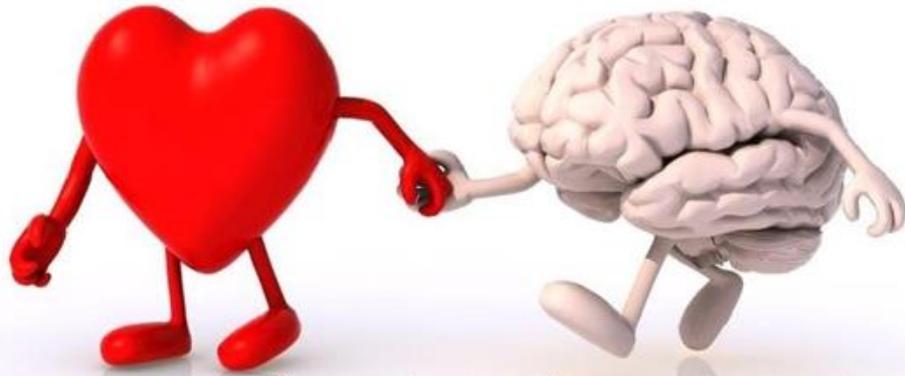
God will show you all about yourself through your own feelings, if you ask God to. Talk to God like God is your Heavenly Mother and Heavenly Father. Tell Them all you are feeling and thinking. Talk to Them separately or both at the same time.

Share everything with God if you want to. God wants to get to know you, and you can get to know God through your feelings, just as you can get to know yourself.



And if you want God to love you, tell Them you want Their Divine Love. Really want to feel God's Love in your heart. Long to and ask your Heavenly Mother and Father for Their Divine Love.

You can get to know the whole truth of yourself through your feelings. You are what you feel, your feelings don't lie. They are the truth.



Sometimes Your Mind Needs More Time  
To Accept What The Heart Already Knows



**Feelings** *first*

Heart logic and mind logic are often  
two very different things.



It has to feel right and make sense to  
move forward with ease.

If it doesn't feel right, but it seems to  
make sense, pause, and investigate within.

If it feels right but doesn't make total sense,  
ask the mind to trust the heart a little more.

The heart's usually the wiser of the two.

~Doe Zantamata

## FEELING HEALING is about the individuality of each person:

Each session, each experience, each moment will be your personal journey of undoing the hurt and pain that has taken place for you.

We are not meant to be alone. We are meant to be always able to talk and share with others and those others are your friends, your companions, your buddies, those who are always pleased to listen to you and your pain.

# MAKE WORDS MATTER



This is why there is no two sessions or experiences the same. It is a steady discovery of why you are having each feeling, each anxiety, each anger experience and what it was all about then sharing what you now understand about it with your 'listener', all the time longing for the truth of what it is all about.

We are to talk to each other – a lot! It is ever so important to long for, to ask for, to really strive to understand what it is that we are really experiencing and feeling about current and past events – these are emotional events – it is to begin to feel what was really happening for you back then – be it

good or bad – discover what it was all about and then tell a friend all about it – in all its gory detail!

Both you, the listener and the teller are ever so brave in being so open and receptive to each other – but this is how we can release the **yuk** that is built up as a pile of pain and damage within us – this is our journey to being free and pure in all our being.



This is why endlessly talking on electronic devices and 'texting' impersonal messages is so enslaving to kids and adults – it is not being feeling involved through direct face to face personal interaction. People who are driven by greed and control have imposed separating devices so that we do not heal ourselves which can only come about by loving interactions with true loving companions.

# LISTEN to a FRIEND



Whenever a feeling comes up that is drawing you to recall an event, past or present, good or bad, feel free to tell a companion all about it. Let this happen freely. It is no good for you or anyone to bottle it up – suppress it – this is what causes illness and all kinds of strife.



Become a listener – walk up to companions and say; Hey Friend, How are you doing? Encourage others to do what you know is best for everyone, talk it all out of you, all that crud that people bottle up and become miserable and depressed about.



This is the greatest journey and in this way you will become the nice, caring and loving personality that you are meant to be.

This is why every Feeling Healing session that you participate in will be the greatest loving thing that you can do for yourself because it will be your loving journey throughout life and forever.



## **For ADULT'S to CONSIDER**

It's about learning to express all you feel NOW, and should those feelings lead you into past ones then those repressed ones can be dealt with. We have to stay true to our current feelings, fully embracing, accepting and expressing them, and longing for their truth. Which is far more applicable to children – to stay in the PRESENT. The actual deeper Feeling Healing part of liberating past trauma is another thing altogether, yet something that shouldn't overlook the current feelings because one's current feelings are the way into the past repressed ones. If you try to go into the repressed ones whilst not also embracing and expressing and longing for the truth of the current ones, you'll screw yourself up. It's to understand that our current feelings ARE the same as our past feelings, so we use our current ones to access those same past ones. What we are feeling now is what we felt back then. So the truth that comes to us now is the truth to what happened to us back then, it all connects up. So as an adult now we can uncover the truth of what we are feeling now and why we are feeling such feelings, just as we can also uncover the truth of what we felt back then that is causing us to feel those same feelings now. So all the while we want to find within us the truth of why we're feeling the same feelings now as we did back then, as in, what pattern is there, why is it repeating and how was it established in us – what is really going on within us.

And thinking more about the texting and Internet, it's still far better to at least say all you feel and express yourself as much as you can through it, rather than not doing it at all. So many people when face to face close down feeling scared and being unable to open up about anything, whereas at least with the Internet being removed, like with the phone, you can say stuff you might not have said before. Still, of course face to face with full self-expression between everyone is the best, yet as we're all screwed and denying ourselves so heavily, does it matter having the Internet? It sure gives people more to talk about, and people all over the world, helping us see how everyone is and that we are not much different to each other. Growing up fully wired to it from day dot might cause other problems, which we'll start seeing soon enough if it's not all there already.

Another thing is that it's to be understood that expressing and seeking the truth of your feelings IS JUST LIFE. You don't have to have specific sessions; to give the skills and understanding that it's just normal everyday living. It's to help the child / adult to understand that we can do it all ourselves through our feelings, that we can live being completely self-reliant by properly attending to our feelings and growing in the truth they reveal to us. And that all bad things that happen to us only do because we are not properly attending to ourselves by fully honouring and expressing all we feel.

**The CHILD is to FREELY EXPRESS ITSELF:** Messages from Mary and Jesus 13 May 2003

**Mary: The greatest gift you can give your child, is allowing it to be freely able to express itself, helping it to feel good about being able to say and express and communicate all it feels. THERE IS NOTHING BETTER FOR A CHILD TO FEEL THAN KNOWING ITS PARENTS COMPLETELY WANT IT TO BE EXACTLY HOW IT FEELS IT WANTS TO BE. To be completely unconditionally accepted for all that it is. Then it feels loved.**

## PASCAS CARE – LIVING FEELINGS FIRST – CHILDREN

**SOUL:** We are soul. Our personality and will is a unique expression from our soul. Our soul manifests two personalities, one female and one male – ALWAYS. Our soul is within a dimension that is unseen by our spirit body. Our soul does everything. Our soul manifests the spirit body, which in turn creates our physical body; this it does twice: one as a female and the other as a male – this is how we have a soulmate / soul partner.



Our soul is in the image of God. God is both ‘male’ and ‘female’, and our soul becomes of the essence of God, our Heavenly Mother and Heavenly Father, as we receive Their Divine Love. God is one Soul expressing two personalities, just as we are!

Living Feelings First enables stuck personalities to free themselves from the suppression and repression that they have experienced during their formative years, their early childhood. No child has escaped from been mentally abused and greatly injured emotionally. Now we are to free the true personality that we are to express.



### Feeling Healing for Kids:

Dr N D Gopal, Centre for Educational Research, University of KwaZulu-Natal, South Africa, reported:

“Rich qualitative data have emerged with regard to the children’s attitudes and feelings about The Journey Program (expressing stuck feelings being held emotions) and their social world. Specifically educators, parents and students report that the program has been tremendously helpful in conveying changes in family structure and environment, areas of concern, conflict or success at school and attitudes in their personal relationships. In addition, the data has been used as a measure of how effective the program has been in enhancing students’ life skills across social settings and as a screening devise to detect abuse, neglect or some vulnerability that these children have endured in the past that stopped them from achieving their true potential. Students appear to have benefited in that they claim to have emotional freedom. This has helped teachers and parents be more responsive to individual children’s needs and problems and to modify the program content and curriculum accordingly.”



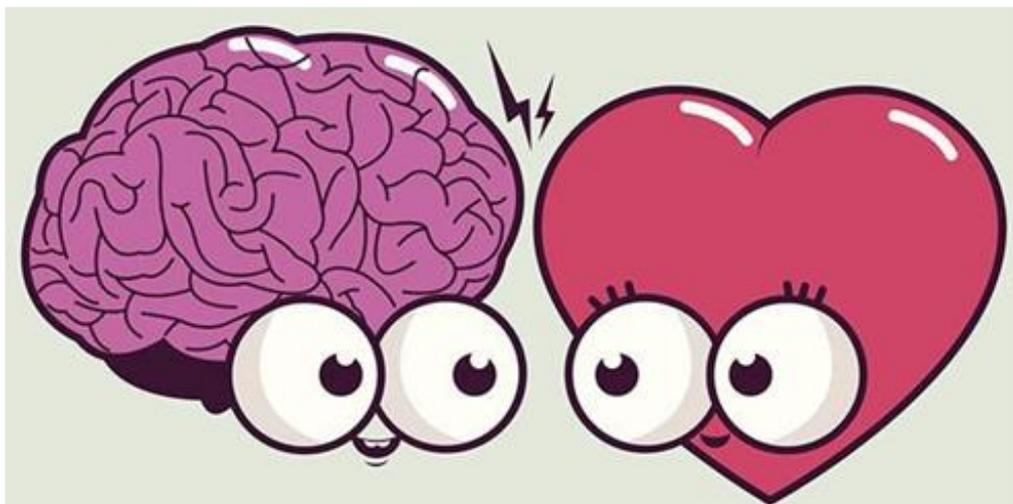


## WE'VE BEEN SCREWED BY LUCIFER REBELLION

We have been screwed over by accepting that our minds are the way to live and that our minds are to be worshipped. Through Living Feelings First – Feeling Healing, deep emotional injuries that are holding each of us back, when the children release this dark energy, this pain, they become empowered and made to feel lighter and happier. Disciplinary problem children typically resolve their issues through expressing their pent up Feelings. Feeling Healing – talking it out – is liberating, even though it is painful.

What is to unfold as children progress through their healing is that they will find that when they feel the stress and tension of an event or experience of any description, by longing for, asking themselves what this is all about, the truth behind why they are feeling this upset will reveal itself, that they will be able to talk it out to a mate, a friend, a companion that they are drawn to, that they are affectionately interactive with and resolve the pain – not needing to have a classroom session to work through it with. This will unfold to being a way of living and be the core of their personal development and evolution. As children heal themselves then what they personally achieve will benefit their own children when they arrive.

Living Feelings First is the commencement of our journey to Paradise, the home of our Heavenly Mother and Father.



**Our mind strives to control and is always subject to error. The mind's controlling natures based on error are the foundation of all the misery, illness and drama on Earth for all of humanity. Put them aside by expressing them.**

**Our soul based feelings, given to us by our Heavenly Parents, are always in truth. Allowing our feelings to lead our way of living that is living true to God. Express all your feelings and long for the truth of them.**

## WE ENDURE FOUR LAYERS of PERSONALITY SUPPRESSION!



Unknowingly, our parents pass onto their children (us) their beliefs and way of living that has evolved since the Rebellion, some 200,000 years ago, and then the Default, some 38,000 years ago. In this way, humanity is suppressing the female, rejecting our Spiritual Parents, namely Jesus and Mary, and denying our Heavenly Parents being our true Mother and Father, of Their truth, standing and existence.

**The Rebellion is against love, the Default is all the difficulties we have in our relationships because of our rebellion. Healing the Default is becoming true, to ourselves and in our relationships, and ending our unlovingness – our rejection of love, so ending the Rebellion.** Nanna Beth 29 June 2017



We are souls, our personality is an expression of our soul. It is our free expression of our soul through our feelings that we are to embrace and follow. This expression may appear to be wilful in nature, from time to time, and consequently our parents' attempt to suppress this expression. They proceed to remodel us when as young children, in the manner their parents treated them and so on for many generations going back.

During our forming years, as a child, we are unable to recognise the suppression of our personality as being extra-ordinarily harmful to our soul based personality and, accordingly, we don't know that things can be any other way. Presently, neither do our parents.



This childhood suppression way of living continues throughout our schooling years, thus we learn this is a way of life that is normal.

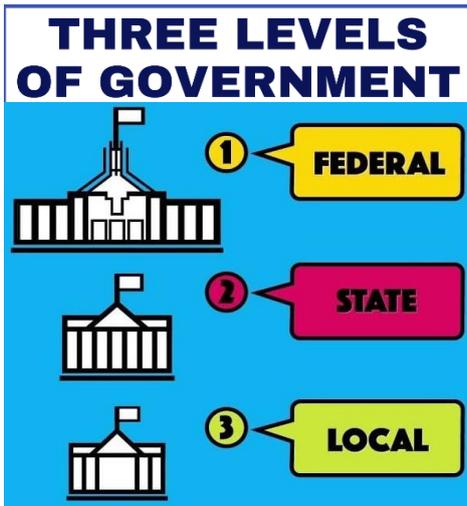
Our religions all have been formed based on the tenets of the Rebellion and Default. The teachers and leaders throughout all denominations take us further away from our suppressed feelings that have been hammered into us during our forming years, thus entrenching us further into rejecting our true selves.



The controlling and suppression mechanisms of our parents, educators and spiritual teachers all manifest throughout all of commerce. This control comes heavily and brutally down upon all levels of employment. The capability to express one's soul based attributes and gifts is sealed throughout all of one's working life.

A new way of living is to enable the liberation of one's true personality through the Feeling Healing process AND the transfer of authority to the individual via embracing freedom of expression.

**BUT THERE ARE FURTHER LAYERS OF CONTROL!**



Federal, state and local governments impose their 'rule' upon the people that appoint them to serve these very same people!

Instead of assisting their people, governments at all levels impose restrictions and controls.

The same people who 'elect' the members of parliament do not realise that the 'nominees' are often puppets of hidden controllers.

**GOVERNMENT**

Derived from the Latin verb **Guverno, Governare** meaning **"To Control"** & the Latin noun **Mens, Mentis** meaning **"Mind"**

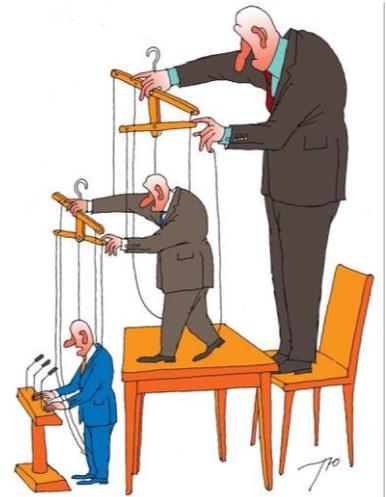
**To Control The Mind**

**HIDDEN CONTROLLERS**



'Heads of society' are considered leaders. The 300 Bilderberg Club members are (short term) leaders throughout the world, but these are controlled by some 30 families (medium term),

who are in turn are manipulated by 12 (long term) families. All of this is managed and imposed by global secret society networks under the direction of the 12 long term families and their chairman.



**CONTROL DISRUPT**

**celestial Friends**

Since 31 May 1914, Celestials have been progressively introducing high level truths to humanity that have been prevented from sharing for thousands of years. From 31 January 2018, Celestials have been disrupting the hidden controllers on Earth and slowly bringing about their manipulation and suppression of Earth's humanity.

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



**Rebellion and Default officially ended**  
**31 January 2018**  
**Great U-Turn now ready for mobilisation**  
**22 July 2023**

From this:



To this:

**SUPERKIDS**

**Natural self Expression through Feelings**

Self Empowering

Self Revealing

Self Loving



**Feelings First**

Natural Love Flow

Natural love is Creation's love;

One can swap back and forwards between paths

I am God

Intellectual

Self reliant (trust myself)

Self-determination way of life

Mind dominates

Thinking = Mechanistic

- rational
- analysis
- reductionist
- linear

Values = Mechanistic

- expansion
- competition
- quantity
- domination

Adult like

Control

Millions of paths (man created)

Peak possibility is 6th sphere

time to complete path:

100 years to over 1,000 years

Divine Love Flow with Feelings First

Divine Love is Soul's love.

I am God's son/daughter/child

Emotional

God reliant (God relationship)

Soul-spirit living harmony

Soul dominates

Thinking = Holistic

- intuitive
- synthesis
- integrative
- non-linear

Values = Holistic

- conservation
- co-operation
- quality
- partnership

Child like

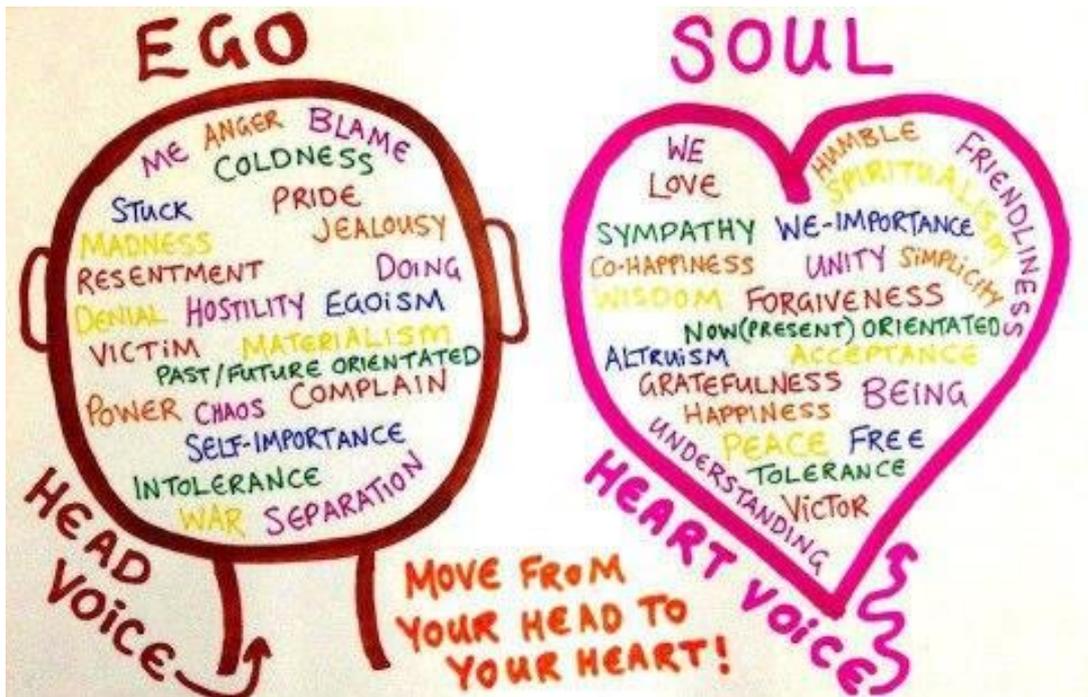
Feeling

Defined path (God created)

Peak possibility is infinity

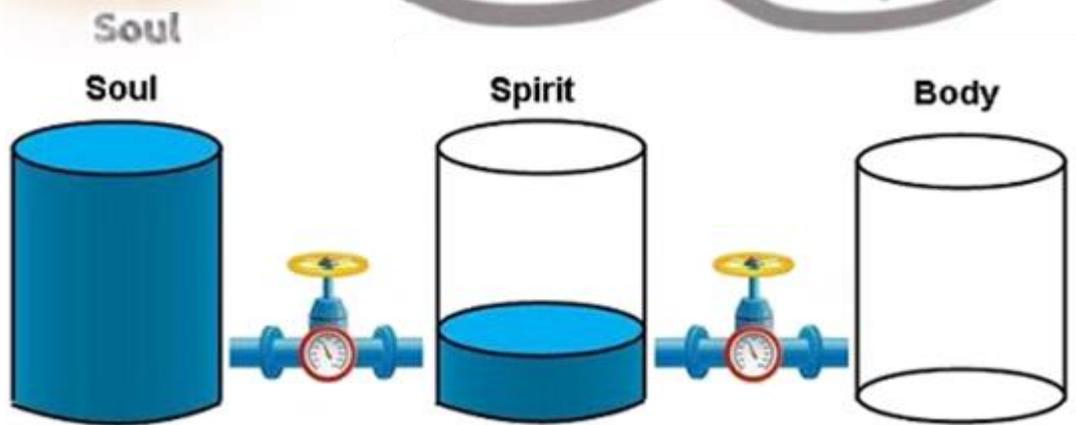
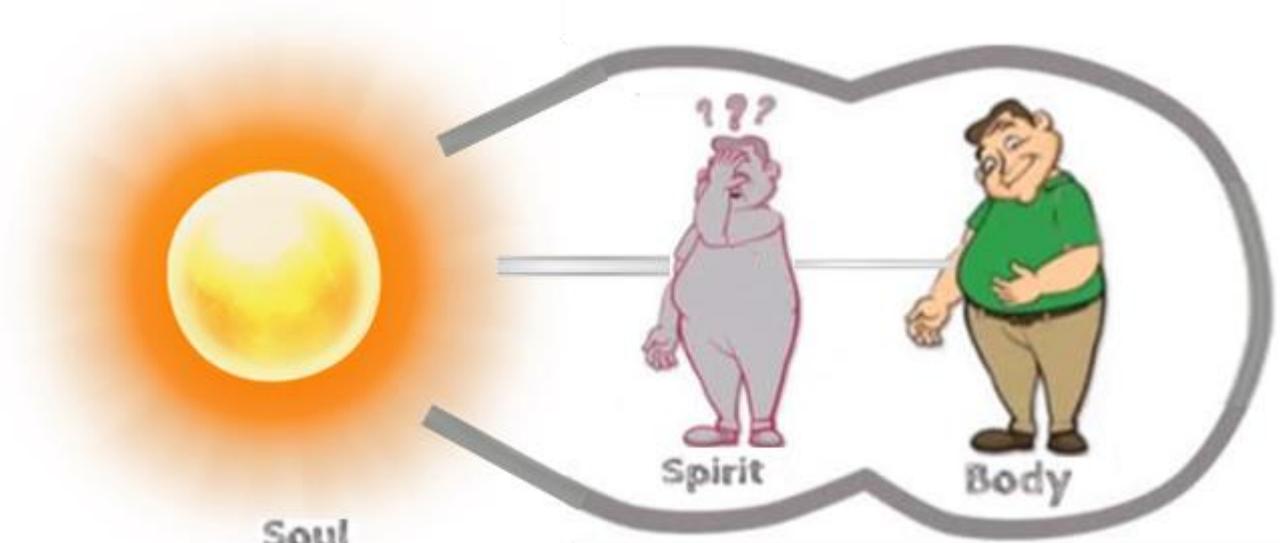
(sphere / mansion world are same)

5 years to over 10 years to at-onement



**OUR MIND constricts OUR FEELINGS!**

Thousands of years ago, high level spiritual leaders erroneously guided humanity to embrace their minds as the way to live. Our minds are addicted to untruth, they cannot discern truth from falsehood, and our minds are addicted to control over others and the environment. We are self-contained. It is our soul-based feelings that we are to allow to surface and guide us. Our minds are to then help us implement what our feelings are leading us to do and understand. All truth flows from our soul and it is our minds that are to allow such truths to be accepted and followed, not the way we are now being taught. We are to live Feelings First.



**Spirit Body  
Personal Computer (mind)**



**Physical  
Body**

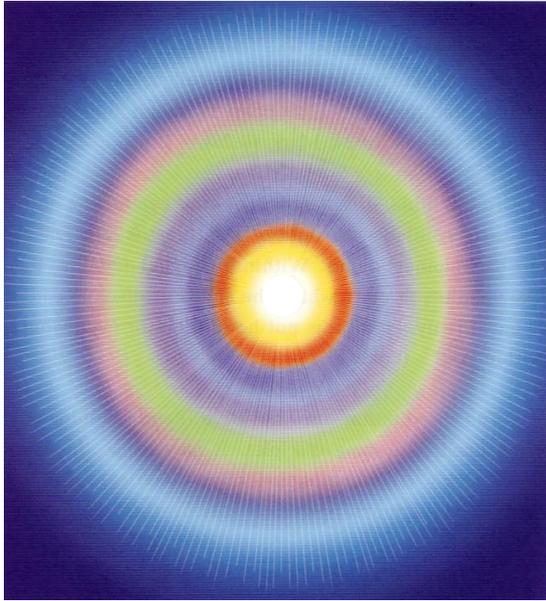
**Dumb  
Terminal  
(brain)**



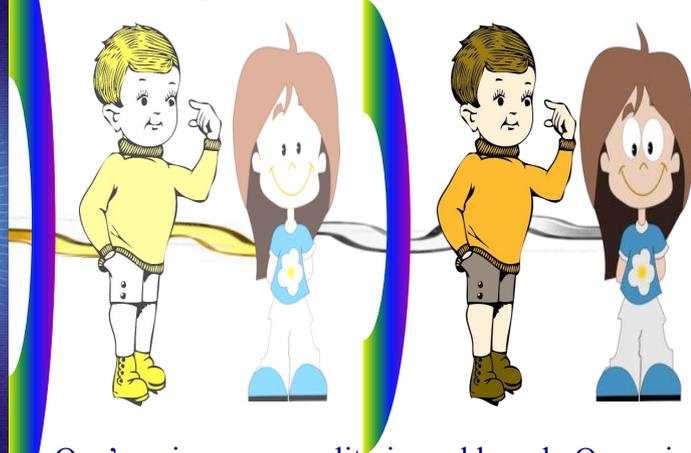
## DIMENSIONS of ONE'S EXISTENCE:

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

SOUL exists existentially



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



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

## PERSONALITY



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

**SOUL:**

**The Real You is your soul, you are one ‘half’ of that soul.**

**Each half of the original soul incarnates a spirit and physical body simultaneously, they being connected. The soul expresses each of its two personalities as a woman and man. True soul partners are always of the opposite sex.**

**Sexuality is an attribute of the two personalities the soul expresses; the soul itself does not know sexuality.**



**The soul connects to the two spirit bodies it has created by ‘golden cords’ of light; and the spirit body is in turn connected to the physical body by ‘silver cords’ of light.**

**The spirit body is your astral body. The etheric is really the body that is the template for the physical and one that doesn’t hold consciousness.**

**The soul remains invisible to the spirit and physical bodies, only being discernible by its luminosity through the spirit body.**

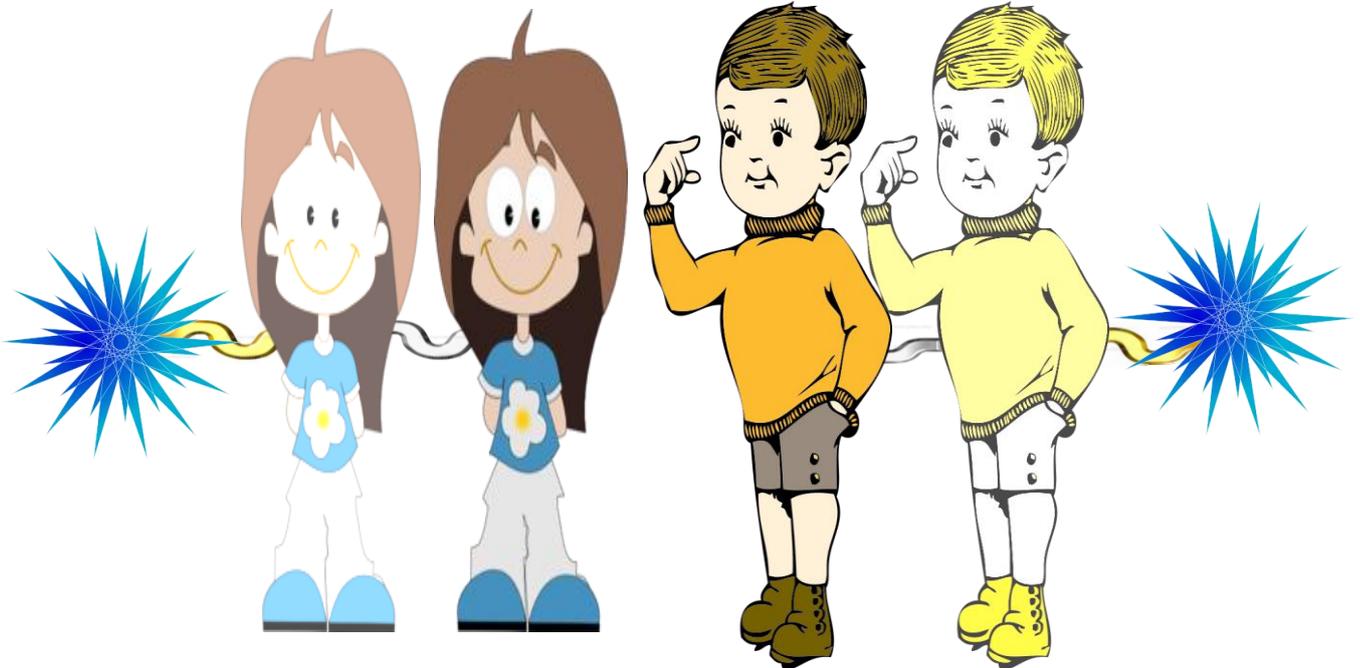
**95%+ of humanity currently are within the 1<sup>st</sup> sphere of development.**

**PERSONALITY**

**Soul    Spirit Body    Physical Body**

**PERSONALITY**

**Physical Body    Spirit Body    Soul**



# Soul Partners

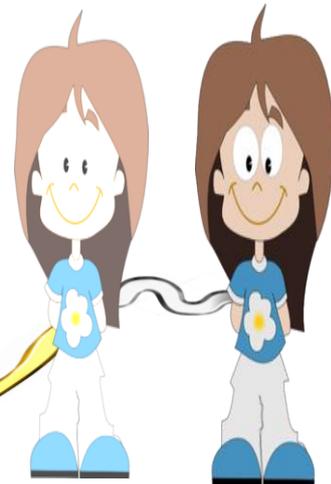
Physical / material body  
Brain

Spirit / etheric body  
Mind

Soul + Spirit Combination  
Senses  
Desires  
Memory  
Passions  
Intention  
Free Will  
Emotions  
Creativity  
Awareness  
Personality  
Aspirations  
Intelligence  
Consciousness  
The Real You is your Soul!  
Our Soul orchestrates everything!

## ONE SOUL = TWO PERSONALITIES

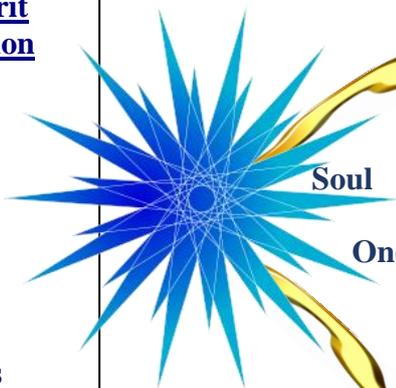
The two personalities from the one soul are eternally compatible once they are healed of their Rebellion and Default.



Spirit Body

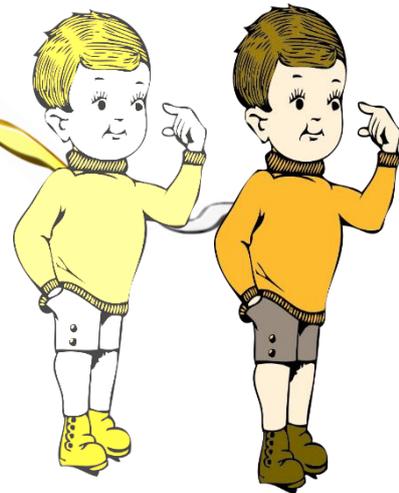
Physical Body

One Soul = Two Personalities



Soul

The capabilities and potentialities of every individual personality is only limited by their childhood suppression and repression. Once we heal, then our self-expression will reveal our true selves.



# **PSYCHIC BARRIERS to CHANGE!**

**To put it succinctly:**

**We have been driven, generation after generation, to embrace our minds to the point that we blindly worship our minds, due to the fact that high level spirit controllers considered we would fall to to their coercion.**

**Our minds are addicted to:**

**Control over others;**

**Control over our environment.**

**That males are now addicted to having females subservient to their control.**

**That our minds cannot differentiate Truth from Falsehood.**

**That our minds are addicted to untruth and that 'fake news' and propaganda will be believed by a gullible, subservient audience.**

**That consequently, the sheeple will march to war without questioning.**

**So, financial gain for the few hidden controllers is the trigger for never ending wars, if they cannot enslave nations through debt by other means!**

**We, here on Earth, live in a physical HELL!**

# Purpose of Life

Purpose of our life is to:

Achieve individualisation. This is truly the moment of our sentient experience beginning. This occurs at the moment of incarnation which is when our newly forming foetus begins to pump blood, usually day 16 after conception. From that moment we are beginning to experience life.

We have a life purpose. We are each a unique personality with individual propensities to experience. Should our physical life be cut short then we will go on and have the experiences that we need in the 1<sup>st</sup> spirit Mansion World. If we miscarry or are aborted then we will become spirit born, be adopted to spirit parents and have a similar life to that should we have gone on and lived on Earth.

Presently we are each subjected to Childhood Suppression which we continue on throughout our lives suppressing our feelings and our true personality. This is providing us with unique life experiences as this does not typically occur with any other humanities throughout the universes. Our physical life on Earth is mostly very difficult, however this will provide each of us with unique capabilities to aid newly emerging humanities on worlds further out into space. Yes, we have an enormous journey to enjoy.

Our time of death is predetermined. We often do crazy things – but our life span is predetermined.

What we experience is also predetermined. A few are to be wealthy and become burdened with responsibility. Many are to be poor and enjoy the freedom without trappings of assets and obligations.

Most will have families while on Earth. No matter who we are, we will each parent at least three children before we can enter the first of the Celestial Heavens. We are to experience parenting, even though that may be when we are in the spirit Mansion Worlds.

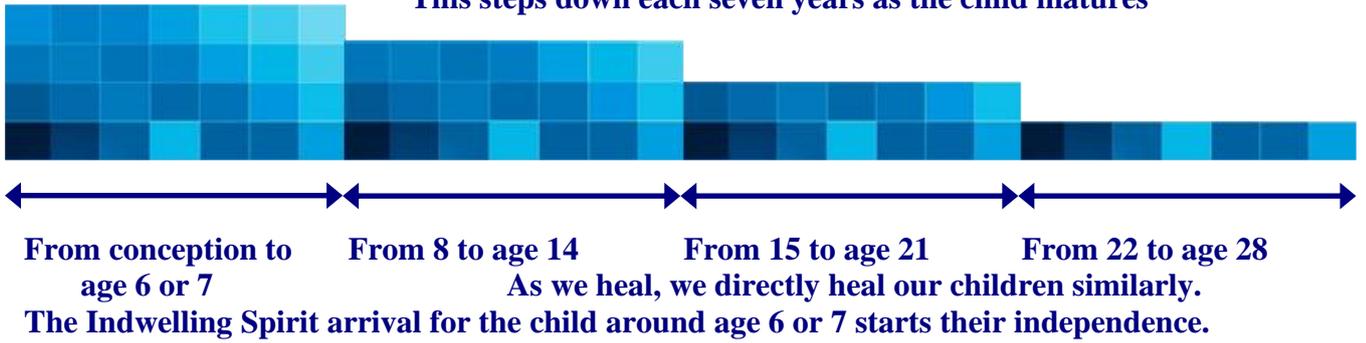
We are to live FEELINGS FIRST! We are to express our feelings, both good and bad, to a companion. We are to long / ask for the truth of what our feelings are drawing to our attention. What enters emotionally needs to be expressed emotionally. Should we long for our Heavenly Mother and Father's Love, then we are also SOUL HEALING. Our mind is to follow supporting what our feelings are leading us to embrace – this is the opposite as to how we have been brought up to live.

*It's all about*  
**Experiences**  
 &  
**FEELINGS**

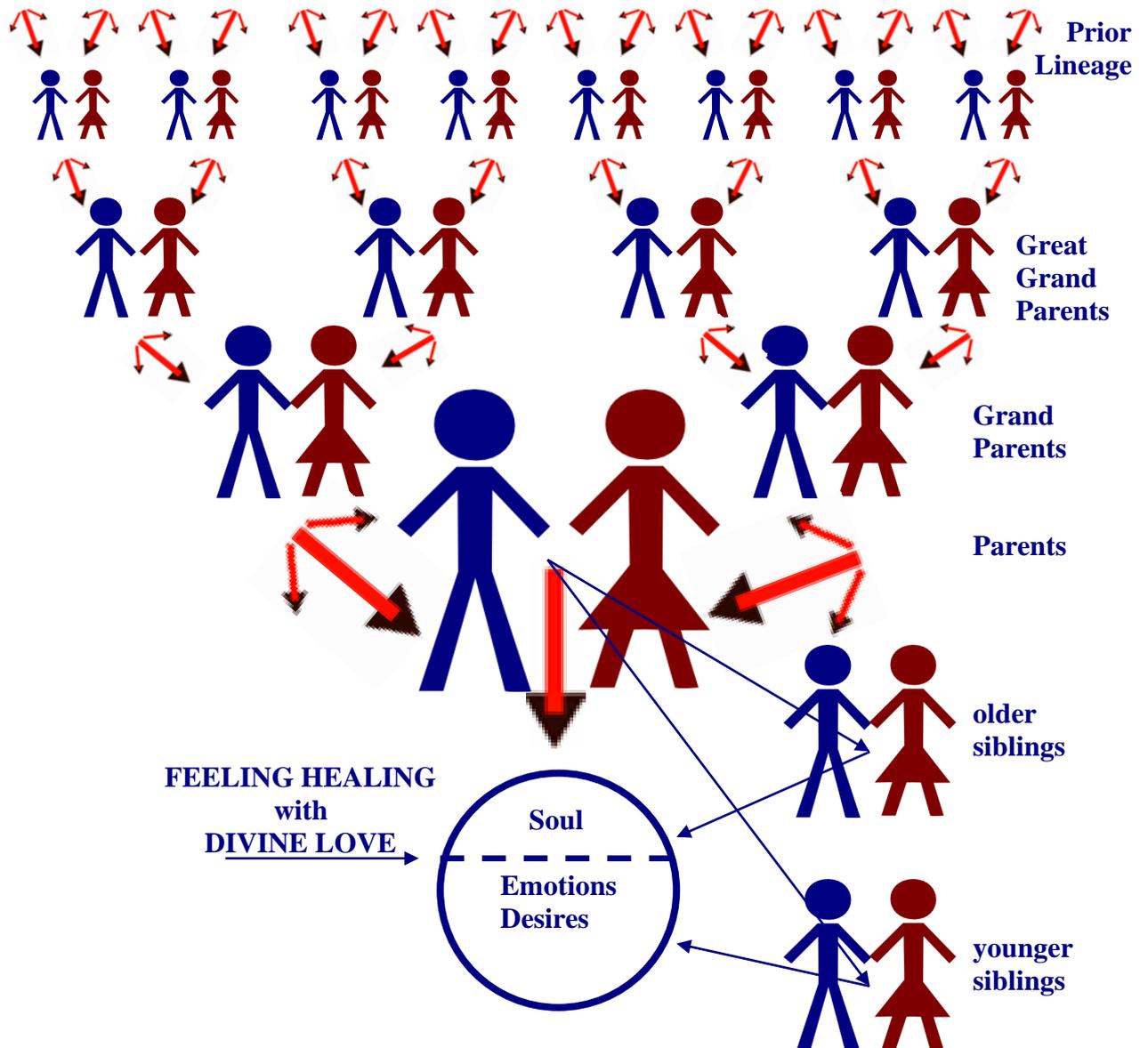
As we complete our FEELING HEALING, then and only then can we connect with our Soul Partner who is always of the opposite sex. Our soul is a duplex that manifests two personalities. And we can grow to interact with our Nature Spirits and Spirit Guides!

**BE FEELINGS  
 EXPRESSIVE!**

**POTENTIAL to BENEFIT your CHILD through your own FEELING HEALING:**  
This steps down each seven years as the child matures



Our environment, namely those who are closest around us, introduce many of the errors we carry with us within our soul body, our real self. Our parents, grand parents and siblings are those who greatly influence and mould our emotions. Prior to birth and during our first years, we absorb the emotions of those within our environment.



**WE EACH have a Nature Spirit pair, Spirit Guide pair and an Angelic Pair:**

**For those doing their Healing or are interested in doing it, will** from that time have their own personal angels, spirit guides and nature spirits with them, with whom they are to develop their own relationships should they want to. It is not about ‘sharing’ the same angels or guides or nature spirits, it is about you relating specifically to your ‘own’ ones because they are provided for YOU. It’s all for you, to maximise the experiences we each need.

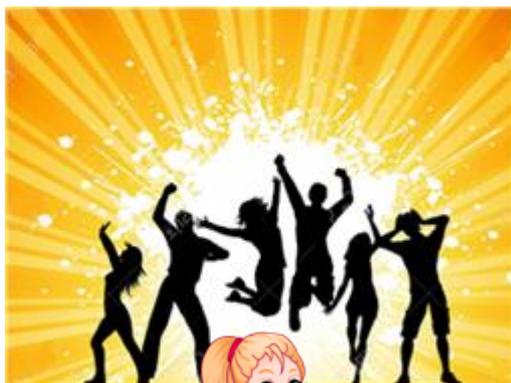


We are all to have our own pure relationships. And it’s the same, of course, in life with your friends. However over there, in spirit, dealing with Nature Spirits, Spirit Guides and Angels, it’s more personal and private and ‘JUST FOR YOU’. So, we have our own separate, unique relationships.

For example, Nature Spirit Verna has been assigned to be specifically and only with James, and she ain’t going to be assigned to anyone else, so she won’t be sharing herself around.

This is SO IMPORTANT to understand; so that in future there won’t be all these people claiming to be speaking with Verna or Mary Magdalene or Jesus or Nanna Beth or anyone else who is part of it all in such capacity. Mary M and Jesus have spoken with James as they have, making it quite clear he is the only one they are speaking with.

We each have a band of a Nature Spirit pair, Spirit Guide pair, and an Angelic pair, each pair being in their ‘soulmate’ relationship. Even though we are ascending mortals having a soulmate, even our soulmate has his or her own group of six personalities assisting him or her. Our assigned Nature Spirits do not continue with us into spirit, our Spirit Guides may for a time assist upon entry to the spirit Mansion Worlds. However, our personal Angelic pair continues with us to Paradise, and then even possibly being with us throughout eternity.



**Feelings first**



In a way each person's Indwelling Spirit, which is really God, is contracting out the work needed to be done with you to other agencies, so to us spirits, the angels, the nature spirits, other elements under the Divine Minister's control, even other non-humanity spirits, all of which end up doing increasingly more amounts of what your Indwelling Spirit does. And this 'out sourcing' is to affect greater personality interaction, increasing your experiences so they are maximised through interaction with different personalities rather than just relying solely on God. We are overall to become increasingly at-one with God, but we are to do that by becoming increasingly immersed in the experience of being with others.

Nanna Beth – 3<sup>rd</sup> Celestial Heaven: 25 December 2018



We each have a band of a Nature Spirit pair, Spirit Guide pair, and an Angelic pair, each pair being in their 'soulmate' / soul partner relationship. In addition we have our personal Indwelling Spirit.

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## NATURE SPIRITS

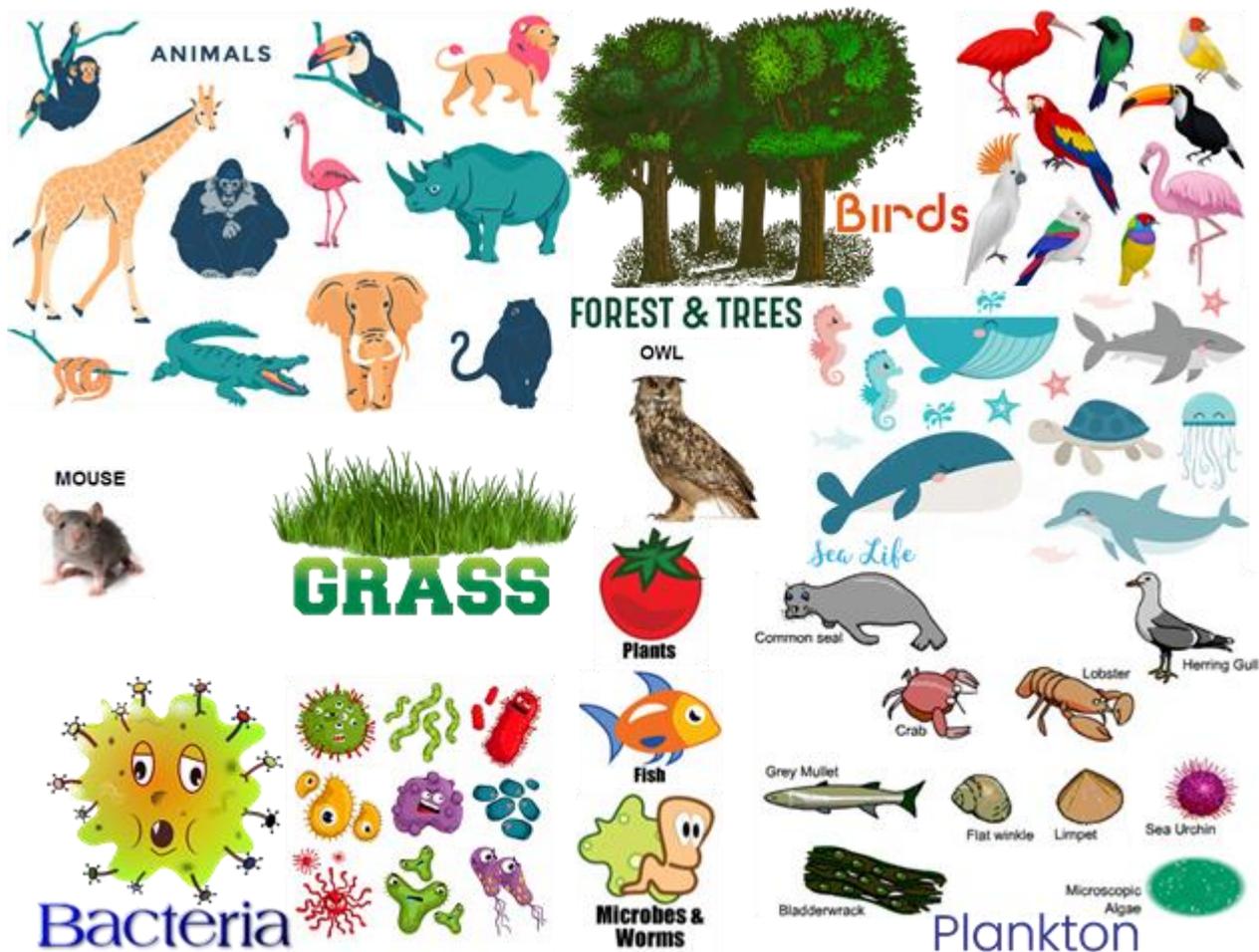
Nothing of nature reincarnates! And neither do we! Reincarnation is a false belief. Zero, zilch! Not even a blade of grass, a leaf from a tree, bacteria or plankton, or ourselves, has a subsequent physical life experience. However, except for humanity, the life force of all of what forms nature, after its sole physical experience, returns to a pool from which Nature Spirits emerge. All of nature is mind orientated. Nothing of nature has a soul, except for humanity which is truth and feelings orientated.

**Meet Verna, a Nature Spirit, also known as ‘Lady of the Lake’:** “Your spirit is your own unique spirit expressing the light of your soul; our spirits, also uniquely our own, however come from a composite of many other spirits. And in my case for example, and I’m about average, or ‘usual’ – as much as I hate to admit it – I’m composed, for want of a better word, of about five hundred billion creature spirits. So yes, you could say we’re complex on that level. And yet on other levels, we’re considered rather basic, we are after all *only* nature spirits, not great angels.”



“With Verna – a nature spirit” by James Moncrief

As the Rebellion and Default is now technically ending, those who embrace Feeling Healing and Divine Love will open themselves to communication with their Nature Spirit pair. For 200,000 years of the Rebellion, humanity of Earth has been closed to interaction with Nature Spirits. Humanity is truth seeking personalities who are to live through their feelings whereas nature is mind orientated and are to evolve their minds. A Nature Spirit’s next phase of evolution is that of being an angel which then will have many further evolutionary progressions upwards. Angels also step down from Paradise.



## The PHENOMENON of VISIBILITY:



Firstly, animals do not have a spirit life. Should we need to interact with a deceased pet animal, then a particular class of angel will present as your pet. The life force of all of nature pools their life experience to subsequently become Nature Spirits who evolve to being angels.

Each higher progression of a human mortal consequently becomes invisible to those remaining at the lower level, as it is with angels, though those of the lower level remain visible to the progressing ascending mortal.

In reverse, those spirit personalities descending from Paradise, the home of our Heavenly Mother and Father, need to detune themselves so as to become visible to those in our local universe of Nebadon.

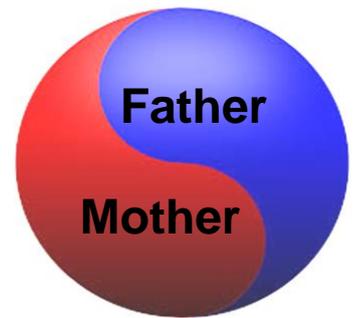
Those on Earth and throughout the seven earth planes have the same visibility progression. Earth, being the densest, is visible to all. But each plane, starting at 1, becomes progressively finer, with each plane above the last invisible to the lower. The same applies throughout the 7 spirit Mansion Worlds that we progress through to enter the first of the Celestial Heavens.

Higher levels can always make themselves visible should they wish to. Spirits and ascending mortals of lower levels may not be aware of higher levels until they evolve and progress.



# MUM & DAD THIS WAY

# GOD



HEAVENLY PARENTS



JESUS & MARY

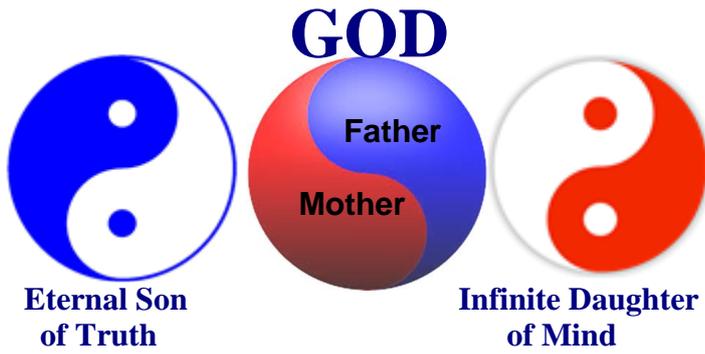


AVONALS



Through out the Avonal Age of 1,000 years, their Spirits of Truth will assist us in embracing and engaging with our Feeling Healing and with Divine Love our Soul Healing, they will assist us to develop our soul well into Celestial Heaven status should we persevere with such a goal. To the extent that the Avonal Pair develop themselves while here in the physical on Earth is the level that their Spirits of Truth will be able to assist us. Then it will be Mary and Jesus' Spirits of Truth that will assist us up and out of Nebadon, where our Heavenly Parents will then assist us onto Paradise, Their home.

**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 / soul partner) and is created by our Heavenly Parents. Through our Feeling Healing we perfect ourselves enabling the union with our soulmate / soul partner, as we progress in truth up through the spirit Mansion Worlds, celestial heavens and all the way to Paradise.



**Feeling Pathway**

**Mind Pathway**



**Soulmate Pair**



**Angel**



**Spirit Person**



**Nature Spirit**



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.

# What Do Kids Feel Sad About?



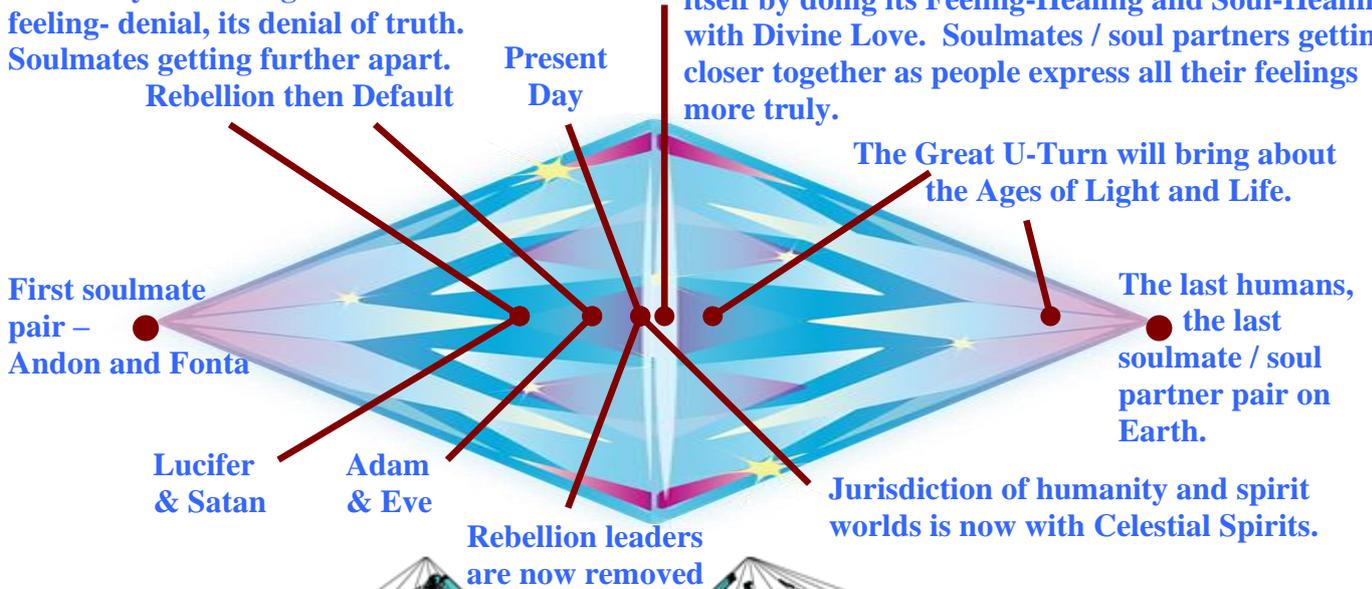
## Being Unloved and Rejected!

JOURNEY of HUMANITY into and through the GREAT U-TURN:

Humanity reaching its most evilness, the most lost, the most separation of soulmates. Humanity can begin its Healing. The Great U-Turn begins, the dawning of the Spiritual Age.

Humanity increasing its self- and feeling- denial, its denial of truth. Soulmates getting further apart. Rebellion then Default

The true Healing of humanity. Humanity Healing itself by doing its Feeling-Healing and Soul-Healing with Divine Love. Soulmates / soul partners getting closer together as people express all their feelings more truly.



# What is Child Abuse?



Verbally abusing a child



Teasing a child unnecessarily



Exposing a child to pornographic acts or literature



Touching a child where he/she doesn't want to be touched



Forcing a child to touch you



Breaking down the self-confidence of a child



Hitting or hurting a child – often to relieve your own frustration



Manipulating a child



Not taking care of a child for example: unclean, unclothed, unfed child



Using a child as a servant



Not listening to a child



Neglecting emotional needs of a child



Making your own child a 'servant', depriving of time for education / leisure



Hitting and ridiculing a child at school



Neglecting a child's medical needs



Neglecting a child's educational needs



Leaving a child without supervision

# What is Child Abuse?



Ridiculing a child



Touching a child in a way that makes the child feel confused, unsafe or uncomfortable



Making fun of a child



Disregarding a child's health needs



Pressuring a child to meet adult's needs and expectations



Employing a child to work in your house



Tricking a child



Not allowing a child to attend school



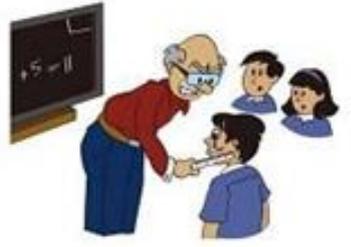
Ignoring a child's emotional well-being



Forcing a child to touch you



Beating a child



Hitting and humiliating a child

## CHILDHOOD TRAUMA



**ANGER**

<p>Counts to 10</p>  <p><b>SUPPRESSION:</b> Consciously suppress impulses</p>	<p>Puts on a cheerful front</p>  <p><b>REPRESSION:</b> Unconsciously deny impulses</p>
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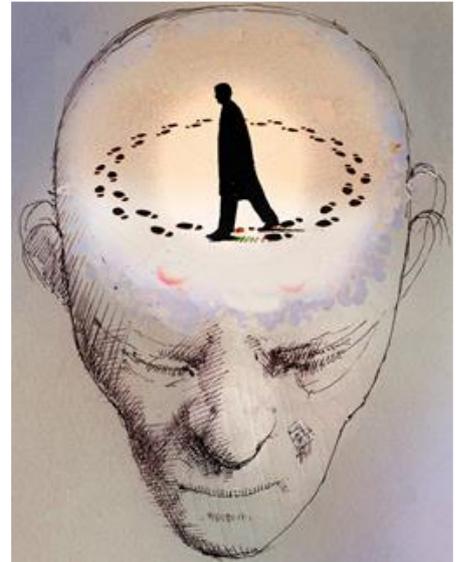
To liberate one's real self, one's will, being one's soul, is begun by embracing Feeling Healing, so as to clear emotional injuries and errors. With the Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them, express them fully, all whilst longing for the truth they are to show us.

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

in conjunction with

Longing for the Truth when also longing for Divine Love.





An educational banner for a book series. It features a row of six panels. The first panel shows a girl with a sad face. The second panel shows a boy with a sad face and the text "When I feel sad" and "How we know we're sad and what we do to feel better: sharing toys". The third panel shows a girl with a frustrated face and the text "When I Feel Frustrated". The fourth panel shows a boy with a frustrated face and the text "When I Feel Frustrated". The fifth panel shows a girl with an angry face and the text "When I feel angry" and "How we know we're angry and what we do to feel better: sharing girls". The sixth panel shows a boy with an angry face. In the center of the banner is a book cover titled "All About Feelings" for ages "K-3", described as a "Foundation story for the Dealing-with-Feelings Series!". Below the panels is a logo for "The Fun Reading Teacher" and the title "Dealing with Feelings" in large, bold, black letters.



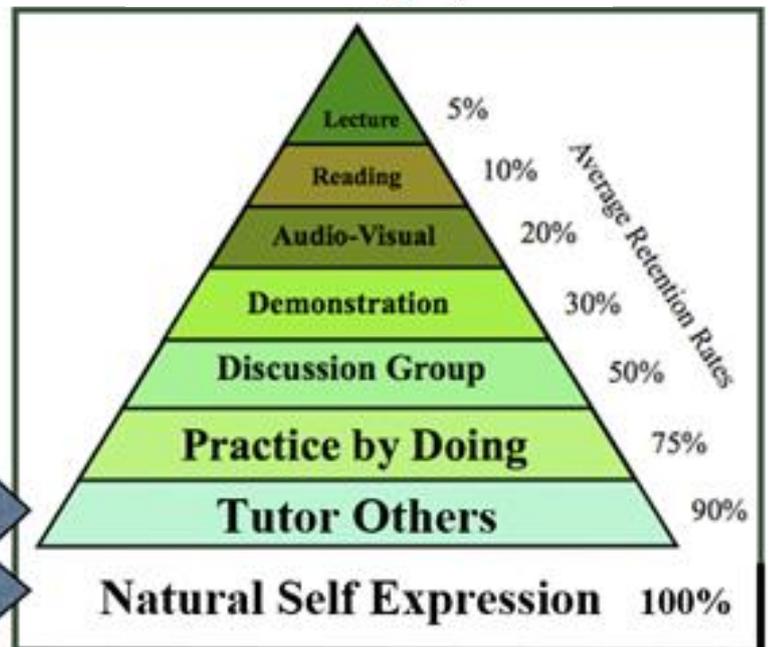
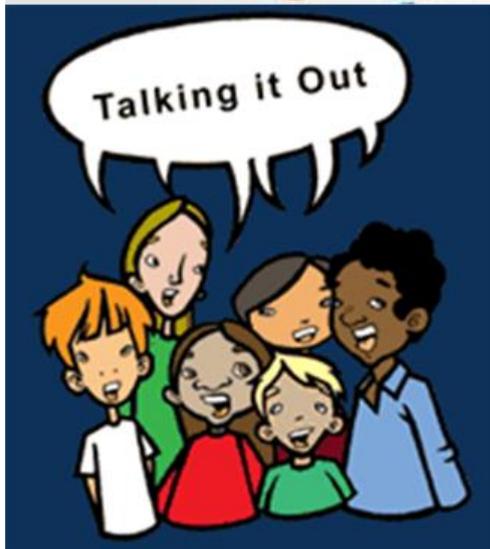
# Our Feelings are our Truth



**apply your will**



The Learning Pyramid



Important recommended reading is:

by James Moncrief

## **The Rejected Ones – the Feminine Aspect of God**

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html> ALSO at  
<https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>

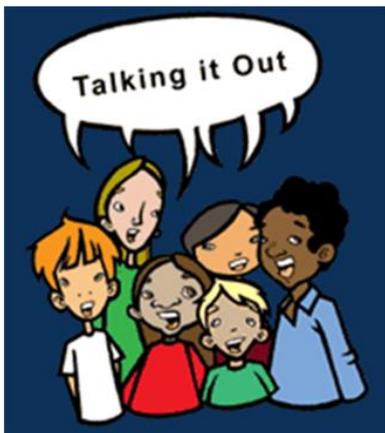
The VOYAGE for KIDS with LIVING FEELINGS FIRST:



### Being Unloved and Rejected!

# FEELING HEALING For Kids

We, as parents, endeavour to impose upon our children the personality we desire, in the same manner as our parents did to us, thus perpetuating century old cycles. We substitute the personality that our Heavenly Mother and Father have vested our children with, thus suppressing our children's free will. Through Voyage for Kids with Feeling Healing we are able to bring about Living Feelings First. One can begin to live true to themselves and express their true personality. We are to long for the truth behind our feelings, both good and bad, and express our feelings to a friend, thus steadily shedding our childhood repression and suppression. In this way we will end the cycle of humanity retardation and become free to be whom we truly are.



## SUPERKIDS

Natural self Expression through Feelings

Self Empowering

Self Revealing

Self Loving



I'm a free spirit.

how do you spell love?  
-Piglet



you don't spell it, you feel it.  
-Pooh

In this series:

- Pascas Care Living Feelings First Adult
- Pascas Care Living Feelings First Children
- Pascas Care Living Feelings First Children Annexures
- Pascas Care Living Feelings First Children Discussions
- Pascas Care Living Feelings First Children Graphics
- Pascas Care Living Feelings First Drilling Deeper
- Pascas Care Living Feelings First Drilling Deeper Structures
- Pascas Care Living Feelings First Reference Centre

**PASCAS**  
**PAPERS**

# Root Cause

Highly esteemed Lanonandek spirits from within our local universe of Nebadon were assigned as System Sovereigns of our local system to oversee Earth's humanity and their spiritual development. 200,000 years ago they, the Lucifers, became infatuated with their authority and turned against the regents of Nebadon, Mary and Jesus, as well as rejecting God. Through their Planetary Princes, also Lanonandek spirits, they had taken the humanities of 37 worlds within their local system into their Rebellion.

Through living through our minds, suppressing our feelings, we on Earth will continue to be at war with each other, illnesses of all descriptions will continue from our feelings suppression, famine and inequalities prevail, control of others is the core of all systems, we cannot determine truth from falsehood and life on Earth is a living hell. We have been continually seduced by mind Mansion World spirits and we live life in a stupor – nothing more than zombies doing the begging of the evil ones, the rebellious Lanonandek spirits.

Through living through our minds, suppressing our soul based feelings, we have been progressively going further and further away from our Heavenly Parents, now to the point that we cannot go any further. Through working cracks in the Universal Contract governing the Rebellion and Default, this control has been ended formally as of 31 January 2018.

# Pathway Forward

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

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

**The Golden rule is: Never interfere with another's will.**

**Golden Rule: that one must always honour another's will as one honours one's own.**

**New Feelings Way: learning how to live true to ourselves by living true to our feelings.**

**We are to express our feelings, both good and bad, at all times, and to long for the truth of them.**

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

**WHICH WAY? MIND SELF RELIANT or FEELING AND GOD RELIANT:**

To PARADISE, the HOME of OUR HEAVENLY PARENTS

# The Way Home

Maybe something like 30 billion people have recognised that our Mother and Father’s Divine Love, together with embracing one’s Feeling Healing, that with these two aspects, have progressed through the Mansion Worlds to the Celestial Heavens and onwards.

Mansion World 7: is then about still working with the deepest and residual bad feelings, whilst looking to sort out how you wrongly relate to yourself and others, nature and God because of being unloving, understanding how your relationships are unloving, how you don’t connect properly, how unloving you really are and why and fully accepting the truth of it, coming completely to grips with your parents not loving you as you needed to be loved – sorting it all out, including your self and feeling expression difficulties.

Mansion World 5: is then about going right into the depths of them, feeling how unloved you feel and seeing how unloving you are and how that makes you feel, bringing out the majority of your pain, your misery, fear, anger, guilt, hatred, boredom, terror, rejection, nothingness, feeling powerless, alone and abandoned, and so on.

Mansion World 3: is for waking up to the truth that you’re not loving and starting to get in touch with your pain, starting to accept your bad feelings, starting to work with them instead of rejecting them.



More than 200 billion personalities have embraced their mind and self reliance through the misguidance of ‘New Age’ styled ideologies and the many thousands of different religious platforms, all of which take the person further and further away from our Heavenly Parents.

For a million years, humanity has gone in the wrong direction with its self-denial of self and feeling!

**FEELING HEALING PROGRESS DOES NOT CHANGE OUR PERSONALITY:**

Through our Healing we work our way up to a Celestial Soul Condition whilst retaining all our erroneous patterns. We express out of us all our repressed emotions and blocked feelings showing us the truth of why we have them, we change and feel much better about ourselves, becoming more self-aware and self-accepting. Then when we've uncovered the whole truth of unloving state, our Healing is completed as our erroneous patterns leave us.

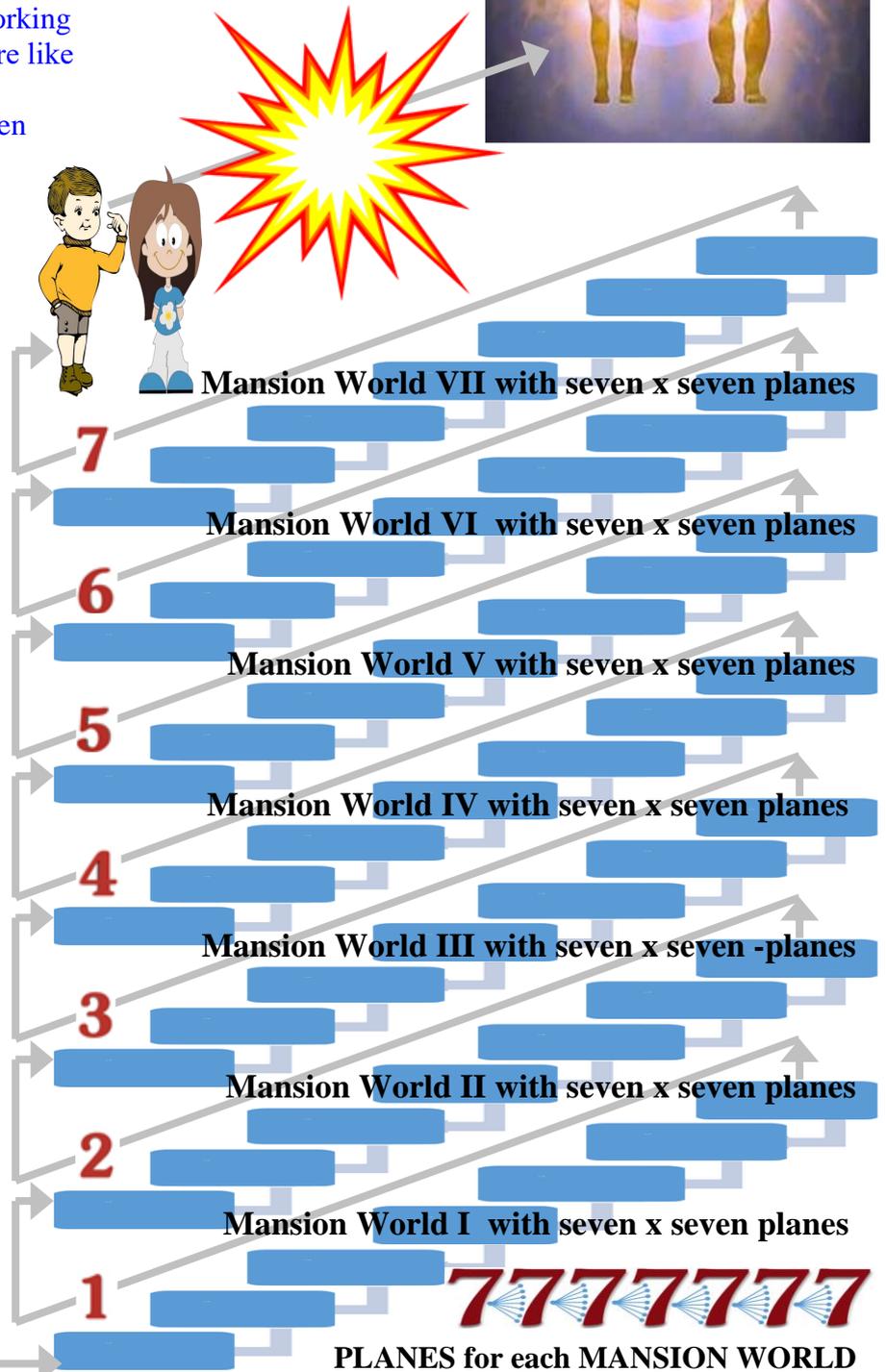


So it's not so much a journey working our way up the pyramid, it's more like moving up a series of elevators, working through each of the seven worlds seeing how untrue and wrong we are.

And by the time we get to the top, we're fully cognisant of our 'sins and errors' and why we've felt all the bad feelings we had and how our negative beliefs kept us strapped within our truth-denying state.

Our Healing is our seeing the whole truth of our distorted way of being. And once we've seen it, then our soul transforms us out of our negative truth-denying state into a positive truth-loving one. We are still the same personality, only we're now living happily with ourselves rather than unhappily against ourselves.

Our final transition from being of a rebellious condition of mind to a Celestial Soul Condition of feelings, is glorious.



**Mind  
Worshipping  
Zombies in  
a Stupor**



# Mind Mansion Worlds of Natural Love

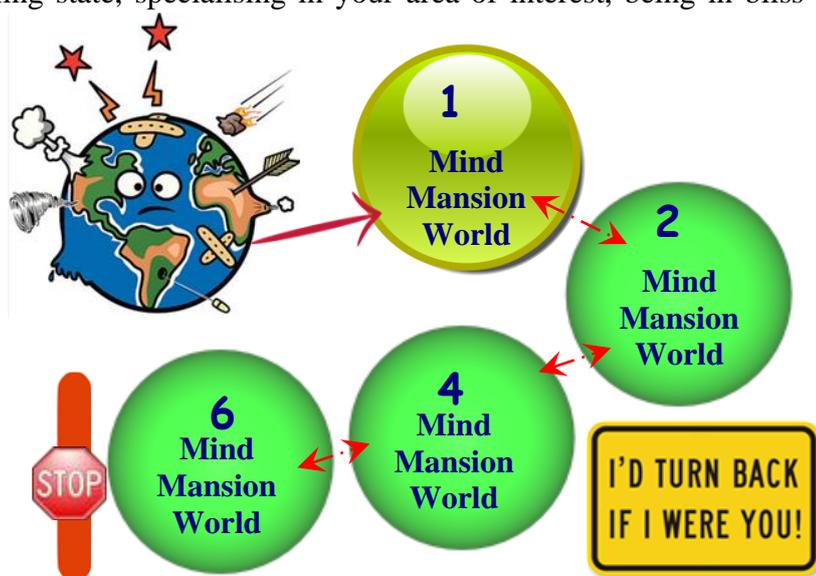
**Mansion World One:** We ALL arrive into Mind Mansion Spirit World One upon the death of our physical body. Just the general confusion of spirits living their wrongness the best they can, trying to not be bad, trying not to hurt others, thereby staying out of the hells and lower Earth planes. The Law of Compensation ‘persuades’ you not to even think about harming another person.

**Mansion World Two:** Starting to work more with one’s controlling mind, with the focus being on Service, you are to use your mind to be more loving, to help selflessly others, to put others before yourself, to not want for yourself, only wanting the good and betterment of others. And to have loving thoughts, to not think badly of anyone, to keep ‘being good’ in your mind at all times. To think positively, to use your mind to control your feelings so as to make yourself be happy, to bring your full success out, to celebrate your god-given gifts, all for the good and benefit of all.

**Mansion World Four:** This being where ‘self help’ approaches fit in. It being where you’ve had enough of being of Service, giving yourself to everyone else, and decide that you have to start looking more after yourself. So you look to working more closely on yourself, you still have bad feelings so you set about working to resolve the emotional issues through whatever means you can. And they involve emotional releasing / clearing through some level of feeling-acceptance, as you can’t get rid of them that easily, yet overall you’re working to bury them once and for all, so deal with all your memory processing, deal with your traumas, do all your massive forgiving, which sets you up in a power position because you are the great one forgiving everyone – those people who did wrong by you, so you feel more in control, freeing yourself from your controllers, telling them – you are forgiven, giving them your blessing, feeling you no longer need to be bound into those patterns, and feeling like you’ve found and are bringing out more your True Self, your true self which I reckon is more of the spirit you that’s deeper in your mind control.

**Mansion World Six:** This is where you put it all together, you’ve achieved mind ‘ascendancy’, the perfection of your negative mind-controlling state, specialising in your area of interest, being in bliss and true love and happiness – all mind derived, all of which is resulting from your mind saying you are at-one with Source, God, Soul, whatever the term, which is just your own controlling mind. Your mind is god, and it’s calling the shots, keeping all your repressed feelings away, without you having to address any personality imperfection resulting from your bad parenting. Because you believe you’ve fixed all of that, you no longer have bad feelings within you, you’ve forgiven the evil ones in your life, you’re now wholly in control making your reality be as you want it to be through your mind.

Part by James – 19 August 2018



# The New Way

## Living True to Your Feelings

We live denying many of our feelings, which is not good or healthy for us.

Early in our childhood our parents, families and society in many ways tell us that expressing certain feelings is not right, it's unacceptable, forcing us to block them out.

“Stop crying, you're too old to cry”. “If you carry on behaving badly, you'll be punished”. “Smile, stop looking so miserable, what have you got to be unhappy about!”

We are told many of our childhood bad feelings (and often good ones too) are not welcome, which is saying, you are not welcome as you are, you must change yourself and be as we say you are to be. It's not loving to be treated that way.

And by forcing ourselves to change causes us to suppress and then keep repressed many bad feelings. And all those repressed bad feelings fester away inside us making us sick and unhealthy.

To be made to stop expressing any feeling means we are being stopped from expressing the whole of yourself. And that is very damaging.

Living by not expressing ALL our feelings fully means we can't enjoy fulfilling relationships, it causes problems, unhappiness and all illness.

So all our problems and difficulties stem from the fact that during our childhood we were stopped from expressing all of ourselves, by not being allowed to express all of our feelings. And this is how the whole world lives. Some people, families and societies being more or less feeling-expressive than others.

And The New Way seeks to end any repression of feelings. It's to understand that we should live fully expressing all we feel and not with our mind heavily in control of ourselves limiting our self- and feeling-expression.

The Old Way is living the Mind way of feeling repression. An unloving way of being.

**The New Way** is living the **True Way** of feeling expression. A loving way of being.



# VOICE

We each are to VOICE our pain - the pain from within!

And our pain is our Childhood Suppression.

This being our families' traditions and customs of unknowing erroneous ways.

It is the untruth of held spiritual platforms.

It is our own imprisonment within our mind of arrogance and control addiction.

It is the imposition of control placed on us by those from many levels of influence!

We each are to VOICE our pain to a companion who has compassion for us, and long for truth!

We are to discover that truth which is freedom and love that has been hidden from us.

We are to discover that our feelings are our truth.

We are to discover that we are each fully self-contained - truth is within us - and that it is our soul based feelings that generations have told us to suppress and ignore.

No more controlling institutionalised systems are required! - NONE!

# VOICE

# MIND vs FEELINGS

Mind vs Feelings – Your Choice.

And now is an appropriate Time To Make this Choice!

Everyone is to choose: The Mind Way;

or The New Feelings Way.

Which way of living do you choose: Mind Way?

or the Feelings Way of living?

Do you continue in your Mind Way?

or do you embrace The New Feelings Way?

Do you choose the Dead End Mind Way?

or the Eternal Happiness Feelings Way?

Times up for the Mind Way;

the Feelings Way is taking over.

False Spirituality – The Mind Way;

True Spirituality – The Feeling Way.

The End Times and Final Judgement; or Paradise – the choice is yours to make:

Continue in your soul-destroying feeling  
and truth denying Mind Way;

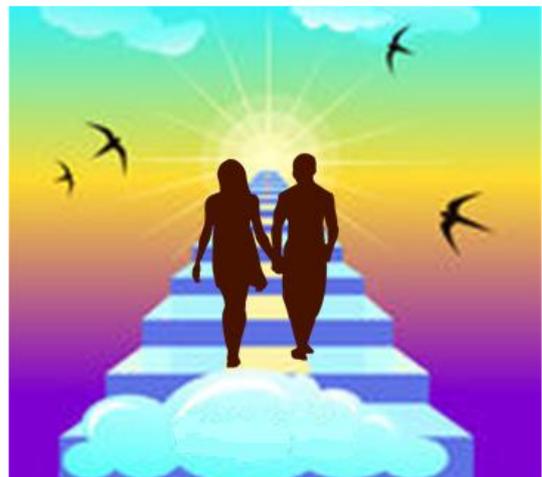
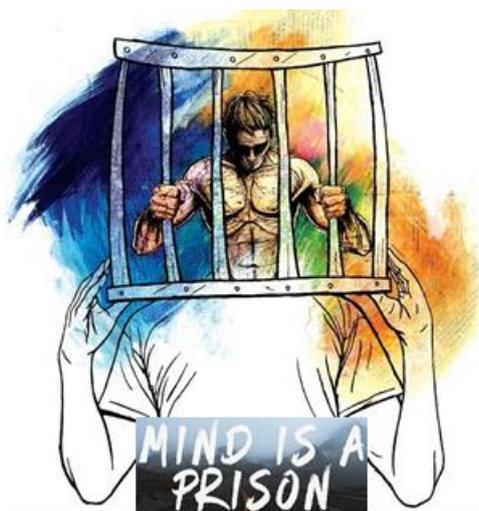
or embracing The New Feelings Way  
by doing your Spiritual Healing;

Maintaining the mind's imposed façade of a robotic,  
retarded individual, in a stupor, perpetrating the  
errors of generations gone by;

or The Feeling Way which is the discovery pathway  
to releasing your true, vibrant personality

The Mind Way – rejecting the truth of yourself  
by denying feelings, restricted forever to the  
mind Mansion Worlds;

or The Feeling Way – uncovering the truth of  
your feelings and ascending to Paradise.



*Childhood Suppression is the underlying cause of all physical illness and social issues seen throughout society.*

**Enters emotionally - is to leave emotionally!**

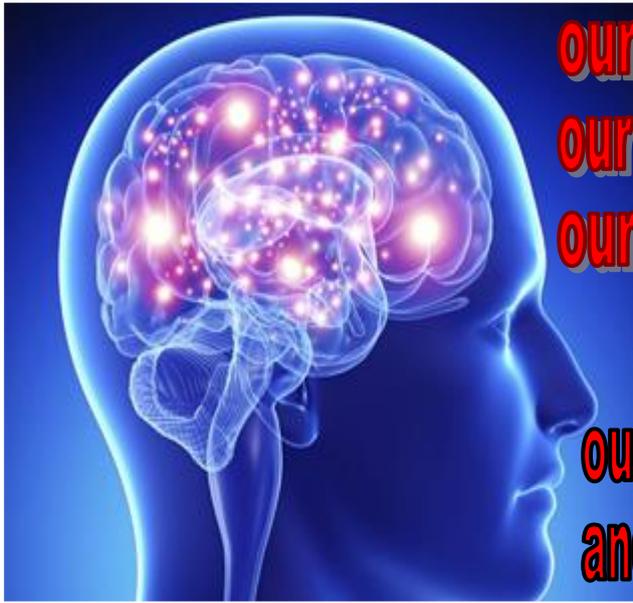
*We are to express our feelings, both good and bad, emotionally!*

**We are Truth Seekers!**



Heart felt  
feelings are the  
Truth of our Soul

Disney PIXAR  
**SOUL**



**our MIND is a CONTROL ADDICT!**  
**our MIND is addicted to UNTRUTH!**  
**our MIND cannot discern TRUTH!**

**our MIND is within our SPIRIT BODY**  
**and orchestrates our physical BRAIN.**

**ASSUMPTIONS are the product of our MIND!**

**HEALING** ends  
**MIND-CONTROL!**



**our SOUL is our TRUTH!**  
**our FEELINGS are our TRUTH!**  
**FEELINGS FIRST, mind to follow!**

**all we need is WITHIN.**  
**our MIND suppresses FEELINGS.**

# MAP OF CONSCIOUSNESS

*Map of Consciousness* from Dr David R Hawkins, M.D., Ph.D. "Power vs Force".

Level	Log
ENLIGHTENMENT	700-1000
PEACE	600
JOY	540
LOVE	500
REASON	400
ACCEPTANCE	350
WILLINGNESS	310
NEUTRALITY	250
COURAGE	200
PRIDE	175
ANGER	150
DESIRE	125
FEAR	100
GRIEF	75
APATHY	50
GUILT	30
SHAME	20

## PERSONALITY TRAITS:

Less than two dozen people on planet Earth.

Would not pick up a weapon let alone use it. These people gravitate to the health industry and humanitarian programs.

Debate and implement resolutions without argument and delay. 470

Debate and implement resolutions in due course. 440

Debate and implement resolutions with some degree of follow up generally needed. 410

Management supervision is generally necessary.

Politics become the hope for man's salvation.

Cause no harm to others starts to emerge. Power overrides force.

Illness is developed by those man erroneous emotions that calibrate 200 and lower.

Armies around the world function on pride. Force is now dominant, not power.

Harm of others prevails, self-interest prevails.

Totally self-reliant, not God reliant.

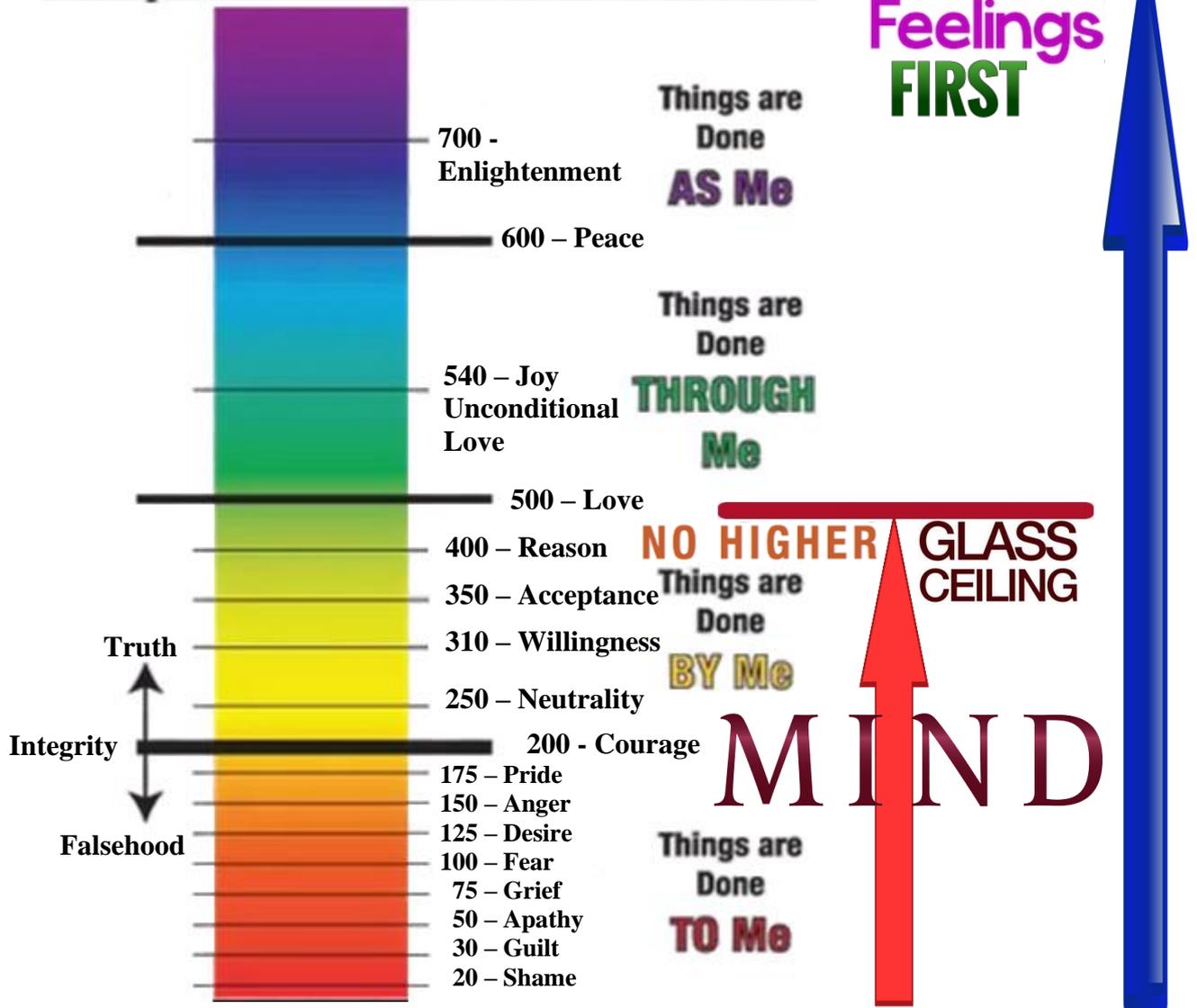
Fear dominates all motivation.

Suicide is possible and probable.

At these levels, seriously harming others for even trivial events appears to be justifiable.

Poverty, unemployment, illness, etc., this is living hell on Earth.

# Map of Consciousness



This outline of the Map of Consciousness spells out the fact that while we live Mind-Centric and ignore and suppress our Feelings we cannot pass 499 MoC. Our mind being in control, as we have all been indoctrinated to live, is a glass ceiling. Humanity cannot heal anything, cannot be spontaneous, has no intuitiveness, and is locked into living in the deep hell states. This is why people find themselves in abusive homes, domestic violence, housing stress, homelessness and gross difficulties of all kinds. This is why we are easily manipulated, embrace propaganda and are being controlled by a few.

Women are closer to their feelings and that is why the nursing profession hosts a lot of women who calibrate a little over 500. These women are the healers in hospitals.

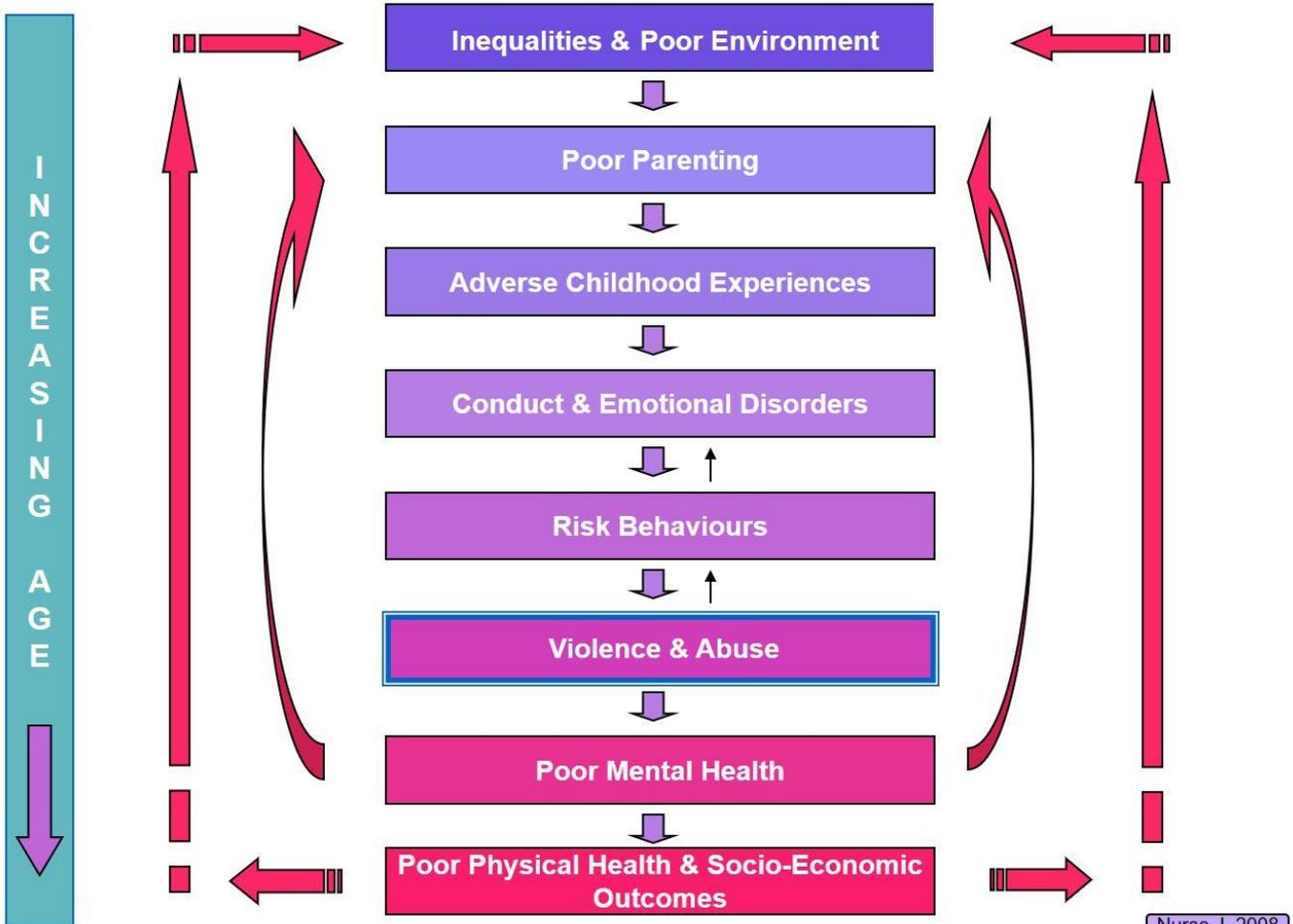
By aspiring to live Feelings First we are each breaking the glass ceiling and opening our potentials to grow in truth and love not only to 1,000 MoC, but to infinity. This is our destiny.

**As communities embrace living Feelings First and having their minds to follow in supporting what their feelings are guiding them with, then ALL of the social ills of society will begin to mitigate. Please, do you comprehend the importance of what is being shared throughout this document?**

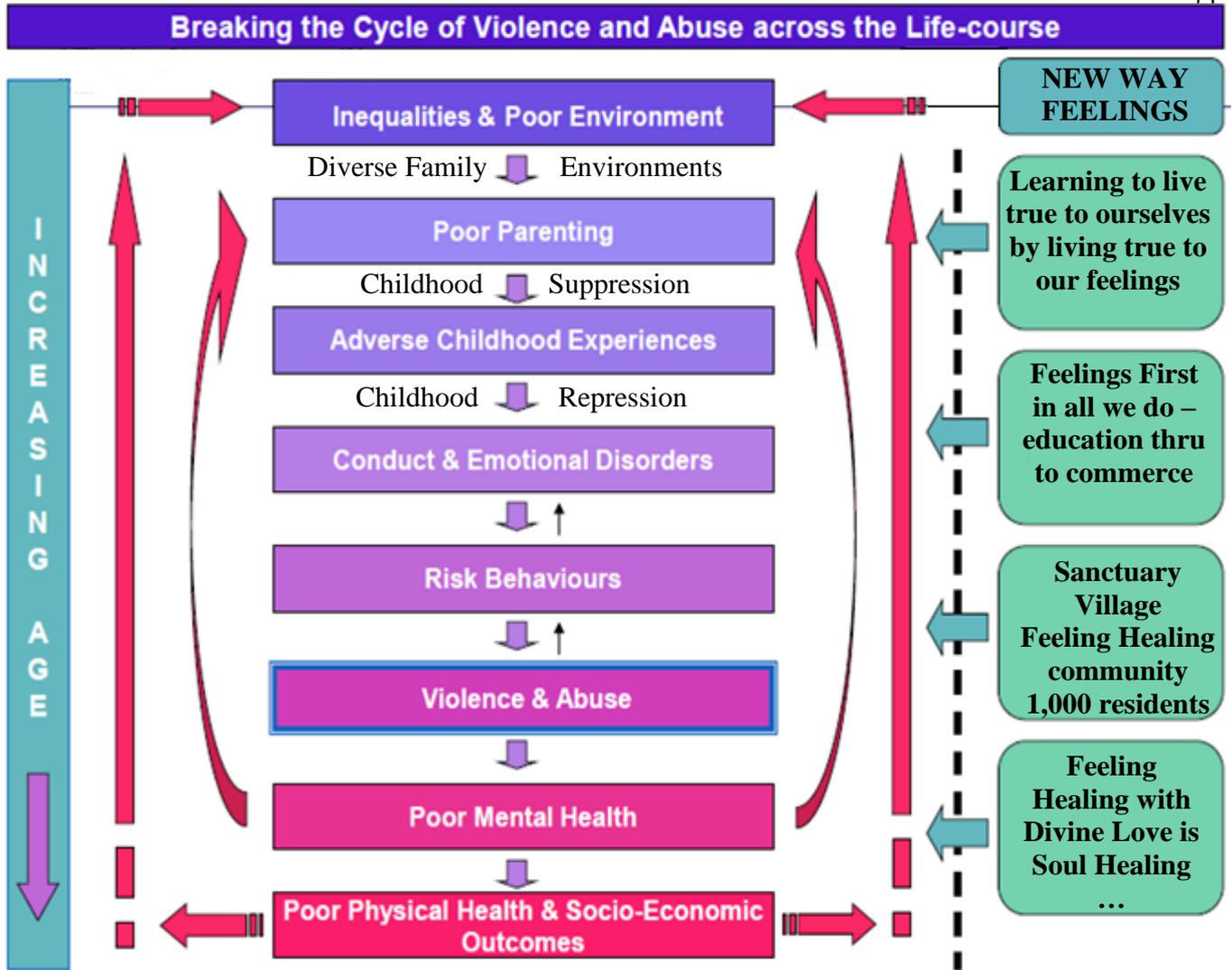
# LIFE IS FOR LEARNING



## The Cycle of Violence and Abuse across the Life-course



Seek **truth** from the cradle to the grave.

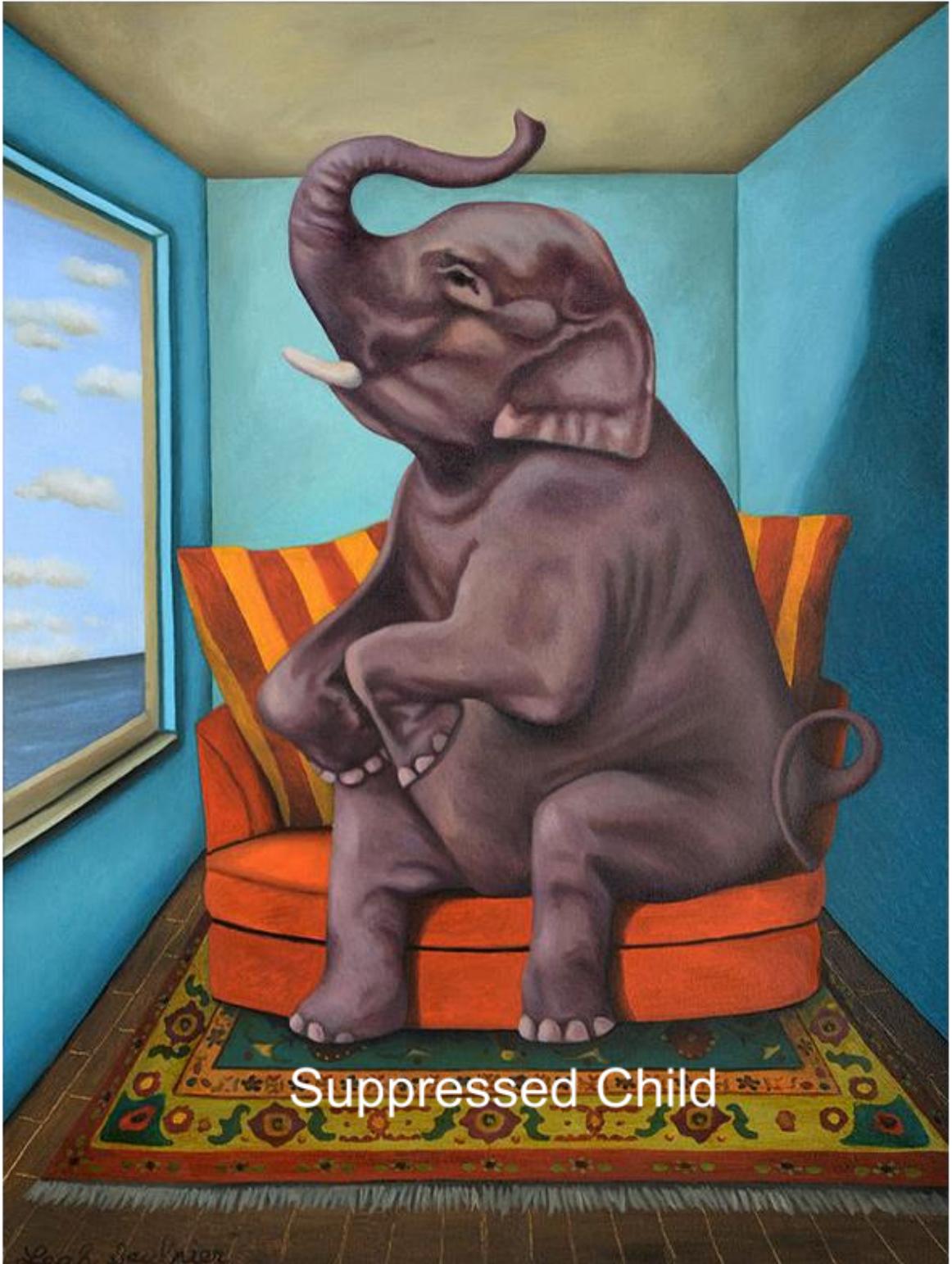


**HEALING** ends  
**MIND-CONTROL!**

The NEW WAY The NEW WAY

The one and only truly  
effective vaccine is  
the healing of our  
Childhood Suppression  
and ongoing Repression  
through FEELING HEALING!

# Childhood Suppression is the elephant in the room!



The underlying generator of all discomfort, pain, disease and illness is Childhood Suppression and ongoing Repression.

Feeling Healing is our only recovery and soul growth pathway.

It is that simple!

# Childhood Suppression

The soul does it all. The soul is a duplex, two personalities being manifested into the physical by our soul.

Soul light continually flows from the soul through our spirit body levels and into our physical.

Return light being the experiences of our physical existence.

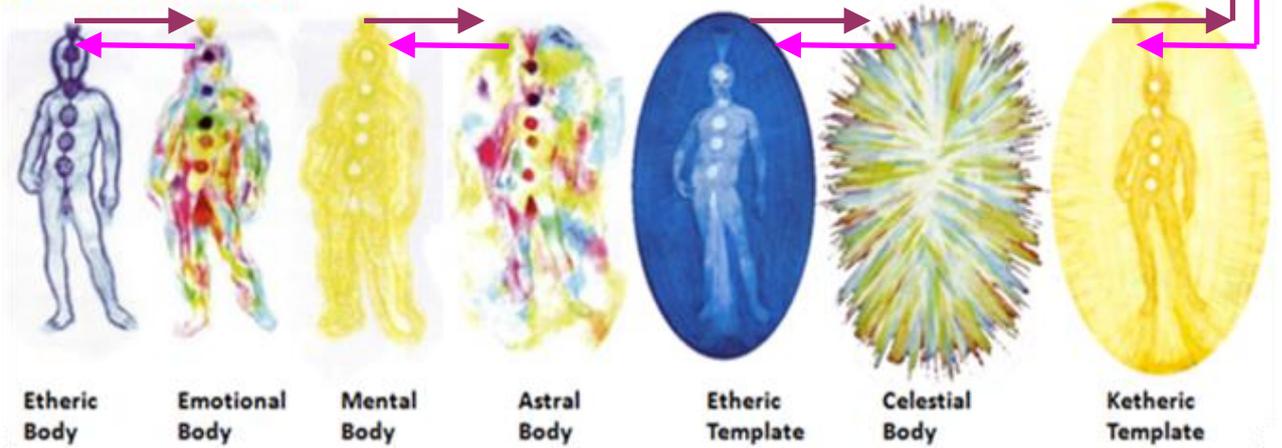
## SOUL



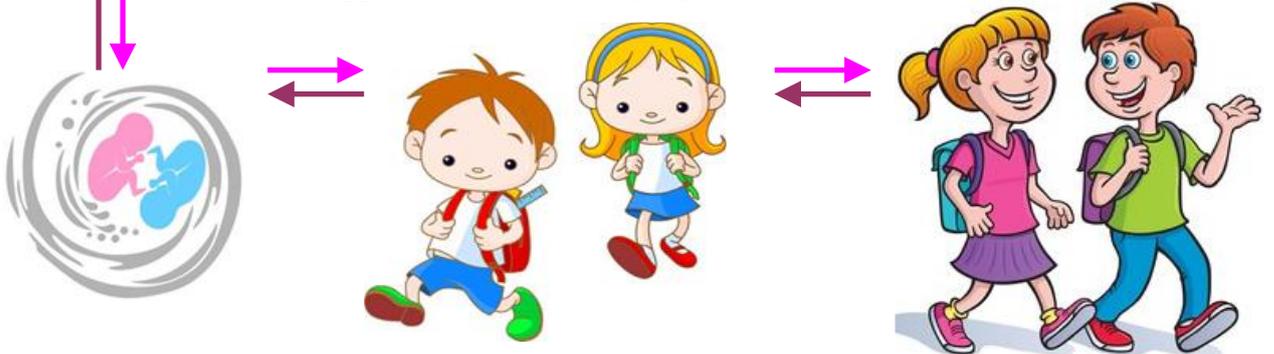
Childhood suppression imposed upon us by our parents and carers causes retarded light to return to our soul bringing about imbalance, reflecting emotional injuries and errors of belief. This imbalance is the cause of all our difficulties throughout our adult life and also all of our health issues.

## SPIRIT BODY

### Brennan Model of the 7 Levels of the Human Energy Field



Every experience is recorded through the light returning through our spirit body and back to our soul. What emotional injuries we experience, commencing from conception, has to be expressed emotionally to heal the imbalance in soul light so that harmony and health can be achieved in our spirit and physical bodies. Childhood Suppression is the underlying cause of disease, illness, etc.

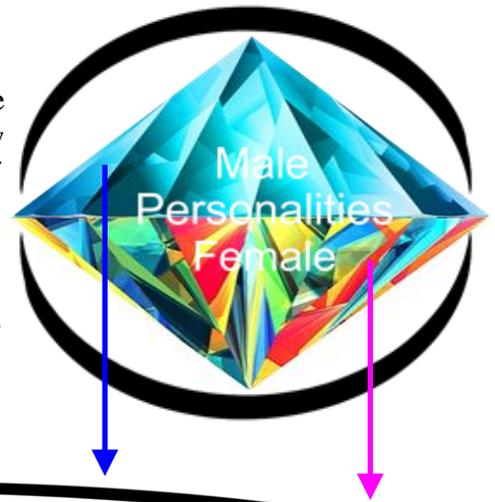




# Childhood Suppression

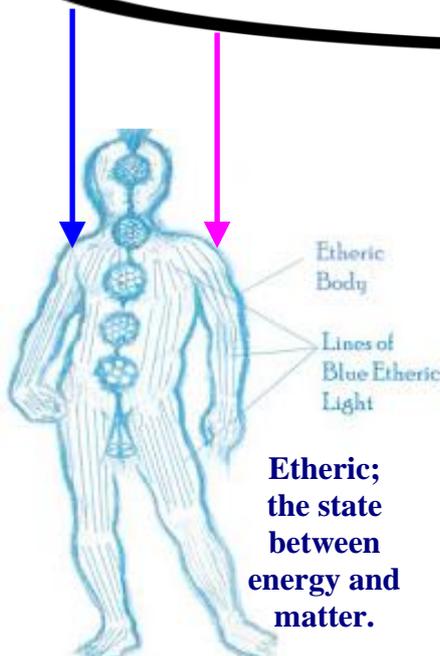


Childhood Suppression – from conception to age six years – harmfully encrusts the soul, thus impeding light flow throughout all seven layers of the spirit body, damaging the genes within the spirit body which in turn damages the genes in the physical body, as well as setting the pattern for all of our physical health issues throughout our lives.

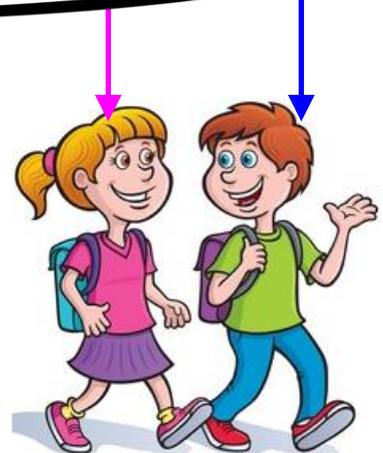


## SPIRIT BODY

## Brennan Model of the 7 Levels of the Human Energy Field



The spirit etheric body is the template for our physical body, however, no health care system or science considers that the underlying cause of any health issues are formed through our Childhood Repression and that no physical healing occurs without expressing our childhood suppressions, being feelings both good and bad and then longing for the truth behind these injuries. Medicine may suppress the pain – it does not and cannot cure – vaccines are extreme physical suppressions!



**The pain from ANY illness will not exceed the pain experienced during our Childhood Suppression!**

# Truth is Freedom

Before being conceived, we each have had nothing to do with the culture or heritage of the family and its people into which we are now born.

After we pass over into our spirit lives, we each will have little or nothing further to do with the culture or heritage of our family that we lived with on Earth.

We each are one of many voices within our communities.

We are to embrace our experiences and limitations of our family upbringing which our soul has desired for us to have. We are spirit personalities having a physical experience and this physical life here on Earth is the commencement of our incredible journey which will take us through many universes.

We are not to accept the limitations, the psychic barriers of our family, nor those of our national culture and its ethos. The people of a community, a region, a state, a nation respond to and reflect a common set of values, customs and culture, which is passed down through the generations, this is a psychic imposition or barrier that inhibits evolution, our true self expression and our growth in potential and personality.

Now, it is this time in history that, individually, we each are to free ourselves of the Rebellion and Default that has been imposed upon us by hidden controllers, both of those from within the spirit worlds and of their defacto agents here in the physical.

We now have the option to embrace and enjoy the freeing truths that our soul can and will expose to us – we are fully self-contained. We are to look within, to our feelings, and to long for, to ask for the truth that our feelings will exquisitely and amazingly reveal to each of us.

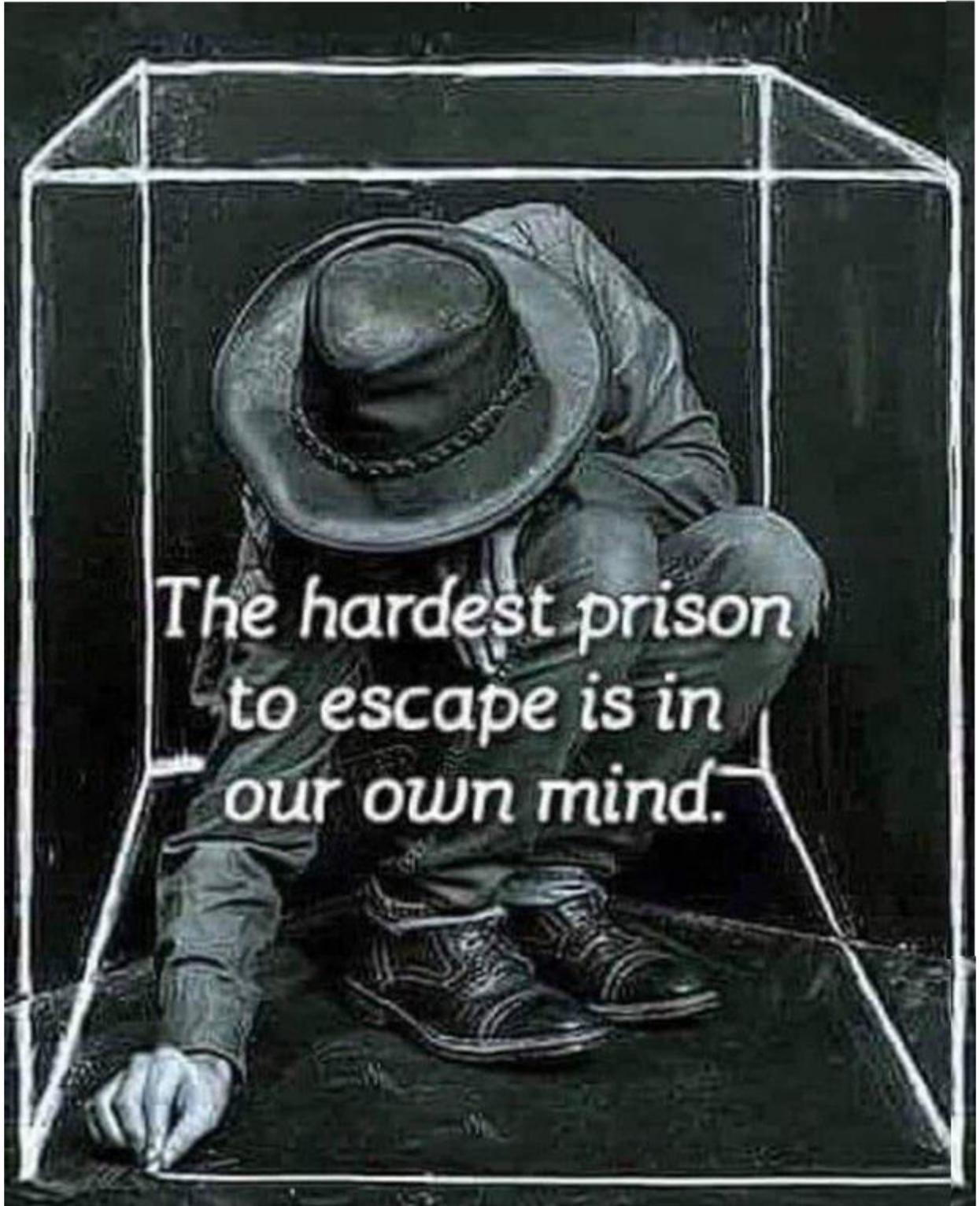
The wonders of intuitiveness and spontaneity are ours to behold, experience and enjoy – this is of our choosing. We can continue living a limiting mind-centric life or embrace living Feelings First – The New Way – with its infinite potential. The gateway is now open and the pathway is defined.

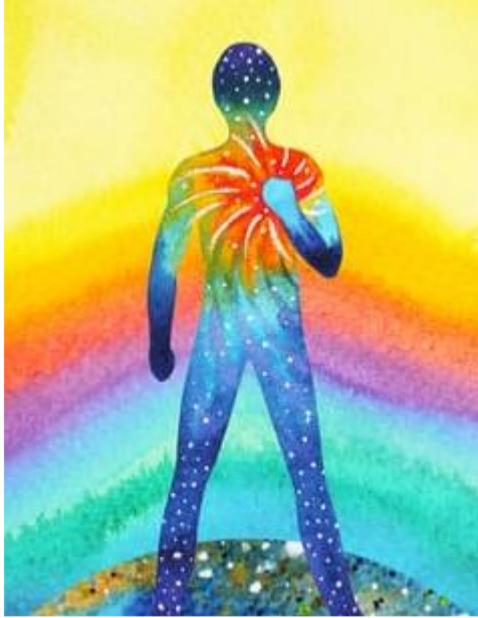
This we are to share with all of humanity as we are Freedom's voice.

MoC 904

## ONE SECOND TO MIDNIGHT







I am my SOUL!

I am not my body!

I am not my mind!

**WHOLE DIFFERENT** Way of Life.



Mind

TRANSITION



feelings

MIND IN CONTROL

This is how it is!



FEELINGS FRIED

## Great U-Turn

Feelings  
in Control

This is how it is to be!

Mind in Support



# Assumption + I Think ...



**98% of assumptions are in error, the other 2% are flukes.**

**The best investigation reveals a 96% error rate only!**

**It is not generally understood that our minds are addicted to untruth. Once we recognise this then much becomes obvious.**

**No wonder we may cringe when someone starts a conversation with "I think ..."**



The Light coming out of the Darkness!

**FREEDOM OF FEELING**  
**FEELINGS HEALING**  
**LIVE FEELINGS FIRST**

# Beliefs suppress TRUTH

Dis-ease is of Disharmony with TRUTH

Mental Illness is of CHILDHOOD SUPPRESSION

Perceived level of truth MoC 1,000

## FEELING HEALING

embraces the healing of both

Disharmony with TRUTH

and

CHILDHOOD SUPPRESSION

and with Divine Love we are embracing

our

## SOUL HEALING

Perceived overall level of truth MoC 920 – relative truth potential MoC 1,480

## To All the Suppressed Kids who are Dealing with the Consequences now as Adults...

The feeling of being rejected, disapproved of and conditionally loved by our primary caregivers – parents – is a monumental, long-lasting burden that we all carry. It produces chronic shame, guilt and anxiety. As a child we are blamed for doing things wrongly and in doing so we perceive ourselves as being bad, inconsequential, and having to embrace a persona that is not our true selves. We abandon our feelings expressiveness and embrace our minds to live life in the world foreign to truth and love. Our parents murder our free expression of our feelings and true personality! There are no exceptions.



## Discomfort, Pain, Illness and Depression.

Verna, a Nature Spirit, 17 April 2020: Nature isn't randomly popping up viruses that might suddenly sweep through affecting humanity 'evilly'. The Rebellion and Default are the true viruses that we are all 'infected' with. Viruses are more of the spirit really, which is why they are so elusive. If our soul needs to give us the experiences of the virus we will 'catch' it. Other disease, like cancer, and the breakdown of the physical structure is again wholly physical however they are the physical manifestations from the breakdown of our spiritual light in our spirit systems.

All illness results from our inner levels of discontentment – BECAUSE WE DON'T FEEL LOVED.

Should every soul, all at the same time, need the experiences from a virus to feel all the feelings we need, then it will be **different feelings for every person**.

Humanity is to uncover the truth of evilness, its wrongness, of its rebellion and default. And illness is to show us that we are wrong. We wouldn't get sick if we were right. ILLNESS IS OUR FRIEND. It's all about what went into us through our forming and early childhood. All the secrets are contained back there within ourself. When we 'go in' we're to go into our early life through our adult 'now' feelings.

Corona, 24 March 2020: "There is no way on earth I (Corona) can possibly be worse than how your parents treated you, it just can't happen, I can only affect you as far and as badly as your parents affected you. I can't create more pain in you than your parents have already created.

"The extent of unloving parenting that you all had to endure as children is now killing you, that is the truth of how bad it was. It is killing you because you refuse to understand what is happening, you refuse to connect to your pain, you still refuse to accept the truth and this is the open door for me (Corona) to enter into you and find a cell for me to live off and mutate and multiply in you. Your denied and suppressed feelings let me in.

"Stop resisting me and work with me in what I want you to know about yourself. I am no greater pain than the pain you felt and denied as a child.

"You fear me killing you, making you feel so bad, yet isn't this all so familiar, isn't this how you felt with your parents at times in your life? Isn't this how they made you feel, only they didn't allow you to feel it fully, only a tiny portion of the pain they inflicted on you, with the rest you were forced to deny

and keep suppressed. And this is what I ‘feed’ on, all your repressed misery and pain. It is your parents you fear, and I am helping you feel that truth.

“Your parents forced you to do their will and gradually your own will got left behind not being considered at all by your parents. And that is how I have to work with you all, and you will all feel me differently depending on the severity of your will denial and suppression.

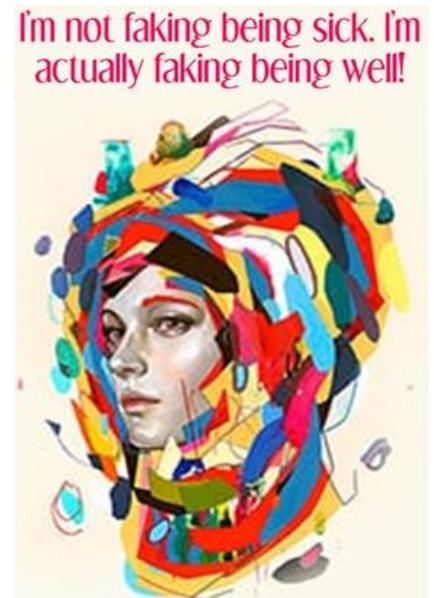
“You were parented by two of the same Viruses, they are the Virus that is within you right from your conception and took away your will just as I am doing to you now. I am treating you the same way as your parents treated you as children and you refused to see it, so denied it.

“I am reuniting you with the truth of how hurt and unloved you feel because of your unloving childhoods. You all have the power to turn this around and all you have to do is to begin feeling how I am making you feel, accept every feeling, express every feeling and find the truth through your feelings. Do this and I will lose strength and lose the hold I have over you because I no longer have to make you feel so bad to make you feel your feelings. You have the cure within you all and that cure is YOUR FEELINGS!!” (These are extracts from Corona speaking through a nature spirit to Samantha.)

The spiritual upliftment so far as the new ‘vibration’ humanity will experience is the new vibe of the next age, and it’s upliftment will only be uplifting those people who chose to do their healing, to submit to their bad feelings and by expressing them to uncover the truth of their evilness – all that resulted from our childhood.

If we all Heal ourselves, being of true and perfect Natural love, then by living in harmony with nature, which we would naturally be doing, such horrendous diseases would not afflict us, because we would not need them to show us that we are disharmonious with nature.

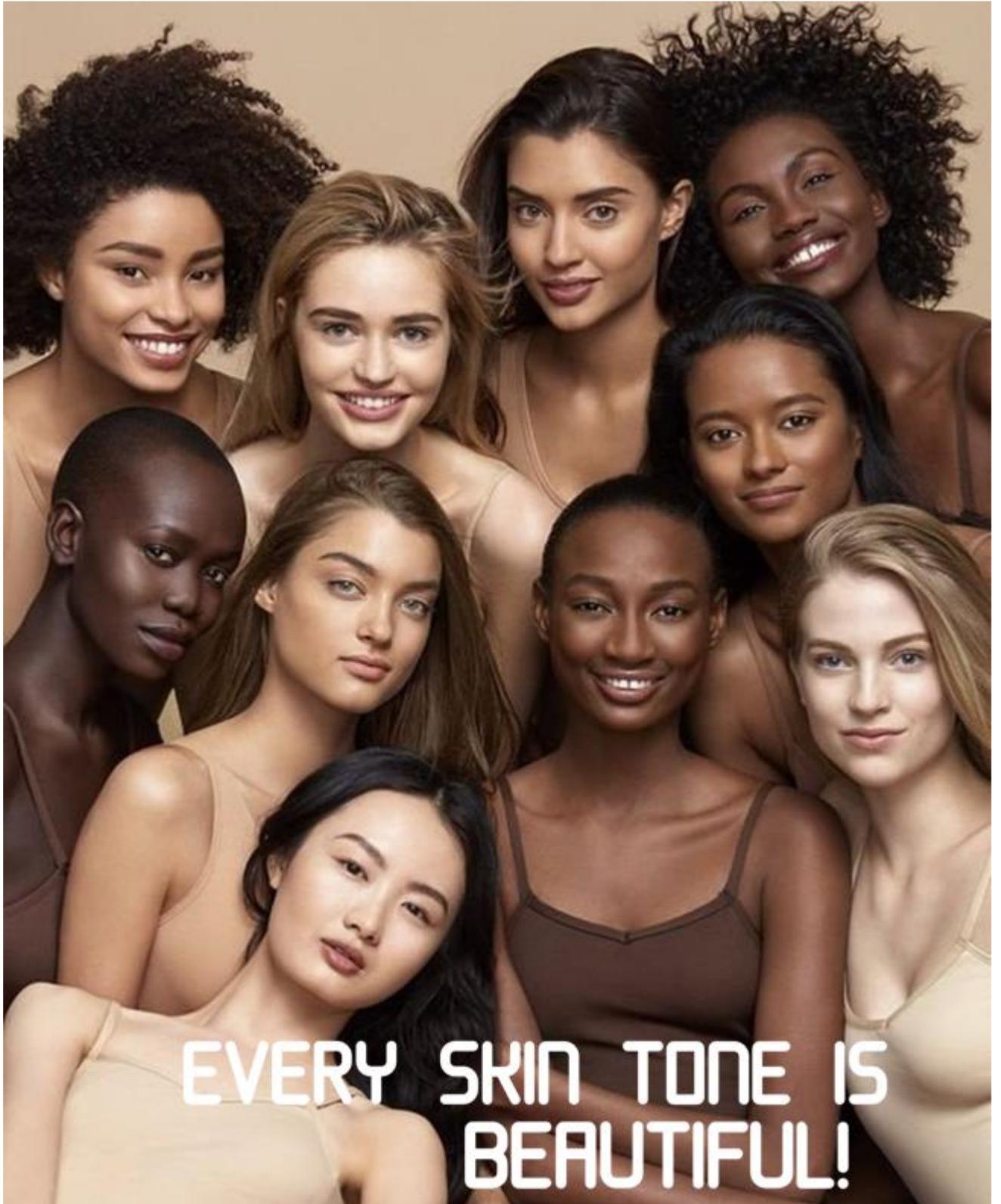
When we are fully Healed, we won’t need to get sick, the Celestial spirits don’t get sick, they don’t have the bad feelings as we do on Earth and in the mind Mansion Worlds, and so we won’t need to have those feelings that would come from an illness, so we won’t get sick.



EVERYTHING that happens to us does so to help us live one of two ways. So we will ‘get a virus’ to help us go further into our truth-denial; or we will get one to help us come out of it.

Our bodies are designed to live anywhere, even in the most infested disease ridden place on the planet, and we will get sick if we need that sickness to further our truth-denial, or we will get sick if we need it to help us heal our truth-denial, or we simply won’t get sick. There is NO OTHER REASON why we get sick!

If we are going to get sick, that will happen either way because we are already sick within ourself and from how we were treated through our childhood – there are no other reasons. We are sick because we are denying the truth of ourself and God. We are all very ill being in the Rebellion and Default. **The Rebellion and Default are the true viruses that we are all ‘infected’ with.**



**EVERY SKIN TONE IS  
BEAUTIFUL!**

# EINSTEIN'S THEORY of INSANITY



DOING THE SAME THING  
OVER and OVER and  
EXPECTING DIFFERENT  
RESULTS.

NO PROBLEM CAN BE SOLVED  
FROM THE SAME LEVEL OF  
CONSCIOUSNESS THAT CREATED  
IT.

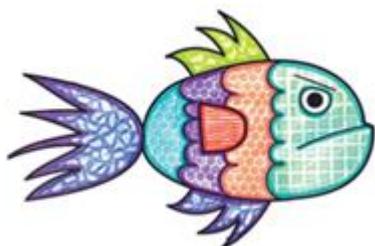
-ALBERT EINSTEIN

**LONG to KNOW ABOUT what you are FEELING!**  
**Long to understand the truth behind**  
**what your feelings are pressing upon you.**



**Ask to know the truth about that which you feel.**

**It is knowing the truth of that**  
**which you feel that sets you free!**



**Always be true to your feelings**  
**because they are your truth**  
**and truth is love and our way home!**



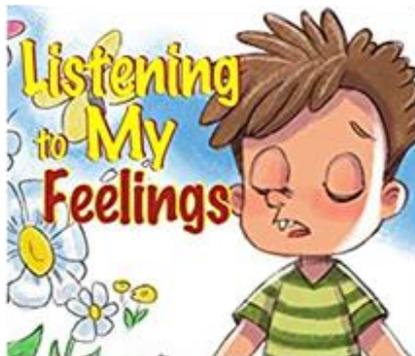
**Express your feelings to those who matter to you.**  
**Suppressed feelings bring about pain and illness.**

**Talk it out to a friend!**

*From our head to our toes,  
what our feelings say goes!*



*Feelings, good and bad, are to be expressed.*



*Heartfelt feelings are our truth.*

*Then we are to continue by longing for  
the truth that our feelings are to reveal to us!*



# TALK IT OUT



We are to express our feelings, both good and bad, and nothing is sacrosanct or to be withheld.

All that's wrong and untrue within us has to be expressed out of us, each of us, it all has to come to light for us to see the truth of. We have to know the truth of ourselves and the truth of our family relationships.

Everything needs to be expressed, to come out into the open.

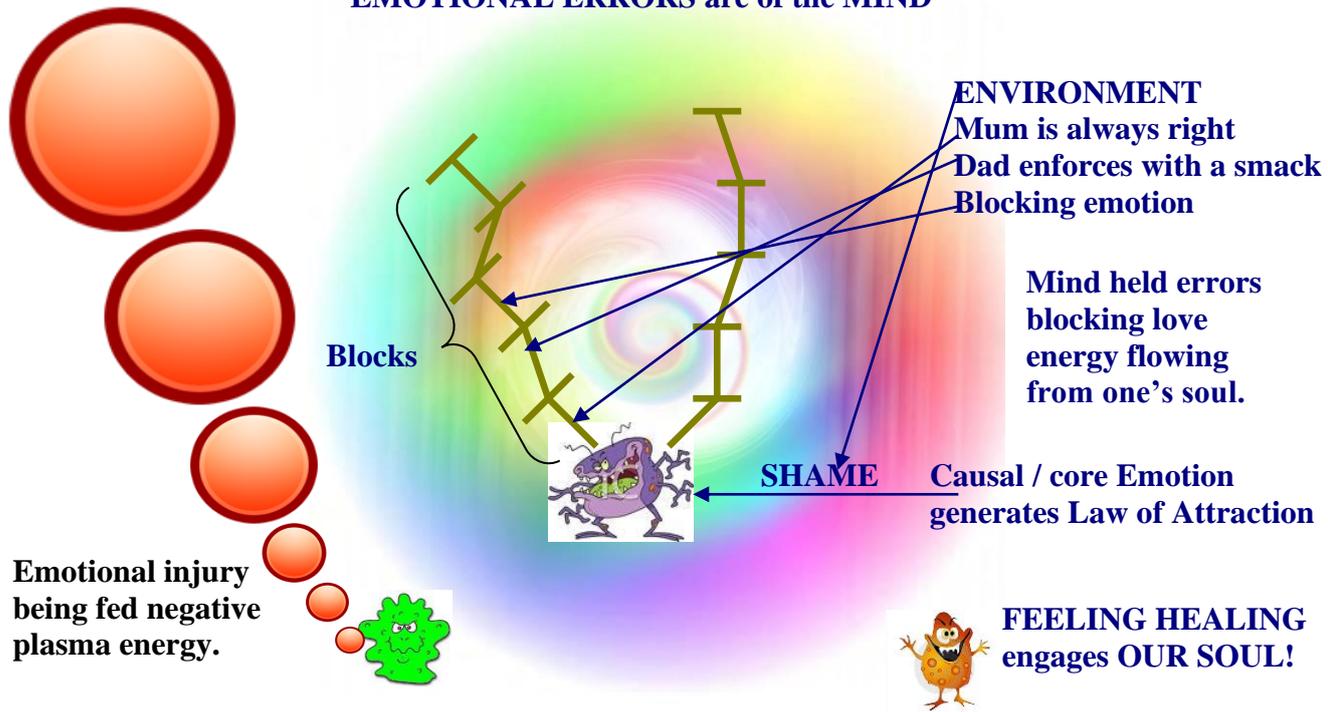
What enters emotionally has to be expressed emotionally – it has to come out emotionally – leave us emotionally!

However, we are not to act upon what we are feeling emotionally! We are not to act it out! But, we are to go on and long to know the truth of what is behind our feelings, why we are having these feelings and experiences.

Long to the Mother and Father for Their Divine Love, and ask Them to help you see the truth through your feelings – that which They want you to know. Long and ask; long and pray. Pray to see, know and BE the truth, the truth of you – of all of it!



**EMOTIONAL ERRORS are of the MIND**



**Enters emotionally - is to leave emotionally!**

**WHAT ENTERS EMOTIONALLY  
IS TO BE EXPRESSED  
EMOTIONALLY WHILE LONGING  
FOR THE TRUTH TO BE KNOWN  
ABOUT WHAT IS BEING FELT!**

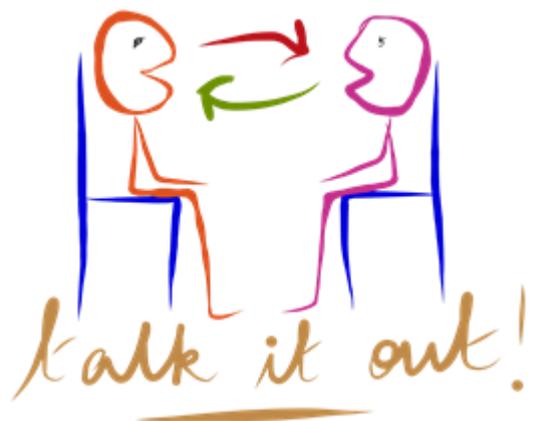


Talk  
it Out



LET'S TALK  
IT OUT

TALK *it* OUT



Our Guides on Duty...



# OUT GATEWAY ISOLATION



## EXPERIENCES, FEELINGS and TRUTH:

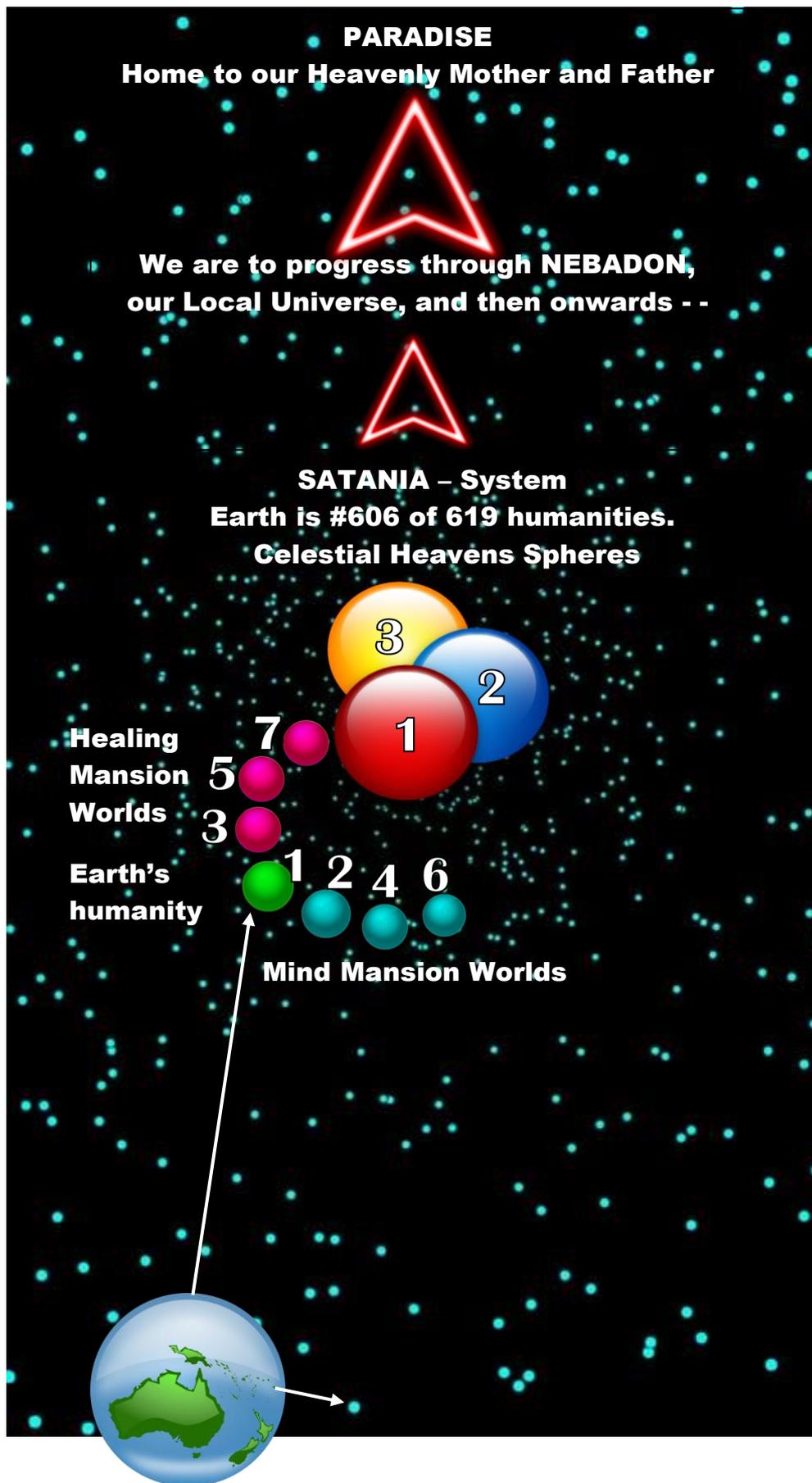
We look into the night sky and see around 1,000 stars that possibly are the hosts to the 619 humanities of our local system, Satania. Earth is on the outskirts of Satania.

When we 'die', and shed our physical body as we are spirits having a physical experience, we all arrive on the 1<sup>st</sup> spirit Mansion World.

If we continue to live through our minds, then we may progress to worlds 2, 4 then 6 and no further – dead end!

Should we embrace Feeling Healing with Divine Love, we will start our journey of Truth and Love, progressing through Healing Mansion Worlds 3, 5 and 7, then through the Celestial Heavens and onwards out through our Local Universe of Nebadon and on to Paradise, the home of our Heavenly Parents.

The spirit worlds are within a different dimension to the physical stars and earths. However, picturing the spirit worlds within the centre of our local system is only a visualisation aid and not necessarily accurate.



**FEELING HEALING directly benefits the PARENTS' CHILDREN:**



Parents' baby from conception through to age 6, 100% benefit, age 14 – 75%, 21 – 50%, 28 – 25%. Prior to conception we are in a perfect Natural love state. By the time we are age 6, we are then reflecting the consciousness level of one or the other of our parents. As they heal their Childhood Suppression through Feeling Healing, that are directly healing us, their children, subject to our age – maturity.

Consciousness Calibrations Worldwide	
Level of Consciousness	Percentage of population
600 +	1 in millions
540 +	0.4%
500 +	4%
400 +	8%
200 +	22%
200 -	78%
<b>World wide average</b>	<b>220</b>

Only through Feeling Healing which can be readily introduced through all education and health systems and services, will we cure our Childhood Suppression.

All the social ills of society are frozen into generational transfer. This can only be mitigated through Feeling Healing, and even then it will require generation after generation to advance the progress and lift the overall consciousness levels of humanity, from 220 to the 440s at least!

Correlation of Levels of Consciousness – Soul Condition – and Society Problems				
Level of Consciousness	Rate of Unemployment	Rate of Poverty	Happiness Rate "Life is OK"	Rate of Criminality
100 - 200	50%	22.0%	15%	50.0%
50 - 100	75%	40.0%	2%	91.0%
< 50	95%	65.0%	0%	98.0%

**POTENTIAL to BENEFIT your CHILD through our own FEELING HEALING:**

**This steps down each seven years as the child matures**



**From conception to age 6 or 7      From 8 to age 14      From 15 to age 21      From 22 to age 28**  
**As we heal, we directly heal our children similarly.**  
**The Indwelling Spirit arrival for the child around age 6 or 7 starts their independence.**

**Participation by parents** or carers with children within the 'Feeling Healing' classes and sessions is of paramount benefit to all.

Important recommended reading is:

by James Moncrief

## **The Rejected Ones – the Feminine Aspect of God**

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html> ALSO at  
<https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>

In this series, to be found in the Medical – Emotions section of Library Download:

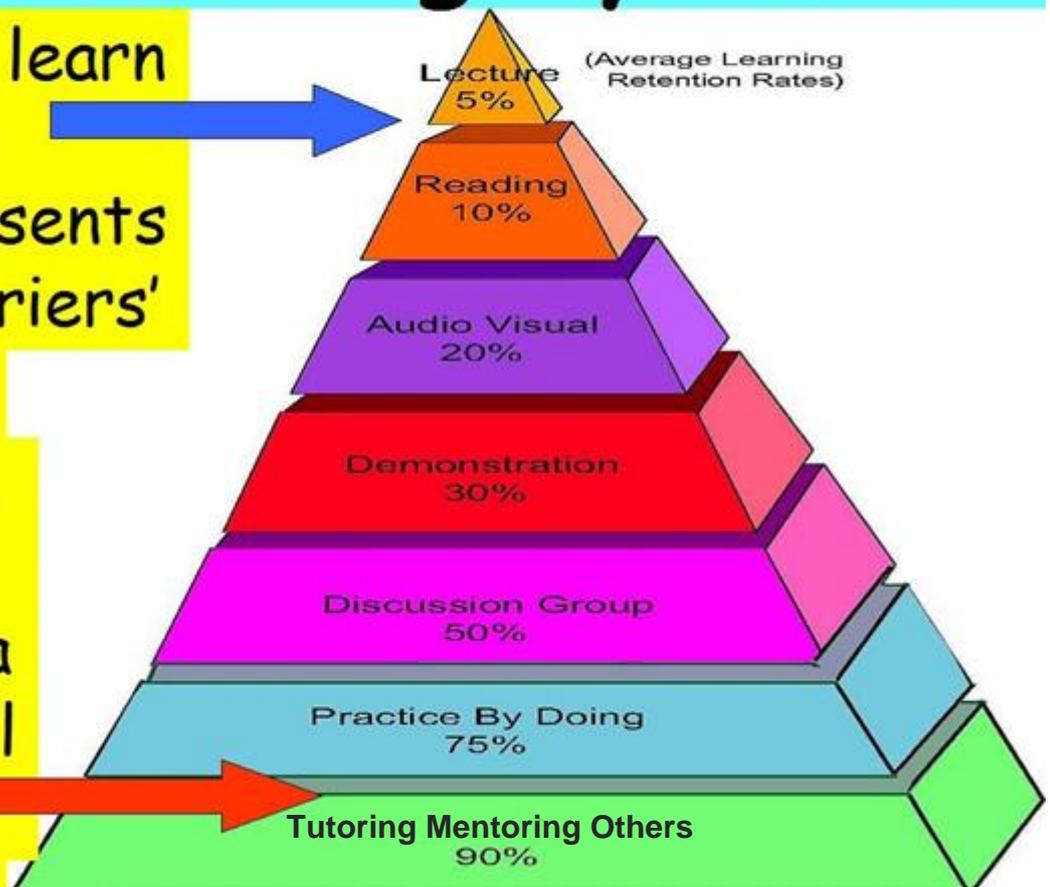
- Pascas Care Living Feelings First Adult
- Pascas Care Living Feelings First Children
- Pascas Care Living Feelings First Children Annexures
- Pascas Care Living Feelings First Children Discussions
- Pascas Care Living Feelings First Children Graphics
- Pascas Care Living Feelings First Drilling Deeper
- Pascas Care Living Feelings First Drilling Deeper Structures
- Pascas Care Living Feelings First Reference Centre

**PASCAS  
PERS**

# The Learning Pyramid

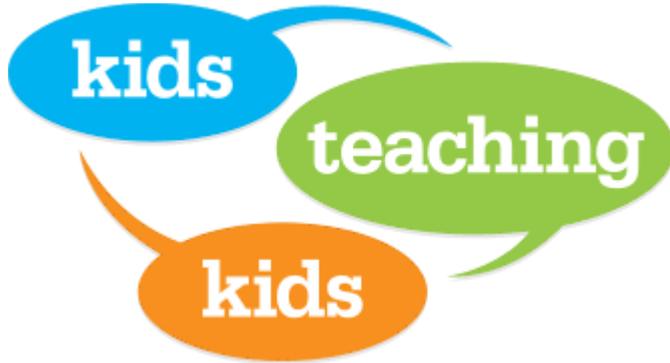
Trying to learn using this often presents many 'barriers'

Effective Learning requires a great deal of this



100% retention is **Natural Self Expression**

# Tutoring



## Natural Self Expression!





*It's all about*  
**Experiences**  
&  
**FEELINGS**

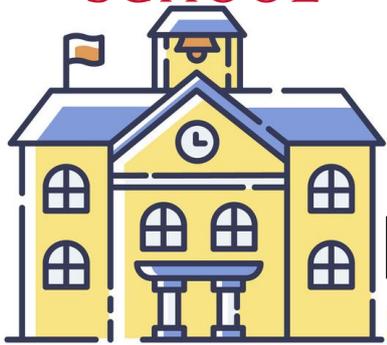
**BE FEELINGS**  
**EXPRESSIVE!**

PASCAS REGIONAL CENTRES:

UNIVERSITY



SCHOOL



TECHNICAL TAFE

Craft Creations

MOVIE STUDIOS

Journey of Humanity

THE VILLAGE PARADISE



AFFORDABLE HOUSING

Homelessness

SOCIAL HOUSING

NEW BIOSPHERE AGRICULTURE

Early Learning Centre



Innovations and much more!



Community



Centre



MEDICAL CENTRE



X-RAY

Diagnostics Centre



OPERATION THEATRE



# PASCAS FOUNDATION (Aust) Ltd

*We enable awareness so that people and communities may profoundly grow their lives, livelihoods and exponentially enhance their futures.*

Empowerment is by:

the New Way: Learning how to live true to ourselves by living true to our feelings;

enabling the true liberation of women through the truth of their feelings;

assisting urban as well as remote and rural communities with access to truth through all levels and forms of education;

supporting delivery of quality and accessible healthcare;

improving opportunities for and the safety of all, especially women and children;

and fostering a new era of leadership and leaders.

*It takes a village to raise a child.*

**LIVING FEELINGS FIRST and EARLY CHILDHOOD**

**"THE" profession is:**



**TEACHING**



to:

*Learn through play*

*Independently explore subject*

*Research with fellow students*

*Explore topics you enjoy*

*Engage in what you are passionate about*

*Ask — and keep asking*

*Question every aspect*

*Commonsense is not common*

*Assumptions are mostly in error*

*Embrace what you may be feeling*

*We have been retarded and restrained*

*We are to be our true self*

*We are to express all our feelings*

*We are self contained — all is within*

*By doing is how we learn*

*Tutoring others is a great self teacher*

*Our capabilities are infinite*



while you



Make yourself  
unnecessary

WE EACH NOW CAN CLIMB TO  
INCOMPREHENSIBLE  
LEVELS OF CONSCIOUSNESS





put children first

Put Children First



Artwork by Joel Rea, of Tallebudgera, Gold Coast, Australia

**ALL  
SYSTEMS  
ARE GO!**

