

PASCAS CARE

Healing & Recovery

Aging Process

Vol I



“Peace And Spirit Creating Alternative Solutions”

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PASCAS INTRODUCTION:

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

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

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

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

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

Living Feelings First, *John.*

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

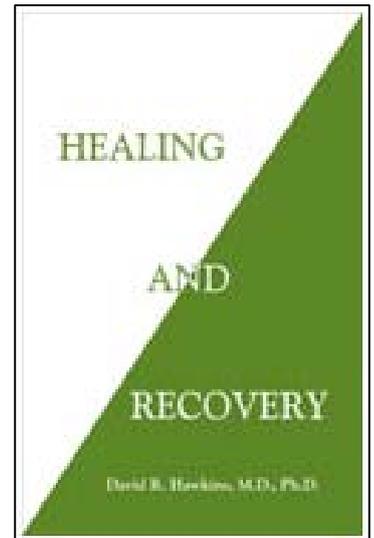


HEALING & RECOVERY: by Dr David R Hawkins

Healing is the result of not just clinical processes but also of overall biological potentialities that often do not materialise without the unseen power of spiritual alignment.

Health recovery is greatly facilitated by the unseen power of the spiritual dimensions of intentionality of consciousness itself (nonlinear context). Consciousness is the quality of your soul condition.

The clinical power and influential impact of spiritual context is overwhelmingly displayed by the millions of recoveries from medically hopeless illnesses as exhibited by worldwide membership faith-based organisations of which Alcoholics Anonymous (AA) and A Course of Miracles (ACIM) are prime examples.



Note:

The Map of Consciousness (MoC) table is based on the common log of 10. It is not a numeric table.

A calibration increase of 1 point is in fact a 10 fold increase in energy.

A calibration increase of 10 points is in fact a 10,000,000,000 fold increase in energy.

Thus the energy differentials are in fact enormous!

Blessing your food achieves an increase of 15 points which is in fact a quadrillion (10^{15}) jump in energy.

Our Heavenly Mother and Father simply desire for us to ask for Their Love.

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

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

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

[Note: Text is drawn from Dr David Hawkins' book, Healing & Recovery.]

The AGING PROCESS:

How does the relationship between body, mind, and spirit correlate with the aging process? We will learn how to identify with the aspect of ourselves that is real and to let go of those identifications with that which is unreal.

Where is it that a human experiences experience? When our (Hawkins) research addressed that area, it was found that we are not subject to many things that the world holds to be inevitable.

Aging is a series of identifications as well as programs, stereotypes, behavioural patterns, and scripts. That which experiences life has no age and is not subject to aging. We have to ask ourselves if we are that which we are experiencing or if we are the experiencers. There are the middle-age myths, health patterns, sexual patterns, and weight problems that supposedly occur in middle age to consider, as well as the statement that the body does what the mind believes, along with the physics relating to that. Several facts and ideas will be considered, such as the fact that the body is really the effect and not the cause and is subject to what one holds in mind. There is freedom of choice to elect these various patterns. There is the adopting of family and social patterns and the influence they have on one's thoughts and beliefs about longevity.

Free Will



Feeling that one's life is a contribution or a sharing makes a difference and is of value. There are some hypnosis experiments to review, along with some odd things that have occurred in science, including a clinical example called 'progeria', and what that means to us. Aging will be considered as a class phenomenon. We will also look at sex and age. The whole field of aging preoccupies everyone as they grow older, and the facts and fantasies can be examined and redefined utilizing the knowledge of the nature of consciousness (soul condition) itself.



The Map of Consciousness again provides an orientation to the subject of human behaviour and 'who I am'. To review, the chart is a numerical model showing the relative strengths, directions of the energy fields of the levels of consciousness (soul condition), and their relative power, starting with death at zero and Bliss at 600, for example. Apathy at 50 is weaker than fear at 100. Fear has much less energy than that of Courage at 200.

At Neutral, everything is okay yet has less energy than Love at 500. Below the level of Courage, or the capacity to tell the truth, all the energy fields are in a negative direction, and above this critical level, all

the energy fields go upward. In other words, positive energy fields are those that nurture, support, and value life, and hold it as sacred.

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700 1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑ 600	Bliss	Illumination
One	Complete	Joy	↑ 540	Serenity	Transfiguration
Loving	Benign	Love	↑ 500	Reverence	Revelation
Wise	Meaningful	Reason	↑ 400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	↑ 350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	↑ 310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑ 250	Trust	Release
Permitting	Feasible	Courage	↑ 200	Affirmation	Empowerment
Indifferent	Demanding	Pride	↓ 175	Scorn	Inflation
Vengeful	Antagonistic	Anger	↓ 150	Hate	Aggression
Denying	Disappointing	Desire	↓ 125	Craving	Enslavement
Punitive	Frightening	Fear	↓ 100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	↓ 75	Regret	Despondency
Condemning	Hopeless	Apathy	↓ 50	Despair	Abdication
Vindictive	Evil	Guilt	↓ 30	Blame	Destruction
Despising	Miserable	Shame	20	Humiliation	Elimination

	The Final Doorway to Enlightenment / Nonduality
	The beginning of the Nonlinear Realm 500
	The beginning of Integrity 200

The energy fields below 200 are opposed to life, do not support life, and in fact, at the bottom of the chart, they become very destructive. Loss of energy, loss of spirit, deflation, entrapment, inflation, and expansion are all negative processes and lead to viewing the world in a negative way. They also lead to seeing God in a very negative way or even denying Divinity.

It is necessary to restate the relationship between body, mind, and spirit to see what this really means because it is very important in looking at the aging process. It is necessary to know and realise through one's inner reflection and contemplation that the body is unable to experience itself. This cannot be

repeated too often. The body has no capacity to experience itself. Knowledge about the body and what is going on with it arises from its sensations, but sensations in and of themselves have no capacity to experience themselves. That experience has to occur in something that is greater than the body and its sensations, its sensory mechanism, and that is mind itself (mind resides within your spirit body). It is because of mind that one is aware of what is going on within the sensations. The sensations reveal what is happening within the body (which houses the physical brain).

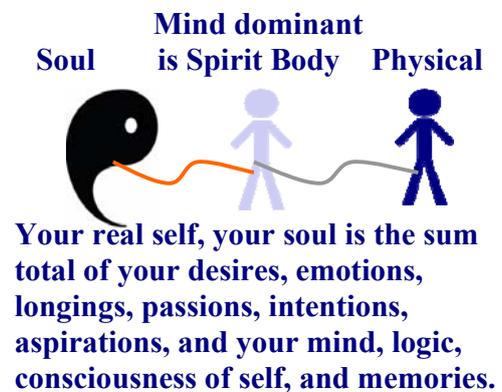
Mind alone, as curious as it may seem, has no capacity to experience itself (emotions are within your soul). A thought cannot experience its own thoughtness; a feeling cannot experience its own feelingness; a memory cannot experience its own memoryness. In order for mind to be experienced, it has to be experienced by something that is greater than itself, and that is the energy field of Consciousness (soul condition), which is greater than mind and more inclusive.

Consciousness itself, and how we know what we are conscious of, comes from an infinite field with no limitations, which is called awareness. It is because of awareness that we know what is going on in consciousness (soul condition). It is because of consciousness that we know what is going on in mind (within spirit body). Because of mind, we are aware of what is going on with sensations. Because of sensations, we are aware of what is going on with the body. Consequently, that which we are – that which is aware, that which we really mean by the ultimate ‘I’ and the infinite Self (soul), and that which is consciousness – is operationally many levels removed from the physical body. The interesting thing is that the body expresses and does what the mind holds. One is subject to what the mind believes. In other words, the body, being like a puppet, is controlled by mind, both consciously and unconsciously. Few people realise the power of mind over body.

When looking at the Map of Consciousness, we can see that the physical body has a relative energy of 200 (the same as the Earth which reflects the collective energy of all people on Earth). The levels of mind are energies up to and including the 400s.

The energy field of the body is neutral – it is neither positive nor negative. In looking at the physics of it, a thought held in mind from an energy field of 400 then dominates the body, which has an energy field of only 200. Consequently, the beliefs, ideas, thoughts, configurations, patterns, and scripts that are held in mind are adopted by the body and begin to reflect in the body’s physical appearance. This has been covered in our discussions on health, illness, and giving up the various diseases. This principle is important to consider further.

Later in this chapter are physical examples and ways to verify the principle for oneself, for example, how to undo the middle-age myth, the whole idea of decrepit old age, the idea of failing health, and the belief system that all these things are inevitable and must be part and parcel of the body process itself, little realising that they are actually coming from mind. This can be demonstrated with very simple clinical examples, such as hypnosis.



In hypnosis, for instance, an old person who is quite feeble walks into the office and says, “Would you like me to sit here? Can I sit in this chair here?” And he sits down as though he barely has the strength and power to sit in the chair. Then he is put under hypnosis and told that he is thirty-five years old. Then amnesia is induced so he will not remember what the suggestion was. When awakened from the hypnotic state, he is asked, “Would you like a glass of water?” and he answers, “Yes, I would like a glass of water?” He then walks over to the fountain, takes a glass, fills it, sits down, and the feeble old man is gone. Where are all the shaking and the trembling? What has happened to the feeble old man? He seems to have disappeared!



Through this clinical example, it can be seen that through the hypnotic state, the body is reflecting exactly what the mind believes – the way it stands, the way it holds itself, and its attitude toward the body. The old man is looking at the body as though it is frail. He is preoccupied with the thought that he might fall and break his hip. As a result, holding that in mind might bring it into his life experience.

Another example is in the case of the multiple personality where one of the personalities has total different views about health, life, and aging than the other one has. The body reflects the beliefs of the personality that is dominant at the time. If one personality believes in asthma while in the body, the body literally has asthma. But when that personality is replaced by a more pleasant personality that does not have a belief in psychosomatic illnesses, then the asthma is not present and the person has no allergies. Consequently, the physical body reflects one’s unconscious belief systems as well.

In looking at how these belief systems arise, the mind first erroneously concludes that it does not have any options and thus thinks it is at the effect of the body and the ongoingness of time. In this case, the mind is giving away its power to the calendar. It pictures that the body must of necessity get older as the years go by.

A very interesting clinical example is ‘progeria’, a genetic condition in which the person progressively ages and becomes an extremely old, old person by the age of five, six, seven, eight, and nine years, and is often dead by the age of ten from literally decrepit old age. Death can actually occur from old age in a span of only ten calendar years.

NATURAL LOVE or HUMANITY’S ERRONEOUS EMOTIONS:

Your soul, being your real you, is an emotional being. Your soul, though a thought of God, does not possess anything of the divine within it. It existed in a state of bliss, in a natural love state, pending individualisation which is achieved at conception which is the time of incarnation. Your soul is endowed with natural love emotions noted within the top section of the Map of Consciousness scale, being those emotions calibrating above 200.

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700 1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑ 600	Bliss	Illumination
One	Complete	Joy	↑ 540	Serenity	Transfiguration
Loving	Benign	Love	↑ 500	Reverence	Revelation
Wise	Meaningful	Reason	↑ 400	Understanding	Abstraction
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Inspiring	Hopeful	Willingness	↑ 310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑ 250	Trust	Release
Permitting	Feasible	Courage	↑ 200	Affirmation	Empowerment

Humanity’s erroneous emotions are those calibrating below 200 on the Map of Consciousness. The environment around a newly conceived child progressively degrades the condition of that child’s soul. When the child reaches about the age of 7, the child’s soul condition will reflect the parent’s condition. These negative emotions are like a crust around the pure soul it has within.

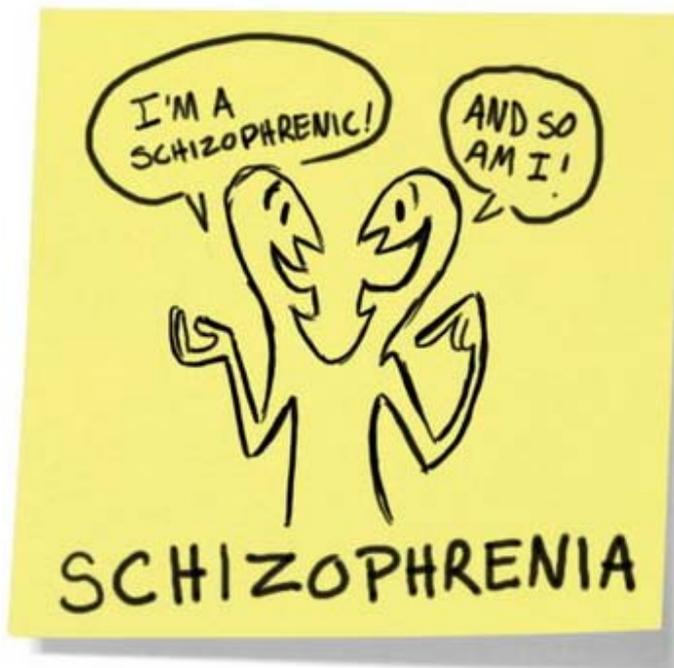
MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Man made dis-empowering emotions:			↓ 200	All the negative emotions	
Indifferent	Demanding	Pride	↓ 175	Scorn	Inflation
Vengeful	Antagonistic	Anger	↓ 150	Hate	Aggression
Denying	Disappointing	Desire	↓ 125	Craving	Enslavement
Punitive	Frightening	Fear	↓ 100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	↓ 75	Regret	Despondency
Condemning	Hopeless	Apathy	↓ 50	Despair	Abdication
Vindictive	Evil	Guilt	↓ 30	Blame	Destruction
Despising	Miserable	Shame	20	Humiliation	Elimination

Schizophrenia is a spirit connection state. When a person has a degree of mediumistic abilities within themselves, there are often, quiet a number of spirits surrounding them at any one time. When those spirits surround the person, the person can actually connect to any of those spirits at any point of time. And they will hear those spirits as a voice in their head. So the voice in their head tells them something. Different medical professions will say that that voice in their head has been created by something going on within themselves. But the reality is that these people are quite mediumistic and a spirit is connecting them, telling them things. Now, quite often the spirit connecting with them is quite damaging. Things that could finish up being harmful to themselves. You need to understand why spirits connect to us at any one time, and it is all to do with our soul condition. What is our collective emotions causes an attraction to our friends, but also causes an attraction to our spirit friends. Now some of our spirit friends, you could say, are not that friendly in the sense they have lots of unhealed emotions in them too. And they want to act out those emotions through a person, here on Earth, who is mediumistic.

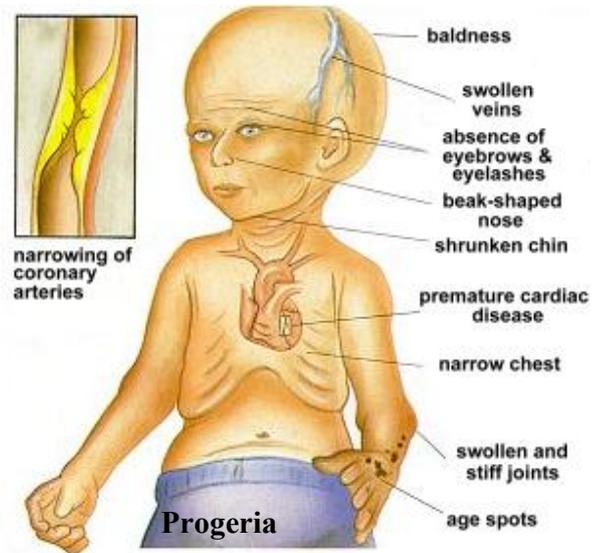
Schizophrenia is actually spirits talking to a person. The reason why most of the medical profession feel that that is a delusional state is because they don't recognise the spirit world.

Speak to the spirit and find out the path of events. Talk to the person in that state, like they are a spirit and find out details from the spirit, when they passed, what they passed from, what kind of passing they had, and so forth, and you will actually find a lot of the underlying attractions that cause the connection between the spirit and the person who is undergoing the problem of schizophrenia or similar.

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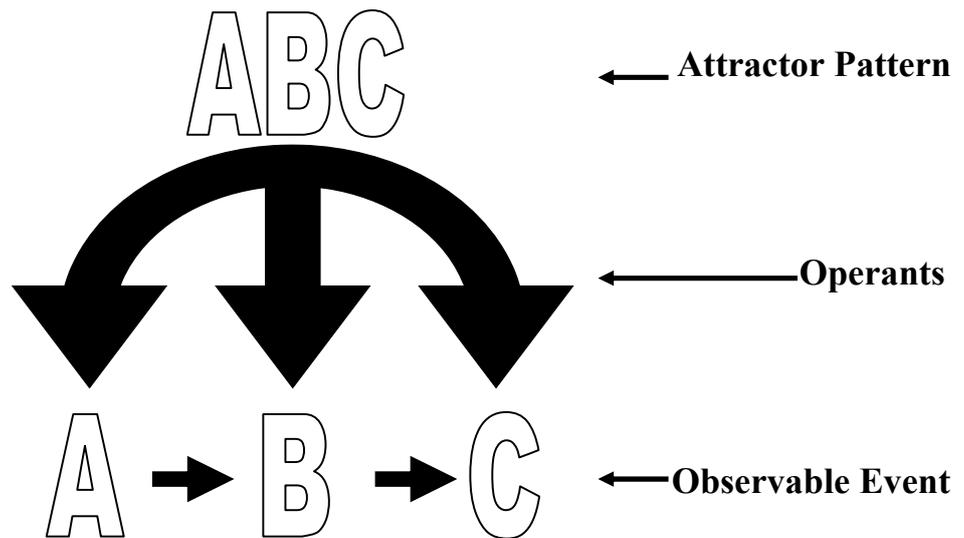


If calendar years were the cause and the physical body was at the effect of the calendar, no such thing could occur. This information is provided to begin to open the mind to see that there are options and that what we believe, buy into, and allow ourselves to be programmed by now becomes the source, the program, and the script, and that this script begins to express itself on the physical level. When seeing it occurring on the physical level, the mind, due to its naiveté, concludes that the cause is happening on the physical level as ‘A causes B causes C’ within the physical realm, the turning of the calendar, and the seasons. Thus, it is causing the aging process of the body on the physical level.



In truth, something from a higher level is sequentially causing both A, B, and C. If we hold the concept in mind that goes $A \rightarrow B \rightarrow C$, then within the physical world, we first see A, then B, then C. Therefore, the left brain, because it thinks linearly and projects its concept onto the phenomena of the world, holds that A must cause B must cause C. It never suspects that the causality of ABC is simultaneously arising from a different level altogether.

The level of cause, where the power is, is the level of mind. The world of the physical is the world of effect. It creates ABC. If we hold a pattern in mind of what aging looks like and think that is what must be and happen, we create on the physical level ABC – the decrepit people – because that is what old people looked like in our childhood. We were convinced that is what someone looks like when they are eighty; thus we will look like that when we are eighty years old. If we were to look back into that person’s mind and see their pictures of what an old man looks like, we would see that he looks exactly like the person standing in front of us because that was his picture of what it looks like to get old.



An experiment demonstrating what the mind believed was done with the menstrual periods in women in which they were given an injection and told that it would result in their skipping their next menstrual period. They were given an injection of a placebo, and about eight-five percent skipped the next period and about fifteen percent experienced a lengthy delay in its onset.

These examples are not exceptions. Our interest is in the basic principle, which is that this is going on all the time. The mind continuously reflects the patterns and beliefs of what is being held in mind. These clinical examples from hypnosis and research experiments are merely isolated ones to demonstrate it clearly. We can see that under hypnosis, the body will do exactly what the mind believes. For instance, a patient can be hypnotised and told he is allergic to roses, and when he wakes up, his nose will become stuffy. He will develop hay fever and have an asthma attack right there in the office. This experiment has historically been done many times and recorded in the annals of psychoanalysis. This is always going on; now you can become aware of the constant programming affecting us. The expectations of middle and old age and what they are supposed to mean are brought on by the mind out of its naiveté.

As mentioned previously, one of the basic principles of consciousness (soul condition) itself is its intrinsic innocence. Because the mind is innocent, we have to begin to carefully watch and guard it. We have to become like its mother. The mind is like an innocent child who goes out in the world and believes everything it hears. It believes every billboard, every commercial, and every remark that people make. It believes what it sees. It has no way to evaluate it and has no sense of discrimination. We have to begin to take responsibility and say, "I can see that my mind is intrinsically innocent, and because the innocence of the mind of the child is still with me throughout life, I should start looking into what it has been buying."

**GROWING OLD
IS MANDATORY
GROWING UP
IS OPTIONAL**

In looking at the lives of many who are very creative, one can see that they characteristically live well into their nineties, frequently getting married at eighty-five, and even having children at ninety. Dr John Diamond wrote an entire chapter about that and the energy of life in one of his books, *Behavioural Kinesiology*. He studied the life patterns of those people who were devoted to classical music as conductors, composers, and performers, and found that they all characteristically lived and remained productive to a very old age. It is accepted that an eighty-six-year-old conductor can lead a whole symphony orchestra and have a thirty-four-year-old wife and a young baby at home. It is a somewhat accepted occurrence with that lifestyle. Many humorists and writers live to very advanced ages, as do many people who do research and study physics. Performers such as George Burns, Bob Hope, and Fred Astaire also lived long lives.

In other words, the numerical, chronological age has no power within itself. It is our beliefs about it, how we hold it in mind, and how we genuflect to all the belief systems that go with it and that we have bought into throughout the years that have power. How is it that some people are dancing and performing at age eighty, and other people at age fifty-nine are ready for the grave?

I (Dr Hawkins) have a friend who, at age fifty-nine, looks like he is seventy-five. It is as if life is all over for him. He has already had two coronary bypass operations. The way he holds himself – the weakness and his whole body stance – shows what he believes old age must entail.

The first thing to realise is that we have options. We can choose to be different and to let go of the belief systems in our family. We can look back and begin to find where the belief systems about middle age and the aging process came from. What constitutes them? We can look at our own childhood and see what the relationship was with our parents, and also look at the time when their parents were middle-

aged. When looking at our middle-aged parents, we can remember the pattern, which can be seen like a photograph.

To some people, middle age means having a beer belly, sitting at home feeling tired and discouraged, watching television, and complaining about life with remarks such as, “I don’t have the energy for that anymore.” Or getting the thought, “Well, you are over the hill,” and the men start to wink at each other. “Hey, George, what? Are you a little over the hill there?” meaning middle age and forgetting about a sex life. All these programs go into the impressionable mind of the naïve child who is creating a picture of what mother looks like – tired and bedraggled. She no longer cares for her appearance and does not bother going to the beautician anymore because middle age to her now means sort of retiring from life.

Then we see people looking forward to retirement and their views of that, including retiring from life. The whole attitude is, “We’ll go to Sunset Hills now and slowly wait for the sun to set. We’ll join the old people’s fadeout club, get progressively weaker, and watch each other go.” That is an option. However, George Burns did not buy that option, nor did Alan Greenspan, or Fred Astaire. Think of all the great composers and writers, the politicians, and the powers that run this world who are will into their sixties, seventies, and even eighties. As they got older, their power, wisdom, and ability in the world grew ever stronger, not weaker.

Look at all the thought systems and beliefs about what is supposed to happen to the body, all the thoughts about what we think aging must entail.

We can look at our pictures and the relationship with our parents. Did we love our parents? Interestingly, that love can be the very reason for that identification. It is because we love them that we pattern ourselves after them. If we admire our father who then develops this middle-aged pattern, we identify with and pick up the pattern, not for negative reasons, but out of admiration, innocence, and love for him, along with family loyalty. The same is true of the relationship with grandparents. We get an idea of what old age looks like.

Interestingly, I (Dr Hawkins) had a relatively negative view of middle age, but I also had a relatively positive view of old age; therefore, I looked forward to that time. At age seventy-six, my grandfather was up on the roof putting on a new one, and my other grandfather was dignified and elegant, so I looked forward to old age. That is the time when we can put on our spats and best hat, dress up in our best clothes, and live a really aristocratic, enjoyable life. For once, we can just be who we really are. It is going to be over before long, and therefore we do not have to cater to anybody any longer. We can really be an elegant and very loving, wonderful person, so to me, old age was not something of a faltering decrepitude. It has been that way for other people, however, so we can see that there is an option. It is about who we love and identify with. It is all the programming that we got from television



The soul provides the energy for the spirit body and physical body to exist.

and the movies, along with the image of what aging means. The television commercials are designed to appeal to those fears of aging.

Of course, what we fear we hold in mind, and what we hold in mind tends to manifest, so the fears of old age, the very things we begin to fear, are the very things that begin to manifest. It is helpful to return to the realisation that there is an option to not buy any of these pictures. Whatever picture is bought is what is going to manifest in our life; therefore, we have to be careful about what we buy into. We become the guardian of our mind. We look at it and see what it does believe, and then we forgive it for what it picked up over the years. It did not know of its own innocence and therefore picked up all of the programs, stories, and scripts, and unwittingly, we find that we are beginning to act them out.

If we want to know what life scripts we bought into, all we have to do is look at our own life and our physical self. The physical self is a reflection of what we have bought, and we may not even remember having done so due to amnesia about remarks overheard throughout childhood. People look into their memory and say, "I don't remember ever believing such a thing." Actually, we are unconscious most of our lives and have amnesia about most of it because of the millions of things we do remember. What we do not realise is how many seconds there are in one day. Do you remember what happened each second of each day? (Your memory is within your soul and every second is there on record.) We are lucky if we can remember what we had for breakfast yesterday. Therefore, a great deal of what went on in our life is operationally forgotten in that it is not available for immediate recall (through the mind and into the brain). In looking at the body, we can see what programs were picked up; what its belief systems were; what was thought to be valuable or loved, or its reverse; and what it feared and brought about into manifestation because the fear was being held in mind.

The patterns of aging also follow a certain class phenomenon, and in the picture of age and aging, there is increasing longevity. It is now very normal for people to live longer, and even though they live longer, they are energetic and functional into a very advanced age. They see old age as a time of increased stature and value. This can be contrasted with a different social view where power and value come out of physical strength, and the aging patterns are more rapid. For example, in the area of sports, a participant at age thirty-two is already considered old, and at forty is considered to be an old man in the field. When certain classes of labouring people reach age sixty-five and retire, it is pretty much over, and from sixty-five onward, there is the pattern of moving into Sunset Hills, along with indolence and the loss of energy, interest and aliveness. There is the giving up of life as though retiring from a job means retiring from life. It is as if the job was the only thing that gave meaning and value to life, and now that the person is no longer classified as a 'worker', they no longer have value in the world.

There is the failure to look at oneself in a more holistic, total way and see value as something other than productivity in the workforce and the capacity to bring home a paycheck every Friday. There is the failure to see oneself as something other than just a provider, or just the mother of the children.

In women, the pattern of the aging process does not really start until the children grow up and leave home. Suddenly, the mother joins her husband in the pattern of retiring from life. The father retires from the job, and the mother retires from raising the children. Both of them are now unemployed, with lessened value in their own eyes. Although they make a few sporadic attempts at being of some use in society, they do not really believe it. Therefore, the aging process can become progressively rapid and many people often die within a few years of retirement.

It is important to look earlier in life and constantly challenge these belief systems in order to discover something about our life that is of such value that, whether we work, bring home a paycheque, raise children, or follow a traditional, solid middle-class- America equivalent way of life or not, life still has value, and we see that we are making a difference in the world and that our life is significant. There is the willingness to share our life with others, to be a source of enthusiasm, and to contribute to the lives of those around us. We have to re-evaluate the worth of our life and re-contextualise it, adopt a different way of being with it, and view it differently in order to give it a different value in our own eyes, thereby raising our own energy pattern consequent to a more positive way of looking at life.

Previously we indicated that one is subject to what is held in mind. We can identify these belief systems and patterns and know that we have the option to change them. The choice is up to each one of us. We can be very active and vigorous into old age, we can have a very significant and valuable life that is highly enjoyable, and our physical health can continue right to the very end.



Everybody has life-script fantasies and looks at the advantages of different programs. That is one of the reasons we choose them. It is necessary to look at whether we are willing to let go of those that are not beneficial for the gain and benefit that we would receive from doing so.

Our life, our body, and what goes on in our life are projections of what we have been holding in our own mind. Over-experiencing is the projection of our own belief systems into the physical world. What we hold in mind manifests, and we have a choice when we see this pattern. We begin to realise that if what we experience is the result of what we hold in mind, then we can change what we experience by changing what we hold in mind.

We have to exchange the belief system we are holding for the truth that we are infinite beings and subject only to what we hold in mind. Every time negative beliefs come up, it is necessary to cancel them and insist on the truth. The collective consciousness, the energy field of the world, has to be constantly countered because the world reprograms us with it again. It may even return due to hearing a chance remark. It requires vigilance to undo all the belief systems within the mind.

The same thing happened with vision and glasses. I wore bifocal glasses for fifty years. Of course, there is the belief system in our society that middle age brings about changes in vision. Many people start using reading glasses during middle age, so when we think of a middle-aged person, we see them wearing reading glasses. The people in magazines for retired people almost always wear glasses. It is just presumed that by middle age, a person is going to need them.

Well, I already had glasses because I had the image in my mind of the intellectual bookworm, which I was, as wearing glasses. Part of the image of what I was as an adolescent included wearing glasses. Of course, if we already wear glasses, it is presumed that our vision is going to get worse by middle age, and that we are going to need bifocals. By late middle age, we are certainly going to need trifocals.

It was during this trifocal stage that I was involved in this kind of research and study. One day I was sharing with my class about all the physical illnesses that I had let go of using these consciousness techniques. There was probably a list of fifteen or twenty different diseases, and then somebody said, “Well, then, how come you are still wearing glasses?” I said, “you know, I never thought of that.” I never thought of the fact that the eyeball itself and its capacity to see – the whole mechanism of vision – would be another manifestation of my belief systems about it.

I looked at the belief systems and began to cancel them, saying that I am an infinite being who is not really subject to any limitations such as the belief that I need glasses. The process took six weeks, and I could hardly see anything during that time because I was not wearing my glasses. However, I never put the glasses on again, and during that six weeks, my mobility was somewhat limited by the inability to see anything more than a couple of feet in front of me. I was myopic as well as farsighted, and I also had astigmatism. I could not read anything, nor could I see anything distant.

After about six weeks of constantly and consistently letting this go, I finally just surrendered to it and realised that part of the technique is to let go of resisting what the belief system was. Then I said, “Well, God, if I’m never going to see again, I guess I am just never going to see again.” And then I just totally let it go, totally surrendering it to a higher power. And then I said, “Whatever your will is to be, I will agree to that.”

What is the will of God for us? The will of God for us is complete and total happiness, wholeness, and oneness. After surrendering to God’s will, suddenly, in one instant, the vision returned and was absolutely perfect after a lifetime of wearing glasses.

It does not matter how long we have had a belief system. The belief system that was present throughout my entire life and literally limited my vision was surrendered many years ago. This example is just a demonstration of the principle involved, which we experience in the level of consciousness itself. The body is a reflection of that which we believe, so if we address ourselves directly to those belief systems, to the mind itself, and to where it is being experienced, we can undo belief systems. We have that freedom and option.

Returning to the commonly held belief systems about middle age, aging, and old age, two things are occurring. There are the belief systems about what aging entails, and there is our position or the way we feel about it. In truth, it is not the events in life that have any importance, but their meaning to us. The importance of a fact or an event comes from how we feel about it, which creates a context. It creates a way of being and decides in advance how we are going to feel about that event, decision, or fact.

In referring to the Map of Consciousness (MoC), we can see there are various energy fields and levels of consciousness (soul condition). The bottom of the chart represents the most unconscious level, which is farthest from the truth and closest to death itself. At the top, because of increasing truth, there is an alignment with life, with truth, and with a sense of aliveness; in other words, we might say that at the top

is God. (6th sphere level spirits cannot see the soul, many if not most 6th sphere natural love spirits believe that they are god. 6th sphere is equivalent to the top of the Map of Consciousness. There are many more spheres above the natural love sphere and these are Divine Love spheres – Kingdom of God.)

Map of Consciousness represents the emotional and spiritual fields within the kingdom of man which is Spheres 1 – 6.

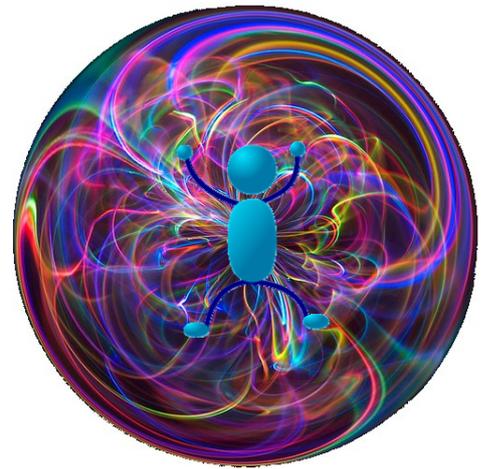
Consciousness is soul condition, as one's soul condition improves, it expands in size as it grows in love.

The scale is exponential, grows at a factor of 10.

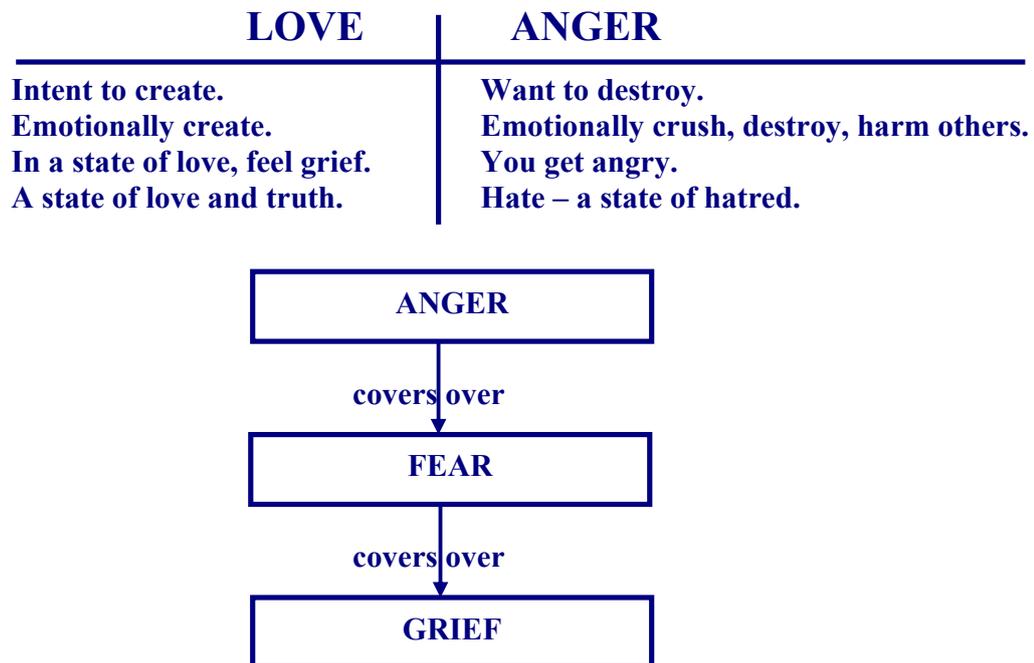


Core Emotions
Anger covers over Fear which covers over Grief, these three emotions are the predominant capping emotions.

MAP OF CONSCIOUSNESS



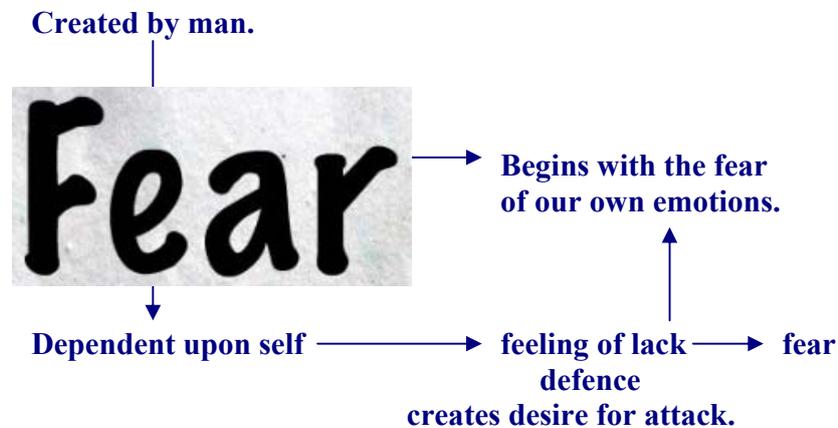
Emotions reflect the energy field of a positionality, and out of that comes a certain view of the world as well as the view of a certain kind of God in that world. At the bottom of the Map are the levels of the lowest energy, which lead to almost passive suicide. Many deaths from old age are not due to old age at all but are forms of passive suicide, the result of having given up out of hopelessness. (Unfortunately, that condition is carried into the spirit world.) There is a sense of guilt, as though old age, its decrepitude, and illness are almost the punishment for one's sins or failures in life. It is as though one deserves all this, and out of self-hatred, the person chooses destruction. They see their life and the world as the experience of sin and suffering. They really fear dying because, out of their guilt, they picture God as being very punitive. There is a fear of old age as well, along with the view that it is a process of destruction, which comes from this belief system in their life that allows them to fall into the domain of this destructive viewpoint.



An energy field somewhat above but still very close to passive suicide is that of just allowing oneself to die by not caring enough about oneself. This is in the field of Apathy, with a calibrated level of 50. It is again a negative attitude, one of hopelessness and despair in which there is a loss of energy. In this view of old age, the whole situation is considered hopeless. It is as though the grim reaper – the skeleton riding on horseback and carrying a scythe – has the power over us, and it seems that old age and all its conditions and physical elements are hopeless. There is a loss of energy with this view of the world. The loss of energy means that, out of hopelessness and despair, we do not have the energy to handle this life. Therefore, we see the personal life and life in the world as hopeless and see God as uncaring.

The next higher energy level from which to look at middle or old age is that of Grief. This is a very common view. There is sadness over middle age and seeing the absence of youth as a great and terrible loss – the loss of vigour; the loss of one's sex life; the loss of one's physical attractiveness and seductive sexual abilities; and the loss of mental acuity, position, and power in the world. The endless grief over these perceived losses results in the emotion of regret, where one looks at middle and advancing age as decline. People become dispirited about their own lives and life in general. There is sadness at middle

age. They look at life, the future, and progressive aging as sad. It seems as though God is ignoring them and does not really care about the aging process.

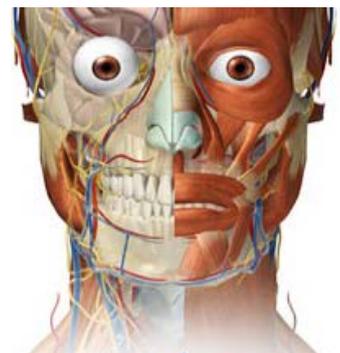


The next higher energy level is that of Fear, and that energy can be utilised in a positive way. What people need to fear are the consequences of these negative belief systems, not old age. The danger is not in age itself but in the negative belief systems that they have been holding in consciousness (soul condition). However, the ordinary person fears old age itself and is full of worry and anxiety. **Grief has to do with the past, and Fear has to do with the future.** The mind looks at old age out of fear and holds worry and anxiety about the future; therefore, the world and the whole aging process look frightening. There does not seem to be any God they can rely on.

Next comes Desire, and out of that, the intense craving and wanting to change all this. One aspect of that is becoming addicted to being young and seeing that life is where youth is. There is the resulting youth cult expressing its fear of old age in a frantic desire to hang on to that youth. Some people are unable to age gracefully, as expressed through inappropriate behaviour, because of their inability to let go of the desire for youth along with misidentifying youth as life. Life is present throughout. The same energy of life is in the child as well as in the 'old' person.

The next energy level is that of Anger. There is anger at the thought that one is subject to, at the effect of, and victim of the whole progressive aging process, and that the calendar has power over one's life. These are all negative energy fields, and in practice, they are usually mixed with other levels. Rarely is there just one level. Anger is also mixed with some sadness, some hopelessness, and some guilt, and all of them tend to occur together. There is the anger of old age and the frustration and resentment about it. People hate and resent the aging process and the loss of youth. There are many young people who have not had good experiences with their grandparents and hate older people; they don't want to be around them. Out of anger is a world of conflict and competition, and the projected anger of God leads to an unconscious guilt and the fear that God will retaliate.

DEPRESSION
↓
ANGER
↓
FEAR
↓
GREIF



Denial is another way to be about aging, refusing to see the options mentioned above, and holding a certain arrogance and inflated position about the process. This would be a totally negative positionality.

All these things have more to do with the truth, and to begin looking at them would then allow people to move out of these negative positions. They would be able to let go of resisting them, of being attached to them, of giving value to them. They could be released from these positions, thus allowing middle age and protoplasmic aging to start to look okay. The God of that kind of experience would be a God of freedom. There would be the freedom and willingness to see that perhaps they are the source of what happens in their life. They might say they will agree with that because their intention now is to find out the truth about the aging process. Now, middle age, aging, and the world begin to look friendly. The God of such a world is promising and hopeful.

In moving up to the level of Acceptance, people begin to re-own their power. The willingness to accept the truth now shifts the energy field from negative to positive. The truth is that we are the source of what happens to us in our life. We are the source by virtue of buying into and owning these belief systems; we bring them into our life. The truth is that we have a choice. The minute we see that there is a choice and begin to accept that, it all begins to look harmonious. The God of such a universe begins to look merciful.

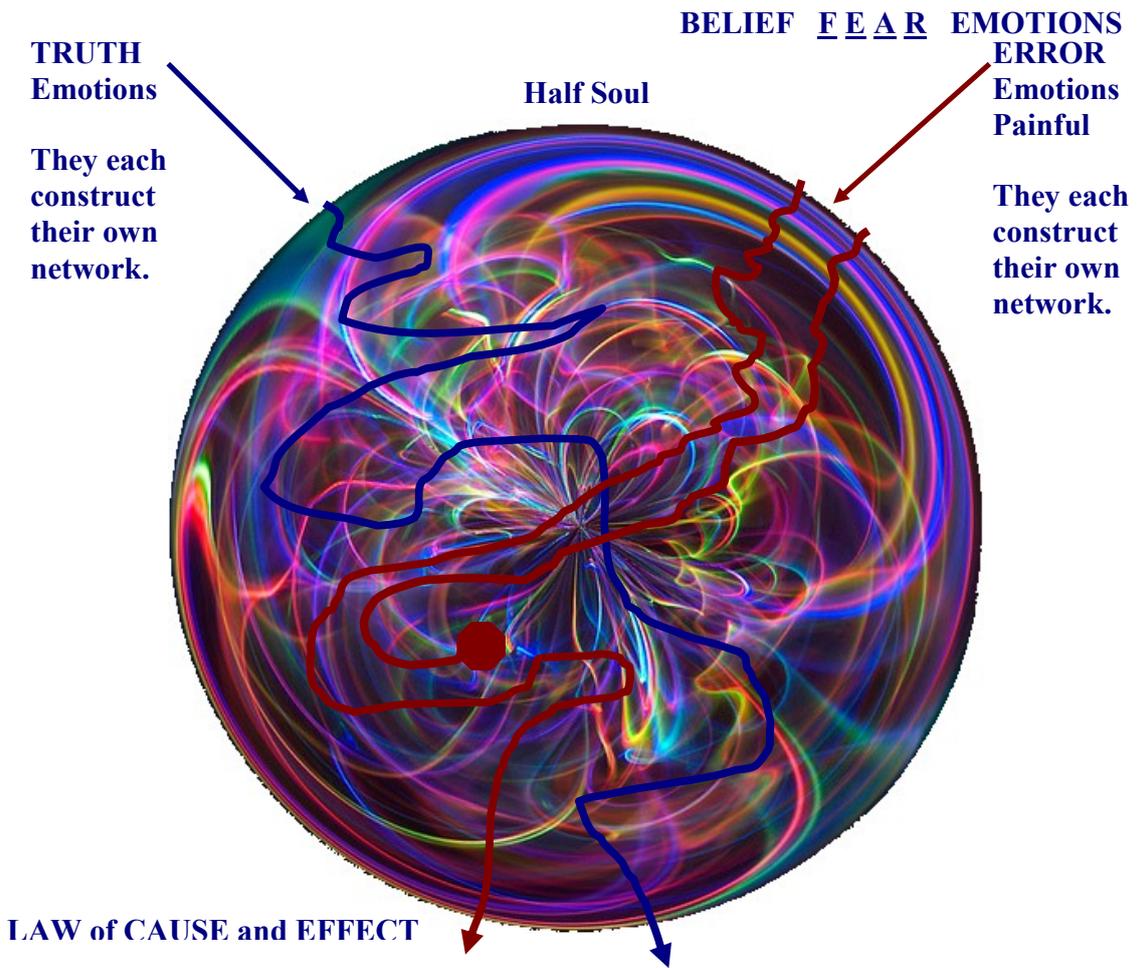
Our Law of Attraction gradually ramps up over our life.



We can now move into a condition of lovingness and begin to take responsibility for really loving ourself. We can begin to nurture, support, and forgive ourself for falling into these thought patterns. Why do people fall into these thought patterns? It is done out of innocence and naiveté. We think that that is the way it is; there is no thought to question it. People have not been so conscious or aware. It is only by giving examples that one can say, “Wow, it looks like I have a choice here.” We stop saying, “Well, it must be that person’s genetics.” Or, “If I were like that, I would be glad to be alive at ninety, too.” We stop excusing it and begin to really accept that it is because of the patterns we have held in life. This comes as almost a revelation to us, a sudden opening of the mind.

The way to avoid limitation is to begin to have an open mind and the willingness to look at the options and see that we do indeed have choices. Then the world starts to look loving. We now begin to love the prospects because we begin to see the advantages of middle age and old age. There are many people who look back and say, “Frankly, I wouldn’t want to be young again. I mean I would hate the thought of going through the teens, the anxiety, the acne, the unknowingness, the stumbling around, the awkwardness, and the endless social anxiety and self-consciousness. I don’t think I would care for the twenties, either, wondering what I am going to be in this world and having terrible anxieties, such as, Will I make it through college? Then there is the struggle of the thirties, when one is trying to establish a family and all those kinds of things.”

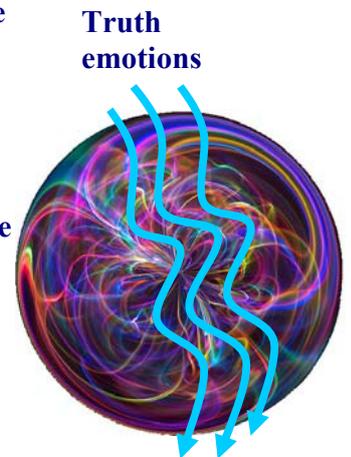
Instead of now saying that the past was better than the present, one begins to say, “Hey, right here, right now, in the present, I have some beautiful options.” It is like the whole world suddenly opens up anew, “I can become reborn at age sixty, so why not?”



This construction, which has become constructed inside of our soul, has been constructed because error has become truth inside of us. Error is always painful at the core level, and we are always trying to avoid the painful feeling of the painful core emotion, and that is what allows these errors to be constructed.

If I allow all of my emotions to pass through me, including the painful ones, then let us see if I have the same belief.

When we are willing to experience all emotion, we start generating these other pathways in our soul. Instead of being a mixed up jumble mess that is going on inside of us, there are these very simple and direct pathways that get constructed within our soul that are due new beliefs, where the emotions can pass through without huge amounts of impedance throughout our soul.



As we move from a negative energy field into a positive one, we get closer and closer to the truth and become progressively aware that we are the experiencer, and that the phenomena which have been going on through life have not really affected the experiencer. It is like we are the hardware of the computer and the experiences are the software. The hardware is not affected by the software; that which experiences is unaffected by the experiencing, so that which we are has remained un-aged. It is not subject to aging.

The inner experiencer has been unaware that a change has been going on in the body, which sometimes comes as a surprise. People look at us differently, and we wonder why. It is because that within, we have not experienced the passage of time. The real self, the true self, has not experienced anything such as aging. No such thing goes on within the truth of that which we are. This progressive awareness increases our freedom of choice and the way we wish to be with ourself.

We realise, for instance, that sexuality in old age does not decline at all but remains active, very often until the very end of life. A personal friend of mine, a world-famous person who was seventy-six, said that his sex life was better than it had ever been at any time in his life, and that it had improved to a quality he had never even thought of as a younger man. As a young man, he was interested in the callisthenics, the acrobatics, and the performance, but as an older person with more maturity and greater wisdom, he was interested in the greater dimensions. He confided that, at age seventy-six, he had just discovered what sex was really all about, that it was incredible, and that he was just boggled by the quality of it and what he had discovered about it.

That brings us to some of the belief systems that are so common in our society having to do with what happens in one's sexual being at the time of male and female menopause. There was a clinical experiment in which a group of thirty women was given a placebo injection and told it was a hormone that would bring their periods two weeks earlier. The result was that the whole premenstrual syndrome, with the bloating, weight gain, belching, abdominal pains and colic – all the things the various women complained of – occurred two weeks early because they all held in mind that it would happen. This demonstrates the intense suggestibility, the whole belief in the premenstrual syndrome, and the symptoms that are supposed to go with middle age in both women and men. The belief of women in hot flashes and all the phenomena that are supposed to occur can be induced by hypnosis, which has been demonstrated repeatedly. A young woman is put into a hypnotic trance and told she is going through menopause. She is asked to report her symptoms, which are identical to the ones reported by women experiencing menopause. The menopausal syndrome varies from culture to culture, and from class to class within each culture, and what occurs is what is held as the inevitable. It can be seen that the mind holds the woman as a victim. It is as though the mind says, "And this is how it is." The situation is hopeless. She can only give in to it, buy into it, and be at the effect of it, thereby giving away her power.

There was the example of the middle-aged man and what is supposed to happen to him – the cold hands and feet, feeling tired and discouraged, loss of energy and libido, and the occurrence of the middle-age diseases, including diverticulitis, gout, and all the other things associated with that age group.

All these things are the consequences of the belief systems of a naïve mind. It is out of innocence that we buy into all these belief systems. By accepting our humanness, there arise compassion and a willingness to forgive ourselves for what we bought into. It is just that we did not know any differently.

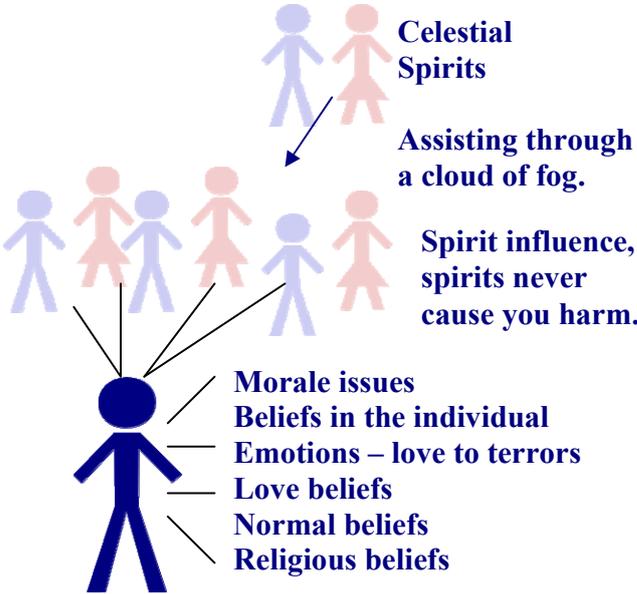
The purpose of all this is to share what has been discovered – that we have an option, a choice, and that we are not victims. The way to move out of that is to choose to move up out of the bottom of the Map of Consciousness and realise that it is not hopeless. Just by education, by hearing and knowing about it, we begin to realise that life is not hopeless, yet the mind would also like to excuse its own responsibility.

If we look at the Map of Consciousness now from a slightly different view, people at the lower levels of consciousness value life and rate themselves and others based on what they have. Because that is aligned with survival, ‘havingness’ is important. A person’s value of himself and others is based on what they ‘have’. As certain people get progressively older, they cling more and more to what they have in order to give themselves a sense of value. There are certain subgroups in our culture in which havingness is predominant. It is what one has and whether they have more millions than another person that really counts, and if they lose all their money, now they are out of that society.

Moving up into the middle range, closer to the Truth and Courage, there is the energy field that sees life as opportunity. It is the part that settled America and created all the big industries. There is a powerful energy centre coming out of this level where it is what we do that counts. Doingness is very important, and what we do is seen as cause. Since we are important because of what we do, there is therefore a great emphasis on doingness. We want to hold doingness as the effect rather than the cause. What we do comes from what we hold in mind, or the belief pattern, so doingness is a result and not a cause.

It is not because of playing tennis that we are happy and healthy; it is because we are happy and healthy that we express that joy of our aliveness in the form of tennis. Therefore, the doingness that is so important begins to fade out as we move and progress in our level of consciousness (soul condition).

As we get closer to the awareness of what we are, then it is who and what we are that become important. As we progress in life, it is what we have become. This is true in other cultural groups where it is what one is, what one has become, what one stands for in this, one’s beingness. It is the beingness that counts, so spiritually sophisticated groups are not interested in or care about what someone has. Everyone knows that ‘having’ is a result of doing, and if one wants to work harder and more effectively, it will bring about havingness. They know that doingness is just a matter of exercising options. Someone can join the Board of everything and run themselves ragged; therefore, doingness no longer has status or value.



True value results from what we have become and the principles by which we live. These include committing ourselves to the principle of becoming increasingly conscious and aware, committing to spiritual principles and those things that are universal and transcend the temporary, and, finally, identifying with the progressive awareness of that which we truly are. With this progressive increase in consciousness (growth in soul condition), we are no longer at the effect of the world. We no longer

need to 'have' in order to realise the significance of our beingness. It is the awareness of that which we are.

This provides a different position from which to view the body. We can now look at what our relationship is with the body and see that it is something we have, not something we are. It is something that belongs to us, and now we can begin to enjoy the body and realise we are not the body, we see that we are experiencing the body. That gives us options and choices. We can decide to enjoy it and see that it sort of bounces around happily, doing what it does with little effort.

By letting of all our negative belief systems about sickness, we can be willing to let go of all those things, and as we get older, we can enjoy a progressively healthier body. The body that I enjoy now is considerably healthier than it was thirty years ago. With progressive age, or what the world calls 'aging', the body has gotten increasingly better. I enjoyed the body much more at age sixty than I did at age forty. The body at forty was very tired because it had migraine headaches, ulcers, diverticulitis, colitis, haemorrhoids, swollen ankles, elevated cholesterol, and gout. I had to carry a cane around in the trunk of the car. So at age forty, the body was old. Now, at a much older age, I enjoy it greatly as all those illnesses are gone. With the letting go of those belief systems and limitations have come the progressive enjoyment of the body and being able to see it now as something with which to express one's happiness.

If we hold in mind that the passage of time automatically means the progressive deterioration of the body, then we are subject to that. If, on the other hand, we view time as this space that gives us the freedom to grow, to become more conscious, and to become aware, then time becomes our friend. It is over the passage of time that these illnesses of the body of middle and old age disappear. We have the time in which to explore and to become aware that there are options for how we limit ourselves by belief systems.

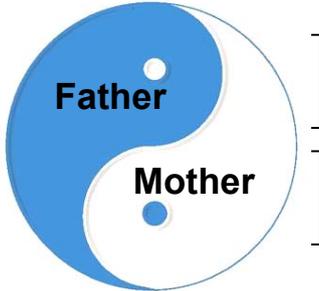
Recovery from many illnesses and personal human conditions can occur when these basic premises are consistently applied, but possibilities are limited by the general circumstances inherent to the human condition itself. Thus, the human body is protoplasmic and inherits the human genome (emotions from our parents, and their parents, handed down through the generations). There are also karmic (law of attraction) influences and propensities as well as programs that are inherent to the collective consciousness of mankind.



SPHERES in the SPIRITUAL REALMS.

Spheres – Celestial Heaven, Eternal Spheres, then Spheres of Paradise:
The realm of the Angels is the Celestial Heavens spheres 8 to infinity.

Spheres to infinity: Soulmate bonding can be achieved in most of the spheres. (Celestial Spheres are not numbered per se.).



Eighth Sphere: All emotional baggage of your entire history has been dealt with – born again. This is the point of new birth, being born again. Celestial Heavens 8 to infinity true immortality.

Seventh Sphere: The gateway cycle, perception of sacramental nature of all things. Disappearance of the material mind and the absolute ascendancy of the soul's mind has been achieved. Divine path.

Six Sphere: Cycle of light / love, love / light or unity. A purely intellectual area, increasing one's knowledge, while living a life in absolute harmony with God's laws of spirituality. Natural path peak.

Fifth Sphere: Cycle of light or wisdom. All their earthly bonds are gone. We are in one of those soul spheres, which offer great opportunities for obtaining the Love of God – divine love sphere.

Fourth Sphere: Work of 'atonement' as guides and spiritual healers now excel. As humanity's helpers, their work is a means for self-realization. Natural love sphere mainly.

Third Sphere: An area where spirits progress in their awareness, truth prevails. As with all spheres, there are many planes. Changing pathways requires dropping back to a lower path, then proceed.

Second Sphere: The sphere of decision which is much more spiritual but which was hidden and outside the range of their perceptions. Spirits can now choose the path they wish to follow – desires.

First Sphere: Cycle of awareness. There are vibrational love barriers between each of the spheres. Highest level of the Earth planes is the point of transition from materiality to the spiritual 2nd sphere. Summerland is the highest part of the Earth planes, but it is still a very material region. Children live in Summerland in great numbers, having died prematurely. Twilight zone, the most populated area in the spirit world, and starting point for most. Various hells descending progressively into greater degrees of darkness. All souls can be assisted out of these hells no matter what level they fall. At the deepest levels, the soul finds it extremely difficult to hold itself together. The hells are not fiery physical places. Actions are based on fear.



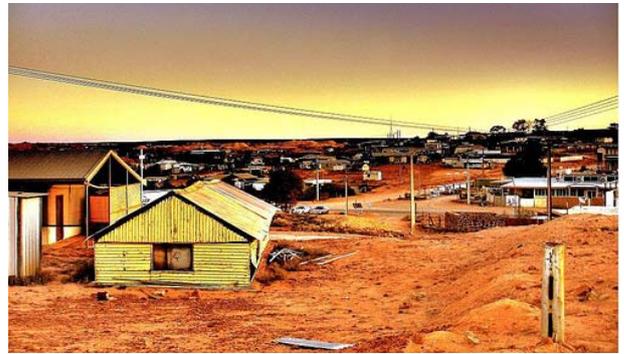
The 2nd, 4th, 6th spirit spheres provide principally for mental and moral advancement, whereas, the 3rd, 5th, 7th soul spheres provide for progress through Feeling Healing and Divine Love.

1st SPHERE ASPECTS:
Summerland, etc, nurseries



Summerland, etc., are beautiful regions of 1st sphere.

Summerland, etc, are within the highest planes of the 1st Mansion World / sphere.
There are 1,000s of plains in the 1st sphere.



Ambience of mid range plains of the 1st sphere is where the majority of humanity pass into.



2 Planes of Disharmony / Earth:
The hells are unimaginable places of darkness.
Consider you are stuck at the end of the deepest longest mine ever, on your own, without any lights!





SPHERES of PARADISE

INFINITE and UNIVERSAL SPHERES

ETERNAL SPHERES

CELESTIAL HEAVENS

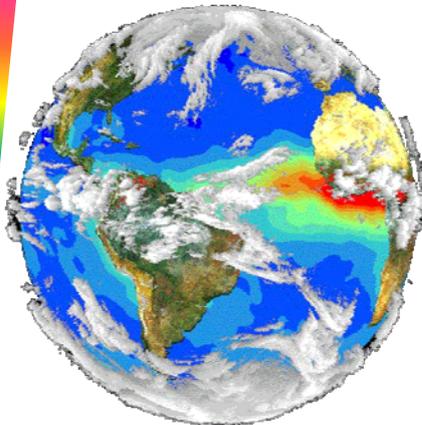
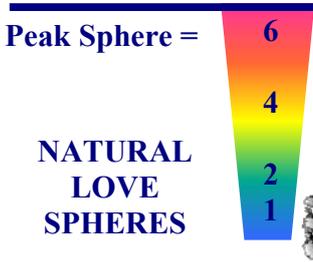
Soul spheres
are not
numbered.

Soul spheres
are to:



The New Birth = **Become at one with God: sphere 8**

Spirit body
spheres are
1 – 7



Earth sphere is for
the physical body.

The inner core of our soul is blessed with natural love emotions that are all have a high frequency or higher.

Man erroneous emotions all have a low frequency or a very low frequency.



Core Emotions
 Anger covers over Fear which covers over Grief, these three emotions are the predominant capping emotions.

Human Emotion	Energy Frequency	
40.0 Serenity of Being	Ultra-high Frequency	
30.0 Postulates		
20.0 Action		
8.0 Exhilaration		
6.0 Aesthetic		
4.0 Enthusiasm		
3.5 Cheerfulness		Very-high Frequency
3.3 Strong Interest		
3.0 Conservatism		
2.9 Mild Interest		High Frequency
2.8 Contented		
2.5 Boredom	Low Frequency	
2.4 Monotony		
2.0 Antagonism		
1.9 Hostility		
1.8 Pain		
1.5 Anger		
1.4 Hate		
1.3 Resentment		
1.2 No Sympathy		
1.15 Unexpressed Resentment		
1.1 Covert Hostility	Very-low Frequency	
1.05 Anxiety		
1.0 Fear		
0.98 Despair		
0.96 Terror		
0.9 Sympathy		
0.8 Propitiation		
0.5 Grief		
0.4 Making Amends		
0.3 Undeserving		
0.1 Victim		
0.08 Hopeless		
0.07 Apathy		
0.06 Useless		
0.06 Failure		
0.04 Pity		
0.03 Blame		
0.02 Regret		
0.01 Dying		
0.0 Body Death	Ultra-low Frequency	

Happiness Domain

Un-happiness Domain

CONSCIOUSNESS vs LIFE EXPECTANCY:

Edgar Cayce's Story of Jesus – Summation P. 373:

“What was the length of life then? Nearly a thousand years. What is your life today? May it not be just as He had given, just as He indicated to those peoples, just as He did to the law-giver, just as He did to David – first from a thousand years to a hundred and twenty, then to eighty? Why? Why? The sin of man is his desire for self-gratification.

“What nations of the Earth today vibrate to those things that they have and are creating in their own land, their own environment? Look to the nations where the span of life has been extended from sixty to eighty-four years.

“What is the spirit of a free nation? Most individuals proudly boast “freedom”. Freedom of what? Those nations who have taken those vows that man shall be free should also take those vows “He shall know the truth and the truth then shall make him free”.

https://en.wikipedia.org/wiki/Education_Index

MoC		Level of Consciousness	Life Expectancy Years	Political Rights & Civil Liberties	Education Index 2013	Per Capita Income 2013 USD
400s	Australia	410	80	free	.927	US\$43,000
	Canada	415	79	free	.850	43,100
	Germany	400	77	free	.884	39,500
	Hawaii	405	80	free	.890	44,000
	Hong Kong	400	80	free	.767	52,700
	Netherlands	405	78	free	.894	41,400
	Singapore	405	80	free	.802	62,400
	South Korea	400	74	free	.865	33,200
	Switzerland	400	80	free	.844	54,800
	United States	421	77	free	.890	52,800
	400s upwards average	406	78.5		.861	\$46,690
300s	Bolivia	300	64	partly free	.674	5,500
	Brazil	300	63	free	.661	12,100
	Central America	355	70	partly free		10,000
	China: People's Republic	300	71	not free	.610	9,800
	Egypt	350	63	not free	.573	6,600
	Europe	355	72	free		34,500
	France	305	78	free	.816	35,700
	Greece	300	78	free	.797	23,600
	India	355	63	free	.473	4,000
	Italy	380	79	free	.790	29,600
	Japan	355	81	free	.808	37,100
	Mexico	300	71	partly free	.638	15,600

	Scandinavia	350	80	free		42,500
	300s – 399 average	331	71.77		.684	\$20,508
200s	Argentina	285	75	free	.783	18,600
	Iceland	255	79	free	.847	40,700
	Indonesia	215	68	partly free	.603	5,100
	Manchuria	200	71	not free	.694	4,000
	Nepal	205	58	partly free	.452	1,300
	New Guinea	202	63	partly free	.376	2,900
	Puerto Rico	250	76	free		16,300
	Russia	200	67	not free	.780	18,100
	Taiwan	295	76	free		39,600
	Tibet	200	60	not free		2,300
	Turkey	245	71	partly free	.652	15,300
	200s – 299 average	232	69.45		.648	\$14,927
High						
100s	Balkans	185	70	partly free		6,000
	Bosnia	180	71	free	.655	8,300
	Burma / Myanmar	155	55	not free	.371	1,700
	Cuba	180	76	not free	.743	10,200
	Iran	190	70	not free	.683	12,800
	Israel	190	79	free	.854	36,200
	Jordan	185	77	not free	.700	6,100
	Kuwait	190	76	partly free	.646	42,100
	Middle East	170	67	not free		6,000
	North Korea	175	71	not free		1,800
	Palestine – West Bank	185	72	not free	.662	2,900
	- Gaza Strip	185	71	not free	.662	2,900
	Saudi Arabia	175	68	not free	.723	31,300
	Sicily	175	78	free		24,000
	South Africa	190	51	free	.695	11,500
	Syria	155	68	not free	.553	5,100
	Turkmenistan	150	61	not free	.679	9,700
	Yemen	160	61	not free	.339	2,500
	150s – 199 average	176	69.00		.639	\$12,283
Low						
100s	Iraq	120	67	not free	.467	7,100
	Lebanon	130	71	partly free	.631	15,800
	Madagascar	125	55	partly free	.458	1,000
	Pakistan	140	61	partly free	.372	3,100

	Ukraine	140	66	partly free	.796	7,400
	Vietnam	140	69	not free	.513	4,000
	Zambia	110	37	partly free	.591	1,800
	100s – 149 average	129	61.88		.567	\$6,560
Below						
100	Afghanistan		46	not free	.365	1,100
	Algeria	90	70	not free	.643	7,500
	Angola	50	38	not free	.474	5,700
	Congo	70	47	not free	.511	400
	Haiti	55	49	partly free	.374	1,300
	Libya	90	75	partly free	.698	11,300
	Nigeria	55	52	partly free	.425	2,800
	Oman	90	72	not free	.603	29,800
	Rwanda	70	39	not free	.478	1,500
	Sudan	70	57	not free	.306	2,600
	Uganda	40	43	partly free	.479	1,400
	Zimbabwe	50	38	not free	.500	600
	Below 100 average	66	52.17		.488	\$5,500
World	Worldwide	212	70			US\$13,100

Freedom in the World 2014 Findings		
Freedom Status	Country Breakdown	Population Breakdown
FREE	88 (45%)	2,826,850,000 (40%)
PARTLY FREE	59 (30%)	1,822,000,000 (25%)
NOT FREE	48 (25%)	2,467,900,000 (35%)
TOTAL	195	7,116,750,000

The Map of Freedom reflects the findings of Freedom in the World 2014, which rates the level of political rights and civil liberties in 195 countries and 14 related and disputed territories during 2013. Based on these ratings, countries are divided into three categories: Free, Partly Free, and Not Free.

A Free country is one where there is broad scope for open political competition, a climate of respect for civil liberties, significant independent civic life, and independent media. Partly Free countries are characterised by some restrictions on political rights and civil liberties, often in a context of corruption, weak rule of law, ethnic strife, or civil war. A Not Free country is one where basic political rights are absent, and basic civil liberties are widely and systematically denied.

<http://freedomhouse.org/sites/default/files/MapofFreedom2014.pdf>

SOUL CONDITION / CONSCIOUSNESS sets the pattern of our HEALTH:

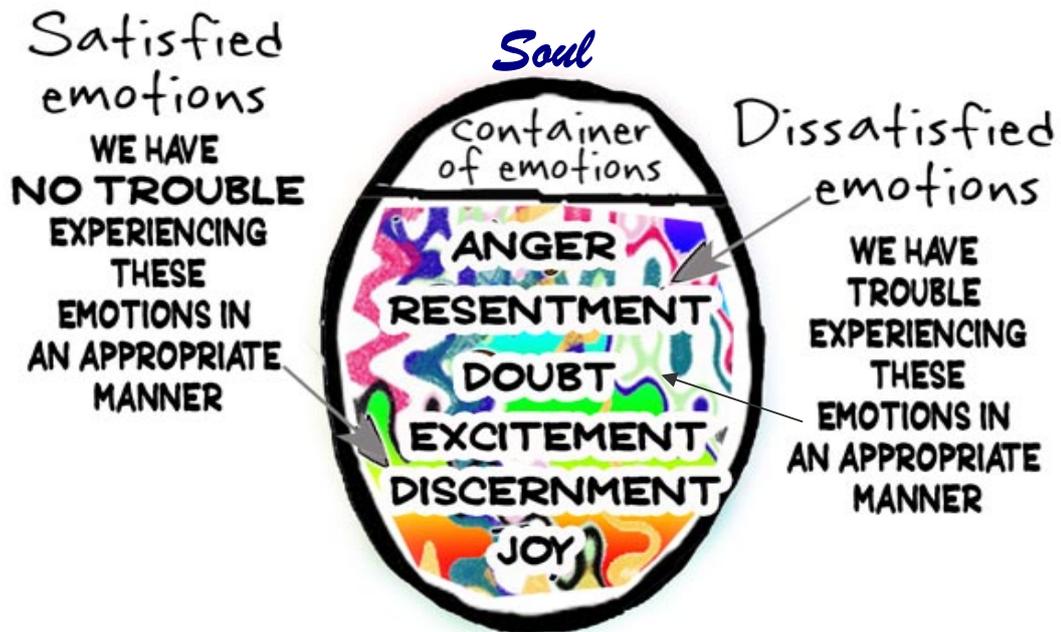
One's soul condition is a predictor of one's life expectancy.

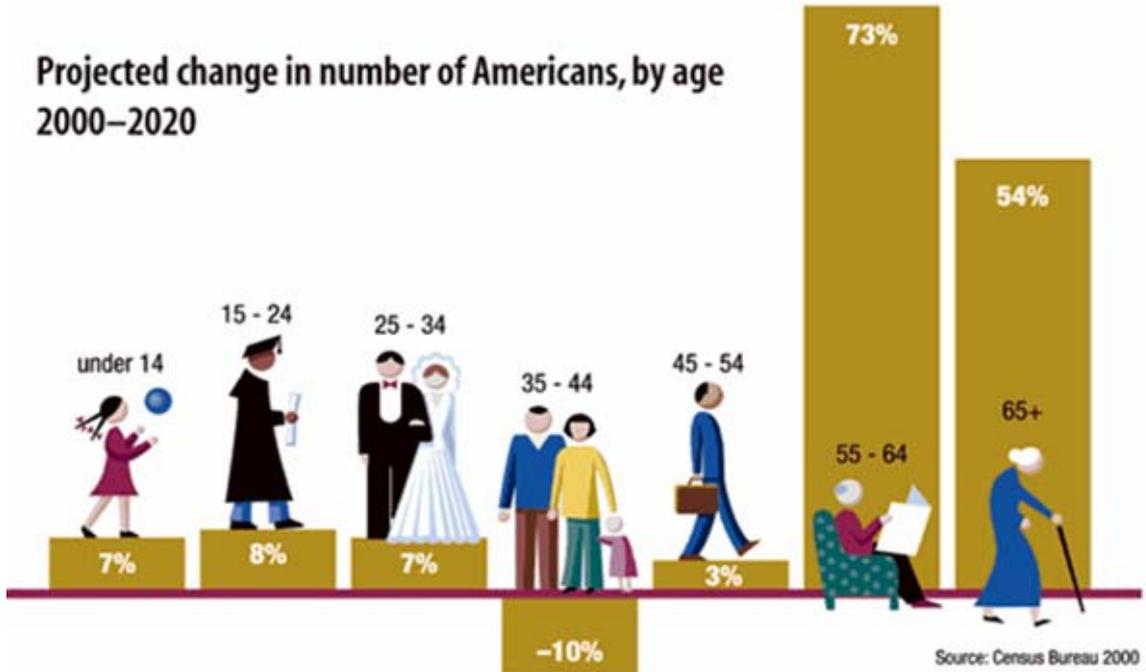
The emotional injuries and errors we harbour are a precursor to related illness episodes. That is, specific emotional errors are the originators of specific health issues.

Thus, the lower one's soul condition then so is one's life expectancy lower.

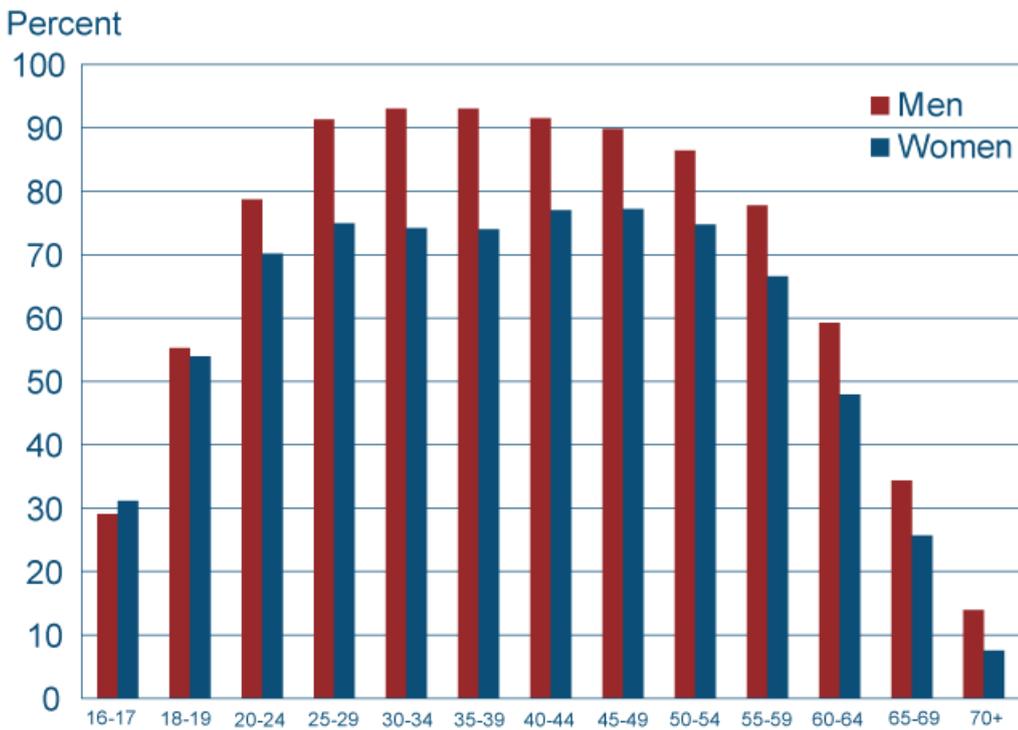
MoC	No. of Countries	Average MoC	Average Life Expectancy	Per Capita Income 2013
400s	10	406	78.50	US\$46,690
300s	13	331	71.77	US\$20,508
200s	10	232	69.45	US\$14,927
High 100s	18	176	69.00	US\$12,283
Low 100s	7	129	61.88	US\$6,560
Below 100	11	66	52.73	US\$5,500
WORLD		212	70	US\$13,100

Dissatisfied emotions, being emotional errors and injuries, harboured within one's soul, is the damage that permeates through to our spirit body which is the template for our physical body. Eventually, these injuries can and frequently emerge as physical issues within our physical body, such issues arise as pains and then as an illness. Release the emotion and the pain goes.





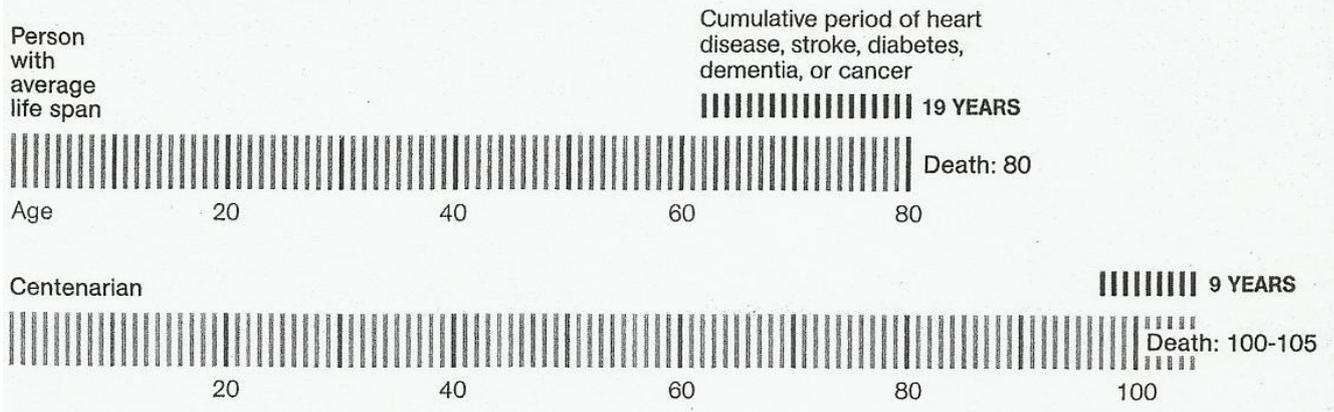
Labor Force Participation Rate, by Age and Gender



Note: Data are 2007 annual data.
 Source: Bureau of Labor Statistics.

Getting to 100 candles

Centenarians reach that milestone because they're healthier, by virtue of genetics, common sense, or luck. In people with an average life span, diseases of old age strike earlier and last longer.



‘On Beyond 100’ National Geographics May 2013

Note: The cumulative period of heart disease, stroke, diabetes, dementia, or cancer for those with an average life span is 19 years, however for those who become centenarians, their period of life with aging diseases is 9 years or less than half of those who live to only 80 years or so.

“Every day is a day of devotion.”

Please Mother and Father, may I receive Your LOVE.

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

Our salvation IS the availability of Feeling Healing process and Divine Love.

**PASCAS
PERS**

“The opening up of the soul permits a permanent exchange with Divinity, a permanent recharge of this healing energy that allows not only the re-establishment of lost health, but the continuity of health, providing such a perfect balance, even in the physical body, that noxious agents like bacteria and virus cannot find any opportunity to unchain pathological reactions, which we commonly call illness.

“But it is true that people without the benefit of Divine Love would lack the protective shield, which the intrinsic healing energies of Divine Love provide for those who pray for our Heavenly Mother and Father’s Grace.” P.6 Judas of Kerioth Judas – August 19th, 2001

PASCAS WORLDCARE:

Pascas WorldCare, and its associated activities, recognises the vast pool of life skills and talent in the age grouping 55 and above. Pascas WorldCare looks to this age grouping for the bringing together of the leadership and management for the establishment of its many small but very significant facilities within the vast array of regions that it is proposed to support.

Pascas WorldCare is a structure where no one has a title. However, it is out of the love emanating from those that desire to join with Pascas on these many and varied journeys that the leadership will be self-evident. Love being the pre-eminent emotion of those within the Pascas community. Pascas has no desire for accolades, nor do the people within it. It is about sharing the possibilities and gifts that have come to Pascas.

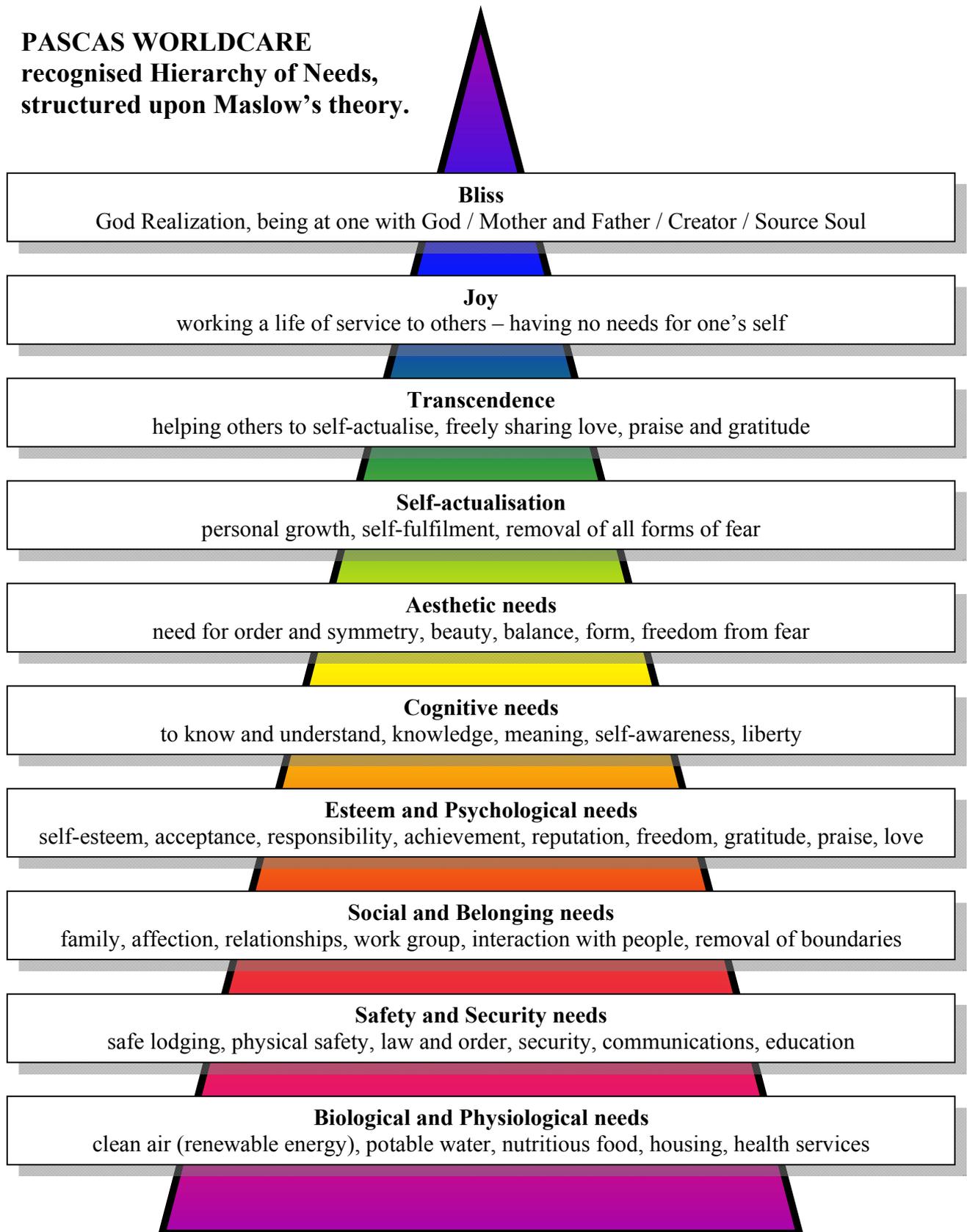
In the development of the many facilities and venues proposed by Pascas, Pascas will be looking to the age grouping under 25 to share the life skills demonstrated by its leaders. In this way it is envisaged that by this loving leadership our young friends will be able to take these skills and replicate them in many ways within their own local communities.

It is by this sharing and demonstrating of love that maybe, just maybe, Pascas will have a significant impact on enabling many to raise their own soul condition (consciousness) and in this way bring about a vastly improved quality of life and health for those who come in contact with Pascas. As you can observe by Consciousness vs Life Expectancy Chart above, there is a close relationship to life expectancy and with soul condition.

Everything is interconnected. In this way, Pascas can introduce many life skills that will enable those who so please to grow in love and improve their soul condition, and accordingly, their health and quality of life.



**PASCAS WORLDCARE
recognised Hierarchy of Needs,
structured upon Maslow's theory.**



NATURAL LOVE and DIVINE LOVE SPHERES and FEELING HEALING PLANES:

After the HAND OVER!

Divine Love progress is to infinity

Peak of 7th sphere is where one becomes at one with our Heavenly Parents.

These calibrations are an approximation utilising Dr David Hawkins' 'Map of Consciousness' table:

Natural Love peak is 1,000 on MoC

Natural Love
6th Sphere
Mansion / Mind
Worlds with
Feeling Healing
MoC 840 – 1,000

Natural Love
4th Sphere
Mansion / Mind
Worlds with
Feeling Healing
MoC 650 – 840

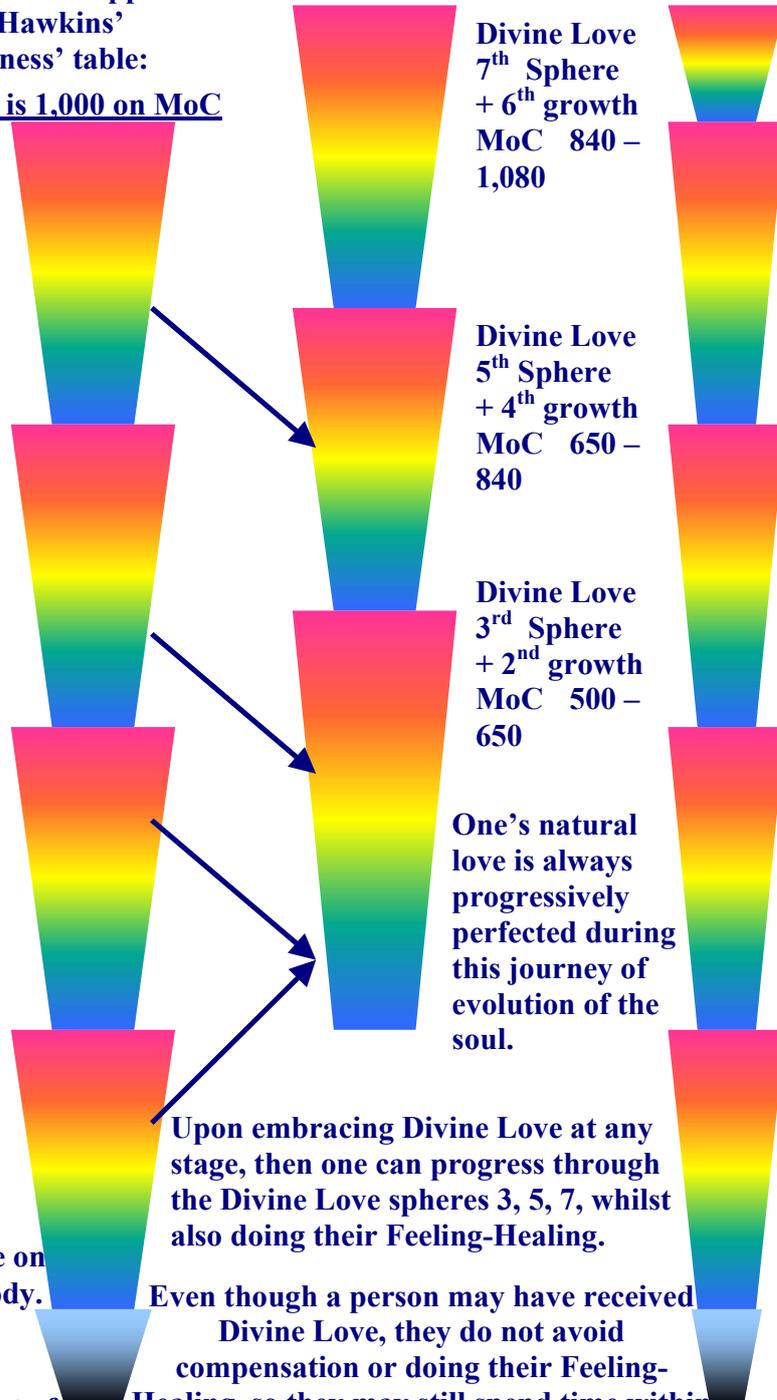
Natural Love
2nd Sphere
Mansion / Minds
Worlds with
Feeling Healing
MoC 500 – 650

Natural Love
1st Sphere

MoC 200 – 500

We all enter the 1st natural love sphere on the death of our body.

HELL planes:
MoC 1 – 200
Hells being a sub-set of 2 Spheres of Disharmony.



Divine Love
7th Sphere
+ 6th growth
MoC 840 – 1,080

Divine Love
5th Sphere
+ 4th growth
MoC 650 – 840

Divine Love
3rd Sphere
+ 2nd growth
MoC 500 – 650

One's natural love is always progressively perfected during this journey of evolution of the soul.

Natural Love sectors for those doing their Feeling-Healing, without the Love, are within the Natural Love Mansion Worlds:

Progressing through the natural love worlds, within Feeling-Healing sectors, while doing one's feeling healing, upon reaching the 6th Sphere having completed Feeling-Healing, one can then embrace the Divine Love and proceed directly to the 7th Divine Love Sphere.

Then they may prepare to enter the Celestial Heaven Spheres from there.

This pathway is when the Divine Love is unavailable before perfecting one's soul.

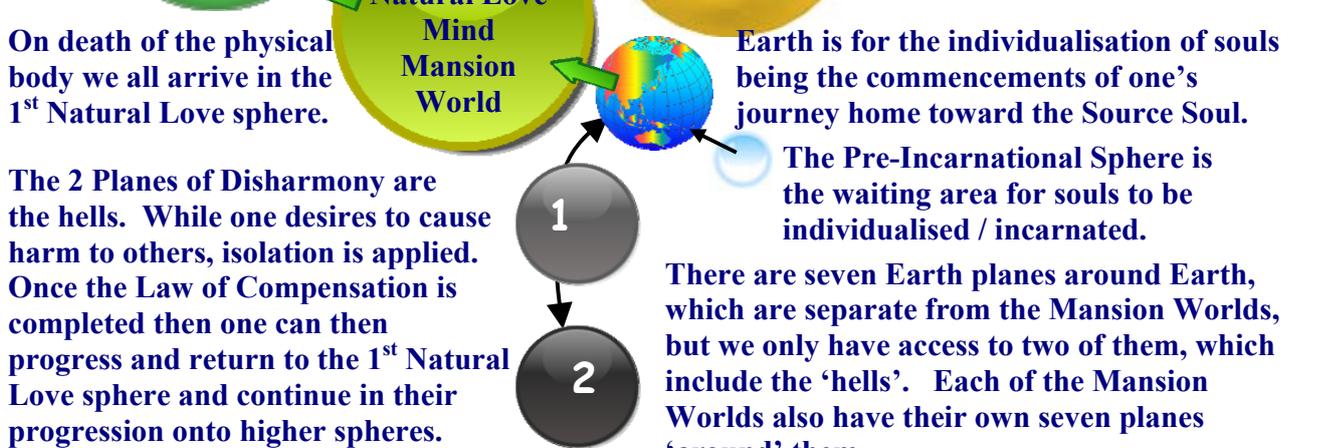
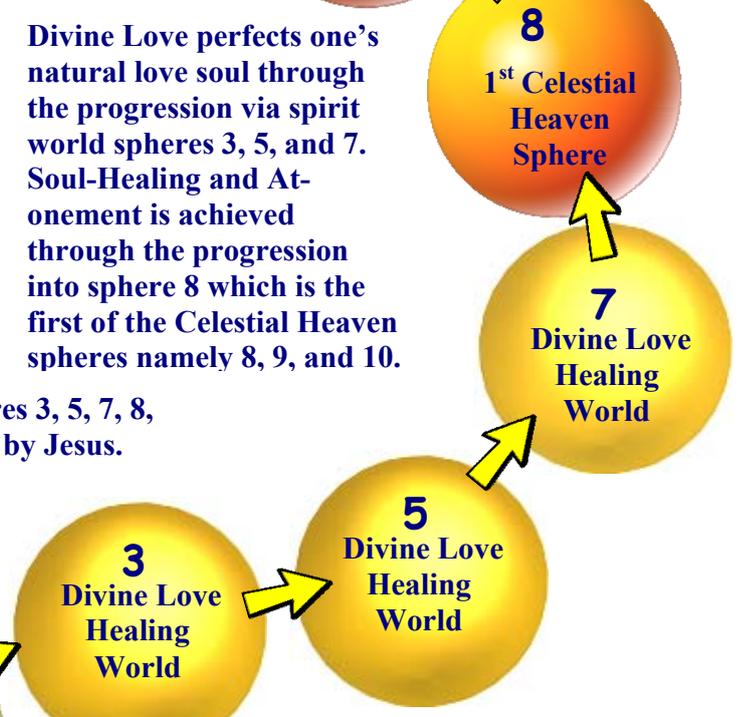
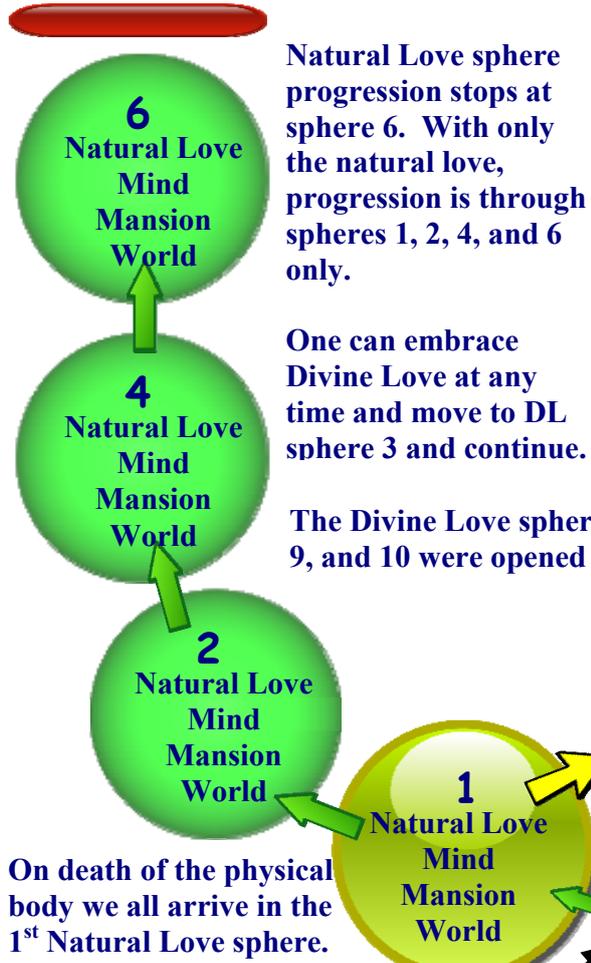
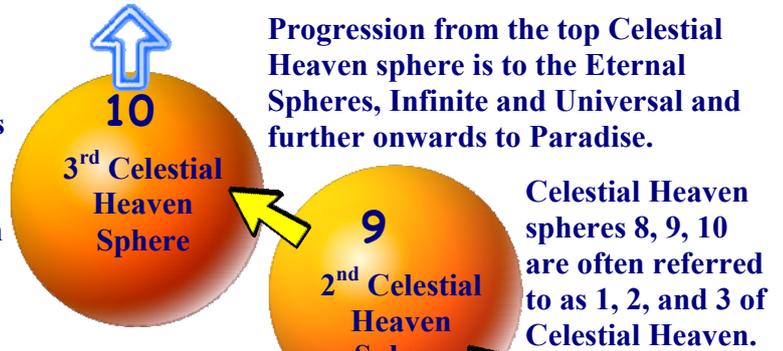
Upon embracing Divine Love at any stage, then one can progress through the Divine Love spheres 3, 5, 7, whilst also doing their Feeling-Healing.

Even though a person may have received Divine Love, they do not avoid compensation or doing their Feeling-Healing, so they may still spend time within the spheres of disharmony.

SPIRIT MIND MANSION WORLDS are numbered 1 to 7:

To PARADISE, the HOME of OUR HEAVENLY PARENTS

Spirit Mansion Worlds are those 1 – 7. They with the Celestial Heaven spheres numbered 8, 9, 10 as well as the 3 Spheres of Disharmony are all within the Earth’s environment, and rather close by. Each sphere can accommodate more than 100 times the people than Earth may do.



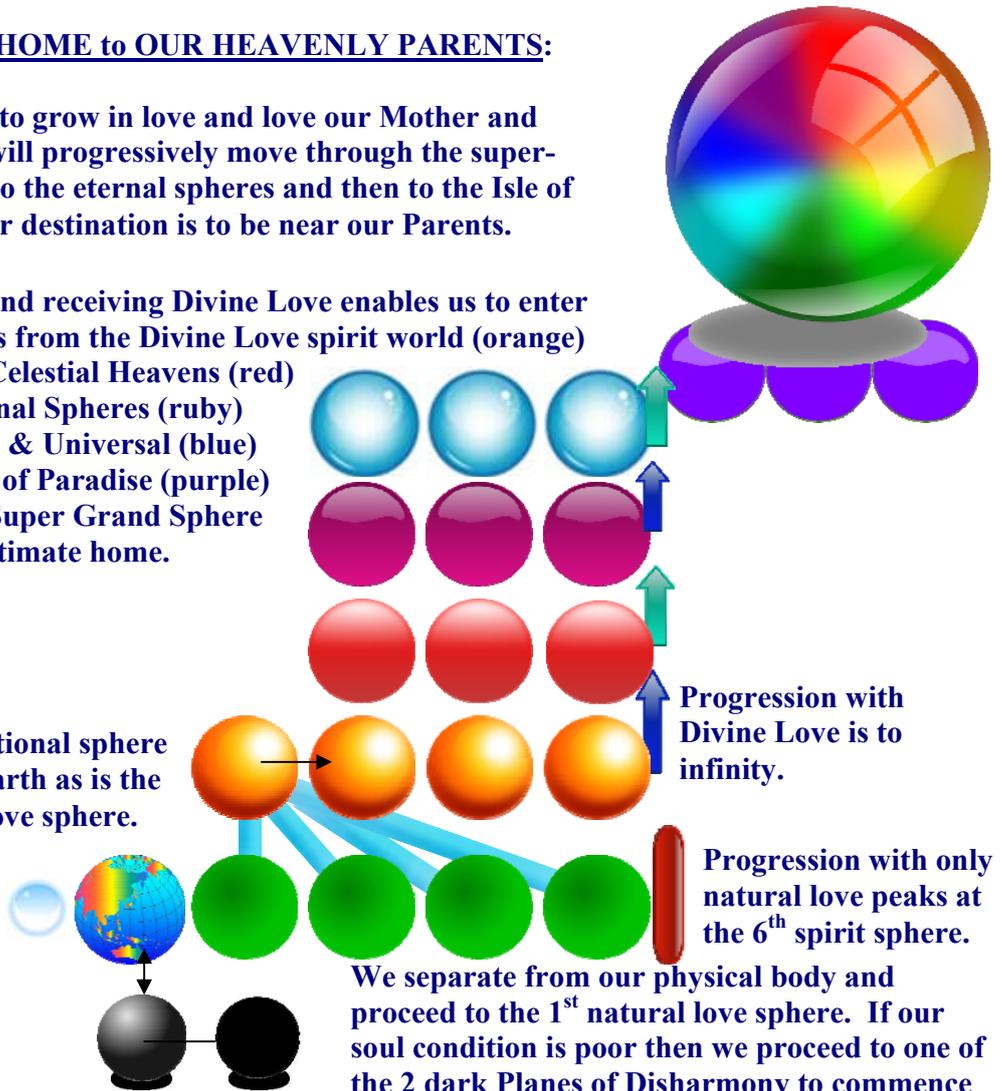
Note: The 1st Divine Love Sphere and the 1st Sphere of Disharmony may simply be planes within the 1st Natural Love Spirit World.

JOURNEY HOME to OUR HEAVENLY PARENTS:

As we learn to grow in love and love our Mother and Father, we will progressively move through the super-universe, into the eternal spheres and then to the Isle of Paradise, our destination is to be near our Parents.

Asking for and receiving Divine Love enables us to enter and progress from the Divine Love spirit world (orange) then to the Celestial Heavens (red) then to Eternal Spheres (ruby) then Infinite & Universal (blue) then to Isles of Paradise (purple) then to the Super Grand Sphere being our ultimate home.

Pre-incarnational sphere is close to Earth as is the 1st natural love sphere.



Progression with Divine Love is to infinity.

Progression with only natural love peaks at the 6th spirit sphere.

We separate from our physical body and proceed to the 1st natural love sphere. If our soul condition is poor then we proceed to one of the 2 dark Planes of Disharmony to commence our development of love.

Note: The 1st Divine Love Sphere and the 1st Sphere of Disharmony may simply be planes within the 1st Natural Love Spirit World.

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

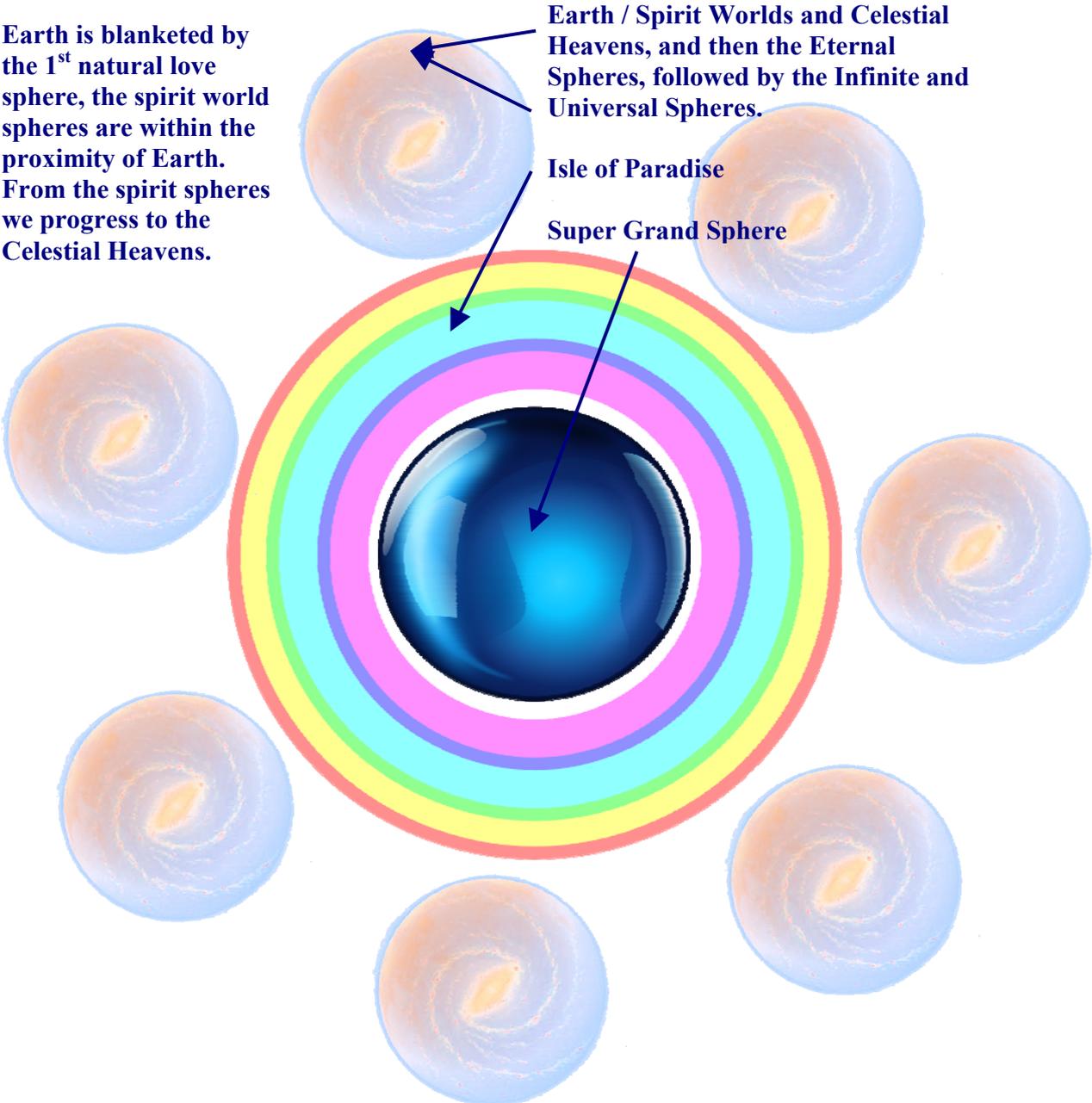
Library Downloads – Pascas Papers

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

OUR JOURNEY to the CENTRE: HEAVENLY PARENTS are UNIVERSALLY PRESENT:
Earth is one of the youngest inhabited planets on the outer edge of the youngest of the seven super-universes. From the spirit worlds, we progress to the spheres of many mansions, being the Celestial Heavens. From there we progress to the Eternal Spheres, then to the Infinite and Universal Spheres and then towards the Isle of Paradise. The Isle of Paradise remains stationery and is the home of the Source Soul, our Heavenly Parents, Mother and Father.

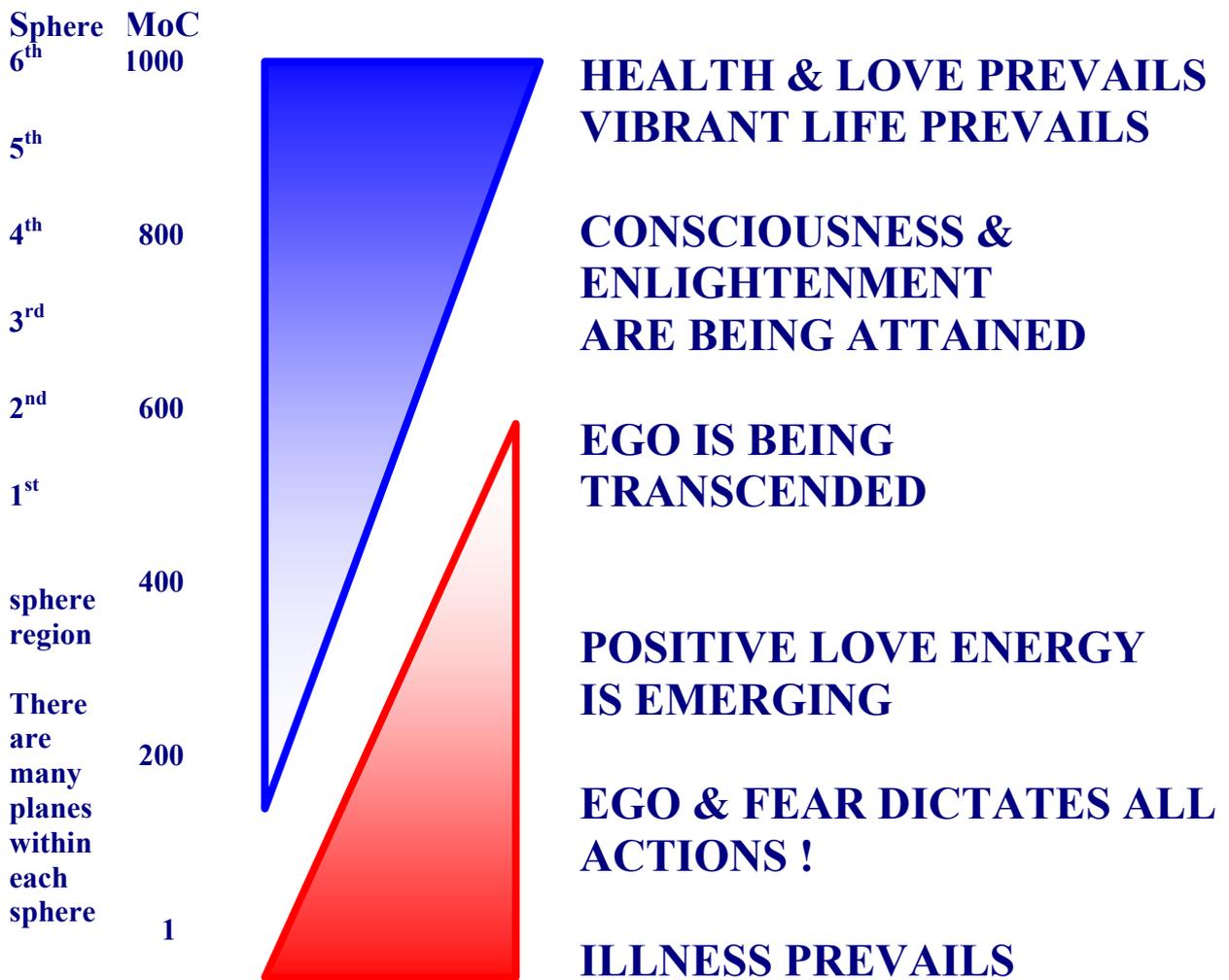
Our progression is always towards the centre, nearer to the centre of our super-universe.

Earth is blanketed by the 1st natural love sphere, the spirit world spheres are within the proximity of Earth. From the spirit spheres we progress to the Celestial Heavens.



“All dis-ease is mind generated, and all healing is generated by the love energy of one’s soul.”

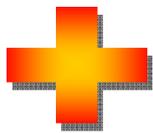
The Ego (mind based) manifests illness; the lower one’s level of consciousness (soul condition) then the more prevalent will be illness. Below the levels of 200, the ego and fear of the mind dominate; however, as you raise your level of consciousness by growing in love and achieve a level of 500 or higher, you begin to transcend ego dominance. At the level of 600, all healing is possible.



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

PASCAS CARE

ALLOPATHY + 3 HALVES



Energy
Medicine



Nutrition



Emotional
Processing



Goals of Pascas Care are lead by our desire to:

Treat the cause of illness rather than the symptoms, this is the focus of Pascas Care.

**People look for miracles to cure disease which is
ONLY the removal of the effect of the emotion.**

Further stated policy, Pascas Care – Kids of the World:

**The greatest gift for our children that we could possibly
provide is to enable for them to grow up without fear.**



The opening up of the soul permits a permanent exchange with Divinity, a permanent recharge of this healing energy that allows not only the re-establishment of lost health, but the continuity of health, providing such a perfect balance, even in the physical body, that noxious agents like bacteria and virus cannot find any opportunity to unchain pathological reactions, which we commonly call illness.

But it is true that people without the benefit of Divine Love would lack the protective shield, which the intrinsic healing energies of Divine Love provide for those who pray for our Heavenly Mother and Father's Grace.

Judas – August 19th, 2001

Every physical ailment that you have is a total reflection of soul condition emotion that you are holding onto, and each soul condition emotion affects a certain part of the body.

Those who concentrate on the emotion rather than the mind / intellect are more accurate.

A pain in the lower back reflects unworthiness issues with self love.

A bit of chest pain, asthma type issues – grief – you need to cry.

Stomach, spleen, liver – all to do with fear.

Eyes – short sighted – not willing to see the big picture.

A lot of anger based emotions come out in your skin.

30 Aug 08

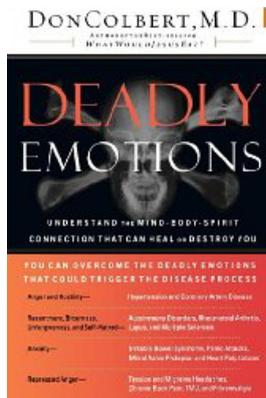
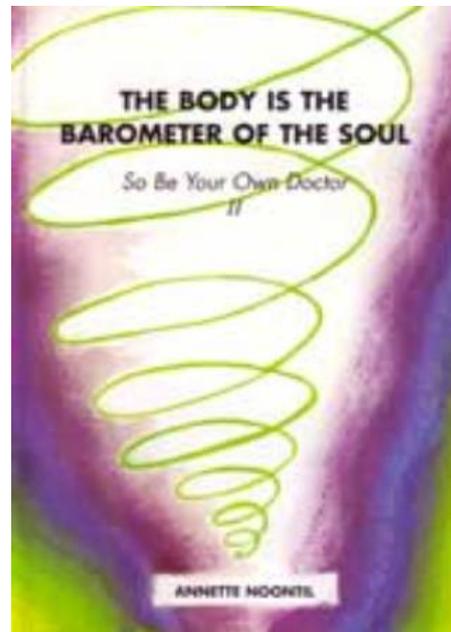
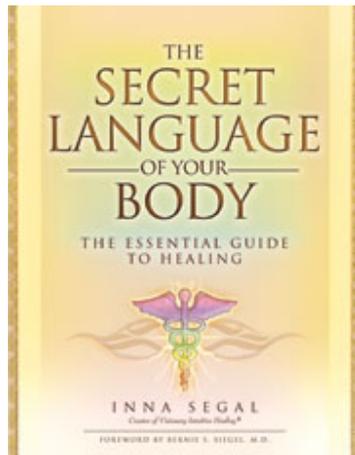
“The Body is the Barometer of the Soul” by Annette Noontil

[http://www.holisticpage.com.au/ Annette Noontil.php](http://www.holisticpage.com.au/Annette_Noontil.php)

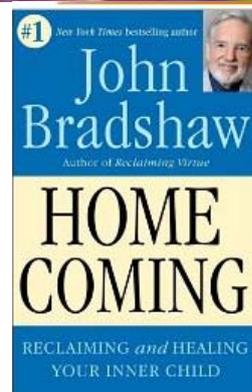
Also consider:

"The Secret Language of your Body, the essential guide to healing" by Inna Segal.

www.innasegal.com/



Deadly Emotions by Don Colbert.



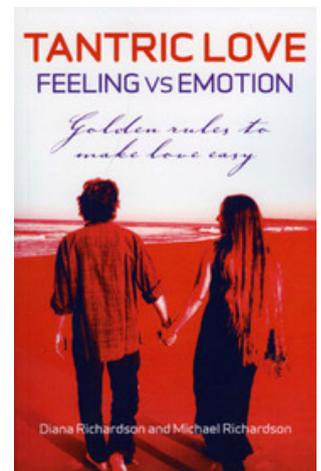
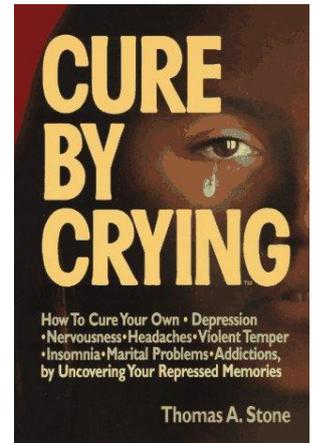
Home Coming: Reclaiming & Championing Your Inner Child by John Bradshaw



In **Cure By Crying**, Thomas A. Stone tells an interesting story of how he was able to eliminate or greatly reduce many of his physical and mental symptoms. He had been bothered by a facial rash, by insomnia, headaches, nightmares, nervousness, depression, lack of energy, procrastination, violent temper, among a number of other health problems.

Other recommended reading:

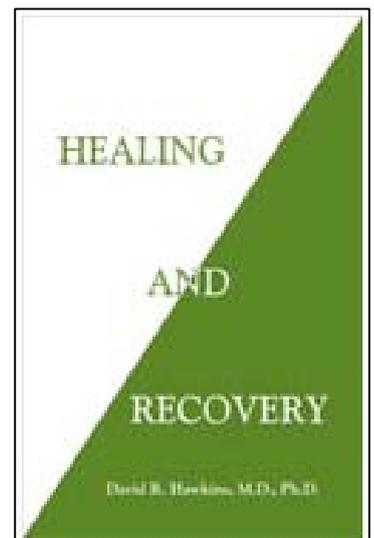
The Book of Truths – Joseph Babinsky
containing the Padgett Messages
Little Book of Truths – Joseph Babinsky
The Human Soul – Joseph Babinsky
The Truth – Werner Voets
Through the Mists – Robert James Lees
The Life Elysian – Robert James Lees
The Gate of Heaven – Robert James Lees
Life in the World Unseen – Anthony Borgia
Gone West – J M S Ward
Post Mortem Journal – Jane Sherwood
After Death / Letters from Julia – William T Stead
Thirty Years Among the Dead – Carl A Wickland
A Wanderer in the Spirit Land – Franchezzo
Revelations – Dr Daniel Samuels
Judas Messages – <http://new-birth.net/>
Judas of Kerioth – Geoff Cutler
The Richard Messages – James Reid
The Divine Universe – Zara Borthwick & Nicholas Arnold
Shining Toward Spirit vol I, II, III – Zara & Nicholas



In his book, 'Healing and Recovery', you will learn why the body may not respond to traditional medical approaches. Specific instruction and guidelines are provided that can result in complete healing from any disease. The importance of including spiritual practices in one's healing and recovery program is explained, along with how easy it is to incorporate them in the process.

Our society lives with constant stress, anxiety, fear, pain, suffering, depression, and worry. Alcoholism, drug addiction, obesity, sexual problems, and cancer are constantly in the news. Mankind in general has had very little information about how to address life's challenges without resorting to drugs, surgery, or counselling.

'Healing and Recovery' provides clinically proven self-healing methods that will enable you to take charge of your health and live a happy, healthy, and fulfilling life.



People look for miracles to cure disease which is ONLY the removal of the effect of the emotion.



SOUL  SPIRIT BODY  PHYSICAL BODY
PERSONALITY

The soul animates the spirit body and in turn the spirit body animates the physical body. The spirit body looks just like the physical body. These bodies are connected by cords. Your memory and intelligence as well as your emotions are within your soul which is your real self. Your mind is within your spirit body. Your brain is within your physical body.

Feeling Healing – Healing yourself through your feelings.

- ✓ Your feelings are the real and true you.
- ✓ If you are denying any feelings you are denying yourself.
- ✓ If you are denying yourself you can't ever be truly happy.
- ✓ To heal all your pain and suffering, you can look to your feelings for why you are feeling bad.
- ✓ If you want to know the truth of yourself, then it's your feelings you will need to look to.
- ✓ Your feelings hold the hidden keys to unlocking the truth of who you really are.
- ✓ Uncover the truth of yourself through your feelings and you will know why you feel all you do.
- ✓ Everything in life, why all that happens to you does, and everything about yourself, can be explained to you through your feelings.
- ✓ Why your relationships might not be as good as you would like, why some might fail, you will understand through your feelings.
- ✓ How to live a good, true, happy and loving life will come to you as you start paying attention to all your feelings.
- ✓ However you will also have to pay attention to all your bad feelings, and this can be very harrowing.
- ✓ By honouring – accepting and then expressing all the bad feelings you feel, you will slowly bring to light all the reasons why you don't feel good.
- ✓ And as you liberate yourself from these hidden repressed bad feelings, so you will start to feel better and better about yourself.
- ✓ It's a process, and it can take time, years possibly, but all that's hard will eventually pass becoming good.
- ✓ Expressing all your feelings, and particularly your bad ones, whilst longing and really wanting to know the truth of why you're feeling them, is doing your Feeling Healing.
- ✓ You can Heal yourself through your feelings. And in fact, it's the only way to really heal yourself.
- ✓ And if you wish to do your Healing with God, you can also long for God's Divine Love.
- ✓ Feeling Healing – Using your feelings to heal yourself.

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

To PARADISE, the HOME of OUR HEAVENLY PARENTS

The Way Home



Council of Elders
now around 20
Soulgroups



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!



I'D TURN BACK IF I WERE YOU!

The Natural love spirit Mansion Worlds as to how they have been for all these hundreds of thousands of years and as they are set up currently, are to help spirits advance to the fullest of their self-denial that they can. That is, so as to become as evil as they can. And all under the guise of being 'loving'.



It's why they are called the mind worlds, namely Mansion World / spheres 1, 2, 4 and 6. That is because the spirits are using their minds to complete their rebellion – denial of self and feelings, and rejection of our Heavenly Parents as well their Creator Son and Daughter. So yes, the top of Mansion World sphere 6, spirits are the most evil, the most in rebellion, the most in default, the most wrong and unloving and untrue, even though, they appear, because they've trained their mind to do so, to be the most loving, but it's all false and contrived – such as the Eastern gurus. Total mind over feelings, blocking all the bad ones and using your mind to only make you feel good.

Typical of those on their way up in the mind worlds are not open to anything, they do not want to know about feeling bad and going with their bad feelings looking for their truth, because that scares them, that's not nice, that doesn't make one feel good, it threatens their control, they reject that preferring to stay in their nice safe space. Which is how it is for these Natural love mind spirits using their minds to control their feelings.

We've all got to take responsibility for our evilness even though we were made to be that way and rebel by default, but there is no getting away from it, and it has to be compensated right to the last farthing, which is what being in the hell planes is all about, and which keeps being applied right the way through the Mansion Worlds. **In the mind worlds you can continue to use that inner pressure requiring compensation for your bad deeds, to further contrive love and pretend you are all holy and loving and not hurting anyone anymore, which on the surface of it you are not, but underneath still are, all the way up through to the sixth world; or, you can allow it to keep working on you right the way up through the Divine Love Mansion Worlds doing your Healing.**

And apparently what's going to happen is the Natural love mind Mansion Worlds are going to be divided, so within them, there will be spirits doing their Feeling Healing – without the Divine Love, and still limited to the sixth Mansion World, but looking to be true and end their rebellion. And then there will be those still carrying on denying themselves as they have always done. So you will have spirits in the Feeling Healing Natural love sectors that will truly perfect their Natural love; and those spirits still in the mind sectors perfecting their wrongness. The opposites or extremes living side by side. And then you'll still have the Divine Love Healing Mansion Worlds, being spheres 3, 5, and 7, doing their Soul Healing.

And as for a summation: "Divine Love Mansion World / Sphere 3 is the waking up to the truth that one is not loving, also their being a lot of assistance. Sphere 5 is then about going right into the depths of feeling how unloved you feel and seeing how unloving you are and how that makes you feel, also this a time when one can then progress and manage their own progress through their Feeling Healing. Sphere 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, this is a time

of great realisation and comprehension with much of the prior experiences starting to be drawn together.”

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.

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 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.

It is agreed that the lower worlds are about waking up to what's involved, however from then on it depends on how it's all structured for the individual in their negative state as to how much ongoing assistance they might need. Some need help all the way along, whereas others have been able to work with their feelings, themselves, right from the beginning.

And yes, each of the Divine Love healing Mansion Worlds, 3, 5 and 7, are equally painful to work through, just focusing on different aspects of yourself and your Feeling Healing with Divine Love. And then in the higher planes of the 7th world comes the transition, where one's pain starts to end, and you start feeling so much better about yourself, you are fully accepting of your negative unloving state, you are fully unloving although even starting to become more loving – truly loving, of yourself, God, and then other people.

Then onto the Celestial Heavens by progressing into Sphere 8 and then onwards further, all the way home to Paradise.

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.

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.

The 1st and 2nd Spirit Mind Mansion Worlds / spheres are jammed to the rafters.

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

FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

To do our feeling-healing we need to become:

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

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

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

So it sounds simple.

So I repeat:

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

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

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

Prayers to our Mother and Father

From 'Religion of Feelings' by James Moncrief

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

Please Mother and Father help me see the truth of myself through my feelings.

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

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

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

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

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

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

Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

Please God show me the truth of myself through my feelings.

Please help me see the truth about myself You want me to see.

And please help me feel all my repressed pain; please bring up all my bad feelings so I can express them and see what it is they are to show me about myself, my life, and You.

And please help me work through my blocks, I want to Heal myself, I want to become true to myself and true to my feelings and true to You – please help me do that.

Heavenly Mother and Father, I feel so bad, and I know I'm doing it to myself, but I can't help it. I can't stop my compulsive addictions, so will you please bring up the buried feelings in me and show me the reasons why I can't stop. Please! I want to know – I REALLY WANT TO KNOW why I do them. Please help me Mother and Father to uncover the truth of myself. Please, I beg you, please, please, please show me the truth of them so I can give them up. I hate feeling bad, yet I know I must so I can keep expressing my bad feelings to see the truth You want me to see, so please help me feel bad.

Please Mother and Father fill my heart and soul with Your Divine Love. Please give me Your Love. Please love me and make me feel loved by You. I want to feel You close to me, I want You to hold me, make me feel loved by You. I only want You and to do Your Will. Please help me bring up all my repressed feelings so I can express them and uncover their truth. Please help me do my Healing. Please give me Your Love.

I hate you Mother and Father; why have You given me such a shit awful life? I hate myself, I hate You, I hate everything about my life. I feel so bad all the time. I've expressed so many bad feelings and still I feel bad. It's not fair, it's not fair what You've done to me. I hate You! And I want You to help me Heal myself, so I can stop feeling bad. You put me in the shit for whatever reasons, and I want You now to help me get out of it and show me what it's all been about. Please help me to Heal myself so I no longer hate You.

I long for Your Divine Love Mother and Father. Please fill my soul with it. And please help me uncover the truth of myself through my feelings. I want to see it all! And please make it all end, I'm so tired of always feeling so bad, please take all my bad feelings away by making me feel them and showing me the truth I am to see.

LOVE
is
Feelings First Spirituality, The New Way

Feelings First Spirituality, The New Way is a contemporary ‘religion’ based on living true to yourself through your feelings. Understanding that all you need in life is contained within your soul and is shown to you through your feelings. And by loving your feelings, by attending to them properly (talking or writing them out of you) and not denying them, you can use them to uncover the truth of yourself – the truth of your soul.

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

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

Living the New Way of Feelings First Spirituality

You come to the understanding from your life experiences that how you are is not right, it doesn't make you feel good – that you are wrong in some way. And you want to change yourself, you want to become right, true and perfect – you want to be like God is.

And to do this you need to do your Healing

Your Feeling-Healing is looking to your feelings for the truth of yourself, the truth being hidden in many of the feelings you are not wanting to face in life. So you have to end your feeling denial, accepting all your bad feelings (and good ones), express them (yet not necessarily acting upon them), whilst longing to uncover the truth they are to show you.

Or, you can do your Soul-Healing, which is your Feeling-Healing together with including longing directly to God for God's Divine Love. When you receive the Divine Love into your soul, it will cause your soul to become divine, and it will deepen your personal relationship with God. Long with all your heart to God for God's Divine Love.

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

Feelings First Spirituality **The New Way**

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

FEEL *for* TRUTH

The beauty of it all, is the truth comes to you through your own feelings. You don't need to be told it by anyone. You can work it all out for yourself. We are self-revealing of truth, it's how God created us to be, and by being it we'll feel the happiest we can feel. Truth is our great comforter, so when you feel it come up within you, ah it feels so good and you feel just right – perfect!

We know only how to deny feelings, now we can get to know how to accept them. And always with the truth being the most important part.

FEELING TRUTH

If you don't want to uncover the truth of your feelings, then you can keep on expressing them forever but you will never fully heal yourself. Seeing the truth results in the Healing. And to see the truth you need to express all the pain out of you. The two things go hand in hand.

You can accept and express your bad feelings, letting off steam all day long, yet nothing will heal and nothing much will come of it. So this is where wanting your feelings to show you the truth of why you're feeling as you are is so important.

Don't go fishing with your mind, that will shut the truth out from rising up for you. **KEEP YOUR MIND OUT OF IT.** It's a feeling thing, doing your Feeling-Healing. (This is where we erred previously, and this how other modalities are in error.)



You long when you can, then stop longing and keep expressing. And at some point, and it might not even happen immediately, it might happen after days or weeks of expressing the same bad feelings, truth will come to you. And it does, it just comes up suddenly into your consciousness. You just know. You see the picture and you feel it's true. And you know it's true. And THEN your mind can come in and start sorting it out and putting in context.

It's the Truth that we are seeking. It's the End Point. The Reason for doing your Healing. You are to see the whole Truth of yourself. And to begin with, that's the whole truth of your unloving self, of your wrongness, of your evilness, of why you are as you are in your negative unloving mind-controlling state. To be able to fully accept yourself as you are, warts and all. To not fight or resist or try and change yourself, just to accept all you feel and all the truth of all those bad feelings you feel about yourself. And when you do, so you will be healed. You CAN'T heal yourself unless you uncover the truth of your pain, suffering and so the truth of all your bad feelings.

Through our Feeling-Healing we long for the truth of what we're feeling whenever we can. So as often as you can. You want, and REALLY WANT WITH ALL YOUR BEING, ALL YOUR WILL, to know why you are feeling bad. You yearn, want, long and beg and beg and BEG God to show you the truth of yourself through your feelings. So when you are expressing your bad feelings you can stop and long for the truth to show you what's going on, why do you feel so bad, and you can do it any time you think of it or feel to do it.

Notes from 'Feeling Healing' by James Moncrief

Heartfelt TRUTH

Feelings First Spirituality

The New Way

Feelings First
FF
Feeling Free

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

Accept, express and long for the truth of your feelings

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



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

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

Want to understand why you're feeling them.

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



hidden feelings.

The Feeling Way is the True Way.

Your feelings are your spiritual guide.

Your feelings will take you to God.



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

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

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

Feelings First Spirituality is the True path for humanity.

It embraces all people.

It completely unifies the world.

Everyone can relate to everyone else through their feelings.

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

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

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



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

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

looking to our own feelings for it. Self-revelation through our feelings is the way to go.

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

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



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

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

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

LOVE is the Religion of Feelings, being:

Feelings First Spirituality, The New Way



WE ALL ARE BEING GUIDED HOME:

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

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

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

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

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

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

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

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

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

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



M&F



J&M



AVO

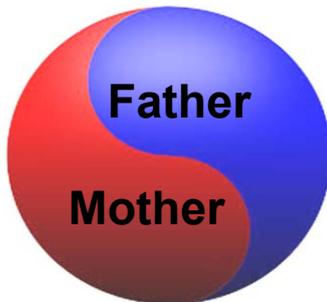


HUM

WE ARE Children of God

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

GOD



M&F

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

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

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



J&M

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

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

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

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



AVO



HUM

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

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

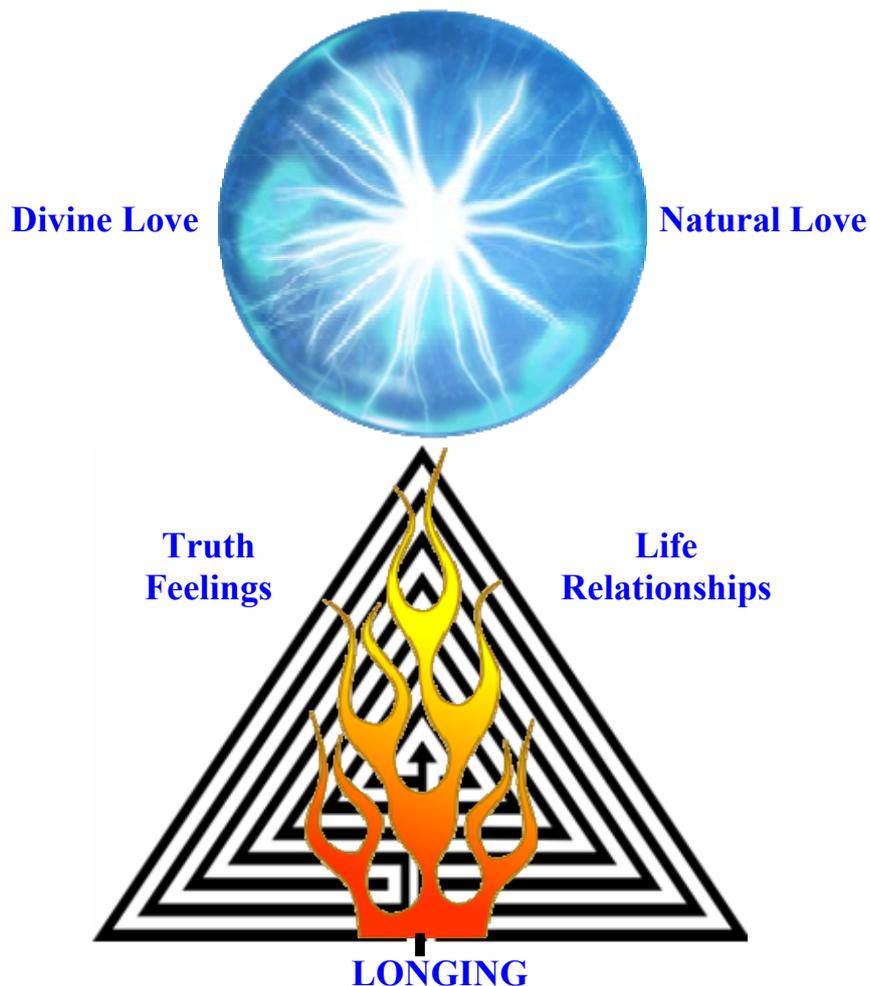
Collectively, should we embrace them all, as we are to, then our pathway home is a journey in the hands of the Spirits of Truth of the Avonal and Paradise Pairs overseen by our Heavenly Parents.

WE ARE Children of God

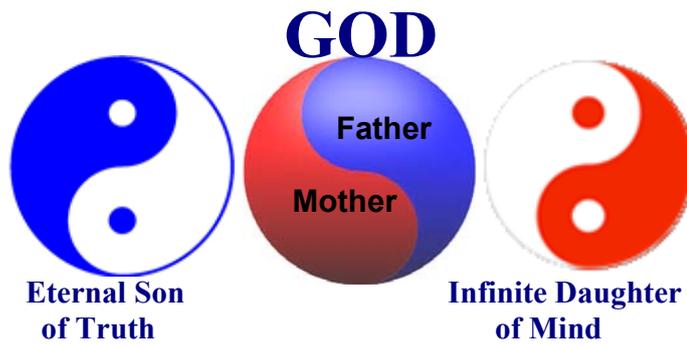
HOW TO GET TO PARADISE:

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

The Key



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



PARADISE TRINITY:

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

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

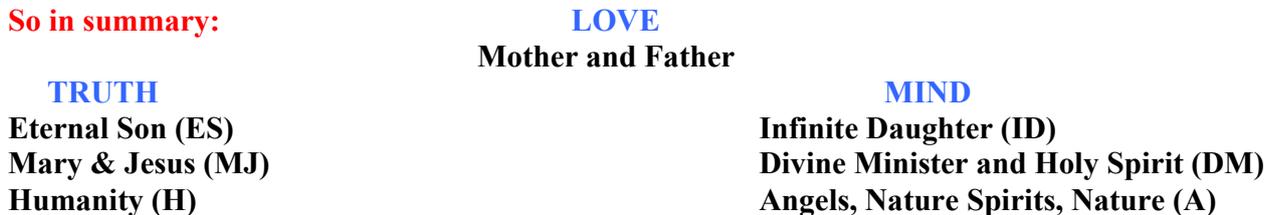
The LOCAL UNIVERSE TRINITY:

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

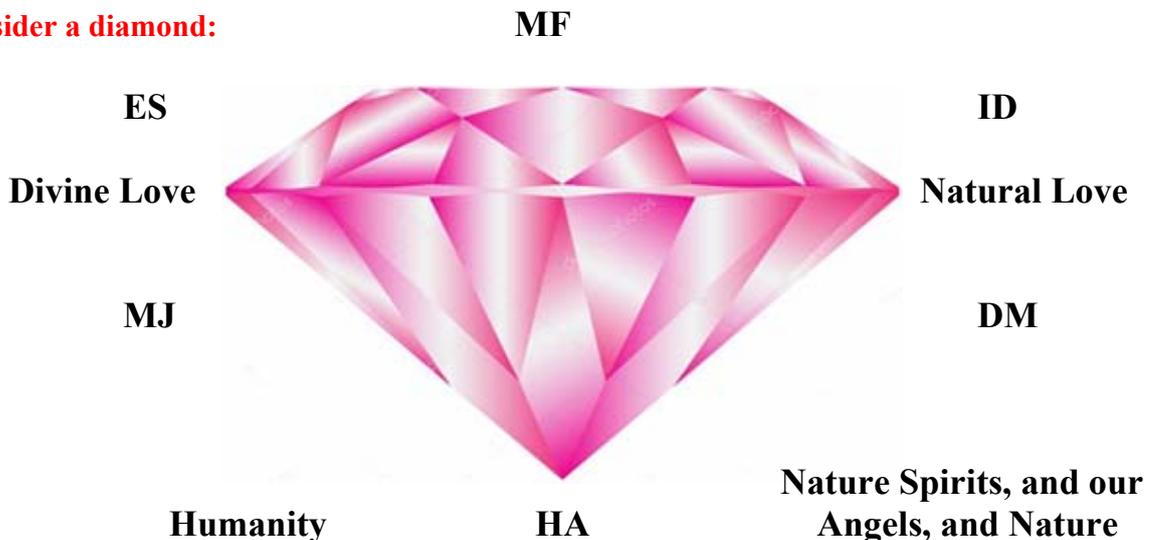
PLANETS that engage in REBELLION:

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

So in summary:



Consider a diamond:



Mother and Father Heavenly Parents

Creator Son & Daughter
Jesus and Mary

Avonals
as soulmate pairs

Trinity Teachers
as soulmate pairs

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

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

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

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

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

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

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

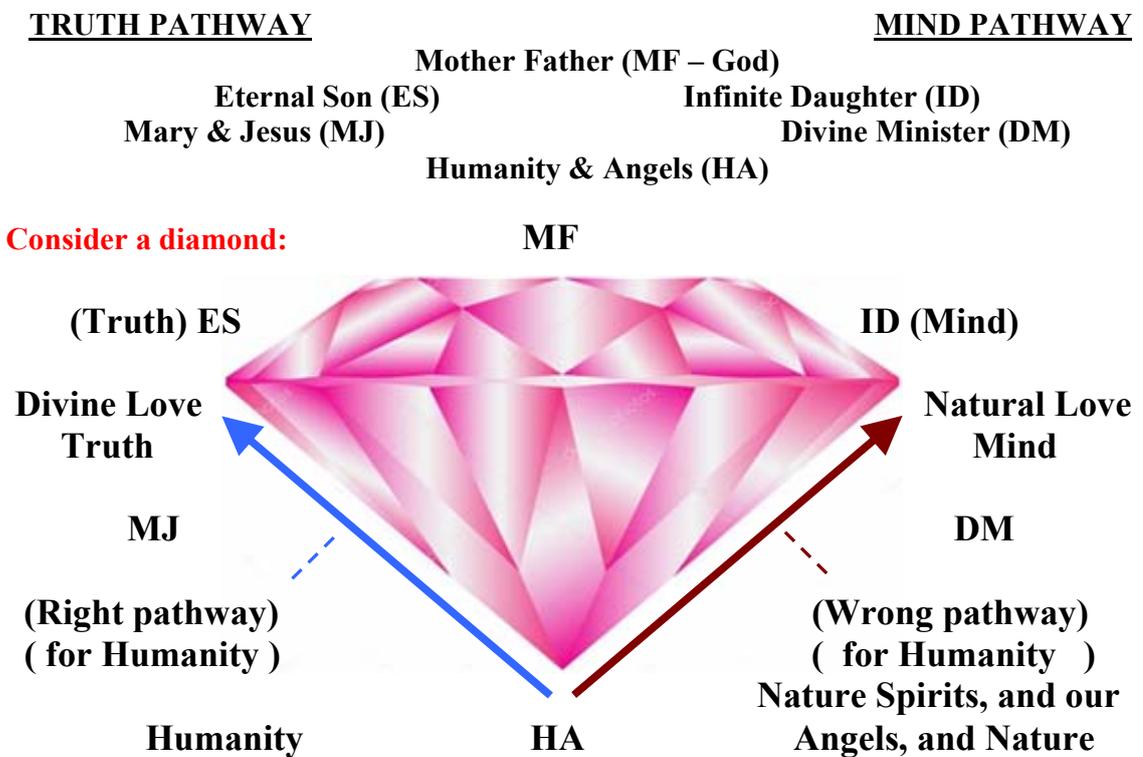
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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

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

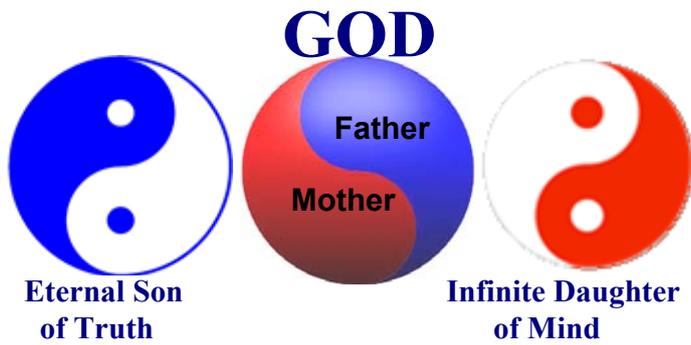
Currently the whole of Creation exists for the ascension of mortal souls from their earth planets to Paradise. It’s all one vast Grand Ascension Scheme. With all the higher and lower spiritual Daughters and Sons, together with all the many different angels and other universal spirit personalities, and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

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



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

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



CREATION of SOUL and SPIRIT:

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

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



Feeling Pathway

Mind Pathway



Soulmate Pair

Angel

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



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.

U-TURN for HUMANITY:

Why are we doing a U-Turn?

We are doing a U-Turn **because** the year 2017 heralded the end of the Rebellion and Default. For two hundred thousand years, humanity has been going in the wrong direction.



What is this fundamental step that will change our way of living?

We are to come to understand / know the foundational cause of all our feelings, both good and bad. As we explore and investigate our feelings, each time they arise, one by one, we are to talk them through, express them to a companion or friend or anyone who will listen. As we express them, while at the same time coming to understand how they have come about, we will find that they will be resolved and that they will not come up again.

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



We will find that all of our feelings / emotions have their foundations from our childhood. And by childhood, that is from the time of one's conception all the way through to about the age of six. It is the repression of our childhood feelings that is the base or foundational cause of each and every one of our adult personality issues, pains, difficulties, illnesses and distressful life experiences.

We have to see the whole truth of our negative or self-denial state, before we can heal it and be free of it.

The vital difference between **emotions** and **feelings** is:

- emotions have their roots in the past,
- feelings relate to the present moment,
- emotions represent feelings not previously expressed,
- and these accumulate over time.

Many emotional clearing processes encourage us to look into our feelings, however, none go so far as to drill down into the core foundation of any emotional feeling to the point that we strive to KNOW the core issue, the origin of the feeling, be it good or bad, and actually come to know what it is!

The *Journey Process* is generally known worldwide. It stops short of longing to know, that is asking for the knowing of the events that brought about such a feeling. Yes, we are to acknowledge the feeling, say being angry. Then accept that behind that anger is the feeling of being small, and then look at the underlying reason of why we are feeling small. What is the truth behind that feeling? Ask our Heavenly Parents what is behind all of this feeling. What is the foundation, the origin of the feeling? All the time talking it out, expressing it, with a friend. The expressing of the experience is the release of the emotion / feeling, this is what removes it for ever from within our essence, our **soul**.

Why ask our Heavenly Parents? I thought God was just God – singular?

This is part of the revealings that have been unfolding for us very recently – that is – since 2002.

We are made in the image of God. This has been understood for centuries, for 2,000 years. Our soul is duplex. Our soul expresses itself through two personalities. One soul ‘subdivides’ into two, one half always being female and the other half always being male. We are a reflection of how God is. God being one Soul is expressed as Mother and Father. God is two personalities. They are soulmates. And each of us has a soulmate, and our soulmate is always of the opposite sex, because the Mother and Father are the opposite sex.

Thus, when we long for the truth behind a feeling, then we can long to our Heavenly Mother and Father. Only they can tell us. No spirit personality can tell us. No canonised saint can tell us, we may as well ask our next door neighbour. That would be just as productive. Mary and Jesus can’t tell us, as they are also spirit personalities.

I was taught that Jesus was God? And what is this about Mary?

Mary of Magdalene and Jesus of Nazareth were both born free from sin. Neither of them are God. They are both children of God, just like you and me.

History needs to be corrected. Both Jesus of Nazareth and Mary of Magdalene became at one (At-One) with our Heavenly Mother and Father during their physical lives here on Earth in the first century; Jesus in the year 26CE and Mary in the year 33CE, or thereabouts. Jesus died aged 35 (born 7BC died 29CE), and Mary died aged 47 or 48 (born 2BC died 47CE).

Further, their sojourn on Earth was the completion of their process to become the full Regents of the sector of planets that is referred to as Nebadon. The region within our super-universe that is referred to as Nebadon contains 3.8 million inhabited planets. If you look into the night sky, each star / sun potentially has between none to three inhabited planets within its orbit. Within Nebadon, the soulmate pair, namely Mary and Jesus, are our Spiritual Teachers of Truth. Their domain is all 3.8 million physical planets plus their associated spirit worlds. Each physical world has seven associated spirit worlds, which is the case for Earth being one of the 37 that have rebelled.

Some 200,000 years ago, Lucifer with his soulmate and his deputy, Satan with his soulmate, brought about a rebellion on 37 of the inhabited planets within the region called Satania, one of the local universal systems of Nebadon. Earth compounded the situation through the Default of Adam and Eve about 38,000 years ago. Thus the population of Earth, being in the worst condition through the Rebellion and Default, became the location for Mary and Jesus to have their physical experience to complete their ascendancy to full Regency of the local universal system being Nebadon.

Their lives on Earth was the start of the unravelling of the Rebellion and Default. Upon Jesus becoming At-One with our Mother and Father, he was then vested with the authority and power to have the Lucifers and Satans arrested, and they now reside exiled within a prison world.

Notice that there were no records of Jesus and Mary’s teachings and experiences made during their physical life. That was because they did not specifically come here for us, they came for the benefit of all peoples of all planets and spirit worlds throughout Nebadon.

As they are Paradise descending spirits, they have **Spirits of Truth**. Upon Mary and Jesus' death, they released their Spirits of Truth. As spirits, Jesus and Mary are how we will be, once we've finished our Soul Healing. They can only be in one place at any one time. However, it is their Spirits of Truth throughout Nebadon that we can connect with for guidance. It is through their Spirits of Truth that spirit personalities can progress through and out of Nebadon.

Those planets that have Rebelled need further assistance, and they need it on a localised manner. This can only be provided by another bestowal of a **Paradise Pair**, and that is in the form and manner of an **Avonal soulmate pair** who come here specifically for us.

What is the purpose of an Avonal pair, and are they here on Earth?

Unlike Jesus and Mary who were always free from sin and did not experience how to heal themselves, the Avonal pair are to experience all of the extremes of evilness and then proceed to heal themselves. Mary and Jesus through their bestowal on Earth ended the Lucifers spiritual rebellion in Nebadon; the Avonals bestowal is primarily concerned with ending the Default of Adam and Eve by the Avonals themselves personally healing the effects of such a damaging Fall.

The soulmate Avonal pair are to be, and have been, subjected to the extremes of childhood suppression and repression, and then, through their Feeling Healing, are experiencing all the facets of emerging truth as they slowly progress through a protracted and difficult healing process. As they reach specific milestones, this also enables those in the Celestial Heavens, (the three worlds where Celestials reside) to be empowered to assist us in the physical on Earth.

The first considered milestone was the arresting and imprisonment of the Caligastia soulmate pair and the Daligastia soulmate pair. After the arrest of the Lucifers and Satans in the first century, as nothing further occurred, the Caligastias and Daligastias continued on from spirit as if they were kings and queens, suppressing all of humanity and with plans to take over the universe. It was possibly in the early 1990s that they were 'judged' and 'removed'. They were caught unaware that an Avonal bestowal pair were on Earth.

How is all this becoming known? Has Jesus and Mary communicated directly to Earth?

Unlike in the first century, when no records were kept (as the event related to all of Nebadon and it was actually setting the stage for the Avonal bestowal pair to arrive on Earth), every effort to retain records in great detail of this current series of events is now being attended to. Consider this. The New Testament of the Bible is some 300 pages. The records of the Second Coming, which this is, the primary records are possibly 6,000 pages, with direct complementary records increasing that to over 10,000 pages and with all the supplementary records to date, there may be as many as 40,000 pages, certainly well over 30,000 pages of material presently.

Jesus directly communicated through James Padgett from 1914 to 1923. Mary of Magdalene (Mary M) has directly communicated through James Moncrief from 2002 and is ongoing. Jesus has also communicated directly through James Moncrief. Neither have ever directly communicated through any one else, however, some Celestial Spirit personalities have provided information through other

personalities on Earth with the support and approval of Jesus and Mary, thus some confusion, though the quality of the information is very reliable.

You say this is the Second Coming? You say I am living during the time of the Second Coming?

Yes you are. And it's more than that. This is the Second Coming, the End Times and the Handover!

In fulfilment of the prophecy in the first century, the Second Coming commenced on 31 May 1914 through the writings with James Padgett and concluded in 2014 through the writings with James Moncrief.

The End Times are well advanced. Mary and Jesus are well advanced in handing over their direct involvement with Earth to those within the Celestial Heavens. When this is completed, the Handover will also occur. **The Hand Over is to the Avonal Bestowal pair** and it is they who will guide the population on Earth through their Feeling Healing processes for the next 1,000 years, being the next spiritual age. The Handover will take place after the Avonal pair complete their personal Healing of the Rebellion and Default. Then will follow with their Spirits of Truth being officially liberated in alignment with Mary M and Jesus' Spirits of Truth upon their death.

Major events have occurred with the progression of the Avonal pair's Feeling Healing, which they are also doing whilst embracing our Heavenly Parents' Divine Love, thus they are doing their Soul Healing.

Early 1990s:	The arrest of the Caligastia and Daligastia soulmate pairs.
22 March 2017:	Negative spirit influence was blocked.
31 March 2017:	Angel assisted healing will become available upon the Avonal pair completing their own Feeling Healing, being with Divine Love, thus it being Soul Healing.
22 May 2017:	Law of Compensation quickening.
2 December 2017:	Psychic Barriers maintaining the Rebellion and Default were cracked.
8 December 2017:	Bring on the money to 'house the future of humanity' .
31 January 2018:	Earth and the seven associated Mansion Worlds (including the two Earth planes) are officially now fully under the control of Celestial spirits. This marks a tangible and real end to the Rebellion and Default.

How does this all fit into our future way of living?

This time, in the history of humanity, is the most exciting time ever experienced.

The whole human race is suffering from repressed childhood and mind control.

Through one's Feeling Healing, and should we embrace our Heavenly Parents' Divine Love, then with their Love we are doing our Soul Healing, and eventually we can live totally in accordance with our soul based feelings and live free from error – no more fear and no more physical illnesses is possible!

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

Our soul is always perfect. In fact, we are the complete package. All that we need to know is within our soul. This knowledge has been denied from us since the time of the Rebellion and compounded by the Default. That is what was brought upon us by the Lucifers and his cohorts. We have always been meant to live true to our soul based feelings but we were taught to embrace our error riddled mind – this was aided by our parents – unknowingly all parents have taught their children to be mind dominant. **This is the Great U-Turn. We are to feel and live by our feelings and express our feelings, our mind will follow in support, not the other way around.**

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

Kevin of the 1st Celestial Heaven 26 September 2017

(Kevin Cooper died 10 August 2012, through Feeling Healing became Celestial on 7 August 2017.)

It is through the assistance of the Spirits of Truth of the Avonal Pair, upon the completion of their Soul Healing, that we will be guided through our Feeling Healing process, and should we embrace our Mother and Father’s Divine Love, then our Soul Healing.

Then should we embrace Mary and Jesus as our Spiritual Teachers of Truth, their Spirits of Truth will lead us on the path through the Celestial Heavens where we will certainly meet up with our soulmate and join our soulgroup, which will eventually consist of twelve soulmate pairs. Then as a soulgroup, the Spirits of Truth of Mary and Jesus will lead us up through and out of Nebadon towards Paradise.

It is then our Mother and Father in Paradise who draw us to them and we will eventually meet our Heavenly Parents.

Meanwhile, while we live on Earth, we will have assistance and guidance previously denied to us throughout the era of the Rebellion and Default. Under the Contract controlling and managing the Rebellion and Default, the powers and capabilities of our Celestial Heaven spirit personalities, all three worlds of them, were heavily restricted and almost of no assistance to us at all. Further, Nature Spirits and our Angels were heavily denied contact with us physical people because of the Rebellion and Default, all of which is soon to change, so we can look directly to them for help concerning healing ourselves and understanding all aspects of nature.

As we embrace our Feeling Healing, Celestial spirits will and can greatly assist us. In fact, during the year of 2017 they have blocked all mind spirits from the Natural Love Mansion Worlds: 1, 2, 4 and 6 from interfering with us. Celestials have taken control of all facets of living and life on Earth. Celestials are those spirits who have completed their Feeling Healing and progressed through Divine Love Mansion Worlds 3, 5 and 7 and now live in the higher Celestial Heavens, 1, 2 and 3 (when we

become At One with our Heavenly Parents then we leave the Mansion Worlds and progress through the next three spheres related to Earth, hence the Celestial Heavens are also referred to as being numbered 8, 9 and 10).

The Nature Spirits of Earth, who live in the third Earth plane, can now directly interact with those who are embracing their Feeling Healing. Nature Spirits are essentially ‘angels in waiting’. They have been on Earth prior to anything that we now see living in nature. When they first started to arrive, there was no life in the seas or on land. They have consequently witnessed everything that has happened on Earth, including all prior human civilisations that we continue to largely remain ignorant of. Their knowledge and assistance is of great importance to us. We are to interact with them on an ever increasing scale. They are to become an invaluable source of information for us concerning how we are best to live with nature.



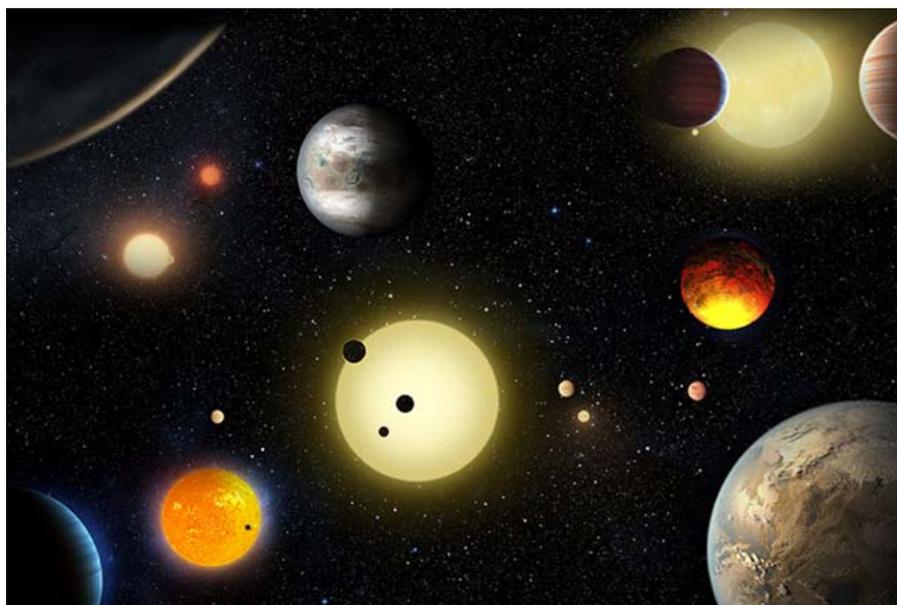
Further, we may become more aware of our **Indwelling Spirit**, which arrives for each of us during our sixth year, as we now progress with our Feeling Healing, or with Divine Love, our Soul Healing.

And all of this is possible as we embrace our Feeling Healing process, acknowledge and accept the Avonal pair, acknowledge and accept our Spiritual Teachers of Truth, namely Mary and Jesus, and more importantly, grow to love our Heavenly Parents, our true Mother and Father.

We do not need intermediaries, rituals, liturgy, dogmas, creeds, fancy clothing, or institutions. It is our soul based feelings and expressions that we may exchange directly with our Heavenly Parents. Groups may form to assist each other, and that is our choice and within our free will.

This is the greatest event in the history of humanity.

This is the Great U-Turn that humanity will embrace throughout the next 1,000 years. MoC 1,480



REVELATIONS



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



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



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

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

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



Immortality with the Love.

The Only Prayer That Man Need Offer to the Father:

(as given within the first century)

I am here, Jesus

The Prayer for Divine Love

2 Dec 1916

<http://www.youtube.com/watch?v=Pg6p3rivAZw>

P.438 Book of Truths through James Padgett / Jesus

Let your prayer be as follows:

Our Father, who art in heaven, we recognize that You are all Holy and loving and merciful, and that we are Your children, and not the subservient, sinful and depraved creatures that our teachers of old would have us believe. That we are the greatest of Your creation, and the most wonderful of all Your handiworks, and the objects of Your great soul's love and Tenderest care.

That Your will is that we become at one with You, and partake of Your great love which You have bestowed upon us through Your mercy and desire that we become, in truth, Your children, through love, and not through the sacrifice and death of any one of Your creatures.

We pray that You will open up our souls to the inflowing of Your love, and that then may come Your Holy Spirit to bring into our souls this, Your love in great abundance, until our souls shall be transformed into the very essence of Yourself; and that there may come to us faith--such faith as will cause us to realize that we are truly Your children and one with You in very substance and not in image only.

Let us have such faith as will cause us to know that You are our Father, and the bestower of every good and perfect gift, and that only we, ourselves, can prevent Your love changing us from the mortal to the immortal.

Let us never cease to realize that Your love is waiting for each and all of us, and that when we come to You, in faith and earnest aspiration, Your love will never be with-held from us.

Keep us in the shadow of Your love every hour and moment of our lives, and help us to overcome all temptations of the flesh, and the influence of the powers of the evil ones, which so constantly surround us and endeavor to turn our thoughts away from You to the pleasures and allurements of this world.

We thank You for Your love and the privilege of receiving it, and we believe that You are our Father --the loving Father who smiles upon us in our weakness, and is always ready to help us and take us to Your arms of love.

We pray this with all the earnestness and longings of our souls, and trusting in Your love, give You all the glory and honour and love that our finite souls can give.

Amen

MoC



Note: The 'false teachers' are our parents, as they are also the 'evil ones'. Also, the evil ones, being those parts of one's mind, that are controlling you.

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

Our salvation IS by embracing Feeling Healing with the Divine Love.

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

Please Mother and Father, may I receive Your LOVE.

“Every day is a day of devotion.”

Follow your heart, follow your love and do that in loving action, your inner love leads in your asking the Soul of God to receive a little of the Love to strengthen one's resolve to heal.

“I love you Father.” “Let the Divine Love proclaim its energy into my soul.”

“Mother – Father, I desire your Love and I am loving you.”

“Soul God, I love you and I love receiving and experiencing your Divine Love.”

“True Soul God, I am here, I am aware of your Love. Please hear my aspiration for your Love and as I approach you from my soul, I can feel your Love in the way that you are loving my soul.”

Try it; give the Feeling Healing and Love a go! If you want to shine, receive the Love.

One can simply receive the Love without following any religious or spiritual teaching taught by man!

Emotional errors and injuries cause encrustment around the soul, the soul is never damaged however, the encrustments retard love energy flow to and from the soul. Feeling Healing melts such injuries.

Three Great Truths:

- **God is Soul, being our Heavenly Mother and Father;**
- **that each individual soul is a duplex – both male and female;**
- **and Feeling Healing with Divine Love is the pathway to Paradise.**



PRAYER for DIVINE LOVE: library download pages at www.pascashealth.com
 Kindly visit the library download pages at www.pascashealth.com as further recordings are added.
 Should you click on the audio files, you will also be able to download the audio file onto your computer.
Prayer for Divine Love – from the Padgett Messages (Medical – Spiritual References)
<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Prayer%20for%20Divine%20Love%20from%20the%20Padgett%20Messages.mp3>
The Voice of Divine Love (Medical – Spiritual References)
<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/The%20Voice%20Of%20Divine%20Love.m4a>

Primary recommended reading:	consider commencing with: Paul – City of Light	
The Book of Truths	1914 – 1923	xxx – Joseph Babinsky
containing the Padgett Messages or		
Little Book of Truths		– Joseph Babinsky
True Gospel Revealed anew by Jesus Vol I, II, III, IV		xxx – Geoff Cutler
The Rejected Ones	2002 – 2003	xxx – James Moncrief
Messages from Mary & Jesus	2003	xxx – James Moncrief
Paul – City of Light	2005	xxx – James Moncrief
Mary Magdalene and Jesus'		
comments on the Padgett Messages	2007 – 2010	xxx – James Moncrief
Speaking with Mary Magdalene & Jesus	2013 – 2014	xxx – James Moncrief
Sage and the Healing Angels of Light	2017	xxx – James Moncrief
Road map of Universe and history of Universe:		
The Urantia Book	1925 – 1935	xxx as primary reading
Divine Love supporting reading:		
Revelations	1954 – 1963	– Dr Daniel Samuels
Judas of Kerioth	2001 – 2003	– Geoff Cutler
The Golden Leaf	2008	– Zara & Nicholas
The Richard Messages	2012 – 2013	– James Reid
The Divine Universe	2012 – 2013	– Zara & Nicholas
Family Reunion Afterlife Contact	2014 – 2015	– Joseph Babinsky
Traveller, An Immortal Journey	2014 – 2015	– Zara & Nicholas
Destiny, Eternal Messages of Divine Love	2015 – 2016	– Zara & Nicholas
Feeling Healing	2017	– James Moncrief
Religion of Feelings	2017	– James Moncrief
The Way of Divine Love		– Joseph Babinsky
Divine Love – The Greatest Truth in the World		– Joseph Babinsky
The Human Soul		– Joseph Babinsky
Divine Love Flowing		– Joseph Babinsky
The Truth		– Werner Voets
Through the Mists, The Life Elysian, The Gate of Heaven		– Robert James Lees
Life in the World Unseen		– Anthony Borgia
Gone West		– J M S Ward
Post Mortem Journal		– Jane Sherwood
After Death / Letters from Julia		– William T Stead
Thirty Years Among the Dead		– Carl A Wickland
A Wanderer in the Spirit Land		– Franchezzo
Life Beyond the Veil Vol I thru to V – Rev George Vale Owen		– Geoff Cutler
The Holy Bible from the Ancient Eastern Text		– Dr George M Lamsa

Available generally from:

www.lulu.com

www.amazon.com

www.bookdepository.com

For Divine Love focused websites and forums:

Pascas Health:

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

Spiritual Development:

<http://new-birth.net/spiritual-subjects/>

Padgett Books:

<http://new-birth.net/padgetts-messages/>

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

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

DIVINE LOVE SPIRITUALITY – DLS:

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

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

James Moncrief Books:

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

Paul – City of Light	1,488.5	2005	149
Ann and Terry		2013	235
Feeling bad? Bad Feelings are GOOD!	feeling-healing book 1	2006	179
Feeling bad will make you feel BETTER – Eventually!	feeling-healing book 2	2006	159
Breaking the Golden Rule.	feeling-healing book 3	2006	168
Feeling-Healing exercises, and other healing points to consider.		2009	175
Cathy and Mark – a novel introducing Feeling-Healing.		2010	151
Introduction course to Divine Love Spirituality		2006	139
Speaking with the Dead, Death and Dying		2009	173
Spirits and their Childhood Repression Healing		2010	179
With Verna – a nature spirit		2008	279
Communication with spirits – meet a spirit friend		2010	37
Introduction to Divine Love Spirituality website			362
Sage – and the Healing Angels of Light		2017	260
Divine Love Spirituality	1,500	2017	201
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings	1,500	2017	44
		This group being pages of	3,043

Religion of Feelings

Introduction to Divine Love Spirituality

Main website of DLS

Childhood Repression website

DLS and CR forum

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

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

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

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

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

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

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Paul – City of Light

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

Ann and Terry

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

Feeling Bad? Bad feeling are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

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

Sage – and the Healing Angels of Light

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

**Religion of Feelings
Feeling Healing**

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

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

The Padgett Messages being published as:**The True Gospel Revealed Anew by Jesus volumes 1 – 4****Book of Truths by Joseph Babinsky****The Urantia Book**

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

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

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

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

Pascas Papers, being free, are located within the Library Downloads www.pascashealth.com

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

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

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

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

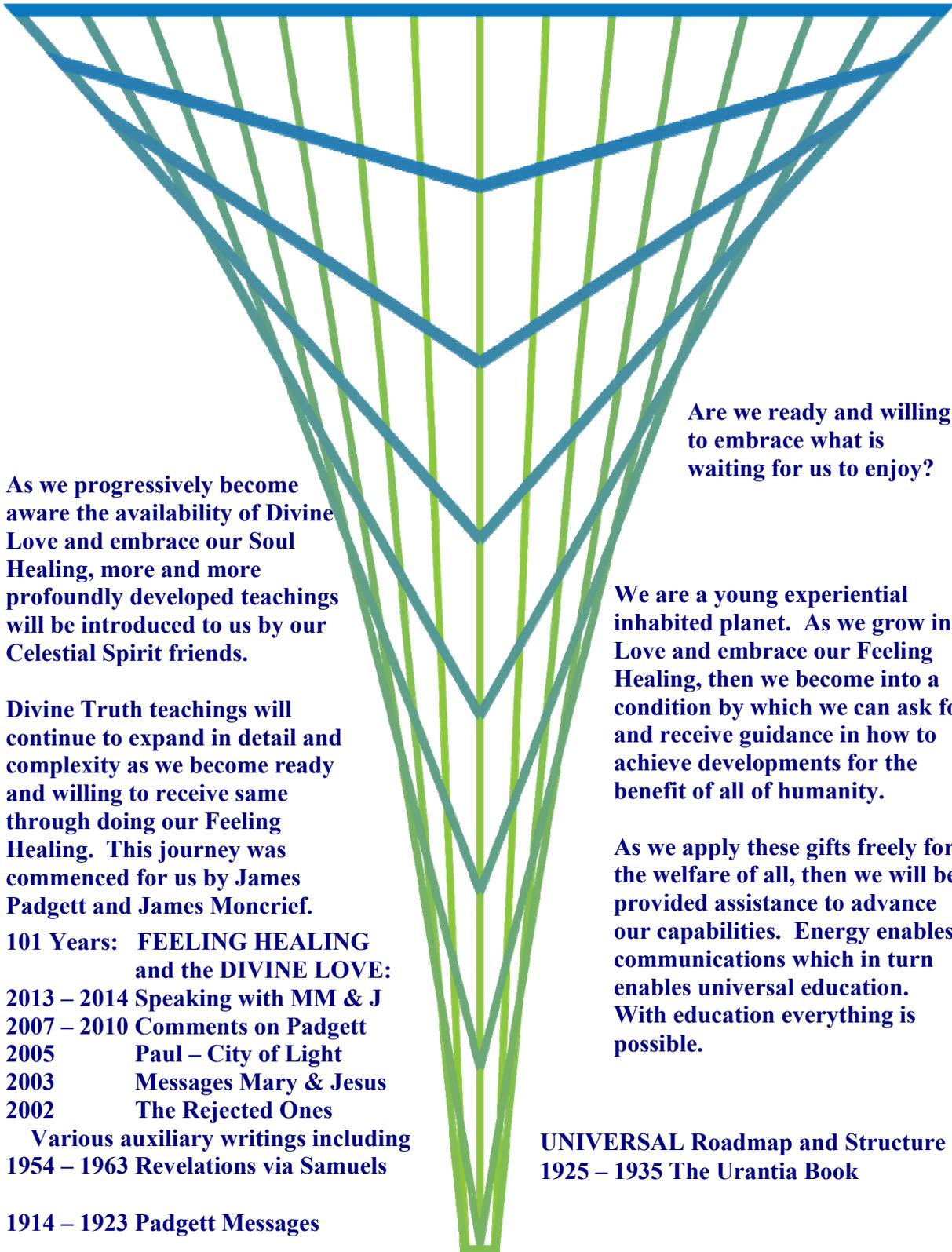
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

MEDICAL – EMOTIONS:

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

**PASCAS
PAPERS**

DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:



Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

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.

Divine Love
is the key!



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

Feeling Healing with
Divine Love is the key



to enter the
Celestial Heavens:



