

# PASCAS CARE

## *Healing & Recovery*

### *Assisting Healing Vol III*



“Peace And Spirit Creating Alternative Solutions”

PASCAS FOUNDATION (Aust) Ltd  
ABN 23 133 271 593

Queensland, Australia

Pascas Foundation is a not for profit organisation

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

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

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

## PASCAS INTRODUCTION:

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

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

Kinesiological muscle testing, as developed by Dr David R Hawkins and quantified by his Map of Consciousness (MOC) table, has been used to ascertain the possible level of truth of documents. Such tested calibration levels appear within the document. We ask that you consider testing same for yourself. The technique and process is outlined within Pascas documents, such as Pascas 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.

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

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

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

Living Feelings First, *John.*



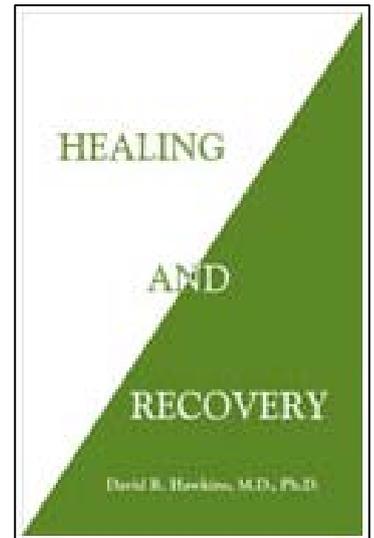
***“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love.” JD***

**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.



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

**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.**

**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.

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

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



**MAP of CONSCIOUSNESS – Dr David R Hawkins:**

Though the Map of Consciousness scale goes up to 1,000, the calibration levels actually progress on upwards to infinity. It has been found that Divine Love teachings calibrate above 1,000, typically between 1,300 and 1,500. All teachings below 1,000 are an amalgam of natural love and Divine Love teachings. Consciousness relates to soul condition, with kinesiology you can measure same.

	<b>Level</b>	<b>Scale (Log of)</b>	<b>Emotion</b>	<b>Process</b>	<b>Life-View</b>
<b>P O W E R</b>	Enlightenment	700- 1,000	Ineffable	Pure Consciousness	Is
	Peace	600	Bliss	Illumination	Perfect
	Joy	540	Serenity	Transfiguration	Complete
	Love	500	Reverence	Revelation	Benign
	Reason	400	Understanding	Abstraction	Meaningful
	Acceptance	350	Forgiveness	Transcendence	Harmonious
	Willingness	310	Optimism	Intention	Hopeful
	Neutrality	250	Trust	Release	Satisfactory
	Courage	200	Affirmation	Empowerment	Feasible
<b>F E A R</b>	Pride	175	Dignity (Scorn)	Inflation	Demanding
	Anger	150	Hate	Aggression	Antagonistic
	Desire	125	Craving	Enslavement	Disappointing
	Fear	100	Anxiety	Withdrawal	Frightening
	Grief	75	Regret	Despondency	Tragic
	Apathy	50	Despire	Abdication	Hopeless
	Guilt	30	Blame	Destruction	Condemnation (Evil)
	Shame	20	Humiliation	Elimination	Miserable

**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
Merciful	Harmonious	Acceptance	↑ 350	Forgiveness	Transcendence
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

### MAP OF CONSCIOUSNESS

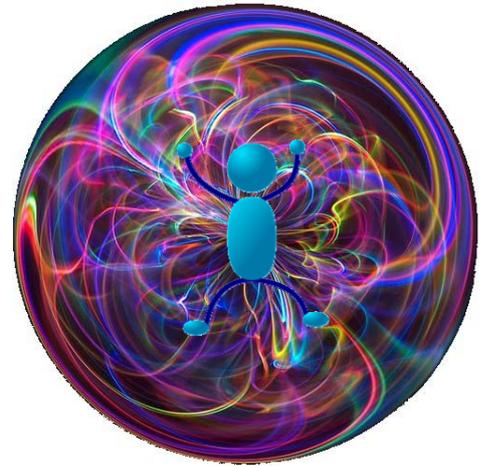
Map of Consciousness represents the emotional and spiritual fields within the kingdom of man which is Spheres 1 – 6.

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.



Soul expands as it grows in love and condition.



Primary emotion	Secondary emotion/feelings	Tertiary feelings/emotions
<u>Love</u>	<u>Affection</u>	<u>Adoration</u> · <u>Fondness</u> · <u>Liking</u> · <u>Attractiveness</u> · <u>Caring</u> · <u>Tenderness</u> · <u>Compassion</u> · <u>Sentimentality</u>
	<u>Lust/Sexual desire</u>	<u>Arousal</u> · <u>Desire</u> · <u>Passion</u> · <u>Infatuation</u>
	<u>Longing</u>	<u>Longing</u>
	<u>Cheerfulness</u>	<u>Amusement</u> · <u>Bliss</u> · <u>Gaiety</u> · <u>Glee</u> · <u>Jolliness</u> · <u>Joviality</u> · <u>Joy</u> · <u>Delight</u> · <u>Enjoyment</u> · <u>Gladness</u> · <u>Happiness</u> · <u>Jubilation</u> · <u>Elation</u> · <u>Satisfaction</u> · <u>Ecstasy</u> · <u>Euphoria</u>
<u>Joy</u>	<u>Zest</u>	<u>Enthusiasm</u> · <u>Zeal</u> · <u>Excitement</u> · <u>Thrill</u> · <u>Exhilaration</u>
	<u>Contentment</u>	<u>Pleasure</u>
	<u>Pride</u>	<u>Triumph</u>
	<u>Optimism</u>	<u>Eagerness</u> · <u>Hope</u>
<u>Surprise</u>	<u>Enthrallment</u>	<u>Enthrallment</u> · <u>Rapture</u>
	<u>Relief</u>	<u>Relief</u>
	<u>Surprise</u>	<u>Amazement</u> · <u>Astonishment</u>
	<u>Irritability</u>	<u>Aggravation</u> · <u>Agitation</u> · <u>Annoyance</u> · <u>Grouchy</u> · <u>Grumpy</u> · <u>Crosspatch</u>
<u>Anger</u>	<u>Exasperation</u>	<u>Frustration</u>
	<u>Rage</u>	<u>Anger</u> · <u>Outrage</u> · <u>Fury</u> · <u>Wrath</u> · <u>Hostility</u> · <u>Ferocity</u> · <u>Bitter</u> · <u>Hatred</u> · <u>Scorn</u> · <u>Spite</u> · <u>Vengefulness</u> · <u>Dislike</u> · <u>Resentment</u>
	<u>Disgust</u>	<u>Revulsion</u> · <u>Contempt</u> · <u>Loathing</u>
	<u>Envy</u>	<u>Jealousy</u>
	<u>Torment</u>	<u>Torment</u>
	<u>Suffering</u>	<u>Agony</u> · <u>Anguish</u> · <u>Hurt</u>
	<u>Sadness</u>	<u>Depression</u> · <u>Despair</u> · <u>Gloom</u> · <u>Glumness</u> · <u>Unhappy</u> · <u>Grief</u> · <u>Sorrow</u> · <u>Woe</u> · <u>Misery</u> · <u>Melancholy</u>
<u>Sadness</u>	<u>Disappointment</u>	<u>Dismay</u> · <u>Displeasure</u>
	<u>Shame</u>	<u>Guilt</u> · <u>Regret</u> · <u>Remorse</u>
	<u>Neglect</u>	<u>Alienation</u> · <u>Defeatism</u> · <u>Dejection</u> · <u>Embarrassment</u> · <u>Homesickness</u> · <u>Humiliation</u> · <u>Insecurity</u> · <u>Insult</u> · <u>Isolation</u> · <u>Loneliness</u> · <u>Rejection</u>
	<u>Sympathy</u>	<u>Pity</u>
<u>Fear</u>	<u>Horror</u>	<u>Alarm</u> · <u>Shock</u> · <u>Fear</u> · <u>Fright</u> · <u>Horror</u> · <u>Terror</u> · <u>Panic</u> · <u>Hysteria</u> · <u>Mortification</u>
	<u>Nervousness</u>	<u>Anxiety</u> · <u>Suspense</u> · <u>Uneasiness</u> · <u>Apprehension (fear)</u> · <u>Worry</u> · <u>Distress</u> · <u>Dread</u>

*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.

### **MAP of CONSCIOUSNESS (MoC):**

The Map of Consciousness is referred to frequently to explain the relationship between body, mind, and spirit, which is so important to comprehend in relationship to self-healing. Consciousness is the quality of one's soul condition, your soul being the real you.

Those energy fields (consciousness = soul condition) that are negative (calibrating below 200) being below the level of courage, do not support life and could be called 'anti-life'. Those that are in the positive direction of Truth, calibrating above 200, support and nurture life.

The MoC can also be related to the levels of Spheres within the spirit world. The MoC chart relates to the natural love spheres.

#### **Possible relationship of Map of Consciousness (MoC) with Mansion World Spheres:**

<b>8<sup>th</sup> Sphere</b>	<b>1,081 – 1,251</b>	<b>Achievement of at-onement on reaching 1,081</b>
<b>7<sup>th</sup> Sphere</b>	<b>921 – 1,080</b>	<b>Divine love only, transmission to at-onement and Celestial spheres</b>
<b>6<sup>th</sup> Sphere</b>	<b>841 – 1,000</b>	<b>Natural love mind world – perfect Natural love</b>
<b>5<sup>th</sup> Sphere</b>	<b>781 – 920</b>	<b>Divine love Mansion World</b>
<b>4<sup>th</sup> Sphere</b>	<b>651 – 840</b>	<b>Natural love mind Mansion World</b>
<b>3<sup>rd</sup> Sphere</b>	<b>500 – 780</b>	<b>Divine love Mansion World</b>
<b>2<sup>nd</sup> Sphere</b>	<b>500 – 650</b>	<b>Natural love mind Mansion World</b>
<b>1<sup>st</sup> Sphere</b>	<b>1 – 499</b>	<b>Natural love mind world predominantly</b>

**World 1 embraces the regions of disharmony as well as introduction to Divine Love. All humanity awaken in spirit in the first Mansion World. Then they move, if required, upwards to higher mind levels or lower into the hell planes or over into the Divine Love healing worlds. Humanity, overall, calibrates around 212 on the Map of Consciousness.**

Guilt (30 on MoC), that is the field of self-hatred and destructive energy, sees a world of sin and suffering.

Apathy (50 on MoC), also has a negative energy field. The emotions of Apathy are hopelessness, despair, despondency, and depression, which are the result of the loss of energy. Apathy is like an old lady rocking back and forth in her rocking chair, staring hopelessly out the window after receiving an erroneous telegram that her son was killed in the war. A large portion of the world lives in a state of apathy, including whole countries and subcontinents, where the people stare blankly because there is no hope and no chance. About one-third of the world lives at the bottom three states of Fear, Grief, and Apathy.

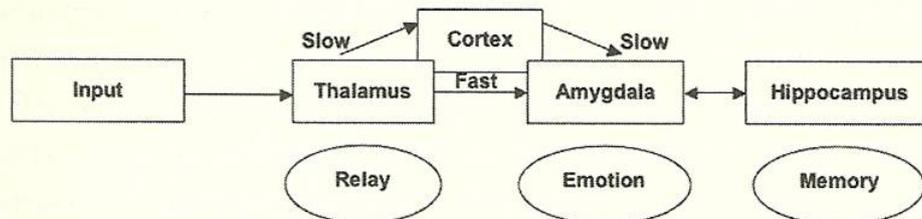
The woman rocking back and forth has also had adverse changes occur in her brain. A column could be added to the MoC that says 'Brain Chemistry' because this field of Apathy results in a shift of neurotransmitters, creating a clinical state called 'hopelessness'.

Grief (75 on MoC). If the woman in the rocking chair were to start crying and expressing emotion, then she would be improving and moving up to an energy field call Grief, which is characterised emotionally

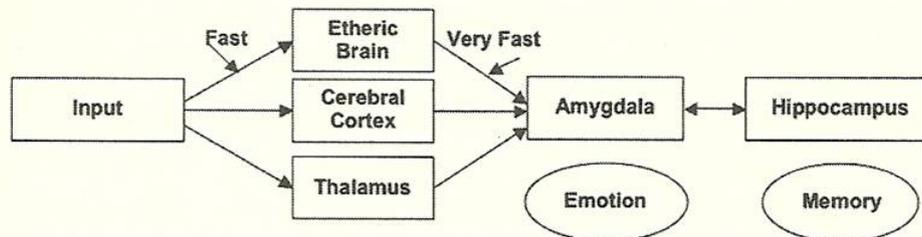
by regret and feelings of loss and despondence. Grief is the loss of the energy of life, spirit, and the will to live. When the will to live is lost, then the energy from the universe is lost, leading to depression. People in Grief see a sad world and a God who ignores them.

## BRAIN FUNCTION AND PHYSIOLOGY

### Lower Mind (Below 200)



### Higher Mind (Above 200)



### Below 200

Left-brain dominance  
 Linear  
 Stress—Adrenaline  
 Fight or flight  
 Alarm—Resistance—Exhaustion  
 (Selye—Cannon: Fight/Flight)  
 ▼ Killer cells and immunity  
 Thymus stress  
 Disrupt acupuncture meridian  
 Disease  
 Negative muscle response  
 ▼ Neurotransmitters—Serotonin

Track to emotions twice as fast  
 as through prefrontal cortex  
 to emotions  
 Pupil dilates

### Above 200

Right-brain dominance  
 Non-linear  
 Peace—Endorphins  
 Positive emotion  
 Support thymus  
 ▲ Killer cells  
 ▲ Immunity  
 Healing  
 Balanced acupuncture system  
 Positive muscle response

Track to emotions slower  
 than from prefrontal  
 and etheric cortexes  
 Pupil constricts

### Importance:

Spiritual endeavor and intention change the brain function and the body's physiology and establish a specific area for spiritual information in the right-brain prefrontal cortex and its concordant etheric (energy) brain.

**Terror is the pinnacle of fear – breath !**

**FEAR**



**I'll be judged.  
I won't be believed.  
I'll be wrong.  
I need to be silent.**

**By staying in a state of fear, I  
cannot feel that emotion.**

**Allow yourself to feel that state  
and the fear will disappear.**



Fear (100 on MoC), is the next energy field, which is also negative and therefore contains a lot more energy. One can run a great distance with fear. Fear runs a great part of the world and plays a very important part in everyone's life. The advertising industry plays off our fears to sell us products. Grief has to do with the past, but fear, as we ordinarily experience it, is of the future. Fear is emotionally experienced in everyday life by the average person as worry, anxiety, or panic. The process going on in consciousness is that of deflation. For example, the animal shrinks when it is frightened.

The lower states on the Map actually represent the failure to face the energy field above them. You can say that anger covers over fear which covers over grief which in turn covers over apathy.

Desire (125 on MoC), which one experiences in ordinary life as 'wanting'. There are the general feelings of wantingness and cravingness, which are part of the field of addictions and can become obsessions and compulsions. The process going on in consciousness is entrapment. One is run by what one desires, and the source of happiness is seen as external.

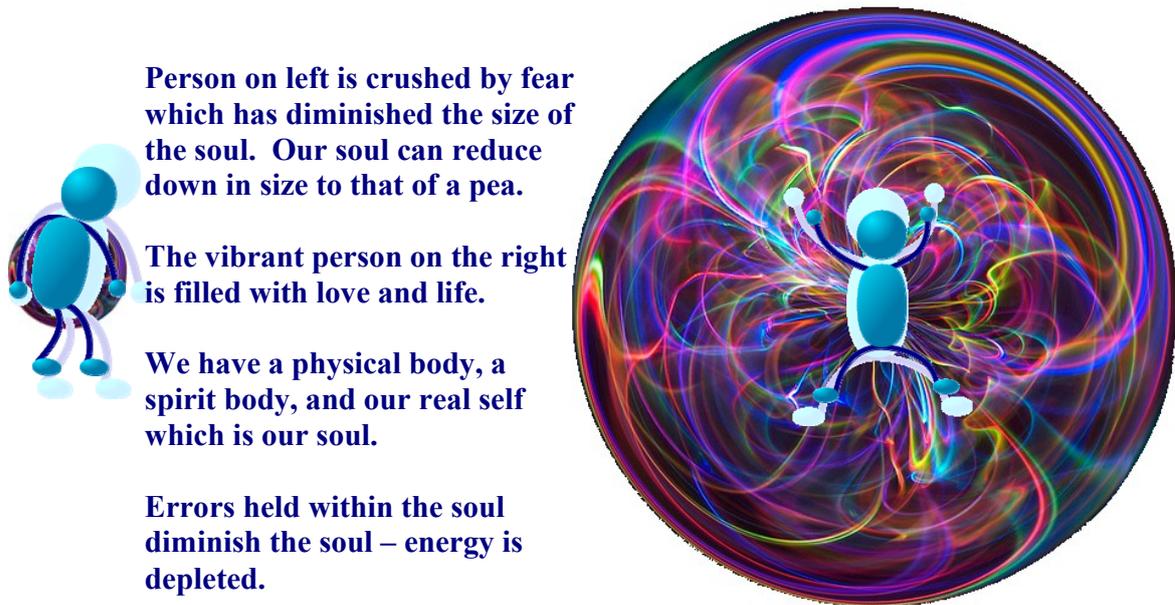
Anger (150 on MoC), is accompanied by a large amount of energy. If the angry person knows how to utilise that anger constructively instead of destructively, the energy of anger can then lead to progress.

Through television, people in the third-world countries began to see what other people had, which fired up their desire, led to frustration and anger, and culminated in that energy being utilized to create entire social movements, changes in the legislature, and constructive changes in society. Thus, anger can be utilised to energize resolve and determination.

The anger we witness or experience in daily life is usually in the form of resentment. At a more severe level, it may lead to hatred, grievances, grudges, and eventually even to murder or war. The process going on in consciousness is one of expansion; for example, when an animal is angry, it swells up.

When the cat gets angry, its tail swells up to almost twice its normal size, and the cat tries to look imposing.

Pride (175 on MoC), which denotes far more energy than the levels below it. Pride still has a negative direction. We have heard that “pride goeth before a fall”. Pride can be useful in that it has much more energy than the lower levels of consciousness. We say that a person in Pride has a swelled head, is too big for his britches, is unteachable, cannot hear, or has a closed mind. This level of consciousness (soul condition) leads to a polarised position of opinion that puts the person constantly on the defensive for being ‘right’, so the world must be wrong. The energy is dissipated in endless defensiveness. A reason for pride relates to an underlying fear. Once the person faces the fear, they can let go of pride.



**Person on left is crushed by fear which has diminished the size of the soul. Our soul can reduce down in size to that of a pea.**

**The vibrant person on the right is filled with love and life.**

**We have a physical body, a spirit body, and our real self which is our soul.**

**Errors held within the soul diminish the soul – energy is depleted.**

Above level 200, one is no longer the victim because the energy field is now positive. One might say that this field is like an antenna, and below the level of Courage (200 on MoC), the antenna is tuned to the negative, thus pulling adversity into the energy field.

At level 200, energy goes positive, so the field stops pulling negativity from the universe to itself. A person is now in a different condition as well. One is able to face, cope with, and handle things, and for the first time, able to be appropriate.

Courage (200 on MoC), at the level of Courage, people still experience the lesser negative feelings, but they now have the power to handle those energies. The critical process is one of empowerment. A person becomes re-empowered by telling the truth. This is obviously critical in the recovery from all illnesses. When people admit they are powerless over something, instead of going weak with the kinesiology muscle test, they suddenly go strong. When they get rid of the arrogance or pride, they may still have other negative feelings.

Neutral (250 on MoC), one is no longer suffering painful emotions and now feels free. The emotion of Neutral is self-trust. For example, it is ‘okay’ if one gets the job and ‘okay’ if one does not. The process going on in consciousness is detachment.

Willingness (310 on MoC), is far more powerful. The emotion of it is accompanied by the thoughts of ‘yes’, saying yes to life, to join, to agree, to commit, and to align with because there is now the introduction of intention.

Acceptance (350 on MoC), one of being capable, adequate, and confident. There is the beginning of transformation in consciousness (soul condition). Transformation has to do with the person’s re-owning that they are the source of their own happiness, and that the power is within them.

Reason (400 on MoC), logic, and intellect are the prime evolutionary characteristics of the human species. They are the product of intelligence that is capable of symbolic thinking and abstraction. This level is also representative of disciplined structure that is in accord with the observable world and its process. Thus, emotions, including desires and aversions, are subordinated as less relevant in comparison to impersonal facts.

### Correlation of Levels of Consciousness and Societal Problems

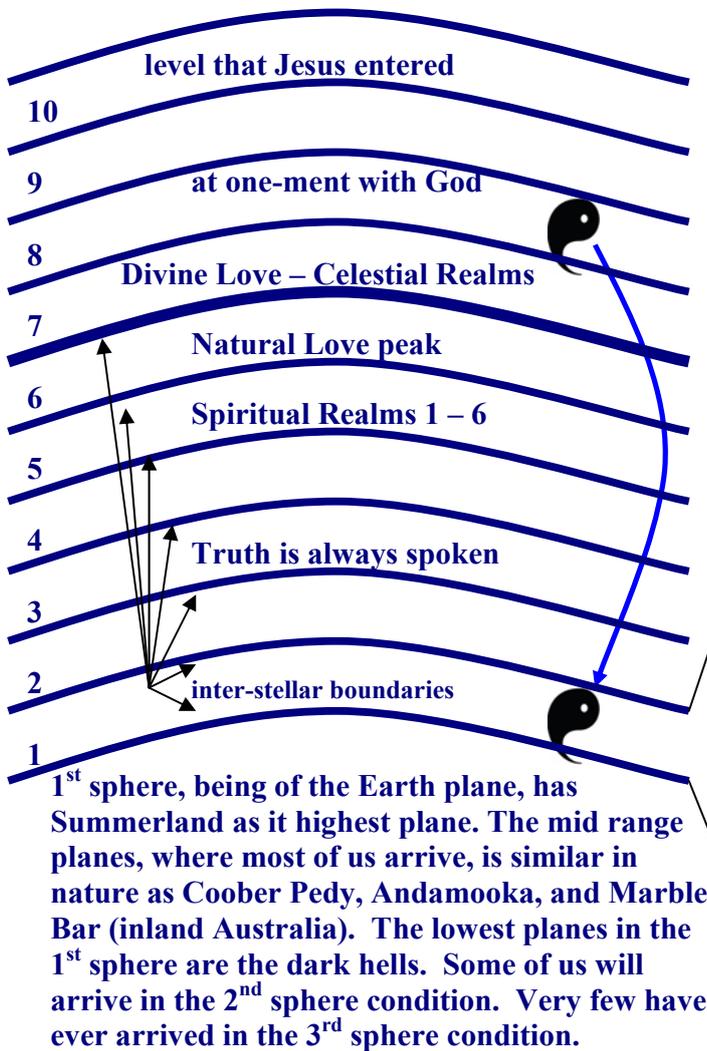
Level of Consciousness	Rate of Unemployment	Rate of Poverty	Happiness Rate “Life is OK”	Rate of Criminality
600+	0%	0.0%	100%	0.0%
500-600	0%	0.0%	98%	0.5%
400-500	2%	0.5%	70%	2.0%
300-400	7%	1.0%	50%	5.0%
200-300	8%	1.5%	40%	9.0%
100-200	50%	22.0%	15%	50.0%
50-100	75%	40.0%	2%	91.0%
<50	97%	65.0%	0%	98.0%

It is considered that consciousness levels below 500, that is 1 to 499 are representative of the soul conditions of those who enter the 1<sup>st</sup> sphere upon passing. That is, a soul condition of less than 500 will find themselves within the planes of the 1<sup>st</sup> sphere which is considered to be the Earth plane in the spirit world, when they separate from their physical body and the death of the body occurs.

Love (500 on MoC). At its purest level, reason and the intellect represent increased reality testing and non-emotional respect for truth and the means of its discernment. This can evolve even more as the love of Truth for its own sake. This eventually leads to a paradigm jump at consciousness level 500 (Love). Whereas reason is linear and objective, Love is a different dimension as it is nonlinear and subjective. Thus, it is said that reason is of the mind (the brain), whereas Love is of the being (the heart).

***Cause No Harm***

Highest Celestial Realm is infinity.



Spirits from the 8<sup>th</sup> sphere can visit spirits in lower spheres, but not the other way round.

Celestial spheres, 8 and higher, are not numbered, numbers are guidelines only.



Summerland is more beautiful than anywhere on Earth.



The hells, 2 Planes of Disharmony, are unimaginable places of darkness.

At its emergence, love is selective and conditional, but as it evolves, it progressively becomes a lifestyle and a way of relating to all life. Love emanates from within the Self (soul) and is an expression of happiness. Love nurtures and supports life and is the beginning of a revelation. Brain neurotransmitters change, beginning with the release of endorphins, which opens up millions of banks of neurons that up to this time have been waiting for the energy field to activate them.

Unconditional Love (540 on MoC) is the energy field of healing and also that of the twelve-step groups. There is a rise in the intensity of the energy field of aliveness, so it is preferable to be around these kind of people because they make us feel more alive by giving out energy to the field itself.

The farther up we go in our energy fields, the healthier our bodies automatically become until, finally, there is joy in the aliveness and exquisite pleasure of the body.

When we calibrate the great teachers of wisdom who have walked this Earth, we find that they are at the level of 600 and above. The great avatars, the great saviours of mankind, and the great mystics and saints are in the energy fields of 700s and up to 1,000. It could be said that truth begins at energy field 200 and expands upward into an ever-increasing lovingness and alignment with Truth. Interestingly, health follows the same pattern.

The level of revelation in the high 500s then opens the way to transfiguration and compassion that lead to ecstasy and states close to 600. These are states of bliss and the beginning of states of illumination and enlightenment. The energy field called Bliss, at 600, is very important in relation to addictions because the field transforms a person's life. The person who falls into Samadhi (deep meditation) by accident goes into a transcendental state when they reach 600 or higher. Usually that person's life is changed thereafter. People who have near-death occurrences experience those fields over 600, including their own higher Self. Those levels go on up to Infinity and are the realm of various world-famous spiritual teachers. The energy field of Krishna and the Buddha is 1,000 (the highest level of the natural love spheres, the Kingdom of Man). The Christ entered at the 10<sup>th</sup> sphere level which is within the Divine Love spheres, the Kingdom of God.

**Your appearance in the Spirit world:**

<b>6<sup>th</sup> sphere</b>	<b>age 25 equivalent</b>
<b>5<sup>th</sup> sphere</b>	<b>age 25 equivalent</b>
<b>4<sup>th</sup> sphere</b>	<b>age late 20's equivalent</b>
<b>3<sup>rd</sup> sphere</b>	<b>age 30's equivalent</b>
<b>2<sup>nd</sup> sphere</b>	<b>age 40 – 50 equivalent</b>
<b>1<sup>st</sup> sphere</b>	<b>fissures and blemishes.</b>

The bottom of the Map is the world of havingness. It is what one has that counts, and status comes from that. At the bottom, people want to know what others have and rate them accordingly. In the middle of the Map is the world of doingness. Here people want to know what others do in the world. What is their position and function? Havingness is no longer impressive.

At the lower levels, possessions are desired and esteemed, but with progress in the evolution of consciousness, they are no longer so impressive because everybody knows that if someone works seven days a week at two jobs, they can have all they want, so havingness no longer has status. As one moves towards the top of the Map, it is not what one has or does but what one is. People seek that person out now for what they have become, which is the truth they have owned about themselves. We seek out those people because of what they are and do not even care what they have.

When we look at our humanness from the viewpoint of forgiveness and compassion, we can then love it and hold it within our greatness. We look at our smallness like we look at the child and begin to heal it through understanding and compassion. When we do this, we are putting forth a very powerful energy field that is healing. When we look at ourselves from compassion and lovingness, we begin to heal. We also now know that what we forgive in others is forgiven within ourselves and disappears from our perception of the world.

**LIVE FEELINGS FIRST**

**NATURAL LOVE and DIVINE LOVE SPHERES and FEELING HEALING PLANES:**

**After the HAND OVER!**

**Divine Love progress is to infinity**

Peak of 7<sup>th</sup> 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  
6<sup>th</sup> Sphere  
Mansion / Mind  
Worlds with  
Feeling Healing  
MoC 840 – 1,000

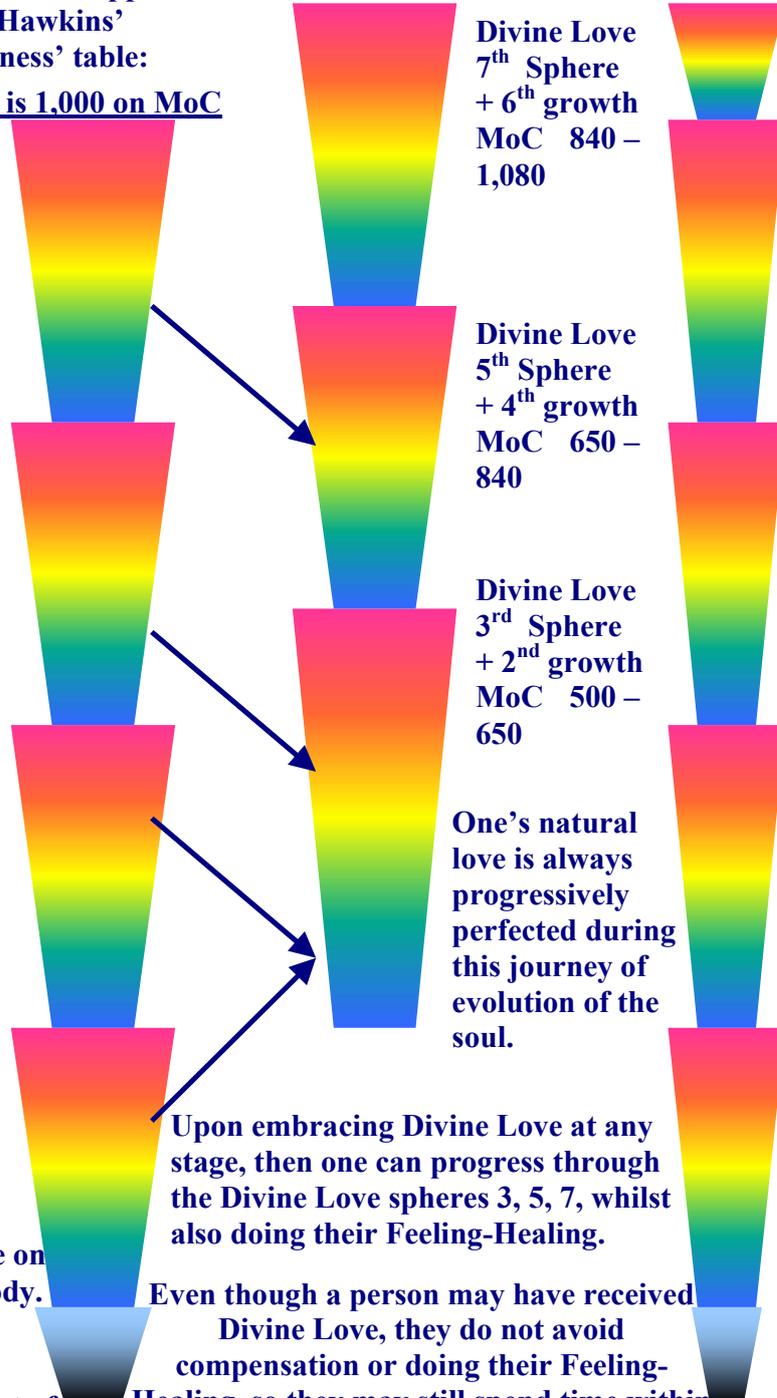
Natural Love  
4<sup>th</sup> Sphere  
Mansion / Mind  
Worlds with  
Feeling Healing  
MoC 650 – 840

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

Natural Love  
1<sup>st</sup> Sphere  
  
MoC 200 – 500

We all enter the 1<sup>st</sup> 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  
7<sup>th</sup> Sphere  
+ 6<sup>th</sup> growth  
MoC 840 – 1,080

Divine Love  
5<sup>th</sup> Sphere  
+ 4<sup>th</sup> growth  
MoC 650 – 840

Divine Love  
3<sup>rd</sup> Sphere  
+ 2<sup>nd</sup> growth  
MoC 500 – 650

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

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 6<sup>th</sup> Sphere having completed Feeling-Healing, one can then embrace the Divine Love and proceed directly to the 7<sup>th</sup> 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.



**SPHERES of PARADISE**

**INFINITE and UNIVERSAL SPHERES**

**ETERNAL SPHERES**

**CELESTIAL HEAVENS**

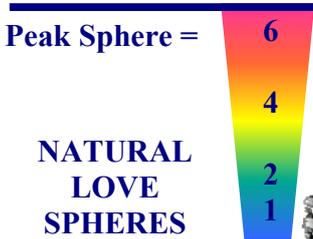
Soul spheres  
are not  
numbered.

Soul spheres  
are to:

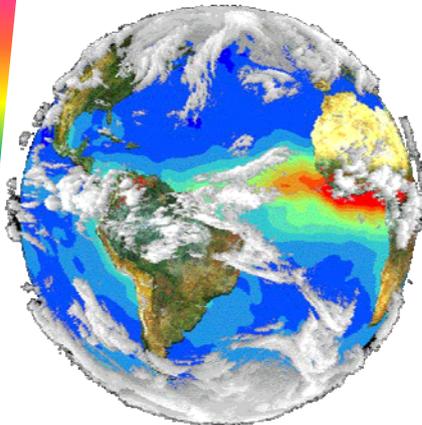


The New Birth = **Become at one with God: sphere 8**

Spirit body  
spheres are  
1 – 7



**DIVINE  
LOVE  
SPHERES**



Earth sphere is for  
the physical body.

SPIRIT MIND MANSION WORLDS are numbered 1 to 7:

To PARADISE, the HOME of OUR HEAVENLY PARENTS

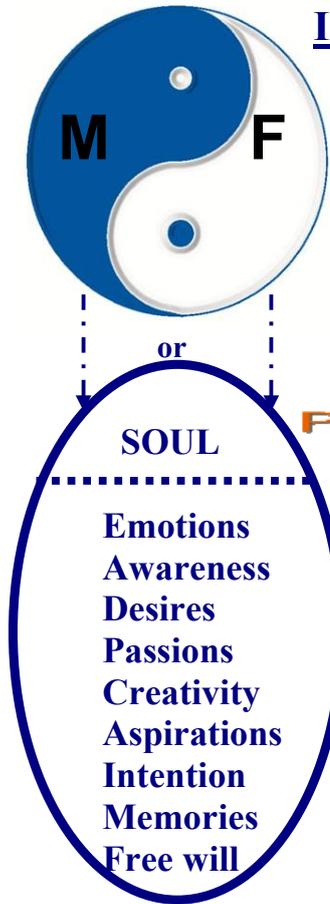
Spirit Mansion Worlds are those 1 – 7. They with the Celestial Heaven spheres numbered 8, 9, 10 as well as the 3 Spheres of Disharmony are all within the Earth’s environment, and rather close by. Each sphere can accommodate more than 100 times the people than Earth may do.

Progression from the top Celestial Heaven sphere is to the Eternal Spheres, Infinite and Universal and further onwards to Paradise.

Celestial Heaven spheres 8, 9, 10 are often referred to as 1, 2, and 3 of Celestial Heaven.



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

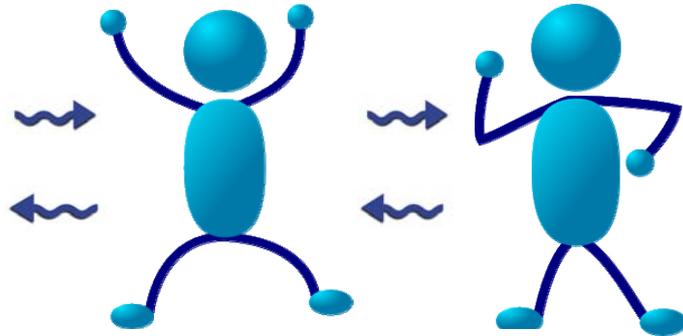


**INTELLIGENCE, MIND, BRAIN:**

**Prior to conception, we are only a feeling of God. Our parents attract us thus creating our spirit mind and body brain.**

Soul does not know sexuality.

**PERSONALITY**  
Spirit Body      Physical Body



**Spirit Body has organs, being material body for spirit world, spirit body reflects condition of your soul.**

Our Intelligence is Soul based. The capabilities of discernment, e.g., by kinesiology muscle testing, expands only with the growth of our Soul’s intelligence. Upon conception, the creation of both our Spirit Body and Physical Body occurs, bringing forward our unaware Soul to start our journey. Upon death of the Body, the brain dissolves. The mind continues to grow in the Spirit Body until we progress through the 7<sup>th</sup> sphere into the 8<sup>th</sup> sphere at which point we are ‘born again’, one with God, entering the Celestial Realms, and the mind is no longer. Our soul intelligence grows as does our soul expand with the ever increasing infusion of Love from God – Divine Love.

**PASCAS  
HEALTH**



**PASCAS  
PERS**

**INDWELLING SPIRIT, THOUGHT ADJUSTER,  
MYSTERY MONITOR (all being the same):**

The external elements, instruments of the Father, do not form attributes of our own soul upon its initial creation by our Heavenly Parents, these are the Spirit of Truth, the Indwelling Spirit, and Divine Love.

The Holy Spirit, conveys Divine Love to your soul should you earnestly and lovingly ask for it. This is the only function of the Holy Spirit – Acting Spirit.

The Indwelling Spirit becomes present when we are around the age of six. This means that the unseen helper of the Father and Mother – the Indwelling Spirit – can always interact with the mortal soul and to be of service so that eventually the leadings from the Spirit may be the catalyst for that soul to seek our Parents.

The Indwelling Spirit reveals intrinsic workings of Father and Mother to your soul.

The Indwelling Spirit functions in much the same way as the Holy Spirit, ask and it will provide support and guidance.



The Indwelling Spirit / Thought Adjuster only works with us on the mind, feeling and psychic levels directly with our personality on conscious and unconscious levels of reality. It is the Divine Minister with hands-on help from our attending angels that do the actual adjusting of our mind circuits – of all our circuits, even the physical if need be.



Spirit of Truth becomes active more so when you connect to the Source Soul and commence receiving Divine Love.

You are a spirit person having a physical experience. Your physical body is encased within your spirit body.

The spirit body only exists because our soul wants it to. In the fullness of love, even all our encrustments and wrongness is not actually bad, they are just the nether side of love.

So evil is literally a state of mind, and once you heal it you even feel love for your wrongness and even no longer hate it – that being full self-acceptance. But you can't contrive these feelings or level of awareness, it has to come of itself and will through the higher levels of your Healing.

## ASSISTING HEALING:

The source of illness is often unconscious guilt plus a specific belief system that is aggravated by suppressed emotions.

Illness is also a result of programming via the collective consciousness (and how not to buy into it), and how it comes about as a result of belief systems. We will learn that one can recover from illnesses within the parameters of karmic inheritance. There is no order of difficulty, no matter how severe the illness may sound. We will learn how to energise the self-healer that is present via Nature in all of us, and we will look at the phenomenon of multiple personalities, which demonstrates the truth of much of the following information.

Science and psychiatry are studying the clinical condition of multiple personalities with increasing interest because it explains so many different phenomena. In this condition, more than one personality expresses itself through the body (periodic overcloaking). Clinically, one personality may have multiple illnesses, such as asthma, allergies, gout, and many others, but when that personality leaves and the other personality comes in, the second one may well have none of those illnesses whatsoever. That personality says, "I don't believe in any of those things. I am not subject to them." As a result, we will look at the power of the mind (driven by the soul) over body.

A basic principle of recovery is that we are subject to what we hold in mind (which resides within our spirit body) which may, however, be unconscious (out of awareness). One can refer to the Map of Consciousness to make this understandable rather than sound mystical or puzzling in our expressions. It is helpful to remember that the direction of the energy fields indicates whether it is a negative field with a destructive influence or a positive field. Knowing this will enable us to feel confident that we are operating from something that is reasonable, confirmable, and understandable.

The mind (from within the spirit body) is so powerful that what it believes tends to manifest.



**A gold cord connects the Soul to the Spirit Body and a silver cord connects the Spirit Body to the Physical Body. It is the disconnection of the silver cord from the physical body that results in the death of the physical body.**

We will go to the level of cause instead of the level of effect. The body is at the effect of what is held in mind. If we want to know what we are holding in mind, all we have to do is look at what is going on in

the body and observe its behaviour, which tells us what we believe. If we look back into our memory (memory resides within our soul), we often will not be able to recall that we had any such belief system, or that we thought it applied to us. The fact that it is in our life tells us that it must have been there somewhere in the personal or collective unconscious.

The most common example of this occurs in people who are allergic and say, "Well, I didn't have any belief in allergies. I didn't bring this into my life consciously." Yet, if we go back into their childhoods, almost invariably we find that the belief system and allergies occurred very early in life, usually at ages two to three. The little child picks up a remark by someone in the family such as, "Allergies run in our family." The minute the child's mind hears this, buys it, and, of course, believes it, it becomes an operative program.

A lot of phenomena we see expressing in the body of the adult were picked up very early in life from a chance remark heard on television, or something misunderstood in a book, or a remark that a teacher made. These things constitute suggestive programming and common belief systems and become conscious when we begin to work on them.

We are subject to what we hold in mind, so what does that mean? What is the nature of illness itself? We see, first of all, it is that of pain and suffering. Consequently, it is obvious and merely common sense that illness is an expression of pain and suffering. When we look at the Map of Consciousness, pain and suffering are located at the lower energy levels, with the energy field in a negative direction, meaning that it has an adverse effect on our life. Then we have to look into the nature of guilt, the unconscious guilt, and how it expresses itself.

The thought patterns in the mind are belief systems. Guilt stems from judgmentalism and negative opinions. Negative feelings tend to go together, so all the negative feelings then contribute to illness, including pride, anger, desire, fear, grief, apathy, and guilt. We know that when we kinesiology muscle test a person's muscle strength, if they hold anything in mind below the energy level of Courage (MoC 200), such as prideful or angry thoughts, wantingness or cravingness, a fearful thought, some grief, apathy, or a guilty thought, the muscle goes weak. Other feelings, such as regret, loss, hopelessness, despair, self-hatred, worry, anxiety, grievances, and any kind of arrogance or contempt also result in a person's instantly going weak with muscle-strength testing. (The pupils also dilate.)

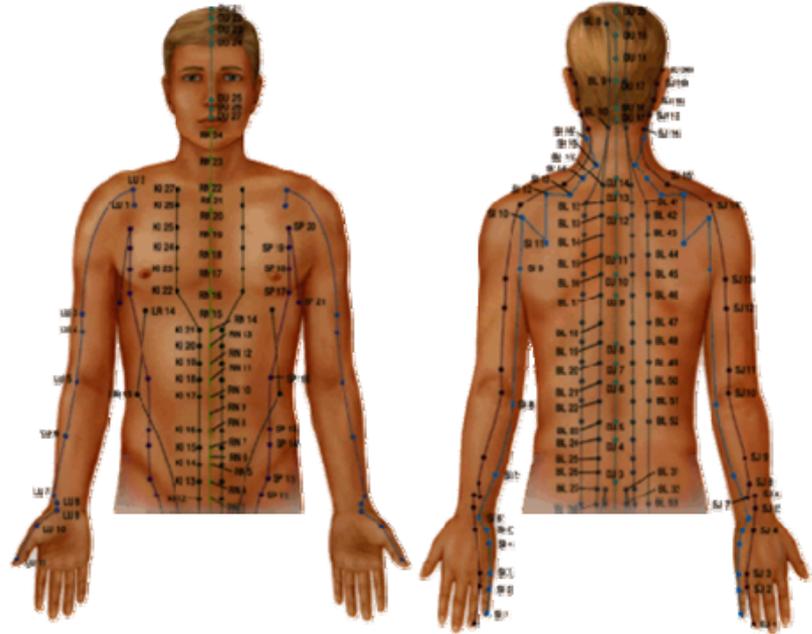
The muscle weakness and pupil dilation represent desynchronisation of the cerebral hemispheres and an instant weakening of the body's energy field. It also indicates something that is deleterious to life. Through this method, we can prove to anyone that any negative thought or feeling desynchronises the body's acupuncture energy system, which is more responsive than the central nervous system and far more rapid than the autonomic sympathetic nervous system.

The body's acupuncture energy system, via the twelve main meridians of the body, instantly responds to anything that is negative because all the energy fields below the level of Courage at 200 represent that which is not the truth. That then brings in the whole energy field and thought system of being a victim. As a sick person, we view ourself as a victim of the disease. Therefore, it is important to realise that there is the illness, and there is the person who has the illness. We then understand that the person who has that illness needs to change in order for it to disappear. We are going to learn about recovering from

a specific illness, including how to handle the actual event on the physical, psychological, emotional, and mental levels, and how we must change as a being so that healing becomes automatic.

### Meridian Lines:

Over 5,000 years ago, the ancient Chinese discovered a subtle energy in the body that can't be seen, felt or found with the senses. Energy disturbances in the subtle bodies precede the manifestation of abnormal patterns of cellular organization and growth. Matter and energy are two different manifestations of the same primary energetic substance of which everything in the universe is composed, including our physical and subtle bodies. Matter, which vibrates at a very slow frequency, is referred to as *physical matter*.



That which vibrates at speeds exceeding light velocity is known as *subtle matter*. Subtle matter is as real as dense matter; its vibratory rate is simply faster. It is believed that two opposite ends of the spectrum--*yin*, the energy of earth and *yang*, and the energy of heaven--combined with humans to create this vital force.

The Chinese discovered and identified twelve acupuncture *meridians* along which this energy travels in the human body. Acupuncture meridians are like copper traces on an electronic circuit board, running throughout the body. They were named by the life function associated with them. To the majority of Western scientists, acupuncture meridians seem like imaginary structures because there are no published anatomical studies of the meridians in orthodox medical journals to substantiate their existence. They prefer to believe that nerve pathways constitute the true mechanism of acupuncture therapy. **Meridians are the pathways of the positive and negative energy power, which carries on some of the communication between the various parts of human beings.**

<http://tuberose.com/meridians.html>

The Map of Consciousness shows that all the negative emotions facilitate illness, and all the positive emotions tend to cure illness. Once we get above the level of Courage, a level that we cross by telling the truth about things, we become detached, which opens a space for us to become a willing, accepting, and loving person. On the calibrated scale, Love occurs at 500 and Healing appears at 540. What kind of lovingness brings about an almost automatic healing within the body? It is unconditional love, that which is non-judgemental, forgiving, and aligned with understanding and compassion. Love sees, nurtures and supports all of life and honours its sacredness, and of itself creates a healing energy field that calibrates at 540.

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	Ultra-low Frequency	
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		

**Happiness Domain**

**Un-happiness Domain**

We have to begin by letting go of resisting the sensations that we are experiencing and stop labelling them. For example, we cannot experience a 'duodenal ulcer' or 'asthma'. They are labels, mental constructs, elaborate programs, and belief systems. We cannot experience 'asthma', but what do we experience? This is where the technique of radical truth comes up.

The actual healing of the physicality of the illness is letting go of resisting the inner physical experience of it without any mental label. At the same time, in fact, we begin to cancel the mental label and replace it with the truth. We cancel by affirming, "I no longer believe in that. I am in an infinite being, and I am not subject to that. I am only subject to what I hold in mind."

(Affirmations may work for some people, whereas releasing emotions – erroneous beliefs may work for others. This is something for each of us to consider. The objective is to correct the error within our belief systems which relates to an emotion that is blocking the energy flows through our spirit body which in turn is manifesting the illness within our physical body. Erroneous beliefs and emotions can be directly associated to each illness and pain emerging within our body.)

What does it mean to be "an infinite being and not subject to that?" It means we are only limited by our belief systems, and if we let them go (errors within our soul), what takes their place? If form is removed from consciousness, what is left? The formless is left, and the inner experience of it is infinite, without boundaries, without beginning or end. The formless is the essential nature of consciousness itself and is unlimited. If we place a limitation or introject form, then we subject ourselves to what we are holding in mind. To replace it, we consciously cancel it by saying, "I cancel any belief in duodenal ulcers", or asthma, or whatever the illness might be. We then say, "I'm subject only to that which I hold in mind. I am an infinite being, and in truth, I am not subject to that. And that is a fact."

Falsity by its nature puts us below the level of 200 and throws us into a negative energy field, which, in and of itself, brings about illness.

(An error of truth creates an emotional issue that once removed enables health to return to the body.)

The minute we tell the truth, the energy field at the level of Courage (meaning to tell the truth that we are 'infinite being and subject only to what is held in mind') instantly puts us above the line at level 200.

The willingness to accept this truth lifts us up to a position to choose appreciation of the body instead of the 'make wrong' of the body; the lovingness of our life instead of the 'make wrong' of our life; the lovingness of the being that we are instead of the criticism of it. We find that we have to let go of criticism, 'attack' thoughts, critical thoughts, and judgemental thoughts. We have to let go of putting ourselves in the position of being right and making other people wrong because the level of 'right and wrong' is at the energy level of about 180, which is that of negative thought forms. In other words, it has a deleterious effect on our health and life energy. If we are willing to let go of our illness, then we have to be willing to let go of the attitude that brought about illness because disease is an expression of one's attitude and habitual way of looking at things.

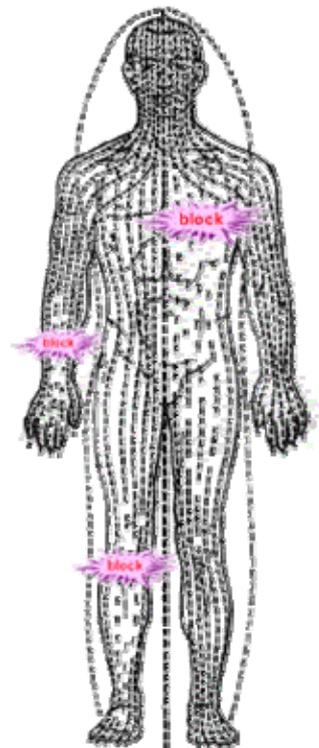
(The releasing of the emotional errors that are the underlying cause of illness brings about health and recovery.)

The specifics of healing a particular illness consist of:

1. Letting go of resisting the sensory experience of it.
2. No longer putting names or labels on it, and
3. Using no words at all. Welcome experiencing what you are experiencing in a very radical way and at the same time
4. Cancel the thought form and belief system, and
5. Choose the energy field of Love, which heals.

(Consider engaging this at the same time as releasing underlying emotional errors.)

### HIERARCHY of HEALING SYSTEMS



If we look at the basic physics of the energies involved, we can see why Fear at calibration level 100 is overpowered by Love at 500 because these are exponential powers. Therefore, the power of Love is represented by  $10^{500}$ , whereas Fear is only  $10^{100}$ , a very, very big difference.

To put oneself in an energy field of 540 is to automatically heal oneself. A loving thought then heals, and a negative thought creates illness. Choosing to become a loving person results in the release of endorphins by the brain, which has a profound effect on the body's health and happiness (see Brain Physiology Chart earlier). Happiness arises from the willingness to let go of that which is negative and to allow love to replace it in consciousness because the essential nature of consciousness (soul condition), unless it has been impaired, is lovingness. We see this in the young child who is only innocence, and lovingness is the expression of the essence of human nature. It is as if the child has not yet been programmed to go into fear, doubt, or limitation.

How do we pick up the negative belief systems? We pick them up through television and well-intentioned people. Their intention is to prevent these illnesses in us by educating us about them. Instead, we find that the mind is now programmed to accept a specific belief system. Unconscious guilt then comes up and utilizes that belief system, which causes an impairment of energy flowing through the energy fields that run down through the twelve meridians of the acupuncture energy system.

For example, every time someone goes below level 200 (Courage), we find upon testing them that their energy system is imbalanced. Characteristically, most people will 'blow out' one particular acupuncture meridian rather than another. For example, every time they have negative thoughts or feelings consequent to a negative belief system, they may impair the heart meridian. As the years go by, every time they feel resentment, go into self-pity, or criticize someone else, it disrupts the energy and flows down the heart meridian. This depletes the life energy of the heart, and the continual repetition begins to alter its physiology in very delicate ways. It begins to express itself through irregularities in the autonomic nervous system, which operates in the functioning of the body organs.

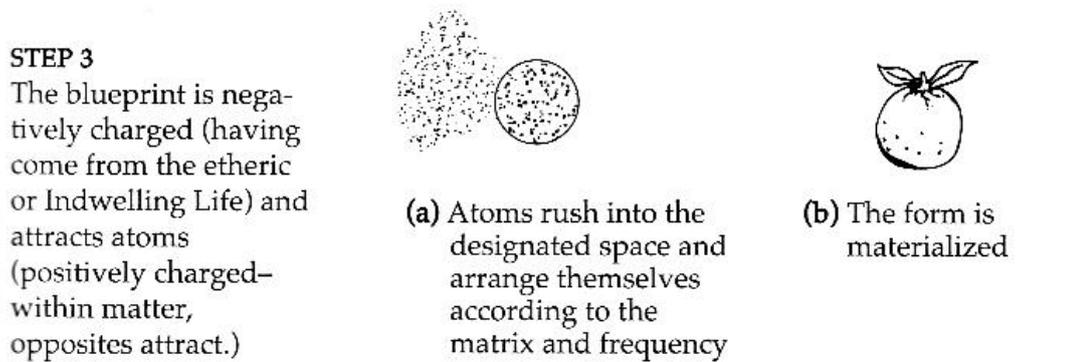
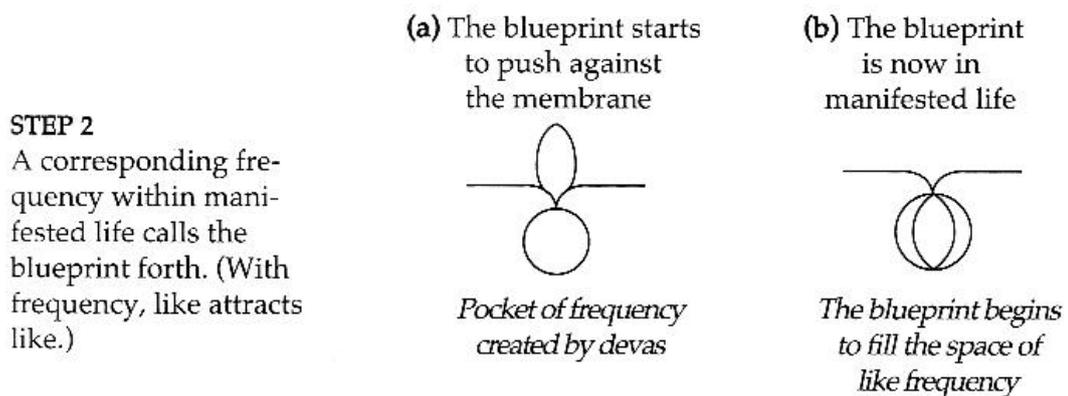
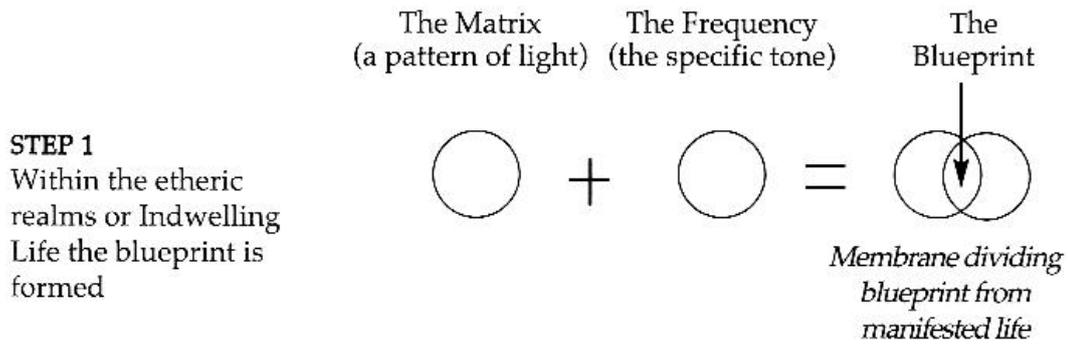
As a result, there begins an impairment of the physiology of the heart itself, including the lining of the arteries. As the years go by, the habitual disruption of the heart meridian brings impairment on the physical level, which is an expression of what has been held in mind. That is the basic premise – the body expresses what is held in mind, not vice versa. The body expresses a person's habitual way of thinking.

The mechanics of negativity short-circuit the acupuncture system and the autonomic nervous system. This in turn alters and impairs the sensitive electrical and chemical processes that are going on in the cells, resulting in pathological changes within the anatomy and dysfunction that results in a coronary attack, heart disease, or heart failure. The heart failure comes about partly as a result of years of negative mental attitudes. The mind would like to blame it on cholesterol, stress, one's lifestyle, genetics, what goes on in the family, and so on. These are all merely explanations, excuses, and rationalisations to try to make intelligible that which is not clearly defined.

When looking at the exact mechanics, we see that what we hold in mind (from within the spirit body) begins to manifest on the physical plane because it is the mind that has the power (fed from the soul). Even a relatively neutral thought can have major consequences.

# How Matter is Formed

This is not an exact representation of the process, however, it demonstrates just how powerful our thoughts can be.



For example, one has the thought, “I think I will go to Hawaii.” That one thought now energizes one’s finances and determines what one is going to do over the next six months to get ready for the trip. The thought held in mind now determines what one does with their money, their entire behaviour, the packing, the moving their body thousands of miles through the air. That one thought influences the next six months of one’s life.

We can see how powerful the mind is, and one of the difficulties to overcome in self-healing is the willingness to accept the great power of the mind fed by the emotions from within the soul. We cannot let a negative thought go unchallenged. One cannot say, “I have diabetes” and let that go unchallenged. That is a belief system so powerful that just believing “I have diabetes” is sufficient to potentiate the disease. Instead, one has to cancel it and say, “I am a person once thought that, but I am only subject to what I hold in mind. I am an infinite being, and I am not subject to that.” One releases any symptoms and cancels them. One replaces them with the truth, and in doing that one moves above the line in the specifics of a given illness.

When reviewing my (Dr Hawkins) many illnesses (see towards the end of this document), my mental systems had to be questioned to find out what was going on because it was obvious that a person with so many illnesses could hardly be said to be free of conflict. I began to study my perfectionism and see how this tendency, which allowed me to forgive others but did not allow me to forgive myself, was creating an intolerance of my own humanness. As you can see, to be intolerant and condemn and attack all these things within oneself produces unconscious guilt about one’s own human limitations.

The origin of this mention proclivity began in childhood in the form of moral scrupulosity and fear of sin. I had to move to a willingness to accept, love, and forgive my own humanness, acknowledge that it was only human to have imperfect feelings, and to let go of attacking myself for being human. Therefore, I had to look into the essence of seeing what is the inner core and essence of one’s humanness. This took me to the awareness of the intrinsic innocence within consciousness (soul condition) itself. I then had to look at the nature of consciousness (soul condition). How does the child, in its innocence and lack of negativity, end up with so many programs within the mind to create all these illnesses?

We can find the answer when we look at the nature of innocence and track what happens to it in the child. The child’s innocence might also be compared to the hardware of a computer. The hardware is not affected by the software itself. We look at the child and see the innocence of its consciousness (soul condition). How does all the negative programming come in to the innocent child? It comes in because of innocence; the child believes anything it is told.

It is out of its lovingness and trust of its parents, its teachers, and the world of television, commercials, and society that the child becomes progressively less innocent because it is now displaying all the programs it has picked up out of that primary innocence. It starts to believe the prejudices of its parents and playmates, such as little sly remarks like, “We don’t play with certain kinds of people.” What buys that negative programs? It is the innocence of the child, which remains within our consciousness throughout our life. It is always going on. It is out of that innocence that we buy into error, but the inner innocence itself is unsullied. We have to go back into the recognition of that inner innocence in order to forgive ourselves as well as others.

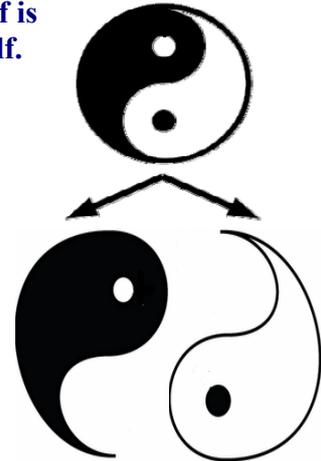
The SOUL CONDITION of BABY at CONCEPTION is PRISTINE:

A feeling of God creates our soul personality, the soul then splits into male and female elements. At the time of creation of the soul, the state of the soul is that of natural love as of the 6<sup>th</sup> sphere. The location of the soul at that time is not of the 6<sup>th</sup> sphere. The soul halves are then attracted to different parents.



Baby at 8 weeks

Our true self, our soul is a duplex, each half is complete within itself. Our two soul halves make up our soul.



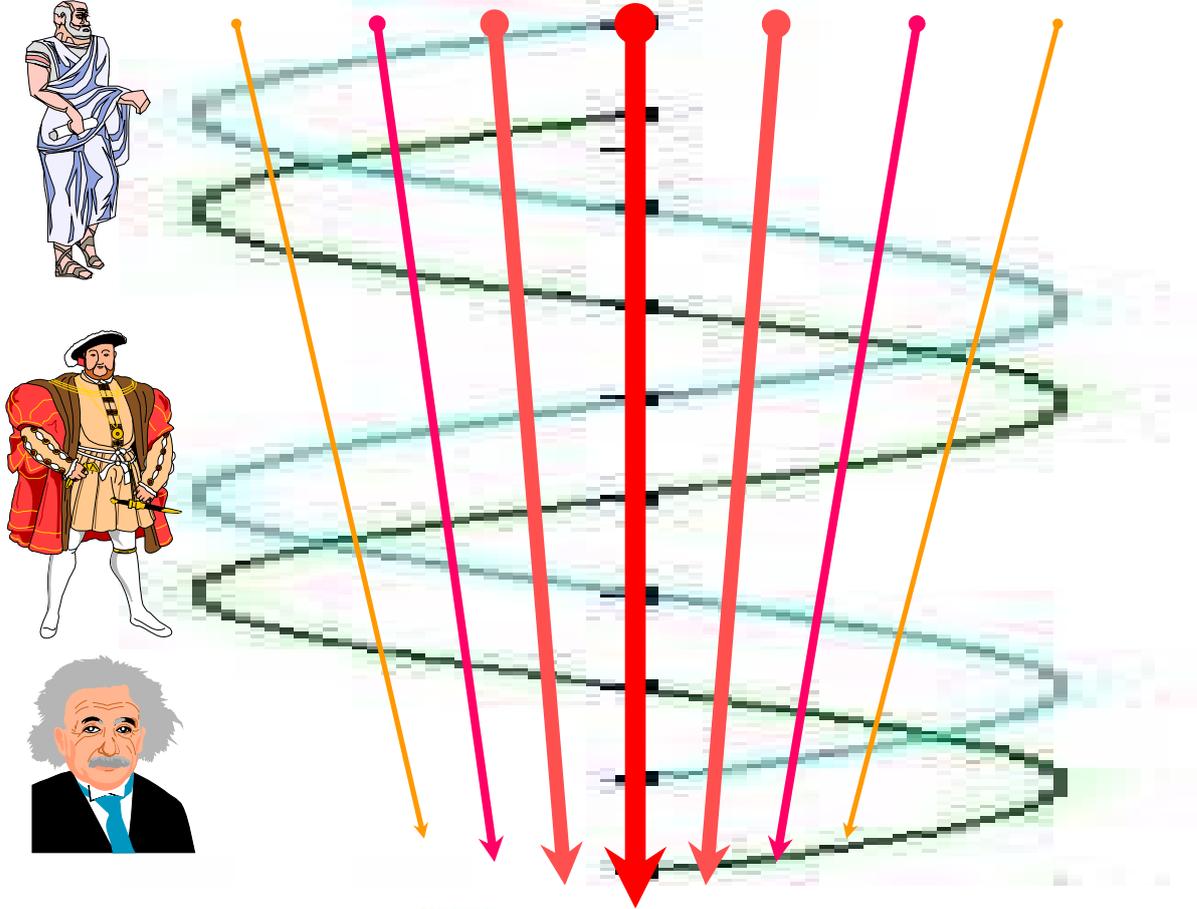
The two soul halves may be incarnated up to 20 – 30 years apart, both halves are never in the same family.



Emotions flowing to unborn baby, then born baby, from those around the baby.

During gestation and early years after birth, the soul condition of the baby drops from the 6<sup>th</sup> sphere state to the level reflecting that of the parents and of those in frequent contact with the baby. Kinesiology testing repeatedly shows that the consciousness level, soul condition, of the child reflects that of one or the other parents all the way through their childhood until such times as to when they leave home and commence their independent life and establish their own environment.

**OUR BLOCKED EMOTIONS FLOW DOWN FROM GENERATION to GENERATION:**



**Childhood illnesses, and illnesses of baby within the womb, stems from blocked emotions passed down from generation to generation.**

**We are a product of all that has come before us.**

**Our own soul condition is reflected in our children.**



**To assist baby, as well as yourself, work to clear your blocked emotions.**

**Clearing your emotions improves your soul condition as well as that of your children.**

**Baby's body, when conceived, is always perfect. Their soul condition is also perfect.**



That inner innocence allows us to learn anything new. The innocence of the child never changes; in fact, it is the innocence of the child within you that is reading these words this very second. It never changes; it is that same trusting, believing, and ‘hoping to hear the truth and be open to it’ innocence that continues. Even if you do not believe what you are reading now, it is because some opposite program within your mind says, “Don’t trust.” And it was your innocence that bought the program of “Don’t trust anybody.”

That brings us to compassion because we now see how we picked up programs as we grew up in youth or adolescence. For example, we do not want to admit that we have negative thoughts, feelings, or even fear, or that we have desire or feelings of loss, regret, or hopelessness. These are not acceptable. The self-hatred and guilt then accumulate from the constant rejection of our own humanness. As a result, we have to move to a better, healing way of being with ourself. It is easy to do by merely choosing to be compassionate and forgiving.

That which I forgive in others I automatically forgive in myself because all I am seeing out there is myself projected into the world.

With the undoing of all this negativity and the replacement of the low negative energies by a positive energy, we begin to experience the world, ourselves, and our relationship to life in a different way. We begin to experience an inner joyfulness as a result of our willingness to let go of condemning ourself and others. This then becomes a habit and the way we are in the world. Intention to be a source of healing to ourself and others sets up a context.

We literally begin to see the world through forgiving, healing, and compassionate eyes. We are not talking about sympathy, which is in the lower energy fields; we are talking about a lovingness as an inner decision to be that kind of human being towards ourself and others. There is the willingness to let go of being critical, along with our moralising ‘right and wrong’ attitude that occurs when we polarise ourselves with others by saying, “My position is right and your position is wrong.”

Instead of being ashamed that we are a spiritual seeker with a physical illness, we instead become thankful and say, “Aha! Something is coming up to be healed.” We want that capacity to bring up the various things to be healed; thus, it is a sign of progress, not of falling back. We can be happy that we have a chance to heal these things that, paradoxically, are actually brought up by major or rapid spiritual progress (i.e., karma). Most of the great mystics of history had records of many physical illnesses (e.g., see “Mystics” in Encyclopaedia Britannica).

An illness is merely our consciousness calling attention to something that needs to be looked at. There is something about which we are feeling guilty, fearful, or other negative emotion. There is a belief system we are holding that has to be let go of and cancelled. There is something that has to be forgiven, and something within us that has to be loved, so we thank whatever it is for bringing it to our awareness.

We say, “thank you, ulcer. I see. You forced me to look at the way in which I was condemning myself and not loving myself. Thank you, hypoglycaemia, for showing me how much I have been living in fear.” We thank all our illnesses because they have brought us to that willingness and acceptance to move into the field of lovingness and the joy of realising now, out of compassion, that this is how the body brings about self-healing.

The pain serves a purpose, and we now hold it in a different way. We are going to make lemonade out of lemons. Instead of going into self-pity or resentment about an illness, instead of 'poor me' or being a victim, we say, "What is that trying to tell me? What is it that I'm supposed to learn?" We get interested in learning about the nature of consciousness (soul condition) and finding out what is underlying (emotion) the illness so we can heal it through a greater understanding.

**God designed me to feel all of my feelings, and fear is just a feeling / emotion.**

**Co-dependency – you feel that you have to depend upon some person for something in your life.**

**There is only one person in the universe that you are dependent upon for your life, that is God.**

**You do not even have to have your soulmate when you are one with God.**



#### **PAIN / DESIRE**



**Desires need to be higher than the fear / error to feel the emotion.**

#### **FEAR / ERROR**



**Reduce fear with truth.**

**If your fear is greater than pain we will not deal with the pain.**

**We are accepting the fear more than pain.**

**We need to get fear lower than pain / desire so we can address the pain.**

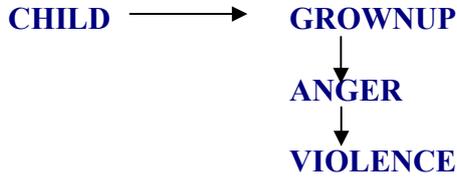
**Pain is error leaving.**

#### **PLEASURE**

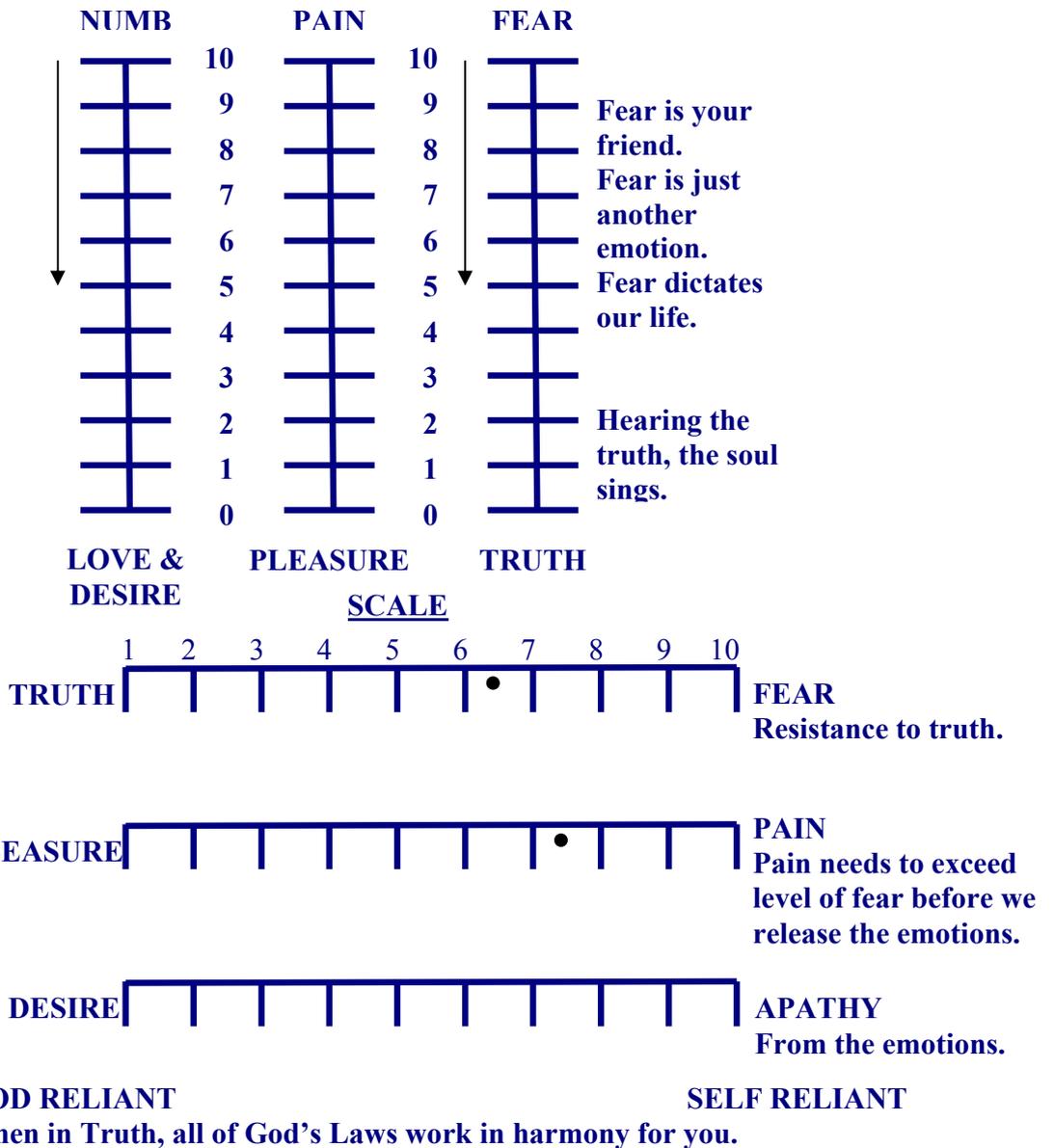
1. **Breath – into diaphragm.**
2. **Feel your body – be in your body.**
3. **We want to get into an emotion as they occur – allow the emotion immediately.**
4. **Pray – a longing directed towards your Creator for assistance to deal with our emotions. PURE connection with God, needs to be with sincerity.**
5. **Allow your Law of Attraction to trigger your fears – notice your Law Of Attraction.**

#### **TRUTH (all happens emotionally)**

Fear is the worst problem we have on the planet, it causes all other problems, it also causes our pain. We are even afraid of our own fear.

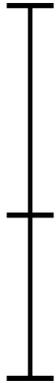


Is it any wonder why we have trouble feeling fear?



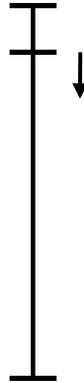
**DESIRE / FEAR PENDULUM:**

**DESIRE**



Desires need to be higher than the fear to feel the emotion.

**FEAR**



Reduce fear with truth.



**DESIRE NEEDS**

To enter emotions:

- Prayer to grow our desires.
- Prayer to feel truth.
- Nurture feelings that are positive.
- Lessen the fear that suppresses the desire.

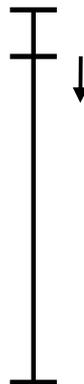
**TRUTH (all happens emotionally)**

**PAIN / DESIRE**



Desires need to be higher than the fear / error to feel the emotion.

**FEAR / ERROR**



Reduce fear with truth.

If your fear is greater than pain you will not deal with the pain.

We are accepting the fear more than pain.

We need to get fear lower than pain / desire so we can address the pain.

Pain is error leaving.

**PLEASURE**

1. Breath – into diaphragm.
2. Feel your body – be in your body.
3. We want to get into an emotion as they occur – allow the emotion immediately.
4. Pray – a longing directed towards your Creator for assistance to deal with our emotions. PURE connection with God, needs to be with sincerity.
5. Allow your Law of Attraction to trigger your fears – notice your LOA.

**TRUTH (all happens emotionally)**

The first tools we need are willingness and an open mind – the willingness to say that the mind is looking at something which it is being asked to view so it can be healed. The healing of the body comes about with the healing of the mind. All the physical illnesses, which I (Dr Hawkins) eventually let go of, finally healed of their own nature as a result of healing the thought forms in mind. All the healings resulted from the willingness to let go of the condemnation of self and others, to let go of criticalness, self-pity, resentment, and all the negative energies at the levels below 200, including regret, worry, anxiety, grievances, self-contempt, and self hatred. It was the letting go of those things that shifted the energy field to one that brought about the healing. I kept working with it, cancelling the belief systems of hypoglycaemia and gout. As each belief system would come up, I would cancel it and say, “I no longer believe in that. I am no longer subject to that. It is the result of a belief system, and I have the power to cancel it.” Thus, we begin to own that we have the power to refuse, reject, and deny. “I have the power to refuse that. I don’t have to buy into that.”

Because these belief systems are so prevalent in our culture, we naively think that they must have a certain reality or else everybody would not believe them. The only reality that they have is on the level of a thought form.

The fact that there is agreement about a certain thought form does not give it a reality. It only means that there is an agreement about it. Therefore, I can refuse to buy into the collective belief systems about all these various diseases, and I watch as those programs come in. I refuse to believe in all the well-intentioned educational programs about all these diseases – hypoglycaemia, gout, heart disease, cholesterol, et. As each illness is devised, we become subject to it. We are subject to what we believe in mind.

If we think eating eggs is going to raise our cholesterol, and we think raising our cholesterol is going to give us heart trouble, then eating eggs does raise our cholesterol, and the cholesterol does give us heart trouble because of the power of the mind. Mind is so powerful that it creates the thought form which manifests on the physical plane, thus becoming a physical reality.

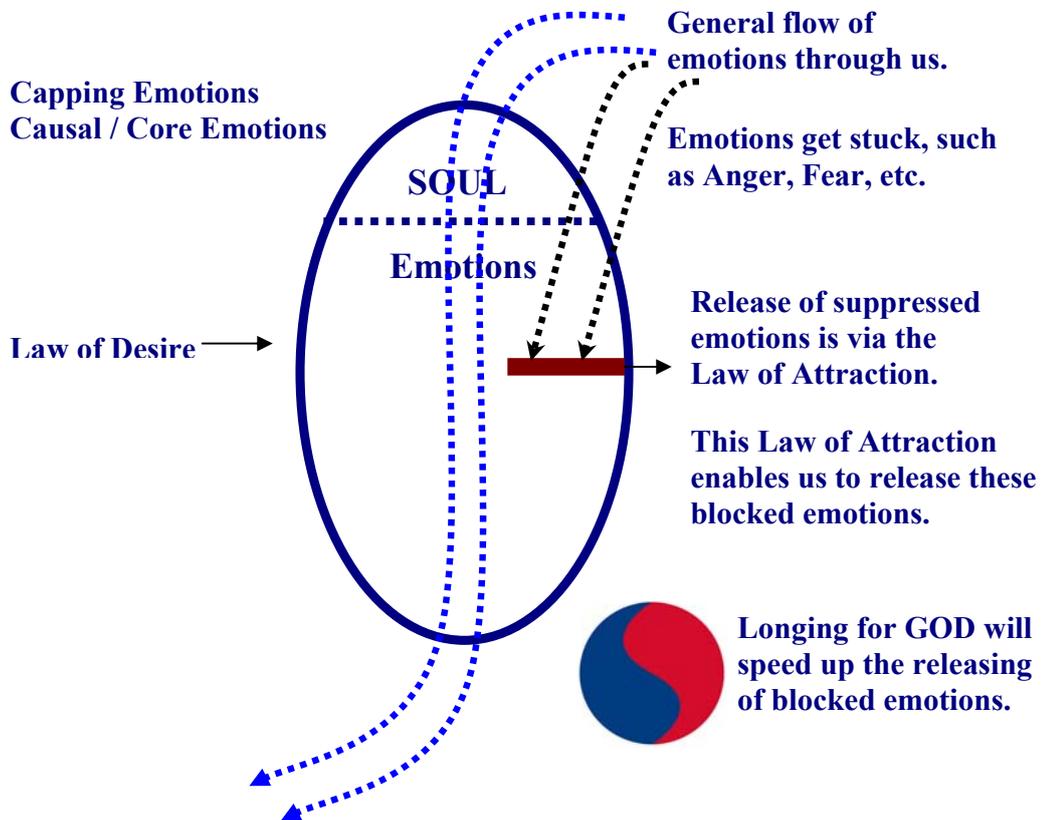
We can see that self-healing then really depends on the reversal of the usual belief systems of causality. What we hold in mind manifests on the physical level; it is not the other way around. Eating the cholesterol did not give us the heart problem; it was the belief that eating a lot of cholesterol gives us heart trouble. That is a very critical point to grasp. The belief system elucidates the entire disease picture.

If we don’t believe it, the illnesses disappear from the body. At the same time, we are letting go of the sources of unconscious guilt and stopping the reinforcement of the illnesses that comes from labelling and propagating them, thereby bringing about a fulfilment of our own self-prophecies and watchfulness.

We cannot allow the mind to come up with a belief system without challenging it. If the mind unconsciously has been working against us, and we have been unaware of how much power it has, we can turn it around and use that power on our own behalf. The same power that undid us can now work for us when we consciously utilise the power of mind. Now, when the thought comes up, “I have hypoglycaemia,” I stop it., I cancel it, and I say the truth: “I am no longer subject to that. I am an innocent being. I am no longer subject to that.”

(Our mind is within our spirit body, it is the spirit body that animates the physical body. In turn, our emotions, including emotional errors are within our soul which animates the spirit body.)

**WE are CREATED as EMOTIONAL BEINGS:**



**Repressed / suppressed emotions result from walking away from Love.  
Aman and Amon – first couple – walked away from God, detuned from God’s love.  
We misused freewill by acting in disharmony with God.**

27 Sep 09

Hypoglycaemia is a good example because it took me a considerable amount of time to undo that one. After all, I had given lectures about it for many years. It was operative clinically within me as an actual physical reality. I did a lot of work on nutrition, especially on its relationship to addiction, and to alcoholism in particular. It was a very important issue. I was a firm believer in it when I came to the understanding and realisation that my firm belief in it was then operating within my body, which was expressing my mind’s belief in hypoglycaemia. Therefore, I had to keep cancelling it repeatedly and stating the truth about it. Eventually, the condition of severe hypoglycaemia disappeared, and the abnormal blood sugars corrected themselves. After many years with this disease, I finally let of the belief system of hypoglycaemia and recovered from it. It took about two years of using the technique.

I never gained weight and no longer had any hypoglycaemic symptoms, it just no longer existed in my life.

There is the principle of watchfulness. Because the mind is so powerful, we cannot let it get away with a negative belief system even once. Every time the thought, "I'm allergic" comes up, it has to be instantly challenged and cancelled. One powerful thought, as you can see, is sufficient to create it on the physical plane, so we cannot be sloppy about this work. We have to watch it carefully within ourself.

There is really no order of difficulty in the healing of these various illnesses. This means that what the world considers to be a severe disease is just as easy to let go of as a minor illness.

Among friends, co-workers, acquaintances, patients, and other people I have worked with, there is a group of people who have recovered from many serious illnesses totally and completely. They were given up as hopeless, as almost dead, and yet those people who have become my friends are extremely alive and well, with no traces of their illnesses at all. It does not make any difference because the truth is the truth, and that which is false is false, just as all that is true is true. If your mind can create it, then your mind can cancel it. We thereby begin to use the power of the mind on our own behalf.

The process of self-healing is handled on the level of the specific by letting go of (releasing the emotional error) our resistance to experiencing it and then cancelling the thought forms. The healing is going on in general, more powerful ways due to our willingness to let go of all criticism and attack, along with beginning to love the humanness in ourself and others, and the reawakening of our awareness of its innocence.

What about the third level, that of traditional medical treatment? What part does it play in this kind of self-healing? Traditional medical treatments now surprisingly become very effective. As we let go of our guiltiness (emotional error), which came about through our lack of compassion for our own humanness (lack of love for self), medical measures that were once fruitless now begin to be effective. In other words, during all the illnesses I had, such as migraine headaches, ulcers, and diverticulitis, I received traditional medical treatment for twenty years or more. I was on the diets, medications, antispasmodics, and antacids, and I did all the traditional medical things, but they were not working; however, they perhaps kept things from getting worse. After all, I did not have my stomach or colon removed, so the treatments were working, but they were working against all the negative programming going on within the mind (responding to emotional errors in the soul).

When we start to let go of all the negative programs, all the previously relatively ineffective medical treatments now become effective. In my case, the anti-spasmodic that once barely kept the symptoms under control then totally relieved the symptoms. A healing came about. The anti-spasmodic, the antacids, and the diet that was considered necessary (in addition to acupuncture treatments) then brought about a healing of the ulcer; the medications were very powerfully effective. The medications for relieving the allergies then worked wondrously well. We found that the need for the medication dwindled off. The need for all these ameliorative measures finally disappeared, and I resumed eating a normal diet. You might imagine the kind of diet I had had to live on, with an elevated cholesterol level, hypoglycaemia, diverticulitis, an active ulcer, migraine, and most of all, the allergies.

Once at a restaurant, the only thing I could eat was the salad and the spinach because the seeds in the other foods would aggravate the diverticulitis, and the acids would aggravate the ulcer. I could not eat tomatoes or anything of that nature, and of course, nothing containing sugar. I could not eat pasta, any

of the bakery offerings, the deserts, or the meats; I had to avoid them because of the elevated uric acid levels of gout. Frankly, there were very few things left on this planet for me to eat.

As those things relieved themselves, however, I then found that diet was also a belief system. That is the downside of holistic health – the belief system that all these things are injurious to us. They are injurious to us because we are holding in mind that they are. No such thing exists in the world of the ‘real’. As a result, I am not on a low-sugar, low-cholesterol, low-fat diet. My cholesterol and blood sugar are normal. I am on regular diet and never get a gout attack. All those things turned out to be corollary to the belief systems.

If we have a belief system about gout, then we will have all that goes with it, including the beliefs about the various meats that supposedly bring it on, such as pickled herring, which I love (and now eat almost daily). I used to have gout so severely that if I ate just a small amount of liver pate on a cracker, it would bring on a gout attack.

Let us now consider the energy fields that explain how this works. What are the intrinsic physics, the energy fields, and the levels? Instead of owning ourselves at a level below the level of Truth at 200 and putting power that is a lie out into the world, we begin to re-own the truth about ourselves. Our willingness to look into this brings about the experience and realisation of the truth of it. That is the experiential purity of what we are discussing. We, ourselves, can reduplicate the truth of this through our own experimentation. We are our own individual self.

As we re-own ourselves as the source and move up in the levels of consciousness (soul condition), we begin to realise that we are subject to anything that we hold in mind, and that the belief systems and thought forms we bought into have been the source or ‘cause’ of what we have been experiencing. The world has no power to create any such thing. Does a piece of kidney have power in it? Of course not. Do our minds have the power to create illnesses? Yes, indeed.

Now we will begin to undo the syndrome of the ‘bubble’ person. What happens to the bubble person? Its innocent, childlike mind enthusiastically buys the whole idea of holistic health and nutrition, for example. It begins to read all the literature. Well, let me tell you that if we continue to read that literature long enough, we will find that everything in our world, everything in our experience, everything in our environment, and everything in this universe will kill us. That is the message we will get. Magnesium will kill us; calcium will kill us. The energy given off by rugs, paint, and everything in the air will kill us. If we walk by somebody who is smoking a cigarette – “Aha! I’m going to get lung cancer.” We unwittingly buy into all these powerfully negative thought systems. However, we can begin to cancel them, one by one. I did it.

I had a friend who said eggs would kill me. Goodbye, eggs. Cholesterol will kill me. Good-bye, cholesterol. Water will kill me; dairy products will kill me; meat will kill me. Well, eat fruit. Okay. And fruit is full of pesticides. Holy smokes! I was into fruit. Fruit did not last long at all because the minute I got the pesticide story, goodbye, fruit. Then I went to vegetables. Oh, oh! Vegetables are full of it, too. They spray all those fields in California, and fish contains mercury. What is left to eat?

We become increasingly paranoid. We do not become increasingly healthy; we become increasingly paranoid, and all my ‘brown-bag’ friends are dead! Brown-bag friends – those are people who used to

belong to one of the medical societies that really got going on this. A brown-bag person is one who has bought into so much of this in the world that now they can eat only one or two kinds of natural organic rice or grains. There are only a few things left on the planet that they can safely eat, and they carry them around in a brown bag.

What happens in this type of situation is the progressive denial of the truth about ourselves, along with progressively giving away the power of our being to the power of causality in the world, which is actually powerless. This is the reversal of truth. By progressively reversing the truth, we become increasingly vulnerable and a victim. We end up with the total paranoia of the bubble person with 'environmental allergies' who can live only within a protective bubble of purified air.

We also have the power to say 'no' to belief systems that come from our family. Really major allergies ran in my family. My grandmother was allergic, as were my mother and sister. Everybody had hay fever and sensitivity to ragweed, dust, hay, and horses. As a consequence, I had all of those allergies.

Years later, I participated in A Course in Miracles and was surprised to discover I no longer got migraine headaches from pesticides.

All illness is physical, mental, and spiritual, and therefore it is best to utilise all modalities to assist recovery.

There are also unknown factors that influence recovery, such as karmic proclivities. Thus, some illnesses may persist, awaiting further inner discovery or the evolution of one's personal level of consciousness (soul condition) whereby the source of the illness is revealed. Therefore, spiritual work should proceed for its own sake and recovery surrendered to God. Successful treatment is one thing; healing is of a different dimension because the vast sources have been discovered and brought to light.

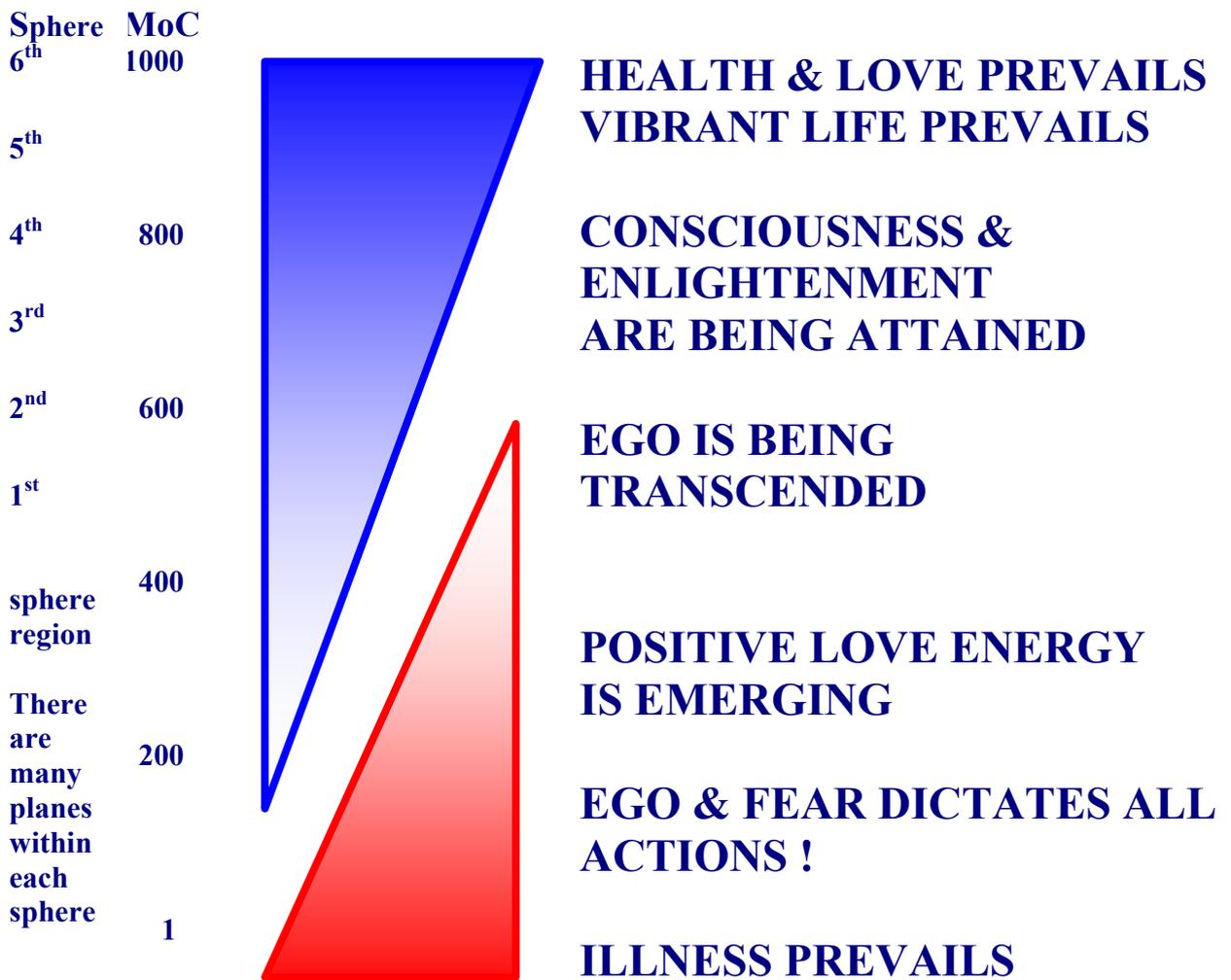
How can one know if humility and surrender are complete? They are complete when one is indifferent to whether a healing occurs or not. That is the result of surrender to God at great depth and relinquishment of the desire to control or change the way things are.

## *Only Three Things Needed*

A L O N G I N G for GOD'S LOVE to ENTER YOU  
 A L O N G I N G for GOD'S TRUTH to ENTER YOU  
 H U M I L I T Y  
 Humility is the passionate desire to experience fully  
 ALL of your own emotions,  
 without blame, judgement or condemnation

**“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.



**PASCAPERS**

**ENERGY DETERMINANTS – Relationship between Body, Mind and Soul:**

The physical body calibrates at 200 on Dr David Hawkins’ Map of Consciousness. Many people feel and believe that their body is their real self, this is not so.

Further, the brain is not the origin of the mind, as science and medicine had believed, but the other way around. The mind controls the brain. The brain is activated by the mind’s intention and not vice versa. Reason, which emanates from the mind, calibrates at 400 to 499, thus controlling the brain.

What is held in mind has the power to alter brain activity and neuroanatomy. Thought is powerful because it has a high rate of vibration. We are subject to what we hold in mind. Errors in belief bring about energy flow blockages.

Superimposed around the physical body is an energy body whose form is very much like that of the physical body and whose patterns actually control the physical body. This control as at the level of thought or intention. This superimposed energy body is one’s etheric / spirit body, the template of one’s physical body and home of one’s mind.

The basic dictum to comprehend is that the body obeys the mind; therefore, the body tends to manifest what the mind believes. Illness is generated in the physical body by erroneous held beliefs within one’s mind.

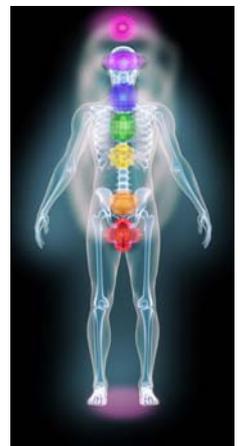
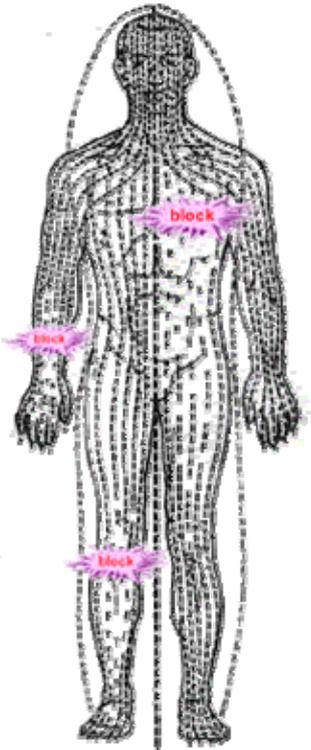
It is the energy level of love that steadily brings about a release from erroneous and harmful man-made emotions and beliefs. The energy level of love calibrates at 500 and higher. One’s soul is connected with one’s spirit body by cords of light. One’s soul is the home of one’s personality, natural intelligence and memory, it is our real self.

One’s soul is always perfect and is made of the energy substance called natural love. It is by growing one’s level of love does one enable sufficient energy to flow through one’s chakras of the spirit body and subsequently into one’s physical body that erroneous and injurious beliefs are dissolved and the potentiality for health of the physical body to become permanently repaired a possibility.

On the Map of Consciousness (MoC), the **charkas** calibrate as follows:

Crown	600	7 <sup>th</sup> chakra
Third Eye	525	6 <sup>th</sup> chakra
Throat	350	5 <sup>th</sup> chakra
Heart	505	4 <sup>th</sup> chakra
Solar Plexus	275	3 <sup>rd</sup> chakra
Sacral or Spleen	275	2 <sup>nd</sup> chakra
Base or Root Chakra	200	1 <sup>st</sup> chakra

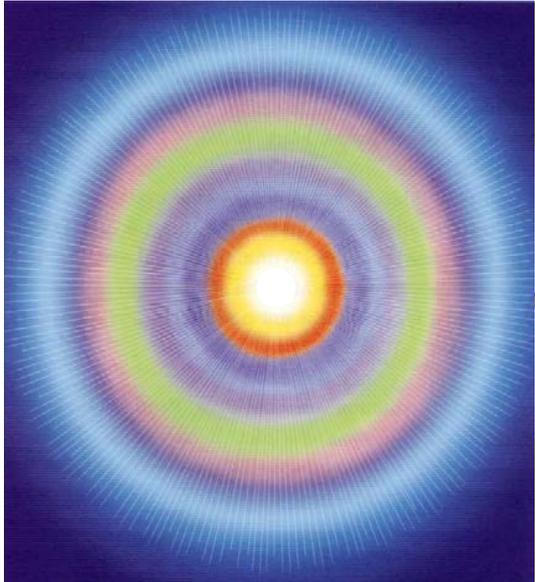
The greatest infusion of Love, and the easiest way for one to transcend levels of emotions, that is, to evolve, is to long for, pray for, and ask for the Father’s Love, Divine Love, being a light golden blue energy substance. Try the experiment.



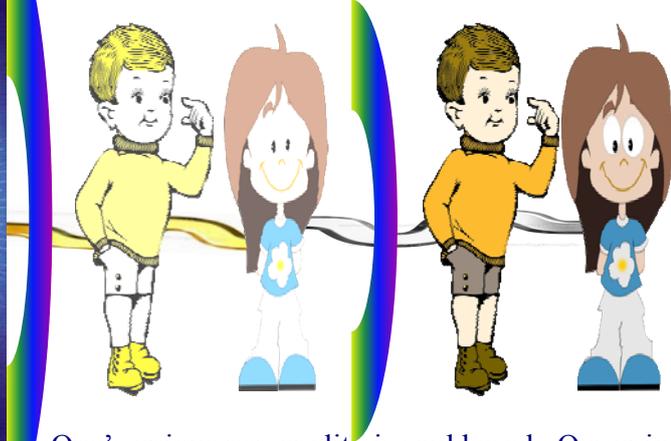
### DIMENSIONS of ONE'S EXISTENCE:

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

SOUL exists existentially



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



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

### PERSONALITY



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

## FREQUENCY MANAGEMENT for HEALTH:

**Dial into the Frequency of Life for Harmony and Wellness:**

*Our body is made of an estimated  $7 \times 10^{27}$  (that's a 7 followed by 27 zeros!) energetic atoms.  
Let's use them for good! "For Health Sake".*



Everything on this planet, including animals, plants, and water are made of atoms which produce, emit, and receive energy which operates at a specific frequency.

Everything – all our tissues, cells, organs, emotions and thought patterns – have their own unique electromagnetic fields, as do allergens, viruses, bacteria and fungi.

**Every cell has an energetic pattern.** Different cell types as well as healthy and dysfunctional cells have different energy patterns and transmissions. Each organ, each energy meridian, each Chakra and each emotion has characteristic patterns. Just like different radio stations have different frequencies, different organs have different waveforms.

Everything in the planet is a frequency, some are beneficial and some harmful to our health and wellbeing. If you are **experiencing any symptoms** this means your body is using large amounts of energy on attempting to heal and recover.

Applied frequencies can target the dysfunctional area in different parts of your body and help to harmonize, rebalance, regenerate and eliminate in order to support normal functionality.

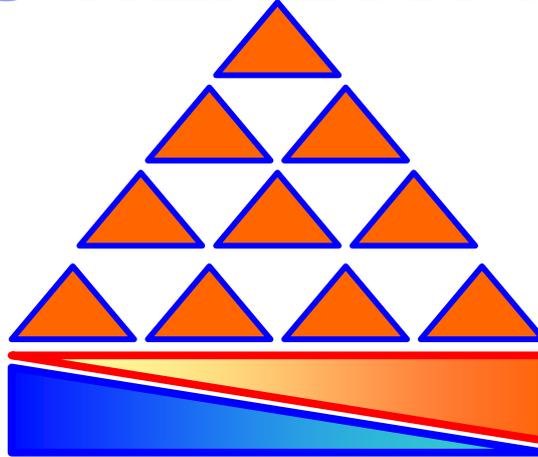
Using a frequency machine is a subtle treatment and **you don't feel a thing**. Example, the GB4000 machine can be programmed to the specific frequencies necessary to facilitate wellness. <http://www.thegb4000.com/> <https://www.quantumbalancing.com/gb4000.htm> Using a frequency machine is a subtle treatment and **you don't feel a thing**

Ones emotions, thoughts, physical health and wellness all have characteristics of electromagnetic waveform and frequencies. Feeling Run Down – Organ functionality – Malabsorption of nutrition – Hormonal deficiency – Brain chemistry imbalance-Digestive problems – Nervous System Stress – plus many more, all are reflecting different frequencies.

Think of a radio station where we can hear the music but we can't feel the frequency. E.g. Ultrasound machines can break up hard kidney stones, however, they do not damage the kidney itself, different frequency applied. Sound frequency can shatter a glass when applied at the correct frequency and not affect the person beside it.

Examples of the frequency technology applied: <https://www.youtube.com/watch?v=zosyirsTLbg>  
<https://www.youtube.com/watch?v=nCkupIqbNXo> (Youtube demonstration of Royal Raymond Rife machine frequency used to kill bacteria with frequency within two minutes real time video.)  
<https://www.youtube.com/watch?v=rvU9JrWycFI> (Rife-Bare Plasma Experiment Destroys Microorganisms (June 28 '07))

# PASCAS HEALTH MATRIX



**ALLOPATHY  
MEDICINE**

**COMPLEMENTARY  
THERAPY**

**FRIEND / PATIENT / CLIENT in conjunction with FEELING HEALING  
MEDICAL HOLISTIC DIAGNOSTIC TECHNICIAN**

**PROFESSIONAL MEDICAL TEAMS**

- Neurosurgery
- Ears, Nose & Throat – ENT
- Urology
- Orthopaedic
- Trauma Surgery
- Gynaecology
- In-Vitro Fertilisation – IVF
- General Surgery
- Ophthalmic Surgery
- Dental & Faciomaxillary Surgeons
- Cardio Thoracic
- Oncology – Cancer
- Cardiology
- Radiotherapy
- Medical Services

**COMPLEMENTARY THERAPY FIELDS**

- Complete Therapeutic Systems
- Oriental Diagnosis
- Western Diagnosis
- Iridology
- Naturopathy
- Breathing
- Hydrotherapy
- Food & Diet
- Oriental Systems
- Chinese Herbalism
- Japanese Medicine
- Ayurveda
- Tibetan Medicine
- Traditional Arabic Medicine
- Shamanism

**Imaging – X-ray – Ultrasound – CAT scan – MRI  
Pathology  
Streamer – Case Manager**

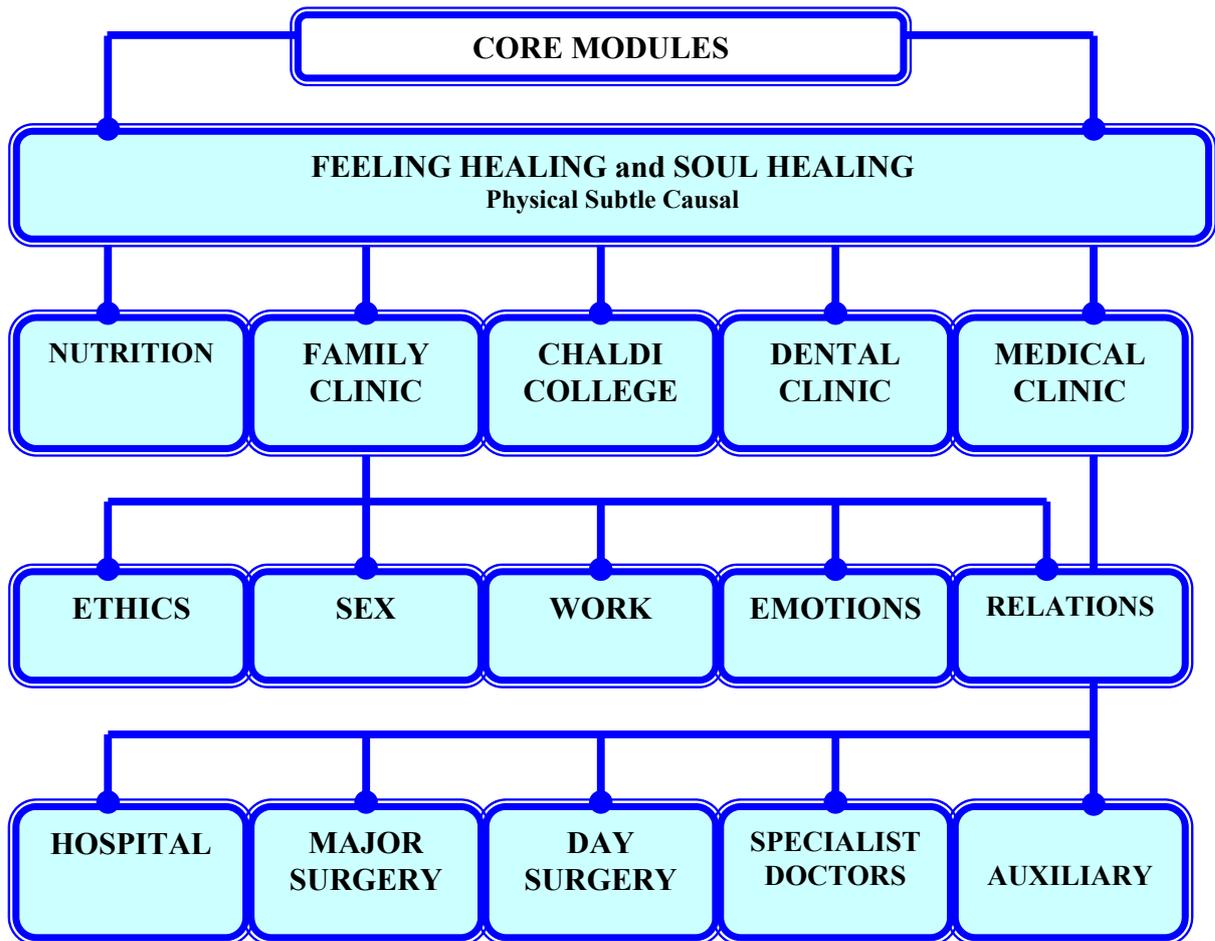


**Streamer's Meeting**



# PASCAS CARE

## Life Practice Matrix - Feelings First



*Feelings first*

**LIVE FEELINGS FIRST**

**EMOTIONAL INJURIES can be INDICATORS of PHYSICAL DISTURBANCES:**

A number of similar harmful suppressions and repressions of emotional events will draw their energies together and also relatively similar injuries to that core, thus bringing about a unique cluster of held, damaging energy that then finds a home in a compatible organ or area of the physical body.



The foundation of such accumulations can commence immediately upon incarnation, being projections from one's parents and subsequently other family members.

The core emotional injuries grow and grow through relatively similar ongoing emotional patterns of parents and carers, thus creating the foundations for discomfort and subsequent illness within a child, and later on in their life. Due to the complexity and intertwining of the natures of those influencing a child, there is NO precise relationship between core and related emotional injuries – and specific illnesses or the nature of an illness – even though the patterns do suggest that this is so.

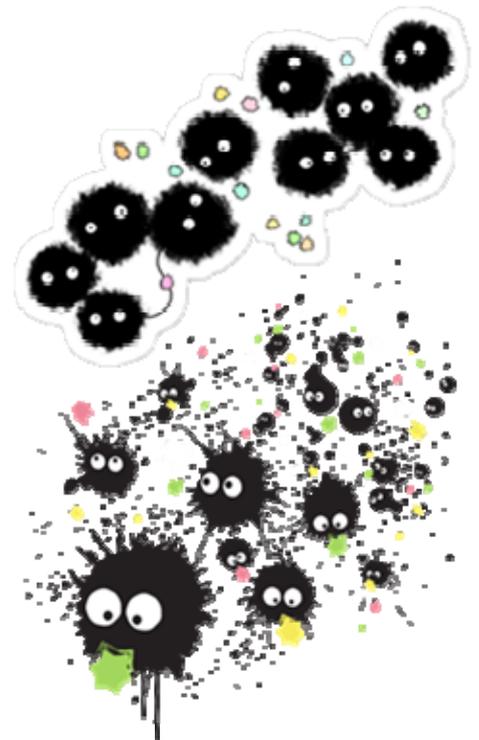
It is a generalisation that a range of emotions within a similar energy or frequency band find their manifestation by expressing themselves as pain and illness within one's body in predictable locations. Further, due to clustering of volumes of ongoing emotional injuries around the core issue, the healing process is complex and lengthy. The longing for truth of one's feelings resulting from the discomfort within one's body will be a lengthy process of working through the huge range of emotional issues directly related to any one illness event.



The gift to humanity is that any emotional injury gives us the opportunity to FEEL and LONG FOR the truth of what is behind the discomfort within our body, so that we may express what we recognise and talk the harm out of us – in this way we slowly heal ourselves – both spiritually and physically.

By ignoring what our body is bringing to our attention, by suppressing the discomfort, we bring about further escalation of the emotional error and a growth in the potential for greater vigour in the activity of the energy related to the frozen cluster of emotional injury. This may result in even more difficulty managing pain and disease within one's body.

This discomfort is a call to long for the truth behind what your body is drawing attention to and talk about what you are feeling, expressing what you feel is behind these issues, being your emotional errors and injuries, and express it out of you – release the injury.



## OUR BODY NUDGES US TO LONG FOR TRUTH!

Should our physical body be without discomfort, pain and illness, we would not have any reason or prompting to pause for a moment and wonder what is behind such intrusions to our ‘harmony’.



In this way, our body guides us into asking for the truth behind such discomfort – to long for the truth behind our emotional injuries. Should we ignore these communications then our body will amplify its signals. They will strengthen progressively until we not only engage in our investigation into the underlying cause of the pain or illness, but also start to express what we are feeling – talk it out of us.

By expressing what we are feeling will not resolve all the pain until we have totally completed all of our healing. If we were able to resolve individual issues in this way, one by one, we would stop our healing process, our Feeling Healing. That would defeat the purpose of our body being able to assist us with our total healing of ALL of our childhood suppression and repression.



“We are parented heavily by our parents who use our and their physical bodies to control our emotions, feelings, mind and will. And we are forced to change from being true to being untrue – how they want us to be. Then through our Healing our physical bodies help us back the other way, from being untrue to being true. Our bodies show the damage done, giving rise to the necessary feelings we need to make us feel bad so we can use those feelings to keep uncovering the truth of our wrongness. With our soul causing our body to show the damage when it’s time for us to attend to the required feelings.

“Our parents inflict pain that changes us from being true to being untrue. And then when we do our Healing, our bodies express that same pain, giving rise to the same feelings, so we use them to heal ourselves.

“Our body is hurt and changes us. When we do our Healing, our body hurts and we change again, back into what we should have been.”

Note from James Moncrief 2 June 2018

Thus, it can be considered that Feeling Healing is the pinnacle of all healing modalities and that all health care systems (Allopathic, Ayurvedic, Traditional Chinese Medicine, etc.) are complementary when they do not shut one down from simply FEELING.



Our bodily discomforts, both physical and mental, remain with us in varying degrees until we transition into being Celestial – in at-onement with our Heavenly Parents – following completion of our healing all our childhood repression and suppression.

**PHYSICAL DISCOMFORT is a COMPANION through out OUR FEELING HEALING:**

We are to uncover the truth of our untruth through the Healing crying Mansion World levels (and their equivalent on Earth); and then once that's done, and with the appropriate amount of Divine Love in our soul warranting fusion with our Indwelling Spirit, we can move into the Celestial spheres of love (or their equivalent on Earth).



**Spirit Mansion World 3 equivalent on Earth:** 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.

**Spirit Mansion World 5 equivalent on Earth:** 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.

**Spirit Mansion World 7 equivalent on Earth:** 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.

One's acute pains – such as headaches, hip / joint / back pain, etc., all of which can be crushing and feel like they are too much – may be to do with the actual breaking down of controlling beliefs. And then associated with them, and perhaps even resulting from them, comes all one's repressed emotions and feelings, namely, fear, misery and anger, they being the big ones, together with feeling powerless, useless, too overwhelmed that you can't go on, broken, unloved, unwanted, uncared about and so on. All these feelings and emotions are also painful, but are a different pain to when you feel like your mind and some part of its control is being broken down. Usually, when the mind breaking pain passes, you then move into deeper emotions and feelings to be expressed, feeling like you are progressing in letting go of your untrue self, giving up more of your falseness – evilness. These intense 'mind-breaking' pains come intermittently, sometimes many together, sometimes for a short time, sometimes over weeks, months, even years. So overall one's Healing may feel like it's one long mental breakdown, with all the additional emotions and bad feelings that need to be released along the way. All of which are trying to bring one's will back into being as it should have been had it not been so interfered with.



**Accept, express and long for the truth of your feelings.**

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

### BODILY PAIN is OUR FRIEND:

Our body stops us largely through pain, allowing us to pay closer attention to ourselves and our feelings. The pain is there for us to deal with, embrace and accept, to want to know why we have it, what is really going on deeper within us that is causing it. And by expressing our feelings of pain, and longing for the truth of them, we can use it to heal all that's wrong within us. This being our Feeling-Healing.

However as we all rightly hate pain, we do all we can do to stop it as quickly as we can, so we rush off to the doctor, take pills, drugs, busy our mind trying to 'take our mind off it', all of which is dismissing these feelings that are there to help us. So by denying our pain we are further denying ourselves, which in turn is going to further (at some point) cause even more pain.

Our pain is to make us slow down, to pay closer attention to what we really are feeling. It comes about to stop us running away from the hidden truth of it, that which relates to our relationship with our parents and how they treated us, causing us such pain. All our pain (pain on all levels, including the physical) is the same pain our parents have made us feel. And we need to use it to find the truth of this. So even toothache pain can stop you, leading you deeper into yourself, helping you express all the terrible emotions and feelings it makes you feel, all so you can uncover more truth of your relationship with your parents and early life.



So in doing our Healing, we try to put off rushing to the doctor or seeking immediate help to remove even the slightest pain, choosing to instead put off such visits or taking pills whilst trying to express and seek the truth of such pain. However when it drives you to seek help, of course you do whatever you want to do to take it away, all the while expressing all those emotions and feelings and longing for them to reveal the truth you are to see about yourself.

So our body and its pain is our friend, used by our soul to help us come back to being closer to ourselves, to living true to what we are feeling and to set us free of our mind control and denial of pain.

James Moncrief 9 May 2018



THAT'S THE THING  
ABOUT PAIN.  
IT DEMANDS TO BE  
FELT.



# What is Child Abuse?



Ridiculing a child



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



Making fun of a child



Disregarding a child's health needs



Pressuring a child to meet adult's needs and expectations



Employing a child to work in your house



Tricking a child



Not allowing a child to attend school



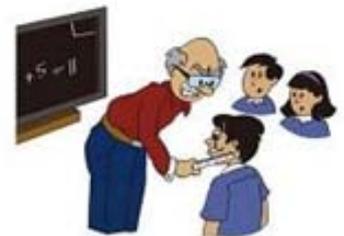
Ignoring a child's emotional well-being



Forcing a child to touch you



Beating a child



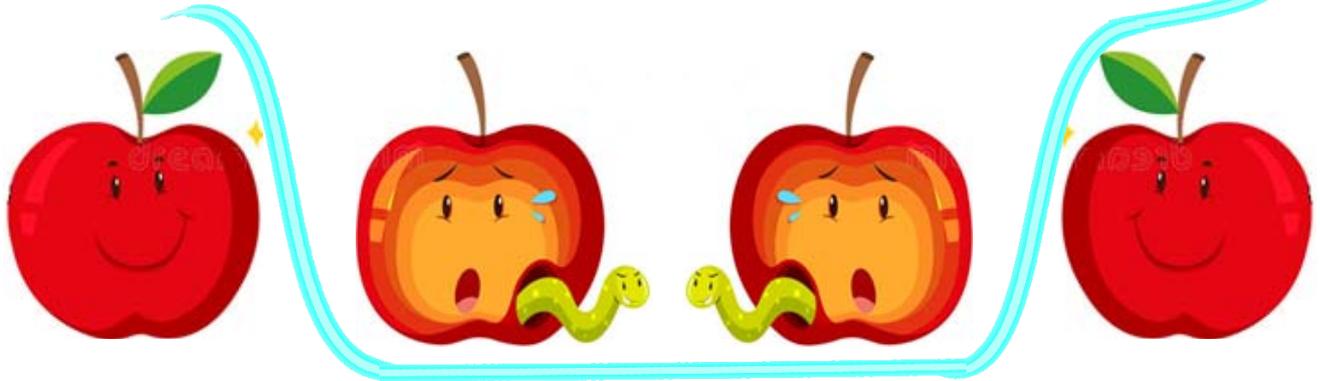
Hitting and humiliating a child

**CHILDHOOD  
TRAUMA**





# Pole Shift



**Pole Shifts are our own very personal life experiences. They are as dramatic as the physical pole shifts that the planet Earth endures from time to time. However, our own life events are far more important.**

**At the moment of conception we are in a perfect state. From the moment of conception we are overwhelmed by the well meaning endeavours of our parents, immediate family and carers. They do not know what *true* love is, they have never experienced it, so we are not *truly* loved by our carers and teachers. We are crunched into submission by everyone within our environment. Our Natural Self Expression is all but obliterated! We are crunched into being someone else that others impose upon us. We are made into ‘bad apples’. We proceed through our life experience, after our parents’ well meaning but misguided endeavours, and have this falsehood strengthened by our educators, then our religious organisations, then our employers, all overseen by our governments. We have no way of expressing our true selves.**

**Now, for the first time in history of humanity, we can reverse our early Childhood Repression and Suppression and invoke our own counter Pole Shift. We can to liberate ourselves from our imprisonment within our mind that was imposed upon us from conception to around six years of age.**

**We can through our Feeling Healing embrace our feelings, both good and bad, long for the truth of what is to be revealed to us about such emotional events, and express such revelations to a companion and begin the climb of the pole to Natural Self Expression of our true personality. The task is painful, long and arduous; however, we are to liberate our true nature, our true selves of natural love, and in this way we will grow to be who we truly are, a child of our Heavenly Parents – and with Their Love, we can become Divine.**

**This is the Pole Shift that all of humanity is to engage with and grow from. This is the Great U-Turn.**

### MAN WITHOUT or WITH a SOUL!

Man without a soul is likened to a puppy dog!

The human body (without a soul) calibrates at 200 on Dr David R Hawkins' Map of Consciousness. Domestic animals also calibrate from 200 to 250 on this scale. Without a soul, a human body is incapable of rational thought, speech, or anything human.

The real you is your soul! With the infusion of one's soul being connected with one's spirit body, which is the template for the physical body, comes one's personality, natural intelligence, memory, and all things human.

Our brain is simply a transceiver of communications from one's mind. The mind is housed within one's spirit body. The thinkingness is done within the spirit body mind. What is held in mind subsequently manifests within the physical body. The functionality of reason calibrates between 400 and 499, thus overriding the physical body as it calibrates around 200 only.

The natural love based soul endeavours to guide the mind (love calibrates at 500 and above). During our physical life, we encrust our soul with emotional injuries and erroneous beliefs thus impeding and frustrating the flow of loving energies from the soul to the spirit body mind, and subsequently the physical body.

It is the love energy of the soul that brings about health of the physical body and a bounteous and blessed life in the physical world.

There is nothing of the divine within our natural love soul, however, should we long for, pray for, ask for, and receive our Heavenly Parents' Love, the Divine Love of our Mother and Father, then we slowly and progressively blend our natural love with that which is Divine, Divine Love. It is this ultimate high-octane super fuel that changes our soul from that which is mortal to that which is immortal and with Feeling Healing, become fitted for the Celestial Heaven; this is the process of being born again!

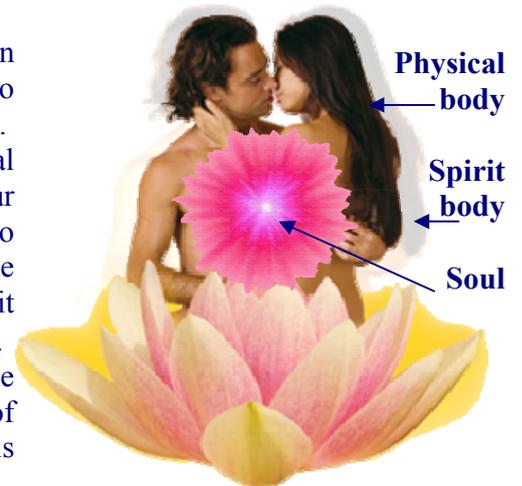
If you ask for the Divine Love to enter your soul it will be 10 or 100 times more efficient, 10 or 100 times stronger than if you would let the natural love flow through your soul. So it will help to break down "the wall" you've created around your soul 10 or 100 times faster than the natural love would do.

Feeling Healing with this ultimate high-octane super fuel that dissolves the encrustments of errors and false beliefs around the soul, enabling penetration of loving energies throughout the spirit body, and into the physical body, bringing about health and vibrancy to life.



### The REAL YOU is the SOUL:

One's personality, natural intelligence, memory and human attributes all are soul based. The soul initiates conception so it can start expressing one of its two personalities in Creation. It creates the will, then 'wills' the spirit body and physical body and all that connects them with the will into being. Our soul constantly sustains or expresses us, one of its two personalities, in Creation. The spirit can't separate from the soul because the soul keeps it in existence. We need our spirit and physical bodies to experience our personality through. When the spirit body separates from the physical body, one continues on living in a different form without losing any of the attributes experienced during physical life. Incarnation is the process of individualisation of the soul.



Without a soul, our physical bodies would function and interact similarly to that of a domestic animal. An unsouled human body (thought not possible) would respond like a household puppy! Domestic animals calibrate on Dr David Hawkins' Map of Consciousness between 200 and 250, the human body calibrates at 200. All animals have spirit bodies, these do not survive into the spirit Mansion Worlds. Our SOUL IS NOT ENSOULLED IN OUR SPIRIT BODY. Our soul exists existentially in a whole different level or plane or place or dimension of being – 'soul land'. It doesn't exist in Creation, it's not experiential like Creation is. The soul, all souls, help create their part of Creation by expressing their personalities into Creation, and then by having their personalities do things (further create) in Creation.



**Our first parents, Andon and Fonta (also called Aman and Amon), were the first to exhibit human perfection hunger some one million years ago (993,500 years ago). Adam and Eve, Adamite bestowals, arrived some thirty eight thousand years ago – or earlier.**

**Aman and Amon** were the first True Humans, which means, the first soul expressing its soulmate pair, its two personalities, in Creation – on Earth. From which came forth the rest of us. So they had a soul from the start, which separated them from their animal parents. It's the soul that wants to fully express itself through its two personalities perfectly in Creation, which is the so-called 'human perfection hunger'. It, our soul, wants to be Perfect like its Heavenly Parents, the Soul that Created it. We, focused as personalities, want to be perfect, like the Personalities of our Mother and Father that are Perfect. Our soul wants to be like Their Soul. Our soul wants to ascend us to Paradise so we can be with Them, as physically close to Them on a personality level that we can be, and then see what happens.

There were aunts and cousins, parents and grandparents. But they were not human like Aman and Amon – they were really animals, though of the same species. Aman and Amon wandered off from the family, since they could find no way of relating to them at all. How could they? They were incapable of rational thought, speech, or anything human. Aman and Amon knew that forevermore that they were apart.

Aman and Amon may have been twins. They were indeed a primate species of humanoids. But they, themselves were more beautiful than their animal relatives, and they knew, even from their very appearance, that they were marked even by Nature to be different.

**LACK of SELF- LOVE:**

- A composite of:
- a. lack of self-worth
  - b. lack of self-acceptance
  - c. arrogance and pride
  - d. self-loath and hatred
  - e. lack of self-awareness.

Why one has imperfection in their natural love is due to an extension of one of these traits, and all these traits relate back to one single finite Truth, which in its cause is a lack of self-love. The lack of self-love to one's self is the cause, the root cause, on why there is so much fear within individuals, the human world and the lowest spheres in the spirit world. The individual will have a memory that describes how this lack of self-love appears and many people deny this existence of the lack of self-love within themselves because it hurts too much to see it.



***Cause No Harm*** < to OTHERS  
to MYSELF

Strive to love others as I am to love myself

## LIVE FEELINGS FIRST

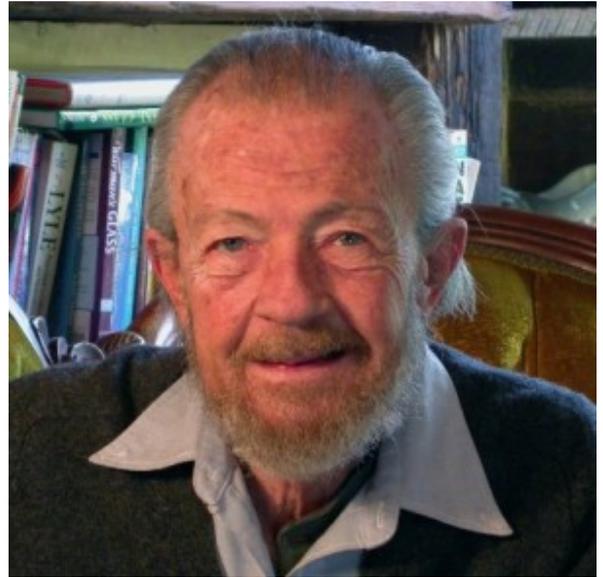
Our perfect soul is founded on natural love. Our soul may become encased / encrusted in error bringing about lack of self love. To dissolve the errors encrusting our perfect soul is by growing in truth through the ongoing healing of one's negative state, by doing our Feeling-Healing of our toxic emotions. By ending our feeling denial and healing any personality expression denial we have.

The Mother and Father's Divine Love will slowly strengthen our resolve to perfect one's own natural love, should we address such errors. Slowly but surely, with the Divine Love, our soul's condition will grow and grow. With the Love this will fit one to enter the Celestial Heavens, and beyond, being in the love of all that surpasses man's imagination. Try the experiment.

I ♥  
ME

**Dr DAVID R HAWKINS:**

David Ramon Hawkins, M.D. (born June 3, 1927, died 19 September 2012) is an American psychiatrist, mystic, author and controversial spiritual teacher in Sedona, Arizona. He is best known for his book *Power vs. Force*, in which he writes that applied kinesiology can distinguish the truth or falsity of any statement. He directed the non-profit Institute for Advanced Spiritual Research Inc. and operated Veritas Publishing to publish his books and seminars.



“Make a gift of your life and lift all mankind by being kind, considerate, forgiving, and compassionate at all times, in all places, and under all conditions, with everyone as well as yourself. This is the greatest gift anyone can give.”

“Every thought, action, decision or feeling creates an eddy in the interlocking, inter-balancing, ever-moving energy fields of life, leaving a permanent record for all of time. This realization can be intimidating when it first dawns on us, but it becomes a springboard for rapid evolution.”

“The downside of spiritual education is the build-up of the vanity of 'I know' and the devaluation of people who are 'not spiritual'. Therefore it is important as a foundation to spiritual training and education to learn how consciousness manifests as the ego and its mechanisms.”

“It is only the minority of people who seek self-improvement or personal growth. This is because whatever one's self-criticisms, one secretly really believes that one's way of being is okay and probably the only correct one. They are alright as they are, and all problems are caused by other people's selfishness, unfairness, and by the external world.”

#### P.55 Healing and Recovery

We can see how powerful the mind is, and one of the difficulties to overcome in self-healing is the willingness to accept the great power of the mind.

Because I (Hawkins) had such a list of illnesses, I had to write them all down in order to remember them because half of them have been forgotten even though all of them last for many, many years. For example, I had a duodenal ulcer that was intractable (not docile; not easily dealt with). I was on all the traditional medicinal treatments and had psychoanalysis and a whole variety of things that began in medical school. Twenty years later, I still had the ulcer, and not only that, it was a different kind of ulcer that was making holes in other parts of my duodenum. It was threatening to perforate and haemorrhage, and it was creating recurrent attacks of pancreatitis. I also had colitis (inflammation of the colon) along with haemorrhage diverticulitis (within the colon). In fact, the diverticulitis was so bad that I landed in the hospital several times and had to have transfusions. I almost haemorrhaged to death with it.

In addition, I had migraine headaches that were intractable. Psychoanalysis had helped to some degree, and I had seen neurologists and famous world experts, but there was really no help for the migraines, which were ostensibly associated with many allergies. I was also sensitive to inhalants in the atmosphere. I could not walk into a place that had been exterminated within the previous couple of weeks because I could detect one part in one million in the spray and would react with a migraine headache.

In addition, I also had Raynaud's disease (a condition of unknown cause in which the arteries of the fingers are unduly reactive and enter spasm when the hands are cold), which was impairing the blood flow to my extremities, and I had threatening insipient gangrene of the fingertips, circulatory impairment of the hands and feet, and was cold all the time. On top of all that, I had gout and a high uric acid level. Of course, I was on a diet for that. I had gouty arthritis and carried a cane and medication in the back of my car. Can you imagine carrying a cane in the back of your car because when gout comes on, it happens very suddenly with pain that is very paralyzing? That cane was in my car for many years.

At the same time, I had severe hypoglycaemia (a deficiency of glucose in the bloodstream, causing muscular weakness and incoordination, mental confusion, and sweating). I could not eat sugar, sweets, or starches. So, in addition to all the allergies, the ulcer, diverticulitis, other gastrointestinal problems, pancreatitis, and occasional gall-bladder attacks, there were actually very few things I could eat. When I occasionally went to a restaurant, the only thing I could safely eat was lettuce in a salad. I could not eat the tomatoes because the seeds might aggravate the diverticulitis, which had required hospitalisation and blood transfusions in the past. I was also fifty pounds (23 kg) overweight.

From one end to the other, things were wrong with the gastrointestinal tract; the circulatory system; the digestive system; the hormonal balance; the blood chemistries, including elevated blood cholesterol and uric acid levels; and migraine headaches. All these things indicated stress and pressure within the central nervous system and impairment of the autonomic nervous system. Additionally, I had a pilonidal cystic tumour, which normally would require surgery, but it slowly disappeared spontaneously.

Later, I went into severe heart failure from undiagnosed Grave's disease (hyperthyroidism) for which surgery or radiation was prescribed, but I refused. Chest x-rays revealed a tumour in the apex in the right lung. The lung was biopsied, resulting in its collapse and pneumothorax (the collection of air or gas in the space surrounding the lungs). The biopsy revealed that the lesion was a form of aviary (bird) tuberculosis (non-communicable to humans). I refused to take the recommended \$10,000 per month's worth of five antibiotics, which had a low cure rate anyway. The lung lesion slowly disappeared with no physical treatment. The heart failure cleared up, as did the pneumothorax. The thyroid function eventually returned to normal without surgery or radiation. In addition to the above, the left thumb was amputated while I doing carpentry work and was repaired in surgery without anaesthesia, as was a recurrent right inguinal hernia, also without anaesthesia. The chronic recurrent, intractable duodenal ulcers disappeared after three acupuncture treatment.

The various illnesses disappeared within differing periods of time. Some of them disappeared within a matter of days; some even disappeared within an hour. Others took months, and the hypoglycaemia took the longest, other than a blocked Eustachian tube that took two years.

All the above illnesses and surgeries were processed and handled as described by letting go of resisting in every instant, cancelling the belief systems, and totally surrendering to Divine Will. All healing was accomplished without narcotics or anaesthesia. The whole series of illnesses was consequent to karmic proclivities that were surfaced by intense inner spiritual work, which speeded up their emergence initially but later facilitated their seemingly miraculous healing and disappearance.

An illness is merely our consciousness calling attention to something that needs to be looked at. There is something about which we are feeling guilty, fearful, or other negative emotion. There is a belief system we are holding that has to be let go of and cancelled. There is something that has to be forgiven, and something within us that has to be loved, so we thank whatever it is for bringing it to our awareness.

We also have the power to say ‘no’ to belief systems that come from our family. Really major allergies ran in my family. My grandmother was allergic, as were my mother and sister. Everybody had hay fever and sensitivity to ragweed, dust, hay, and horses.

All illness is physical, mental, and spiritual, and therefore it is best to utilise all modalities to assist recovery.

How can one know if humility and surrender are complete? They are complete when one is indifferent to whether a healing occurs or not. That is the result of surrender to God at great depth and relinquishment of the desire to control or change the way things are. Become God reliant.

Instead of being ashamed that we are a spiritual seeker with a physical illness, we instead become thankful and say, “Aha! Something is coming up to be healed.” We want that capacity to bring up the various things to be healed; thus, it is a sign of progress, not of falling back. We can be happy that we have a chance to heal these things that, paradoxically, are actually brought up by major or rapid spiritual progress (i.e., karma). Most of the great mystics of history had records of many physical illnesses (e.g., see “Mystics” in Encyclopaedia Britannica).

(You could say that David Hawkins has been a mobile walking talking laboratory test experiment!)

**Saturday, 5 August 2017: Nanna Beth:** David Hawkins is living in the mind worlds, so I am told, and would be of no benefit to you John. His legacy is again one of those things that sits well with you, that you enjoy and can relate to and use as you do. And really it is now for humanity to use what is available to it having come from the mind worlds, because there won’t be anything further coming through from them. Now it will be up to the natural inspiration of the individual on Earth, and those who are working with us, those people who want to do their Healing. The ways of the Rebellion and Default are to die, to fade away, however this will happen gradually as people of it still try to advance themselves, their lives and humanity in their wrongness, but the next real new inspiration will come from those who embrace the New Way.

Everything is interconnected.

**MUSINGS by JOHN:**

Thursday, 28 September, 2017

Kevin died on 10 August 2012 without any thought for spirituality and no passion for any religion, other than showing up. On 7 August 2017, he arrived into the 1st Celestial Heaven. Three days short of 5 years!!! He had met his soulmate, Kathaleen, and she arrived a few weeks before him into the first Celestial Heaven, as you may have read.

The writings that followed from Kevin are outstanding. Kevin is now a world teacher!!! He and Kathaleen both are. Neither would comprehend this, but they are. Kathaleen and Kevin's writings answers and leads anyone to the destination we are to find, in our own time.

I would like to contrast this achievement with someone I greatly respect.

David Ramon Hawkins, M.D. (born June 3, 1927, died 19 September 2012) was an American psychiatrist, mystic, author and controversial spiritual teacher in Sedona, Arizona. He is best known for his book *Power vs. Force*, I have read everything I can about his works – 10 books, plus videos, etc. Miracles happened around him spontaneously. The Catholic Church would make him a saint within seconds.

Hmm – Dr David Hawkins has stayed trapped in his mind and may remain in the mind spirit Mansion World for centuries, unless he embraces his feelings. He will remain stagnant and limited in his mind condition. Whereas Kevin is now a far greater and truer teacher than this great mind of Dr Hawkins. What a switch in roles! Kevin has progressed exponentially past Dr Hawkins in soul development. Go you good things, Kev and Kath.

Cheers John

Same day, 28 September 2017: Dr David Hawkins: Hello John. I have been asked to speak to you through James in this way, you being one of my ardent fans and followers of the principles I developed through my life on Earth.

Your assessment of me is correct, and I did spend time in the mind worlds trying to assimilate all that I did on Earth with all that was happening to me in my new spirit life.

Upon my arrival over here in the first Mansion World I was greeted as something of a spiritual celebrity with a host of mind spirits (as James calls them) greeting me, they being the ones who 'empowered' me to do the so-called miracles I did on Earth.

I want to tell you, it's quite a humbling experience to realise, like many of us who did such marvellous things on Earth, that it wasn't actually our own doing, we were not the sole instigator of such 'happenings', that it was other spirits working through us. And that although I attributed it to God, still I secretly thought it was all my own incredible doing, so to have to accept that I was just a conduit – that I really was, and having little more than an innate ability to be that conduit, I felt a bit flat.

And to bolster my flagging ego, I would tune into those people on Earth who were still thinking well of me, yourself John being one such person. And here again, by doing this, I gave myself a rude shock

having to face the fact and realise that few people truly understood what I was teaching, taking my work and corrupting it for their own gain. And believe it or not, I never thought such a thing would happen. So, who of my 'earthly followers' was staying true to what I taught – who actually got it?

And I kept coming back to you as one of these people John. Admittedly, had I helped you personally, you'd have had an even greater understanding and appreciation of my work, however you accept it as is and haven't corrupted it, and have guided other people to be interested in it. So I have followed you over the years in this, which meant I also took notice of what you were doing in your other spiritual interests, some of which were vastly different to anything I'd ever heard about, or found out about over here in my limited little mind world.

And I write such things in the past tense because I am very happy to say, all of which I am so grateful to you for John, that I have now progressed into the lowest sector of the Divine Love on the first Mansion World. I am learning all about it, and about the Healing, all under the incredibly patient and loving assistance of higher Celestial spirits, like those who wanted me to speak with you today.

So you can chalk me up as one of your admirers, and a mind spirit who has converted to the 'Ways of the Divine Love'. I still have a lot more to understand, this is true, and as it's so different to my earthly and mind spirit way of thinking, will take time to integrate into my way of thinking – which means, to change my way of thinking into a completely new way.

That is all I wanted to say. And although you might think that my coming is rather inconvenient with you having just written about me again, however here I am and this is what I want to say.

All the best to you John. You have no idea how grateful I am to you, and I have a strong pleasant feeling that that gratitude is only going to increase.

Yours respectfully,  
Dr. David Hawkins

(James: As I was reading your comparison of the Doctor with K and K, I started to feel the energy building... oh here we go again... he's wanting to speak to me!)

Friday, 29 September 2017: Dear James and John (Noted from Samantha in England)

To be 'used' so fully by Mind Spirits, to create all he (Dr David) did under their influence, all so cunning, that must have felt quite devastating to him and I am feeling a lot of sadness, emptiness and let down with in myself as I understand how it feels to learn that my whole life has not been my own but that of my parents, their will, control and untruth and I have felt feelings of it all being such a waste of my experience being like that, a waste of the personality God created me to be. I am very sad as Dr David Hawkins realised how 'used' he has been, being a conduit for the Mind Spirits, I feel like that too, used by my parents to be as they wanted me to be instead of nurturing me to be myself and help develop the personality God gifted me.

I (Sam) bought 'Letting Go – the pathway of Surrender' by Dr Hawkins and I was very up with all of his feeling work but then felt the change in me with the mind dominant aspect of Dr Hawkins work, it was that I wasn't drawn to and felt myself draw back from it but now he can go on from what he already

knows, go further into the feeling aspect of what he discovered and I am sure he will get so much support in that from the Divine Love spirits that are guided to help him. Isn't that just so wonderful John, to have that help, like you have in Kevin and Kathaleen.

### **CONCLUSION:**

David Hawkins' own story explains that the 'Letting Go' process is inadequate. The 'Letting Go' publication and process is his own research. Pure and simple; Dr David was knocking on the door, but that process was unable to open the door.

Again, his own story now endorses the Feeling Healing process!

This leaves no doubt as to the veracity of what Marion and James and Samantha are doing. It is THE ONLY WAY! The only way being the Feeling Healing process coupled with Divine Love.

This clears away confusion for many people who may explore everything. Other emotional processing and releasing modalities simply do not delve far enough into one's injuries and errors of belief. Yes, they provide some temporary relief, but none of them go beyond the mind and into the soul to the core and foundation of our injuries, all of which stem from our childhood upbringing.

Dr David Hawkins has now clearly put aside his own teachings and confirmed that his and all other modalities are inadequate.

Now, we all can focus upon the only way home!

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

**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.**

**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  
the key!**



# Health & Parenting

As difficult as it may seem to comprehend, even at the time of one's conception / individualisation, we are highly intelligent and our newly forming mind is making rudimentary decisions. Immediately upon conception we (being our soul) begin to absorb the emotions and projections of those around us, within our environment, mainly from our parents and in particular from our mother, who at that time may not even be aware of our presence.

All we need to know is already within one's soul prior to conception.



We access our soul's knowings through our feelings. That is, should we express our feelings at all times then we will be drawn to truth and love at all times.

Nothing about our soul's truth is focused upon controlling or dominating anyone else. Control is the domain of the mind. The mind is within one's spirit body, and it is this mind control that we are enslaved to. For more than 200,000 years man has been enslaved to his / her mind, this was brought about by the Lucifer Rebellion at that time. For generation after generation, we have repeated the endeavours to turn our children into little 'me's'. We suppress their free expression and free will and endeavour to clone them into trophy children, our trophy, reflecting who we are, not allowing their free expression of their feelings, their true selves. For a child to comply to our orders and demands they train their minds to 'obey' and succumb to our blackmail, 'be a good girl / boy and I / we will love you!'

This is a disaster of global proportions that was instigated by Master and Mistress Lucifer 200,000 years ago and it is only now that we can do the U turn and liberate our soul's feelings and become freely expressive, and bring about the harmony that humanity strives for and knows is possible.

Each suppressed feeling and each inflicted emotional injury brings about physical pain and ill health. It is only when we allow our feelings to freely flow that the energy flows through are spirit body and then physical body are of a healthy and feeling nature. We, as parents, bring about the long term health or ill health of our children. Sometimes the collective injuries that we as parents holding suppressed result in becoming evident as deformities within our children. Yes, we as parents cause the deformities within our child. Unknowingly and unintentionally we harm our children with our own emotional injuries to such an extent that our newly forming foetus is enormously injured resulting in the numerous illnesses and deformities that babies are born with, from time to time.

The baby is born and then we set about turning it into the 'model' that we want, not allowing it to freely express its true self.



This is the crime that we as parents have not been aware of for 200,000 years. It is global and it will take centuries before we all become aware that we have to embrace our emotions, allow our soul based feelings to tell us the truth of our errors and express our feelings to our partner or anyone that will listen and put these errors aside for ever. Then we will learn how to truly love our children and not burden them with the injuries that are past down generationally.



Our children mirror us, as parents. It is not that ‘bad genes’ are passed down; it is that we change the nature of our genes as of a result of emotional abuse and suppression which is endlessly hurled at us when as a child.

It is not until we reach puberty that we are of such an emotional maturity that we can start to independently embrace our soul based emotions, by-passing our mind’s controlling nature, and express and release the injuries imposed upon us since conception and typically through to the age of around six or seven.

Only by releasing our childhood repressed emotional injuries can we return harmony and physical health to our bodies.

Though our parents typically announce that they love us, as a child, they themselves are so heavily injured that they do not know how to love, nor what love is.



	Supportive Parent is accepting and child-centered	Unsupportive Parent is rejecting and parent-centered
Demanding Parent expects much of child	<b>Authoritative Parenting</b> Relationship is reciprocal, responsive; high in bidirectional communication	<b>Authoritarian Parenting</b> Relationship is controlling, power-assertive; high in unidirectional communication
Undemanding Parent expects little of child	<b>Permissive Parenting</b> Relationship is indulgent; low in control attempts	<b>Rejecting-Neglecting Parenting</b> Relationship is rejecting or neglecting; uninvolved

## WE ENDURE FOUR LAYERS of PERSONALITY SUPPRESSION!



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

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



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

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



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

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



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

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

# DEVOLUTION

**Our childhood suppression of our true and loving soul based feelings is creating global pain and personal isolation amongst all of humanity. We are very sick!**

**In our struggle to find solace and purpose, we further withdraw into ourselves, becoming ever more self dependent, believing our control addicted mind that it can solve everything. We just drown further.**

**We embrace an ever expanding and diverse range of pathways to escape from our personal pain, fear and desperation. Alcohol has now been complimented with narcotics, hallucinogens, including caffeine (coffee). Gambling has been complemented with computer games which are generally entraining the mind further into error and pain. Technology is making us sicker!**

**We bury ourselves in front of the television to further avoid contact with anyone, especially family.**

**Children endeavour to exert their independent authority from domineering controlling parents (which we all are eventually) by disfiguring their bodies with tattoos and piercings, etc.**

**We shut out the noise with headphones, thus preventing contact with others. We use electronic devices to 'text' others even at intimate engagements.**

**Technology will take us further into the depths of our madness. You now can buy headsets that prevent any contact with the outside world while playing mind suppressing and entraining entertainment – games!**

**No one loves their children, they are ignored, and the controls hammered into them turn them into clones of ourselves. Look at ourselves and we can all see that we have been all messed up by our own parents, as they have for generations over the past 200,000 years.**

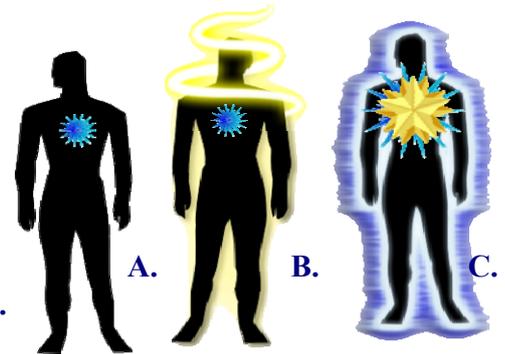
**No more of this! We can escape this man made hell!**



# EVOLUTION

**STEP 1: Longing for and receiving Divine Love:**

- A. Soul within spirit body prior to receiving Divine Love.
- B. Divine Love being received from the Holy Spirit, covering the spirit body of requesting personality.
- C. Divine Love having been assimilated within one's soul, now being reflected through the radiance of the spirit body.



## STEP 2: FEELING HEALING + SOUL HEALING

It is the Divine Love that strengthens one's resolve to persevere in embracing one's suppressed emotional injuries, that occurred from conception through to around the age of six, and longing to know the good and the bad of those feelings, together with talking about them to a friend, partner, one's self and our Heavenly Parents. It is only with the receipt of the Mother and Father's Divine Love and the expressing of suppressed emotional injuries that one can release the emotional injuries and errors to achieve Celestial soul condition and enter the Celestial Heavens.

Further, should one complete their Feeling Healing on Earth, then they will be able to recognise their soul partner, their other soul half, and should their soulmate have also embraced Feeling Healing with Divine Love, then their children will be born free from error, free from fear, and free from any deformity and illness. This is the destiny of humanity.

Further, being in this condition of free from error and being in constant communication with our Heavenly Parents, then one can also recognise and form their Soul Group. This will ultimately consist of twelve soulmate pairs, a total of twenty four personalities / individuals.

It is the bringing up of children by the support of soul groups that is to be the ultimate way forward. The group experience and wisdom, as a functioning family, will ultimately be of profound benefit for the blossoming child.

But what we cannot do is contrive the groups ourselves, or even pick who our soulmate is. This will only, and can only happen, as an outworking of the truth we are to live – as we progress in the healing of our soul.

And this is how all of life should be lived: according to the truth we are living. It is how we live, as there is no other way, but currently we live it in the negative, of that being directed by no truth, and so having to make it all up ourselves.



# 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.**

## Feeling bad is Good! It's okay to feel bad.

Feeling bad is good.  
 Feeling bad is GOOD!  
 It's not bad to feel bad – it's good.  
 FEELING BAD IS GOOD!  
 Very good!!!

And feeling really bad is also good.  
 And feeling worse is even better.  
 It's all very good!

It's okay to feel bad.  
 Bad feelings are okay.  
 It's good to feel bad.  
 Bad feelings are GOOD!

It's good to feel bad about feeling bad.  
 Your bad feelings are YOUR feelings.  
 YOUR bad feelings have a right.  
 A right to exist.  
 A right for you to feel them.  
 Your bad feelings are a part of you.  
 Bad feelings are good and they are your feelings!  
 ACCEPT THEM!

It's okay to feel bad, there is nothing wrong with feeling bad.  
 You might not like feeling bad, but it's okay to feel bad.  
 You are allowed to feel bad. Give yourself permission to feel bad.  
 Bad feelings shouldn't be dismissed.  
 Bad feelings already feel unwanted, why make them feel more rejected?  
 You are your bad feelings – if you reject them, you are rejecting yourself.  
 Why are you rejecting yourself? Why are you rejecting your bad feelings?  
 Is this how you want to live – rejecting a natural part of yourself?  
 Is this how you want to live, rejecting your bad feelings?

Feeling bad is normal. We all feel bad. We all feel bad a lot of the time, even if we won't admit it, or even if we're not aware of it.  
 There are many bad feelings, all sorts of different bad feelings, and they are a normal part of you – of everyday life.

Bad feelings – your bad feelings – are to be welcomed. Bad feelings are to be wanted. Bad feelings are to be accepted.  
Bad feelings are to be loved.

If you ignore or deny or dismiss or reject your bad feelings, what are you really doing? Denying, dismissing, rejecting yourself. Is this what you want to do? Because if you do, you'll only make yourself feel even worse.

You are your bad feelings – Your bad feelings are you.  
Bad feelings have just as much right to life as good feelings.  
Be true to your bad feelings – acknowledge, honour and accept them!  
Accept your feelings.  
Accept yourself.

So Remember:

Feeling bad is Good!  
Accept your bad feelings.

The full acceptance of your bad feelings, and the seeing of the truth they are trying to show you, comes from having expressed – spoken – about them. And speaking about them to someone who cares about you: a friend.

As you vent your feelings, the pent up ‘bad’ energy goes, often leaving you with the understanding of what they are all about: why you are feeling them. And once you understand and know this truth, then you are healed and free of them.

As young children we were all stopped from freely and fully expressing all our bad feelings. Things were done to us, we were forced to behave in ways we didn't want to, all of which made us feel bad. But we couldn't complain about how unjustly we were being treated. We tried, but often only to be met with harsher rejection treatment.

As adults we still have all this bad treatment going on within us. We formed patterns when we were young based around all the negative unloving parenting we had. And now being unconscious of these patterns we still (also unconsciously) expect bad things to happen to us to make us feel bad – and to feel just as bad as we did back then. And so bad things do happen. And we do feel bad.

So as an adult, we are experiencing life in the moment now as the adult, together with all we felt back when we were young, only we are unaware of it. Something will make us feel bad, and on the surface of it we might know why we are feeling bad, yet underneath, deeper within us, it will key into and trigger repressed bad feelings making us feel even worse in the situation than we might have otherwise felt.

So in doing our Feeling-Healing: healing our repressed childhood bad feelings through the feeling-experiences of our current adult life, we need to use every bad feeling to help take us back 'down' inside

ourselves, to connect with what made us feel the same bad feeling when we were young.

We are our bad feelings, and like them, WE ARE STILL WAITING TO BE HEARD.

The honouring, accepting and expressing of our bad feelings is our attempt to speak up and finally be listened to: to be accepted and loved – not rejected. And as an adult we can now do this, whereas, a child we could not.

And so if you no longer want to feel bad then through complete self-acceptance is the ONLY way to heal yourself – allowing yourself to feel as bad as you do feel. If you don't feel good about anything in your life or about anything to do with yourself – if you have one bad feeling at all, that feeling or bad thing will somehow be connected all the way through you to your early childhood. And so simply, if you feel bad about anything, if you are sick or don't like any aspect of yourself or your life, it's all because of how you were treated during your early childhood, and it's still going on deep within you. Your childhood has ended but the resulting mental and will patterns that dictate to a high degree your emotional and feeling state are all still in existence, still unconsciously controlling you. And because you are denying yourself the knowledge of these patterns, so too are you denying yourself the resulting feelings from them – all your bad feelings.

When you see the truth, the whole truth of your negative self-denial state, then with your will you can stop living in rebellion against yourself and choose to live positively. And in that choice you are healed.

### The aim of Feeling-Healing

The real aim of doing your feeling-healing is to perfect your relationship with yourself, with others, with nature, and in the end, with God.

Until we are living true to all our feelings and living wanting to grow in truth from our feeling experiences, we can't live a perfect relationship. If we live denying any part of our self we can't have true relationships.

Until we accept all of those parts of us we're denying, and understand why and how our denial came about, we can't live as our soul desires us to, as we have been created to live.

And when we do honour all our feelings and live the truth revealed by them, then naturally without any effort or mind control we'll just be perfect.

Many people try to seek God, try to understand the Greatest of all Mysteries before they try to understand themselves. We will never be able to understand or relate properly to God until we can understand and relate properly to ourselves. We come first. We have to learn how to fully honour and totally accept ourselves and then we can move out into the world and greater universe.

**We are to be true to our soul by living true to our feelings.**

To want to live true; true to how you feel, is to want to be perfect.  
And your feelings are the way.

## 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**

<b>By living true to ourselves, true to our feelings, we are living true to God. It's that simple.</b>
--

# 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**



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

**HOME**

**WE are meant to grow up LIVING FULLY CONNECTED to our FEELINGS:**

Humanity has always had an awareness and involvement with spirits, with life on the other side, because we are all heading that way, we all end up dying and becoming one of the spirits, and were humanity living rebellion-free, then nearly everyone would enjoy some level of spirit involvement either directly or indirectly, loving such an expansive awareness in life.

**We are meant to grow up living fully connected with our feelings in our physical reality, and at the same time with full feeling awareness of spirits and life after death, because after all, God is the greatest Spirit of us all.**

And so having an awareness and involvement with spirits can, and should, help us have more of an awareness with our Mother and Father. And it's not with just spirits, it's also with the angels who are with us all the time, and the nature spirits should we be open to them, and even higher spirits if we are to work with them, such as the Melchizedeks or Trinity Teacher Pairs. But mostly for those people involved with the Divine Love, it will be with the Celestials spirit group that is assigned to help them.



It is very important to understand that spirits and spirit life is meant to be part of life on Earth. However that's not to say everyone need to have an ongoing relationship with their spirit friends, but they can at least still be aware of spirits and spirit life and where we will be going and something about what to expect once we die. And when you are open to it, lessening the grip of one's fears about it, then we will find it will be just another aspect or level of life, and one that can give us quite a lot of comfort.

**TRUTH LOVING SOUL V ERROR INFLICTED MIND**



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



**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.**

# Steps UP!

## Quantum Jump 1



**REVELATION 1**  
James Padgett 1914 – 1923

James Padgett bravely introduced the availability of the Mother and Father's Divine Love and a great deal of additional guidance and information, all of which has been supplemented by Samuels, Judas, Reid and Arnold. All writers were under restrictions of personality and circumstances. Revelation 1 opened the door for humanity.

## Quantum Jump 2

**REVELATION 2**  
Marion and James Moncrief 2002  
– ongoing

Marion and James Moncrief have recognised the need for one to engage in Feeling Healing and, by their actions, removed restrictions that James Padgett and others above endured, thus JM is able to critique the writings of the past 100 years resolving points of confusion as well as expand on what has been written. Revelation 2 is humanity's turning point.

Due to the extra-ordinary nature of Revelations 1 and 2, humanity with the first Revelation would have continued on into its negative pathway of living, however, combining the first Revelation with Revelation two, now humanity can embrace this turning point and commence its evolutionary growth that has required two thousand years to put in place. This is the greatest event in the history of humanity and very few are aware of such, until we enable others to become aware.



Negative Spirit Influence  
blocked  
22 March 2017  
Law of Compensation  
quickenning  
22 May 2017  
Rebellion and Default  
officially ended  
31 January 2018



**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:



## U-TURN for HUMANITY:

### Why are we doing a U-Turn?

We are doing a U-Turn **because** the year 2017 heralds 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 <b>'house the future of humanity'</b> .
31 January 2018:	Earth and the seven associated Mansion Worlds (including the two Earth planes) are <b>officially</b> 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 base 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 feeling 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 1<sup>st</sup> 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 spirit 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.

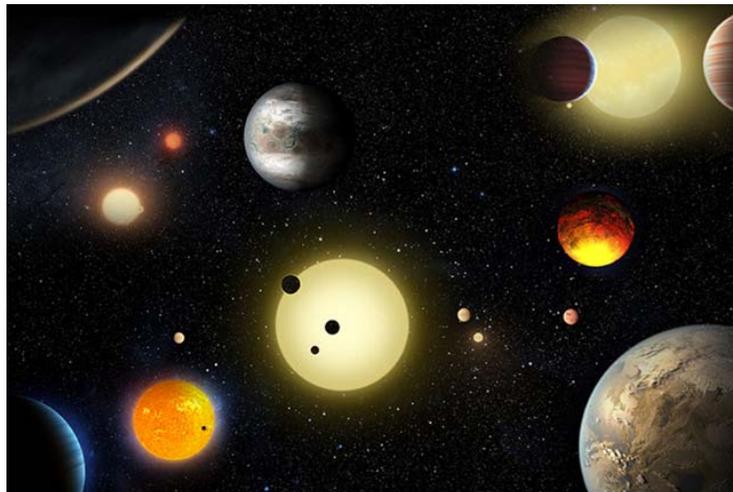
And all of this is possible as we embrace our Feeling Healing process, acknowledge and accept the Avonal pair, acknowledge and accept our Spiritual Teachers of Truth, namely Mary and Jesus, and more importantly, grow to love our Heavenly Parents, our true Mother and Father.

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



# PASCAS CARE

ALLOPATHY + 3 HALVES



Energy  
Medicine



Nutrition



Emotional  
Processing



(2018.1) <sup>188:5.2</sup> **God's Divine Love does not merely forgive wrongs; it absorbs and actually destroys them. The forgiveness of love utterly transcends the forgiveness of mercy. Mercy sets the guilt of evil-doing to one side; but love destroys forever the sin and all weakness resulting there from.** Jesus of Nazareth brought a new method of living to Urantia (Earth). He taught us not to resist evil but to find through God a goodness which effectually destroys evil. The forgiveness of God is not condonation; it is salvation from condemnation. Salvation does not slight wrongs; it *makes them right*. **True love does not compromise nor condone hate; it destroys it.**  
(The Urantia Book)

(2018.2) <sup>188:5.3</sup> **The beauty of Divine Love, once fully admitted to the human heart, forever destroys the charm of sin and the power of evil.**  
(The Urantia Book)

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 19<sup>th</sup>, 2001**

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](http://www.pascashealth.com)  
 Kindly visit the library download pages at [www.pascashealth.com](http://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>

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

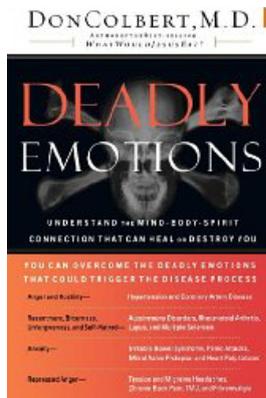
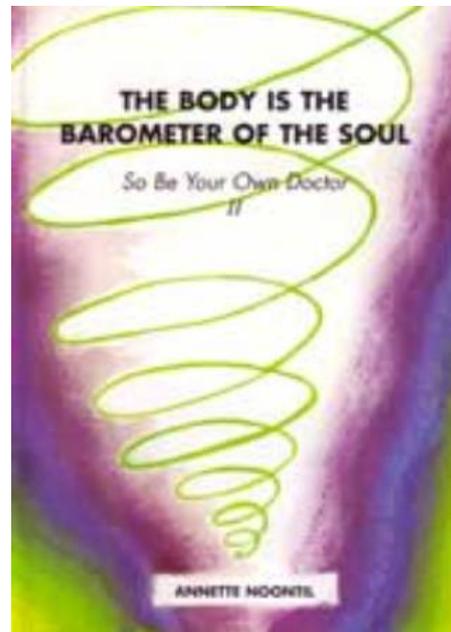
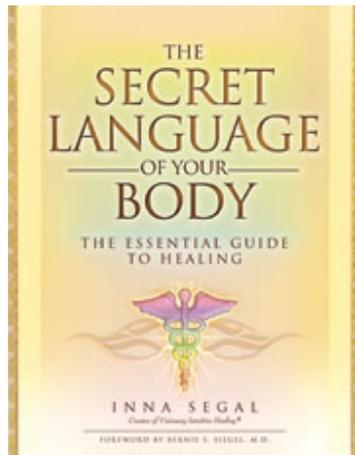
“The Body is the Barometer of the Soul” by Annette Noontil

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

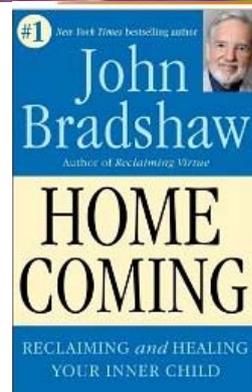
Also consider:

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

[www.innasegal.com/](http://www.innasegal.com/)



Deadly Emotions by Don Colbert.



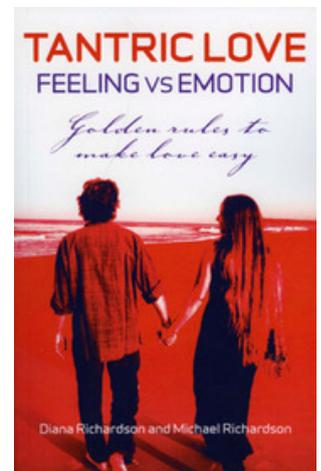
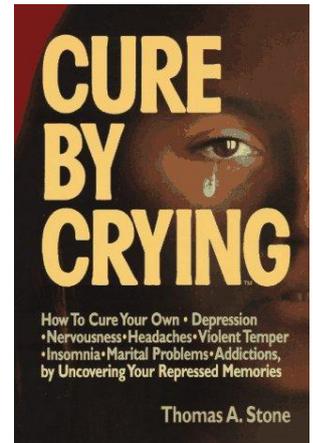
Home Coming: Reclaiming & Championing Your Inner Child by John Bradshaw



**I**n **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:**

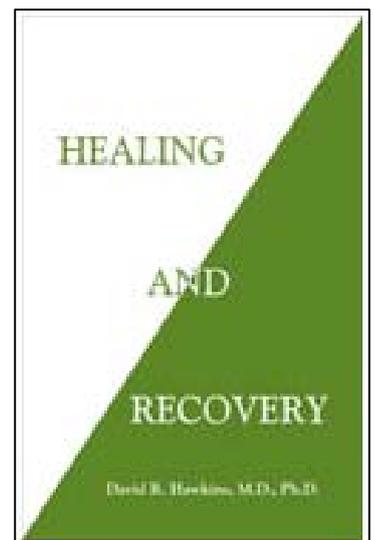
<b>The Book of Truths containing the Padgett Messages</b>	– <b>Joseph Babinsky</b>
<b>Little Book of Truths</b>	– <b>Joseph Babinsky</b>
<b>The Human Soul</b>	– <b>Joseph Babinsky</b>
<b>The Truth</b>	– <b>Werner Voets</b>
<b>Through the Mists</b>	– <b>Robert James Lees</b>
<b>The Life Elysian</b>	–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



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.



<b>Primary recommended reading:</b>	<b>consider commencing with: Paul – City of Light</b>	
<b>The Book of Truths</b>	<b>1914 – 1923</b>	<b>xxx – Joseph Babinsky</b>
<b>containing the Padgett Messages or</b>		
<b>Little Book of Truths</b>		<b>– Joseph Babinsky</b>
<b>True Gospel Revealed anew by Jesus Vol I, II, III, IV</b>	<b>xxx</b>	<b>– Geoff Cutler</b>
<b>The Rejected Ones</b>	<b>2002 – 2003</b>	<b>xxx – James Moncrief</b>
<b>Messages from Mary &amp; Jesus</b>	<b>2003</b>	<b>xxx – James Moncrief</b>
<b>Paul – City of Light</b>	<b>2005</b>	<b>xxx – James Moncrief</b>
<b>Mary Magdalene and Jesus'</b>		
<b>comments on the Padgett Messages</b>	<b>2007 – 2010</b>	<b>xxx – James Moncrief</b>
<b>Speaking with Mary Magdalene &amp; Jesus</b>	<b>2013 – 2014</b>	<b>xxx – James Moncrief</b>
<b>Sage and the Healing Angels of Light</b>	<b>2017</b>	<b>xxx – James Moncrief</b>
<b>Road map of Universe and history of Universe:</b>		
<b>The Urantia Book</b>	<b>1925 – 1935</b>	<b>xxx as primary reading</b>
<b>Divine Love supporting reading:</b>		
<b>Revelations</b>	<b>1954 – 1963</b>	<b>– Dr Daniel Samuels</b>
<b>Judas of Kerioth</b>	<b>2001 – 2003</b>	<b>– Geoff Cutler</b>
<b>The Golden Leaf</b>	<b>2008</b>	<b>– Zara &amp; Nicholas</b>
<b>The Richard Messages</b>	<b>2012 – 2013</b>	<b>– James Reid</b>
<b>The Divine Universe</b>	<b>2012 – 2013</b>	<b>– Zara &amp; Nicholas</b>
<b>Family Reunion Afterlife Contact</b>	<b>2014 – 2015</b>	<b>– Joseph Babinsky</b>
<b>Traveller, An Immortal Journey</b>	<b>2014 – 2015</b>	<b>– Zara &amp; Nicholas</b>
<b>Destiny, Eternal Messages of Divine Love</b>	<b>2015 – 2016</b>	<b>– Zara &amp; Nicholas</b>
<b>Feeling Healing</b>	<b>2017</b>	<b>– James Moncrief</b>
<b>Religion of Feelings</b>	<b>2017</b>	<b>– James Moncrief</b>
<b>The Way of Divine Love</b>		<b>– Joseph Babinsky</b>
<b>Divine Love – The Greatest Truth in the World</b>		<b>– Joseph Babinsky</b>
<b>The Human Soul</b>		<b>– Joseph Babinsky</b>
<b>Divine Love Flowing</b>		<b>– Joseph Babinsky</b>
<b>The Truth</b>		<b>– Werner Voets</b>
<b>Through the Mists, The Life Elysian, The Gate of Heaven</b>		<b>– Robert James Lees</b>
<b>Life in the World Unseen</b>		<b>– Anthony Borgia</b>
<b>Gone West</b>		<b>– J M S Ward</b>
<b>Post Mortem Journal</b>		<b>– Jane Sherwood</b>
<b>After Death / Letters from Julia</b>		<b>– William T Stead</b>
<b>Thirty Years Among the Dead</b>		<b>– Carl A Wickland</b>
<b>A Wanderer in the Spirit Land</b>		<b>– Franchezzo</b>
<b>Life Beyond the Veil Vol I thru to V – Rev George Vale Owen</b>		<b>– Geoff Cutler</b>
<b>The Holy Bible from the Ancient Eastern Text</b>		<b>– Dr George M Lamsa</b>
<b>Available generally from:</b>		
<a href="http://www.lulu.com">www.lulu.com</a>	<a href="http://www.amazon.com">www.amazon.com</a>	<a href="http://www.bookdepository.com">www.bookdepository.com</a>
<b>For Divine Love focused websites and forums:</b>		
<b>Pascas Health:</b>	<a href="http://www.pascashealth.com/index.php/library.html">http://www.pascashealth.com/index.php/library.html</a>	
<b>Spiritual Development:</b>	<a href="http://new-birth.net/spiritual-subjects/">http://new-birth.net/spiritual-subjects/</a>	
<b>Padgett Books:</b>	<a href="http://new-birth.net/padgetts-messages/">http://new-birth.net/padgetts-messages/</a>	
<a href="http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm">http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm</a>		

**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	47
		This group being pages of	3,046

**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)

<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..*

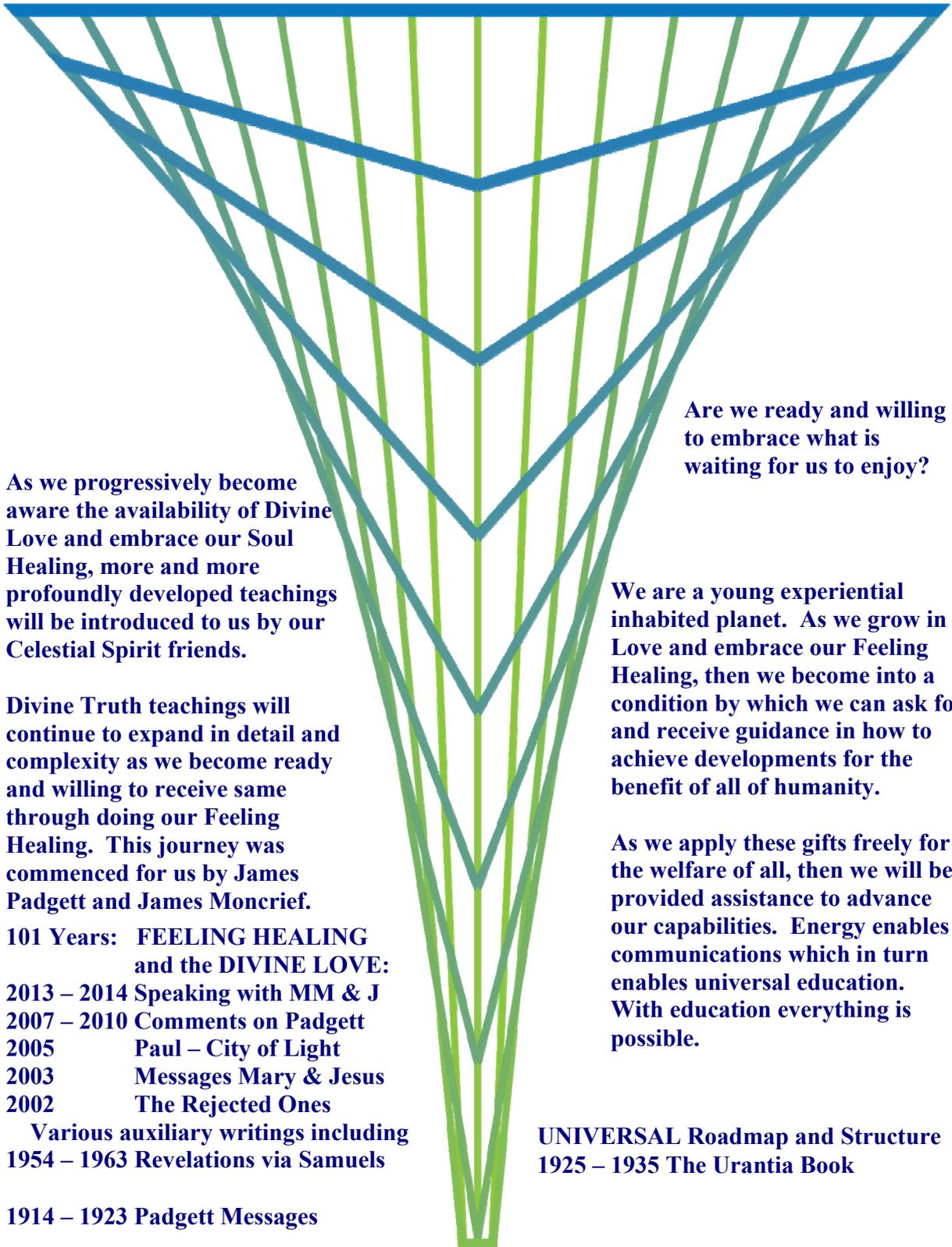
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

**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:**



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



SOUL  SPIRIT BODY  PHYSICAL BODY

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.

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

# Library Downloads – Pascas Papers

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



SOUL  SPIRIT BODY  PHYSICAL BODY  
PERSONALITY

Prayer: is emotional exchange with God