

# PASCAS CARE

## *Healing & Recovery*

*Depression*

*Vol VI*



“Peace And Spirit Creating Alternative Solutions”

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## PASCAS INTRODUCTION:

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

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

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

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.*



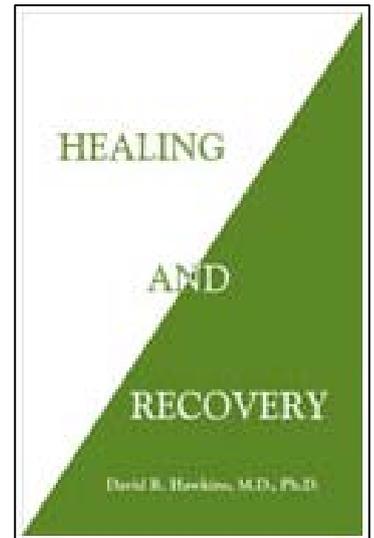
***“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love.” JD***

**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.



**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.

**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.**

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

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

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

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



## DEPRESSION:

The depression and despondency that plague mankind have been prevalent since ancient biblical days. It currently constitutes what is being called a minor epidemic in the form of a rising suicide rate among young people, especially adolescents. Depression affects all our lives. Few of us have managed to live on this planet for any great length of time without experiencing depression. It may be minor, in the form of regret, or major, in the forms of mourning, loss of loved ones, or loss of the things we have valued in our lives because of their meaning to us. We will view depression from the perspective of consciousness (soul condition) and also cover the role of biochemistry and antidepressants. Is the biochemistry the cause or the effect of depression?



At this point, a review of the relationship between body, mind, and spirit is appropriate because we will be talking about the treatment and understanding of depression on all three levels. We need to review again that the body has no way of experiencing itself. The body cannot experience its own bodyness nor can it experience its own sensations. The body is experienced in mind (which resides within your spirit body), and mind also has no real capacity to experience itself. All memories, thoughts, feelings, fantasies of the future, and daydreams are registered and experienced in a field that is larger and more diffuse, a field of energy that we call consciousness (your soul, your real self). It has to be experienced by something greater than mind, which is called awareness. Awareness allows us to know what is going on within consciousness (they are concordant).



Consciousness (soul) allows us to know what is going on in mind (in your spirit body), and mind allows us to know what is going on in feelings and emotions (from within our soul) as well as in the sensations from the body. Therefore, all these processes are going on within consciousness (soul) itself. It is also important to address issues on the highest level where the most power exists. Therefore, a change in the field of consciousness (soul) within mind brings about an alteration within the body.

### SUPER SENSORY SENSES



**The super sensory senses are within the soul:**

- Soul has many, many senses.
- Spirit body has much higher senses, 13 senses and capabilities than the physical body.
- Body has five sensing tools – sight, smell, touch, hearing, and taste.

**When the soul receives Divine Love, even the super sensory senses continue to grow.**

<b>Physical Body</b>	↑	<b>we first generally develop our physical senses.</b>
<b>Spirit Body</b>	↑	<b>mind / brain development starts.</b>
<b>Soul</b>	↑	<b>soul development is typically ignored on the planet.</b>

**Soulmate development is soul to soul.**

**Once we open up our soul, we cease to depend upon our bodies, and connect soul to soul.**

When talking about depression, the brain, its hormones, neurotransmitters, and physiology are of great interest. What are the real causes of depression? Again, we will refer to the Map of Consciousness (MoC), which shows the levels of consciousness from zero all the way up to the highest calibrated levels of joyful states, and then even beyond, up to the state of consciousness the world calls Enlightenment (no one achieves complete and full enlightenment, it goes on into infinity). On the Map we see that within those levels the energy fields have a direction indicated by the arrows, which shows whether we experience something as a positive asset in our lives or as a negative, deleterious event. Near the middle of the Map is the level of Courage, which is calibrated energy field of 200, the level of Truth. Below 200, the energies are negative, and above 200, the energy field swings upward, indicating a life-supportive energy field.

We are going to review the human experiences, starting at the bottom of the Map, called Guilt, Apathy, and Grief. These fields express themselves in emotions, such as self-hatred, self-recrimination, hopelessness, despair, and despondency. All are accompanied by feelings of regret, loss, and depression.

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

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

In these energy fields of depression, our view of the world is that of a sad and hopeless place of sin and suffering. Our view of God, the God of a world like that, would be of one who ignores us, who is unfeeling and uncaring, and from whom we are separated. Out of guiltiness, worthlessness, and sinfulness, God can be imagined to have negative (anthropomorphic) human attributes.

When looking at the process going on in consciousness (soul) in the lower energy fields, at the bottom level (Shame) is a state described as deflated. The one above (Guilt) is called dispirited, which does not have the energy of life or the desire to live. In the Apathy state, the process going on in consciousness is the loss of energy (soul size can be diminished down to the size of a pea). Due to the loss of the life energy within, a person no longer attracts energy from the universe. The process is one of being de-energised, which leads to the self-hatred of destruction and the lower states that precede death. From this, there is often a pattern of passive suicide.

**NATURAL LOVE or HUMANITY’S ERRONEOUS ENDOWED EMOTIONS:**

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

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

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

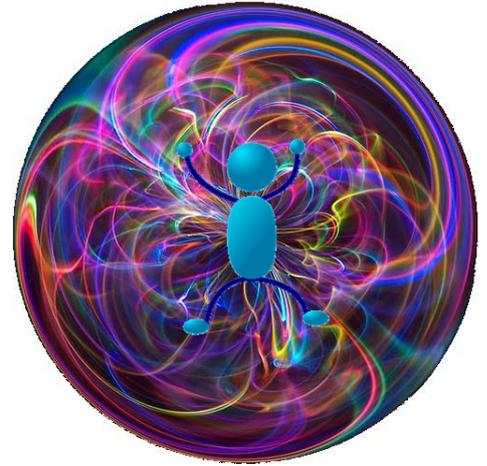
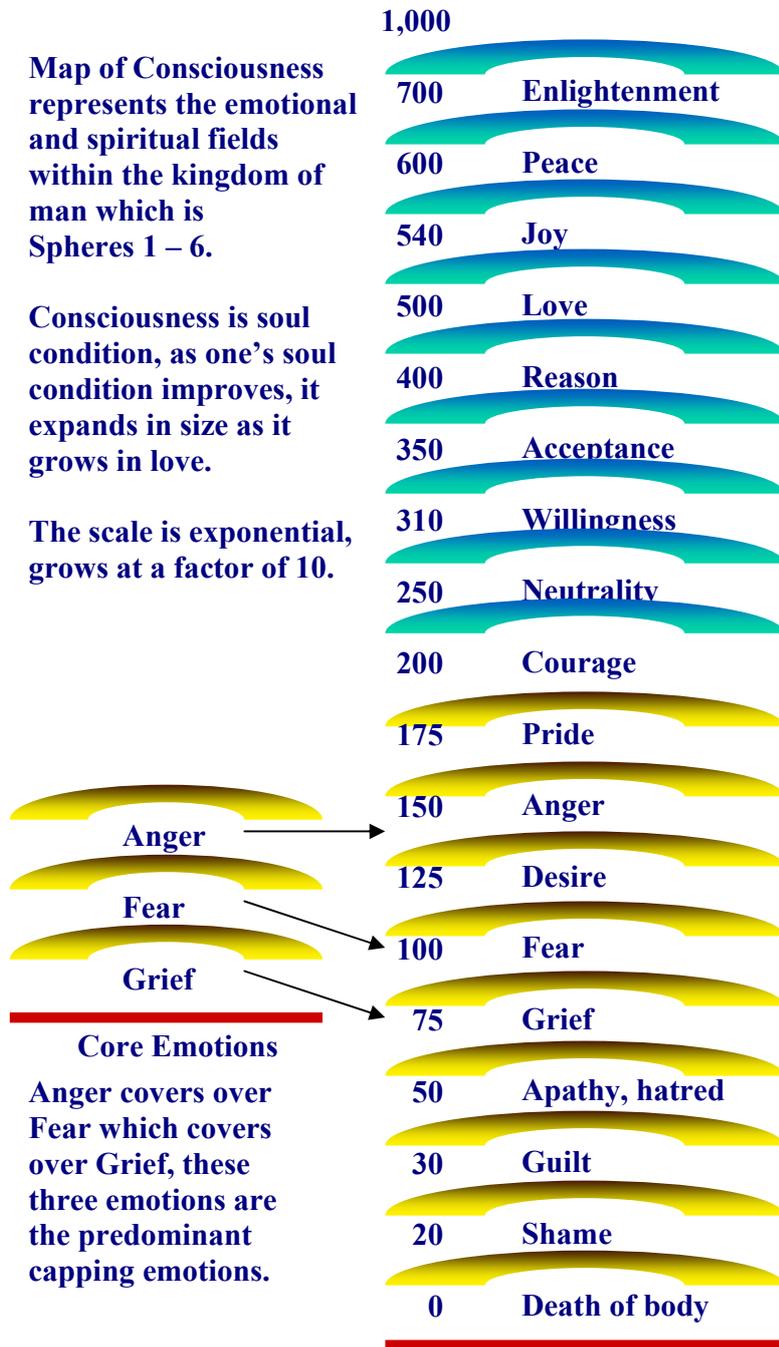
MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Man made dis-empowering emotions:			↓ 200	All the negative emotions	
Indifferent	Demanding	Pride	↓ 175	Scorn	Inflation
Vengeful	Antagonistic	Anger	↓ 150	Hate	Aggression
Denying	Disappointing	Desire	↓ 125	Craving	Enslavement
Punitive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

**MAP OF CONSCIOUSNESS**

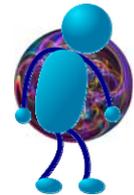
Map of Consciousness represents the emotional and spiritual fields within the kingdom of man which is Spheres 1 – 6.

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.



Soul expands as it grows in love and condition.

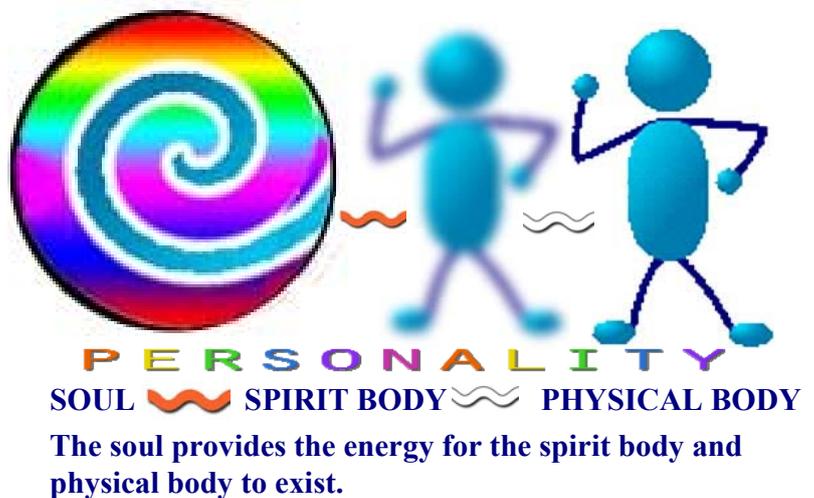


We are going to look at active and passive suicide. What do they arise from? How can they be handled? What do they really mean? In what way can we create an understanding of this whole field of depression, this plague of mankind? How can we benefit from an understanding of the nature of consciousness itself?

All the energy fields below the level of Courage have a negative direction, and seldom does one of these emotions occur singly. Generally, one negative emotion tends to pull in others as well to some degree. In depression, there are also feelings of self-blame, self-hatred, and worthlessness. These feelings are associated with the level of hopelessness and despair. There are regrets about the past and fears about the future, and very often there are also guilt and anger. Frequently it is said that depression is anger turned inward.

Traditional psychotherapy recommends trying to energize and bring up the anger accompanying the depression, and then determine the source of the anger. We will discover that both anger and depression are the result of the same error – having made the same mistake within the mind, and within consciousness (soul) itself. What is the error that will be found when looking at the anger, the fear, the grief, the apathy, or the guilt? We will find that the person has placed their survival on something outside themselves.

All negative energy fields are based on placing the source of our happiness externally. This results in being vulnerable and also being the potential, hopeless victim. Being the victim means perceiving a cause as being outside oneself. Therefore, the vulnerability to depression is present as long as we think the source of our happiness is something outside ourselves.



The common frailty of human consciousness (soul condition) is to make happiness dependent upon externals, such as saying, “Well, when I get that degree, then I’ll be successful and happy”, or, “When I learn that foreign language; or get to move into that apartment; or get that fur coat or new car; or when I get that advanced college degree; or when I get that relationship; or, if I could just change that person out there; if I could get my aunt to stop drinking; if our company would only come out of the red and go into the black, then I will be successful.” **It is always ‘out there’.** Placing the source of our happiness outside oneself is putting us in the position of being vulnerable to depression, anxiety, fear, and a potential loss. It is only by owning oneself as the source of happiness, as the experience of our existence, independent and beyond that which happens within the world, that we become immune to depressive episodes.

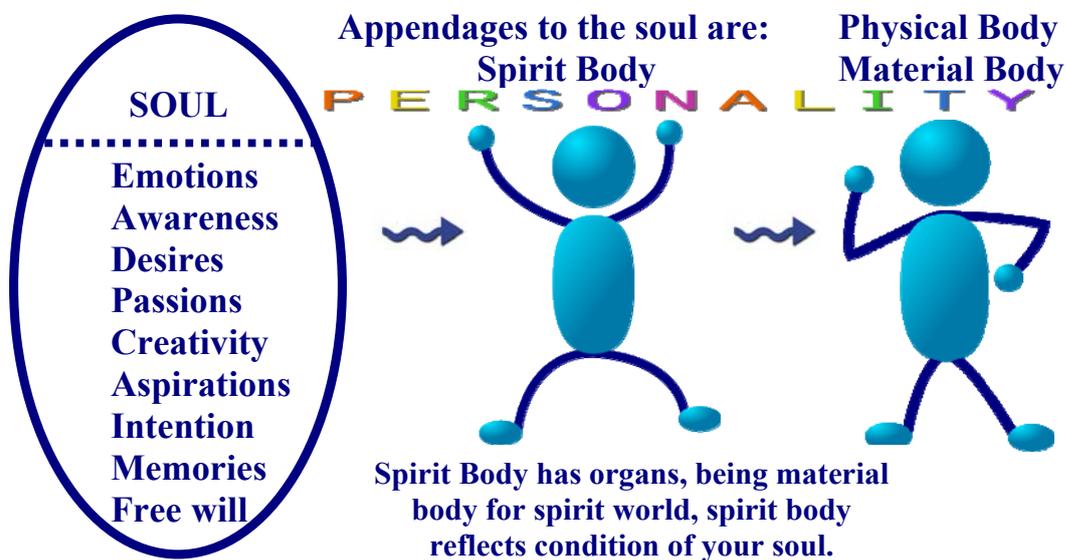
Each time we look at the Map of Consciousness (MoC), it is from a different perspective with a different emphasis. It alters our understanding of the nature of human consciousness (soul condition) as we approach it from a different context with a broader understanding. The levels of consciousness have either a positive or a negative direction, with a crucial intersection in the middle at the level of Courage, which is crossed over by telling the truth. (Achieving telling the truth is progressive, when we tell the truth at all times, no matter the circumstances, that is one very developed loving soul.) In this case, the telling of truth is that “My happiness does not depend on anything outside of me. I, of myself, am the sources of my happiness by my own inner decisions, integrity, intentions, and by the way I see myself and my relationships with the events of life.”

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>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>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>

At the bottom of the Map is maximum victimhood in which the total source of our happiness has been placed outside ourselves. The loss of that brings about self-contempt and self-hatred. There is nothing within the self now to love because that which was loved was seen as something outside ourselves.

**At the stage of Apathy, which we know as hopelessness and despair, there is a state of no energy so a person in that state is in a severe clinical depression.** The person is usually unresponsive and may sit in a chair, staring blankly out the window. They are frequently unresponsive to any communication and are unable to talk. Very often they stop eating and may not be able to sleep or function in the world. These are the severe forms of depression, which also have a biochemical basis in the brain that leads to seeing life as sad, the future as hopeless, and themselves as empty and worthless. The concept of the God of that kind of world is one who ignores and does not care for them. It is a state of total unlovingness and feeling unloved.

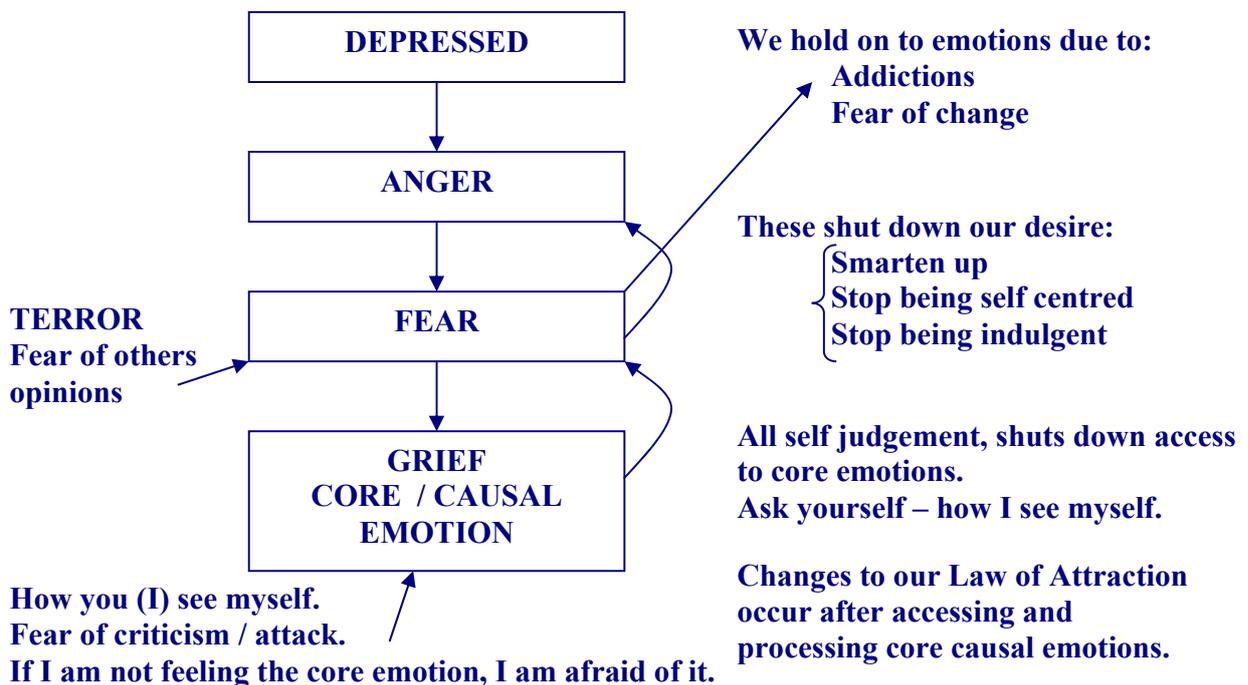
**Our clinical experience indicates that the three lower states of hopelessness and helplessness, which we collectively call despondence and depression, arise as a consequence of the failure to have handled the energy field above it, which is called Fear.** The person is not facing the underlying fear because the depression arises from the loss of meaning. It is not the thing outside of them that the person has placed their happiness on that is the difficulty, but the meaning they have attached to it. It is not the college degree but the meaning of that degree. It is not the relationship but the meaning of the relationship. It is not the position or title of president of the company, or the financial success, or having the right address, but their importance and value. What we project onto a thing, or the way we hold it, depends on the meaning we give to it. In and of itself, it has no meaning; it merely is.



Meaning is a mental construction that we have projected out, thereby assigning value to something. The value arises out of our own mental / emotional values that are being projected onto something outside of us. This results in seeing oneself as separated from the source of happiness. There is 'me', and then there is that 'outside of self' from which we feel separated. There is the fantasy that if we could reunite with that, have that, control that, then that would heal the inner feeling of lack and separation. To feel

separated from that which we want is to unconsciously feel separated from God. The view of God in these depressed states is one of being totally separated from the source of our happiness.

The way to get out of a depression is to look at the underlying fear. What is the fear? We have used the actual clinical example of the woman who received a telegram from the Department of Defense that her son was killed in action. She is rocking back and forth in her chair and staring out the window. Several weeks later a telegram arrived stating there had been an error, they regretted the error, and that the son was still alive. When the family told her this, she just kept on rocking back and forth, staring out the window. “Mother, mother,” they said as they shook her, “didn’t you hear? Joey is not dead. He is alive and fine. He is in a Rest and Recreation camp in Vietnam.” However, she just kept on rocking.

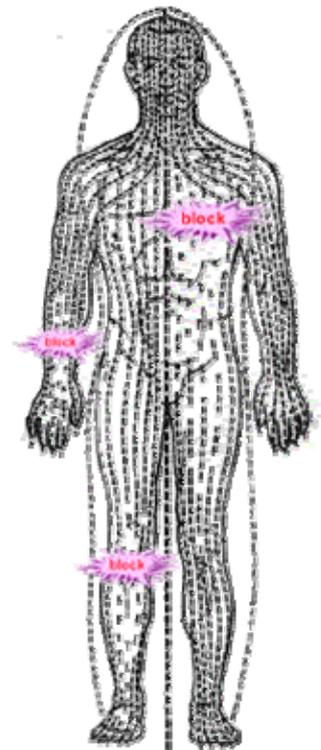
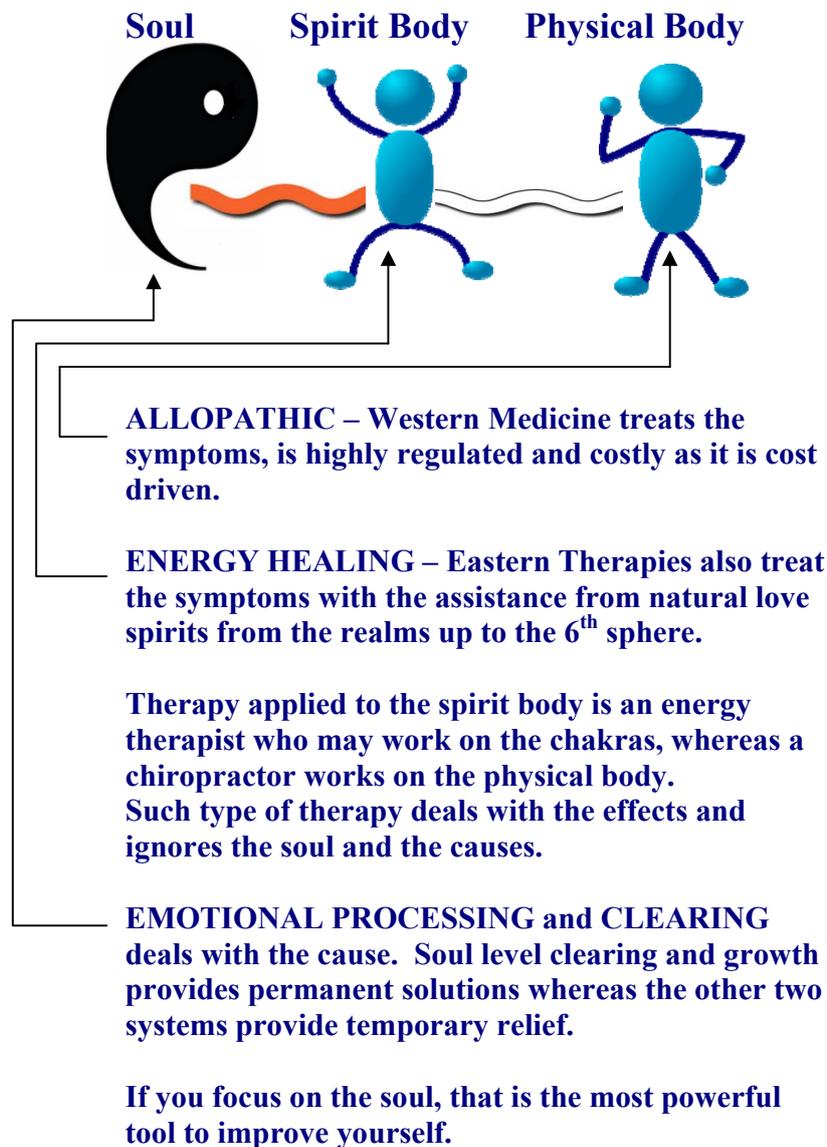


Something had happened. The energy field, the state she had obviously been holding, was that of her son and her relationship to him as a major source of happiness. Being a widow, that relationship was prime in her life. Now something had happened; the energy of the field had brought about a change in the brain chemistry. We can see that in this instance, the shift in the brain chemistry is a consequence. Due to the loss of meaning in her life, the energy field then expressed itself on the level of brain chemistry.

All things are physical, mental, and spiritual. Spiritually, the meaning here was the separation from God; emotionally, it was the significance of this relationship; and on the physical level, it was the brain chemistry. There was a shift and a loss of neurotransmitters. The brain was in a depressive condition. There was a depression of essential neurotransmitters in certain areas of the brain that accompanied the condition. Therefore, it is possible to ameliorate the expression of this symptom on the physical level by the use of antidepressants. In treating all these conditions, **we find it most efficacious to treat all levels simultaneously.** We address the person in a dialogue where they begin to examine what they had placed meaning and significance on and how they had filled the internal emptiness of their life with

things from the outside to give it value. This process thereby created the vulnerability. We have to look at how it is held psychologically and, at the same time, treat it on the physical level.

### HIERARCHY of HEALING SYSTEMS



The antidepressants available these days are very effective. Generally it is safe to treat the depression of the majority of patients pharmacologically with antidepressants as long as there is close clinical supervision, especially in children and adolescents. Pharmacologically, they take the person from the bottom of the Map and lift them up to a higher level so they are then able to respond to psychotherapy or spiritual counselling to try to alleviate the conditions (cause) that brought about the vulnerability. The risks of psychopharmacology have to be weighted against the risk of suicide, especially when an apathetic depression becomes agitated (Hawkins, 2005).

Facing the fear that underlies the depression relieves the depression. The fear is that one has lost the meaning of life. They have lost that which is of value, and feel it will never be replaced. Hopelessness means that the expectation of the future is zero. There is no hope that a context of meaning and significance will be recreated that will re-energise and give one's life meaning again. This, of course, is an illusion, but at the time, the hopelessness is based on the perception of oneself and one's relationship to life.

When treating a depressed person, we look to see what the loss is, for example, the loss of a job, the loss of vitality, the loss of youth, or the loss of opportunity. People become depressed at middle age and see life as having passed them by, and now feel they have lost their opportunity. The loss of looks for a person, such as middle-aged woman for whom her appearance has been very important in her life, affects her sense of self-value and her way of relating to the world. If she has based her power in the world on her looks, then that loss is a great danger to her and not just a superficial thing, such as vanity. It is far more than that; it is her whole sense of self-worth and value. Beauty to her has become valuable and makes her a worthwhile person.

We discover the underlying fear and get the person to be willing to look at the fear. Instead of depression, the person has to handle fear instead because fear has to do with the future. "How am I going to live without what has given my life significance?" This can be seen in the addictions, for example. **One might say that anybody who gets depressed has been addicted to placing their survival on something outside themselves.**

**Causal emotional injury = blockage**



**Emotions should just flow through.**

**Most parents / environment shut down the experiences within the baby child.**

**When you release the emotion completely, your Law of Attraction changes.**

**If I don't release the emotion, I continue to attract like events.**

In the addictions, if we threaten to take away the drug upon which the person has been placing their survival and happiness, we see terror – not just fear, but absolute terror. The conviction within the addict is that it will be impossible to live in this world without access to that substance, so we have the person look at the fear and then utilise the techniques clinically that we have found to handle fear; next, we create the willingness to be with it – to stop labelling it and to stop the thoughts. They focus instead on the exact experience of what is coming up as they look at that which is feared within mind. The person looks at it and then goes into the radical truth of what is literally being experienced within them. They need to be willing to surrender to that and let go of resisting the fear. As this happens, the sensations run through the body.

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

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



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

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

I ask the person, “What are you experiencing in your body?” They report, “My mouth is so dry, I can hardly talk. My heart feels like it is fluttering. My stomach feels like it is turning over. I feel cramps in my abdomen. My knees are so weak, I can hardly stand up.”

Then we start with the feelings, one by one. We say, “All right, tingling in your legs and your knees. Could you let go of resisting that? Could you just let yourself experience that and be with that? Stop resisting it. Don’t call it fear. Just sense what you are sensing. What are you sensing?”

The reply is, “I’m sensing a tingling in my legs.”

Then I ask, “Can you handle a tingling in your legs? You have handled headaches, major surgery, and deaths in the family. I’m certain you can handle the tingling in your legs.” The person will say they can handle that.

Next I say, “Let go of resisting the tingling in the legs. Now, how about the cramps in the abdomen? Could you let go of resisting that? Could you stop calling them ‘cramps’? Could you just experience what you are experiencing and let go of resisting that? Right. Let’s go up higher. What about the flip-flops in the stomach? Can you handle that?”

“Yes, I can handle that.”

“Could you just handle the experience and stop calling it flip-flops in your stomach? How about the beating in your pulse? Could you let go in your mind of resisting that? Just let your pulse beat away if it wants to. How about the dry mouth?”

We get the person to realise, “Yes, I can handle that. I can handle the experience of that, but I cannot handle the fearful thoughts.” And we agree that nobody can handle fearful thoughts.

There is no such thing as ‘having’ fearful thoughts. Fearful thoughts create themselves by the thousands, and as we handle one bank of fearful thoughts, a whole new bank arises. “I’ll be late for the plane. I won’t get on the plane. I’m afraid of the plane. Something is going to happen to the plane. I might go to the bathroom.” The mind will just create an endless series of fears. What it can handle is the dry mouth and the tingling in the legs, and then the willingness to face the underlying fear.

**F** false  
**E** expectations / emotions  
**A** appearing  
**R** real

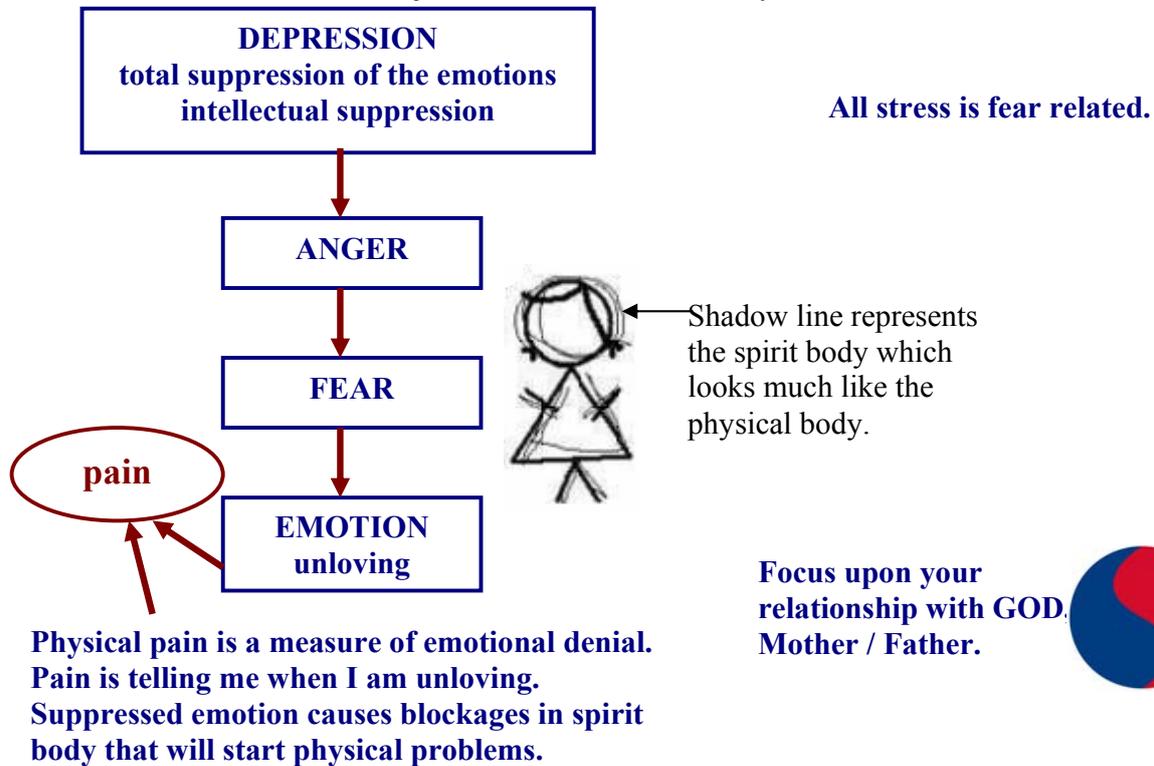


The first thing that benefits the person is relief from depression. They say, “Oh, I see I’m not depressed. I see that I was terrified of the future and that I will never find happiness without what I wished for, longed for, and desired. I was convinced that I had to have that in order to survive and be happy.”

**When I know the truth, fear dissolves.**



People who have been convinced of that and were on sizable doses of alcohol or drugs have been as close to actually needing something to survive as anybody on the planet could be. Yet, after they gave that up and faced their fear of it all, they found that life was joyful, complete, full, and enjoyable for the first time in their lives. We know that fear is based on an illusion; therefore, we have the courage to take the patient with us to look at the fear, just like we take the child by the hand to lead them.



**Physical pain is a measure of emotional denial.  
Pain is telling me when I am unloving.  
Suppressed emotion causes blockages in spirit  
body that will start physical problems.**

When I was a child, somebody on the block told me about bogeymen. My mother had ridiculed bogeymen, ghosts, and similar things but somehow, because of that older kid’s convincingness (an he acted like he knew what he was talking about), I became afraid of bogeymen. My mother took me by the hand and led me down into the dark basement with flashlights and looked all over for bogeymen. None were found there, or in the closets, or behind the curtains, or anywhere else in the house or attic.

It is helpful to have someone with us when looking at the fear because it is our unconscious child that is frightened. Our inner child does not understand the nature of real life in this world, so it comes up and says, “Gee, without that, I won’t be able to survive.”

As we said before, **depression is often aligned with anger turned within.** What about that anger? What is the basis of the anger? We will use the example of somebody who bases survival on something outside himself, such as an addict. When we threaten to take away his bottle or supply or flush his drugs down the toilet, he goes into a rage. Now it is very clear to us what the source of the anger is, is it not? The



source of the anger is exactly the same fantasy as the source of happiness being something outside of him and which has been placed on some external object – a person, place, or thing. To place the source of our happiness on something outside ourself creates a negative energy field because it is basically a lie. The source of happiness is not something that is outside ourself at all.

**GUILT**

↓  
**Not a good mum!**

↓  
**Grief about ‘love’ – no one loves me. If I stop doing what they want, they wont love me. Love earns love is a false understanding.**

**GRIEF**

↓  
**Not connecting with children**

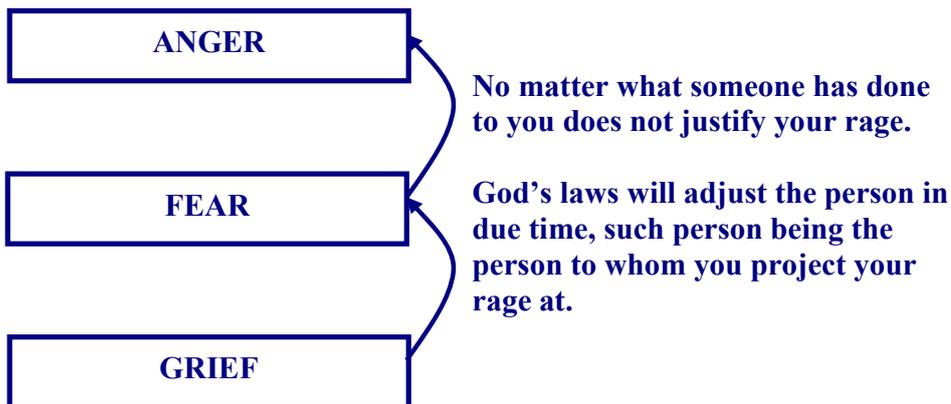
↓  
**Grief as you as a child had been treated the same way as you treat your own children.**

**Punishment of self is just as bad as punishing someone else.  
Self judgement is being angry with yourself.**



**The desire to get angry with others is to blame another person for your grief.**

**Most people are not willing to cry about how afraid they are. Once you start to cry about how afraid you are, you will start the release process.**



Only when we own that we are the source of our happiness does the energy field go in a positive direction. We can move a person out of depression and despondency, get them to face the fear, get them

to desire something better for themselves, and turn their anger into anger at being the victim instead of being at the loss of an object.

There are usually endless rationalisations and explanations to try to make their anger sound justified. “They promised me this. They signed a contract. They sent me a cheque that wasn’t any good.” The source of that is always outside of oneself, and the explanation, details, and events are only justifications for anger.

## ***Violence is never Justified***

We can use this anger by turning it into anger at the vulnerability. One can say, “Now it is time to be angry at the real cause, which is that I was brought up in a world that taught me to think this way. I was taught that this is the right way to think. “That is what we need to be angry about – that we were taught how to think in a way that set us up as potential victims – to think that something or someone outside ourselves is the source of happiness. The usual projected fantasy is that ‘success’ is the source of happiness, is it not? Will success bring us happiness?”

I (Dr Hawkins) used to live on the East Coast near a community of millionaires, and despite their affluence, occasionally someone committed suicide or took a drug overdose. They were not at all immune to the human vulnerabilities. Therefore, worldly success (e.g., celebrity status) does not bring immunity. What we need to be angry at is what caused us to sell ourselves out and then learn how we do it. Then, we can take pride in the fact that we are willing to look at this now and move up to the level of Courage to tell the truth about it. The truth is that something within our consciousness (soul) set us up to be vulnerable.

If we start to take responsibility and say, “The way I was looking at this set me up for this depression, frustration, and anger. It set me up for the letdown and this disappointment.” The courage to look at that and be willing to tell the truth about it now changes the way we feel about the whole subject. We can now move up to a situation where we can say to ourselves, “Well, it’s okay. It’s okay if that is how people are taught in this world, and I grew up in this world. I guess I learned the same as everybody else, but I’m willing to look at it in a different way now.” We then move up to a willingness to look at it and say, “Yes, I agree to look at this. My intention is up, and I at least see the subject as promising and hopeful. The God of a friendly world is promising and hopeful. In other words, there is going to be a benefit to me, not only in this particular situation, but there is also going to be a benefit to me as a human being that will last my lifetime, because to me as a human being that will last my lifetime, because if I solve this one, I have solved it for all time within myself.”

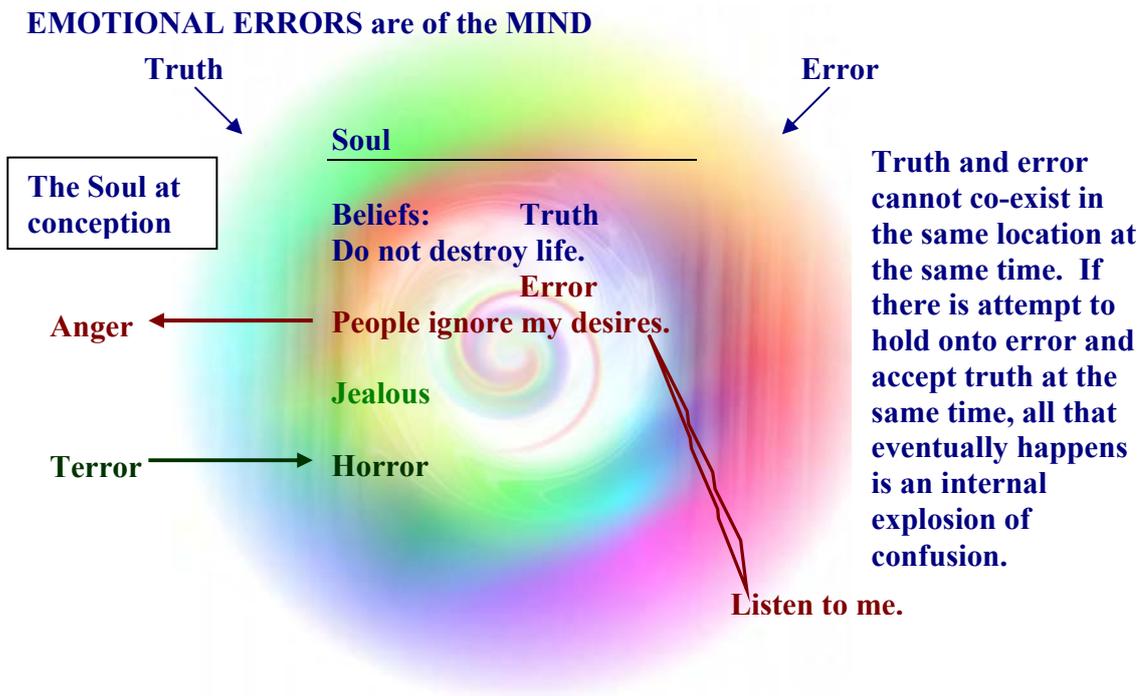
The willingness to look at that and accept what is discovered results in a certain confidence that there is a process going on within, and that this depression has arisen to bring something to one’s attention. It is as though it is saying, “Something is out; something is wrong within my mind, within my consciousness (soul), and within my spiritual position,” because that is what pain means. Pain means, “Please look at me; something is out.”

Consider this pH (Potential Hydrogen) chart with the Map of Consciousness chart and also with Primary Emotion chart and then the Human Emotion frequency chart. You will discover many parallels as you compare these charts with others that you find.

Values are Approximate					
Nakatani	Cell Voltage	Cell pH	Salivary pH	Cell pH	Symptoms
210	-105	8.84	8.04	Viruses Bacteria Cancer Cells Die 7.8-8.8	Symptoms of Healing
200	-100	8.75	7.95		
190	-95	8.66	7.86		
180	-90	8.58	7.78		
170	-85	8.49	7.69		
160	-80	8.40	7.60		
150	-75	8.31	7.51		
140	-70	8.23	7.43		
130	-65	8.14	7.34		
120	-60	8.05	7.25		
110	-55	7.96	7.16		
100	-50	7.88	7.08	Normal Cell	Vigorous Healthy
90	-45	7.79	6.99		
80	-40	7.70	6.90		
70	-35	7.61	6.81		
60	-30	7.53	6.73		
50	-25	7.44	6.64		
40	-20	7.35	6.55		
30	-15	7.26	6.46		
20	-10	7.18	6.38		
10	-5	7.09	6.29		
0	0	7.00	6.20	Cell Mitosis 6.5-7.4	Tired Illness Fatigue
	5	6.91	6.11		
	10	6.83	6.03		
	15	6.74	5.94		
	20	6.65	5.85		
Can't Read	25	6.56	5.76		
Reversed Polarity	30	6.48	5.68		
	35	6.39	5.59		
	40	6.30	5.50		
	45	6.21	5.41		
	50	6.13	5.33		
	55	6.04	5.24		
	60	5.95	5.15		
	65	5.86	5.06	Cancer Develops 6.3-7.0	Pain



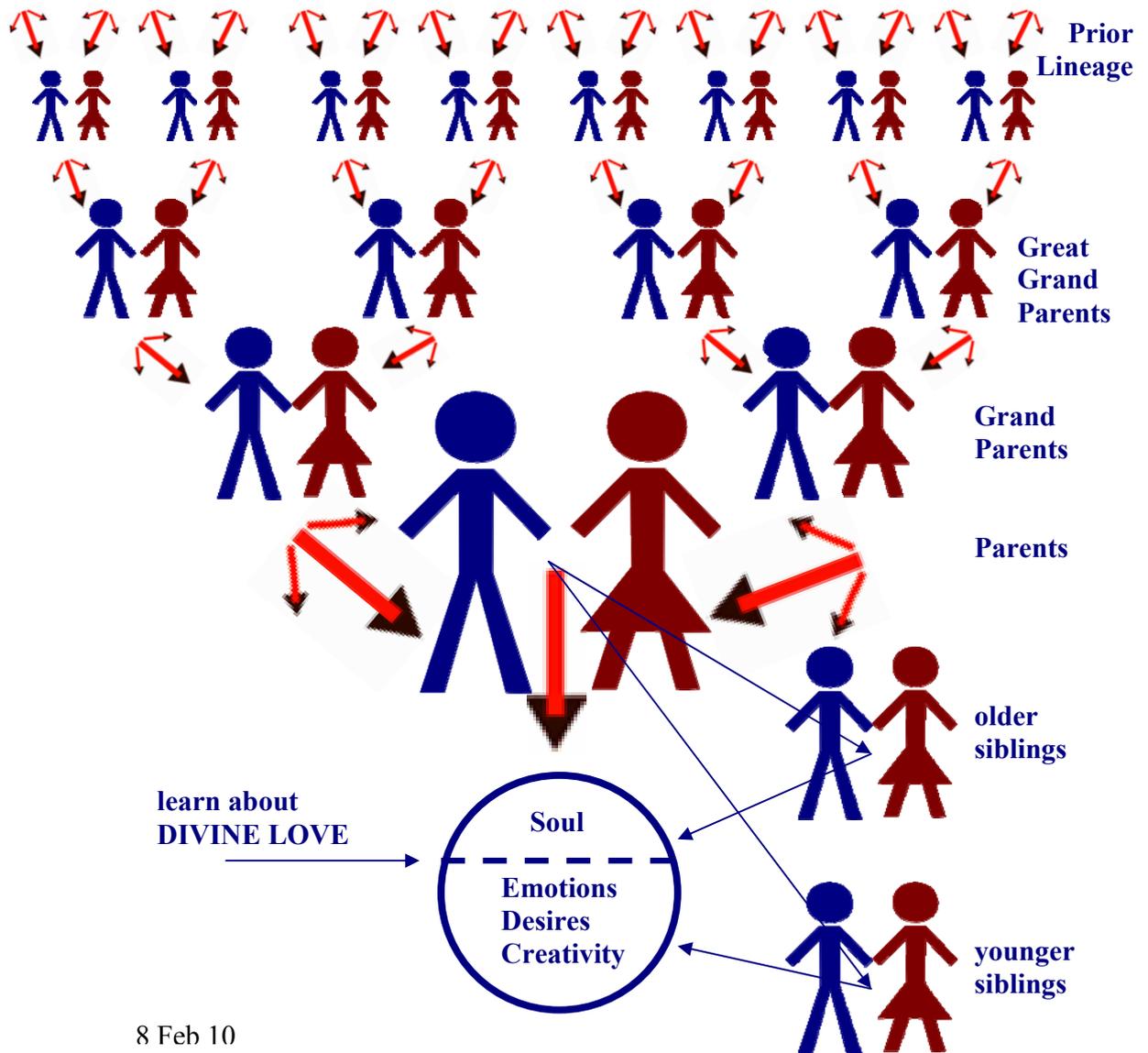
We can treat depression pharmacologically and get the person out of it temporarily, but if the person has not changed in their way of being in the world, in the way they are holding who they are and how they relate to the world and the universe, or in their expectations, their vulnerability remains the same. We know that many people who are treated with just antidepressants will recover from the current episode. We also know that some people are prone to relapses due to genetically determined faulty brain chemistry, and other have additional episodes unless their whole context has changed. Without an understanding of the nature of consciousness (soul condition) itself, the vulnerability remains, and the person who has depressions of psychological origin is subject to repeated bouts of depression within their lifetime.



In looking at this in a holistic way, from the viewpoint of body, mind, and spirit, we want to address the basic understanding to bring about an immunity from further episodes of this debilitating experience of depression. Acceptance means seeing what the internal setup is without blaming oneself or getting into a ‘make wrong’ scenario. There is nothing wrong with it; it just does not work. We have been trained and set up in our world to think that way by our parents who were also set up to think that way. They just passed it down to us. It has been going on since ancient biblical times, where there are descriptions of very severe depression, so it arises in the inherited collective consciousness (soul condition), which contains the same program – that somehow happiness and the source of it are outside oneself.

As we move up to level 310, with the willingness to tell the truth and to look at this, we can see the power of the field then goes up to the level of Acceptance at 350. Here the energy field is positive instead of negative because above the level of Courage, the person has stopped projecting the source of their happiness outside themselves. They have begun to re-own their power. At the level of Courage, there is the willingness to tell the truth, face the situation, cope with it, and handle it.

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



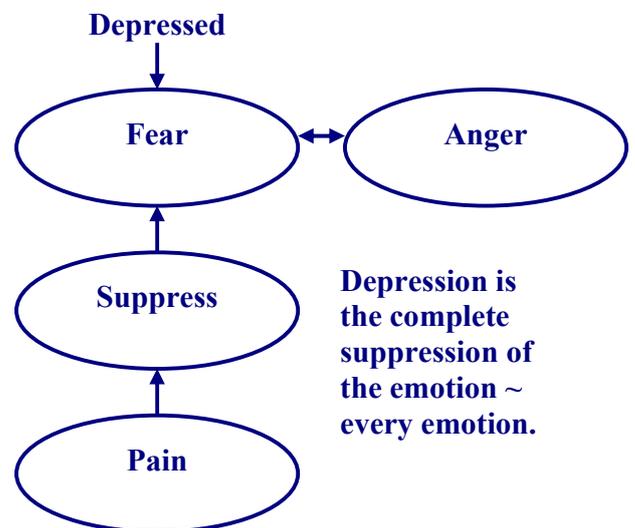
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By the time we move up to the energy level of Acceptance, we see a person who is confident and easygoing, which comes from the awareness that one is the source of one's happiness. It means that the person has realised in their emotional, psychological, and spiritual growth that they are the cause of the happiness in their life. If we were to put such a person on a desert island somewhere in the South Pacific, sail away, and return a year later, he would have a coconut factory, he would be making flutes out of bamboo, the children would be learning songs, and he would be teaching French to the natives. He would have found a native girl, built a tree house, and re-created for himself the world around him as an expression of being the source of his own happiness.

**The anger was based on placing the source of happiness outside of oneself.** On a deeper level, the anger is that of having sold oneself out and having been sold out by being given this program to operate with and then finding out that it does not work. One has to accept that it does not work, be willing to look at it, change, and say, "Okay." It only takes a matter of seconds to find a position from which it will work.

How long does it take to come out of depression? It only takes as long as it takes to become willing to look at the truth of what has happened. The capacity is within oneself to accept what has happened, to realise that we are the source of our own happiness, and to be unwilling to give it out to the world any more. The re-owning of that power suddenly results in a state of confidence. It no longer matters what happens 'out there'. The realisation of that truth allows us to experience ourselves now in a far more whole and complete way instead of from lack or vulnerability. There is just the realisation that we are the source and have the power to create. The self projected the meaning onto this; therefore, they say that one man's meat is another man's poison. The same event that would make one person happy would depress another.



I have watched people resist coming into money, for example, because it was not within their value system. At the time they valued not having money; therefore, it would be a problem if they won the lottery. Thus, winning might make one person joyful and fill the other with guilt. Why? The difference is meaning.

Who or what created the meaning that gave this thing outside oneself the power and significance? We are the creator of the meaning and the one who chooses what meaning to give to something. Therefore, we have to look at the way in which we have bought into social consciousness. We have to look at the values by which we have unwittingly allowed ourselves to be programmed and say to ourselves, "Do I agree with that? Am I willing to give it that value? Am I willing to set myself up for that vulnerability?"

**TRUTH  
Emotions**

**They each  
construct  
their own  
network.**



**ERROR  
Emotions**

**They each  
construct  
their own  
network.**

**SOUL  SPIRIT BODY  PHYSICAL BODY**

**The soul has pathways similar in construction to your brain. Your memories are stored in your soul, they are then reflected through your spirit body and then your physical body.**

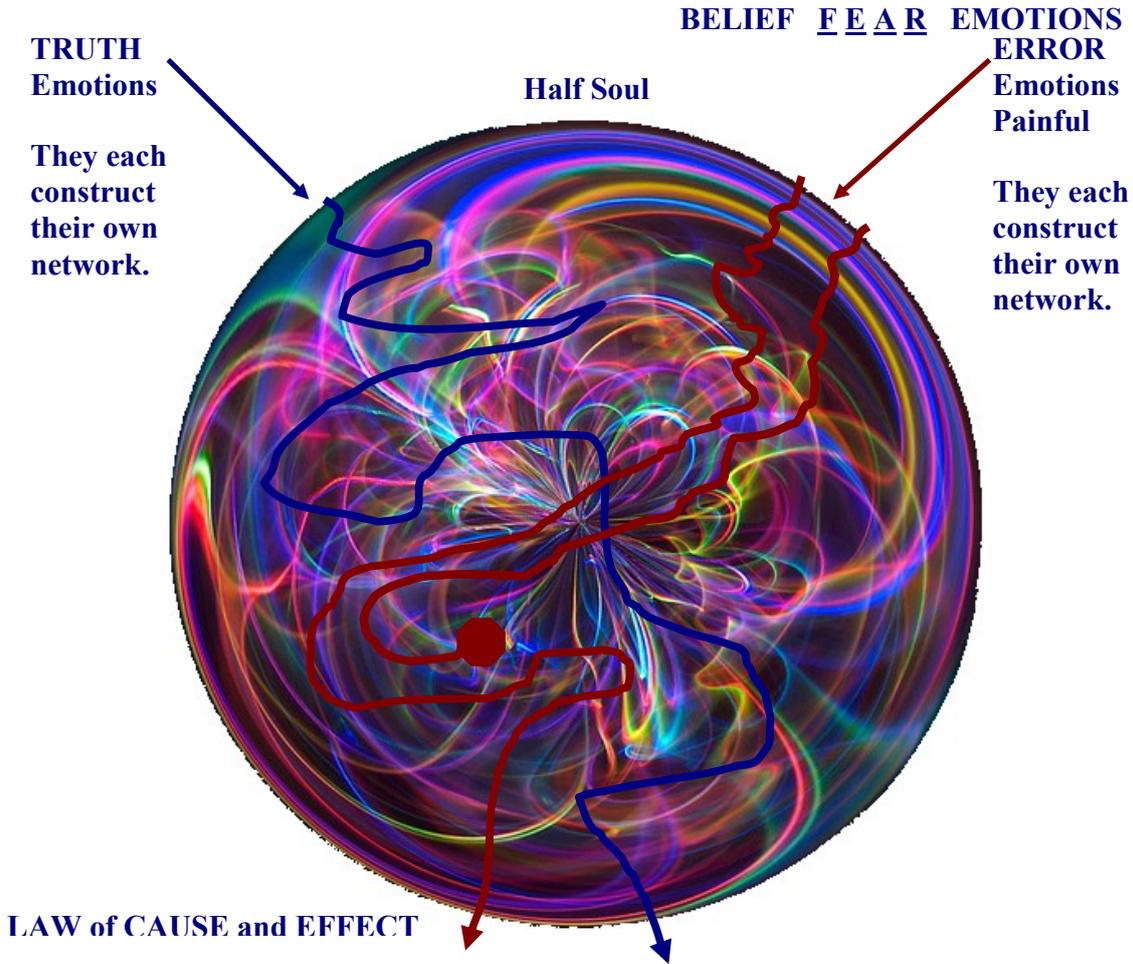
**When an error enters your soul, it sets up a pathway for more error to enter your soul. And when truth enters your soul, it sets up a pathway for more truth to enter your soul. This is what happens to your soul physically.**

**The construction of the soul and brain is very similar. Picture your soul as this energetic pathway of all these connection points. Consider your soul like your brain where all these tiny networks are constructed of each other. Emotion is energy in motion. There are unimpeded pathways through the soul, in the same manner as the brain, for emotions to flow. We have pathways where only error flow, being error constructed pathway. Similar pathways for truth are separate pathways.**

**PASCAS  
HEALTH**



**PASCAS  
PERS**

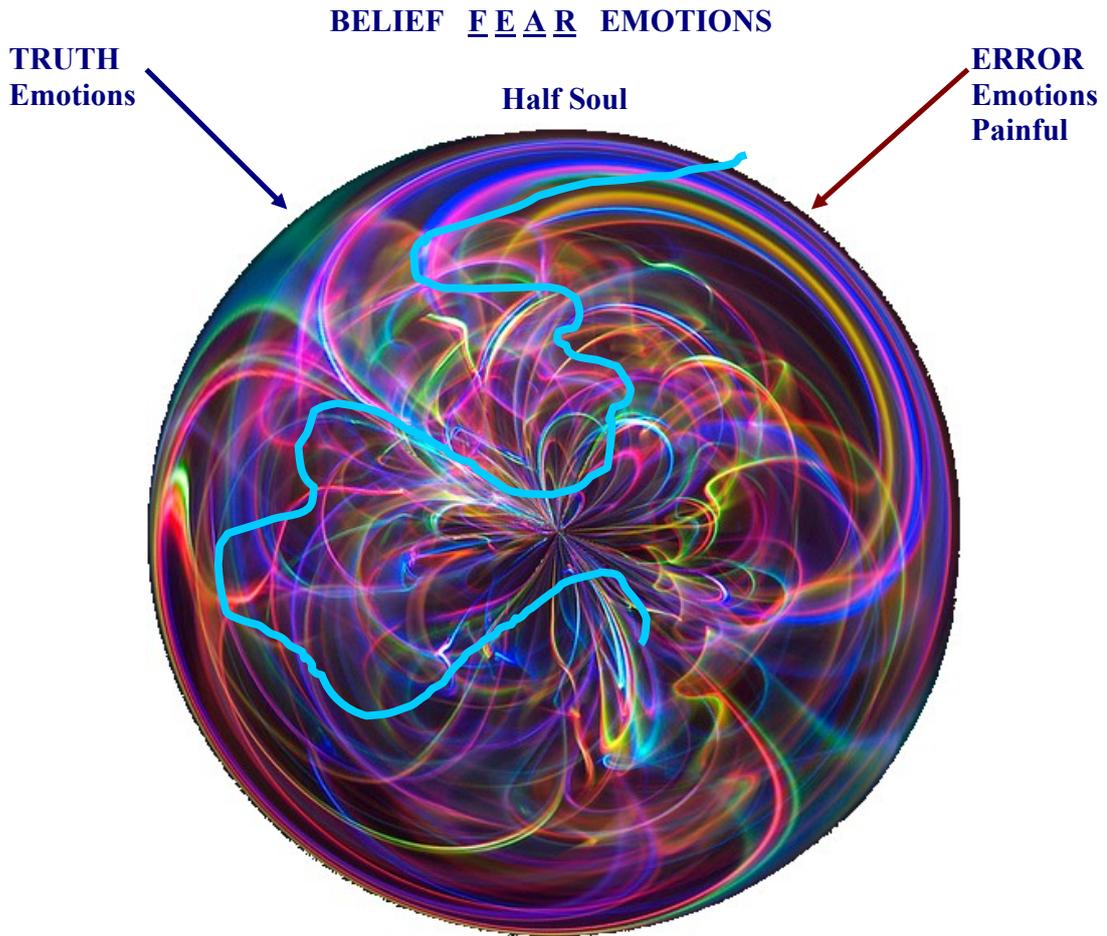


This construction, which has become constructed inside of our soul, has been constructed because error has become truth inside of us. Error is always painful at the core level, and we are always trying to avoid the painful feeling of the painful core emotion, and that is what allows these errors to be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

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

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





It is the emotions that allow these false beliefs to enter.

What we want is to deconstruct the emotions that allow false beliefs to be attracted to me firstly, and then enter me so that they settle within me. Many of us struggle to get back to the emotion. One of the reasons is that the belief system was created to support the denial of the emotion.

We have to be honest about our belief systems, particularly if our belief systems are loving or unloving. How can we allow any belief system to enter our soul? Truth is always loving. If a belief system is loving in all of its aspects, it will be more harmonious with truth than belief systems that are unloving. The more love there is in the belief system, the more truth there must be in the belief system.

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

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

**Strive to love others as I am to love myself**



The realisation emerges that we have the power to resource ourselves and to re-contextualise our lives by seeing how we are setting ourselves up. It brings a state of inner joy to realise that we alone have the choice and the power. We are the ones who set up the meaning and give these things the power over us; therefore, it really is possible to come out of disappointment, grief, sadness, and anger about the event, to even become indifferent and willing to look into it and re-experience the inner self.

Actually, a depressive episode, even a brief one, has the potential for joy within it because it is something coming up in life, saying, “Look at me! Look at me! Here is a mistake that has been causing you pain and suffering for endless amounts of time and will continue to cause you pain and suffering for endless amounts of time.” That inner state of joy and serenity really comes about from a knowingness of our own invulnerability. Therefore, even though the depression is not currently present clinically, the knowledge that we are vulnerable precludes that incredible state called the peace of God, the knowing that we are not separate from the source of anything but are connected with it, and that we are with God.

How does one then experience that which, in body, mind, and spirit, is called spirit (your soul, your real self) – that subtle knowingness? It can come from one of life’s tragedies, or even from a minor disappointment. All these things have within them the seed

**Anger creates more unloving things – not less.**



of truth that is always present. That which is the spirit and reveals itself as the truth behind consciousness is always present and can therefore be discovered at any moment – in moments of high joy or depression. In Zen, it is said that heaven and hell are only a tenth of an inch apart.

Personally, I have shared what I have experienced, and I have witnessed the truth of what I am talking about. My own inner experience included a time of great, severe, agonising depression way down in the pits of Hell. In that state of absolute hopelessness in which time stopped, the experience went on for literally eons and eons. (In severe depression, the experience of time is altered and each second seems like an eternity.) In those eons, there was no hope. In fact, there was a sign that said, “All ye who enter here give up all hope.” It was like the deepest of the hells in Dante’s *Inferno*.

Out of the experience of that infinite suffering and agony, out of that total feeling of abandonment and being separated from love and God, there suddenly came an inner voice that said, “If there is a God, I ask Him for help.” From the pits of agony, by a profound, deep surrender, suddenly there was the awareness of an Infinite Presence of Eternal Love and the silent Knowingness of Truth. With the collapse of the ego/self, the mind became silent and disappeared into the Self. The event heralded a major transformation that has been described in other writings.

Self-healing is the willingness to love and forgive ourselves, to look at our vulnerability and call it our humanness. It is the capacity to love our humanness for its weaknesses, errors, and foibles in order to see that within this humanness, as mistaken as it might be, there is a primordial, intrinsic innocence.

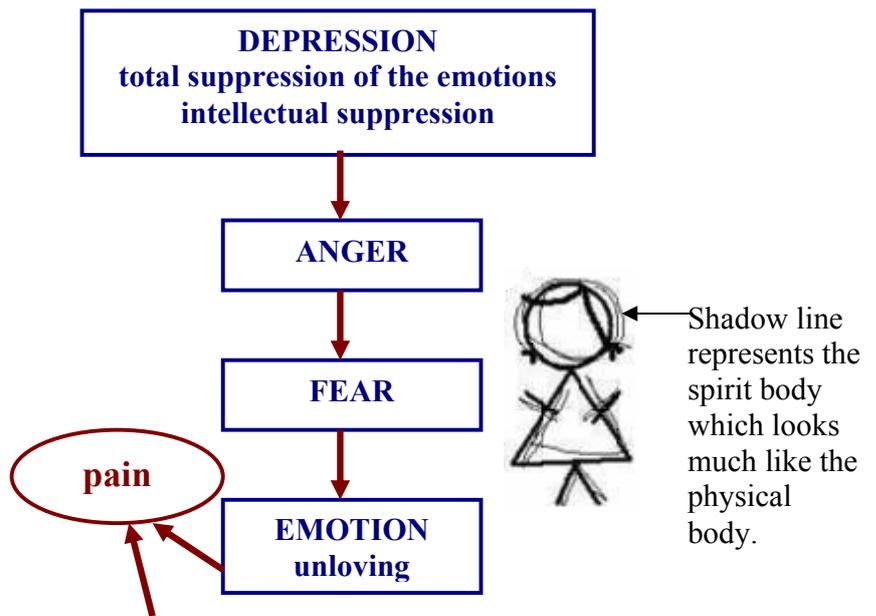
**SOUL**  
 Emotions  
 Desires  
 Passions  
 Aspirations  
 Intention  
 Memories  
 Free will



**Soul condition is the sum total of all of the different emotions, desires, passions, etc., all wrapped up together in terms of how much love there is in every one of those.**

The only thing that is certain in the phenomenal aspect of this world and its expression is that all things change. All things change within human experience because human experience is that of change. If all things change and nothing remains the same, then to place the source of our happiness outside ourself on that which changes means it is only a matter of time before the depression ensues. If we place our security on that which is transitory, disappearing, coming and going, or changing, then the vulnerability is ever present.

That simple mistake, which we all make, is common to the whole human condition and arises out of something that is also the same in all of us and which can be rediscovered right in the pain of experience – the intrinsic innocence of consciousness itself, the intrinsic innocence of our own inner self. We can see this in two different ways. First, by reaching that state of compassion ourselves, we attain such a level of consciousness that we literally see into the hearts of others; we just see and know that innocence. The second way is through introspection to see how this arose.



**Physical pain is a measure of emotional denial. Pain is telling me when I am unloving. Suppressed emotion causes blockages in spirit body that will start physical problems.**

We notice the primordial innocence of the child who is innately trusting. The child has faith in the integrity of adults, and it never dawns in the child’s mind to doubt the truth of what is being told. The young child loves its parents and those extensions of parents called teachers, other family members, peers, playmates, television, and commercials. A child looks at a commercial as though it were just as truthful as its parents because of the child’s trustingness, openness, lovingness, and lack of paranoia. The innocent

trusting mind is easily programmed, and therefore, out of its innocence, it begins to buy what it hears. The child identifies with those whom it loves as family. As the programs start coming in, the purity of the child becomes programmed because of its intrinsic innocence. Due to that innocence, it buys such statements as, “All of us are allergic,” “Heart disease runs in our family,” or, “We all have a weight problem in our family.”

**A lot of the spirits within the 6<sup>th</sup> sphere know every part of your physiology of your body. They can open or close parts of you so that you can think certain thoughts or not think certain thoughts that cause you not to experience certain emotions.**

**For when you are a channel for spirits, your ectoplasm is being used to modify the person to make these changes to their body, those spirits can make those changes to the body. The question comes, is the person aware of what is happening to them and do they care about what is happening to them and are they aware that it is happening to them without their will being involved? This causes the person to detune from the emotion, so they think they no longer have the emotion, but it is still in their soul, and still needs to be experienced. It is the oneness blesser’s ectoplasm being used to modify the person to help to connect emotionally.**



This is one of many photos that Almine has showing spirit energies.

All the negative programs are bought by the child’s innocence. We might say that the child’s mind is like the hardware of a computer, which will play any software program that is installed on it. And yet, the nature of the hardware, that which is truly the computer itself, is unchanged. No matter what CD we play, no matter what software programs we play on the computer, the intrinsic innocence, purity, and integrity of the hardware has not been sullied. It has not changed at all. Even if all the programs are erroneous, the hardware remains the same.

Within the adult remains that same childlike consciousness, with its innocence, purity of motive, and capacity to remain pure no matter what the programs may be. It remains essential and unchanged in all of us. It is exactly what is reading these words right now. It is the childlike consciousness, with all its purity and innocence, that is reading this teaching right now – not the person or personality, but that consciousness in all its simple purity.

Even if the person who is reading says, “I don’t believe a word of it,” where does that statement come from? It comes from another belief system that the child bought out of innocence. The father says, “don’t trust anybody,” or some disappointing experience sets up the program within the child’s mind. “Don’t trust anything you hear.” So if we are saying to ourselves, “I don’t believe anything he says,” we are saying that because, out of the childlike innocence, we bought that program. “The way to be secure in this world is to be mistrusting, sceptical, and not believe anything you hear or you will be misled down the primrose path.” However, the nature of the innocence that bought that program remains the

same because it is trying to listen to the truth and discern that which is truth out of its hopefulness and trustingness. It is hoping to hear that which will be helpful, nurture life, and relieve suffering. The cynic has been programmed to be mistrustful.

**CAPPING EMOTIONS - is adult like, being all effect emotions.**

**CAUSAL EMOTIONS - is child like, relating to your childhood.**

When we look within ourself now with the intention of self-healing, we see that intrinsic innocence and understand what program was set up. Now we have to re-own that innocence which is so crucial in all spiritual work as well in personal psychological research and introspection. It is important to always keep within our awareness that whatever we bought was out of the beauty of that which we are. We bought it out of our own love, trustingness, and integrity because we projected our own integrity onto the world and thought it was a place we could trust in and believe anything we heard or read.

### **EMOTIONAL PAIN is denial of an emotional truth.**

**ADDICTIONS are emotional denials, coffee in the morning, drink at night. An addiction shows you that you are in denial of the soul and any denial prevents you from becoming at one with God. Meditation can become an addiction. If you choose to ingest alcohol, a poison, then you are in some form of denial. Addictions tell you that you are in denial of the soul. Our denial enslaves us.**

We were programmed to believe that sometimes it is very useful to lie, to tell someone that “The cheque is in the mail.” We were programmed with the idea that the only way to survive as a body in this world is to tailor the truth a little bit (called ‘creative business ethics’), but did we not buy that out of our own innocence? We thought that was what one had to do in this world to survive, so we guessed we had to do that. Of course, when we do that, we pay the price. **Anytime we go below the line at 200, we pay the price, which is the loss of our power within the world.**

That is what the anger is all about – “I lost my power. The source of my happiness will never be returned to me because it is outside of myself. I have projected it out there.” The healing of it comes from the willingness to look at the truth of it, to say to oneself, “Out of my innocence, like other humans on this planet, like most of us, in fact, I bought a certain way of looking at life in which the source of happiness is, first of all, outside myself, and secondly, it is always in the future.”

**Fields above 500 - Love based  
Awareness  
Beingness  
More feeling based activity, rather than  
intellectual – in the mind based activity.  
Energy field of Love is the one that heals.**

**Fields 200 – 500 - Doingness  
Intellectual  
Life is seen as an opportunity.  
We are getting closer and closer to truth.**

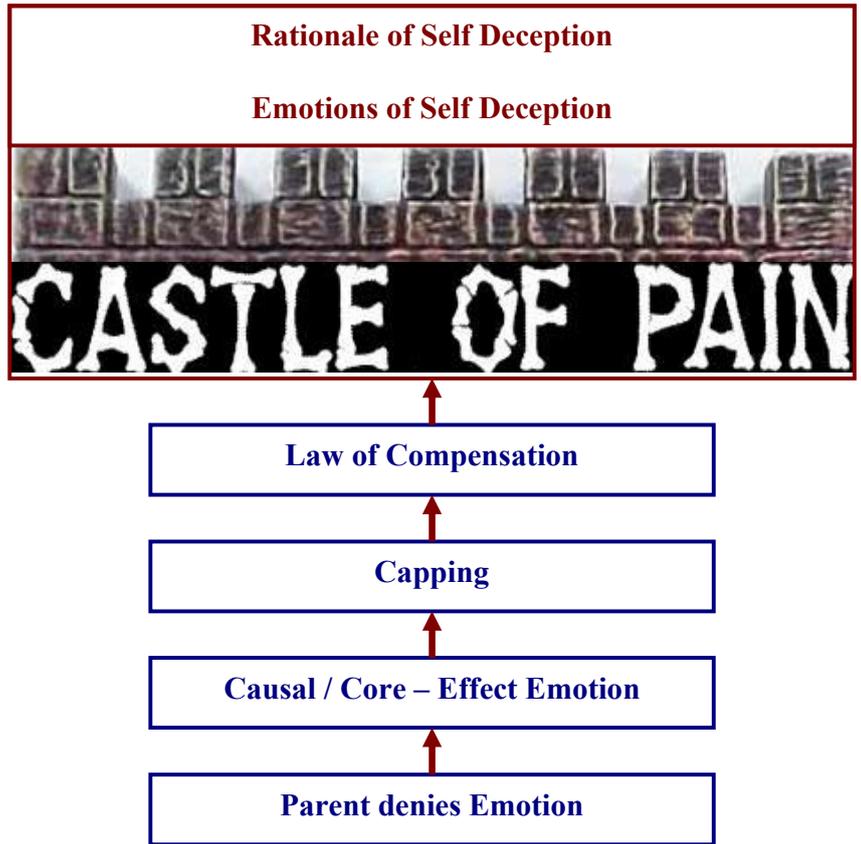
**Fields below 200 - Wanting & Craving  
Desiringness  
Fear Driven  
Self hatred  
Grudges  
Values are based on what one has.  
The energy fields below 200 are opposed  
to life, do not support life.**

The separation from the source of happiness is not only in space, but it is also in time, so it is something that is going to come into our life tomorrow, or the next day, or the next week, or the year after, or when we finally graduate, or when we reach middle age, or when we get that big house or Cadillac. Because it is always in the future, we are always separated from the source of our happiness and never feel complete. The realization that we are the source of our happiness, and that we can create it at any second, gives us a sense of completion. The sense of completion runs concomitantly with the experience of life, so it can be cut off at any second yet still feel complete.

If we suddenly stop writing at this moment, it is already complete just as it is. To the best of my ability, I have said exactly what I want to say. At this moment, I am being with the experience of the joy of doing the best I can. Joyfulness accompanies the experience. There is no tomorrow about it because of the sense of completion. If someone enjoys the presentation, so much the better. That is only frosting on the cake because it is not essential.

What one does in the world has to be accompanied by the sense of completion in the doing of the thing itself. The payoff is not something that is an aside, something that is outside or separate from the doingness; it is the experience of it in this moment. The completion is with the experiencing right now, not something separate from it. In that, one is then aware of the lovingness of all experience. That is the way one is with experience. It is the loving of life in all its expressions, including its disappointments. It is the ups and downs, the continual learning process of making the mistake and learning from it, so it is nothing but a mistake.

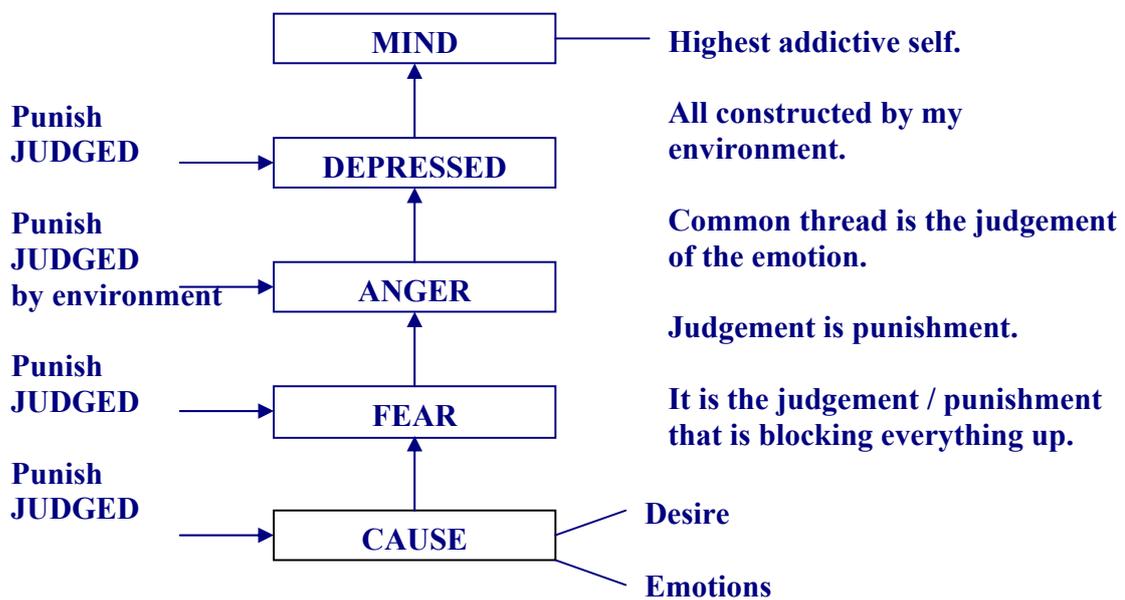
One might say that depression is nature’s way, God’s way, and our own psychology’s way of saying to us that the way we look at our life is not okay. It is our psychological, biological, and spiritual way; it is our body, mind, and spirit saying, “Look at what is out; look at what needs to be fixed. Please understand me out of your compassion; heal me; heal all of it.” The defect is an inner sense of separation that we will not be complete and whole unless we become united with something ‘out there’ or in the future. The ego moves from incomplete to complete. In contrast, the Self moves from complete to complete. True



True

happiness is always in the ‘right now’ of this moment. The ego is always anticipating completion and satisfaction in the future ‘when’ a desire gets fulfilled.

Clinically, there is often a difference between men and women in the precipitating event that leads to suicide or depression. Men experience the Presence of God within them or their connection to God very often in the form of power. The three classical attributes of God are omnipresence, omniscience, and omnipotence, so God is often experienced in the unconscious (soul) of men as connection with power. Men seek that power, and frequently the precipitating event leading to their depression is feeling separated from the source of their power. In this case, the power has been out in the world, so it would be the loss of a title, a business, or the status symbols that signify the power; the sense of separation and vulnerability that has not really been healed remains there. Therefore, money, position, and power become the tradition goals of men.



**Punish / judgement is based on rewards.**

**The punish / judgement comes from your parents and environment.**

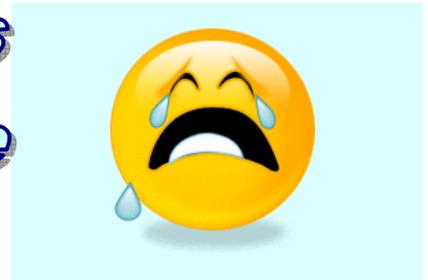
Women commonly experience their connection with God in the unconscious more in the form of relationships. Remember the example of the old woman who sat in the rocking chair, rocking back and forth, staring hopelessly out the window? She had experienced lovingness coming through that relationship with her son and was feeling cut off from it. The interruption of that was the precipitating factor. We see that the basic problem is still the same in the two sexes; it just takes different forms and different expressions.

Depression leads us into the whole subject of suicide. When looking at suicide, we see that what is desired is not really the death of the body but release from suffering. The body did not create the dilemma nor can it experience the dilemma. Therefore, the idea that if one gets rid of the body, one will get rid of the source is fallacious. The body neither created the dilemma nor experienced it. The whole problem is going on in consciousness (soul); therefore, the solution is within consciousness (soul)

condition). Looking at the nature of consciousness itself and seeing that is where the problem arose and where it is being experienced, one therefore sees that is also where it has to be solved. The solution is to realise that what is desired is the release from suffering.

The mind identifies itself with the body and thinks it is a body. The loss of the energy of life is because the person is dispirited, which leads to a decrease in energy. Many deaths are really subtle forms of passive suicide. There is loss of the sense of aliveness, excitement, and commitment to life. Passive suicide takes many forms, statistically showing up as automobile accident or the failure to get out of the way of a bus. For some reason, the person just did not care enough to take the precautions, did not care enough to love their life or value it enough to care for and preserve it. Passive suicide takes the form of the person who ignores their physical disease, such as the diabetic who just does not care to stay on their diet or take the insulin, thus going into insulin reactions, overdoses, and diabetic coma, with three, four, or five times in hospital in a coma until they succumb.

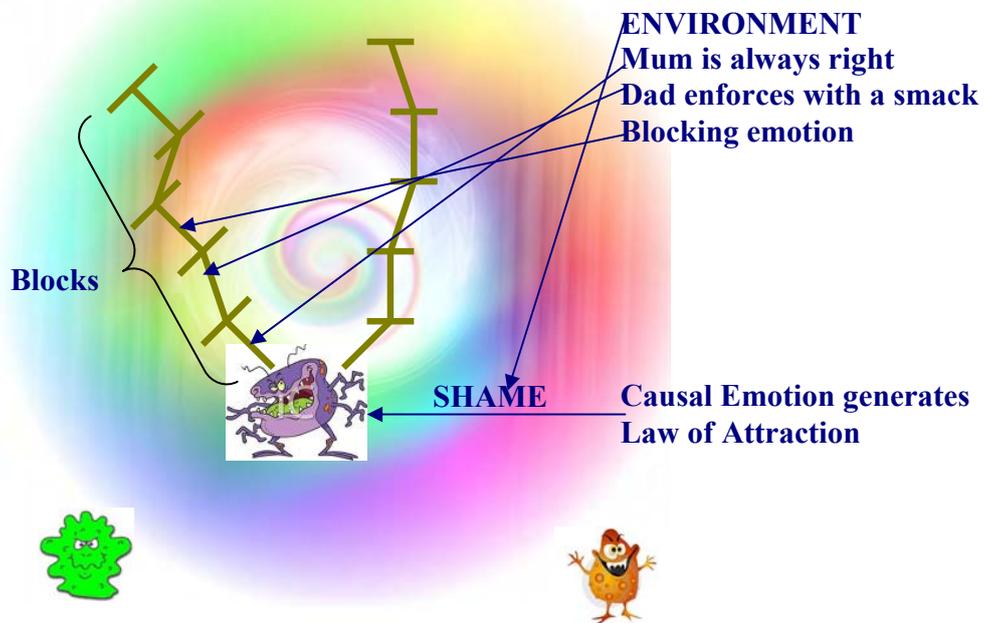
***Crying is  
welcome  
here***



In the addictions, that is traditionally seen in the form of an overdose. How could it be a miscalculation for a person who has taken multiple drugs for twenty years and then dies of an overdose?

**EMOTIONAL ERRORS are of the MIND**

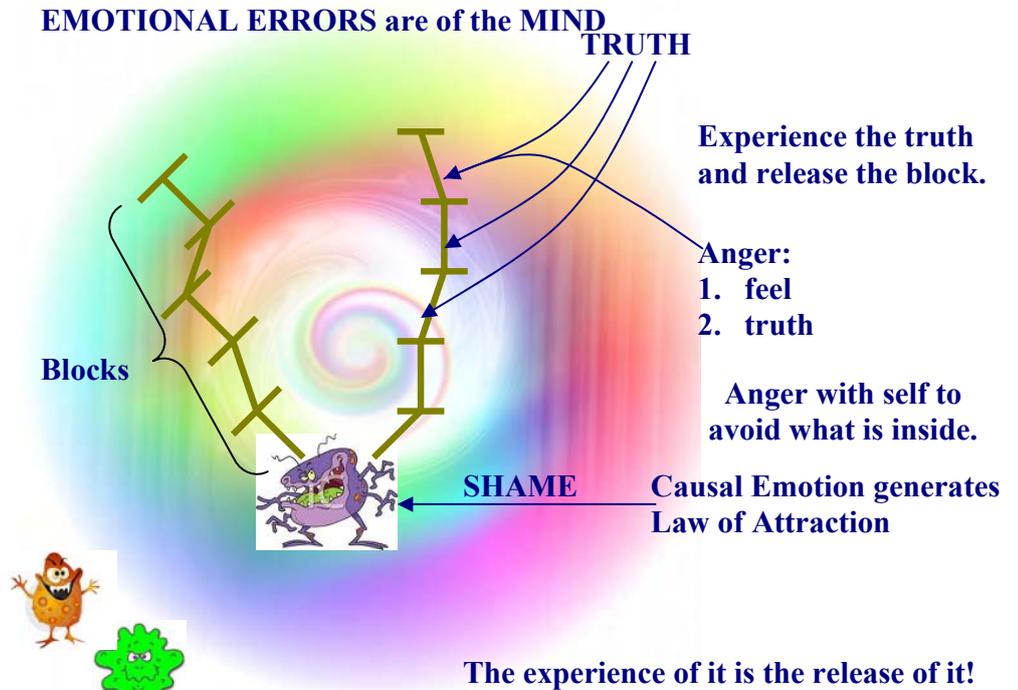
They are experts in psychopharmacology who does themselves thousands of times and then die; it is called an accident. In an automobile accident where the driver was just careless, what we really see is the lack of the desire to live. The failure to heed health advice or to take care of one's health and assets indicates the loss of energy that results in the loss of aliveness coming from



entrapment. There are feelings of deflation; then one becomes dispirited and unconsciously seeks a way out so they do not have to feel guilty. One does not have to feel guilty that they died of a diabetic coma. They did not bother to alter their lifestyle to prevent that coronary heart attack.

If we realise that what we want is the release from suffering, that then comes about through an understanding of the nature of consciousness itself and going into the processes that have already been described. We have to have the willingness to experience out all the symptoms that are being experienced and to look at our life using a technique called the ‘worst-case scenario’. We sit down, look

at life, and ask, “What is the worst possible outcome?” We become aware of the feeling that arise with that and then let go of resisting it, constantly cancelling out the thoughts about it and handling the feeling directly. As that progresses, we will notice that the symptoms begin to abate. We come out of the depression willing to look at the fear, at the way it was set up, and how we got it set up. We experience the anger about that and then use the energy of the anger to want something better for ourselves, now having the courage to face how it all came about.



It really means that we have to re-contextualise our whole life. We have to look at everything in it and say to myself, “How can I hold this so it will have a value great enough that if it left my life, I would still see that which is worth living for? To what about this can I dedicate my life? What about my job gives it meaning and significance? How can I move to a larger way of holding it? How can I see it in such a way that my value as a human being will not be changed if that should leave my life?”

We have to look at our goals and motives. What are we willing to dedicate our life to? What has significant meaning? Service to others? Even if we lost all capacity to serve our own life, what is the meaning of being of service to others?

**Desire for God’s Love – prayer.**

**Desire for Divine Truth.**

**Be humble – passionate desire to feel and experience your own emotions.**



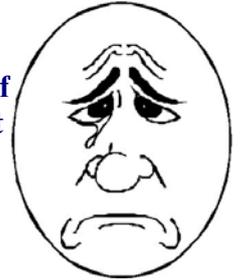
There are people with all kinds of disfigurements and losses who go on with their lives. Somehow life still has meaning for them. Does that mean that we are weaker than they are or that they are morally superior? No. It means that they have somehow found some greater meaning in their lives. They have had to let go of a lesser meaning

and find a greater meaning. So depression means that we have settled for a smaller meaning, something that is much less than the truth.

We have to re-examine and see what was the true meaning of that in our life. What about our life makes it worthwhile, even without that? Correction occurs by asking ourselves very simple questions. Where are our vulnerabilities? They are some aspect of what we think we could not live without, and on which we have based our survival.

### **REPENTANCE**

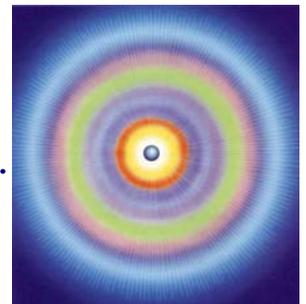
**The state of repentance is when you are full of remorse, you are crying and feeling the direct consequences of what you have done.**



The technique is to first find out where the areas of vulnerability lie. We can sit down and picture losing that from our life. We then go through the process of letting go of resisting all the feelings that come up and contact our own inner consciousness (soul) – the unconscious, our super consciousness, our intuition – to begin an inner questioning search.

All of us have to do that. What is the meaning of our life? What is its significance? What is worth dying for? What is worth living for? What do we value that is greater than that which is limited and temporary? By

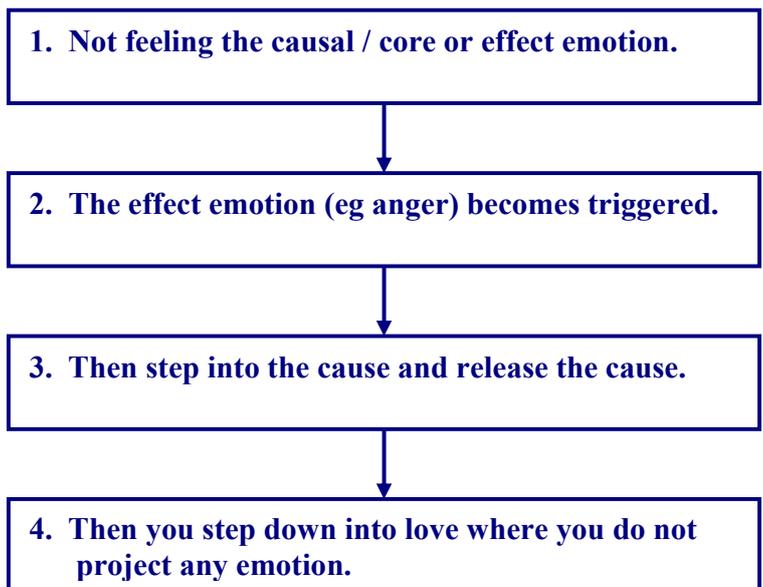
**Your soul is the power behind your spirit body and your physical body and condition.**



removing all these things one by one, we find that who we are is growing in stature. We are no longer so vulnerable to external events because there are always two things happening.

There is the event going on ‘out there’ as we see it in ordinary consciousness, and then there is how we feel about it, which depends on our attitude. We can decide how we want to be with it and what our relationship is to that event. For example, I am one thing, and the event is something else. I have power over how I want to hold it, how I want to value that relationship, and how I want to picture it. I have to decide whether I’m willing to give it power over my life. Am I willing to give money enough power over my life so that if I lose it, I no longer desire to live? Am I willing to give possessions, titles, degrees, or cars that power? Think of all the things people value greater than their own lives, and you can see the enormous vulnerability. The high suicide

### **STATES**

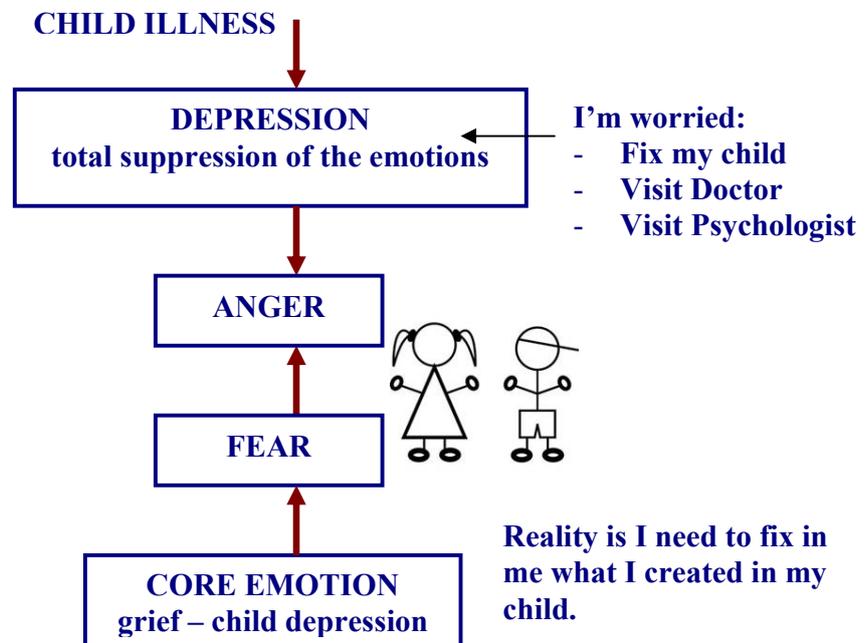


rate is regarded as one of the most important causes of death, especially in adolescents. What does that say about the values that we are teaching them? What are the transitory things we tell them to base their lives on?

**Depression is suppression of anger.**

We have to re-evaluate for ourselves the importance and meaning of our lives and ask what we hold that is of sufficient value to preserve us in the face of any kind of loss. Out of that inner understanding then comes our re-evaluation of the relationship between body, mind, and spirit, because it is mind that is setting our goals and purposes.

If we begin to question our values and re-evaluate our position with them, whether we like the term or not, we are really doing spiritual work. What is spirit? What is the energy of life itself? We have a decision to make about its form. We can decide what to give meaning and value to. Within that energy field called consciousness, we have great freedom. It is up to our own inner choice. By merely seeing that we have the choice of what we want to give value to, we re-own our power. We move up from victim to source and begin to accept the return of our own power, which we have given away to the world. With that comes an inner state of serenity from experiencing the value of our existence, knowing that we need no proof, and that the world does not have to do anything. We do not need to bring home any trophies to give it value because we see its value within ourselves. We see, treasure, and hold sacred the value of life itself. We accept that which is given to us with thanks. With gratitude we hold the essence of that which we are without asking that the world give us back anything that we have demanded of it.



In doing that, we move into an invulnerable position. We are no longer prone to the disappointment, anger, rage, or turning against ourselves with thoughts of suicide – that hopeless, fallacious idea that by killing the body, we will kill the source of our suffering. By owning that we, ourselves, are the source of our suffering, we transcend it. By transcending it, we bring about that inner healing, which is the purpose of this chapter.



**Love never expects anything from anyone.**

## 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 is 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.

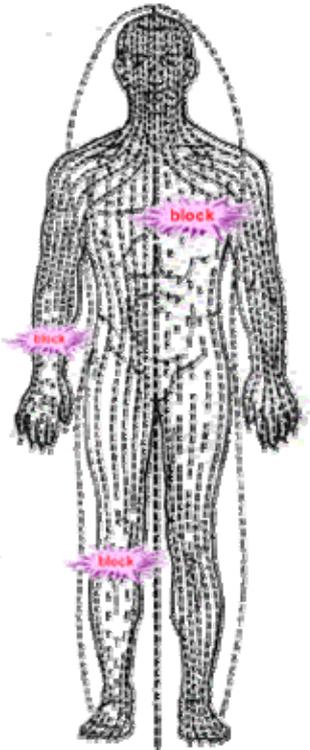
It is the energy level of love that steadily brings about a release from erroneous and harmful man-made emotions and beliefs. The energy level of love calibrates at 500 and higher. One's soul is connected with one's spirit body by cords of light. One's soul is the home of one's personality, natural intelligence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

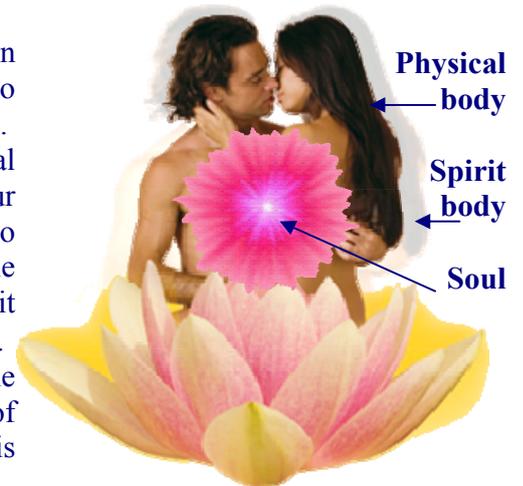
Crown	600	7 <sup>th</sup> chakra
Third Eye	525	6 <sup>th</sup> chakra
Throat	350	5 <sup>th</sup> chakra
Heart	505	4 <sup>th</sup> chakra
Solar Plexus	275	3 <sup>rd</sup> chakra
Sacral or Spleen	275	2 <sup>nd</sup> chakra
Base or Root Chakra	200	1 <sup>st</sup> chakra

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.



### 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:
- lack of self-worth
  - lack of self-acceptance
  - arrogance and pride
  - self-loath and hatred
  - 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

**SUICIDE:**

Talk given 28 Jun 09

**Daughter, 15, is threatening suicide.**

**The emotions in her, the suppressed emotions that she has not released, are certainly the creation of her parents. It is the amalgamation and it does not matter if she lives with her father or not. There is the amalgamation of those two sets of emotions that have entered her.**

**A person desires suicide for a number of reasons. The first reason is that they do not believe that they will continue to experience the same emotion when they pass. In other words, they have this belief that if they die what ever they are experiencing right now will disappear automatically. So they will be able to escape the emotion that they are currently in.**

**Now, that is not the truth. A person who commits suicide actually does not escape any emotions at all, and, in fact, they have one additional emotion added to their list of emotions that they have to process. That is, the avenue of taking their own life has its own Law of Compensation emotion attached to it.**

**The first thing that we need to do with any person contemplating suicide is to let them know that they are not going to escape their current emotional condition by suicide. Now, that in itself is a powerful thing to tell a person who is suiciding.**

**Even if they do commit suicide, after being told, they will remember those words.**

**The next thing that the suicide person is trying to do, if they are sincere about their desire to suicide, is that they are trying to avoid emotion. The whole reason why we choose to take the ultimate step of removing ourselves from this world is because we are trying to avoid the emotions we are experiencing in this world.**

**We need to start encouraging a person who is contemplating suicide to look at why they want to avoid their emotions so much. If we can help them to come to see that it is actually a desire to avoid certain emotions and that they can actually get help to deal with those emotions, they wont actually feel like that they need to die to get rid of the emotions. And of course we can continue to remind them that if they do die they still won't get rid of the emotions anyway.**

**The third thing that a person contemplating suicide is doing, if they tell us that they are contemplating suicide is that they are actually trying to get an emotion satisfied inside of themselves of being recognised, and wanting attention. And this is a possibility. Usually a person contemplating suicide, who is really sincere about their contemplation of it, it is rare for them to talk to somebody about it. They usually just go ahead and do it.**

**The persons who talk about it first, generally want either the commiseration or your agreement that it is the best way out, which, offcourse, I could not give. Look at if this is one of the emotions the person is looking for or if it is that they just want to be noticed. They may just feel totally unnoticed and totally unrecognised or the like. If that is the case, then that is the set of emotions that they need to allow themselves to experience rather than contemplating suicide.**

Sometimes, contemplating suicide can be an excuse rather than an actual event or it can be a deep desire, driven by the desire to get away from my emotional experience. Either case, the underlying causal emotion needs to be addressed.

So, the person would best be talking to some kind of psychiatrist, psychologist to start the process of if they feel challenged about doing it themselves or talking to the people they are upset about. In some cases the person contemplating suicide is doing it to contemplate punishing the people around them. So it would be lovely for them to be talking to the people around them as to why he/she wants to punish them and so forth. And then they start connecting to their emotions, and that is always going to be the way out for them.

Any person around you who is contemplating suicide, always tell them if they do it, this will be the situation. But also, if they do it and they pass, there will be spirits there wanting to assist them just like you want to assist them here on Earth but they will still not be able to avoid the emotion of it in the end.

28 Jun 09

**Suicide**

28 Jun 09

The causal emotions of the child contemplating suicide come from the mother and father, so that needs to be looked at by the mother and father.

Because the daughter is 15 years of age, by having the parents look at their emotions does not necessarily remove the contemplation to suicide by the daughter because when the person is at the age of taking self responsibility for themselves they may still go ahead and do something that you as a parent has worked through as an emotion about. The child has free will choice.

The emotions come from mum and dad, but usually the emotions are wanting to punish people, there is a lot of rage inside a person contemplating doing suicide. Lots of anger. And it is usually very suppressed, but there is usually lots of anger there. The key is to try and connect to that anger. They will probably get what the anger is about, and the anger will be a lot of about what mum has done and what dad has done, or what mum hasn't done and what dad hasn't done. And there will be emotions underneath that for them to work their way through, certainly.

But even if you do all of that, she may still contemplate suicide because she has her own free will.

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

**“Every day is a day of devotion.”**

**Please Mother and Father, may I receive Your LOVE.**

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

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

**SUICIDE:**

**Suicide is a very dark place.**

**Dealing with your own emotions will also help the suicide.**

**There is always a lot of help in the spirit world for suicides.**

**Still speak to him as though he was still here.**

**Suicide is generally due to a lack of love of self.**

**A person who suicides, generally goes through a few basic emotions. One of those emotions is that nobody cares for me. No one loves me. My life is a mess and it is never going to look any better than this.**

**The suicide chose to step off, but in the moment of choice, didn't want to make the choice. A lot of people who suicide have this exact same thing. A lot of people who suicide are motivated by spirit with the same kind of emotions. In the act, itself, want to undo the act, but often it is too late. Particularly for boys and men, because most men choose an act that is irreversible. Whereas most women choose an act that is less damaging.**

**He can actually have a fulfilled relationship in the spirit world. It would be very helpful for him to have a discussion with spirits in the spirit world about what is possible for him to experience. That will help him disconnect with people here on earth.**

**After disconnecting, he can reconnect in a more loving manner.**

**Talk to him as though he was still here, alive.**

26 Jul 09



## **Depression (mood)**

[http://en.wikipedia.org/wiki/Depression\\_\(mood\)](http://en.wikipedia.org/wiki/Depression_(mood))

From Wikipedia, the free encyclopedia

**Depression** is a state of low mood and aversion to activity that can affect a person's thoughts, behaviour, feelings and physical well-being. Depressed people may feel sad, anxious, empty, hopeless, helpless, worthless, guilty, irritable, or restless. They may lose interest in activities that once were pleasurable, experience loss of appetite or overeating, or problems concentrating, remembering details or making decisions; and may contemplate or attempt suicide. Insomnia, excessive sleeping, fatigue, loss of energy, or aches, pains or digestive problems that are resistant to treatment may be present.

Depressed mood is a normal reaction to certain life events, a symptom of some medical conditions (e.g., Addison's disease, hypothyroidism) and treatments (e.g., hepatitis C drug therapy), and a feature of certain psychiatric syndromes.

### ***Illnesses featuring depression***

#### **Psychiatric syndromes**

A number of psychiatric syndromes feature depressed mood as a main symptom. The mood disorders are a group of disorders considered to be primary disturbances of mood. These include major depressive disorder (MDD), commonly called major depression or clinical depression, where a person has at least two weeks of depressed mood or a loss of interest or pleasure in nearly all activities; and dysthymia, a state of chronic depressed mood, the symptoms of which do not meet the severity of a major depressive episode. Another mood disorder, bipolar disorder, features one or more episodes of abnormally elevated energy levels, cognition and mood, but may also involve one or more depressive episodes.

Outside the mood disorders, borderline personality disorder commonly features depressed mood, and adjustment disorder with depressed mood is a mood disturbance appearing as a psychological response to an identifiable event or stressor, in which the resulting emotional or behavioral symptoms are significant but do not meet the criteria for a major depressive episode.

#### **Non-psychiatric illnesses**

Depressed mood can be the result of a number of infectious diseases and physiological problems. For example, mononucleosis, which can be caused by two different viral infections (Epstein-Barr and cytomegalo virus), often results in symptoms that mimic a depressive psychiatric disorder; and depression is often one of the early symptoms of hypothyroidism (reduced activity of the thyroid gland). Disturbed circadian rhythm may contribute to depression. For a discussion of non-psychiatric conditions that can cause depressed mood, see Depression (differential diagnoses).

#### **Prevalence**

A 2010 US Centers for Disease Control and Prevention analysis of Behavioral Risk Factor Surveillance System survey data from 2006 and 2008 found nine percent of 235,067 adults surveyed in 45 states, District of Columbia, Puerto Rico, and US Virgin Islands met the criteria for current depression (defined as meeting criteria for either major depression or "other depression" during the 2 weeks preceding the

survey); 3.4% met the criteria for major depression. By state, age-standardized estimates for current depression ranged from 4.8% in North Dakota to 14.8% in Mississippi.

## **Assessment**

A full patient medical history, physical assessment, and thorough evaluation of symptoms helps determine the cause of the depression. Standardized questionnaires can be helpful such as the Hamilton Rating Scale for Depression, and the Beck Depression Inventory.

A doctor generally performs a medical examination and selected investigations to rule out other causes of symptoms. These include blood tests measuring TSH and thyroxine to exclude hypothyroidism; basic electrolytes and serum calcium to rule out a metabolic disturbance; and a full blood count including ESR to rule out a systemic infection or chronic disease. Adverse affective reactions to medications or alcohol misuse are often ruled out, as well. Testosterone levels may be evaluated to diagnose hypogonadism, a cause of depression in men. Subjective cognitive complaints appear in older depressed people, but they can also be indicative of the onset of a dementing disorder, such as Alzheimer's disease. Cognitive testing and brain imaging can help distinguish depression from dementia. A CT scan can exclude brain pathology in those with psychotic, rapid-onset or otherwise unusual symptoms. Investigations are not generally repeated for a subsequent episode unless there is a medical indication.

## **Treatments**

Many forms of treatment are available for depression associated with a mental disorder. Treatments may include cognitive-behavioral therapy, music therapy, art therapy, group therapy, psychotherapy, animal-assisted therapy (also known as pet therapy), physical exercise, medicines such as antidepressants, and keeping a gratitude journal.

## *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

**WE SUBMIT TO EMBRACING OUR PARENTS ERRORS!**

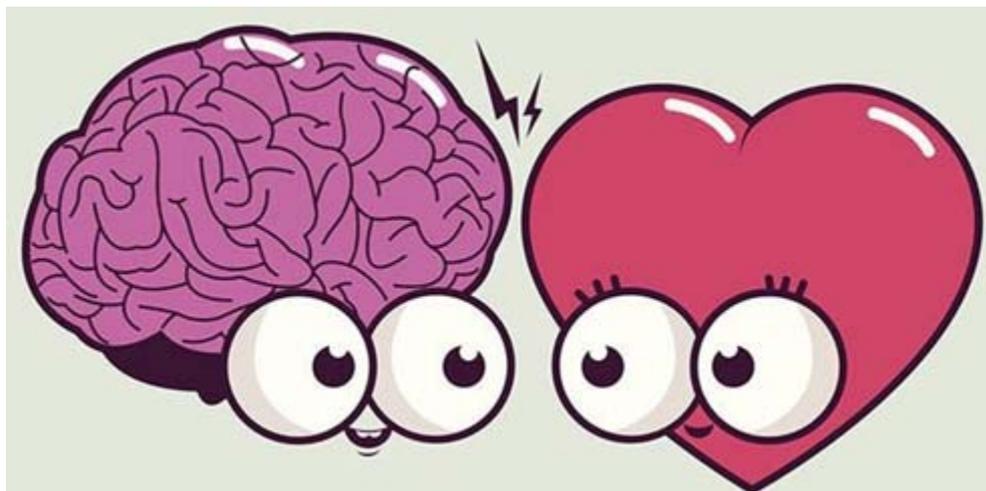
**At the moment of conception your soul activated your will to become of your Earth parents, you in effect, agreed to accept all that they were; to partake of their negative states, which they subjected and impressed on you through your formative years. By the time you became an adult you were a product of them, wholly a part of the negative mind state of this world. Currently you are imperfect and will only regain perfection of soul once you have completed your soul-healing.** Jesus Message 33 (part) 9 January 2003  
The Rejected Ones – Living True to One’s Feelings by James Moncrief



**Like Father – Like Son**



**Like Mother – Like Daughter**



<p><b>Our mind strives to control and is always subject to error. The mind’s controlling natures based on error are the foundation of all the misery, illness and drama on Earth for all of humanity. Put them aside by expressing them.</b></p>	<p><b>Our soul based feelings, given to us by our Heavenly Parents, are always in truth. Allowing our feelings to lead our way of living that is living true to God. Express all your feelings and long for the truth of them.</b></p>
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**WE TUMBLE INTO THE ABYSS BY SUBMITTING OUR WILL TO THAT OF OUR PARENTS:**

At the moment of conception your soul activated your will to become of your Earth parents, you in effect, agreed to accept all that they were; to partake of their negative states, which they subjected and impressed on you through your formative years. By the time you became an adult you were a product of them, wholly a part of the negative mind state of this world. Currently you are imperfect and will only regain perfection of soul once you have completed your soul-healing.

Jesus  
Message 33 (part) 9 January 2003

**NOW WE CAN CLIMB OUT OF THE ABYSS BY EMBRACING OUR FEELINGS:**

Life IS ALL ABOUT FEELINGS. YOUR FEELINGS ARE YOU – ACCEPT THEM, AND YOU'RE ACCEPTING YOURSELF.

Only by following what Mary says regarding the doing of your soul-healing, the honouring and living true to your bad feelings and exposing all your childhood repression will you be able to heal all such pain and problems.

The Truth of your world is all about you. Many generations have believed in and tried to live how the Bible says, but has it healed all ills? Have wars and hatred stopped? And why have Christians done so many bad things? Why does all the self-criticism and self-denial still exist? Why are people mostly only interested in gaining power; and why do the rich still dominate the poor?

The religions and spiritual systems of humanity have failed to deliver life in the promised land, living free from all pain and suffering. And they will continue to fail because they themselves are founded on the negative. They are not true; do not teach the Truths of Divine Love; do not encourage people to live true to their feelings.

You are hopelessly bound up in your parent's lives. They have made it that way. The freedom and self-control you may feel you have is only relative to them. They – your very own mind – is the evil one, you are the evil one living with your mind overpowering you in every moment. The Golden rule is: never interfere with another's will.

I, Mary, was able to feel my feelings, as I was not trained too heavily to deny them, and then with and through them, find out the truth my soul wanted me to see. The truth of your negative state is what's missing from your world. It's the only thing that will open the way to show the right and true and correct way to live. [The Rejected Ones – Living True to One's Feelings](#) by James Moncrief



### **FEELING HEALING – SUMMATION:**

**Living with the Divine Love and doing your soul-healing, is choosing to live true to your feelings and to end your mind's control over you.**

**The great difficulty we all face is that we are not free to speak what we feel, with so many of us shut off from our true feelings, feeling unable to speak about such things. So all the anger and wrestling and arguing that has to go on, is what is needed to break down the barriers and bring to light the blocks, all so they too can be talked about.**

**As we move into deeper parts of ourselves through one's feeling healing, being gradually led into it, so even deeper parts can come up, we being able to deal with them with the experience already gained.**

**We are not just thrown in at the deep end and all our hellish traumatic bad feelings come racing up only to annihilate us, for there would be no purpose to that as we wouldn't be in a state or condition to see any truth; and seeing the truth, the whole truth of our unloving negative state, is what it's all about. The truth comes first, and we will only experience all we need to, so as to liberate it.**

The pioneers of Feeling Healing – Marion and James:

**Marion wasn't actually forced to change herself to effectively become 'another person' by her parents, they just came down hard on her stopping her being her natural and true self. And her healing with therapists, and now in what we are doing together, is taking off those clamps and restraints and letting her out of her cage, so increasingly as she is regaining her true self, she is able to say all she wanted to say when she was little. Whereas for myself, James, I was made to become effectively someone else, to be so shut-off from my natural self so as to not feel any direct connection with my feelings, and being all but totally unable to express them. So for Marion, expressing her feelings and feeling when things are not right in our relationship, comes relatively easily, whereas for me, I don't have a clue most of the time.**

**Marion and James are on the extremes and coming at their relationship from two opposite ends. Other people will be like they both are, and even with the roles reversed; and then most other people will be a mixture of, and somewhere in between, them both. Generally speaking, James is more like so many men, totally alienated from his feelings – but not all men, as some men are very free with their feeling-expression; and Marion is more like most women who are closer to and more aware of their feelings, only never feeling free to really express them. And there will also be a lot of women who have had to change themselves so much so that they will feel more like James does, that being as if you're another person with very little connection with your true self.**

Notes from 'Spirits and their Childhood Repression Healing' by James Moncrief

# Life Cycle of **CARNAGE**



When we inflict will damage on others we cause serious pain, not only to them but also to ourselves. We don't think what we have done warrants any sort of punishment even though we have negatively affected and influenced people by inflicting our will on them against their will.

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

It's hell here on Earth, only some aspects of life are worse than others, until we partake of the Father and Mother's Love and long for the truth and set about doing our soul-healing.

These are the effects of the Divine Love when we are wanting to live true. When we set about longing for the Truth of our feelings we can't escape any longer. We have to face the truth, and express all our bad feelings.

How can we make amends?

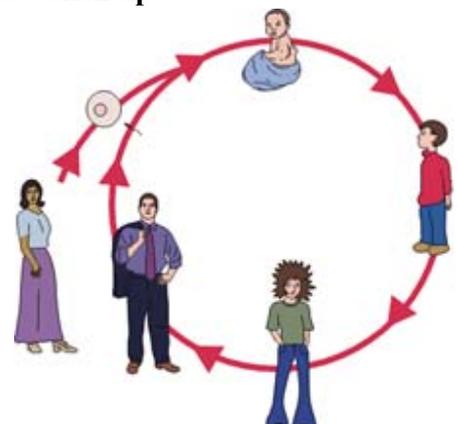
All we have to do is totally own up to these bad feelings. Accept them and don't push them aside. Let them come. Allow yourself to feel as bad as your feelings make you feel. It's all very good. We can't actually go back and fix what's been done, but we can take responsibility for our feelings. So far as our soul exists there is no time, so we can express these feelings now and they will apply to the past back then. This is how we do our soul-healing. We have allowed the Divine Love to transform a little part of our soul, and it's brought up bad feelings, we have gone with them, we have allowed our self to experience them, all because we want to see the truth. The truth of our self, of what sort of person we are – of our life, and now this is where it begins. Today we have seen this part of the truth of our self, how in this situation we are uncaring inconsiderate, greedy, etc. And we have not liked what we have seen and would like to change our self so we aren't like that any more...

One may wish they were never like that... Not having any idea...

But now you do. And now that you know that you do, you have the choice to either continue as you have been or not to. And by choosing not to, the Father and Mother will change this part of you, a small part of your negative mind will become healed, and a part of your soul will be transformed. You have changed, because you've seen and accepted the truth about yourself. You will never be that person back then ever again. A part of you has woken up.

We feel this way because it's how our parents have made us feel when we were very small.'

The truth is we feel this way about ourselves, because we have been able to see that we don't treat other's with respect and this has to be coming from somewhere within us. We haven't just made it up. What we are as an adult is all from what we've learned to be as a child. So we have learnt to be this



way. A child is not just born evil contrary to what some people believe or would like to think. We all start out as pure souls of love, and if we become evil, it's because we've learnt that that's how someone, usually our parents, have wanted us to be. They have made us into what we are. We've learnt to be that way because they treated us that way. So our parents treated us as we now treat other people.

We believe our parents have loved us and yet we can do something so unloving. Had they truly loved us then we would only be of love and only able to treat others lovingly, just as we would be treating ourselves. We can't be something we are not. So any unloving act is you, you haven't just suddenly made it up; it's a part of your behavioural makeup and is governed by your mind's beliefs. We have evolved it, and the only time we could lay down such foundations was during our early childhood. In some way, on some deeper repressed and therefore unconscious level, are the memories and bad feelings of our parents treating us un-lovingly, just as we have treated other people.

And our parents themselves will have been treated in the same un-loving way by their parents and so back through the generations. The whole unloving truth and way of behaving has been long since buried and covered up by false feelings and false beliefs of love. Had you been completely loved and treated accordingly, so too would you treat all others, for we do to others what we do to ourselves and what was done to us.

All we need to do is keep praying for the Love, and longing for the truth. The only way we can truly let go of our bad feelings is by SPEAKING THEM OUT OF US, getting right into them with the feeling, and emoting and expressing it – whilst longing to see the truth of it...

To liberate one's real self, 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.

And step by step, the Mother and Father will take us through our soul-healing, helping us to heal every part of ourselves, every mind circuit that is not functioning in harmony with Their Divine Love and Truth and the Laws of the Universe.

These notes are drawn from "Paul – City of Light" by James Moncrief

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

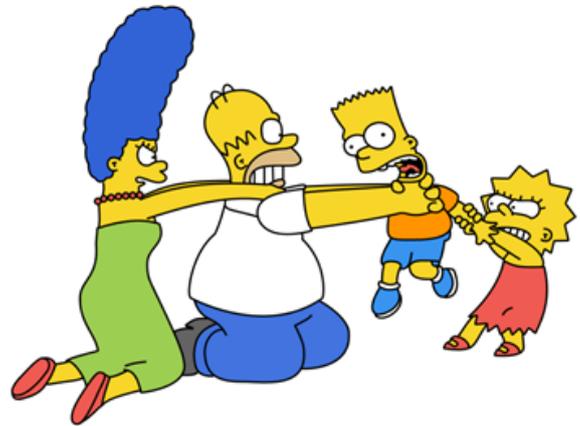
**Strive to love others as I am to love myself**

This is the Pathway to end the

**EARNAGE**

### A RANT WE all MAY NEED to EXPRESS!

Yes, so much anger is repressed in me, I was so angry at mum and dad for not fixing everything, for not making everything all right. I was raging at them and God because they are the boss, mum and dad, even making out to my little mind that they were god. And as they made me be how they wanted and demanded I be, so the same should apply to them, and I was demanding they make everything be good. And that includes being nice and loving to me, and to stop making me feel bad, and to take all my pain away. And the anger kept coming, but it's so difficult for me because it's down deep in me, like in the pit of my stomach, and I'm not just up there and out there raging with it, I feel it simmering away and I can't bring it up. I try and talk about all I'm feeling hoping to connect with it, but as usual I don't even really know why I'm feeling so angry – just angry with them, with everything, with myself for being so screwed up and full of this repressed anger I can't express.



And later it moved to just feeling how much I come from people who were all heavily repressed in their anger. Mum and dad, my four grandparents, two of the men dying of bone cancer (the other of lung cancer), it's so deeply repressed. And mum and dad having sex in their 'love' for each other, which is only their vying for power over each other, and so I come into life a product of their repressed anger, of probably generations of it, long family lines of the bloody stuff, all of which has just got pushed down deeper and deeper.



Then I started to long to the Mother and Father to help me see the truth of my anger, and I starting feeling like I was a baby and so angry, screaming and crying, and yet with no one caring, and for so many hours, days, all those early months and first couple of years; and even feeling I was angry in the womb, coming into life with a stomach ulcer as I was already full of unexpressed and repressed rage. But I can still feel it there, like a smouldering cauldron deep down inside me. I just wish it would all erupt out of me, I'm so tired of feeling it and not being able to really get into it.

Mum and dad said they were perfect, even more perfect than God, saying it in sublime ways, not just openly, but giving me that impression. And so they are beyond reproach, I can't blame them, I can't be angry with them, they are the Good Ones, the Never Do Wrong ones. And



all that shit about we're the Great Ones and you're not, always so competitive, all a power play, when all along they are the most imperfect ones in my life, stuffing me up so much, damaging me, making me into the nightmare of an evil person that I am. So they are the Bad Ones, Always Do Wrong, and NOT the Good Ones.

So once again I'm focused on the wrong perfect ones, not on the Mother and Father, but on mum and dad; and shit, what a laugh, it's enough to make you sick, or to cry for the rest of eternity – the sheer balls, the audacity of them to make such a claim, and yet they are the parents, the parents know all, the parents can never be wrong, the parents are always right and perfect. The parents are to be loved, honoured and obeyed. That is what it's all about isn't it? Looking to their evilness as being perfect, so looking to evil as being perfect, when it's not; and not looking to where the real perfection is, denying that, denying the truth, denying my true perfect feelings and living a lie, making up all this shit for myself about how I am, how I'm in control, how mum and dad are so good, and how much I love them and they love me, when it's all shit; and they don't love me and I don't love them, and there can't be any love because we're all imperfect. So if anything: we're all Perfectly Evil in our evilnesses. So we've got it all around the wrong way – again!



And to think I took it all on from mum, dad and the grandparents, all the shit about being perfect and superior and not needing anything or anyone, being able to do it all myself and know it all myself – yeah right, who in the hell was I kidding.

(These notes are drawn from a forum post by James Moncrief)

I hate how you act like I am so much to deal with when all I've done was sit here and let you repeatedly hurt me.

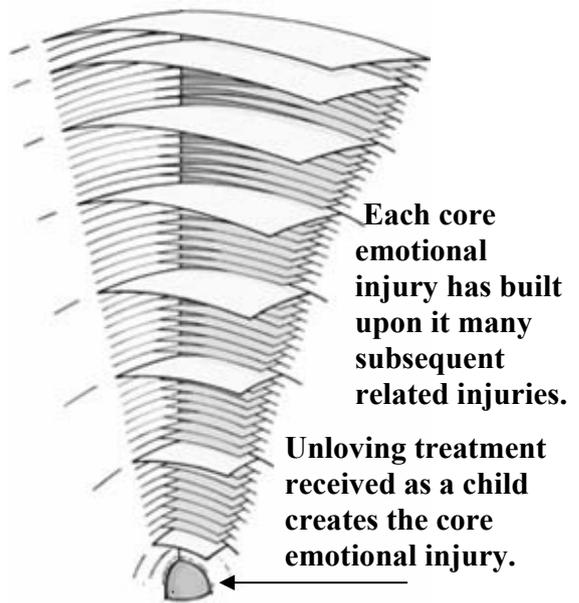
**To liberate one's real self, one's will, being one's soul, is by embracing Feeling Healing so to clear emotional injuries and errors. With the Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them, express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

**WE ARE Children of God**

**LONG to KNOW the TRUTH of EACH INITIAL CHILDHOOD EMOTIONAL INJURY:**

All emotional processing work address only the top layers over the core childhood repressed injury. None of the modalities reach down to the mother injury, the core of the suppression, thus what relief from such processes is only superficial and at best temporary. Yes, they do identify the underlying cause of the pain and illness, thus this assists in addressing the physical health issues at hand. However, we need to go further, much further.

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

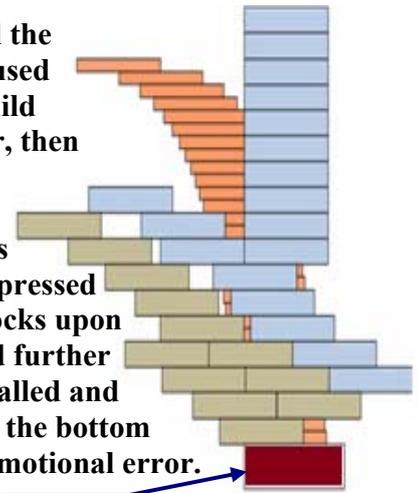


Admit you are feeling bad. Accept your bad feelings, identify what they are. Honour fully your bad feelings by expressing them, speaking about them to someone who is willing to hear you talk about them, or tell them out loud to our Heavenly Parents. Long for the truth of them. Long for the truth of why you feel bad – what deep within you is causing your bad feelings? We must always reach to the core issue, that which occurred during our Childhood.

**OUR CHILDHOOD EMOTIONAL INJURIES ARE OUR CORE ISSUES TO EXPRESS:**



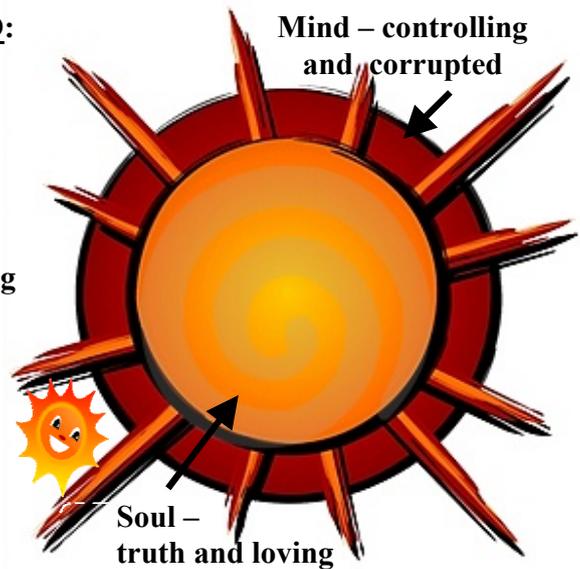
Should we consider all the emotional injuries infused into each and every child en masse – all together, then each child would look battered and bruised. These absorbed abuses become Childhood Repressed emotional building blocks upon which are built related further errors, all must be recalled and expressed. Start from the bottom and express the core emotional error.



**MIND CONTROLLED or FEELING DOMINATED:**

From conception and throughout our childhood, we are infused with controlling natures and long held attitudes, mannerisms and beliefs of our parents and other family members. These infusions become imbedded within one's mind. These controlling platforms suppress and smother the truth and loving natures of one's always perfect soul.

It is by embracing and responding to one's feelings that the truth that we each hold within our soul will come to the surface and free us from the errors, injuries and harm that is conveyed upon us by our parents that we can freely live in our true nature.



Our minds want to assert their control over our true feelings which are soul based. Nurture the unloved child that we still are, help it stand firm in the truth and feelings it possess within its soul. Uncover the truth our soul requires us to see, know, be, and live. It is all just you and me doing what we feel to do as we become truer to our feelings. Because when we are true and feeling good because of living true to our feelings, we can be surrounded by evil, even nailed to a cross by evil, and it has no bad effect upon us.

Our whole being is expressing itself through our feelings as we connect to their truth, it's us coming out into Creation, and it is all designed – expressing truly our personality – to make us feel good. So the more in touch with our feelings using them to uncover the truth of ourself, the better we will feel about ourself and life, and the more true and so loving we will be. And then the more loved we will feel. And that's what it really is all about – feeling loved.

When our parents interfere with us when we're young and forming, stopping us from being our true selves, they are in effect de-powering us, in each of those moments.

We are to just go with all we feel, keeping our mind and what we think or believe we should feel out of it, just FEEL what we FEEL and keep expressing such feelings and longing for the truth of them. When we feel hate, fully go with that feeling, when we feel love, fully go with that feeling. And always be longing for the truth of such feelings.

As feelings come up, allow them to be expressed, long to know their purpose, and let them go. Until we do our Feeling Healing we will continue to be entombed in our mind controlling errors and injuries. Yes, these moments will be painful, but this is how to grow one's vitality and quality of all things within one's life. By also longing for the Mother and Father's Love we are then Soul Healing, Feeling Healing with the Love is Soul Healing. This is living true to one's soul. All we need is within one's soul, as we proceed along this journey our Indwelling Spirit will guide us and assist us.

We are to and will develop the desire of living true to our selves. And to live true to our selves we will have cleared our childhood infused injuries by having done our Feeling Healing.

## WHAT IS THIS ALL ABOUT?

**Our soul is at all times pristine and perfect, it is the source of one's intelligence, knowledge and wisdom, and is the gift of creation by our Heavenly Parents.**

**At conception, our soul brings our spirit body into being in Creation along with our physical body that uses the spirit body as its template. Our mind within the spirit body, from that moment onwards, begins to absorb the personality attributes of our physical parents. This includes the positive and negatives they hold, their beliefs, truthful and also in error, their injuries from emotional discord and those from their own parents and any carers including extended family.**

**Our soul becomes entombed in the controlling natures of one's mind. These erroneous ways of life, beliefs of control smother and suppress our soul. We are meant to express our feelings, those of our soul. We are smothered by our parents control natures, we are best considered to be 'trophies'! We, in our forming years, are controlled, suppressed, belittled, humiliated, and taught a great deal of untruth. Mind you, so were our parents. The cycle must be ended!**



**Many of us are introduced to religious organisations, all of which amplify further the feeling-denial and the truth-denial that we are being conditioned with. Our soul is to express and embrace, not deny and suppress. These organisations are founded on the need to control. They are an expression and amplification of the evilness that our parents convey! The teachings are at best misguided, retarding one's progression with mind based limited understandings.**

**Only those people who are actively using their feelings to uncover the truth of themselves will find any real inner peace once they have finished their healing. And all that will be happening will also help them to feel bad through this process, all so they can bring to light all the untruth and error of their ways, all the pain of their early childhood, and all the wrongness their parents have made them be.**

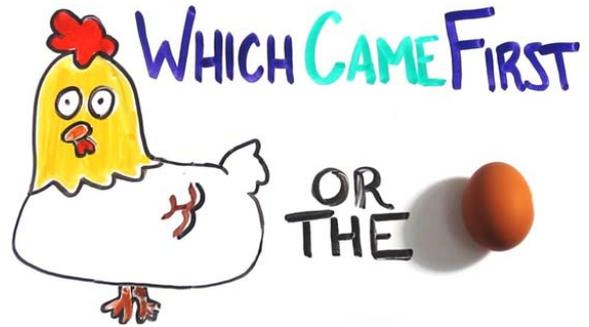
**Our controlling minds are to be side stepped and we are to express our feelings. It is our soul based feelings that are in truth. Our mind imprisons and retards our true selves, being our souls. For those who want to sincerely grow in truth, the truth of themselves, nature and God, are to do so through their feelings, then they will also have to readily embrace both Mary and Jesus so as to accept help from their Spirits of Truth, and look to God as being both their Mother and Father.**

**To be free of one's evil state, errors and injuries, this will only happen when one has experienced the full truth of it, and so that means, when you have felt the whole truth of it through your feelings – all the different aspects and parts of it. We are to apply our longing, apply our will, but not with our mind, although it can help one to determine what you want to do, but with and through one's feelings. We can't long with our mind, we have to FEEL-long. Our longing is an expression of what we feel. We feel we want God's love, so we express that feeling in our longing.**

**By embracing our Heavenly Parent's Love with our Feeling-Healing, then we are enhancing our endeavours and progressing with our Soul-Healing.**

### FEELING HEALING and DIVINE LOVE:

The revelation of Divine Love came before the understanding that one is to open to their feelings and long for the truth those feelings are trying to show us – wanting to uncover that truth of one's self. We are to feel into our emotional injuries and erroneous beliefs and allow our soul to function.



It's not about trying to empower yourself because we feel powerless, it's about accepting our bad feelings – accepting them as we submit to them, all so we can feel every bit of powerlessness we feel; and understand all why we feel that way, and how all of the parts of feeling it make us feel. It is wanting to uncover the whole truth of it, which is the whole truth of one's self.

We do feel powerless, that is the truth we are living – so accept it! And from there; okay: so why am I feeling this way, and how does feeling this way make me feel; what was done to me to make me feel this bad, and how have I taken it all on keeping myself feeling this way. So we uncover all the ins and outs of it – all the truth. And when we've brought it all to light and brought out all our repressed feelings to do with it, then we'll change, then we'll heal, then our soul will change our negative patterns into positive ones. And that is the only way we can ascend our soul in truth whilst we're of a negative anti-truth state.

When our parents interfere with us when we're young and forming, stopping us from being our true selves, they are in effect causing a part of our personality to stop being expressed by our soul, so in that way, that part of you is being forced to 'die'. You can't however completely eradicate that part of you, it merely stays there waiting for the day you liberate it, however the feelings it makes you feel are like you are being forced to die, which is why you cry and protest and fight. We are de-powered, as the true power of our soul through our will can't be manifested, it's not being able to bring that part of one's self into being.

**FEELING  
HEALING  
For Kids**

Feeling healing is the pathway to begin to live fully expressing one's true personality. We are not to live by a set of rules, even if they are self-imposed, we are to live true to our feelings – always! And our feelings will break all mind-imposed rules, but will lead us to fit in with all soul-expressed rules. And by living true to our feelings, true to ourself, we will naturally be living true to God's Feelings (and not true to God's Mind and Thoughts) – true to God, so true to God's will; or, true to God's Way. Living true to one's soul.

Revelation 1 is to embrace our 'feeling healing' in a manner that you feel works for you, and Revelation 2 is that by embracing the Mother Father's Divine Love we are then 'soul healing'.

**REVELATIONS**



**ACCEPT YOUR FEELINGS, SEE THE TRUTH, ACCEPT YOUR FEELINGS:**

Feeling bad will make you feel BETTER – Eventually! by James Moncrief

We are to follow our soul based feeling which are always true and loving, not our mind which is tainted by our childhood upbringing.

“My parents stopped me and I took over from them. Well I don’t want that way of life – their way – to be my way any longer.

“Saving yourself comes from the full and true liberation of all your denied feelings. Saving yourself comes from the full and true acceptance of yourself. Saving yourself comes from wanting to find the whole truth of yourself through your feelings, both good and bad. Saving yourself is re-connecting with your feelings and your heart of truth, thereby allowing your soul to freely express its personality – all that you are – in Creation.

Saving yourself is learning how to unconditionally love yourself by freely, fully and unconditionally accepting all that you feel.



“By denying any part of ourself we are denying ourself life. We are sending ourself off into the nothing, shutting ourself away in a cupboard, not wanting to hear.

“There is a right way to express oneself. There are universal laws that determine how you do it. And when you do, then you function properly from your inner most levels, from your soul out to the physical. Everything flows and works properly for you, and you are able to express and communicate yourself properly to another person all the while honouring your will and there’s. Anything that isn’t right is a will-infringement and so rebelling against the universal laws having a detrimental affect on you and the other person. And it will one day have to be fixed, because if we want to live truly in Creation then we need to live within, and so true to, the laws of Creation. And as you’ll discover, the laws are the truth, meaning the laws are expressed as truth, so as you grow in truth then naturally you’ll become more perfect, existing correctly within the laws of Creation.

“So if you want to express all you feel truly now with whomever you are relating to, as well as all nature and God, then you will have to heal all that’s untrue within you, hence the need to look back into your early childhood to see where you’ve transgressed the universal laws because of the negative, unloving parenting you received.”

**LIVE FEELINGS FIRST**

**WE ARE NOT MEANT TO BE ALONE:**

Feeling bad will make you feel BETTER – Eventually! by James Moncrief

**‘We are not meant to be alone, particularly during the hard times. We need to learn that it’s better to come straight out, to start accepting and speaking about how bad we feel. It’s okay to just cry and tell other people how bad you feel. It’s okay to feel bad. If we could all help each other to express our bad feelings allowing ourselves to feel as bad as we need to feel and for as long as we need to feel that way, wouldn’t life be more caring and loving?’**

‘The childhood suppression of our bad feelings has been so severe that we have to shut ourselves away during our crisis times, the very times when we should do the exact opposite and come out the most. Doing this because this was all we did during our early childhood when our parents rejected us, making us feel unloved, unwelcome and unwanted.

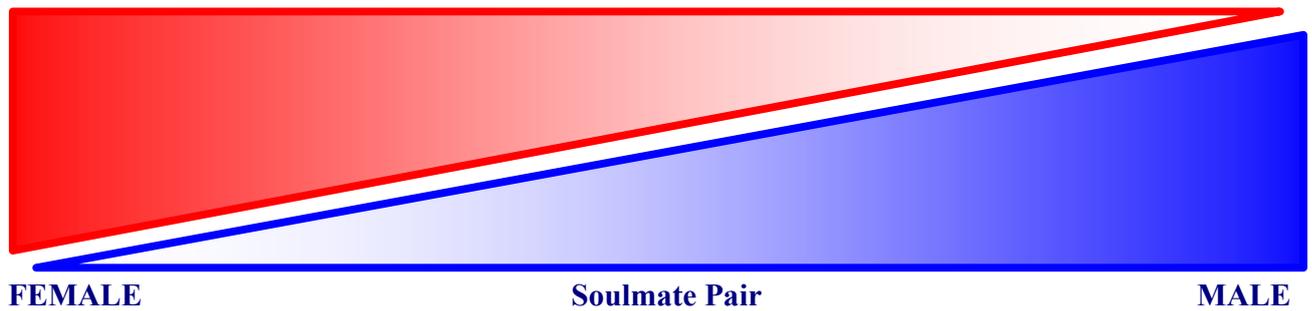
‘Wouldn’t it be nice if when you felt bad and someone asked you if you were okay and did you want to speak about it, you could say: Yes I do feel bad, and yes thank you, I do want to speak about it, and they were there for you all the way along. And you could speak and cry and be as miserable or angry or however you felt for as long as you wanted to. And they didn’t judge, criticise, or try and tell you how to get over it and how to make yourself feel better. And they just allowed you to go for it, to slobber and blubber and grieve and go through all the natural releasing and healing stages without getting in the way; just being there for you, wanting you to tell them all about yourself – all you’re feeling. And when you were ready, you could long for the truth and try to understand why the pain is so bad, why you are feeling all the bad feelings you are feeling, all in the loving supportive trusting presence of your friend.



‘Wouldn’t it be nice if we allowed ourselves and each other to fully express all we felt and didn’t feel like we had to deny anything; didn’t have to reject ourselves when we felt the most in need. That we could seek help, love, care and attention when we felt we needed it, that we could even ask each other for it, if that’s how we felt, and it was willingly there and given for us to receive.

‘Wouldn’t it be nice if we could allow ourselves to feel and express our pain? And if we could, I’m sure we wouldn’t feel the pain for as long as we do (and in many instance may not even feel the pain to begin with). And we would be able to deal with it, to keep accepting it for as long as it was there, thereby allowing ourselves to move on, to mend, to heal, to come back to ourselves.’

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



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

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

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

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

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

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

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

**TRUTH LOVING SOUL V ERROR INFLICTED MIND**



**FEELING HEALING is to LIBERATE OUR TRUE SELVES:**

**One's soul is always true and perfect. It is the source of our feelings. When we long for the truth of a feeling, we are looking within one's self and the truth of that feeling will progressively unfold.**

**Our mind is that cluttering confused chaos that has imprisoned our soul. Our mind wants control. It demands and causes us great difficulties. One can liken it to a wrecking ball that has encased within it our always beautiful perfect soul, being our real self. The mind dominates our brain. Our mind is stuffed full of our childhood upbringing errors.**

**Our parents typically followed the chaotic path of nurturing that they were subjected to, and so it goes on, generation after generation. By the time we are six we have allowed our will to be encased by the wrecking ball of errors of our nurturing. We now have to feel through those errors and injuries and free our soul, free our will. Our soul based will is always what we are to express.**

**Beliefs become Faith, but when we experience it, then it becomes Knowing. And it is in reaching the Knowing that one becomes perfected in that aspect of who and what we are.**

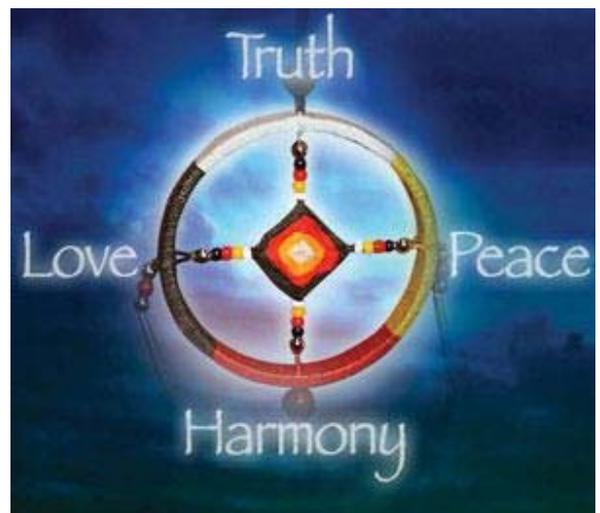
**When we long for the truth of the emotion, it will most often be unsettling to say the least. This is because there is little that our parents taught us that is in truth. Our will has been suppressed by our upbringing so that we could be like them.**

**Childhood repression encrust our wrecking ball mind which in turn suppresses our soul based feelings that are in perfect harmony and peace being based on love and truth as given to us by our Heavenly Parents. To shatter the wrecking ball we are to feel for the truth of all of our feelings, good and bad.**

**MIND**



**SOUL**



**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.

**WE are to LIVE BY and EXPRESS OUR TRULY LOVING SOUL BASED FEELINGS:**



We arrive into the physical world (at conception) with a pure and free personality and a soul based will that are to be truly and fully expressed. Unwittingly, our carers, namely our mother and father and those close by, set about remodelling our individuality. That is, they shut our personality and self expression down. The result of this is traumatic. This is reflected through our physical body. This childhood suppression is what brings about all of our pains, illnesses, and mental disturbances. Only by embracing our emotional pain and injuries, either good or bad, and longing for the truth of them, and expressing them (talking) through these experiences to a companion, can we release these dreadful encrustments suffocating our true selves and liberate our personality, being our soul. We are to follow our passions and heart felt desires and to live true to ourselves, this is how our Heavenly Parents know us as and this is what we need to return to so that we can find our way home to Them.



**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.**

# FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

To do our feeling-healing we need to become:

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

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

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

So it sounds simple.

So I repeat:

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

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

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

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

**in conjunction with**

**Longing for the Truth when also longing for Divine Love.**

## Prayers to our Mother and Father

From 'Religion of Feelings' by James Moncrief

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

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

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

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

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

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

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

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

### Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

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

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

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

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

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

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

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

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

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

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

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

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

**Living the New Way of Feelings First Spirituality**

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

*And to do this you need to do your Healing*

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

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

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

## **Feelings First Spirituality** **The New Way**

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

# FEEL *for* TRUTH

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

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

## FEELING TRUTH

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

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

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



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

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

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

Notes from 'Feeling Healing' by James Moncrief

Heartfelt TRUTH

# Feelings First Spirituality

## The New Way

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

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

Accept, express and long for the truth of your feelings

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



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

Accept / Express / Bring out ALL of your good, and most importantly,  
 BAD feelings.  
 Want to understand why you're feeling them.  
 Use your surface feelings to take you deeper into your repressed and  
 hidden feelings.



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



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

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

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

Feelings First Spirituality is the True path for humanity.

It embraces all people.

It completely unifies the world.

Everyone can relate to everyone else through their feelings.

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

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

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



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

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

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

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



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

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

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

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

**Feelings First Spirituality, The New Way**



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

**HOME**

**WE ALL ARE BEING GUIDED HOME:**

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

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

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

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

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

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

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

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

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

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



**M&F**



**J&M**



**AVO**

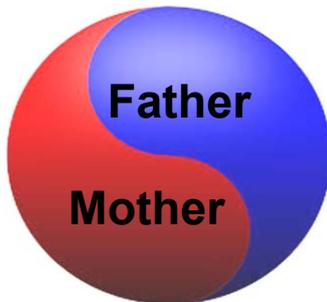


**HUM**



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

**GOD**



**M&F**

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

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

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



**J&M**

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

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

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

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



**AVO**



**HUM**

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

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

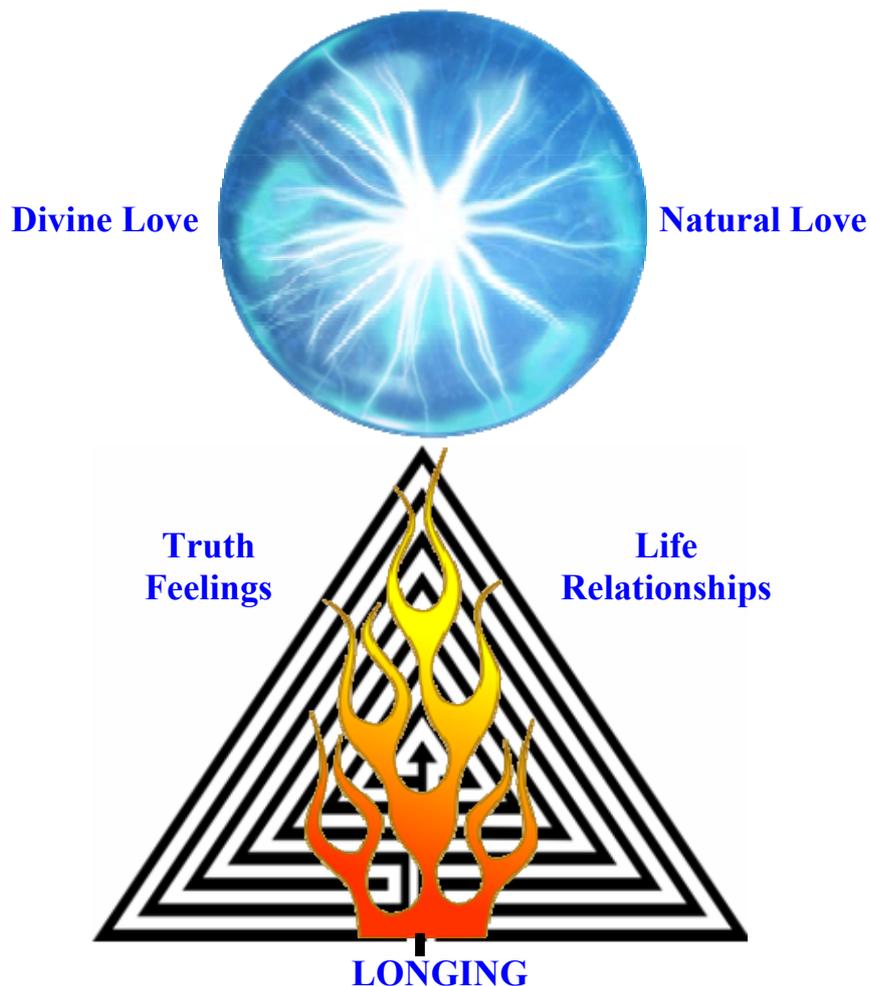
Collectively, should we embrace them all, as we are to, then our pathway home is a journey in the hands of the Spirits of Truth of the Avonal and Paradise Pairs overseen by our Heavenly Parents.

**WE ARE Children of God**

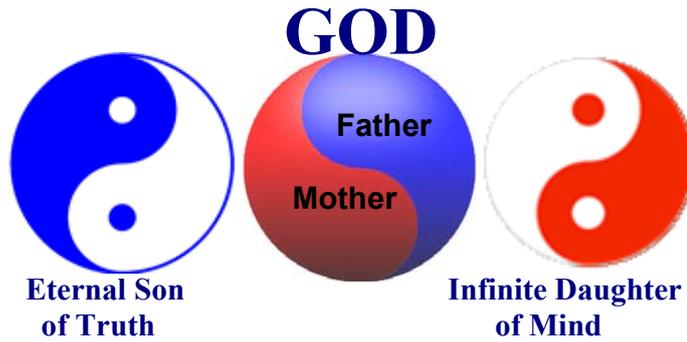
## HOW TO GET TO PARADISE:

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

## The Key



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



PARADISE TRINITY:

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

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

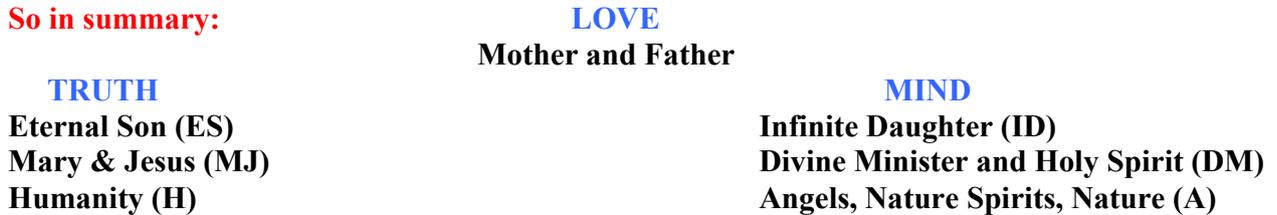
The LOCAL UNIVERSE TRINITY:

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

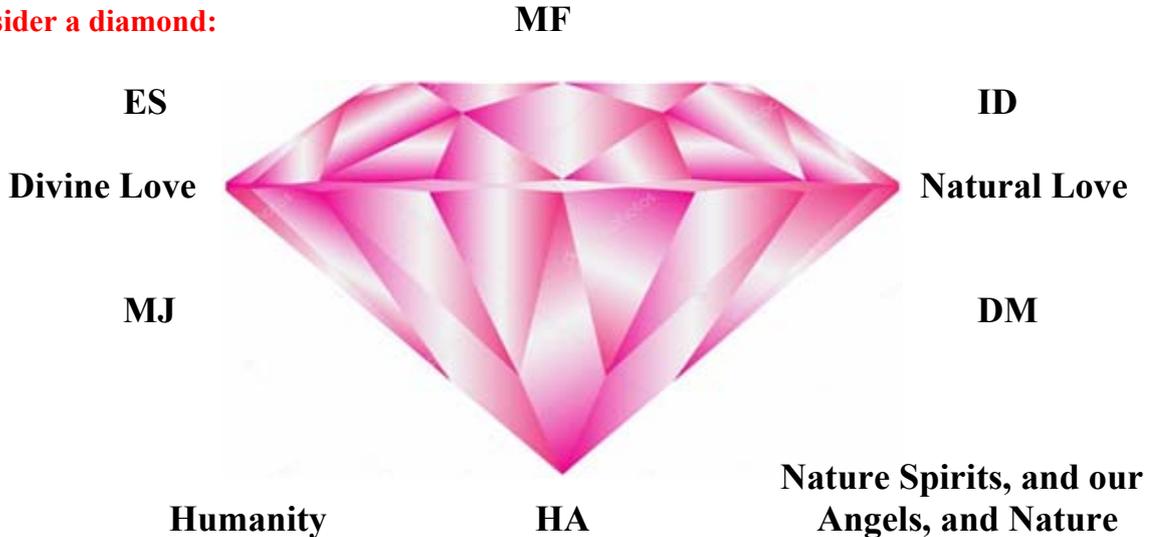
PLANETS that engage in REBELLION:

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

So in summary:



Consider a diamond:



# Mother and Father Heavenly Parents

Creator Son & Daughter  
Jesus and Mary

Avonals  
as soulmate pairs

Trinity Teachers  
as soulmate pairs

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

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

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

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

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

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

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

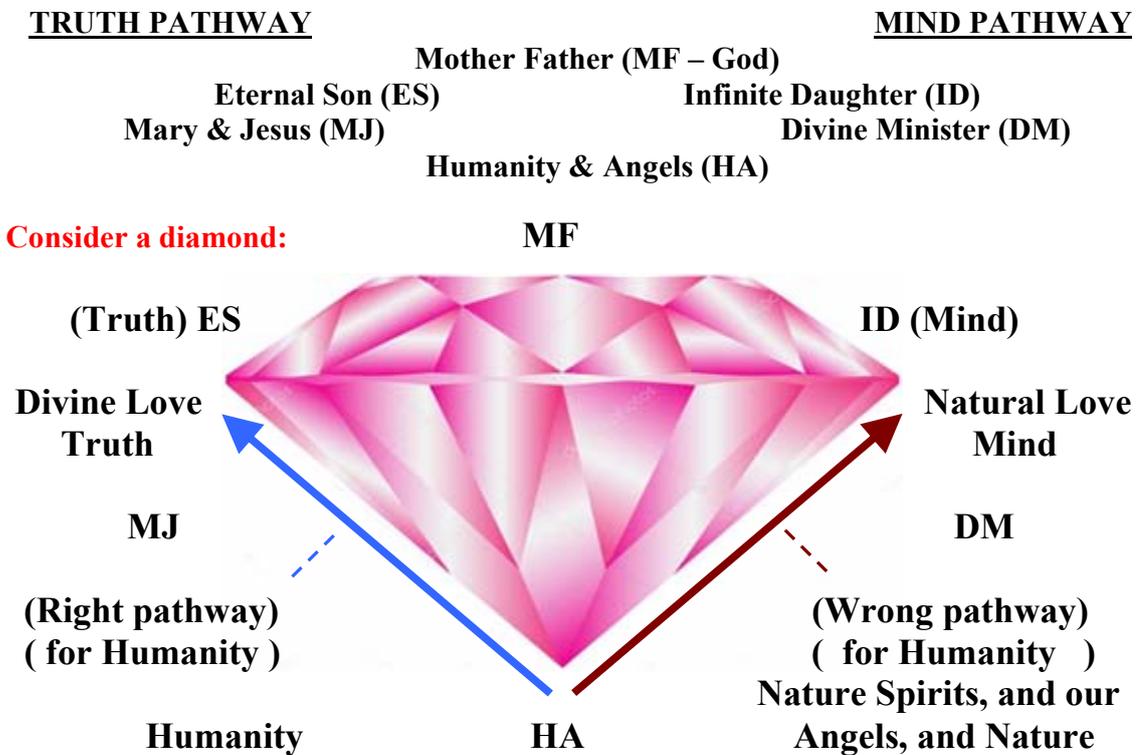
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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

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

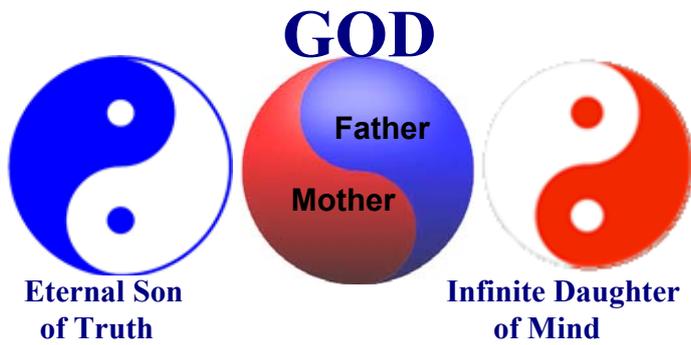
Currently the whole of Creation exists for the ascension of mortal souls from their earth planets to Paradise. It’s all one vast Grand Ascension Scheme. With all the higher and lower spiritual Daughters and Sons, together with all the many different angels and other universal spirit personalities, and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

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



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

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



**CREATION of SOUL and SPIRIT:**

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

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

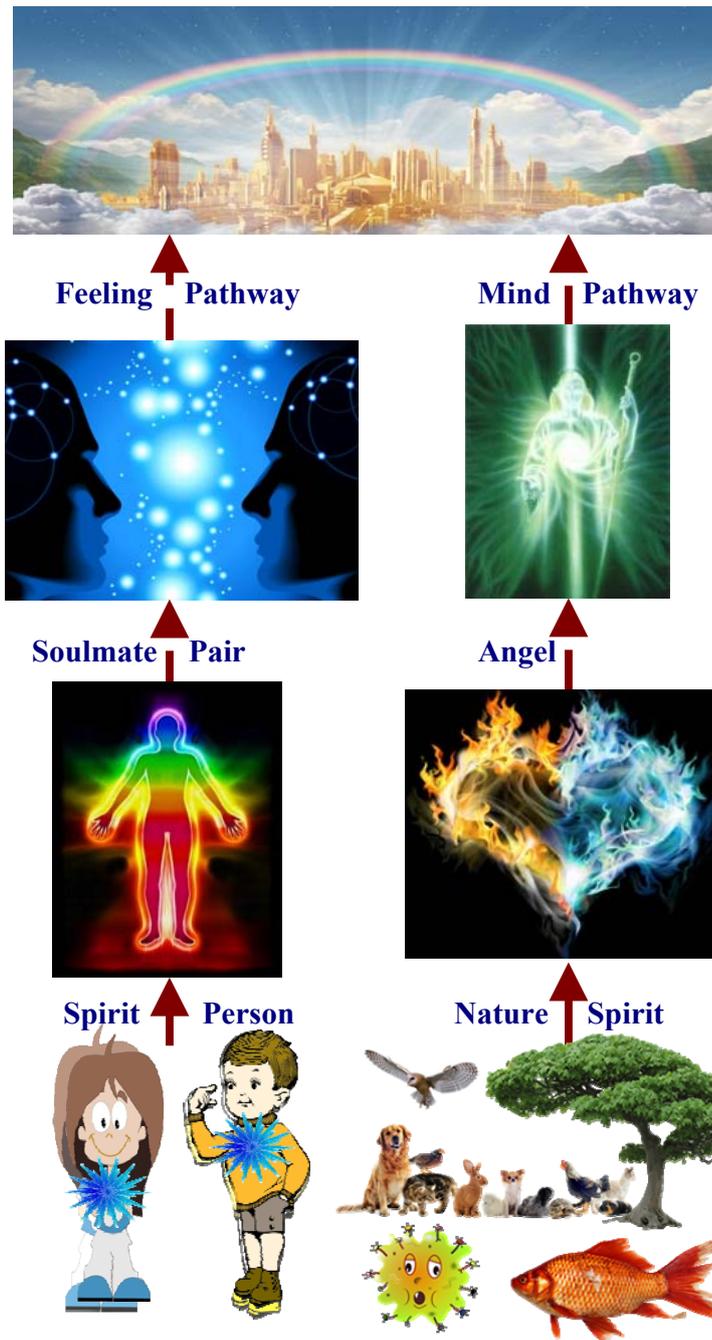
The soul of angels is experiential, evolving through their experience by continually progressing in mind development. Angels are to attain the Infinite Daughter (Spirit) of Mind. Angels are a creation of Mind. Our soul is duplex (we have a soulmate) and is created by our Heavenly Parents. Through our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

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

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

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

A nature spirit is an angel in waiting.



## **The Only Prayer That Man Need Offer to the Father:**

(as given within the first century)  
I am here, Jesus

**The Prayer for Divine Love**

2 Dec 1916

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

**P.438 Book of Truths through James Padgett / Jesus**

Let your prayer be as follows:

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

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

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

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

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

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

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

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

**Amen**

MoC



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

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

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

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

**Please Mother and Father, may I receive Your LOVE.**

**“Every day is a day of devotion.”**

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

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

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

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

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

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

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

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

### **Three Great Truths:**

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



**PRAYER for DIVINE LOVE:** library download pages at [www.pascashealth.com](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>

### MODERN MEDICINE IGNORES OUR SUBTLE BODIES:

It is the injuries to our subtle bodies caused by our wayward mind that bring about the manifestation of mild discomfort, then acute pain within our physical body, and ultimately the illnesses and diseases that we then seek medical assistance to suppress. Modern medical systems do not address the cause of such illness. Ask yourself, when was the last time that a medical professional told you what the underlying cause of an illness was?

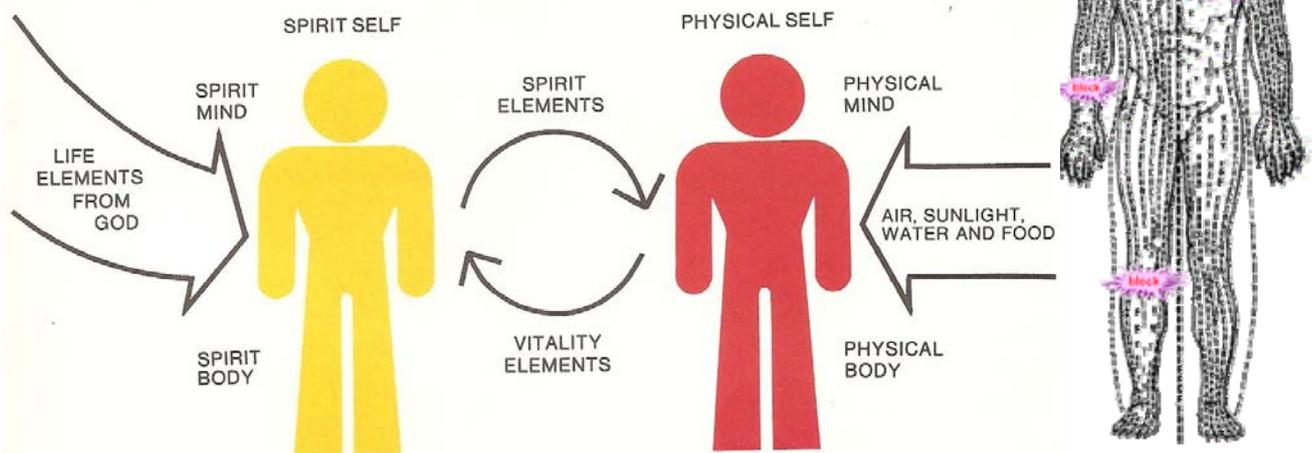
The auric field, that some can see, is the template for our physical body. Childhood Repression brings about energy flow blockages, being stuck and frozen emotional injuries, which then retard the flow of energies within our physical bodies. Modern medicine ignores this reality. The result is that treatments provided are only temporary as the underlying injury remains within our subtle bodies.

We have other bodies that are just as real as the physical body, they are all connected, if we have a problem within these subtle bodies, such problems most likely will manifest on the physical, so why not attend to it utilising a healers help on these subtle levels thereby helping yourself on the physical.

Example, our genes are multi-layered. Our genes are not only part of our physical being but are far reaching. They are:

- on the physical level
- on the emotional level
- on the mental level
- on the psychic level
- on the spiritual level.

We need to understand our **genes are not just physical, but on all levels.**



In fact our issues and illness that we recognise within the physical body are on all levels.

Only by one engaging in the process of Feeling Healing can one delve down into the core emotional issues originating from our childhood, being in the form of childhood repression and suppression, that we can then express and release such injuries and bring about permanent health to our physical body. The process of Feeling Healing is the only way to remove the underlying cause of physical illness and discomfort.

## MEDICAL PROCEDURES and RESEARCH



### Sometimes You Can Find a Needle in a Hay Stack!

While traditional allopathy medical research focuses only upon the physical body to resolve illness events and health issues, they continue to be like blindfolded mechanics endeavouring to repair motor vehicles.



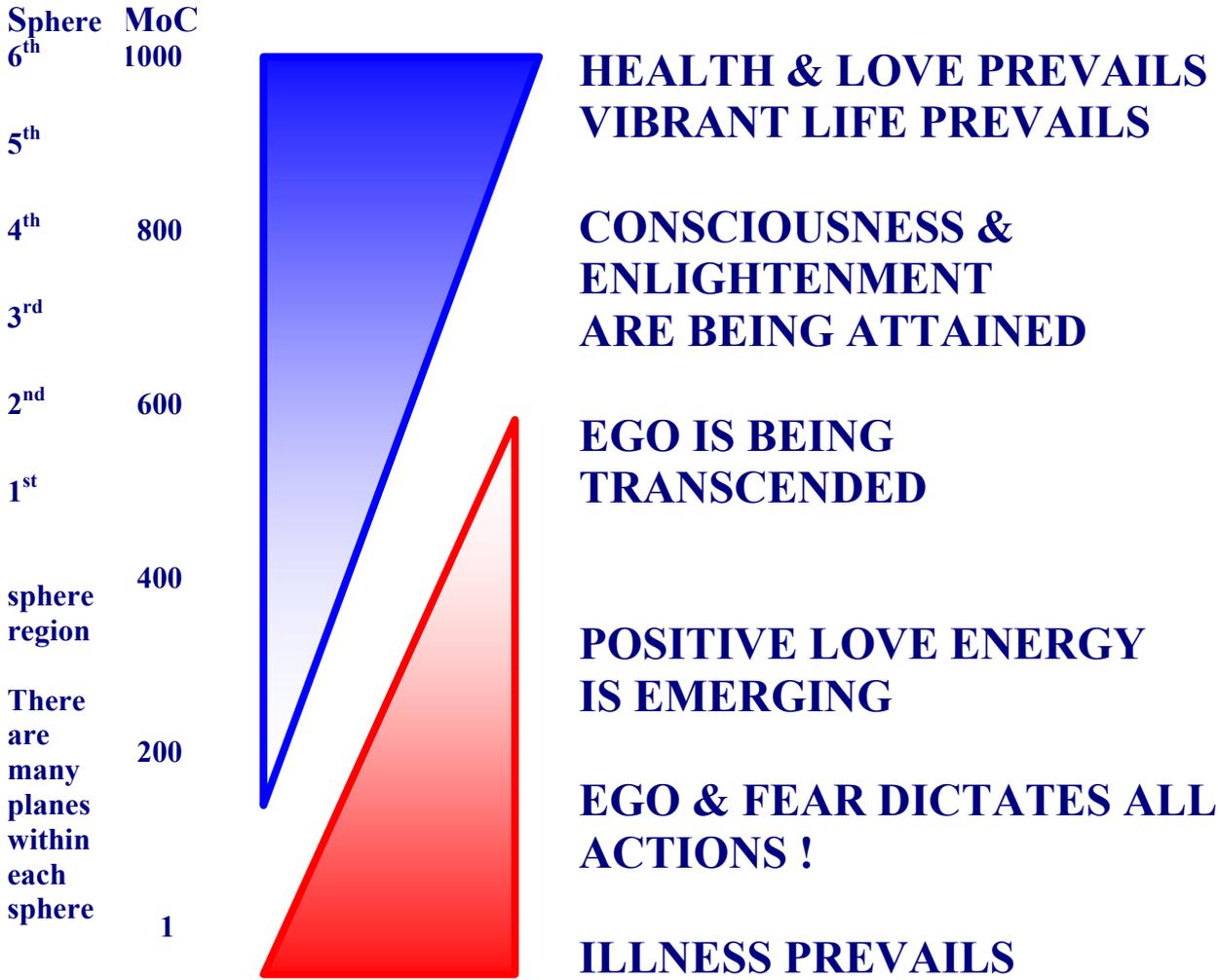
The physical body is animated by the spirit body, and in turn the spirit body is animated by your soul. The spirit body is of much finer substance than the physical body, and the soul is of an even finer substance, hence research technology in the physical world cannot comprehend these bodies.

Your spirit mind and soul is home of your emotional injuries and errors. These emotional issues create fissures and damage within your spirit body. Subsequently the injuries within your spirit body generate illness within your physical body, at the corresponding location as in the spirit body.

Illness is generated by your soul, however, healing is also generated by your soul. Releasing the emotional injury in your soul heals the physical.

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

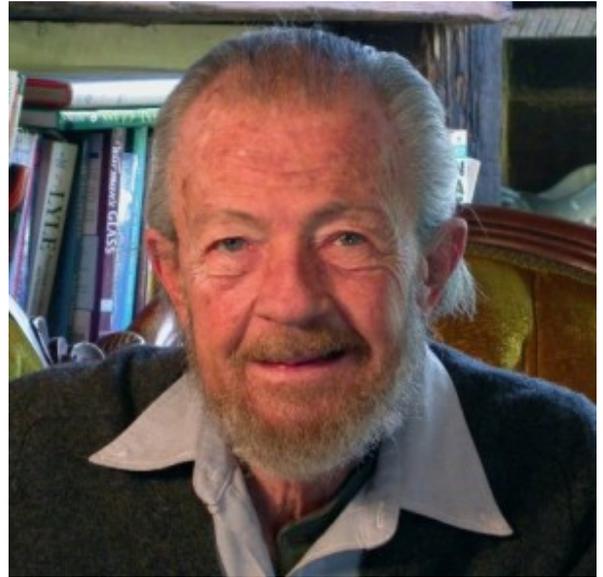
The Ego (mind based) manifests illness; the lower one’s level of consciousness (soul condition) then the more prevalent will be illness. Below the levels of 200, the ego and fear of the mind dominate; however, as you raise your level of consciousness by growing in love and achieve a level of 500 or higher,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



**LIVE FEELINGS FIRST**

**Dr DAVID R HAWKINS:**

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*, in which he writes that applied kinesiology can distinguish the truth or falsity of any statement. He directs the non-profit Institute for Advanced Spiritual Research Inc. and operates 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, interbalancing, 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 buildup 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.

Late, 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!)

Everything is interconnected.

**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.

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

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**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: 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!**



## U-TURN for HUMANITY:

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

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



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

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

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.

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



**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 based feelings and live free from error – no more fear and no more physical illnesses is possible!

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

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

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

Kevin of the 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 spirits who have completed their Feeling Healing and progressed through Divine Love Mansion Worlds 3, 5 and 7 and now live in the higher Celestial Heavens, 1, 2 and 3 (when we

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

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



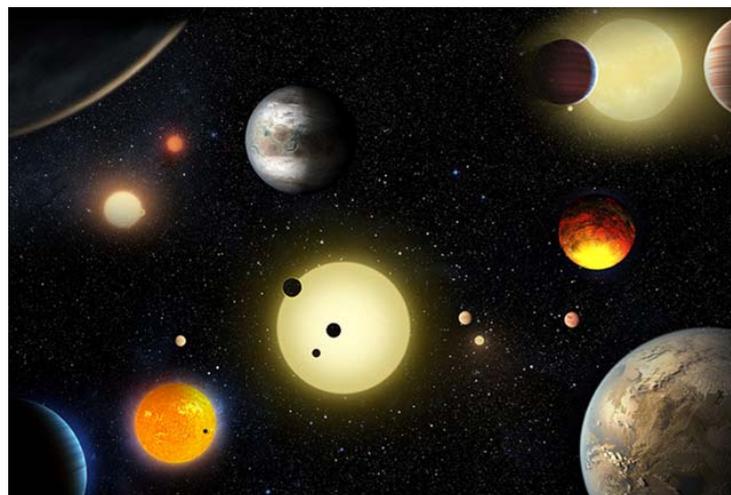
Further, we may become more aware of our **Indwelling Spirit**, which arrives for each of us during our sixth year, as we now progress with our Feeling Healing, or with Divine Love, our Soul Healing.

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

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

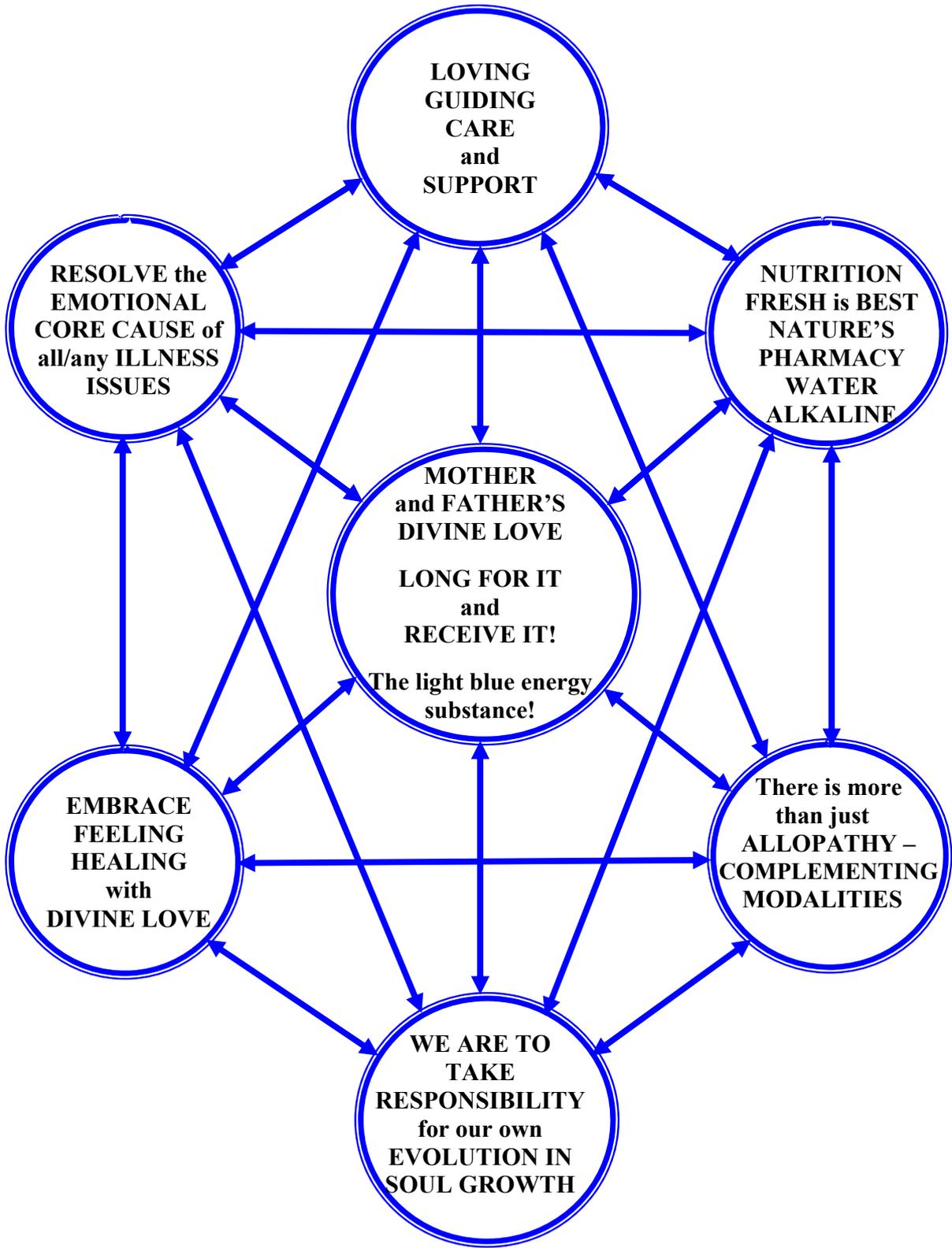
**This is the greatest event in the history of humanity.**

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



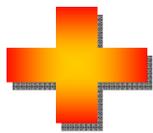
# HEALTH and HEALING

EVERYTHING is INTERCONNECTED!

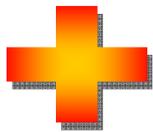


# PASCAS CARE

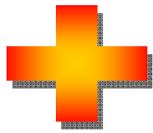
ALLOPATHY + 3 HALVES



Energy  
Medicine



Nutrition



Emotional  
Processing



Goals of Pascas Care are lead by our desire to:

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

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

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

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



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

But it is true that people without the benefit of Divine Love would lack the protective shield, which the intrinsic healing energies of Divine Love provide for those who pray for our Heavenly Mother and Father's Grace.  
Judas – August 19<sup>th</sup>, 2001

**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**  
<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**  
<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

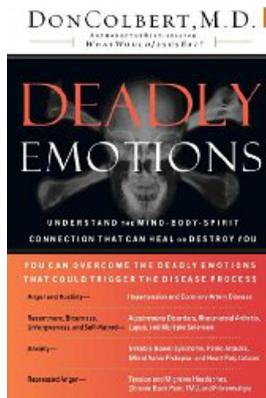
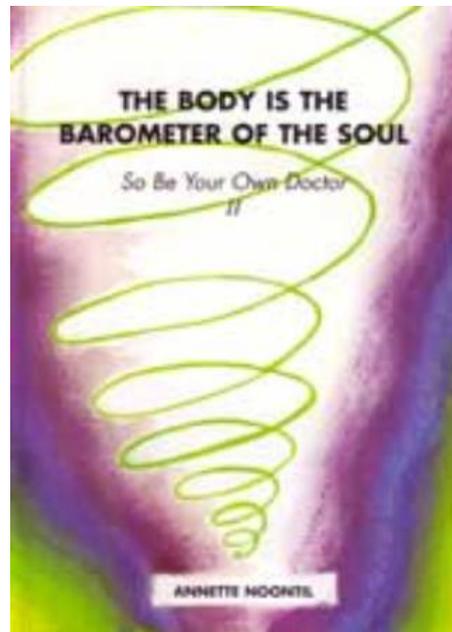
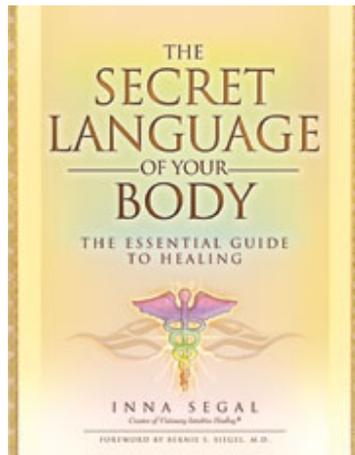
“The Body is the Barometer of the Soul” by Annette Noontil

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

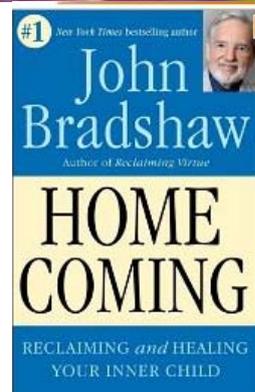
Also consider:

"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.



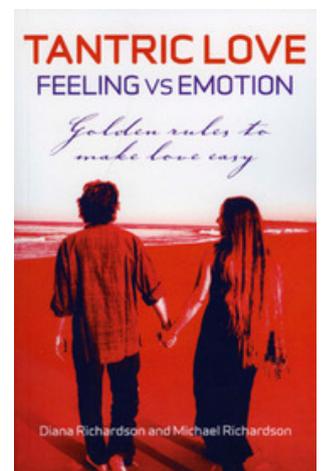
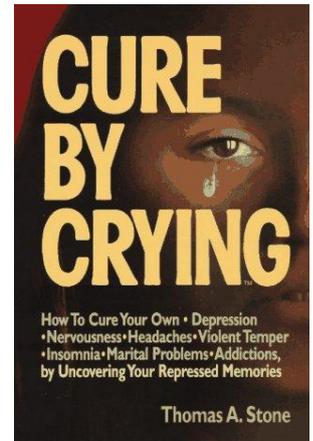
Home Coming: Reclaiming & Championing Your Inner Child by John Bradshaw



**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:**

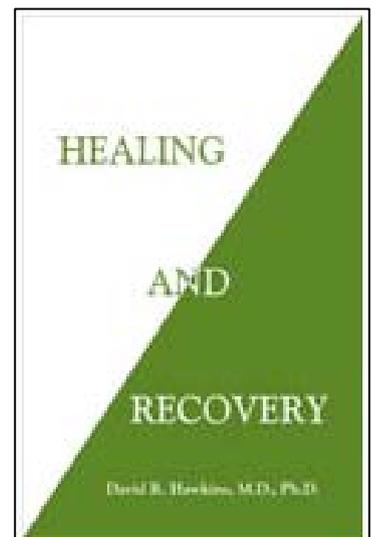
<b>The Book of Truths containing the Padgett Messages</b>	– Joseph Babinsky
<b>Little Book of Truths</b>	– Joseph Babinsky
<b>The Human Soul</b>	– Joseph Babinsky
<b>The Truth</b>	– Werner Voets
<b>Through the Mists</b>	– Robert James Lees
<b>The Life Elysian</b>	– Robert James Lees
<b>The Gate of Heaven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



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

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

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



<b>Primary recommended reading:</b>	<b>consider commencing with:</b>	<b>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>

Available generally from:

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

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

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

For Divine Love focused websites and forums:

Pascas Health:

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

Spiritual Development:

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

Padgett Books:

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

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

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

**DIVINE LOVE SPIRITUALITY – DLS:**

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

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

**James Moncrief Books:**

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

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

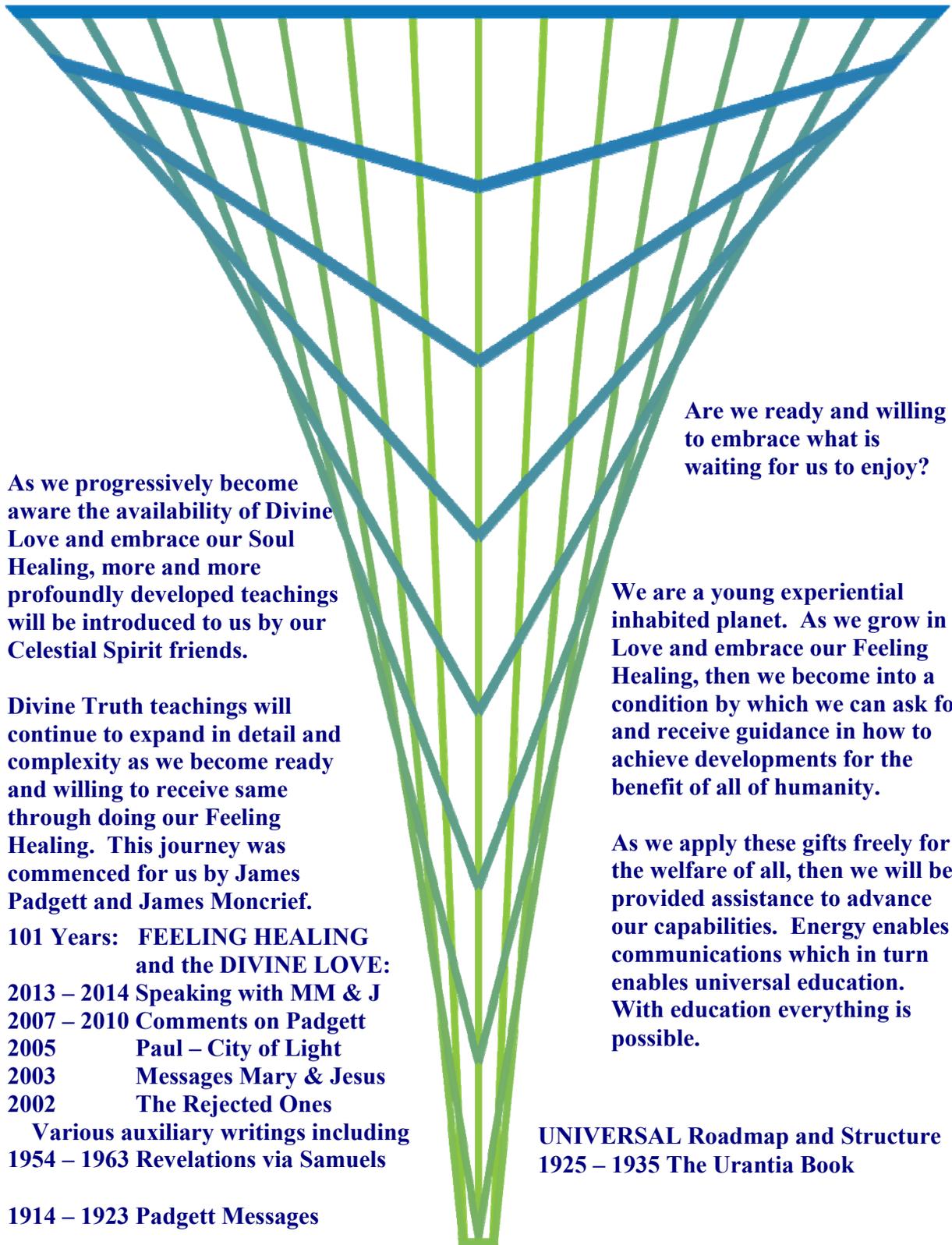
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

**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.

Whilst we are receiving our Heavenly Parents' Divine Love, and that this Love is causing change within our soul and spirit attributes, the greatest Truth known to man and spirit is that this is the way our Mother and Father are actually loving us! When we progress, it is God's way of loving us into love and then we live what we are, love.

### Your soul is the real you!

Visibility:    Body –    limited sight of colour.  
                   Spirit –    expanded visibility.  
                   Soul –     complete spectrum of colour.



SOUL  SPIRIT BODY  PHYSICAL BODY  
 PERSONALITY

Prayer:                    is emotional exchange with God

**On the WINGS of a BUTTERFLY:** No 12, Traveller, an immortal journey, via Zara and Nicholas

Once upon a time there was a butterfly sitting with closed wings in a person's heart. This butterfly had been sitting with wings closed for a long time. The person couldn't figure out why they always felt a little sad. One day, this person asked another person why they feel sad. The response happened quickly and the person didn't like the response. It was said that perhaps your soul is sad. Several days passed and soon that person found themselves sitting by the sea. The sea has great longing to it. As the sun shone on a late spring day, the person thought about their soul and that perhaps, the person's remark was true, and that this person was a messenger of some sort. Suddenly a breeze swept through the beach and the person heard a distinct voice speak directly to him! The voice said, "Let your soul breathe in Divine Love." That was all the voice said.

The person didn't know what the Divine Love was or where it was, but now the sadness had greater longing so the person decided to breathe in the Divine Love and just like that – the closed wings of the butterfly opened and the person's sadness started to dissolve. Happiness will be mine the person thought upon feeling the Love and this will take time for me to learn how to live such happiness.

Never again, in the heart of that person, did the butterfly close its wings.

Traveller

