

PASCAS CARE

Healing & Recovery *Health* *Vol II*



“Peace And Spirit Creating Alternative Solutions”

PASCAS FOUNDATION (Aust) Ltd
ABN 23 133 271 593

Queensland, Australia

Em: info@pascasworldcare.com
Em: info@pascashealth.com

Pascas Foundation is a not for profit organisation

www.pascasworldcare.com www.pascashealth.com

PASCAS INTRODUCTION:

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

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

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

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

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

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

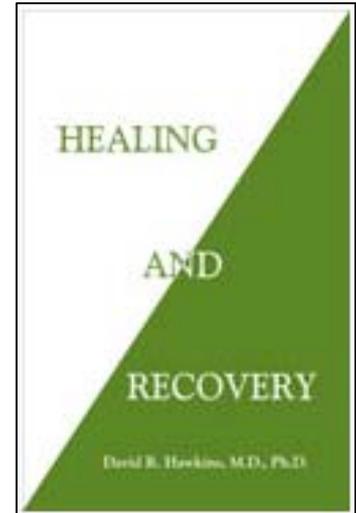
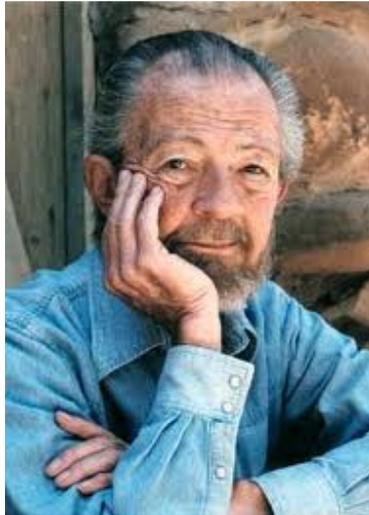
Living Feelings First, *John.*



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

HEALING & RECOVERY:

Dr David R Hawkins

**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.

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

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



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

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

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

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.

NATURAL LOVE and DIVINE LOVE SPHERES and FEELING HEALING PLANES:

After the HAND OVER!

Divine Love progress is to infinity

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

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

Natural Love peak is 1,000 on MoC

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

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

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

Natural Love
1st Sphere

MoC 200 – 500

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

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

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

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

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

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

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

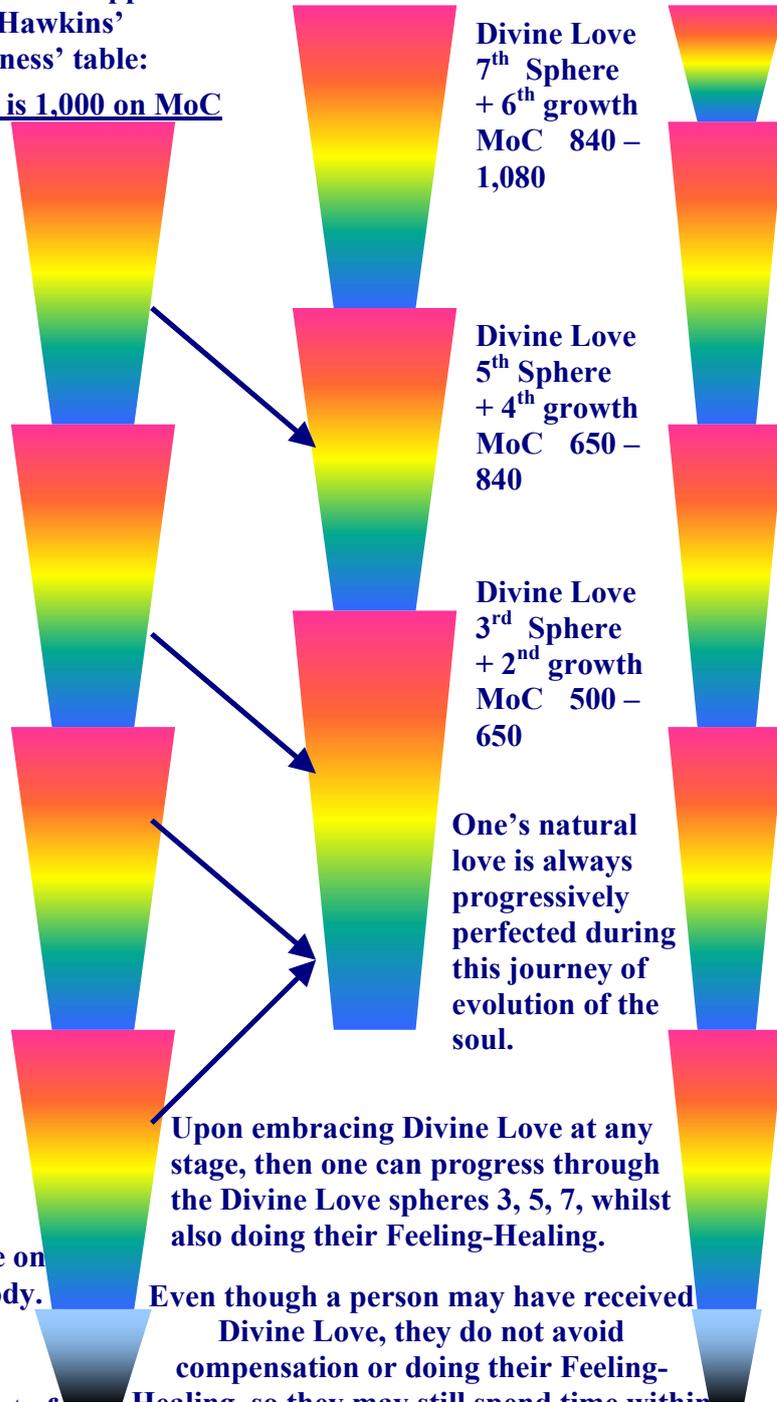
Even though a person may have received Divine Love, they do not avoid compensation or doing their Feeling-Healing, so they may still spend time within the spheres of disharmony.

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

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

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

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

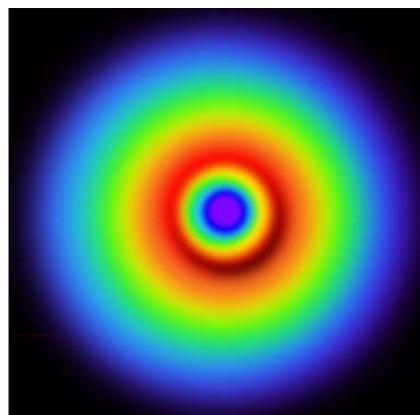


HEALTH:

Chapter 3; Healing and Recovery

The subject of health occupies the minds of a large part of the population. As a physician, psychiatrist, and spiritual researcher, my (Dr David Hawkins) interests have been focused on the area of health and self-healing. Importantly, in the relationship between body, mind, and spirit. It has been found that the body has no way of experiencing itself; the body is experienced in the mind only. The body expresses that which is held in mind. The mind cannot experience itself, either; it has to be experienced from an even greater energy field, which is called consciousness (soul, that is the condition of the soul). A human being progresses from dense linear form to an ever-expanding and increasing nonlinear formlessness. One ends up with the experiencing of experience itself – that field called awareness.

The errors encrusting the soul are the real cause of all issues in the spirit and physical bodies. Most healers are conscious of working mostly on the spirit body. If I am a healer focusing on the spirit body and if I think I am focusing on the cause of the ailment, I am not. It is only when I am focusing on the soul and the soul's condition which is made up of a number of things. It is firstly made up of its emotional condition. In other words, there are emotions that it has suppressed within it that cause physical ailments within the bodies. There are also beliefs in our emotions, but they are specific emotions about love in particular. Anything that I believe about love that is out of error with the way that God has created us to be will also cause physical problems in both bodies. There are also things called morals, which are really, again, emotions, but they are issues about morality within myself. For example; if I am a male, it is okay to have sex with any woman I see that is pretty, then I have a moral issue. So, therefore my morality needs to have some work. So morals have an effect on both bodies and their physical condition, disease in both bodies. We can list further things from the soul that affect these bodies. Now, I am there trying to heal the body, to heal the spirit body or to heal the physical body. I am a doctor and I am doing naturopathy and I am trying to heal the physical body, or a Pranic healer or Reiki expert and I am trying to heal the spirit body and I am not conscious that these things are all in the soul driving the injuries and disease in both bodies, then can you see that I am trying to cure the effect, rather than cure the real cause. So, whenever we engage any healing modality, whether it be of the physical body or the spirit body, as long as we are aware that there is a real cause in the soul, which are all really issues of love, belief systems about love that are in the soul, and unless the soul can be healed, these bodies will never be healed permanently.



REAL CAUSE
is within the
encrustments of
the SOUL

- Emotions
- Beliefs
- Morals
- Love
-

The relationship between body, mind, and spirit is very important when considering the subject of health. Consciousness (soul condition) itself has to be understood because all experiencing is going on solely within consciousness (soul). It has been discovered that, due to the power of the energy fields, healing comes out of attitudes and belief systems that are held in mind. Therefore, to a large degree, health is an expression of levels of consciousness (soul condition).

To make this more understandable to the logical mind, the integrated Map of Consciousness (MoC) is based on the mathematical relationship between the energy fields that resulted from calibrating the energy fields of the essence of literally thousands of things, including attitudes, feelings, perception, and beliefs.

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

NATURAL LOVE or HUMANITY'S ERRONEOUS EMOTIONS:

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

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700 1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑ 600	Bliss	Illumination
One	Complete	Joy	↑ 540	Serenity	Transfiguration
Loving	Benign	Love	↑ 500	Reverence	Revelation
Wise	Meaningful	Reason	↑ 400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	↑ 350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	↑ 310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑ 250	Trust	Release
Permitting	Feasible	Courage	↑ 200	Affirmation	Empowerment

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

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

From this model, in which the relative power of energy fields is calibrated, it can be seen that Apathy, which calibrates at 40, has much less power than that of Fear, which calibrates at 100. Fear, on the other hand, has much less power than that of Courage, which calibrates at 200.

Not only do these energy fields have different levels of power relative to each other, we can also see that the energy fields go in a certain direction. At the level of Courage, the scale progresses upward beyond the energy field of 200 to those of Neutral, Willingness, Acceptance, and Love. These fields give energy as well as nurture and support life and truth, thus increasing aliveness. At the bottom of the Map of Consciousness (MoC) (below 200) are the levels that do not represent truth in the human. Truth really begins to prevail at consciousness (soul condition) level 200.

If we start at the bottom of the chart and move up to the level of 600, we leave the fields of duality and illusion. We leave behind identification with the small self, or that which is called the ego, and move into the fields of Enlightenment. The energy fields of the great enlightened beings – the great spiritual masters and avatars – start in the 600s and continue up to level 1,000.

(1,000 on the MoC is the pinnacle of man in natural love. Those who adopt Divine Love as a path can proceed well beyond the 6th sphere being the pinnacle of man both here and in the spirit world. The MoC chart is relative to natural love. Enlightenment is a relative term, no one has ever achieved complete enlightenment, no one has ever reached the realms where God resides.)

Health means aliveness, which is an expression of an energy field. The body expresses and is subject to what is held in mind, and therefore, the greater the amount of negativity held in mind, the greater the effect of the negative energy field on the body's physical health. In contrast, the greater the positive energy that is being held in mind, the more powerfully positive is the energy field of life. This knowledge provides a tool to determine whether or not something supports health and the expression of life.

At the bottom of the Map are the energy fields that contribute to illness, and above level 200 are the energy fields that support life. Each of these fields correlates with an emotion. That which is anti-life has the negative emotions of self-hatred, hopelessness, despair, regret, depression, worry, anxiety, cravingness, resentment, hatred, and arrogance. These negative emotions accompany ill health.

The process occurring in consciousness (soul) can be seen arising from the emotional states of destruction, loss of energy and spirit, deflation, entrapment, overexpansion, over-inflation, and loss of power.

Spiritually, the kind of world that a person experiences from these negative mental states is one of sin and suffering, hopelessness, sadness, fright, frustration, competition, and status. They see the negative conceptualisations of God that come out of a lower energy field. God can be denied, or conversely, negatively depicted as the ultimate enemy of man – the God who is punitive and even throws man into hell forever; the God who ignores man through unlovingness; or the God who is retaliatory. These depictions emerge from an energy field that has a negative direction along with a negative emotion and a destructive process occurring in consciousness. The negative views of God correlate with lower levels of consciousness (below calibration level 200).



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 pathways. Similar pathways for truth are separate pathways.

PASCAS
HEALTH



PASCAS
PEPERS

Health can be viewed as the expression of unopposed aliveness resulting from the removal of its obstacles, including all that is negative. Health results from transcending limitations and feelings of separation. Since we have the power of refusal (free will), we can refuse things in our life that are negative.

If our mind can become programmed in a negative direction, we can choose to program it in a positive direction as well. Health is an expression of self-esteem. Just how does one learn to love one's real self (which is our soul)? How is the body experienced and how is one's relationship to that body? There is a sublime state called 'non-experiencing the body' in which the body is barely experienced as even existing. It is something one catches out of the corner of the eye and not central to experiencing at all. It means letting go of identifying oneself as physicality.

At the bottom of the Map of Consciousness, there is identification of ourself as being the body, but as we move up higher in consciousness, this lessens and lessens until identification with the body is transcended, and we move to the realisation of the Self as spirit.

It is necessary to look at the relationship between mind and body because of its great importance in the field of health and something that really is not clearly understood. A basic principle that is demonstrated clinically is that *we are subject only to what we hold in mind*. This is a principle of healing and health, with two sides to the coin – one side being illness and the other being health. They are the opposite sides of the coin of the same understanding that heals and brings about health – that we are subject to what we hold in mind.

A good clinical example is that of multiple personalities; another example is hypnosis. Under hypnosis, a suggestion can be given to a patient that they are allergic to the roses on the desk, and that when they get up, they will get hives, a rash, and start sneezing. Then amnesia is created for the suggestion. When the person wakes up from the trance, all of a sudden, they start to wheeze, get hives, and develop a rash. The body is responding to what the mind believes. With hypnosis, the symptoms can be induced, along with most any illness, by convincing the patient that the program is true, and then amnesia can be created for memory of the programming process. This illustrates how an illness comes out of a program or belief system, which, in ordinary life, is often unconscious.

(Hypnosis does cause the spirit body to temporarily leave, thus enabling access by another spirit to temporarily take over the body. This is also the same process resulting in multiple personalities which can be voluntary or involuntary.)

In the laboratory, this occurs as a psychological experiment. It is important to remember, however that in everyday life, people have been programmed (hypnotised) thousands of times. This occurs when sitting in a trance in front of a television. There is no conscious memory of the process; the program went in, and the person is now subject to it for the rest of their life.

Because of childhood amnesia, many people cannot remember what happened to them before the age of five years, and some people have very little or even no memory of anything from their entire childhood. Even in people with good memories of childhood, there are vast areas of vacant forgottenness. In these areas are the many programs that are now expressing in various forms of ill health, such as catch phrases like "Heart disease runs in our family."

“Being overweight runs in the family,” “Allergies run in our family,” or “Everybody in our family has hay fever.” These thoughts become a program that goes into the mind, and we can see that it is the same as though the person were hypnotized. Until that program is brought to the conscious mind and cancelled, it remains operative within the unconscious mind (e.g., a chill or a draft causes colds).

Another example of power of mind over body is in the cases of so-called multiple personality. These have been gaining increasing attention within the field of psychiatry and are found to be far more common than was previously believed. The consciousness of one personality is adopted by the patient and operative within that body for varying periods of time; it could be minutes, hours, days, weeks, or even years. While the second personality is operative, the patient is subject to all the belief systems held by that personality (another spirit other than that of the patient). If that personality happens to believe it has an ulcer, a weight problem, allergies, diverticulitis, colitis, back trouble – whatever it believes – while it is operative in the body, those physical abnormalities are actually brought into existence. (This is frequently the cause of childhood illnesses, passed relatives now in their spirit body transmit an illness that they, the spirit, believe he/she still has.)

The reverse side of this occurs when that personality leaves, which sometimes comes about through intoxication or shifts in emotionality or life circumstances, and then the other personality enters the body. Because the other personality has no such beliefs, the body promptly heals itself of all those illnesses.

SOUL



**Law of
Attraction**

Your Law of Attraction operates to intensify the emotions so that you will experience them.

Many physical ailments are caused by spirit attachment, childhood leukaemia is one such disease. Such illnesses can be alleviated by parents changing their soul condition.

Why does the mind have such power over the body? We will consider the physics involved, which will make it easily understood. The energy of the physical body calibrates at about 200, as does the Earth itself. The energy field of the mind is stronger and often calibrates up to 499. The 400s are in the energy field of the intellect, reason, logic, mind, and what the mind believes. Therefore, if a thought is held in mind that says strawberry seeds, caraway seeds, or any kinds of seeds give me diverticulitis, then the power of that thought coming out of the energy fields of perhaps 300 to 400 overpowers the body at the energy field of 200. The body is overpowered by the influence of the pattern of the belief.

All thought has form, so form in the personal or collective unconscious, or in the collective or social consciousness, is present in great detail. If we buy into a thought or go into agreement with it, the effect is to bring it into our own consciousness, which then expresses itself within the body. The body will do what the mind believes. The healing of the body and the achievement of health are accomplished not just by addressing the body directly, but also by addressing the mind and moving into the field of consciousness. If the body is expressing that which is held in consciousness, then it is necessary to look at what that is.

All error enters the soul emotionally, all truth enters the soul emotionally.

Pathways are sympathetic in error, emotion of truth wont flow when emotions of error creates blockage.

Errors create pathways for more errors to flow.

Connections allow emotional sympathy to flow. A typical core belief is that when you are bad, therefore punishment is to follow – parents punish. Thus what this means is that love justifies violence – that is error.

Further, only beliefs that I have are the ones I continue to accept. You get punished for bad and rewarded for good.



Truth has a difficult time in entering us due to the error pathways that we have within us. These are emotional pathways that allow us not to look at the errors.

This construction that has become constructed in our soul has been constructed because error becomes truth in the soul.

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 the emotions, including the painful ones, to pass through me, then lets see if I have the same belief.



**Recognise the relationship between belief, fear and emotion.
Fear being false expectations appearing real.
Emotion is energy in motion – e-motion.**

**All this error gets jumbled up.
Error is easy to accept.
Truth is hard to accept.**

**Truth is always loving.
Truth is always emotional.**

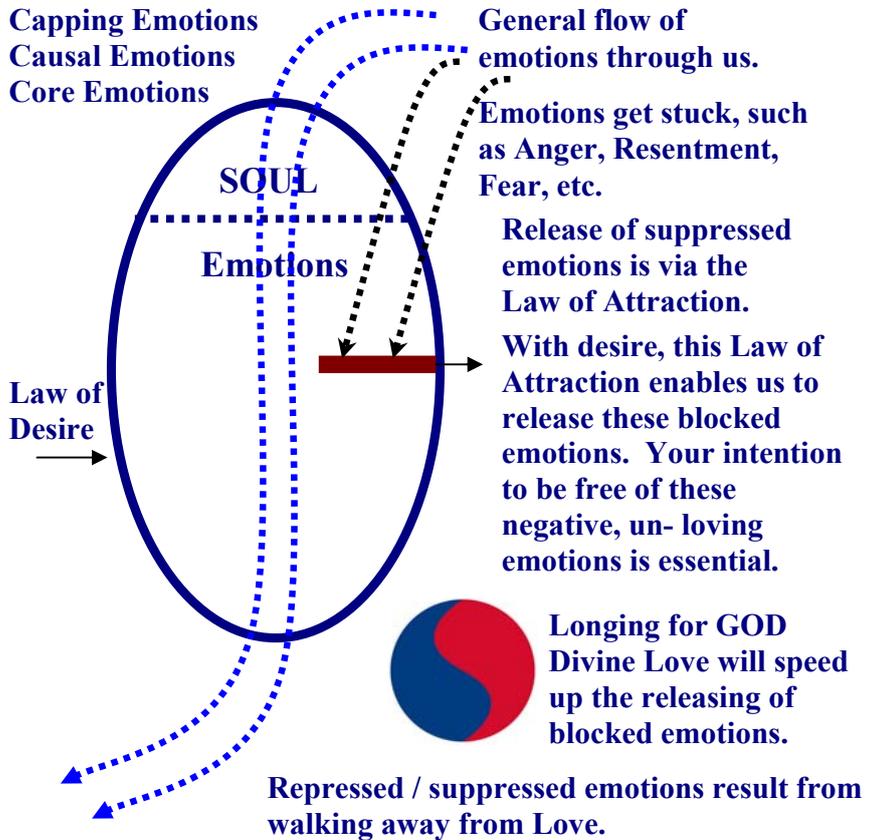
The problem for healers is that the patients own physical soul is generating the problem.

When the person who we are trying to heal, does not want to deal with the cause, the healer's power is severely diminished to assist them because their own soul is generating the problem.

All illness is of a result of the soul having these blocked emotions, which then create the illness in the physical form and the spirit body. If the person's soul condition is not addressed then the person is going to recreate the same type of problem and issues.

It is very important that we start to see things at the causal / core level, particularly in the medical and healing profession.

WE are CREATED as EMOTIONAL BEINGS:



Drugs, alcohol, abuse, sex, are forms of denial.

The key is to see them all of them the same, as forms of denial.

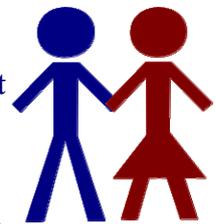
Even taking marihuana there is a modification of the flow of energy even in your spirit body. The energy form of the spirit body cloaks you.

Avoid and look at the underlying reason why you are reaching for that particular substance.

When you are in a drugged state, a spirit can more easily take over your body and mind, and you enter a relationship with that spirit on a fairly permanent basis. There are a lot of illnesses related to what a drug does and how it opens you up spiritually. How the drug connects you up to a spirit, and most of the time the spirit connecting to those emotions are spirits who are already in quiet a poor emotional state, themselves.

Often we are not aware of what is being held in consciousness (soul), in which case it would be called 'being unconscious'. There may be no recall of ever having had such a thought, but the body expresses what must be. It is like an x-ray telling us what is being held in mind since it is presenting itself in the body. For example, a person develops clinical diabetes and says, "I don't remember anything ever being said about that in my family. No one in my family has diabetes. I don't see where it could have arisen in my mind." We know that somewhere in the collective unconscious is the belief of diabetes and all that goes with it. If we do individual research with the patient long enough, we will uncover the origin of the program, which confirms that the program exists. If the person thinks they are subject to an illness, then the belief system also has to be healed. It is necessary to heal where the origin of the illness began.

The person who passed, who is now a spirit, who is yet to really progress, and they are heavily over cloaking the person who is left on Earth. Because the spirit still believes that he/she has the malady, the sickness, that malady also gets impressed upon the child. Almost all childhood sicknesses are of the result of spirit attachments. If they are not the result of spirit attachments, they are the result of parent emotions.



Talk to the spirit, get them to understand what they are doing, they usually are with the child because they love the child. The spirit will have very similar characteristics to that of the child.

Health is the result of positive mental attitudes. It originates in the field of consciousness and reflects a level of consciousness (soul condition) that expresses itself on the lower physical plane. An expression of health originates from the fields above Neutral – out of Willingness, and out of lovingness, inner joyfulness, and an inner state of peace. That which is mental calibrates in the 400s, and that which is of Love is at 500 and above. Spirit dominates at level 500 and becomes increasingly consciously aware that it is Spirit. Therefore, the intellect is not man's highest faculty, contrary to the age of reason as expressed in other learned works or by those intellectuals who believe that the intellect is man's highest attribute. The intellect is only in the 440s. There is the nonlinear energy field called consciousness, which is beyond mind, logic, and reason and transcends mentalisation, revealing a whole different paradigm and way of being.

If we understand illness, then we will also understand its reverse, which is health. In illness, there is always unconscious guilt (calibrates as true), a statement reaffirmed by research. There are whole systems of how to let go of unconscious guilt through the process of the willingness to forgive, to let go of criticism and judgement, to let go of right and wrong as an orientation towards life, to move towards forgivingness, and through the desire to understand life out of compassion. This resolution of negativity requires recontextualisation of perception as exemplified by the transformative effect of doing the workbook of A Course in Miracles.



We find that illness requires several components, including unconscious guilt and a mental belief system. The mind has to hold a certain belief for the person to accept that they are subject to it. It is as

though unconscious guilt looks for something to justify itself. Often a certain illness gets notoriety on television because a celebrity shares their experience of it. That is followed by an epidemic of that illness because of suggestion. The mind buys into the program, the belief system, and the specificity of a particular disease. Unconscious guilt gives it power by expression through the autonomic nervous system and the hormonal balance through all the stress mechanisms within the body, and through the acupuncture energy system.

With positive attitudes, the acupuncture energy system is balanced, and the energy flow of health and life moves directly down through all the energy channels, stimulating all the organs of the body. With a negative thought, the energy flow through one of the twelve main meridians is interrupted and, if done repeatedly, disease comes about in the affected organ. Negative emotions potentiate a disease process. Unconscious guilt gives it energy, and the form the illness takes is a consequence of mental mechanisms because the body expresses what is believed.

Our soul is an energetic system, emotions are running constantly. Our soul's emotions cause energy meridians in our body. The 7 chakras are where 192 energy meridians intersect. These are energy meridians in our body that our soul has control of. Our soul's emotions control them. What is happening is that, lets say I have an emotion of unworthiness, and I have this unworthiness emotion that causes damage to these two energy meridians, 1 and 2. If my unworthy emotion is related to myself and I am a male, then I will have a certain response in those two meridians. Now that causes energies in my physical and spirit body to not flow properly in that region, which causes my body to not to be able to completely replenish that area, which causes disease in that area of some kind, depending on what type of emotion that is and depending on how that energy affects that area of my body. But it is this, the soul is swirling mass of energy. This soul is your real self, swirling with energy all the time.



Energy in motion – E-motion, this is your soul, the real you.

It is where the energy is stopped, blocked, due to certain emotions, your soul not wanting to experience the emotion.

At that location, there will be an injury appear in your spirit form, and correspondingly, the injury will appear in your material form.

That is the creation of all disease.

We also have to look at how experience is actually experienced. The body itself is insentient, as curious as that may seem. It has no capacity to experience itself. The next level of experience comes through sensations, from the senses of the body, so we do not experience the body; instead, we experience the sensations of the body. Senses themselves have no innate capacity to experience themselves. They are experienced in the mind (which is within the spirit body). The senses report what is going on with the

body, so we are several levels removed. Mind itself is unable to experience its own experience. It has to be in a greater, larger energy field than itself, and in this case, it is the energy field of consciousness. Because of consciousness, we are aware of what is going on in mind. Mind then tells us via the senses what is going on in the body. We can see that perception is several levels removed from the physical body. Consciousness itself requires something greater than itself, called awareness. Awareness allows us to know what is going on in consciousness and reports what is happening within mind. Mind in turn reports what is happening about the body via the senses.

That which we call 'myself' is many levels removed from the physical body. It is necessary to understand that fact because we then see that the mind has power over the body. We can appreciate the physics of the energy fields of the 400s, and see that, just by their sheer power, they are greater than the energy of the physical body. The physical body (calibration level 200) does what the mind tells it to do. Therefore, if the mind says, "I have this disease," the body complies.

We can thus see the importance of not buying into programs, all of which are really limitations of the truth. We can see the importance of consciously cancelling the limiting programs and instead saying something that is the truth. The truth is, "I am an infinite being not subject to that." So, when people hear something such as, "Eggs are full of cholesterol, and cholesterol gives you heart disease," they accept the thought as the truth and buy into the belief system that the cholesterol in eggs will raise their blood cholesterol. Their bodies simply agree and raise the blood cholesterol when eggs are eaten.

One time I had a very high cholesterol level and began to cancel the belief system. I repeatedly said, "I am an infinite being; I am not subject to that. I am only subject to what I hold in mind. This does not apply to me, and I hereby cancel it and refuse it." If the mind can program you with a negative belief system, it can also reverse itself, can it not? Therefore, we begin telling ourselves that the belief system has no effect on us, that it is only a belief system, and that we do not have to buy into it or go into agreement with it.

When we go into agreement with a belief system, we give it the power of the collective energy of that belief. When we refuse it, we then release ourselves from the collective energy of the belief system and count ourselves out. One attitude is to not buy into agreement with negative belief systems that have to do with our health. This is very important when it comes to epidemic suggestion and hysteria. The programming that comes in is aided and abetted by an emotional program.

Much is still heard about AIDS, for example, which is accompanied by constant repetition in the media that play on fear – fear about this, anger about that, and, of course, the guilt about this. What better disease to bring up all of man's feelings of

F false
E expectations / emotions
A appearing
R real



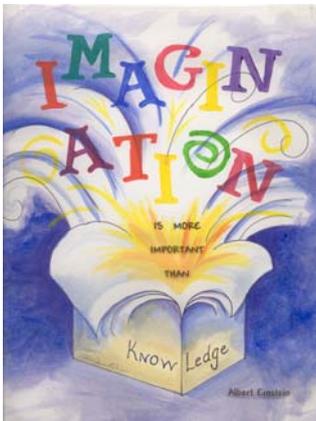
sinfulness and guilt, especially about one's sexuality, which is so common in all cultures, not just ours? Of course, it then takes on a negative energy when the coin is turned over and becomes the lowest. What better area in which to create an epidemic to ensure the belief in it? There is the unconscious guilt, not to mention the conscious guilt about one's sexuality, the sadness about it, the grief over it, and the fear about the disease itself. All this contributes to setting the stage for a mental belief system in an energy field of fear, which is the energy field of the 100s, plus the guilt of calibration level 30. This is

the exact set-up for disease because the mind chooses that with which it is impressed and uses that as a form of expression.

In the case of the cholesterol experiment, I cancelled the thought every time it came up. After a short time, the cholesterol level decreased, and now I can eat three eggs for breakfast every morning, lots of cheese, even other high-cholesterol foods, yet my cholesterol is low and sometimes even below normal for my age.

The body will do exactly what the mind believes, but there is a credibility problem here. The person asks, "How could just my belief in that make it happen within my life?" It is due to the nature of the unconscious (soul), which creates the opportunity for that to occur. There is the person who is 'accident prone'. Because that belief has taken hold in their mind. Unconsciously, the person just manages to get their body in the right place at the right time in order to get hit by the fender of a car, or slip down the stairs, or get hit on the head. There is no need to worry about it because the mind will find a way. People just slip into a sort of hypnotic trance and expose themselves to the correct opportunities to make that program manifest in their lives (e.g., extreme sports, climbing Mr. Everest, etc.).

There have been many experiments with a cold virus, for instance, in which one hundred volunteer subjects were exposed to very heavy doses of a cold virus. Interestingly, not everyone ended up with a cold, just a certain percentage. In other words, if the power were in the virus itself rather than within consciousness (soul condition), all one hundred would have gotten a cold because the virus is so potent. What happens is that maybe only sixty-five percent will get it because one-third of the subjects do not believe in it. There is sufficient doubt within the mind, along with insufficient unconscious guilt. It is not acceptable to the person to express it in that form, so nothing is universal.



IMAGINATION

Loving

Fear

In harmony with God's laws:

- Optimism**
- Optimism activates desire**
- Infectious in a loving way**
- Inspiring**
- Spirit positive assistance**

Fears that control our life:

- Fear of family attack**
- Lifestyle comfort**
- Not being cool**
- Responsibility**



When you are in desire and love, there is no such thing as responsibility. The only responsibility you have is to take personal responsibility for your own emotions. There is no other responsibility; there is only love and desire.

Once the fears are removed, then we can make a loving choice.



The same thing can be seen with healing. Pneumonia or bird influenza does not occur in one hundred percent of exposed people, just in a certain percentage of them. Comparably, only a certain percentage of people will respond to any medical treatment. The difference is because those who do respond are not dominated by unconscious guilt. Also, a negative belief system is not operative because the particular illness does not fit any specific thought form they have bought into, so both sides of it – the sickness and the healing – are reflecting the energy that is put into a certain belief system.

Health is the willingness to let go of buying into negativity. Why would a person buy into negativity in the first place? Why are some people so receptive to programming? There are people who become fearful every time they open a magazine that reports about a current illness, which relates to the amount of fear and guilt they already carry within them. The amount of fear is really consequent to the amount of unconscious guilt. It is as though the vulnerable person is attracted by fear, and when they hear of an illness, they become mentally programmed enough to make it happen in their lives.

Health requires the willingness to adopt mental attitudes that are positive and constructive and to let go of the negative ones. The willingness to take an easygoing and forgiving attitude towards life is also beneficial, along with the unwillingness to buy into negative programming. It takes the willingness to own the power of the mind. We give our power away when we go into denial and blame an illness on something ‘out there’.

The energy fields below level 200 potentiate becoming a victim. Below 200, people have given their power away and placed it on something outside themselves. At the lower levels, people have told themselves unconsciously that the source of their happiness and survival arises from something outside themselves.

When people move up into the levels of truth above 200, the energy fields are now positive, and we can see that they are re-owning their power. They now say, “I, and I alone, have the power to create happiness and opportunity in my life. It is coming from within me.” They also own that health is something which comes from within and no longer believe they are the helpless victims of disease.

In reality, we are not the victims of viruses, accidents, cholesterol, or imbalanced uric acid levels. When we re-own our own power, we say, “It’s my mind that has been creating that. My mind believes that eating liver and kidneys is going to give me a high uric acid level that is going to give me gout. My mind is so powerful that if I believe such a thing to be true, it will make it happen.” It takes a high level of awareness to accept that the mind has that much power. “Do you mean to tell me that if I believe that eating sugar and sweets is going to give me hypoglycaemia, it will?” Yes, indeed, it will.

In going back to the physics involved, it is helpful to remember that the body’s energy field of 200 is weak compared to the belief systems of the 400s. The beliefs that sugar and sweets will cause hypoglycaemia, diabetes, or being overweight are sufficient to bring it about. The explanations then

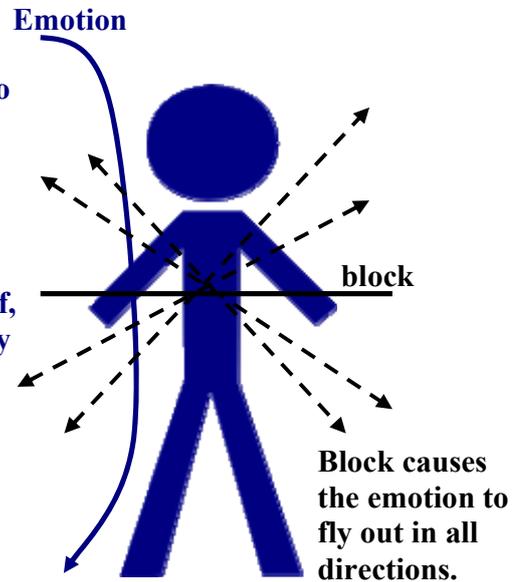


given are denials of the truth and rationalizations to justify being a victim. When we say that it is scientifically proven, it is still just an explanation. The real science of it is the mechanism. The description of the mechanism of how this occurs on the physical plane is still only a description of the mechanism, not of cause.

This is what happens to our soul when we refuse to deal with our emotions. Everything around us starts dying, everything is affected negatively around us.

Every time you get frustrated and angry, you are affecting every thing around you, not only yourself, you are affecting every living thing as well as every non living thing around you.

What needs to be dealt with is our emotion.



Cause is on the level of mind (driven by blocked emotions from within the soul); effect is on the level of body, not the other way around. Merely reversing that understanding provides the whole key to health and healing. Health then comes out of a positive mental attitude (assisting by releasing emotional errors), which we have heard many times, so much so that many people are annoyed by it because it implies that if they have a sickness, they do not have a positive mental attitude.

What is meant by mental attitude and the part that it plays in health and freedom from sickness and suffering? Primary in the unhealthy person is unconscious guilt. The cure for that is the willingness to be forgiving, even to the point of taking a course in forgiveness, if necessary, such as A Course in Miracles, or participating in Twelve-Step recovery groups, which are specifically designed to enable one to train the mind to let go of the tendency to criticize, attack, and judge others. These are replaced by the willingness to let go of judgmentalism. Since the mechanism is unconscious, the person may not see that when the mind is being critical and judgmental of others, it is also critical and judgmental of one's own self.

Unconscious guilt contributes to the negative energy that expresses itself adversely through the autonomic nervous system and the acupuncture energy system. However, simultaneously, there is the power of refusal, the power to deny the belief system. To own back one's power requires realising that it is the mind (fed by the soul error) itself that is the cause of the illness. This truth requires the willingness to give up the position of victim and to re-own one's own power, which is necessary for health and contributes to overall spiritual growth and development. The only requirements are the motivation to move out of the negative energy patterns and the willingness to face the truth about ourselves and choose to move into a positive energy field. This can actually be done rather rapidly.

The key is the willingness to look at it and say, “Well, I don’t really believe this, but it is said that my mind has the power to create an illness within my body, so I’m willing to look at that because I have an open mind.” As we open our mind and are willing to agree, our intention aligns and we begin to move into accepting what we discover. We begin to find that moving into lovingness has a curative and healing effect. How is that accomplished? The willingness to forgive can move us into the willingness to be compassionate. Having compassion means the willingness to see the innocence within all things, which coincides with the willingness to forgive. Out of compassion and intention arise the power and capacity to really see into the hearts of others and discover the innocence of the child.

Within each and everyone is that intrinsic innocence that never dies, no matter how long we live; it is intrinsic to the nature of consciousness itself. The innocence of the child is what bought the mistake or the negative program in the first place. It is helpful to be aware that the intrinsic innocence of the child is still present in everyone. It is the innocence that watches television and naively buys into the negative programming due to its lack of discernment. The innocence of the child has no warning within it, nothing that says, “this is a world that out to program you with as much negativity as you are willing to buy.” In fact, that world gets well paid to do so because advertising is often based on appealing to the negative energy fields. All of our fears, desires, and pridefulness are represented below the level of 200. It takes the willingness to be aware that within us is our innocence, and that that innocence needs to be protected.

When we look at ‘self-care’, which is the capacity to love one’s self, we find it now means taking responsibility to protect ourselves from the consequences of that innocence and the willingness to undo mistakes that the mind picked up as a result. We can then handle looking at ourselves and healing that which we find within us if we accept the awareness of the intrinsic innocence that was programmed. We then take responsibility for that and say, “In my innocence, I bought all that; I didn’t know any better. I thought that the right thing to do was to be judgmental, to condemn people, and to judge them as right or wrong. Now I see that all that has made me sick, so I’m going to let it go.” The people who were willing to look into this and go through the processes already described had complete, full recoveries from their illnesses.

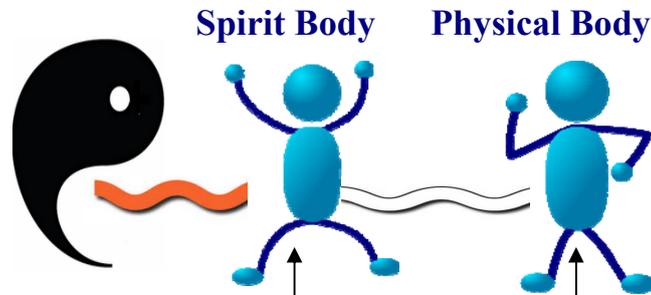
**Judging yourself is
not loving yourself.**



The capacity to be forgiving is within us, along with the capacity for compassion. Out of it comes a general attitude about the way in which we look at ourselves. From our bigness, from our greatness, we look at our humanness through forgiving eyes and begin to forgive ourselves as well as others for all the things that were limitations and denials of the truth. All the things in the energy fields below 200 are denials of the truth; all those above 200 are the acceptance of that which is true and positive. Because the body reflects what the mind believes, and the mind reflects our spiritual position (soul condition),

spirit has the greatest power of all. Therefore, **our spiritual position (soul condition) literally determines whether we have a healthy physical body of not.**

SOUL CONDITION = CONSCIOUSNESS:



Therapy applied to the spirit body is via an energy therapist who may work on the chakras, whereas a chiropractor works on the physical body. Such type of therapy deals with the effects and ignores the soul and the causes. If you focus on the soul, that is the most powerful tool to improve yourself.

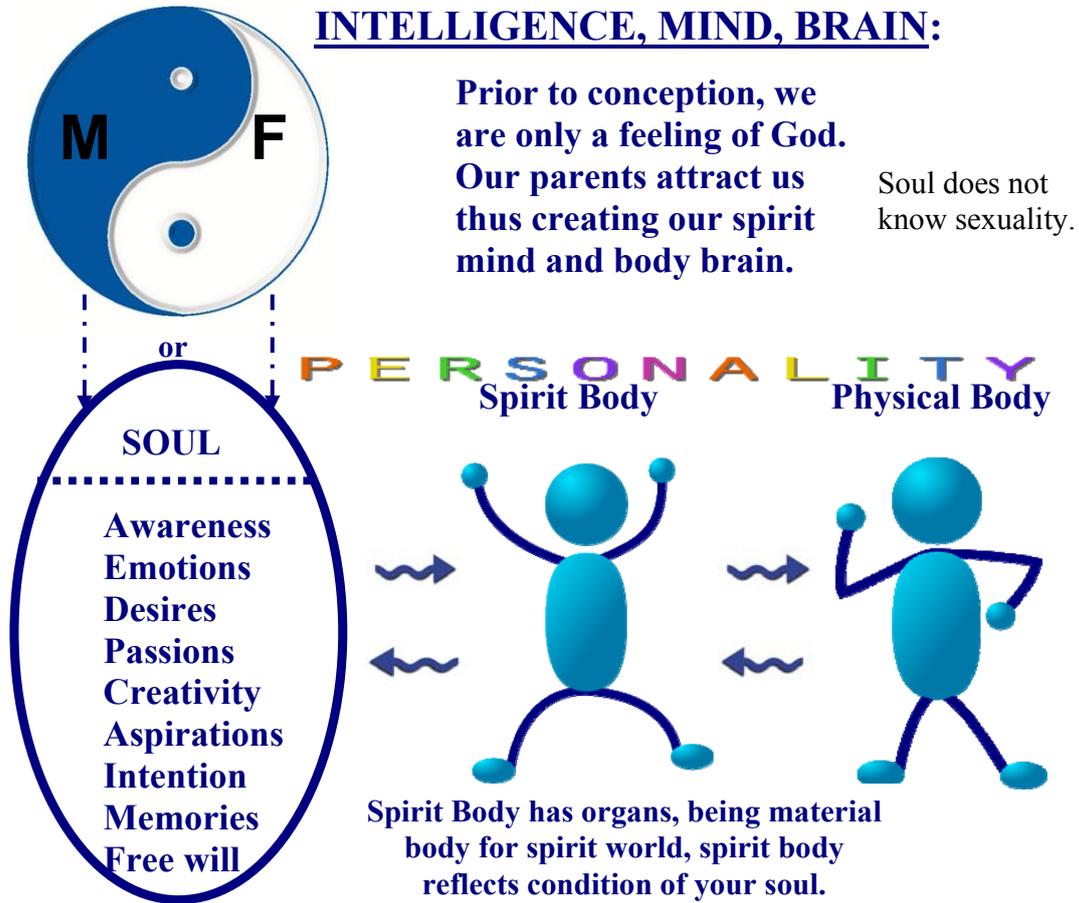
Once we are willing to accept the power of mind (driven by the soul), we have to be attentive, persevering, and not let mind get away with expressing negativity. We have to stop it as soon as we become aware of it. We begin to develop an awareness of negativity and recognise it for what it is. We let go of false humility and start questioning such remarks as, “Well, you know, I’m not very bright,” or “My handwriting is poor,” or “I gain weight eating the same amount of food that thin people eat.” The minute we become aware of ourselves saying or thinking these limiting, self-defeating, self-attacking thoughts, we have to stop and cancel them.

The handwriting is poor because there is a belief system that we have poor handwriting, so we then reverse the whole programming of the mind as far as cause and effect. We are returning to a principle that we can demonstrate through our own experience. It is physical and the expression of the mental, not vice-versa.

We came to the conclusion that our handwriting is poor because the cause was in the mind, in the belief system. It may have been a remark picked up during childhood. Someone may have said, “your handwriting is poor,” and from that point forward, the program is operative. We have to look at the ingenuity of the unconscious mind (soul) to really see it. It would be great if one had some experience in watching hypnotic experiments. It has been shown that if a person is told their legs will be itching when they awaken, and then induce amnesia for that suggestions, when the person wakes up, they are asked how they feel. Instantly the mind will start creating the most marvellous and convincing argument of why the person’s legs should itch. The person doesn’t just say, “Well, my legs itch.” The mind always gets creative and starts explaining, “Well, I have wool pants on, and you know I’m allergic to wool, and the heat in this room is steam heat, and that always creates the itching.” It is just marvellous to listen to the inventiveness of the mind as it begins to create the reasons for the symptoms, which, as stated above, were placed within the hypnotic subject on purpose. The mind will do the same thing without formal hypnosis, so it is helpful to look at ourselves as though we have been hypnotized for half of our lives and did not even realise it.

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

What is hypnosis? It is suggestibility, is it not? It means to be in an unguarded, suggestible, relaxed state, so anytime we have been in that state, we have picked up all the programming, and whether we remember it or not, it is still operative. All the times we were half asleep as we sat in front of the television set, hour after hour of programming went into the mind and became unconscious hypnotic programs.



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

(Our memory is within our soul and every experience we have is recorded in absolute and total detail. We elect not to recall such detail until we permanently leave the physical body by breaking the silver cord between our spirit body and physical body, then all our memories are accessible in total – we have total recall. Hypnosis prompts our spirit body to leave our physical body which can temporarily result in another spirit over-cloaking our physical body.)

We can discover what we have been programmed with by watching to see what comes up, such as the idea that, “I’m no good. Oh, I’m no good, I’m no good. I never was very good at playing cards.” If we have the belief

system of not being very good at playing cards that is what is going to operate in our life and also reinforce that belief system. The belief systems become self-reinforcing and self-fulfilling prophecies. A belief that is held unwittingly can manifest in our life, thus justifying the belief system. By looking at our lives, we can tell what beliefs are being held. If we cannot recall them, then we say they are unconscious or have been unwittingly picked up from the collective consciousness of society.

Health is the automatic expression of higher energy fields. The fields of 540 and over are the levels of gratitude, forgiveness, and healing. The willingness to be forgiving and grateful in itself automatically begins the healing process. Becoming a loving being in the energy field of love is not sentimentality or emotionalism. What the world calls love is more often about dependency, control, sentimentality, and emotionalism. It is an emotional, sentimental attachment in which control is going back and forth, and there is the satisfaction of desiringness on both sides. This is the Hollywood version of love.

When you someone say, “I used to love George, but I don’t anymore,” it means that they never did love George. What was really meant is that they had a sentimental attachment, sort of a solar-plexus kind of a ‘hanging onto’, which the person romanticised and glamorised within their life, pouring a lot of emotional energy into it so that when that tie was broken, up came a lot of negative emotion.



Love never expects anything from anyone.

Real love is unconditional love. Unconditional love is a decision we make within ourselves. The process is one of intention and the decision to be a loving person. If I decide to love you, that is my inner decision. There is nothing the other person can do about it. Therefore, one is not the victim of what goes on in the world because the decision to love creates a stable energy field of unconditionality. The other person’s behaviour may not be pleasing or contribute to what is desired, but it does not change

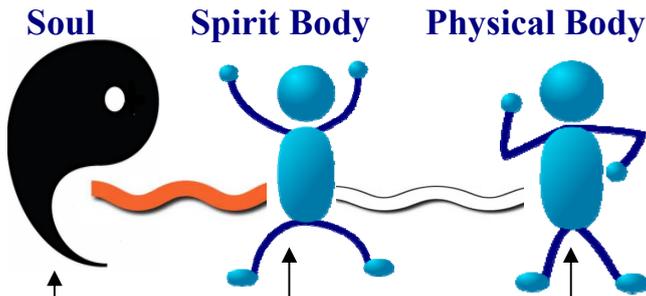
SOUL
Emotions
Desires
Passions
Aspirations
Intention
Memories
Free will



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 lovingness. For example, the mother who visits her son who is a murderer in prison for twenty years still loves the beingness, the ‘is-ness’ of who he really is. Of course, his behaviour does not make her happy, but the love is unconditional, no matter what he does. We see examples in the world of the unconditional lovingness of the mother, and the lovingness of twelve-step groups, such as Alcoholics Anonymous. Unconditional love is not concerned with what you have or with the past.

HIERARCHY of HEALING SYSTEMS



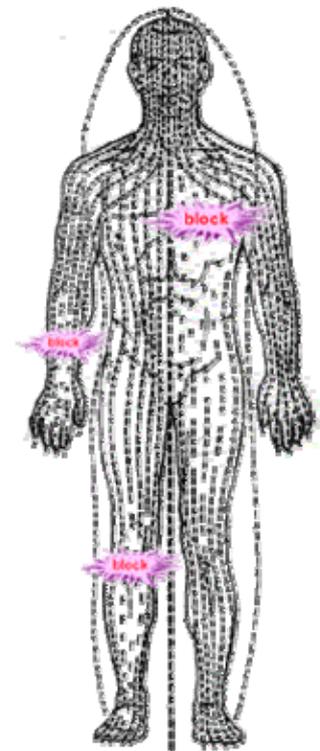
ALLOPATHIC – Western Medicine treats the symptoms, is highly regulated and costly as it is cost driven.

ENERGY HEALING – Eastern Therapies also treat the symptoms with the assistance from natural love spirits from the realms up to the 6th sphere.

Therapy applied to the spirit body is through an energy therapist who may work on the chakras, whereas a chiropractor works on the physical body. Such types of therapy deal with the effects and ignore the soul and the causes.

EMOTIONAL PROCESSING and CLEARING deals with the cause. Soul level clearing and growth provides permanent solutions whereas the other two systems provide temporary relief.

If you focus on the soul, that is the most powerful tool to improve yourself. Improving your soul condition is the ultimate goal.



The people at the lower levels of consciousness (soul condition) are very concerned with havingness and rate others based on what they have. In the middle of the Map, people are preoccupied with doingness, and their status rating depends on what they do and all the titles that go with that doingness. As they move towards the top of the Map, people are concerned with what they are, with what they have become – their ‘is-ness’, their beingness, that which they truly are. At that level, there is concern with a person’s stature, their value, and the kind of person they have become.

The willingness to become a forgiving person who nurtures all of life non-judgmentally automatically brings that about within oneself because of the very healing nature of that energy field. It is a condition of good health and the beginning of seeing the perfection of all things and how all things work out for the good. Illness cannot stem from that context.

For the person who is oriented in the direction of health, illness merely becomes something that is coming up in order to be healed; it is bringing up a lesson. The illness is saying, “Look at me. Please heal what I stand for and symbolise. Please heal the guiltiness, self-hatred, and limiting thought forms. Please move up to loving me so I can be healed.” The illness is a demand to grow spiritually. It is an incessant gadfly that tells us that something is ‘out’ and needs to be looked at. Something needs to be held in a different way.

It is not the events of life but how we hold them in mind that creates our reaction. Events in and of themselves have no power to affect how we feel, one way or another. What does affect us is our position and judgment about them, and how we decide to be with them. Our attitude, our point of view, the context, and the overall meaning give the event the emotional power over us. We can see that we are the creator of the meaning and impact it has on us.

Stress comes from our giving externals power over our life, which comes from the position of victim, of putting the source of happiness outside our life and denying the power of our own mind. The healing comes about through re-owning that power and realising that we and we alone create the meaning of any circumstance, event, place, position, thing, or any person in our life. We create the meaning, our position, and the way we hold it. That either becomes a source of healing or a source of illness. We are the ones who determine the outcome.

Eventually we begin to see that the body is like a pet or a little marionette. It happily goes along its way as a consequence of the energy fields of joyfulness and gladness. It just sort of does what it does automatically, without thinking much about it. ‘Healthy’ means that we pay less and less attention to the body and enjoy it out of appreciation. It is an expression of how we are with that body.

Being healthy means we have re-owned our power as source and are not giving away the source of the body’s health to the world. The exercising we do is out of the joyfulness of experience the body. We do not say that swimming causes the body to be healthy, but we instead come from the position that because we enjoy the body, we enjoy activities such as swimming. Those activities that the world considers healthy are the expression of our inner sense of aliveness. There is joy in allowing the body’s expression in ways that the world considers healthy, not because they are causal, but because they are the effect.

The healthy enjoyment of the body is the effect of the mental attitude, of looking at it as something pleasurable, and therefore, we come to a lovingness of the body. It is not a narcissistic self-glorification, or a muscle man's picture in the photo magazine. It is not out of desiringness, pridefulness, or narcissism, but out of lovingness and gratitude. We say, "Ah, little body, you serve me well. I love you, I appreciate you, and I value you." To know that we are not the body and merely realise that if we lose our right arm, we will still say, "I am me." If we lose our left arm, we will still say, "I am me." If we lose both legs, we will still be saying, "I am me." If we remove the ears, etc., the body progressively diminishes to almost nothing, and yet, the sense of self is ever with us. (Because the real you is your soul.)

The healthy person begins to develop a sense of self that is independent of external events and of being the body itself. The person is aware that the body is the body and events are events, but "I am 'me', and that which I am is really untouched by these events." The self that wakes up every morning before it even begins to remember its name and address, where it is, and what it is supposed to do today remains unimpaired. There is the 'hardware' innocence of consciousness that in itself is unaffected by the programs of the 'software' and the events that occur throughout life. A healthy attitude is one that does not base its reality or survival on that which is transitory.

Everyone of us have unexperienced childhood emotions that we have frozen in time inside of us, because we were not allowed to express them at the time we had them.

You think, how many of us were allowed to cry completely, to completely cry right the way through. How many of us were told if you cry anymore, I will give you something to cry about. Don't you think that shut down the crying?

The threat of punishment is going to shut down the crying.

That is a childhood emotion frozen in time. Every time I wanted to cry, I had to pass through this intellectual filter, 'I'll get punished if I cry too much.' So I only cried a little, enough I could get away with, but not too much.

The problem is that there might have been an event, like breaking my leg, and I needed to cry for an hour or more, but I was only allowed to cry for five minutes.

So what is happening to the energy of the other fifty five minutes?

It is all suppressed, it is all inside of yourself, it is all within your spirit body mind waiting to come out.

Everything that you have suppressed is based around a fear that is under the control of your free will. All you have to do is address your fear and the suppressed memories will automatically appear.



At the lower levels of consciousness, it can be seen that the person has placed their survival on something outside themselves, and that it is always transitory in nature. One thing we know about the world for certain is that all things change. Consequently, if we put the sources of our happiness or our

survival on that which is outside of ourselves, such as our job, our possessions, or a particular relationship, then we are merely setting ourselves up for the loss of our health because what comes up first is the fear of loss. Even though that is not conscious, we know if the source of our happiness is in our title, position, address, the kind of car we have, or even in the beauty of the physical body, we feel vulnerable. The vulnerability is in the unconscious and stores up a great deal of fear. As a result, our lives become endlessly focused on reinforcing and protecting ourselves from the loss of those things upon which we have based their survival.

Healthy persons realise the true nature of who they really are, and that they are something far beyond that. They realise they are the ones who give those things value and temporary enjoyment, but their survival does not depend on them. Previously it was said that when people move up into the energy field of acceptance they have stopped giving their power away to the world. They have begun to accept that they are the source of their happiness. If we were to put that person on a desert island and return a year later, we know they would have a coconut business going, would have found a new relationship, would have built a tree house, and would be teaching native children. In other words, they have the capacity to re-create for themselves because they know the source of happiness comes from the realisation that “I myself am the source of that happiness. I myself am the source of health. It doesn’t depend on epidemics, or what is out there in the world, or what I eat.” When they finally realise that, they begin to transcend and are no longer at the effect of all the false belief systems.

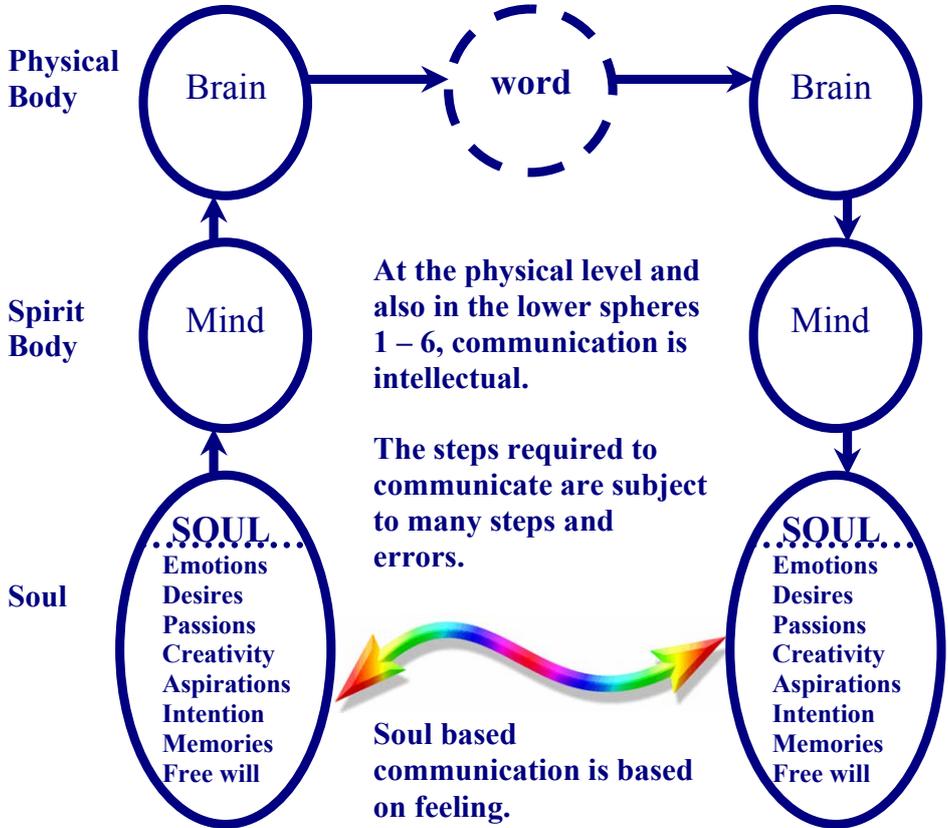
What kind of life is possible then? What kind of life evolves from cancelling these belief systems? The mind says, “Uh-oh, if I cancel these belief systems, then I am really going to be in trouble.” There is a state of mind that places its security on the worship of fear. It says that paying attention to these fearful thoughts and complying with them is why they are alive.

When motivated by the willingness to own and accept the power of the mind, the willingness to undo its mistakes and be forgiving and compassionate, there is the realisation that we make ourselves victims when we place the source of happiness outside ourselves. As we begin to re-contextualise our life, we ask, “What is it that gives my life meaning? What do I really value? What is it that if you were to remove it from my life, my life would still have meaning? If my job and position were taken away, what meaning would my life have then? What would it be worth? What am I will to die for?”

Introspection and spiritual movement are necessary to achieve a state of well-being, a feeling that one’s life is significant, and that we make a difference in the world. We do not need the attention that illness brings to us because our sense of importance comes through the realisation of the greatness of our real self (being our soul). General growth in the field of spiritual development brings about a condition of health and can do so quite rapidly if we change our position to let go of certain limited beliefs. It does not take very long at all. First is the realisation that we have the power to do it. Second is the willingness to try it out, to verify it through our own experience, and to accept the recovery of other people as an inspiration. We have enough faith in them to say, “Well, if it works for them, then I’m willing to give it a try.”

In my (Dr Hawkins) personal as well as clinical experience, I have seen illnesses leave in a matter of minutes, days, weeks, or months. The most chronic illness that had existed for twenty-five years took perhaps two years to leave and finally did so by my constantly doing the processes that have already been described.

COMMUNICATION at the PHYSICAL LEVEL



COMMUNICATION at the CELESTIAL LEVEL



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.

Some illnesses are persistent despite all one's efforts to clear away contributing factors, and the reasons are often multifactorial. One that is commonly overlooked by citizens of the culture of the Western world is the factor of karma, both individual and collective. In its broadest sense, karma merely refers to the totality of one's inheritance by virtue of human existence itself as represented by evolution, both physical and spiritual. Each human being already has a calibratable level of consciousness at birth, which is also aligned with genetic patterning.

Spiritual evolution itself may well bring up karmic patterns from the individual as well as the collective unconscious; therefore, spiritual work may paradoxically bring repressed patterns into manifestation. This is characteristic of the life histories of mystics who frequently went through periods of illness. Sometimes the basis of a persistent illness can be discerned by simple past-life recall techniques, such as hypnosis or induced altered states of consciousness. (We are all accompanied at all times by spirits of people who once lived on Earth. Past-life recall techniques enable us to learn about these spirit people. We do not reincarnate.) The basis for a persistent illness is often quite specific, and processing it through forgiveness of self and others for a forgotten event turns out to be curative.

ho'oponopono

Another technique is to forgive in oneself that unconscious aspect (from the collective unconscious) that was responsible for occasioning it in others and thereby bring up the inner healer from within. For example, if an illness is characterised by lameness, then forgive the one in oneself that was responsible for the lameness of others, for example. While at first such a process may seem speculative, positive results can be amazing.

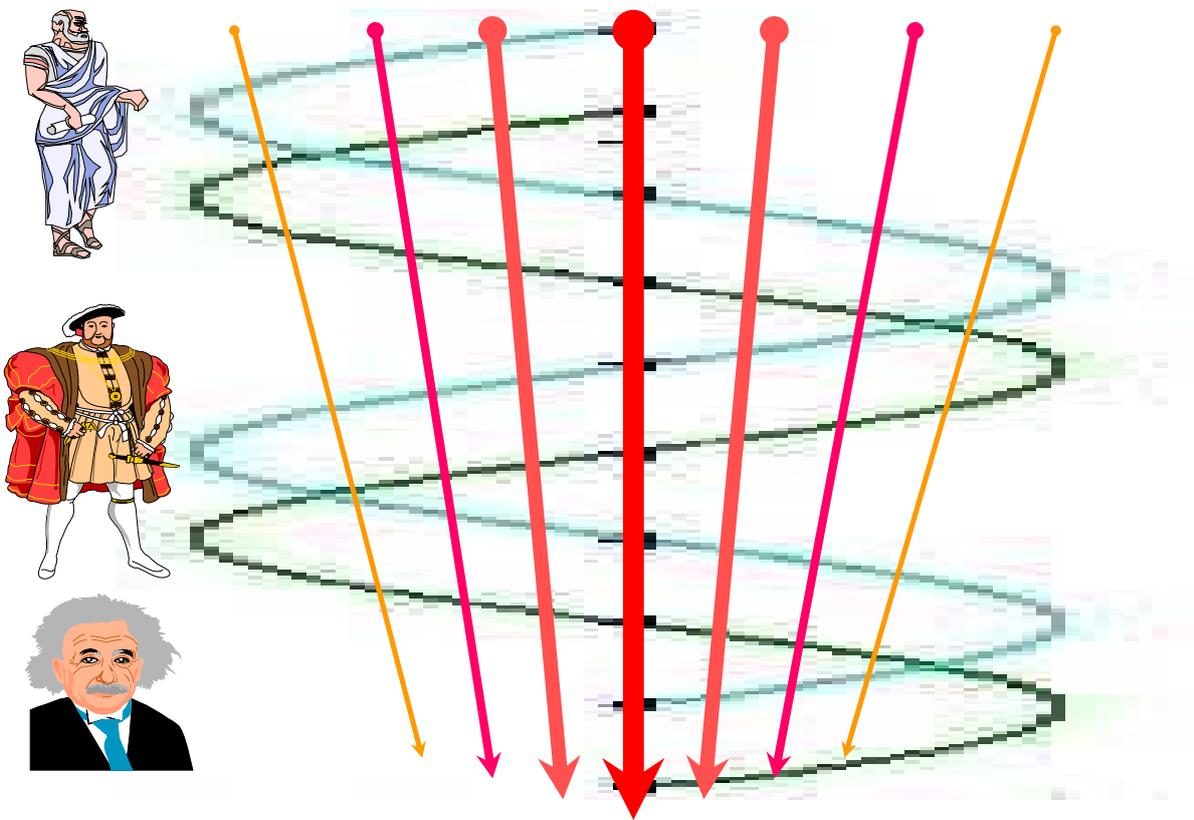
Healing ensues from the willingness to accept the power of mind, and the willingness to never allow the mind to say something negative without challenging it and replacing it with a positive thought. The willingness to let go of being judgmental towards one's self and others is the result of letting go of the negative. Why is this so? It is because the energy field of that which we truly are is ever present and gives us an intense sense of aliveness when we let go of the obstacles. It is the energy field of the vibration of life itself that is constantly present.

Like the sun, the inner Self is always shining, but because of negative clouds, we do not experience it. It is not necessary to program oneself with the truth; **it is only necessary to remove that which is false.** The removal of the clouds from the sky to illuminate the negative allows one to experience the energy fields of that which is positive. It is only the removal of the negative that is necessary – the willingness to let go of the habits of negative thinking. The removal of the obstacles to the experiencing of this will result in an increasing sense of aliveness and a joy of one's own existence. As this joy comes in, first subtly and then more and more strongly, there is a diminished awareness of even the presence of the body, of one's physicality.

As one evolves into higher levels of happiness, there is joyfulness. The body is looked at as a source of pleasure and is held as pleasurable and enjoyable experience. As we move towards the highest levels of consciousness (soul condition), the experiencing of the body begins to diminish altogether. There is a pervasive experiencing of diffuse joy, along with an inner, progressive state of serenity, accompanied by a peaceful blissfulness. At this point, the experience of the body may disappear altogether into a kind of

sublime state in which one is joyful aliveness. One becomes loving bliss, and the awareness of the body may be almost nonexistent. It is as though it is present in the room, but it is no more important than anything else in the room. There is the loss of identification with the body, and we watch it from that viewpoint as it happily goes about its business. We are no more concerned about it than we are about anything else in the room. It is a loss of identification with the separate, limited self and the limited physical. With this, the body is expressing the absolute truth, the infinite truth that one is included with the infinite Beingness of the universe. Therefore, there is the value of replacing the space that contained the negative thought which was cancelled with the statement, "I am an infinite being and I am not subject to that." Because our essence is aligned with the Reality of Truth, we consequently have the power to negate falsity.

OUR BLOCKED EMOTIONS FLOW DOWN FROM GENERATION to GENERATION:



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

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

Our own soul condition is reflected in our children.



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

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

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

We relace everything we cancel with the truth. In place of the negative thought, we put in something that is positive because we choose to love ourselves instead. We can say, “I cancel that; I no longer buy that; I’m not subject to that. Instead, I choose to love myself.” We can see that lovingness is the great healer. We have within our capacity, within our power, all the abilities of self-healing. All we have to do is remove the obstacles.

Perfect health is an expression of spiritual awareness. It is the willingness to let go of the negative and allow it to be replaced by that which is loving. The physical expression of sickness is of the lower energy field that is given form by what is held in mind. Physical health is merely an expression of a positive energy field that is reinforced by our willingness to commit to compassion and forgiveness. That which I am includes the body but is not limited to it. That which I am chooses to love it, to value it, to be appreciative of it, to be grateful for it, and to enjoy the sense of aliveness.

Three things that you need to progress are simple but not easy to do:

- 1. Humility – desire to feel all of your own emotions whether pleasurable or painful.**
- 2. Pray for God’s Truth – having a desire and longing for God’s Truth.**
- 3. Pray for God’s Love – long for God’s Love to enter you.**



We eventually get to the level of the ‘experiencing of experience’. We become the awareness of the joy and the thankfulness for our existence and the existence of our consciousness (soul condition). The body is then included with the field of consciousness itself. We come again to the surprising thought that the body is within the mind. Most people with a limited belief system think the mind is somewhere ‘up here’ in their head. Actually, when it is being experienced, it is found to be everywhere. When a thought is being experienced, it is being experienced everywhere. The thought that seems to be occurring somewhere ‘in here’ is itself a belief system as it is actually being experienced everywhere. It is a thought about a thought. Inner experience will tell us that the experience of the thought and the experience of the body are occurring non-locally everywhere. Thoughts are occurring in consciousness itself. We understand that the body is sitting in the chair, but that understanding is being experienced in no specific place. It is happening within consciousness itself. Addressing ourselves to health is really addressing the nature of consciousness and appreciation for our own existence as the aliveness of life itself.

Right-brain learning is really about becoming familiar with and constantly re-exposing ourselves to the same viewpoint until it becomes natural. It is difficult when we are dealing with healing and health because we are really reversing the mind’s belief in causality. We are saying that the physical is the expression of the mental, and not vice-versa. The world would like to say that it is the other way around and that ‘cause’ is within the world, within the virus, or within the bacteria. Even medications work because of our tremendous belief that they will. It is the belief in the power of medicine. This is certainly obvious with scientific research into the nature of placebos. Placebos alone will generally cure thirty-five percent of the people with any given illness. Just the suggestion that this pill will heal it thirty-five percent of the time is all that is necessary for it to occur. Realising that we are making a major move in consciousness (soul condition) allows us to value all our knowledge about illness and health and to use it as a springboard to our own spiritual growth and development.

As in all spiritual work, it is discovered that the mind resists letting go of negative programs despite the suffering that it occasions. The source of this resistance is the secret payoff that the ego gets from negativity. The ego derives pleasure from 'justifies' resentments, blame, self-pity, and all the rest. Thus, what has to be surrendered is the gratification the mind gets from the negativity. To undo the addiction to the payoff, it is only necessary to ask oneself if the suffering of the illness is worth clinging to the pleasure of the negative attitude. Secretly, people just 'love' to hate, blame, and get even as well as being 'right' or 'superior', and more. Nursing grievances extracts a cost in being prone to illness as well as resistance to recovery. Self-honesty is therefore the key to making progress and increasing well-being.

Despite all the above, it is also important to realise that just being a human being means that one has inherited the limitations and vulnerabilities of proto-plasm itself, and thus, one's days are numbered. "From dust one has arisen" and "to dust will return" signifies the value of humility and acceptance of the limitations of humanness itself. As the Buddha said, "To be born a human is a great gift for the human has the option of earning karmic merit and undoing negative karma".

Everything is interconnected.

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

<p>Our Heavenly Mother and Father simply desire for us to ask for Their Love.</p>
--

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

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

Judas – August 19th, 2001

"Every 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.

ENERGY DETERMINANTS – Relationship between Body, Mind and Soul:

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

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

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

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

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

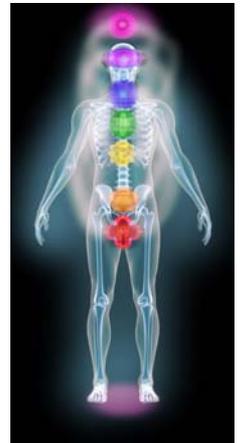
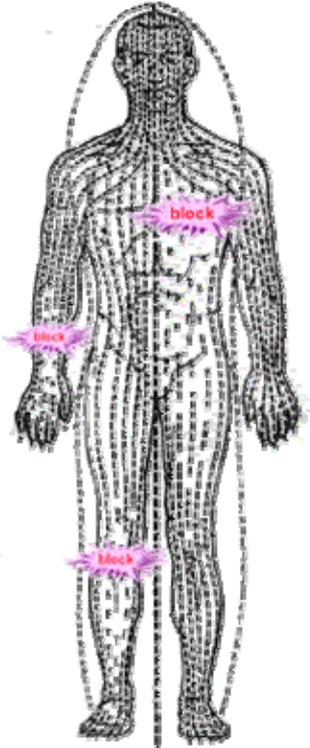
It is the energy level of love that steadily brings about a release from erroneous and harmful man-made emotions and beliefs. The energy level of love calibrates at 500 and higher. One’s soul is connected with one’s spirit body by cords of light. One’s soul is the home of one’s personality, natural intelligence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

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

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

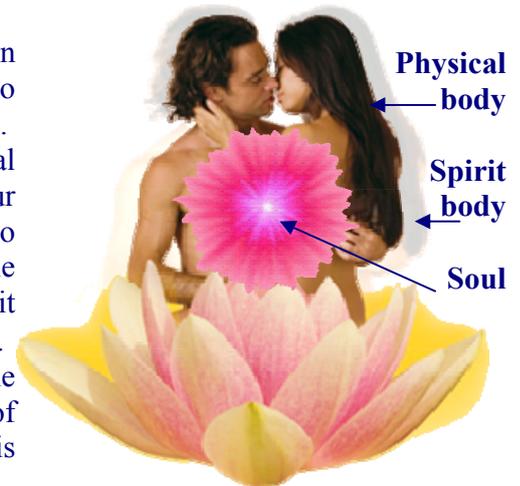
Crown	600	7 th chakra
Third Eye	525	6 th chakra
Throat	350	5 th chakra
Heart	505	4 th chakra
Solar Plexus	275	3 rd chakra
Sacral or Spleen	275	2 nd chakra
Base or Root Chakra	200	1 st chakra

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.

The SUBSTANCE of The LOVE (with Feeling Healing) brings about PHYSICAL HEALTH:

December 5, 2003

<http://new-birth.net/contemporary-messages/messages-sorted-year/messages-2003/millions-of-souls-millions-of-paths-ks-5-dec-2003/>

"When you know that you are souls with a spiritual body and a physical body, and that these two bodies reflect the condition of your soul, then how can there be any question about which part of your being is the most important?"

"If you want to be well and healthy, happy and strong, then you must see that it is important for you to get your souls into the highest and best condition possible." Apostle Peter

In the same way we will go about achieving our very personal and valued goals so will we go about creating harmony within our communities and peace worldwide.

"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 Father's Grace." Judas – August 19th, 2001

Divine Love is the Great Gift that God desires to give to the heart-soul that asks, yearns and seeks for It. It is unconditional Love *conditionally* given that requires no preparation. It is conditional only because Divine Love cannot and will not be given to any person without that person first asking and yearning for It.

We Inherit our Emotional Errors from the Environment around us during Childhood:

We are to build but one temple. The Temple of the Living God is the blending of the greater (Divine Love) with the lesser (natural love) through which the lesser becomes one with the greater. The impurity was caused by the separation of the lesser from the greater. The purity is caused by their union, so that no longer is there a greater and a lesser but just the one good, whole, pure air of atonement. When you let the Love of the Father pour through you to all things, nothing fears you and no harm can befall you. It is separation from the Source Soul, Father, which has caused sin / error, sickness, poverty, and death. It is union with the Creator, Father that causes one to become a whole Being or to become conscious of being whole.

Life and Teaching of the Masters of the Far East Vol I by Baird T Spalding.

TELEVISION and COMPUTER GAMES:

P.230 Power vs Force by David R Hawkins

While the young are being programmed by specialised TV and computer games that glorify violence, their parents are being brainwashed by adult media. Kinesiographical testing showed a fairly typical TV serial caused test subjects to go weak 113 times during a single episode. Each of these weakening events suppressed the observer's immune system; each weakening reflected an insult to the viewer's central as well as autonomic nervous system. Invariably accompanying each of these 113 disruptions of the acupuncture system were suppressions of the thymus gland; each insult also resulted in damage to the brain's delicate neurohormonal and neurotransmitter systems. Each negative input brought the watcher close to eventual sickness and to imminent depression – now the world's most prevalent illness.

Subtle grades of depression kill more people than all other diseases of mankind combined. There is no antidepressant that will cure a depression which is spiritually based, because the malaise does not originate from brain dysfunction but from an accurate response to the desecration of life. The body is the reflection of the spirit in its physical expression, and its problems are the dramatisation of the struggles of the spirit which gives it life. A belief that we ascribe to “out there” has its effect “in here”. Everyone dies by his own hand. That is a hard clinical fact, not a moral view.

What makes the endless television programs, which are concerned with mayhem and its various forms, so attractive? It is because what is being acted out on the screen, where it is safe, are all the forbidden unconscious fantasies in our own psyche. Once we are willing to look at the same movies on the TV screen of our own minds and see whence they really originate, the attraction of such “entertainment” disappears. People who have acknowledged the content of their own shadow have no interest in crime, violence, and fearful disasters. Negative forms of entertainment typically shut down one's immune system for around 24 hours – or longer! TV is a serious health hazard!

Sustained and chronic fear gradually suppresses the body's immune system. Fear is what blinds us to the real dangers of life. In fact, fear itself is the greatest danger that the human body faces. It is fear and guilt that bring about disease and failure in every area of our lives.

We could take the same protective actions out of love rather than out of fear. It is Love that protects us. It is natural love that we are endowed with, being the energy substance that is our soul. It is love energy of the soul that heals our physical body. Should we long for, ask for, and receive Divine Love, then the imperfections enveloping our soul are progressively dissolved and our capacity to heal ourselves is greatly enhanced. It is when we are within a loving environment that one's immune system is activated and strengthened.

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.

HOW EMOTIONS EMERGE AS AN ILLNESS: Healing and Recovery P53 by Dr David R Hawkins

Every time someone goes below level 200 (Courage) as per the Map of Consciousness (MoC) scale, we find upon testing that their energy system is imbalanced. Characteristically, most people will ‘blow out’ one particular acupuncture meridian rather than another.

For example, every time they have negative thoughts or feelings consequent to a negative belief system, they may impair the heart meridian. As the years go by, every time they have a resentment, go into self-pity, or criticise someone else, it disrupts the energy and flows down the heart meridian. This depletes the life energy of the heart, and the continual repetition begins to alter its physiology in very delicate ways. It begins to express itself through irregularities in the autonomic nervous system, which operates in the functioning of the body organs.

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

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

When looking at the exact mechanics, we see that what we hold in mind begins to manifest on the physical plane because it is the mind that has the power. The mind is within one’s spirit body.

One of the difficulties to overcome in self-healing is the willingness to accept the great power of the mind. We cannot let a negative thought go unchallenged. Disease is an expression of one’s attitude and habitual way of looking at things.

The specifics of healing a particular illness consist of (1) letting go of resisting the sensory experience of it, (2) no longer putting names or labels on it, and (3) using no words at all. Welcome experiencing what you are experiencing in a very radical way at the same time (4) cancel the thought form and belief system, and (5) choose the energy field of Love, which heals.

To put oneself in an energy field of 540 is to automatically heal oneself. A loving thought then heals, and a negative thought creates illness.

How do we pick up the negative belief systems? We pick them up through television and well-intentioned people. Their intention is to prevent these illnesses in us by educating us about them. Instead, we find that the mind is now programmed to accept a specific belief system. Unconscious guilt

then comes up and utilises that belief system, which causes an impairment of energy flowing through the energy fields that run down through the twelve meridians of the acupuncture energy system.

That being said, there is no need to analyse one's condition, just receive healing by embracing, longing for and asking for the light golden blue energy substance being the Divine Love.

The healing of the body alone should never be forced. Complete healing takes place only through the Soul, via the spirit body, via the nervous system and the spirit consciousness of each cell.

Feelings first

LIVE FEELINGS FIRST

HARMONY within the SOUL = HARMONY within the PHYSICAL BODY:

Emotional injuries, erroneous beliefs, harmful intentions are all damages encrusted upon one's soul. Such injuries are to the spirit body in which the soul is connected by cords of light.

Such man made errors degrade the pristine soul and such damages impact upon one's spirit body which in turn emerge as discomforts, then pains, then as illnesses within the physical body.

Medical assistance and treatment may alleviate the illness / pain however the cause remains.

Until we endeavour to remove the errors and injuries, the propensity for the illness remains.

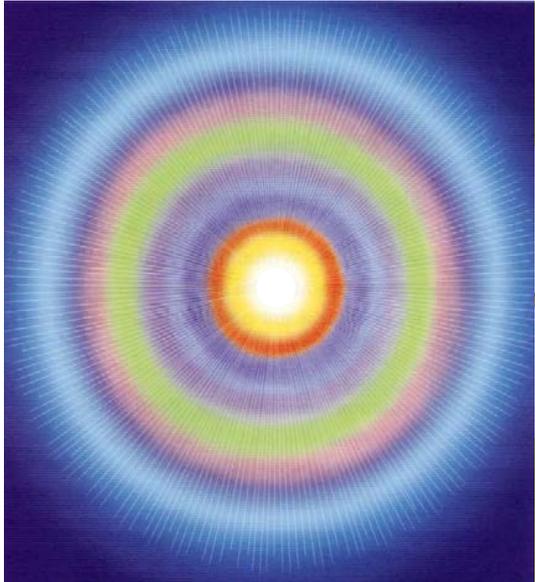
Love energy from our Mother and Father is the only substance that alleviates and progressively removes errors and injuries, and this Love energy is the only substance that permanently brings about harmony and health for our soul which subsequently brings about health to our spirit body and physical body.

Earnestly pray for, ask for, and receive the Love from the Father, such Love will always be provided to those who ask for same – always!

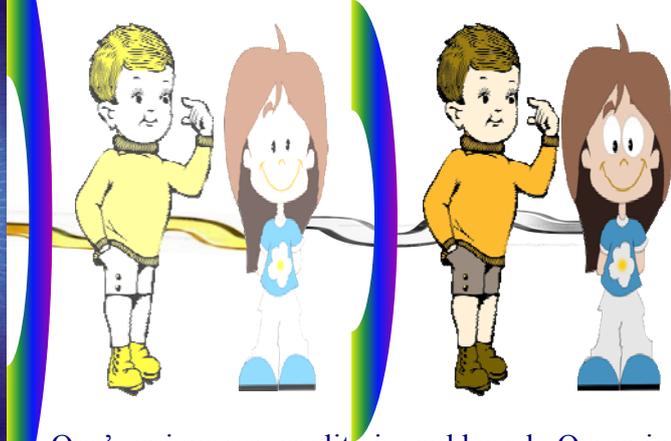
DIMENSIONS of ONE'S EXISTENCE:

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

SOUL exists existentially



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



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

P E R S O N A L I T Y



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

PHYSICIAN, HEAL THYSELF:

The basic principles that facilitate the process of self-healing.

- A thought is a “thing”. It has energy and form.
- The mind with its thoughts and feelings controls the body; therefore, to heal the body, thoughts and feelings need to be changed.
- What is held in mind tends to express itself through the body. What one holds in mind tends to manifest.
- The body is not the real self; it is like a puppet controlled by the mind.
- Worries are chronic fears. Paranoia is its extreme. Sustained and chronic fear gradually suppresses the body’s immune system. Fear is healed by love. Love is the ultimate energy.
- It is fear and guilt that bring about disease and failure in every area of one’s life. We can take the same protective actions out of love, the most of all beneficial energies, rather than out of fear.
- Beliefs that are unconscious can manifest as illness, even though there is no memory of the underlying beliefs.
- An illness tends to result from suppressed and repressed negative emotions, plus a thought that gives it a specific form (i.e., consciously or unconsciously, one particular illness is chosen rather than another).
- It is possible to reverse the disease process by removing the internal stress factors.
- Chronic stress weakens the body’s immune system by blocking the body’s immune system.
- A negative thought or feeling instantly weakens the body and creates an imbalance of the body’s energy flow.
- The price we pay for chronic anger and resentment is sickness and premature death. Is this worth the small satisfaction of being right?
- Forgiveness heals the heart – literally. This also encapsulates self-forgiveness.
- Elimination of guilt accompanies release of all judgments against others and one’s selves.
- Every mistake we make is based on an opinion.
- Love facilitates healing. It transforms life. Love is the energy that silently transfigures every situation.
- The brain is not the origin of the mind, but the other way around. The mind controls the brain. The brain is activated by the mind’s intention and not vice versa. One’s mind is within the spirit body, generally recognised as the auric field or etheric body.
- Thoughts are caused by suppressed repressed feelings. When a feeling is let go, thousands or even millions of thoughts that were activated by that feeling disappear.
- Although a specific belief can be cancelled and energy to it can be refused, it is generally a waste of time to try to change thinking itself.
- We surrender a feeling by allowing it be there without condemning, judging, or resisting it. We simply look at it, observe it, and allow it to be felt without trying to modify it. With the willingness to relinquish a feeling, it will run out in due time.
- Laughing is a method of letting go.
- A strong feeling may recur, which means there is more of it to be recognised and surrendered.
- In order to surrender a feeling, sometimes it is necessary to start by relinquishing the feeling that is there about the particular emotion (e.g., guilt that “I shouldn’t have this feeling”).
- In order to relinquish a feeling, sometimes it is necessary to acknowledge and let go of the underlying payoff of it (e.g., the “thrill” of anger and the “juice” of sympathy from being a helpless victim).

- Feelings are not the real self. Whereas feelings are programs that come and go, the real inner Self always stays the same; therefore, it is necessary to stop identifying transient feelings as yourself.
- Ignore thoughts. They are merely endless rationalisations of inner feelings.
- No matter what is going on in life, keep the steadfast intention to surrender negative feelings as they arise.
- Make a decision that freedom is more desirable than having a negative feeling.
- Choose to surrender negative feelings rather than express them.
- Surrender resistance to and scepticism about positive feelings.
- Relinquish negative feelings but share positive ones.
- Notice that letting go is accompanied by a subtle, overall lighter feeling within yourself.
- Relinquishing a desire does not mean that you won't get what you want. It merely clears the way for it to happen.
- Get it by "osmosis". Put yourself in the aura of those who have what you want.
- "Like goes to like." Associate with people who are using the same or similar motivation and who have the intention to expand their consciousness and to heal.
- Be aware that your inner state is known and transmitted. The people around you will intuit what you are feeling and thinking, even if you don't verbalise it.
- Persistence pays off. Some symptoms or illnesses may disappear promptly; others may take months or years if the condition is very chronic.
- Let go of resisting the technique. Start the day with it. At the end of the day, take time out to relinquish any negative feelings left over from the day's activities.
- Don't look for answers; instead, let go of the feelings behind the question.
- You are only subject to what you hold in mind. You are only subject to a negative thought or belief if you consciously or unconsciously say that applies to you.
- Stop giving the physical disorder a name; do not label it. A label is a whole program. Surrender what is actually felt, which are the sensations themselves. **We cannot feel a disease.** A disease is an abstract concept held in the mind. We cannot, for instance, feel "asthma". It is helpful to ask, "What am I actually feeling?" Simply observe the physical sensations, such as, "Tightness in the chest, wheezing, a cough". It is not possible, for example, to experience the thought, "I'm not getting enough air". That is a fearful thought in the mind. It is a concept, a whole program called "asthma". What is actually being experienced is a tension or a constriction in the throat or chest. The same principle goes for "ulcers" or any other disorder. We cannot feel "ulcers". We feel a burning or piercing sensation. The word "ulcer" is a label and a program, and as soon as we use that word to label our experience, we identify ourselves with the whole "ulcer" program. Even the word "pain" is a program. In reality, we are feeling a specific body sensation. The process of self-healing goes more quickly when we let go of labelling or giving a name to the various physical sensations.
- The same is true with our feelings. Instead of putting labels and names on feelings, we can simply feel the feelings and let go of the energy behind them. It is not necessary to label a feeling "fear" in order to be aware of its energy and relinquish that energy.
- Using the mechanism of letting go, allow yourself to go into all the negative emotions that you may feel you have and allow the feelings to come up one by one, and let them go.
- With courage we can let go: I can look at my feelings. I don't have to be afraid of my feelings anymore. I can handle them. I can take responsibility for them. I can learn how to accept them and be free from them. I am willing to take risks, to let go of old points of view and explore new

ones. I am willing to be joyous and share my experience with others. I experience myself as well and able.

- Disease-prone beliefs, we can look at the following questions:
 - Do I worry about my health, holding fear thoughts in mind about what might happen to me?
 - Do I get a secret feeling of fear, excitement, and danger when I hear about a new disease that is currently being reported and in vogue?
 - Do I spend time on constant checkups, reading about diseases, getting frightened by TV stories about them?
 - Am I interested in hearing about the diseases of famous people?
 - Do I believe that the environment and foods are full of hidden dangers, or that foods contain additives which are poisonous and will cause disease?
 - Do I believe that certain diseases “run in our family”?
 - Do I stop or want to stop (but don’t dare) to witness auto accident victims?
 - Do I like hospital TV programs?
 - Do I like TV programs that include hitting, shouting, fist fights, killing, torture, crime and other forms of violence? (Such programs insult the immune system, on average, 113 times!)
 - Am I a guilt-ridden person?
 - Am I holding a lot of anger?
 - Do I condemn other peoples’ behaviour? Am I prone to be judgmental?
 - Do I hold resentments and grudges?
 - Do I feel trapped and hopeless?
 - Do I say of myself, “Whatever is going around, I’ll probably catch it”?
 - Am I concerned with acquisitions and status symbols instead of the quality of relationships?
 - Do I carry a lot of insurance and still worry that it’s not enough?
- The mechanism of letting go is concerned with the emotional “what” from moment to moment, without involving the intellect. The “why” becomes apparent of itself once the “what” has been relinquished. Its one thing to analyse the causal basis of depression and quite another to enter fully into the depth of hopelessness by letting go of your resistance to the feeling. By allowing the full feeling of it and by letting go of every sensation, every thought, and every little payoff you are getting from it, you are free. It’s not necessary to probe the “why” of depression to become free from the “what” of it.
- The objective of letting go is the elimination of limiting mental and emotional programs.
- With the mechanism of letting go, there is no patient role and no dependency on another person or theory. The very wellsprings of neurotic patterns automatically unfold as they are acknowledged, relinquished, and disappear.
- The way to change our bodies is to change our thoughts and feelings.
- One’s letting go of the lower energies of guilt, fear, anger, and pride alleviates the weight of the past and clears the clouds of the future. One then can face today with optimism and be grateful to be alive. One can see that yesterday is gone, tomorrow has not yet come, and we have only today.
- Without a change of consciousness, there is no real reduction of stress.
- A state of peace about the situation is reached when all three aspects of illness – physical, mental, and spiritual – have been addressed and the final outcome or wished-for recovery has been surrendered. Peace comes with total inner surrender to *what is*.
- The goal of letting go is the elimination of the very source of all suffering and pain.
- The power of self-healing is now available.

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.

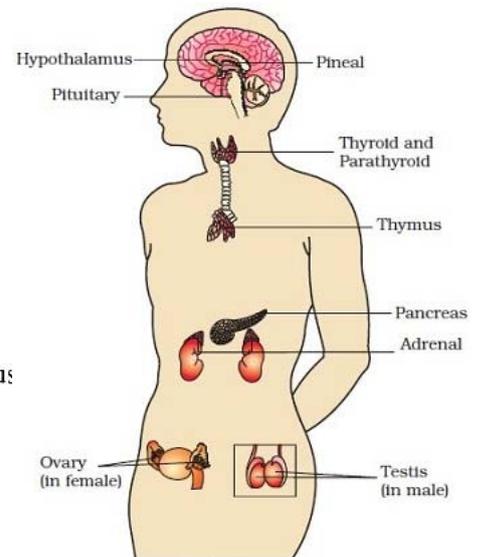
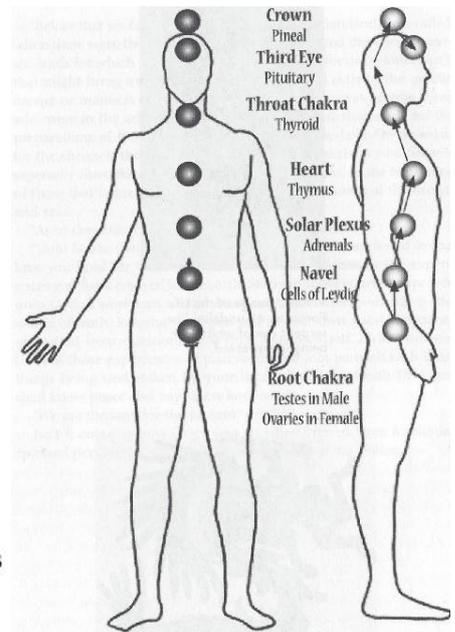
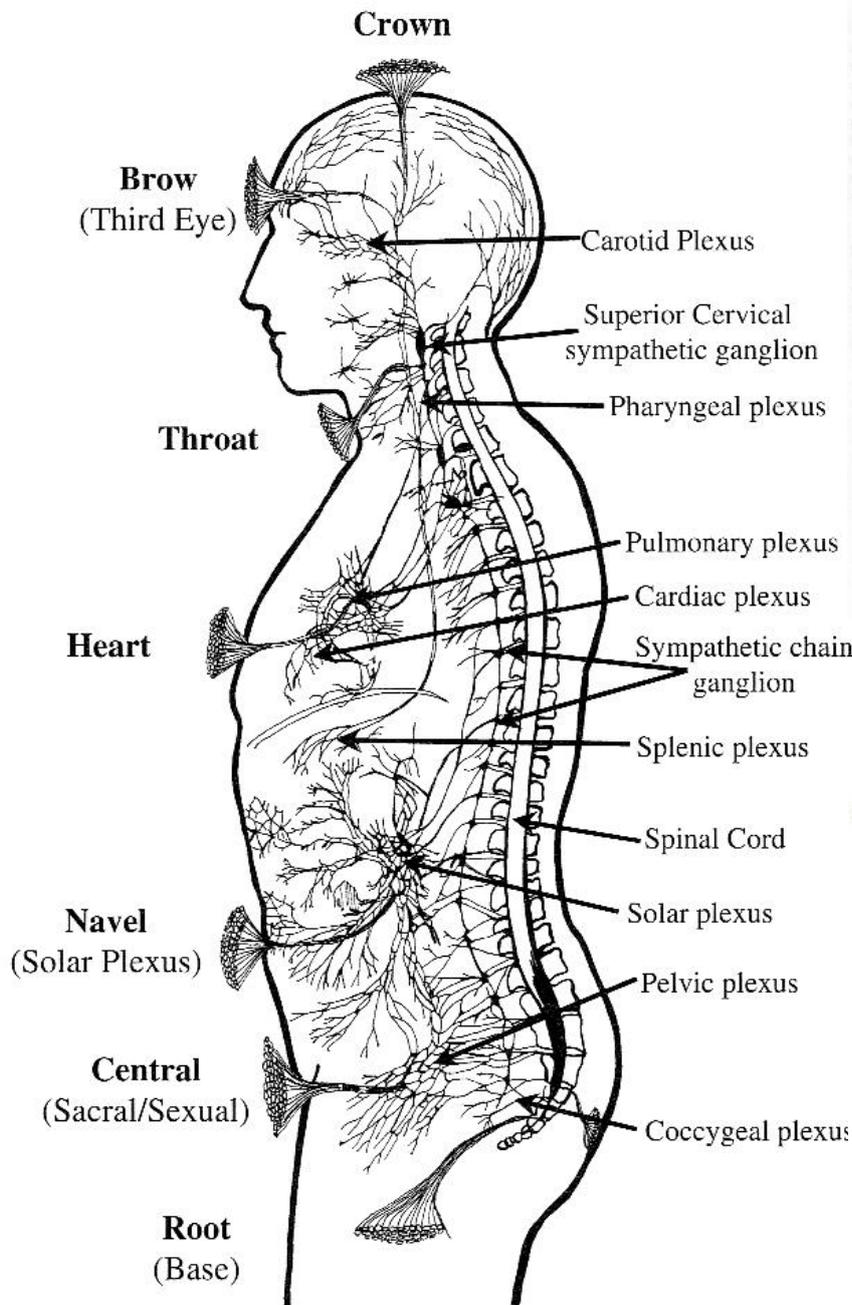
in conjunction with

Longing for the Truth when also longing for Divine Love.



INTERCONNECTION of the BODIES:

The spirit body is the template of the physical body. Once the spirit body is created at conception, one's pre-existing soul becomes connected with the spirit body by cords of light. Energy flows into the chakras, main chakras are depicted here, such energy then flows through the meridians that run from one's toes to the top of the head or to the end of one's fingers. It is due to emotional injuries and errors of belief that flows of energy become blocked. The main meridian interconnects the main chakras. When one is sensitive to the inflowing of Divine Love, one may enjoy a warmth around the heart region and /or the third eye which then may reach around the cranium encapsulating the pituitary gland / crown chakra.



Chakra and Nerve Plexuses Locations. Each of the major chakras is associated with a major nerve plexus within the body.

FREQUENCY MANAGEMENT for HEALTH:

Dial into the Frequency of Life for Harmony and Wellness:

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



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

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

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

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

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

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

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

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

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

LUKE on DISEASE and HEALTH:

27 April 1916

<http://new-birth.net/padgetts-messages/true-gospel-revealed-anew-by-jesus-volume-2/luke-what-is-necessary-for-a-man-to-do-to-recover-purity-of-soul-vol-2-pg266/>

Man should realize that he is a perfect creature of God, and that his errors and diseases are merely the results of his own thoughts, and of qualities that have come to him down the long ages of his ancestors living on Earth.

He need not suppose that these errors / sins and desires are inherent in or a part of his creation, for they are not, but merely accretions that fastened themselves upon him by reason of the thoughts he has had, and the resultant course of life he has led, and when he changes these thoughts, which will necessarily bring about a change in his manner of living, he will find that he can progress toward the condition of the perfect man.

The doctrine of original sin is a mocking, damnable lie, and the sooner man realizes the fact that it is a fraud and deceit, the sooner he will be able to get rid of those things which have placed him in his present condition and held him there bound, as it were, hand and foot. This supine (lethargic, inert) submission to this old and ever recurring belief is the great thing that prevents man from starting to progress towards the attainment of that condition, which is purity and health and the perfect man.

Man created sin and disease.

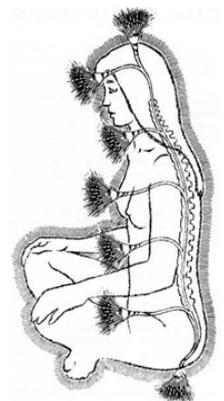
Man, although covered with sin and disease and false beliefs, to recover this lost estate or, better, condition, he will find that by searching for and learning and acting upon many of the moral precepts of the Bible and of other so called sacred writings, he will be greatly helped and strengthened in his efforts.

God does help man in his recovery from the state of false beliefs and degradation. His love overshadows men, and His instrumentalities are always ready and waiting to answer the call upon Him for His help in assisting them out of their condition of sin, disease and false beliefs.

It is His gift of Love that progressively restores man back to the pristine condition in which he was created. Further, only will this Love enable man to become a Divine angel with immortality.

NOTE: The energy flows along a path that is like a question mark (?), not like an exclamation mark (!). The energy flows up the body to the base of the brain, then over to the centre of the brain and the crown of the head, and then on to the forehead and the great frontal lobe of the brain, where the third eye is located. This is also how it is symbolised in ancient Hinduism, the Kundalini pathway is symbolised by a cobra in the striking position, not straight up. In mystical Egyptian and Mayan art, it is a winged serpent in the striking position.

Many experiencing receiving Divine Love do so through the third eye and flowing then to the centre of the brain and then downwards.



HEALTH with or without the LOVE:

Divine Love, with Feeling Healing, has a powerful positive effect on the physical body, balancing the hormones and generally promoting physical health, which is really the same thing as saying that the state of a mortal's soul impacts directly on that mortal's physical health.

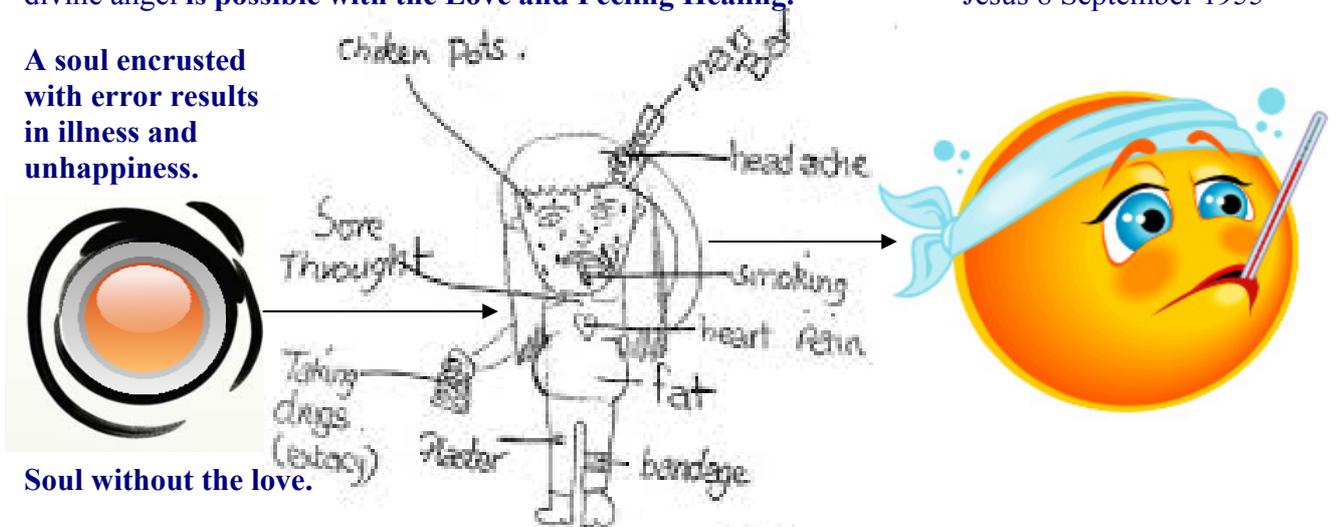
The Master, because he experienced the New Birth soul condition as a mortal, his physical nature was directly affected, so it would be accurate to say that because of this, his nutritional needs were somewhat different from other mortals.

Throughout his ministry (when the New Birth soul condition was his), he was actually in perfect physical health, and this was apparent through a sense of well-being that actually manifested on a physical level as well as a spiritual one. Aman 24 January 2007

The influence of sinful emotions and thoughts and actions upon the soul is such that the spiritual emotions and aspirations of man becomes dormant, and as though not existing, and the soul itself is encrusted with evil.

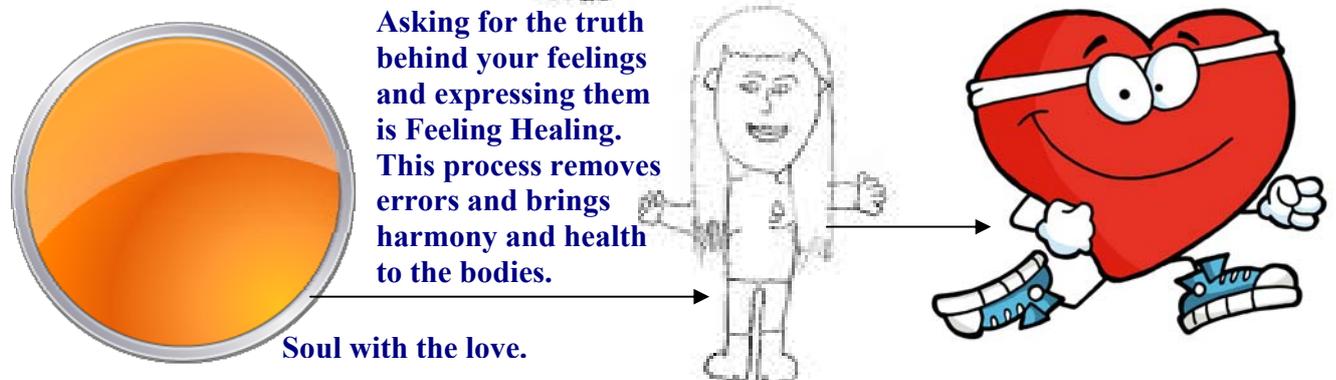
Through prayer, thoughts and soul longings, the spiritual nature in man can be developed so as to dominate the personality, and he will act in accord with the feelings and emotions of his soul. The evolution of man from the natural being to the purified soul and, if he so desires it, to the state of the divine angel is possible with the Love and Feeling Healing. Jesus 8 September 1955

A soul encrusted with error results in illness and unhappiness.



Soul without the love.

Asking for the truth behind your feelings and expressing them is Feeling Healing. This process removes errors and brings harmony and health to the bodies.



Soul with the love.

GOD IS TRUTH:

Truth is another name for God – God is Truth. Truth is natural for all of us. Divine Love is Truth activated within the soul fermenting, that is bubbling away day by day. Truth is discerned moment to moment so we apply it in our daily lives. Then we live in God who is Truth. The phenomenon of a church / temple / mosque / chapel / etc. is a place to celebrate the Truth of life. (Geo/Rocco/+B)

HEALING

All nature has within itself an integrating and balancing healing energy. This energy (also known as Love) channels into and through every living thing. Powerful healing energy is in a blade of grass, in the tallest tree and in animal life. Health and perfection are natural to growth and development. Sickness and imperfection are not authentic (real). They are unnatural and contrary to the law of God. Jesus had a deep faith and clear understanding in the power of God to heal and make one whole.

The same healing energy force and constantly at work in the of the physical body, healing replace old cells. All the time any emergency that may arise in

But we know that the mind the mind perceives is achieved. body is well and healthy. obscured confusion and illness the mind becomes clouded with misunderstandings, the mind is the body. All illness is rooted



that works in nature is also inherent human family. From birth to death energy is repairing. New cells healing energy is continually alert to the human body.

controls the physical form. What So, if our mind is clear, the whole However, when the mind becomes begin to reign in the body. When fears, worries and in dis-ease and disease takes root in in spiritual dis-ease.

When we turn to God, the Source Soul, receiving Divine Love energy our mind becomes filled with harmonious spiritual force – the spiritual power of Divine Love energy. We sense strength and healing moving in our body. It is important to keep our mind clear. Eliminate hatred, grudges, resentments, fears, worries, misunderstandings and all untruth. God is Truth. Untruth is not of God. When our hearts and minds fill with Divine Love and harmony reigns; with God's presence, we open the door for health and joy.

Jesus always asks the real questions. "Are you willing to be healed?" "Are you ready to be healed?" "Do you really want to be well?" Wholeness, that is, healing of mind, body and soul, comes from willingness. Willingness to be whole in spirit, mind and body, evidenced by asking for it and knowing the receiving. (Geo/Rocco/+B)

Everything that happens to you every day is of a result of your Law of Attraction. Most of emotion does not come from our own life. Spirit attachment and family heritage has much to do with the structure of our emotions.

**Desire for God's Truth
Desire for God's Love
and be humble**

**humility is the
willingness to experience
one's own emotions.**



Natural Love Flow

Natural love is Creation's love;

One can swap back and forwards between paths

I am God

Intellectual

Self reliant (trust myself)

Self-determination way of life

Mind dominates

Adult like

Control

Millions of paths (man created)

Peak possibility is 6th sphere

time to complete path:

100 years to over 1,000 years

Divine Love Flow

Divine Love is Soul's love.

I am God's son / daughter / child

Emotional

God reliant (God relationship)

Soul-spirit living harmony

Soul dominates

Child like

Feeling

Defined path (God created)

Peak possibility is infinity

(sphere / mansion world are same)

5 years to over 10 years to at-onement

'The difference between what are regarded as two paths, the Natural Love Path and the Divine Love Path, is, essentially, the amount of Divine Love that beings have been able to acquire.'

Quote from Celestial Spirit Richard 22 Dec 2012

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?

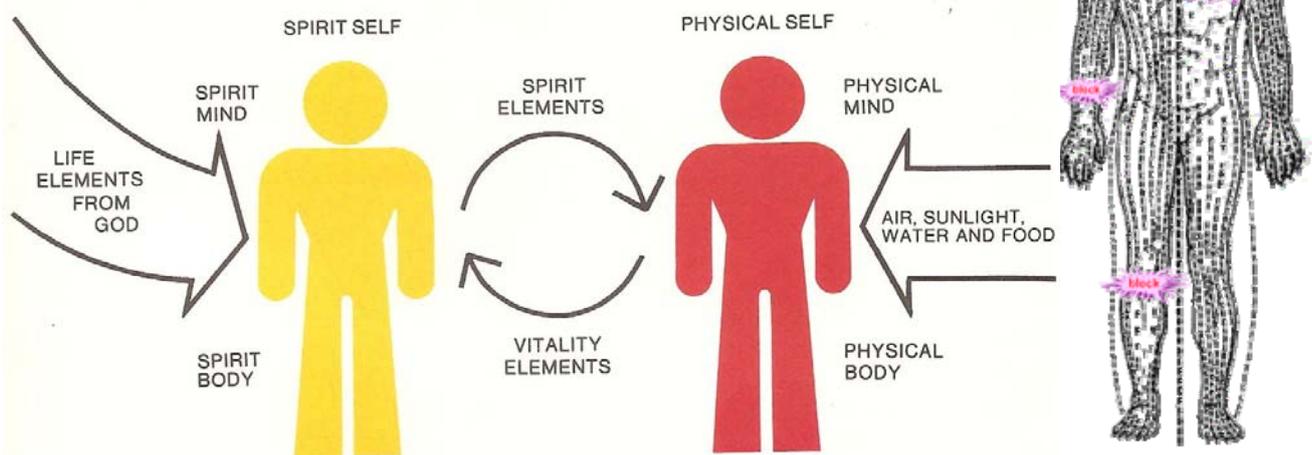
The auric field, that some can see, is the template for our physical body. Childhood Repression brings about energy flow blockages, being stuck and frozen emotional injuries, which then retard the flow of energies within our physical bodies. Modern medicine ignores this reality. The result is that treatments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

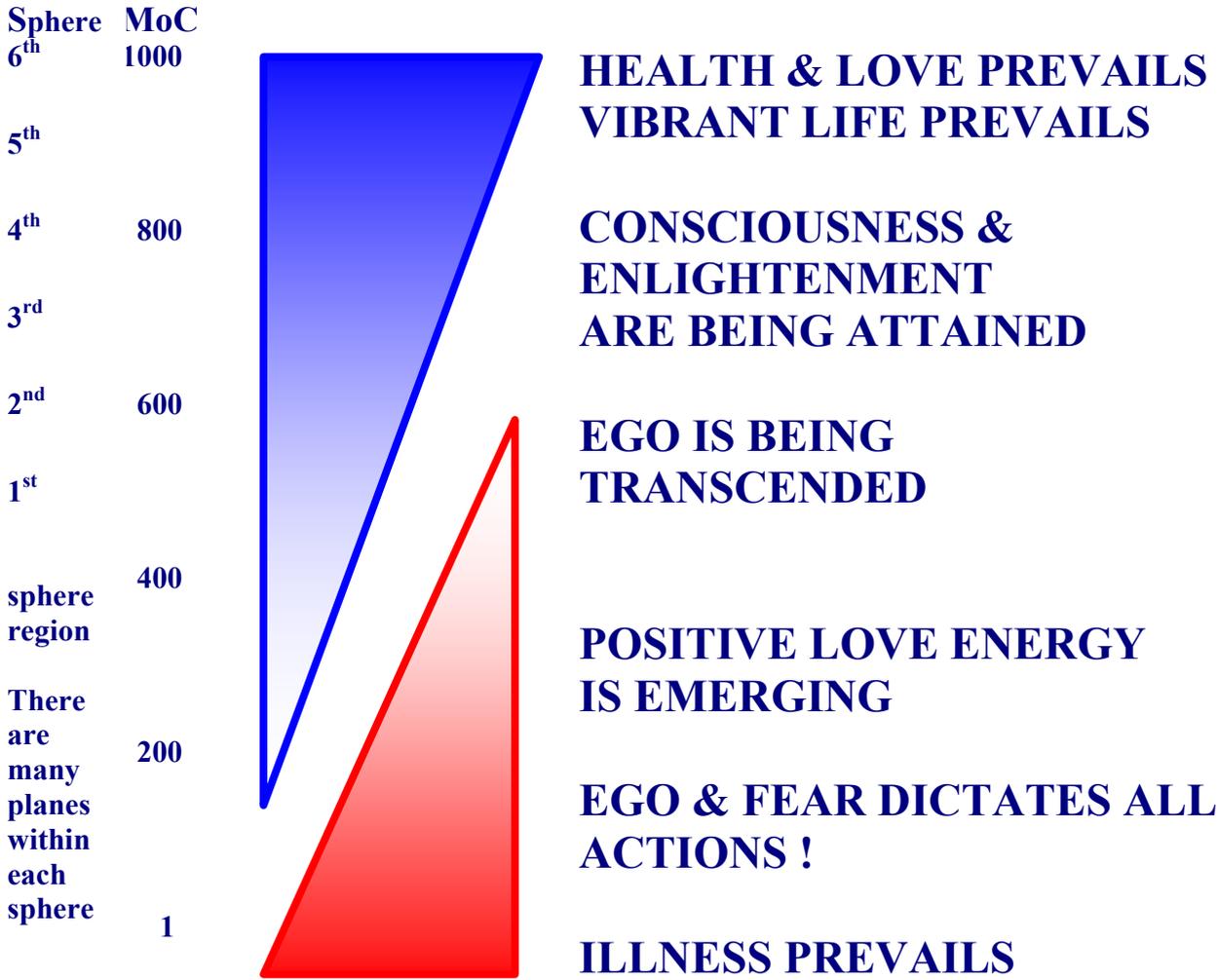


In fact our issues and illness that we recognise within the physical body are on all levels.

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.

“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

LACK of SELF- LOVE:

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

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



Cause No Harm < to OTHERS
to MYSELF

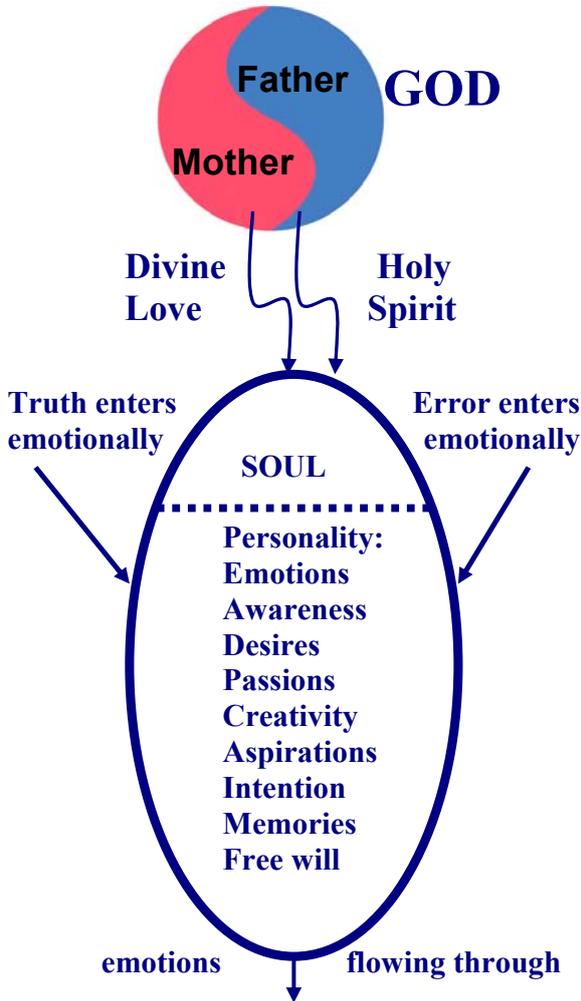
Strive to love others as I am to love myself

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

DENIAL of the SOUL



One of our denials is “I know that”, yet emotionally, we have not got it emotionally.

- EMOTION shut down is denial of the soul.
- PASSIONS
- DESIRES
- NUMB
- FEEL CAPPING EMOTIONS
- FEEL DISHARMONIOUS UNLOVING EMOTIONS
- BEING SELECTIVE
- AVOID TRUTHFULNESS
- TELL MYSELF THAT I’m HAPPY
- BEING SELF RIGHTEOUS
- BEING HARD HEARTED

LOVE denying love and
 TRUTH truth is denying the soul.

PHYSICAL PAIN is denial of emotion.
 Once you stop denying the emotions of it,
 you will stop experiencing the pain.

Headaches are a big indicator of sadness
 and grief.

All allergies disappear when you face the
 emotions that created them.

Any pain, I am denying something, and
 my body is expressing it in pain.

CAPPING EMOTIONS	- is adult like, being all effect emotions.
CAUSAL EMOTIONS	- is child like, relating to your childhood.

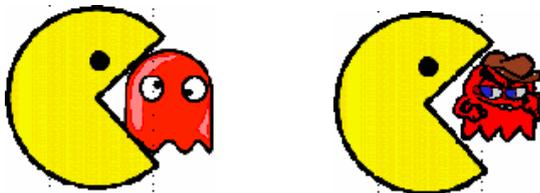
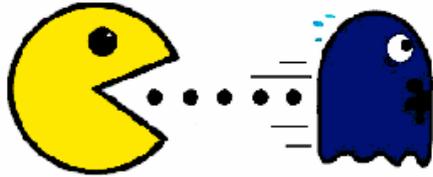
EMOTIONAL PAIN is denial of an emotional truth.

ADDICTIONS are emotional denials, coffee in the morning, a 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.

PROCESS of FORGIVENESS is also the PROCESS of REMOVING HARMFUL EMOTIONS
PROCESS of FORGIVENESS is also the PROCESS of HEALING BODIES Physical Spiritual
PROCESS of FORGIVENESS is also the PROCESS of SOUL GROWTH with the LOVE
PROCESS of FORGIVENESS is also the PROCESS of CLEANSING the SOUL



Our Heavenly Parents send the Holy Spirit, the Spirit, to those who long for and ask for Their Love and assistance. All you need do is ASK!



“The New Birth is the flowing of the Spirit of God into your soul and the disappearing of all that tends to turn your heart from the truth and Love of God in conjunction to doing one’s Feeling Healing.”

“The Holy Spirit is God's messenger or instrument that carries into the soul the Divine Love that is bestowed on the truly penitent man.”

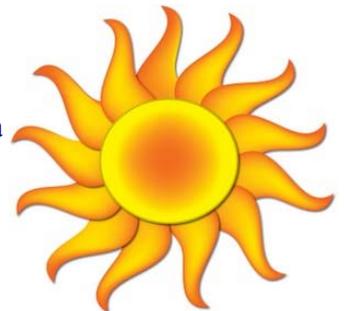
“The Holy Spirit when the penitent prays for the Love the Holy Spirit will respond and fulfil the work that the Mother and Father has provided it to do.”

“The only thing that saves a man from their sins / errors and reconciles them to the Mother and Father is that they must become conscious of God’s Truths and receive the Holy Spirit into their souls.”

Continuing with one’s longing for Truth and asking for our Parents’ Love enables progressive removal of emotional errors and injuries that then lead to the removal of core emotional damage, and then, subsequently, the progressive filling and expansion of one’s own soul. Removal of these soul injuries through Feeling Healing also leads to the removal of damage to one’s spirit body and the restoration of one’s health.

It is only by the infusion of this Love while longing for Truth within one’s soul in sufficient quantities does one become fitted to enter the Celestial Heavens.

Soul development, with the Love, can take a soul from being a dried up garden pea to that of a simple candle, and then onto that of a blazing sun!



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.**

Our FEELINGS are our SUPREME GUIDES:

Feelings!

Feelings are what guide us through our ascension of truth. So they are really our Supreme Guides. Many people look for a person, spirit, angel, even God, for supreme guidance, however it's all right there already built in – in our feelings. 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 26 Sep 2017

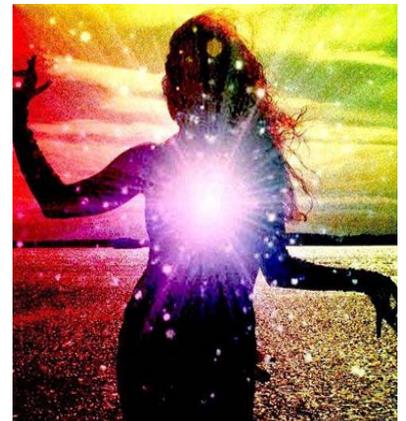
Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.

Kevin: So whilst we're of an untrue state, then all we have got to help us understand why we feel bad, why we are wrong, why we are negative and anti love and truth, is our feelings. So if we focus on our bad feelings, they will lead us to the truth of why we're feeling bad. Which will be the truth of what happened to us to make us be this wrong way, and how we took on the wrong way and keep it going making us feel bad.

FEELING HEALING

Note: The vital difference between emotion and feeling is that emotions have their roots in the past, and feelings relate to the present moment. Emotions represent our feelings which were not previously expressed, and these accumulate with time.

Note: Our feelings are soul-based. Our soul is always in truth. It is our soul based feelings, that when allowed to be freely recognised, we will begin to express and be who we are. This takes time and perseverance as we have encrusted our souls with layers upon layers of errors and false beliefs, it is these layers that will confuse the truth that our soul is conveying to us. Only by our progression with our Feeling Healing will our soul's expression of truth become clear and free of all cloudiness and contamination.



“What our soul needs in accordance with our own, individual, **Soul-Light-Plan-Of-Destiny** (your life's true destiny plan), They, being our Mother and Father, will give you as required. The only way we can know truly what we need is to honour and follow our true feelings. They, springing from our soul, literally telling us what we need, and so when we genuinely feel we need something, we apply our will to get it. The hard part is knowing if our feelings are true, and until we have done our whole soul-healing, they won't be clear and total true.” James – Introduction Course to Divine Love Spirituality

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**

Health & Parenting

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

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



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

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

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

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

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



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



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

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

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

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



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

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

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

And feeling really bad is also good.
 And feeling worse is even better.
 It's all very good!
 It's okay to feel bad.
 Bad feelings are okay.
 It's good to feel bad.
 Bad feelings are GOOD!

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

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

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

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

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

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

So Remember:

Feeling bad is Good!
Accept your bad feelings.

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

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

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

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

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

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

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

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

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

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

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

The aim of Feeling-Healing

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

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

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

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

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

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

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

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.

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.211 The Human Soul

Let your prayer be as follows:

(version below is from 'The Human Soul')

HEAVENALY FATHER, I recognise that you are all holy and loving and merciful, and that I am the child of your care, and not a subservient and depraved creature.

I am the greatest of your creation, and the most wonderful of all Thy handiworks, and the objects of Thy great soul's love and tenderest care.

Your will is that we become at-one with you, and partake of the great love, that then you have bestowed upon me through your mercy and desire that I become, in truth, you children through love.

I pray that you will open up my soul to the inflowing of your love, and that then will come your Holy Spirit to bring into my soul this, your love in great abundance, until my soul shall be transformed into the very essence of you. And that there may come to me faith--such faith as will cause me to realise that I am truly your child and one with you in very substance.

Let me have such faith as will cause me to know that you are my Father, the giver of every good and perfect gift, and that only I can prevent your love transforming my soul into a *divine angel*.

Let me never cease to realise that your love is waiting for me, and that when I come to you with faith and earnest aspiration, your love will never be withheld from me.

Keep us in the shadow of your love every hour and moment of my life, and help me to overcome all temptations, and the influence of the powers, which endeavor to distract me away from you.

I thank you for your love and the possibility of receiving it, and I know that you are my Father --the loving heavenly Father who smiles upon me in my weakness, and is always ready to help me and take me to your arms of love.

I pray this with all the earnestness and sincere longings of my soul, and trusting in your love, give you all the glory and honour and love that my finite soul can give.

Amen

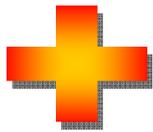
MoC



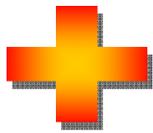
Note: The 'false teachers' are our parents, as they are also the 'evil ones'.
Also, the evil ones, being those parts of one's mind, that are controlling you.

PASCAS CARE

ALLOPATHY + 3 HALVES



Energy
Medicine



Nutrition



Emotional
Processing



PRAYER for DIVINE LOVE: library download pages at www.pascashealth.com
 Kindly visit the library download pages at www.pascashealth.com as further recordings are added.
 Should you click on the audio files, you will also be able to download the audio file onto your computer.
Prayer for Divine Love – from the Padgett Messages
<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>

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.**



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

Library Downloads – Pascas Papers

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

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

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

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

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

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

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

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

30 Aug 08

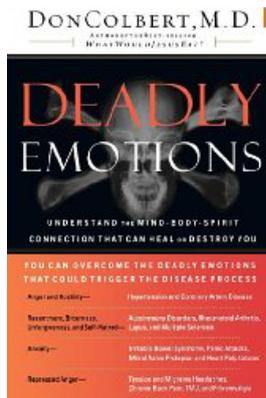
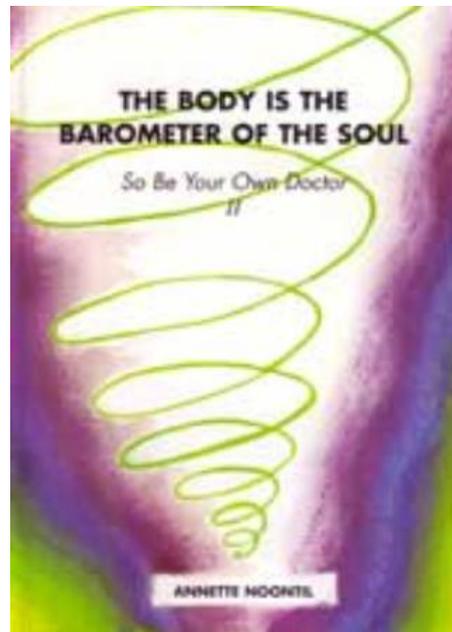
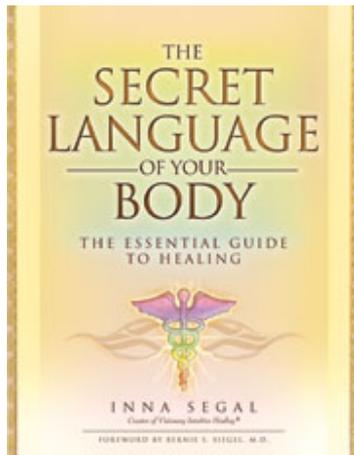
“The Body is the Barometer of the Soul” by Annette Noontil

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

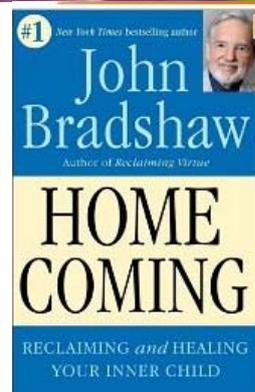
Also consider:

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

www.innasegal.com/



Deadly Emotions by Don Colbert.



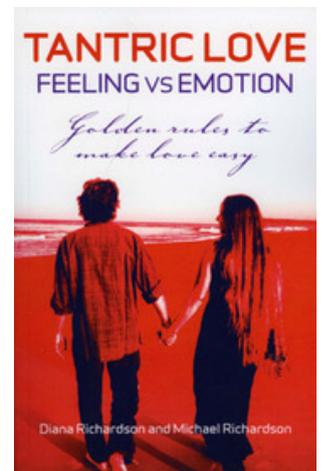
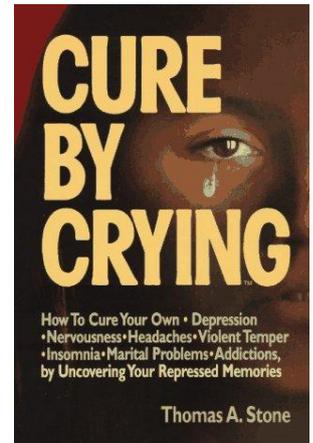
Home Coming: Reclaiming & Championing Your Inner Child by John Bradshaw



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

Other recommended reading:

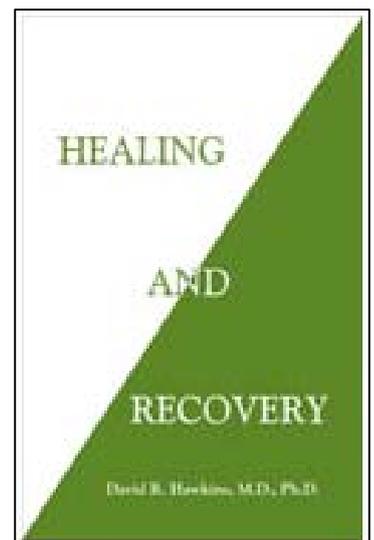
The Book of Truths – Joseph Babinsky
containing the Padgett Messages
Little Book of Truths – Joseph Babinsky
The Human Soul – Joseph Babinsky
The Truth – Werner Voets
Through the Mists – Robert James Lees
The Life Elysian – Robert James Lees
The Gate of Heaven – Robert James Lees
Gone West – J M S Ward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



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

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

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



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

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

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

Please Mother and Father, may I receive Your LOVE.

“Every day is a day of devotion.”

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

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

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

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

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

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

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

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

Three Great Truths:

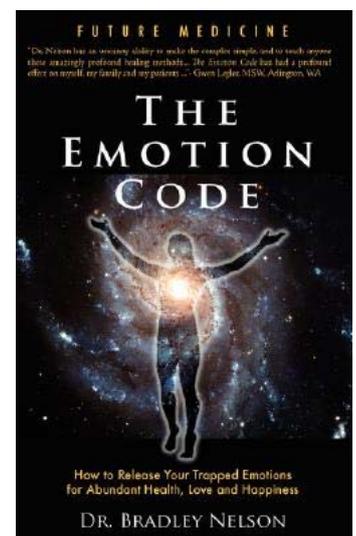
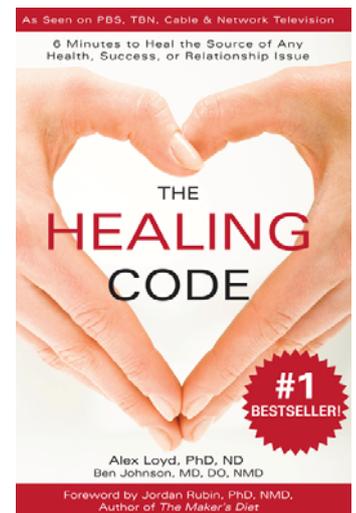
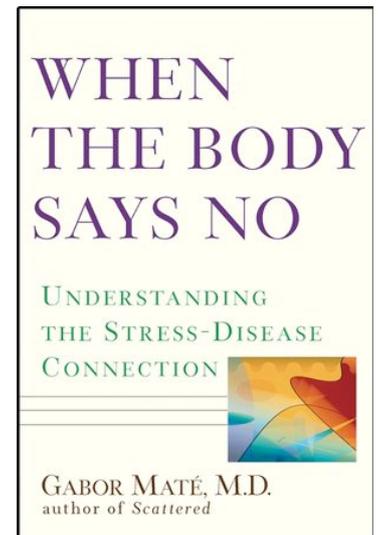
- **God is Soul, being our Heavenly Mother and Father;**
- **that each individual soul is a duplex – both male and female;**
- **and Feeling Healing with Divine Love is the pathway to Paradise.**



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

Documents in this Series:www.pascashealth.com

1. Pascas Care – Treatment Session
2. Pascas Care – Emotion Code
3. Pascas Care – Healing Code
4. Pascas Care – Negative Emotions Generate Illness
5. Pascas Care – When the Body Says No
6. Pascas Care – When the Body Says No – Emotions
7. Pascas Care – Feeling vs Emotion
8. Pascas Care – Cure by Crying
9. Pascas Care – Healing & Recovery Vol I Assisting Healing
10. Pascas Care – Healing & Recovery Vol II Health
11. Pascas Care – Healing & Recovery Vol III Aging Process
12. Pascas Care – Healing & Recovery Vol IV Alcoholism
13. Pascas Care – Healing & Recovery Vol V Cancer
14. Pascas Care – Healing & Recovery Vol VI Depression
15. Pascas Care – Healing & Recovery Vol VII Death & Dying
16. Pascas Care – Healing & Recovery Vol VIII Pain & Suffering
17. Pascas Care – Healing & Recovery Vol IX Loosing Weight
18. Pascas Care – Mental Health
19. Pascas Care – Accessing and Clearing Emotions
20. Pascas Care – Beliefs and Health
21. Pascas Care – Cancer of the Breast and Emotions
22. Pascas Care – Clearing Emotions, Why?
23. Pascas Care – Emotions and Health
24. Pascas Care – Hierarchy of Health Care
25. Pascas Care – Homosexuality
26. Pascas Care – Law of Cause and Effect
27. Pascas Care – Total Recall
28. Gift from God
29. Gift from God – Divine Love
30. Gift from God – Opening to Divine Love



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

Available generally from:

www.lulu.com

www.amazon.com

www.bookdepository.com

For Divine Love focused websites and forums:

Pascas Health:

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

Spiritual Development:

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

Padgett Books:

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

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

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

DIVINE LOVE SPIRITUALITY – DLS:

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

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

James Moncrief Books:

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

Paul – City of Light	1,488.5	2005	149
Ann and Terry		2013	235
Feeling bad? Bad Feelings are GOOD!	feeling-healing book 1	2006	179
Feeling bad will make you feel BETTER – Eventually!	feeling-healing book 2	2006	159
Breaking the Golden Rule.	feeling-healing book 3	2006	168
Feeling-Healing exercises, and other healing points to consider.		2009	175
Cathy and Mark – a novel introducing Feeling-Healing.		2010	151
Introduction course to Divine Love Spirituality		2006	139
Speaking with the Dead, Death and Dying		2009	173
Spirits and their Childhood Repression Healing		2010	179
With Verna – a nature spirit		2008	279
Communication with spirits – meet a spirit friend		2010	37
Introduction to Divine Love Spirituality website			362
Sage – and the Healing Angels of Light		2017	260
Divine Love Spirituality	1,500	2017	201
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings	1,500	2017	47
		This group being pages of	3,046

Religion of Feelings

Introduction to Divine Love Spirituality

Main website of DLS

Childhood Repression website

DLS and CR forum

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

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

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

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

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

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

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Paul – City of Light

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

Ann and Terry

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

Feeling Bad? Bad feeling are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

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

Sage – and the Healing Angels of Light

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

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

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

The Padgett Messages being published as:**The True Gospel Revealed Anew by Jesus volumes 1 – 4****Book of Truths by Joseph Babinsky****The Urantia Book****Release one's pain through expressing one's feelings.****in conjunction with****Longing for the Truth when also longing for Divine Love.**

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

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

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

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

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

<http://www.pascashealth.com/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..*

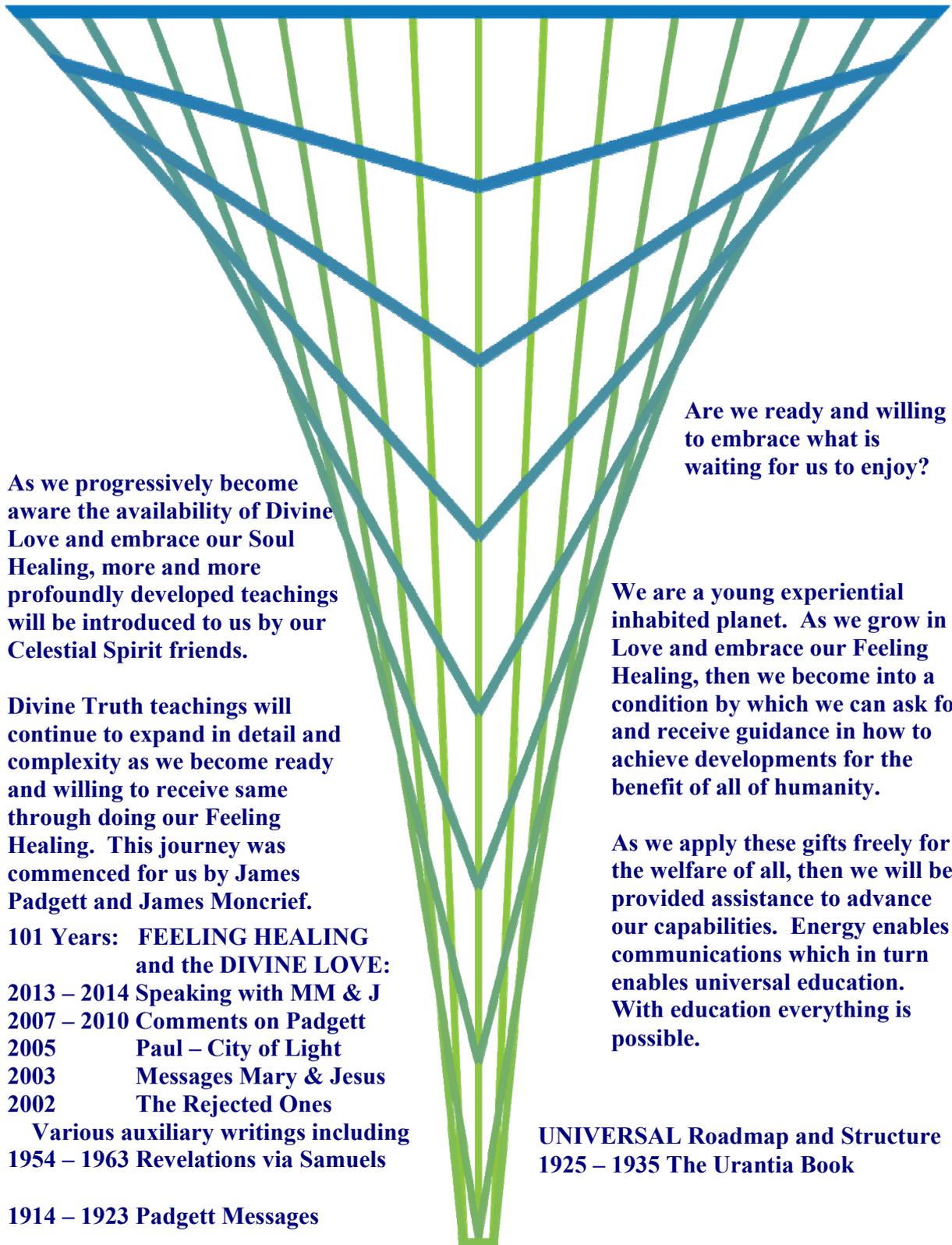
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

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.

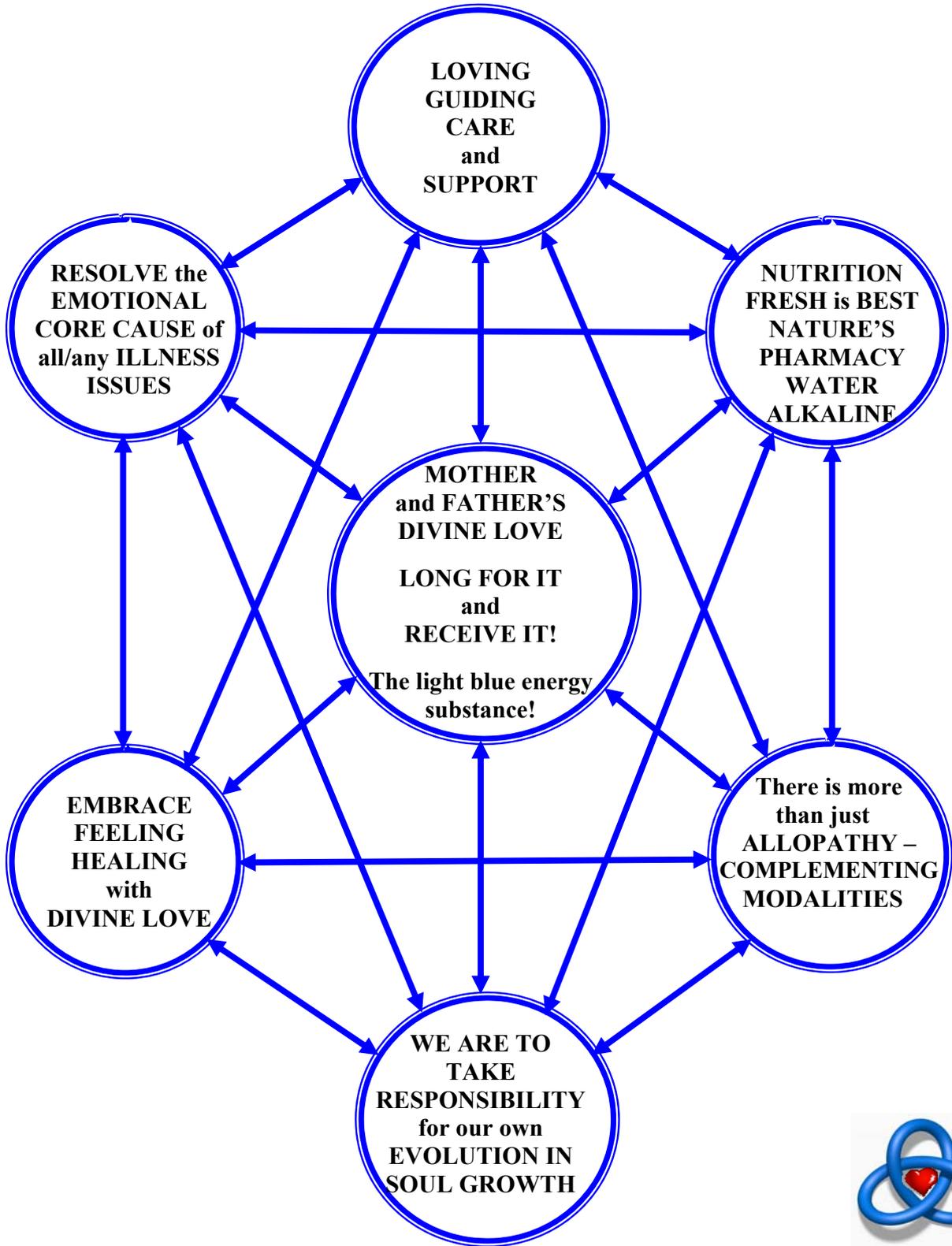


SOUL  SPIRIT BODY  PHYSICAL BODY

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.

HEALTH and HEALING

EVERYTHING is INTERCONNECTED!



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**
P E R S O N A L I T Y

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

