

PASCAS CARE

Healing & Recovery

Losing Weight

Vol IX



“Peace And Spirit Creating Alternative Solutions”

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PASCAS INTRODUCTION:

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

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

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

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

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

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

Living Feelings First, *John.*



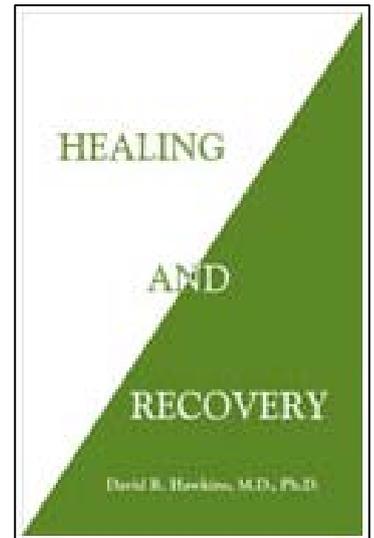
“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love.” JD

HEALING & RECOVERY: by Dr David R Hawkins

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

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

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



Note:

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

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

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

Thus the energy differentials are in fact enormous!

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

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

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

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

“Every day is a day of devotion.”

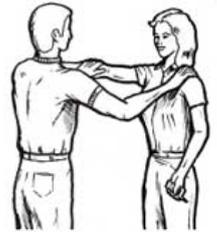
Please Mother and Father, may I receive Your LOVE.

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.

LOSING WEIGHT:

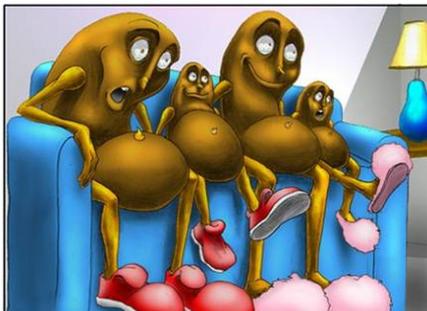
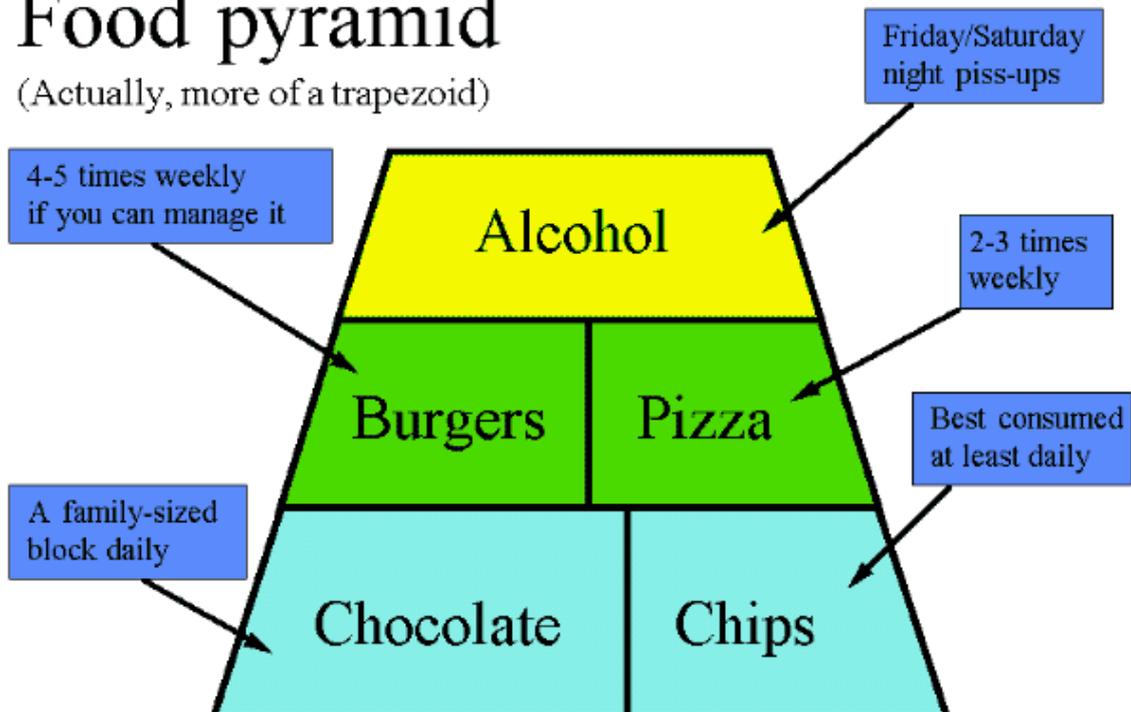
Is there a way to let go of weight in a way that is practical, easygoing, joyful, and free from any kind of suffering? Can this be done? Yes! All it takes is about an hour or an hour and a half of our attention over a day or two during the time we are doing the things we normally do. The benefits are long lasting for a lifetime! The reward for a couple of hours of just paying attention to a few simple principles is a lifetime of freedom from this challenge. How do I (Dr Hawkins) know it works? Because it has worked for everyone who has tried it. It has worked for my patients and for me. I permanently lost fifty pounds (23 kilograms) by using this very simple technique that emerged out of consciousness research.



The alleviation of a problem should be simple, direct, to the point, long lasting in its effect, and cost nothing. Diets usually do not work in the long run. The usual techniques that people try often bring about feelings of guilt and recrimination. They may work, but only temporarily because they do not really modify the way one is with their body since they do not change those Pavlovian reflexes that drive one's eating despite one's best intentions.

Food pyramid

(Actually, more of a trapezoid)



It was discovered that a shift in the state of consciousness (soul condition) occurs in the process of eating, and that a person can easily overcome it so the weight loss becomes permanent. The message is to give up trying will power, give up dieting, and give up resisting eating. Those methods usually do not work; they make us miserable, and we frequently end up the same as we were anyway. There is a much easier way that is truly joyful.

Through an understanding of some very simple concepts that have been present previously in relation to the Map of Consciousness (soul condition), we are then put in a place of being able to handle problems that have been baffling and unsuccessful in the past.

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.

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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
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Through the use of some techniques based upon the nature of consciousness itself, we can learn how to imagine our self as slim, energize that image, and then let go of it so that it actually materializes. It is necessary to learn how to come from the heart instead of the head, and to come from love instead of the stomach. The head criticizes us because the stomach wants to eat. The only way to handle this problem is to come from the heart about the whole situation. We are going to be somewhat light hearted about this subject that many people get quite distressed about. The light heartedness comes with eating; the self-recrimination and guilt appear later. We lie in bed and wonder, "Why did I eat all that?" and then begin to attack our self. There is a way beyond all these problems that will work for all of us.

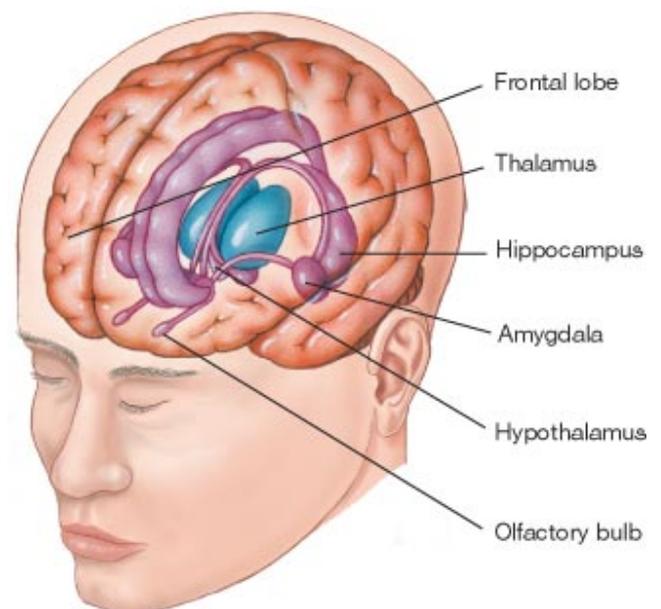
The medical model commonly followed is really based on the idea of diet and the assumption that the number of calories one eats determines one's weight. There may be some thought about exercise as well. However, the following information is not necessarily going to agree with traditional medical thinking. If traditional medical thinking and counting calories had worked for you, you would not be interested in this information. We are going to present things that we have clinically observed as being true experientially.

Consciousness work (soul condition) has to do with the truth of our inner experience. It does not have anything to do with theory, hypotheses, scientific reasoning, or logic. It has to do with the experiencing of the truth within us.

The first thing to do is to begin to cancel some beliefs about diets and food that have contributed to our problem. To begin with, we have beliefs and thoughts, such as, "Well, being overweight runs in our family – it's in the genes." Or, "It's due to my thyroid," or, "it's due to the fact that as an infant, I was overweight, and that caused too many fat cells." These are all popular medical theories, and if holding those in mind works for you, then that is very good. However, we have found experientially that this really is not so. As an example, two people can eat an identical diet, and one will gain weight and the other will not. How can that be explained inasmuch as the activity levels and everything else are about the same? This brings about the questioning of some of the basic medical hypotheses, a few of what are very simple to understand.

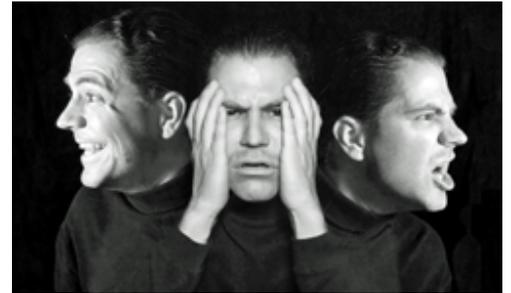
First, why assume that the body fully absorbs all the calories it consumes? Why think that the gastrointestinal tracts of two different people are exactly the same? I may eat a 1,000-calorie piece of pie and absorb only 500 calories, with the other 500 running right on through. There are other factors, such as the rate of movement in the gastrointestinal tract. We know that the faster things move through the tract, the less it absorbs. There are factors other than calories to consider, and in doing so, we will arrive at a way of handling this problem that will not involve counting calories.

There are some dietary tricks that are helpful to use in the beginning until the results of working on ourself have adjusted our appetat, which is located



in a portion of the brain called the hypothalamus. It takes a day or two to reset the appostat, which controls our feeling of satiety. The adjusted appostat will control our weight. As we hold a certain weight in mind, it begins to materialize on the physical plane. It is helpful to understand the power of mind over body and that what is held in mind creates the body's being what it is, rather than the other way around.

It is necessary to reverse the conventional, so-called 'common sense' of the left-brain logic that says it is the body that creates the mind. Instead, we have to look at the opposite, which is that what is held in mind manifests within the body. Our thoughts and beliefs about weight, activity, calories, and all the phenomena surrounding this have been affecting our weight. For example, the following is known from cases of patients with multiple personalities. One personality appears in the patient and takes over the consciousness named Richard, who does not have any eating or weight problems at all. In fact, he eats very little, is spry and active, and while Richard is in the body, the person loses weight and becomes slim.



Then the person goes into a trance state or becomes intoxicated, and William comes into the body. William loves to eat, gorging himself on all kinds of things, and the body's weight suddenly increases dramatically. Now we can see that the response of the body is therefore to the mind – the mindset, the mind's belief and attitude, and the way the person holds the relationship to their body in their mind. It is the mind that sets the appostat. It is using consciousness techniques within the mind that release the weight problems and one can let go of the weight almost automatically.

We will review the nature of consciousness (soul condition) itself and the relationship between body, mind, and spirit, with spirit being the energy field of consciousness (soul) that is all pervasive throughout life itself. It is important to understand that the body has no capacity to experience itself. At first this seems amazing because most of us, unless we are enlightened, assume that we are the physical body. We must realize that the body has no way to experience itself. The arm cannot experience the arm nor can the leg experience the leg. Instead, they have to be experienced in something greater than themselves. We experience the body via the senses, which tell us what is going on within it. As the senses of the body have no capacity to experience themselves, they have to be experienced in something greater than what they are, which is in mind itself, so the mind is the place where the sensations in the body are experienced.

Brain



**Physical
Body**

Mind



**Spirit
Body**

**Different
Kind of Mind**



Soul

**The soul's way
of thinking is
feeling.**

Mind itself is incapable of experiencing itself. A thought cannot experience its own thoughtness. A fantasy of the future cannot experience itself, nor can an emotion experience itself. What goes on in mind has to be experienced in something that is greater than the mind, that is, in consciousness (soul) itself. There is the body's experience via sensation. Sensation is experienced in the mind, and the mind

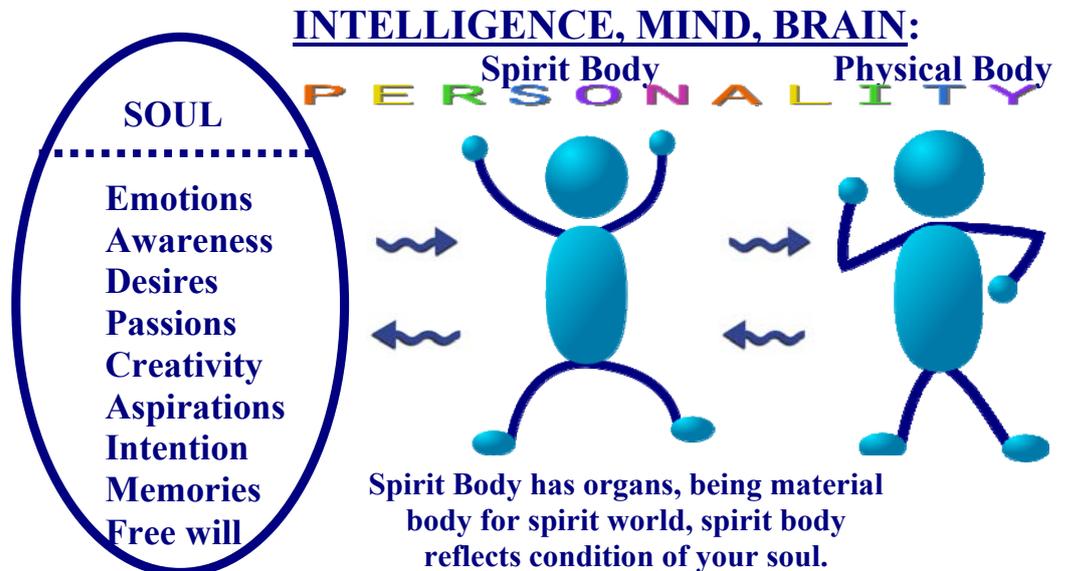
is experienced in consciousness (soul). This can be seen very easily, for example, when something happens to a portion of the brain, and the person is unable to experience the opposite side of the body.

Without mind, the body cannot be experienced. The whole point of anaesthesia illustrates that without consciousness, one is not aware of what is going on in mind. If consciousness is deleted via the anaesthetic, there is no knowledge of the experience that is going on in either mind or body, so consciousness is higher than both of them. There is a state beyond consciousness itself that is still, unmoving, and allows us to be aware of what is going on in consciousness; it is called the state of awareness. The state of awareness is an aspect of the greater, powerful energy field behind consciousness, which is the energy of life itself. This is necessary to know in order to become aware of where all experience takes place.

All human experience is taking place within consciousness (soul) itself. Consequently, we cannot experience the wall, the floor, or someone else. Instead, what we experience is within our own consciousness of the wall, the floor, or another person. This gives an understanding of an area in which we can work that is less restricted by commonly held belief systems.

If the entire weight problem is a phenomenon occurring with consciousness (soul condition), then consciousness is more powerful than the mind, which is more powerful than the senses, which are more powerful than the body; therefore, we can bring about a shift in the body by merely addressing that consciousness. If we address the problem there, because the body will only do what is held in mind, then we really do not have to bother much with the body; it will just automatically

correct itself because the problem is really a problem within the experience within consciousness itself.



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. Our mind is within our spirit body, our brain is within our physical body. 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.

The techniques we use have to do with the mind and consciousness, so we do not have to be very concerned with handling the body as such. The body is an effect of what happens in the mind. Consequently, the attempts to solve the weight problem, which are addressed to the body only, are notoriously unsuccessful. Nearly every month, there are headlines on endless magazine covers and in newspapers that are selling a new diet. This lets us know that diets do not work. When there are multiple solutions to a problem and endless articles on the same phenomenon, it is obvious they do not have the answer. If there were an answer to the weight problem, there would not be any articles on diets at all because everyone would have handled it. Addressing it on the physical level alone just does not work. It also does no work for any other problems that involve complicated human behaviour.

Problems such as alcoholism and many illnesses, including duodenal ulcers and diverticulitis, are notoriously non-responsive to being addressed on the physical level only. We have to become more sophisticated and conscious to bring about a resolution of long-standing behavioural problems.

The technique, which I (Dr Hawkins) used personally to lose thirty percent of my body weight (fifty pounds) some years ago, enable me to reach my desired weight. It only takes a matter of minutes over a day or two – collectively, about only sixty to ninety minutes of a person’s time and attention. You can actually do this while you are going about your daily activities at home or in the office, and even while driving back and forth to work. It works right into your life and easily fits into your daily routine. You do not have to stop your life in order to use this technique. In order for something to be effective, it has to fit in with your life pattern. We found that any behavioural modification technique works if it fits in with a person’s daily life. If you have to change your whole lifestyle, the results are then usually temporary.

Consciousness Calibrations Worldwide	
Consciousness Level	Population Percentage
600 +	1 in millions
540 +	0.4%
500 +	4%
400 +	8%
200 +	22%
200 -	78%
World wide average	212

With this technique, when the sensation arises that you had previously called hunger, you ignore the thoughts that go with this, especially cancelling that thought of hunger. Instead, you go right into the sensation, directly into the inner experience of what you are actually experiencing. You go to where you are experiencing it without labelling it, naming it, or calling it anything. You just experience it and begin to let go of resisting those sensations. You silently go into consciousness (your soul) itself, into the inner experience of what you are experiencing, and let go of resisting it.

In the beginning we are so controlled by the Pavlovian conditioning that the minute we feel the sensation, we label it ‘hunger’. Our behaviour goes into immediate action to satisfy it. Like Pavlov’s dog that salivated every time the bell rang, we have set up a conditioned reflex that we now want to unset. How can we unset it, how long does this take, and how much effort is required?

Actually it takes very little effort and very little time. When we get this sensation, which was labelled as ‘hungry’ in the past (I’m ‘hungry’ now), we let go of labelling and resisting the sensation itself. We just agree and are willing to be with the sensation but to do nothing about it. We let the experience run within us and are willing to be with that inner experience or sensation of whatever it is. Some people

may sense it in the stomach, and some may sense it as sort of a physical weakness. Whatever sensation is felt, we stop talking about it in our minds; we stop languaging it and giving it a label. Instead, we go into the inner experience and let go of resisting it. In letting go of the resistance, we can move up to a higher level, if we are willing to choose it, and say to ourselves, “I want more of whatever that is.”

The reason for that and the way it becomes acceptable is because there is a limited amount of the sensation that comes up. The mind thinks, “If I don’t satisfy this, I’m going to have this hungry feeling continuously.” That is not so because the feeling results from resisting it. When we go with it, like in the Tao where the willow tree bends with the wind but does not break, there is no resistance. Instead of being the oak tree that resists the sensation, tries to fight it with will power and then breaks, we can be like the willow tree, going with the sensation and letting go of resisting it. In fact, we welcome it. It is like we are saying, “More.” We want more wind, more of this inner experience. As we call forth more of this, sit with the inner feeling, and just be with it, it will run out.

It is a good idea to start this process on a weekend when at home and we can stop everything and just sit, or better, lie down and focus on it. If we do not let anything distract us from being with the sensation, it will suddenly disappear in a matter of minutes. After it disappears, we can go about our business. After we become used to this technique, we do not have to stop any activities at all. When the experience comes up, we just sit or lie down, concentrate on it, and fix attention on welcoming it. It is like we are opening the barn door and allowing the sensation to come in willingly, being with it but not doing anything about it.

We want to break the cycle of labelling the sensation as ‘hunger’ when it appears and then satisfying it with food. Doing that just reinforces the cycle, making ourself the victim and at the effect of that behaviour pattern. Instead of that, the self stands aside from this sensation and begins to mast it so that we are no longer at the effect of it; we become the master.

In Zen, there is the famous series of ox-herding pictures. The first picture shows a monk hanging onto a rope that is attached to the ox, and the ox is dragging him across the ground. The monk’s knees are bruised, his ears are bleeding, and he is a mess. In the next picture, the monk has the ox tied to a tree with the rope. The monk has caught the ox and identified the problem. In the third picture, the monk is riding on top of the ox. He has become the master. He is no longer the victim at the effect of it. How did he do that? That is what this process is all about. We are going to tether this ox right now by identifying the pattern that has to be handled, and then we are going to be on top of it. The person that we are now stands independently above and beyond and becomes the mast of this very simple thing to solve. It is merely the willingness to experience what, in the beginning, may seem like some discomfort, or, in other words, to experience this sensation without satiating it right away. As we do this the reflex weakens.

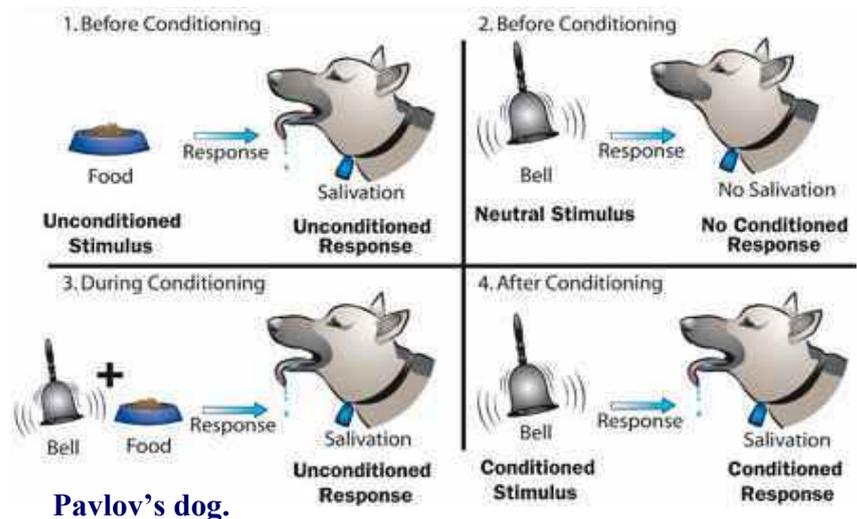


But what do we do about our eating during the day? We do what is called ‘anticipatory eating’. It means to never eat when we are hungry. The first two days, and probably for the first week or two, we never allow ourself to eat when we are hungry. Instead, we let go of the hungriness by using this

radical-truth technique and anticipating the periods of hunger. We know our own hunger patterns, so instead of waiting until we are hungry and then eating, thus reinforcing the pattern, we anticipate the hunger periods. We know that habitually we will be hungry around six o'clock, so instead of waiting until we are hungry and satisfying it, thereby reinforcing our conditioning, we anticipate it. At 4:45 PM, when we are not even hungry yet, we have a cheese sandwich.

The technique is simple – eat when we are not hungry and do not eat when we are, thus substituting this technique for the hunger pattern. How long will it take before we disappear hunger, and what is going to happen? We will no longer experience hunger or appetite; they just seem to disappear. By the second day, we will notice that the pattern is already so weak that we will barely notice it. How many minutes a day will this take? It may take a total of thirty minutes on the first day. You will notice that if you do nothing about the hunger sensation and really let go of resisting it, it will disappear in a matter of minutes. After doing this a number of times, the sensation will disappear in a matter of seconds. We will know that if we sit down and let go of resisting the sensation, it is over in seconds, and we are no longer at the effect of the appetite. We are no longer driven by it and can be absolutely free of it.

In place of this pattern, we may feel a sort of blankness or emptiness. Where there once was hunger and the drive to eat, along with an appetite, enthusiasm about it, and then the satiation, it now seems like nothing is going on in that space in our life. Now we can do some other pleasurable activity, such as rewarding ourselves by taking the time to read the book we have been wanting to read and never had the time. Now that we are not out in the kitchen eating all the time, there is time to read for enjoyment instead of feeling guilty because we have more important things to do. We can discover something we really enjoy doing.

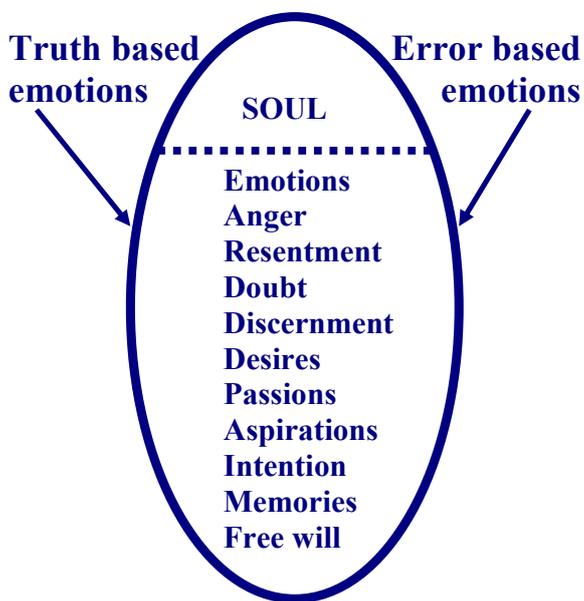


One thing to do, for instance, is to take a nap. All the time spent shopping for food, preparing it, eating it, and cleaning up afterward can take up a great part of the day. With this new pattern, it gives us time for a short nap. After a twenty-minute nap, we feel fantastic. After a twenty-minute hunger engorgement, we usually do not feel fantastic; instead, we feel horrible. We just had four Milky Ways, a caramel sundae, and finished off a piece of cheese and now, instead of feeling happy, we feel guilty.

The way off the guilt trip is to really know that there is a very simple technique. It sounds so simple, but that is why it works. The things that are extraordinarily complicated are generally far from the truth. The truth is usually amazingly simple. As people at Alcoholics Anonymous have discovered, they stay away from one drink one day at a time. It sounds too simple. The intellect says, "Nonsense! I know that." The intellect knows this but the self does not know that. We only know a thing from personal validation through our own inner experience.

It usually takes exactly one day to get off eating, hunger, and appetite if we allow ourselves to be reprogrammed. We will notice that as time goes on, we are beginning to look forward to meals and starting to get into the habit pattern of getting hungry and satisfying the feeling. It is very simple to back off and just release ourselves by using this technique a few times. All we have to do is allow that feeling of hunger to come up, be with it, welcome it, and wait till it runs out, which handles it (usually five minutes or less). We might have to do it again if we have really gotten into holiday indulgence for a number of years.

TRUTH NEVER HURTS



A basic misunderstanding is that you can hurt someone with truth. That is never true.

You can never hurt someone with truth.

The way you can hurt someone is by with-holding – that is a lie.

It is error leaving the person that hurts them, not the truth entering them.

If that error was never within you then it would never hurt you to hear the truth.

There is another thing that happens as we do this. There is a centre in the hypothalamus at the base of the brain called the ‘appetstat’. It sets our degree of satiety and the amount of satiety that we search for. **The less we eat, the more we turn down the setting on the appetstat.** Satiety is something else that is not really understood by traditional scientific medicine. Scientific medicine talks about calories as though one calorie were the same as any other calorie. However, we know that satiety plays a great role in our hunger and weight problems. Satiety is more important than calories; therefore, the diet I (Dr Hawkins) follow would make most people who follow diets faint. However, I know what creates a feeling of satiety within myself, such as a hamburger smothered in onions. By the time I finish that, I am totally filled up, satisfied with meat, cheese, and similar foods. Cheese is not on anybody’s reducing diet. We know that cheese has a satiety factor, so once one has eaten a certain amount of it, the appetite is satisfied.

We also know that calories are released at different rates. Fats, for instance, are released at one rate and protein at another. We know that it takes a certain number of calories to burn up every gram of protein, so one of the tricks we can use to speed up the process of weight reduction is to go for a high-protein diet. This is not about diet, but I will just throw in a few tricks that I have observed clinically.

**Udo Erasmus CHOICE FOOD PYRAMID:
HEALTHY PEOPLE**

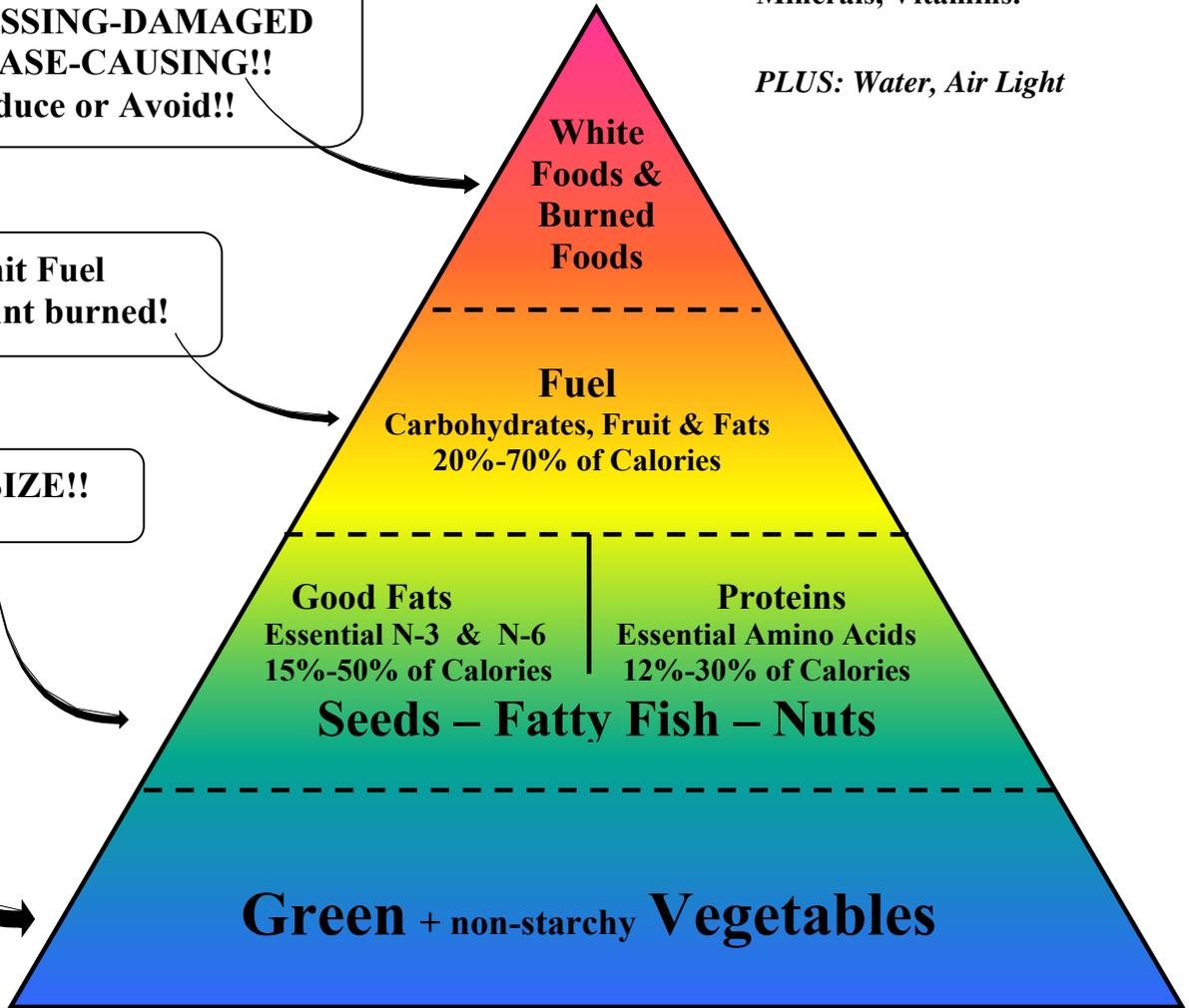
SUPPLEMENTS:
Digestive Enzymes,
Probiotics, Antioxidants,
Fibre, Phytonutrients,
Minerals, Vitamins.

PLUS: Water, Air Light

**NUTRIENT – DEFICIENT
PROCESSING-DAMAGED
DISEASE-CAUSING!!
Reduce or Avoid!!**

**Limit Fuel
to amount burned!**

EMPHASIZE!!



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

Udo's Choice™ Food Pyramid

Illustrates health food choices as forming the base or bottom. As you proceed higher on the pyramid, you encounter foods that present more of an obstacle to digestion and metabolism.



**PASCAS
PAPERS**

Eating sugar on an empty stomach is seriously deleterious to the goals of the program. Why? The body takes sugar in so fast that it is absorbed very rapidly and cannot be metabolised quickly so it just has to be stored as fat within the body. One thing to do for our own sake as part of caring and loving ourselves is to avoid sugar and sweets when introducing this program into our lives. In the beginning, we want to see a fast result. I believe we should have the satisfaction of doing this now and seeing some returns and rewards, including seeing the image that we have been holding of ourself coming into manifestation.

It is best to avoid things that have a high sugar content, especially on an empty stomach, because sugar stimulates the production of insulin, which then brings the blood sugar down rapidly, thus recreating the hunger sensation. In contrast, **one-third of the calories of protein are burnt up just by the process of metabolising protein. Therefore, one hundred calories of sugar equal one hundred calories of fat, whereas one hundred calories of excess protein converts to only sixty-six calories' worth of fat.** A high protein diet results in a thirty-three percent discount (not recommended for people with gout). Notice that carnivores are slim. But what about vegetarians? They can also avoid sugar and starch and yet stick to a high-protein diet.

The technique is to let go of resisting and to disappear hunger and appetite. We then live in a world where we are no longer in the cycle. We get used to an eating cycle of overeating, feeling guilty about the overeating, and then trying to control it. Then up comes hunger, and with the hunger comes guilt, then appetite, then the expectation of satiation, followed by overindulgence, and guilt again, so there is an endless self-defeating cycle. The only way to beat it is to rise above it, transcend it, and be beyond it. By disappearing it, one will find that appetite and hunger actually disappear, and there is the experience of never being hungry.

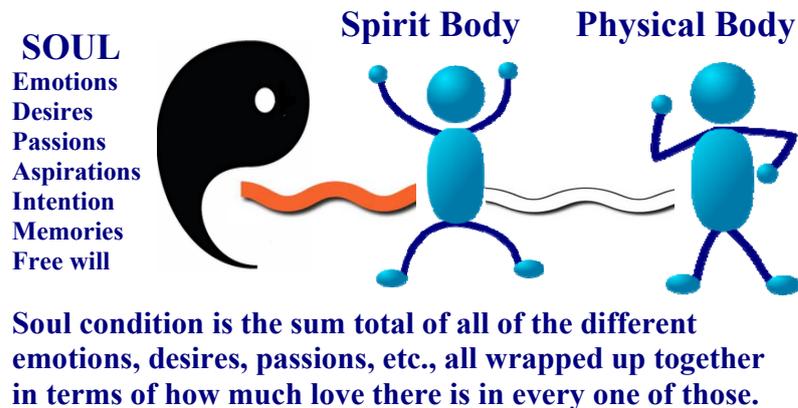
The next thing the mind says is, "I don't want to give up the pleasure of eating." Quite the contrary. What happens to the enjoyment of eating once we use this technique is that the appetite arises only out of the act of eating itself rather than anticipatory appetite. I can sit down with no hunger or appetite at all, but the minute I begin to eat, it creates appetite, and the pleasure is greater than it ever was. I enjoy food now more than I ever did. Eating is no longer accompanied by guilt or self-blame. There is no anxiety about eating too many calories or gaining weight from eating. All that is gone, so we do not give up the pleasure of eating at all. We find that when we are not hungry, the food is considerably more enjoyable. We start enjoying the cheese sandwich the minute we take the first bit. We are not even hungry. We pick up the cheese sandwich, bite into it, and the enjoyment is there. There is no loss of enjoyment. I do not believe in letting go of enjoyment and pleasure; on the contrary, I believe in increasing it. So now there is the enjoyment and pleasure of eating as well as the enjoyment, pleasure, and justified pride in having a body that is more appropriate to our aesthetic ambition – how we would like to look.

Fresh is Best!

The first thing to handle is the cycle of eating and getting hungry. We are the victims of a behavioural pattern, a condition that has nothing to do with will power or morality. We can condition any kind of animal in this way. What has happened is a sort of Pavlovian-dog conditioning that has nothing to do with our personality or self-worth. It has nothing to do with being self-indulgent, with oral narcissistic

needs, or with whatever the psychoanalytic theory might be, such as oral aggression or oral passivity. It merely has to do with a simple, very primary type of conditioning that has been favoured in our society.

We picked up those patterns in our social conditioning as children, that is all. We will discuss the part that the child plays in this and arrive at a different way of looking at the whole eating pattern. The mind experiences the body, and the consciousness experiences mind; therefore, we really experience within our consciousness (soul) what we formally called 'hunger'. Where is that localised? You will notice that it is only a belief system that it's experienced in the stomach. It is actually experienced in a generalised way, sort of everywhere. The thought that it is in the stomach is just a belief system from childhood. As mentioned previously, the body cannot experience anything. What is happening is experienced in a more diffuse generalised area.



Another technique of letting go of suffering at any time from pain, illness, or physical symptoms, such as hunger, is knowing that it is nothing by a physical symptom. You will notice that it is experienced in a general, diffuse manner, sort of everywhere, because that is where we experience all experience rather than in a localised situation. The localisation comes from a strong belief system. We all have these thoughts from childhood. As we let go of resisting the energy of this sensation, it becomes diffuse and finally disappears.

On the Map of Consciousness (MoC), we see the lower feelings at the bottom, and when we move up to Desire, which has been running the appetite-hunger satiation cycle, we notice that it has an energy field that calibrates at 125 and is in a negative direction. In other words, it has a deleterious effect on our lives. The emotions that go with this energy field are wanting, craving, and all the addictions. Therefore, calling a weight problem a food addiction is partially correct in that the characteristics of the negative energy field at 125 are feelings of wantingness, desiringness, and cravingness, and the processing occurring in consciousness is entrapment. The person therefore feels like a victim, and due to the downward direction of the energy field, there are negative feelings about the self having to do with the whole cycle.

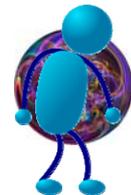
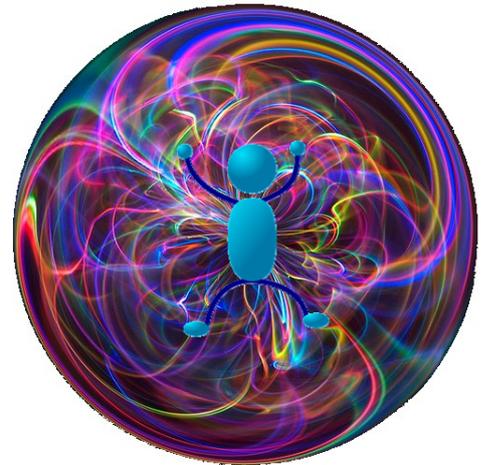
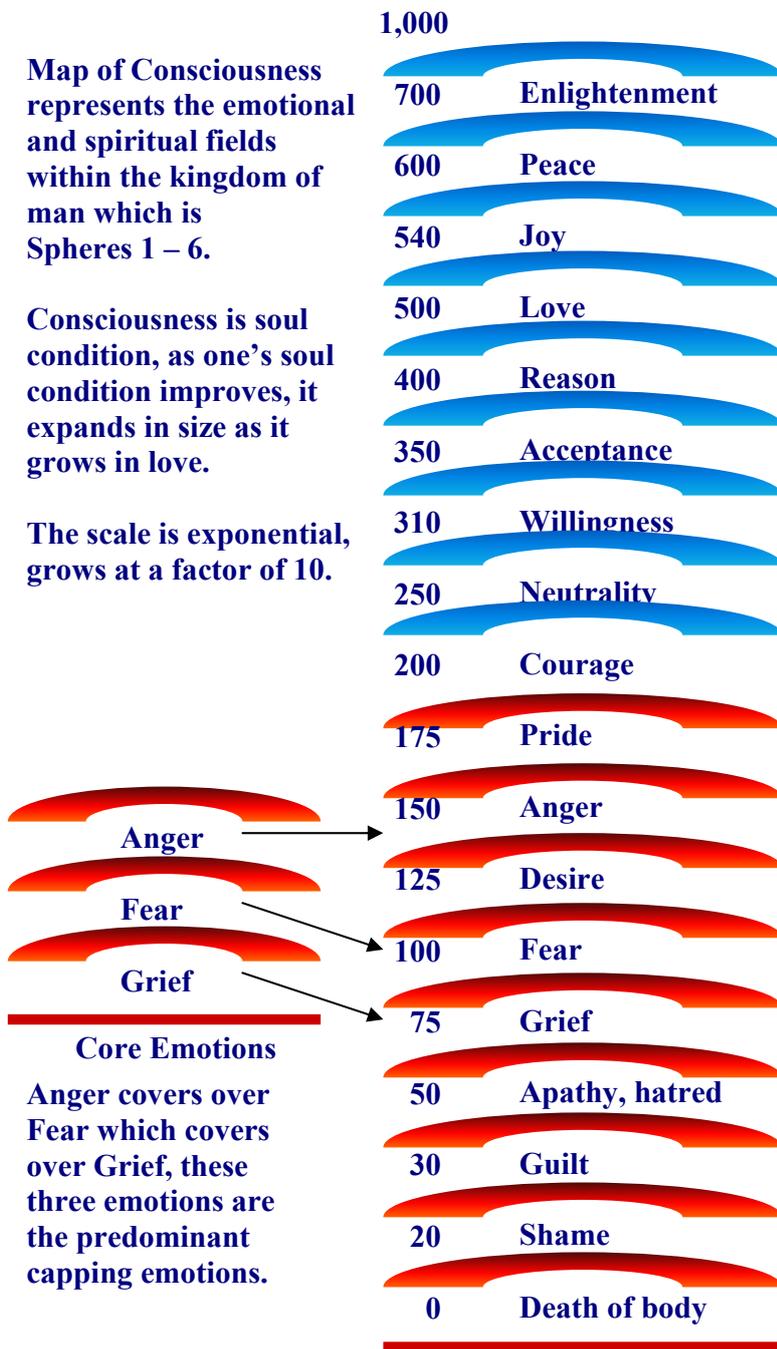


MAP OF CONSCIOUSNESS

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

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

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



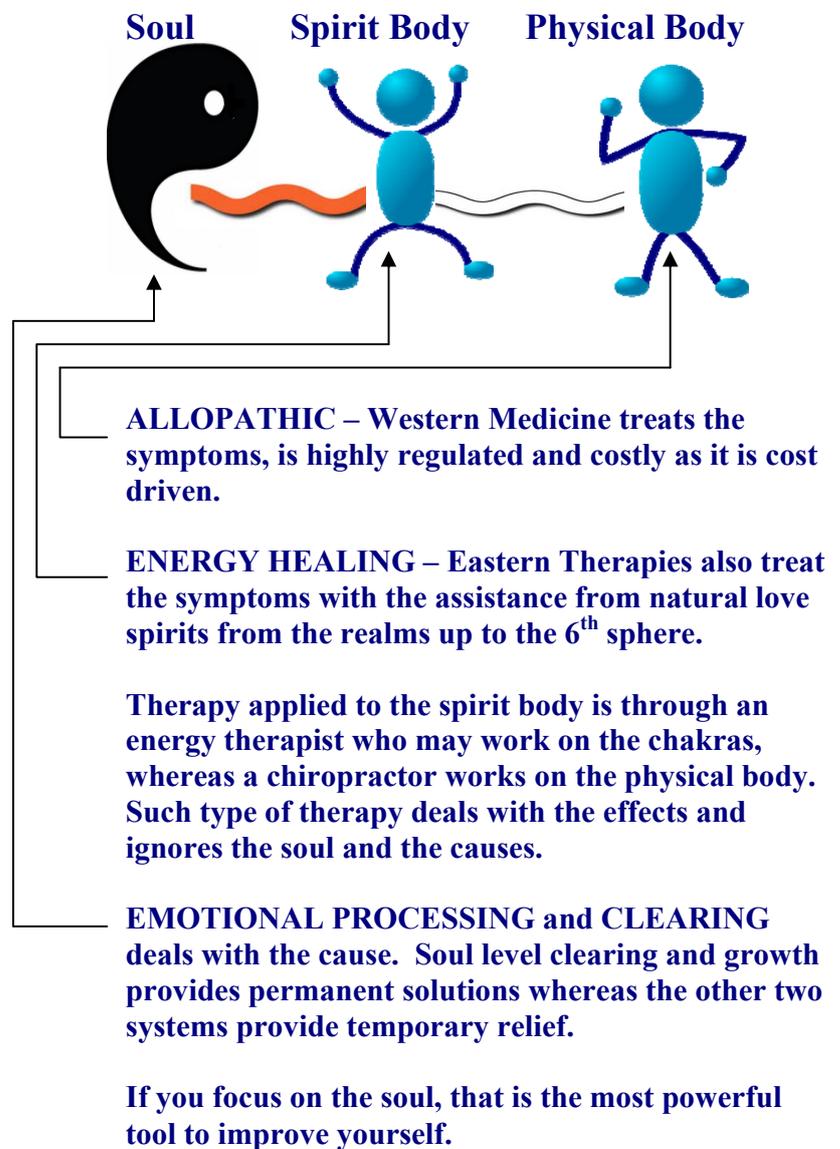
As we let go of resisting it and go beyond it, we start moving up the scale to the level of Courage in order to handle the problem of price in our willingness to look at it. When we move upward and get off this cycle at level 250, we become detached. At that point, the process going on in consciousness (our soul) is one of being released. Because the energy field now goes upward, we have a good, positive feeling, one that is constructive and makes us feel better. It has a lot of power in it.

How do we experience that detachment? It is the experience similar to if we eat, it is okay, and if we do not, that is okay, too. People ask, “Do you want to eat something now?” I say, “Well, if you are going to fix something, fine.” Then they will ask, “What do you want to eat? Do you want to eat fish, or macaroni, or baked beans?” I’ll say, “Well, either way.” When one reaches this level of handling appetite and hunger, one is no longer really fixed on one particular food or another. One could say, “If we have a steak tonight, that’s fine, and if we don’t, that’s fine.” So it is okay either way. This means that one is free.

One characteristic of this attitude is freedom. Freedom from what? There is freedom from being run by a program or a condition, and freedom from being a victim of the cycle. There is freedom from the entrapment that made us feel bad about ourselves. As we get detached from these sensations, we begin to feel good about ourselves. In fact, our willingness to do that goes up to level 310, which has an even better feeling about it. We begin to accept that this is nothing other than a phenomenon, just a set of vibrations going on within consciousness. It does not have to do with food or the body. Those are all programs. In essence, physics explains it as just a set of vibrations going on in the field of consciousness that are within our power to alter. Once we do that, we can really begin to love ourselves more than we did before.

There is another very interesting aspect going on in consciousness that will also be very helpful. It is something you can observe within yourself, and something I picked up within myself and saw happening. The cycle in the past was to be run by the hunger, appetite, satiation, and then guilt. All the good intentions I had about dieting and taking off weight suddenly flew out the window and disappeared somewhere. After filling myself up with far more than I knew I needed, suddenly there was a feeling of self-disgust and guilt. People with severe eating problems often experience that. They go into the bathroom, throw all the food back up, then go

HIERARCHY of HEALING SYSTEMS



into self-hatred, blame, guilt, and even suicidal depression, which can become very severe. What really happens in this type of situation? I observed that when a person sits down to eat, it is only the adult within who wants to take off the weight, and it is really the ‘inner child’ who is always hungry.

In the past, Dr. Eric Berne, author of *Games People Play* and creator of Transactional Analysis, along with other people in that field, talked about our ‘child’, ‘adult’, and ‘parent’ tapes that are like three voices within us. One is the desirous child; one is the adult who is rational, intelligent, and educated; and one is the parent who tends to be punitive and moralistic. The parent tape is the one that tells us about right and wrong. When we sit down at the table or walk to the refrigerator, the adult within goes unconscious and the child takes over.

What does a child know about diet, weight, and calories? Nothing. The consciousness of the child is, “I want, I satisfy, and I get.” So we go to the refrigerator without realising we are in a different state of consciousness, one in which the child is dominant. So who is poking around in the refrigerator? The child is. Who is ordering a second hot fudge sundae or having a second helping of potatoes and gravy? The child. After we indulge the child without realising what is going on, when the meal is over, the child leaves. It has had its fill, and then who takes its place? The parent does who then says, “How could you have been so stupid? Why did you have seconds? So did you have a piece of pie? Why did you put ice cream on top of the pie? I mean, think of the calories. You are really stupid and weak; you don’t have any will power. You are no good; your self-worth is rotten.”



At this point, we are subjected to the inner angry parent who is blaming us. Blaming whom? Blaming the inner child. Where has the adult been all this time? It has been silenced. The adult was not there at mealtime or after mealtime. The child and the parent have taken over the whole eating program, which is natural because that is where the eating patterns get set up in the first place. The get set up with the child. And who is sitting next to the child but the parent? So the child alternates with the parent in running the whole eating pattern.

In order to counteract this, we have to be aware that the pattern is running. Just to be aware of it begins to change it. Now we can make a note to ourself, put it on the table or the refrigerator, and consciously call forth our adult and tell the child, “This is the place for an adult now because my adult is very conscious of its eating.” My adult knows about calories, diets, and healthy eating patterns. I consciously call forth my adult to be here at this meal. I say, “The adult me is here now” and consciously reject the presence of the child. Because the overindulgence does not happen, when the meal is finished, my adult stays there. No parent comes in to blame me for what has been done.

It does not take self-control or resisting anything; it just takes being aware. When we sit down, we say hello to our adult and be conscious. Just as we sit down at the dinner table, we watch the kid come up in us. I have watched myself do this. “Oh, look at who is there at the table. Oh, wow! Look at the pile of mashed potatoes! Look at the gravy!” Just watch peoples’ faces when they sit down at the table and we see who is ‘up’ in them. We see the eyes pop open and watch the pupils of the eyes get very large. If that is not a five-year-old kid, then I never saw one.

We may see a serious-looking businessman walk into a restaurant with his briefcase. He goes through the cafeteria line and then sits down. Now, watch his face as he puts his napkin in front of him. He picks up his napkin – somebody else is already there! There is the kid all ready to have a good time! Of course, after the man gets up to leave, now we instantly see, “Oh, I ate too much.” Now who is there? Look at the frown as the man is berating himself as he walks out of the restaurant. In his mind, he is counting all the calories. He just ate 3,850 calories for dinner, and his doctor told him he is supposed to have only 900 calories a day. He figures he cannot eat until next Tuesday now and wonders how he is going to survive.



We can break out of this self-defeating pattern just by being aware. Make a little sign for the refrigerator door that says, “Adults Only.” Be conscious; be aware of who is there. We will find that the adult enjoys the eating very much, too, but just does not go crazy so easily.

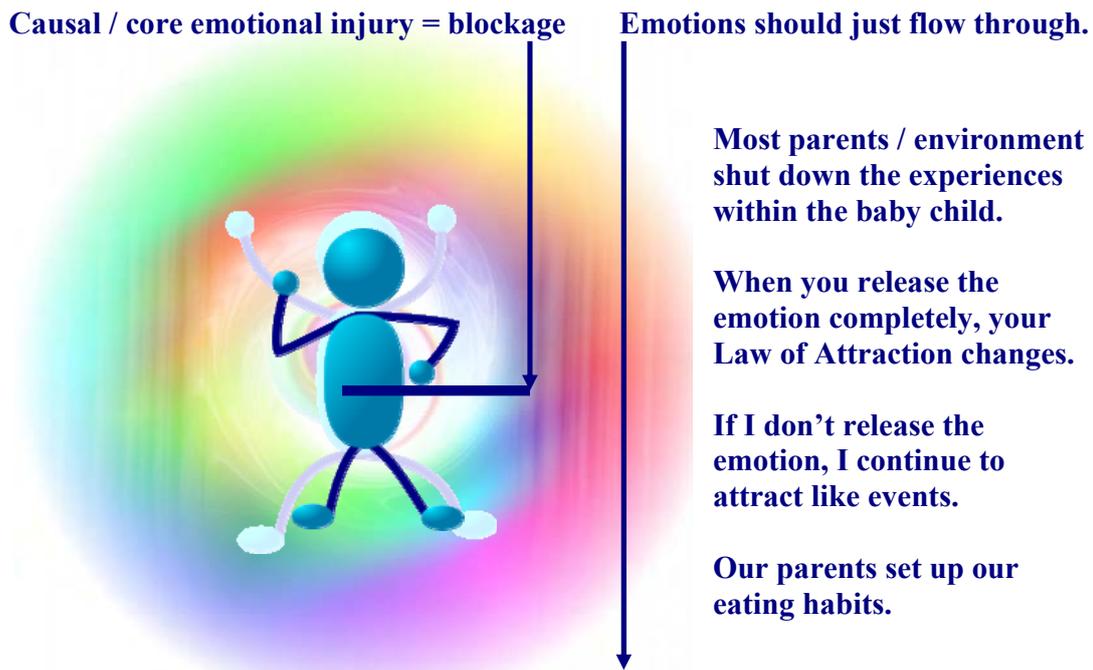
It is important to avoid a fluctuating blood sugar level as much as possible when first initiating this program because, in the unconscious mind, a drop in blood sugar is often associated with hunger and hungry feelings. For example, if we eat a hot fudge sundae on an empty stomach, the blood sugar shoots up, adrenaline and insulin pour out, and the blood sugar tends to drop rapidly. Behaviourally, in the past, this has been associated with feeling hungry, but we are not actually hungry. The stomach is still full. We have more calories in us than we need, but it is the rapidity and the degree of the drop in this blood sugar from where it was previously that triggers the sensation of hunger again.

It is much easier when initiating this program to stay on a high-protein diet as much as possible because then the blood sugar tends to stay relatively level. We avoid those sudden drops that give the feeling that we want to eat something right away, therefore making it a little easier on ourselves. The point is to avoid suffering in all its forms. We do not want to experience suffering in any kind of program because, otherwise, it is not going to work. Counting calories and depriving ourselves is setting up a form of suffering. What happens then is unconscious – we get satisfied and the over-indulgence sets up guilt. Then we diet, which is sort of self-punitive, by going on bread and water like a prisoner for a certain period of time. After we have punished ourselves sufficiently for all the overindulgence in the past, the guilt disappears and the old habitual eating pattern returns. We want to eliminate the imbalance of extremes of overindulgence, feeling guilty, going into a self-punitive bread-and-water diet – first swinging to the overeating and overindulgence, and then swinging into the guilt and self-punitive deprivation.

Am I being loving to myself?

Deprivation is not the way to happiness, nor is overindulgence. It is preferable to use consciousness techniques to transcend them and be in the middle of the two so that we are over and above the problem, with the adult there to take over? This makes it easy and enjoyable. It is really delightful to realise that we have just handled and transcended something in just a matter of minutes that has plagued us our whole lifetime.

The first day I tried this, I think I spent about forty- five minutes sitting down and handling those sensations; the second day, maybe twenty minutes; the third day, maybe ten minutes; and the fourth day, maybe four minutes. Since that time, I do not think I have collectively spent an hour using the technique over many years. One can start a stopwatch, sit down, use this technique, and hit the stopwatch again when the hunger feeling is gone. One probably would not collect more than an hour over a ten-year period of time, so there certainly is not much effort needed or suffering to be experienced.



No will power is involved; willingness is being used instead because it is a positive, powerful energy at level 310. Using will power means resistance, which is a negative energy field with a weak power of only 125. Instead, we use willingness and acceptance, which lead to happiness that calibrates closer to 500. We end up being joyful and feeling great about ourselves. The body becomes pleasing, and we begin to experience it in a happy way.

Another way to increase the rapidity of the effect of this is by watching our activities. Exercise is great, but how many mornings are we going to get up and do callisthenics? No matter how attractive the person is on television, we are just going to do this a certain number of times, and by the fourth day, the enthusiasm wears off; before we know it, we are back into the same old pattern. Exercise is wonderful. It is good for the sense of well-being, but weight-reduction folks know the truth of that one. They have a dozen exercise machines in the garage.

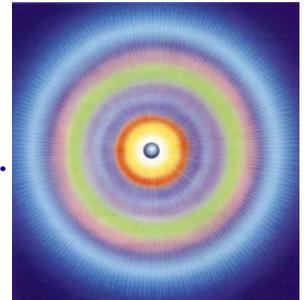
In contrast, the relatively effortless system just described actually works so well that you may end up having a problem with being too thin. That is what happened to me (Dr Hawkins). The technique just worked so well that pretty soon the appetite and hunger disappeared, along with all the cycles of eating, indulgence, and feeling guilty. I noticed I forgot to eat breakfast and lunch. I got busy with the activities of the day and totally forgot eating.

Once in a while it comes to us in the beginning, because it is a habit, that it is mealtime. Then we just sit down and let go of resisting that just as we do the sensation, and we will notice that the ideas that “I must eat breakfast,” “I must eat lunch,” or, “I must eat dinner” are cultural conditions. They do not have any reality to them. It is just as easy to not eat all day. (I have actually gone days without eating and did not even notice it. One time I went from Monday to Thursday. I was so busy with activities, and on Thursday, I suddenly realised, “I don’t think I have eaten for the last couple of days.” Sure enough, I had not. Then the family began to complain that I was too thin, so then I had to consciously be aware that it was necessary to eat. I had to reprogram myself a little bit to go back into eating. The technique works extremely well and brings a great deal of happiness.

Another consciousness technique, which has a general application, can be used as well. (All the techniques we have discussed have many applications.) You picture the kind of body you want to have and the feeling you want to have about having this kind of body. Then remember sometime in your life when you were feeling joyful and pleased with yourself. Next, picture the body the way you want it to be and reawaken that emotion of joy. For example, if you want to be slim, picture yourself as slim and begin to love that picture of yourself. Love that picture of the body and then let it go, knowing that you have set up a program. You have set up what is going to happen in the future because the mind begins to move in that direction automatically. Just love that picture of yourself. If you like, you can put the number of pounds / kilograms under it and picture how you want to look, and say, “you know, it’s fantastic to be slim and active and feel good about the body. I love myself for that.” Research studies confirm that imaging techniques are effective.

We want to stop identifying with the body. We are not the body. We have a body, so how we view our relationship with the body is important. We are that which has a body, just like we are that which has a car or a house to live in. The body becomes like those things, like a pet, which is a great way to look at it. “See, this is my little pet, this is my bicycle, this is my car, this is my pet that carries me around.” We can see that it is different from saying, “I am that.” If I say I am the body, then I am subject to what goes on with the body. If it gains weight, then it is ‘me’ who is fat, and I am the one at fault. It does not take too much in the way of meditative self-awareness to realise that we are that which experiences the body, but we are not the body.

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



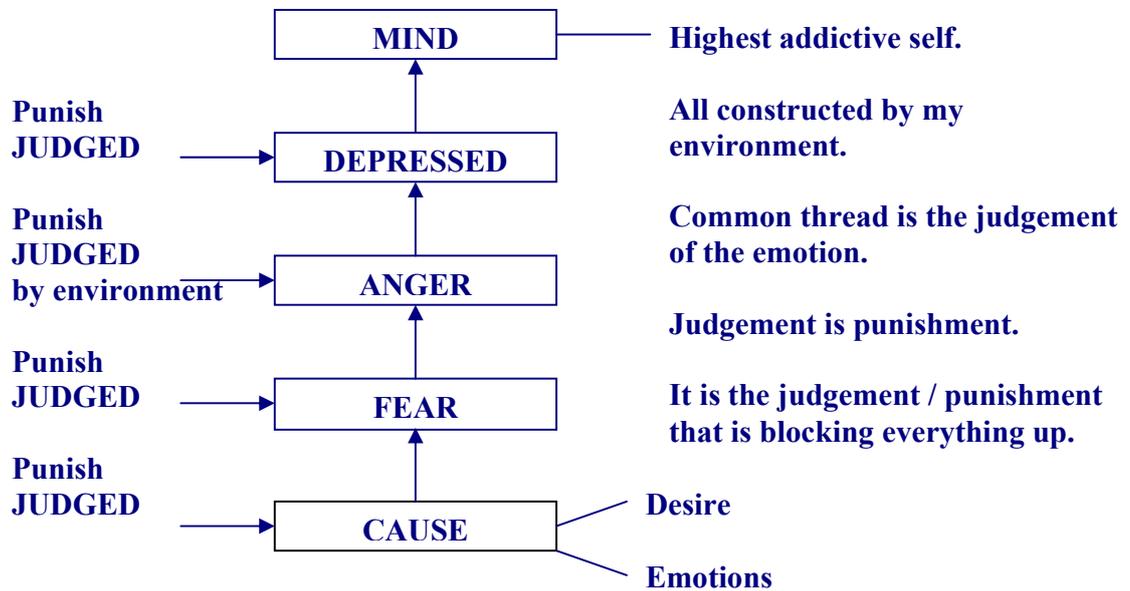
At the beginning, we said that the body cannot experience itself; it can only be experienced in mind. Mind (within the spirit body) can only be experienced by consciousness (soul), and consciousness itself can only be experienced by the field called ‘awareness’, so we are that which is aware of the body, as well as that which is beyond the body. Our reality is one thing, and the body is another that reflects what we hold in consciousness. Therefore, the problem is not the body at all, the problem is what we hold in consciousness (emotions within our soul).

The task is really to change the vibrational patterns within consciousness (release errors of truth). This body is going to automatically do what it is told to do. It cannot think because it has no mind. That which we are has the mind, and the body follows what the mind tells it to do.

With this imagining technique, the way in which we hold our relationship to the body as pleasurable releases its dominance. As we keep letting go and flowing these techniques, the body seems to get lighter. The body, having nothing to do with weight, is experienced as progressively weightless. After a while, as we move up the scale of consciousness (soul condition), we are hardly aware that the body even exists.

In looking at the scale of consciousness differently, we can see how we originate and perpetuate the weight problem by holding it in the form of destructive emotional patterns. It is generally thought that these negative feelings are the ‘cause’ of the weight problem, but if we look into it, we see this is really not so. We can see that these are the reactions to the weight problem, and sometimes they are the corollary or the parallel.

How have we been holding the weight problem up to this point? Most of us have been down at the bottom of the scale in the area called Guilt, with a very weak energy field of 30. If we try to handle our weight problem or any problem, such as alcohol or relationship, from the level of Guilt, we can see how much energy we have to work with. We have thirty dollars compared to Love, which is five hundred dollars. Thirty dollars is not going to buy us much progress in anything. Not only that, the energy field is negative, meaning we are going to feel negative about the whole thing, along with self-hatred. The process is actually destructive.



Punish / judgement is based on rewards.

The punish / judgement comes from your parents and environment.

People have actually committed suicide over their weight problem and self-indulgence. Even if they do not handle it from Guilt, they move up to Hopelessness. This state at the energy field of 50 is also accompanied by despair. This means, “My case is hopeless. I have tried all the diets; I have tried the milk farms. I have lost the energy with which to even address this problem any more. I’m the victim of it, and I just surrender to it and give up.” Therefore, this level is “I am hopeless.”

The next one above it is Grief. This is the level of depression and regret about the problem, along with feeling despondent and dispirited. There may be the fear of this problem and its consequences. These are all negative feelings, such as “I’m going to die of a heart attack. This excess weight is going to kill me.” This level is full of worry, anxiety, and panic. “It is going to destroy my relationships and my future.” Of course, one’s self-esteem is deflated, so people with a weight problem often withdraw socially. They compensate in other ways because they feel inadequate due to this energy field. They really are not inadequate due to this energy field. They really are not inadequate people at all. They are just holding that about the situation, and the negativity of it affects their emotions.

We have already discussed Desire at calibration level 125, which includes desiring, wanting, craving, and the entrapment behind all this.

The next field upwards is that of Anger. We know the person is angry about their weight problem. They resent it and are filled with grievances about it. Although energy level 150 is more effective, they may be more successful in utilising anger rather than guilt or hopelessness. If one is angry enough about their weight problem, they can move up to Pride at level 175. That offers a lot more energy. Through Pride, one can choose to adopt a successful program to follow and then move up to Courage.

Courage provides some tools that really work, and at that level, there is the courage to try them. At 200, there is a lot of power compared to 30 or 50. It enables us to face, cope, and handle, resulting in becoming empowered. The truth is that we have not known how to handle it up to this point. If we had known how, we would have done it.

As we use these letting go techniques, we become detached from the whole problem. If the weight stays, it stays, and if it does not, it does not make any difference; therefore, we feel good and then move up to the level of Willingness.

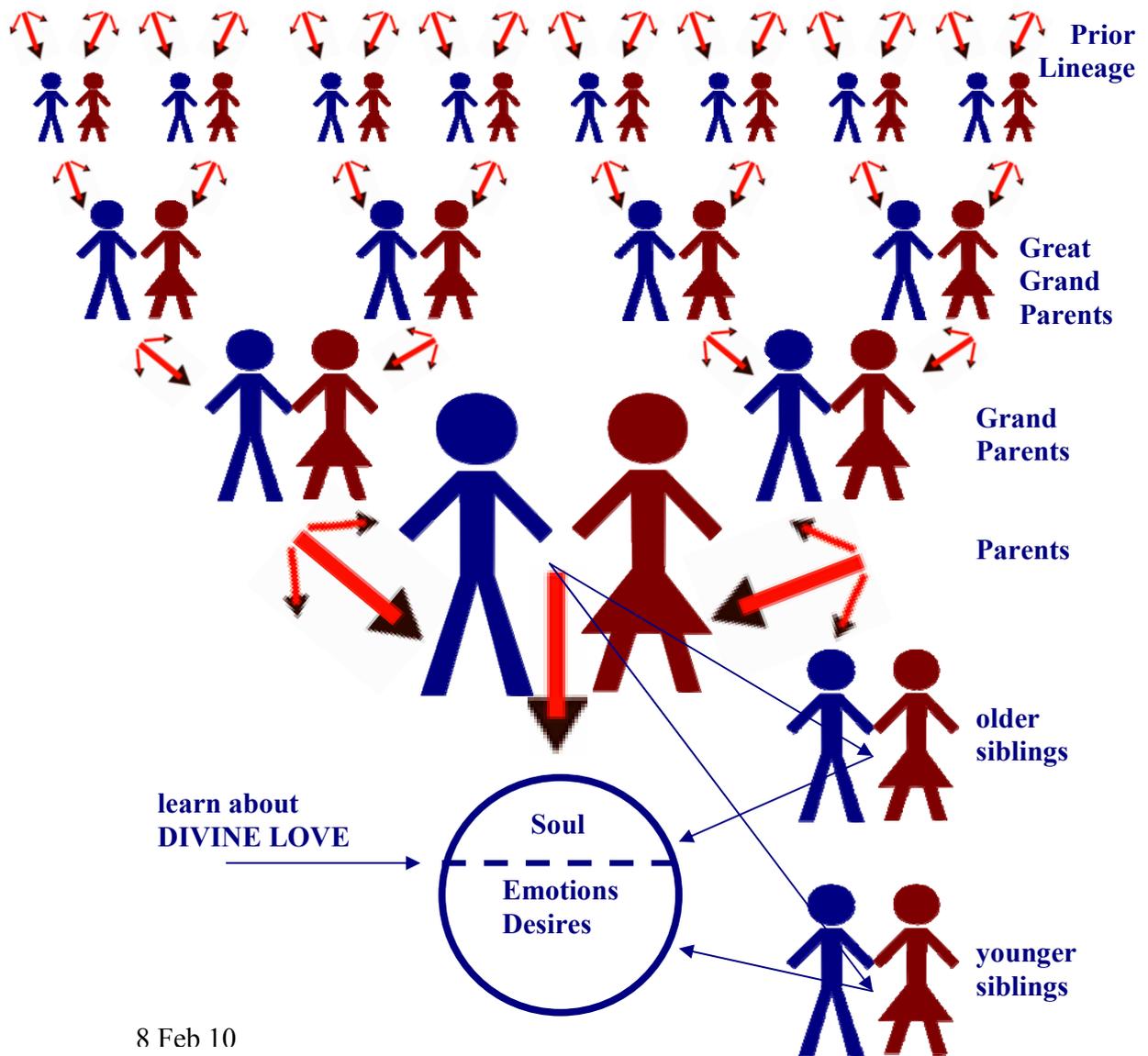
EMOTIONAL PAIN is denial of an emotional truth.

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.

Willingness at 310 has a lot of energy when compared to Guilt or Grief. We can see how much power we have now that we are in agreement and aligned with this technique. Our intention is that we are finally going to handle it, and we can accept that it can be handled. We start feeling that we are an adequate person and start becoming confident. A transformation is now occurring because we realise that the power to handle this is within ourselves, and we start moving up into a lovingness. There is the desire to really love ourself and the body now that we do not identify with it as ‘me’; this body is not

'me'. If I lose my left leg, I am still 'me'. If I then lose my right leg, I am still 'me'. If I imagine losing my left or right arm, I will still be 'me'. If I lose both ears, I will still be 'me'. We finally realise that one the 'me' is me, and we are not the body. Whether it weighs 200 pounds (90 kilograms) or 85 pounds (39 kilograms), that which we actually are is of a different quality and essence. Therefore, we must learn to love the body now, to begin to really value it and see that it is just an enjoyable little puppet.

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



8 Feb 10

The way to relate to the body is to see that it is a happy puppet that just goes about its way. At this level, we can start getting playful with it and experience a sort of joyfulness. As it bounces around, we are just sort of dimly aware of it because we are experiencing our existence from a position of Allness. Once we become conscious about where experience seems to be actually happening, we realise that ‘experiencing’ is a non-local, diffuse, subjective condition. We begin to identify with everywhere-ness instead of stomachness, bulginess, or ulcer-ness – all those localised things – and instead realise that what ‘I am’ is a conscious being.



Love never expects anything from anyone.

Consciousness is everywhere, so we then begin to experience existence as being non-spatial. Within this everywhere-ness and Allness, this happy puppet bounces around, spontaneously doing what it does and having a good time doing it. Even if we are deliberate, we are only spontaneously being deliberate. With observation, it will be discovered that all action or even thinking is actually spontaneously autonomous. (Confirmed by the neuroscience research of B. Libet, et al.) By valuing our existence, we come to realise its intrinsic greatness, bigness, and the joy of aliveness, and we see the body as a contributor to that fulfilment of something enjoyable. The body is something to have fun with, experiment with, and play with.

Within a couple of days, once we release this appetite / hunger cycle, the rest of it is automatic. We know we do not have to do another thing. If we want to throw in some common sense and have a diet Coke instead of a regular Coke to save a hundred calories, well, that is common sense. That is up to us, which is different from being at the effect of it. That is different from being run by the guilt of it because now we have a choice.

Another trick that works is to never allow yourself to go over a certain number of pounds. If we choose 132, that means that if by accident we weigh 134, then we go back to this technique again and get off that cycle because those old patterns can tend to recur. However, they are then easy to let go of if they do. We merely use the technique once or twice. The first time we feel hungry, we sit down and skip the eating until the hunger disappears. Then we go out to the refrigerator if we want to, and remember to have our adult there. We may put a note inside the refrigerator to see when we open the door, or maybe a picture of ourself as an adult. This helps us to realise that we have a choice about whose arm is going to reach into the refrigerator. We know to keep the kid out because that kid is going to help himself or herself to whatever is in the refrigerator and not let the adult be there. As a result, it all becomes a very enjoyable experience, one in which we truly begin to love ourself.

The basis of all the self-healing techniques is primarily to learn ways of loving ourself, to begin to value ourself and love that which we are in truth. That which we really are then looks at our little body and begins to get a kick out of it. It says, “Gee, I’m having a good time with you. You are a fun thing.” We begin to see that it really almost runs on automatic by itself. We will see that the ego has played a trick on us, too. We think that we make a decision and the body then follows through. Actually, it is doing it

by itself. Actually, it is doing it by itself because it is on automatic. Once we have released it from a negative pattern, the body will just handle itself very well.

In scientific experiments with young children, if they are allowed to spontaneously select their diets, they will automatically select a balanced diet. One begins to experience a return of faith in nature, allowing the body now to sort of be itself. The nature of that which is natural within the body will automatically handle its nutritional needs. When we get off the social programming, that which is automatically self-healing and health within the body takes control. It looks after itself, choosing what it needs and wants to eat, and it does so extremely well.

It could be said that it is wise to have faith in the Divinity within Nature itself, in the body's being part of the beautiful Nature of this planet. It has its own inner wisdom. When we remove the artificial conditioning of our society, the body's innate inner wisdom expresses itself in a sense of aliveness, joyfulness, lightness, and in the capacity to feel good at all times, and its weight handles itself automatically.

To achieve this, all that is necessary is just a few minutes of time, with many years of joyful rewards as a result. Have a good time with the body. Love it, be good to it, and give it all the love and attention that it needs. Realise that it belongs to you but is not what you are. It is a lovely possession, so enjoy it while you have it.

“What if I do all the above and it doesn't work? What if I am still overweight despite everything?” If that is the situation, then it is time to shift priorities. Maybe there is a genetic pattern that is familial and even multigenerational. Weight is actually a vanity anyway, is it not, unless it is life threatening. It is better to focus on being a loving and valuable person. Many great people who changed history were probably genetically heavy, such as Winston Churchill, generations of opera stars, William Jennings Bryan, Teddy Roosevelt, and the European monarchs and aristocracy, to name a few. It is better to be hefty and happy and just dismiss the whole issue than to obsess about it. We do not take the body with us when we leave the planet, and aesthetics do not have a priority in heaven.

Only Three Things Needed

A L O N G I N G for GOD'S LOVE to ENTER YOU
 A L O N G I N G for GOD'S TRUTH to ENTER YOU
 H U M I L I T Y

Humility is the passionate desire to experience fully
 ALL of your own emotions,
 without blame, judgement or condemnation

LACK of SELF- LOVE:

- A composite of:
- lack of self-worth
 - lack of self-acceptance
 - arrogance and pride
 - self-loath and hatred
 - lack of self-awareness.

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



Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

LIVE FEELINGS FIRST

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

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

I ♥
ME

The Only Prayer That Man Need Offer to the Father:

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

The Prayer for Divine Love

2 Dec 1916

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

P.438 Book of Truths through James Padgett / Jesus

Let your prayer be as follows:

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

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

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

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

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

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

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

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

Amen

MoC

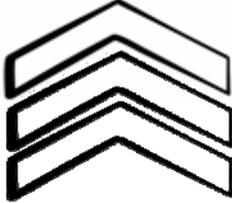


Note: The 'false teachers' are our parents, as they are also the 'evil ones'. Also, the evil ones, being those parts of one's mind, that are controlling you.

Celestial Truth:

Truly all-loving;
 Living true to oneself;
 Mind supporting Feelings;
 Living with the Divine Love;

Fully Healed of the Rebellion and Default.

**THE FEELING WAY**

Feeling – Ascendance
 Unlimited progression

- Living true to your untruth;
- Honouring all your bad feelings;
- Expressing feelings to uncover their truth;
- Healing the Rebellion and Default within yourself;
- Feeling unloved; being unloving;
- Feeling as bad as you can feel;
- Feeling like you are no one special;
- Longing for the Divine Love.

The CHOICE is OURS to MAKE:**THE MIND WAY**

Mind – Transcendence
 Limited progression

- Enlightenment, Nirvana, feeling all-loving;
- All false, mind-contrived. Anti-truth, anti-love;
- Still evolving the Rebellion and Default within yourself;
- Feeling and believing you are the Superior One;
- Living with your mind in control of your feelings;
- Living rejecting all your bad feelings;
- Living with your mind contriving you feel loved;
- Rejecting the Divine Love.



All religions, New Age, agnostic,
 atheists, no spiritual interest,
 Living the Rebellion and Default.

Hell:
 Exploiting the Rebellion and Default.

The Feelings are the doer; the Mind the teller. So we are to go with our feelings, which we can't be told to do with our mind. So the longing for the Divine Love, doing our Healing by expressing our feelings and longing for their truth, are all feelings and doing it with longing. Whereas the mind just wants to tell us what to do and how to be, no feelings in it, all how our parents have treated us.

U-TURN for HUMANITY:

Why are we doing a U-Turn?

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



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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Kevin of the 1st Celestial Heaven 26 September 2017

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

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

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

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

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

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

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

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



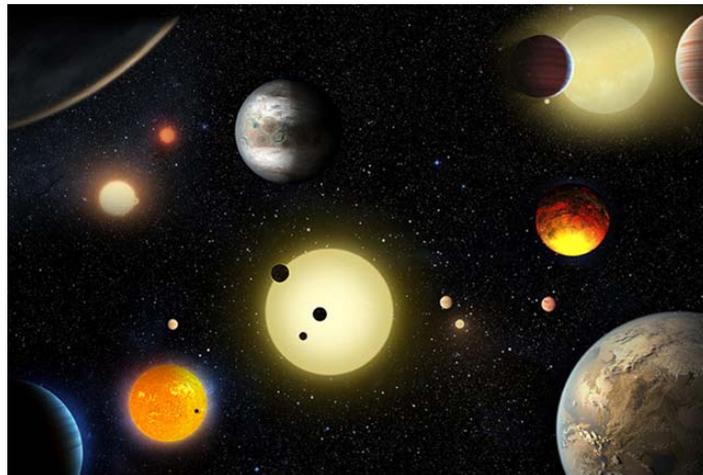
Further, we may become more aware of our **Indwelling Spirit**, which arrives for each of us during our sixth year, as we now progress with our Feeling Healing, or with Divine Love, our Soul Healing.

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

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

This is the greatest event in the history of humanity.

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



Feelings!

Our FEELINGS are our SUPREME GUIDES:

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

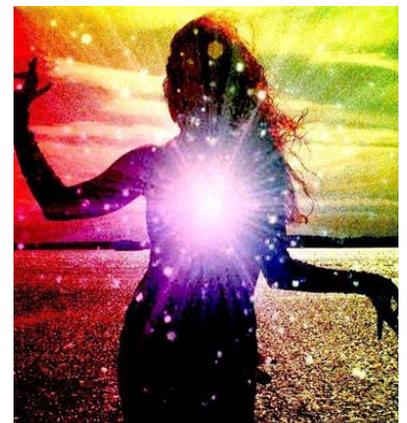
Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.

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

WE ENDURE FOUR LAYERS of PERSONALITY SUPPRESSION!



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

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



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

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



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

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



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

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

DEVOLUTION

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

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

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

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

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

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

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

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

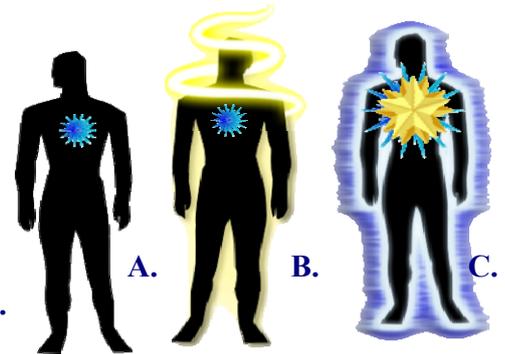
No more of this! We can escape this man made hell!



EVOLUTION

STEP 1: Longing for and receiving Divine Love:

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



STEP 2: FEELING HEALING + SOUL HEALING

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

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

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

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

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

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



FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

To do our feeling-healing we need to become:

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

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

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

So it sounds simple.

So I repeat:

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

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

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

Prayers to our Mother and Father

From 'Religion of Feelings' by James Moncrief

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

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

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

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

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

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

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

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

Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

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

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

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

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

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

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

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

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

LOVE
is
Feelings First Spirituality, The New Way

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

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

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

Living the New Way of Feelings First Spirituality

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

And to do this you need to do your Healing

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

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

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

Feelings First Spirituality **The New Way**

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

FEEL *for* TRUTH

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

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

FEELING TRUTH

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

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

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



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

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

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

Notes from 'Feeling Healing' by James Moncrief

Heartfelt TRUTH

Feelings First Spirituality

The New Way

Feelings First
FF
Feeling Free

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

Accept, express and long for the truth of your feelings

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



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

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



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



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

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

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

Feelings First Spirituality is the True path for humanity.
It embraces all people.

It completely unifies the world.

Everyone can relate to everyone else through their feelings.

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

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

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



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

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

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

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



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

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

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

LOVE is the Religion of Feelings, being:

Feelings First Spirituality, The New Way



my
House is your
Paradise

HOME

WE 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.

MODERN MEDICINE IGNORES OUR SUBTLE BODIES:

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

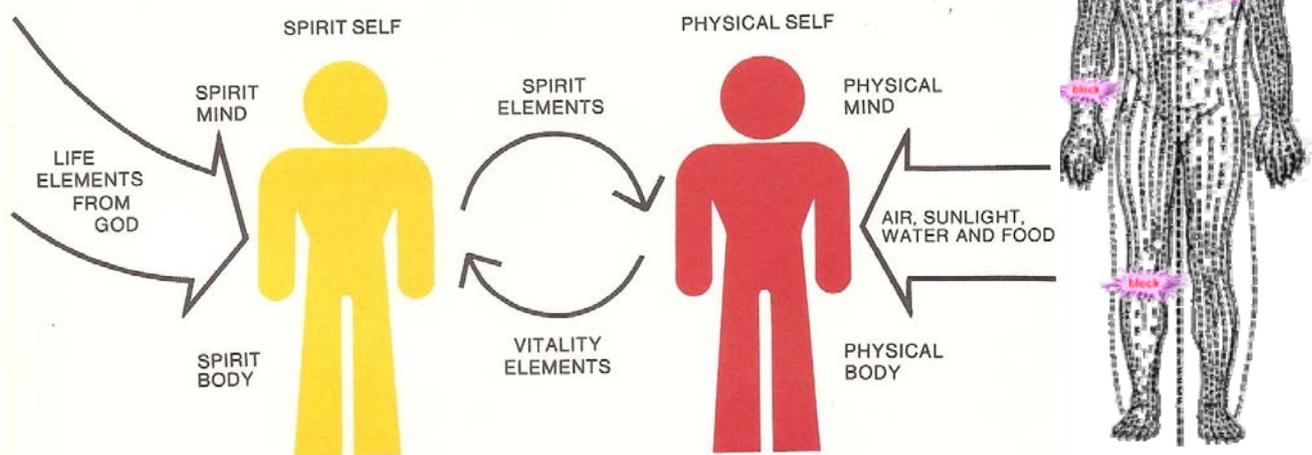
The auric field, that some can see, is the template for our physical body. Childhood Repression brings about energy flow blockages, being stuck and frozen emotional injuries, which then retard the flow of energies within our physical bodies. Modern medicine ignores this reality. The result is that treatments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

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

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

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

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



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

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

MEDICAL PROCEDURES and RESEARCH



Sometimes You Can Find a Needle in a Hay Stack!

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



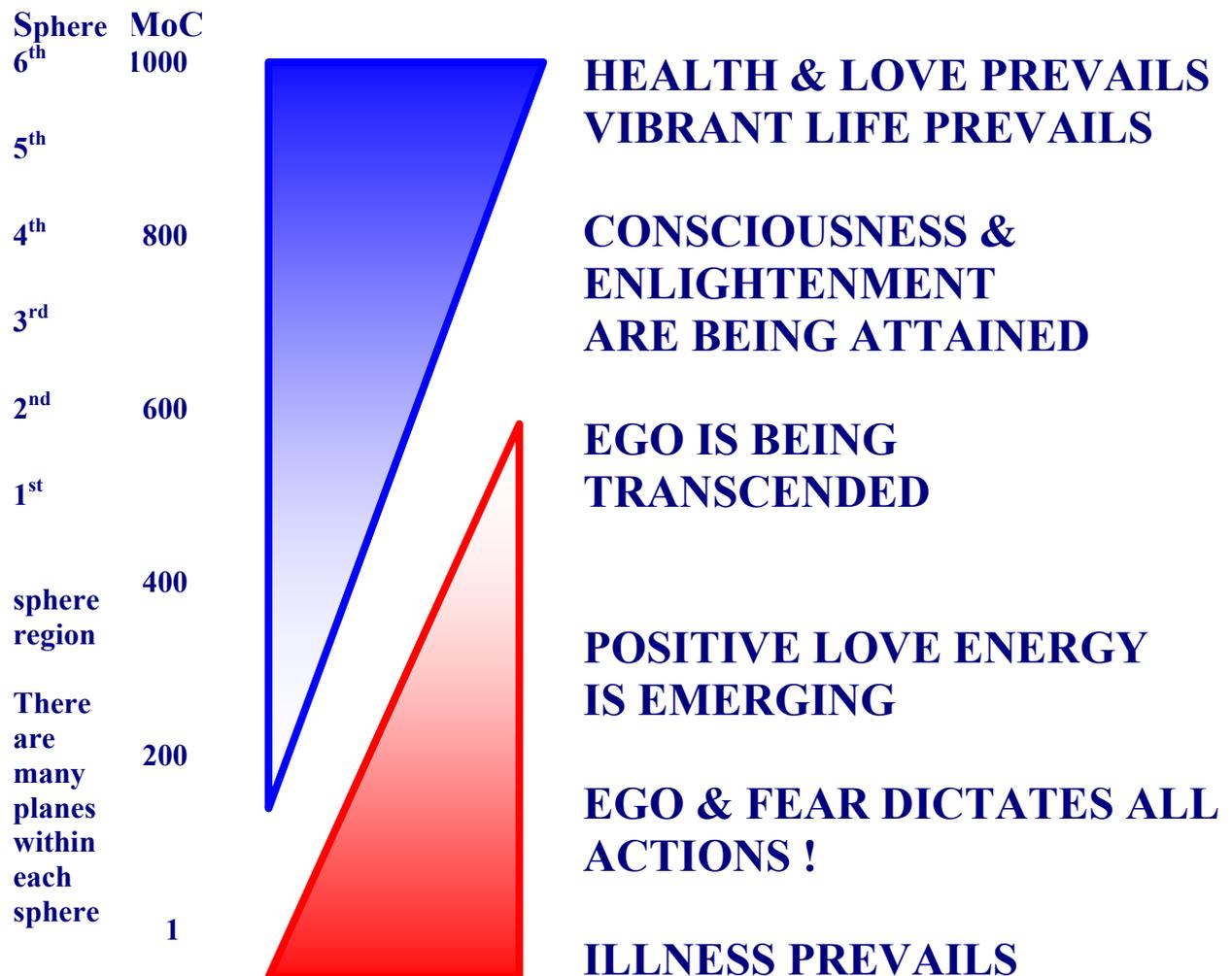
The physical body is animated by the spirit body, and in turn the spirit body is animated by your soul. The spirit body is of much finer substance than the physical body, and the soul is of an even finer substance, hence research technology in the physical world cannot comprehend these bodies.

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

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

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

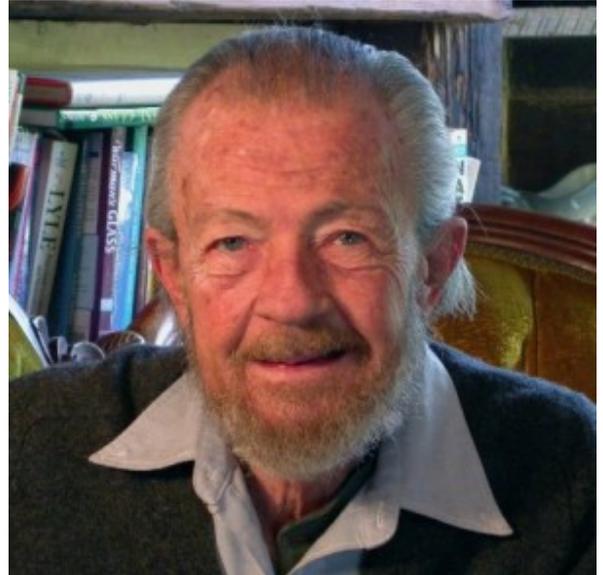
The Ego (mind based) manifests illness; the lower one’s level of consciousness (soul condition) then the more prevalent will be illness. Below the levels of 200, the ego and fear of the mind dominate; however, as you raise your level of consciousness by growing in love and achieve a level of 500 or higher,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



An earnest longing for God’s Divine Love is the only way to transform one’s soul. This longing is severely retarded and the reception of God’s love impaired whilst one’s soul is dominated by erroneous beliefs which are in the form of negative emotions. The releasing of and clearing of these emotions are essential to progress from the lowest levels of the 1st sphere and also to progress through the 2nd sphere. It is Feeling Healing with Divine Love that one progresses through the Divine Love Mansion Worlds 3, 5 and 7 and enters the Heavens.

Dr DAVID R HAWKINS:

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



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

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

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

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

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

Everything is interconnected.

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.

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.

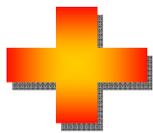
in conjunction with

Longing for the Truth when also longing for Divine Love.

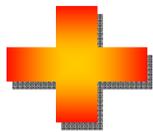


PASCAS CARE

ALLOPATHY + 3 HALVES



Energy
Medicine



Nutrition



Emotional
Processing



RAW FOOD MEALS:



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

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.



Documents in this series:

www.pascashealth.com

Pascas Care – Emotion Code
 Pascas Care – Energy Level of Food
 Pascas Care – Globesity
 Pascas Care – Health & Recovery Losing Weight
 Pascas Care – Hydrogen Peroxide, Alkaline Water, & Ozone Therapy
 Pascas Care – Mineral Matrix
 Pascas Care – Minerals & Vitamins
 Pascas Care – Nutrition Naturally
 Pascas Care – Our Emotional & Physical Health
 Pascas Care – Wheat Belly

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

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

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

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

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

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

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

30 Aug 08

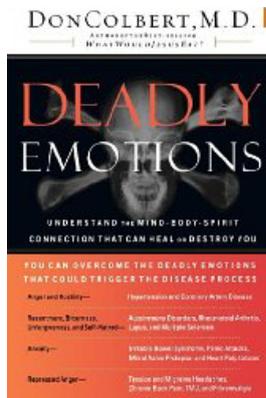
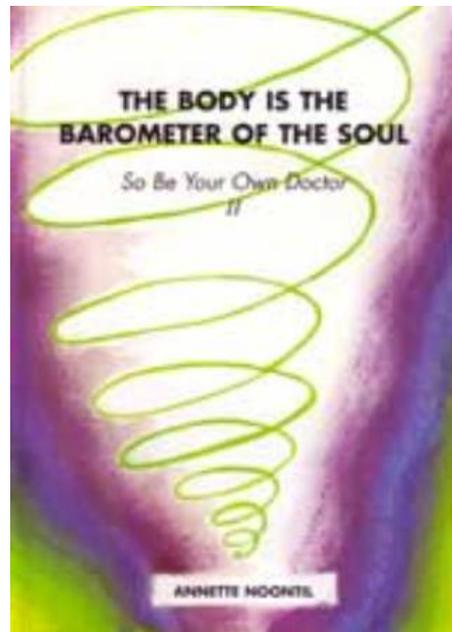
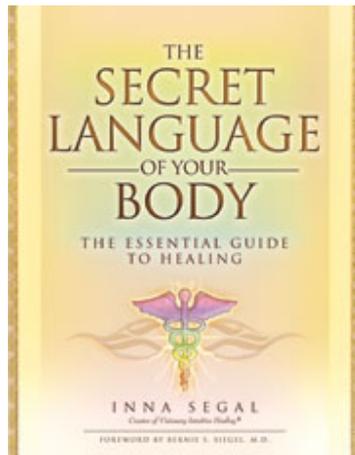
“The Body is the Barometer of the Soul” by Annette Noontil

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

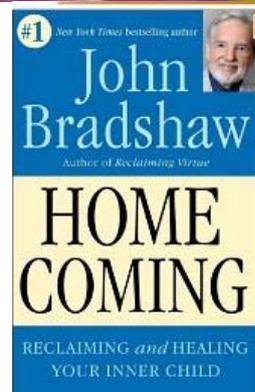
Also consider:

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

www.innasegal.com/



Deadly Emotions by Don Colbert.

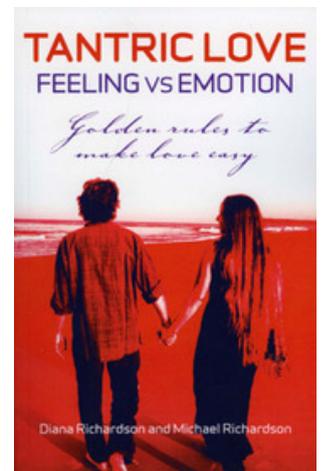
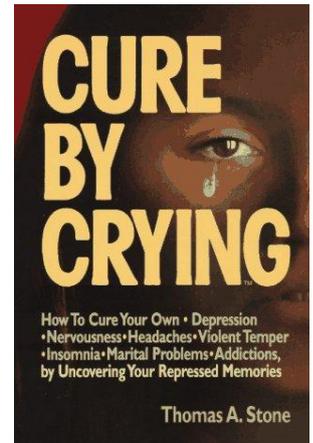


Home Coming: Reclaiming & Championing Your Inner Child by John Bradshaw

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

Other recommended reading:

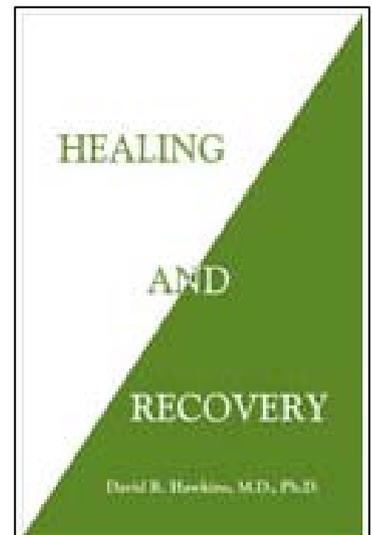
The Book of Truths – Joseph Babinsky
containing the Padgett Messages
Little Book of Truths – Joseph Babinsky
The Human Soul – Joseph Babinsky
The Truth – Werner Voets
Through the Mists – Robert James Lees
The Life Elysian – Robert James Lees
The Gate of Heaven – Robert James Lees
Life in the World Unseen – Anthony Borgia
Gone West – J M S Ward
Post Mortem Journal – Jane Sherwood
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.



WE ALL ARE BEING GUIDED HOME:

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

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

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

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

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

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

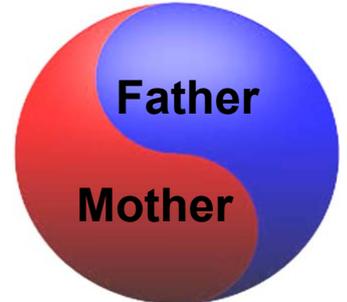
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God’s soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of our Mother and Father.

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

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

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

GOD



M&F



J&M



AVO

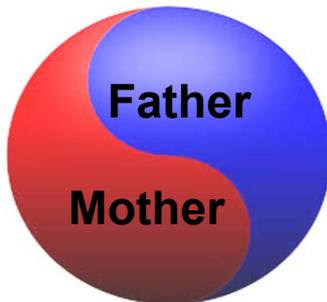


HUM

WE ARE Children of God

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

GOD



M&F

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

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

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



J&M

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

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

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

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



AVO



HUM

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

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

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

WE ARE Children of God

HOW TO GET TO PARADISE:

Long for the Divine Love

Long for the Truth

Long for the truth of your feelings

Don't deny any feelings: accept, express and want to know the truth of them

Know your feelings are the key; your feelings are the Way

Want to end your falseness and being untrue

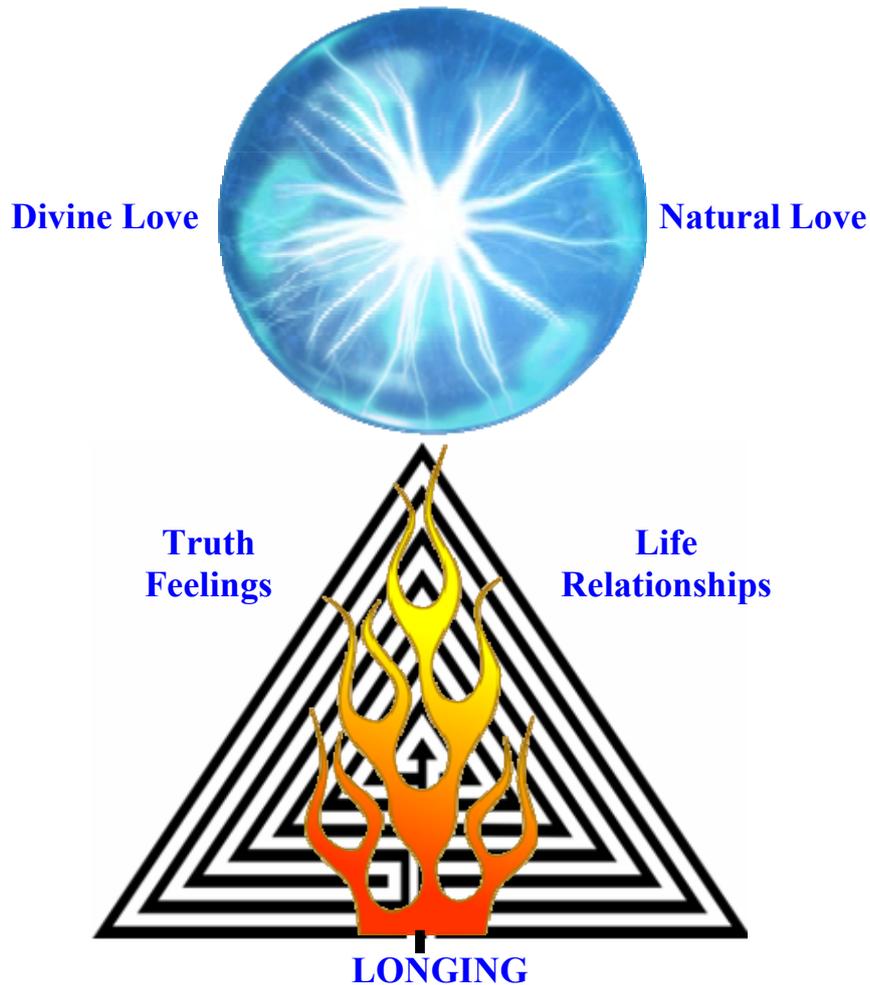
Want to understand the truth of your early life

Use your surface feelings to move deeper into yourself, bringing up your repressed feelings

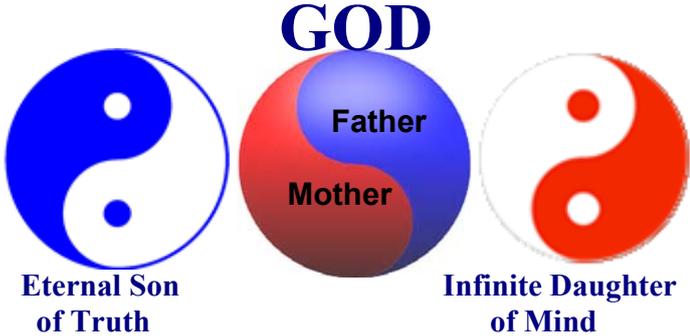
Want and long to know the whole truth of yourself

Want to do it all with God, your Heavenly Mother and Father – long to Them for help.

The Key



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



PARADISE TRINITY:

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

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

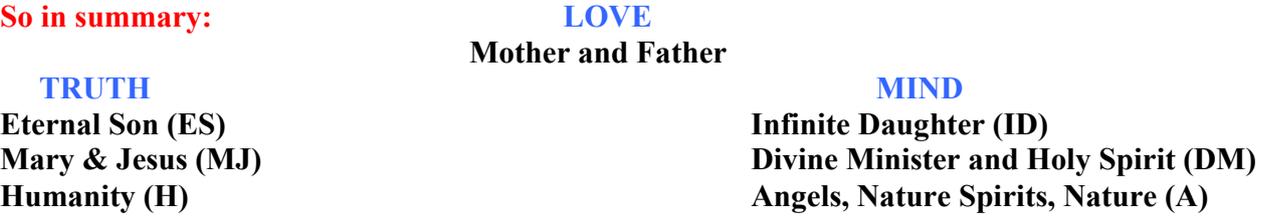
The LOCAL UNIVERSE TRINITY:

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

PLANETS that engage in REBELLION:

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

So in summary:



Consider a diamond:



Mother and Father Heavenly Parents

Creator Son & Daughter
Jesus and Mary

Avonals
as soulmate pairs

Trinity Teachers
as soulmate pairs

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

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

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

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

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

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

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

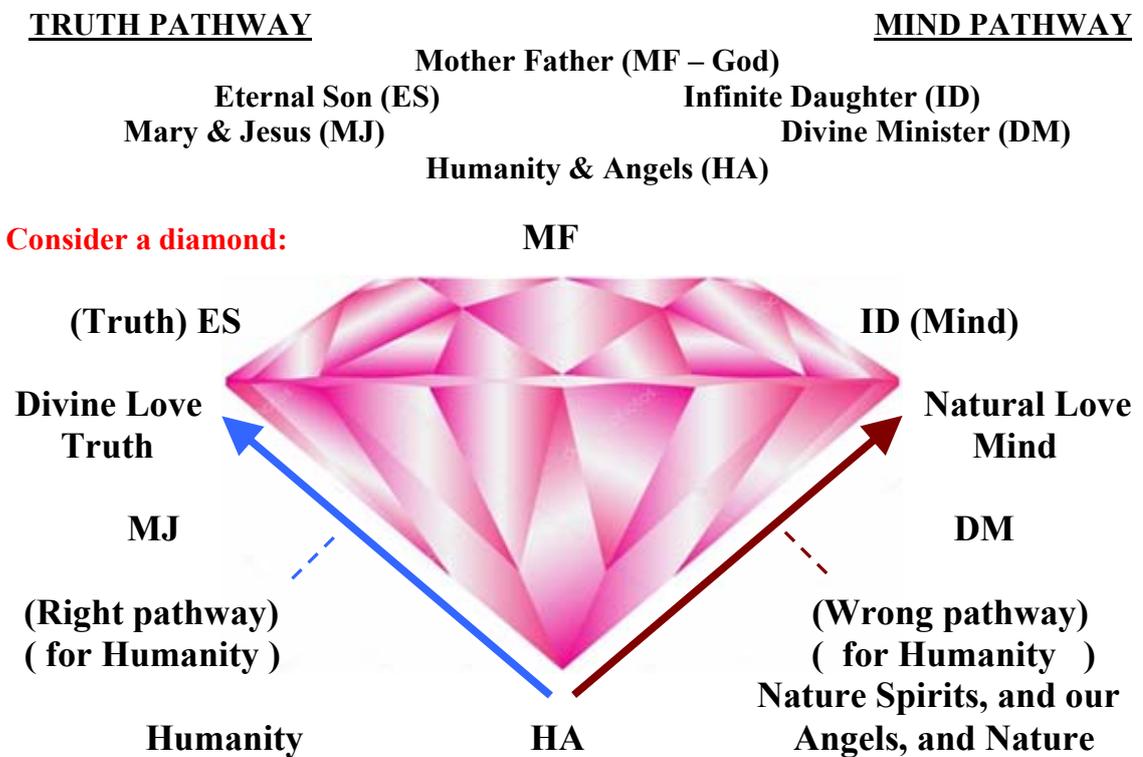
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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

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

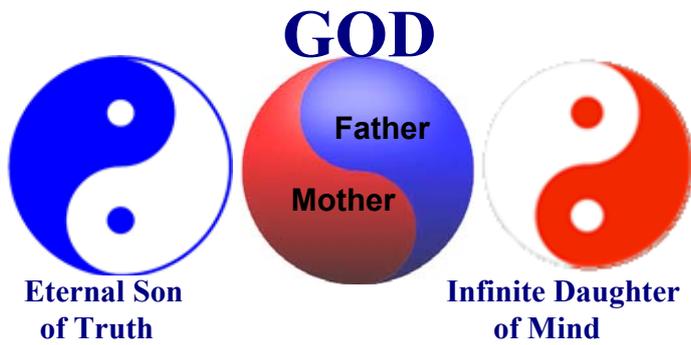
Currently the whole of Creation exists for the ascension of mortal souls from their earth planets to Paradise. It’s all one vast Grand Ascension Scheme. With all the higher and lower spiritual Daughters and Sons, together with all the many different angels and other universal spirit personalities, and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

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



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

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



CREATION of SOUL and SPIRIT:

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

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

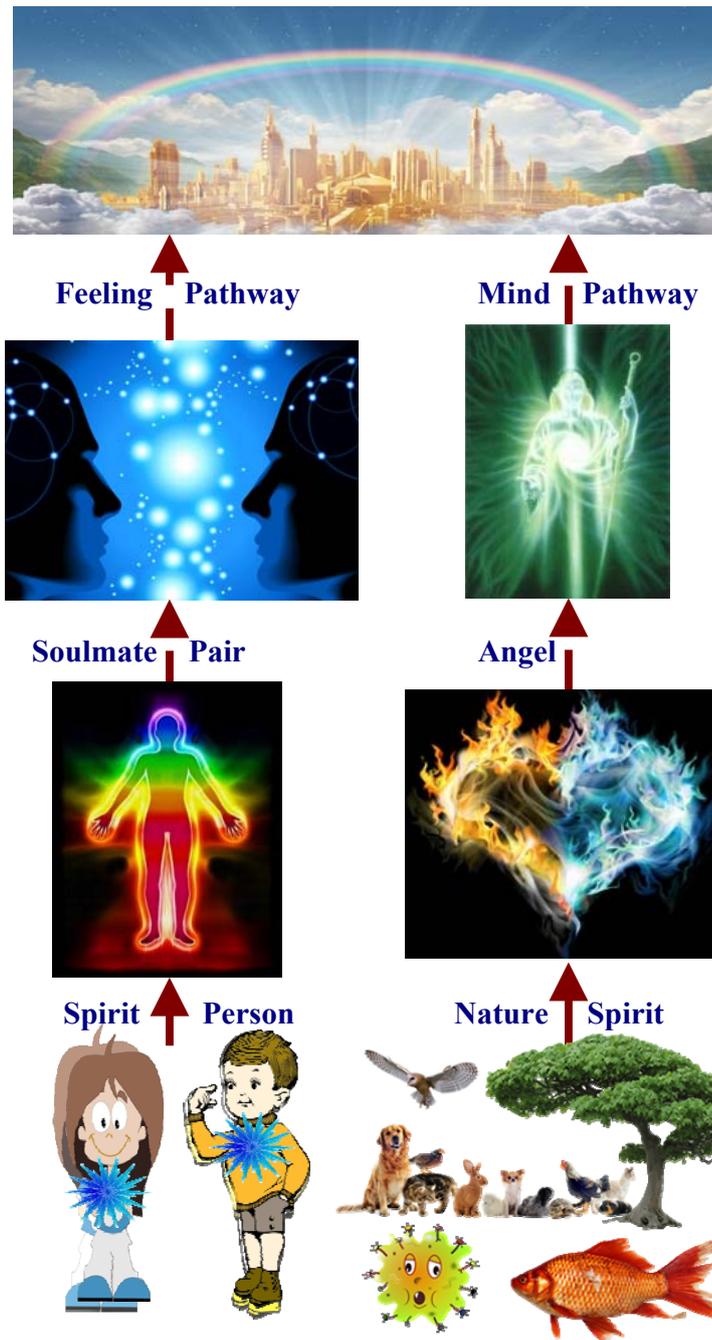
The soul of angels is experiential, evolving through their experience by continually progressing in mind development. Angels are to attain the Infinite Daughter (Spirit) of Mind. Angels are a creation of Mind. Our soul is duplex (we have a soulmate) and is created by our Heavenly Parents. Through our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

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

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

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

A nature spirit is an angel in waiting.



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

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

Introduction to Divine Love Spirituality

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

Main website of DLS

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

Childhood Repression website

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

DLS and CR forum

<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..*

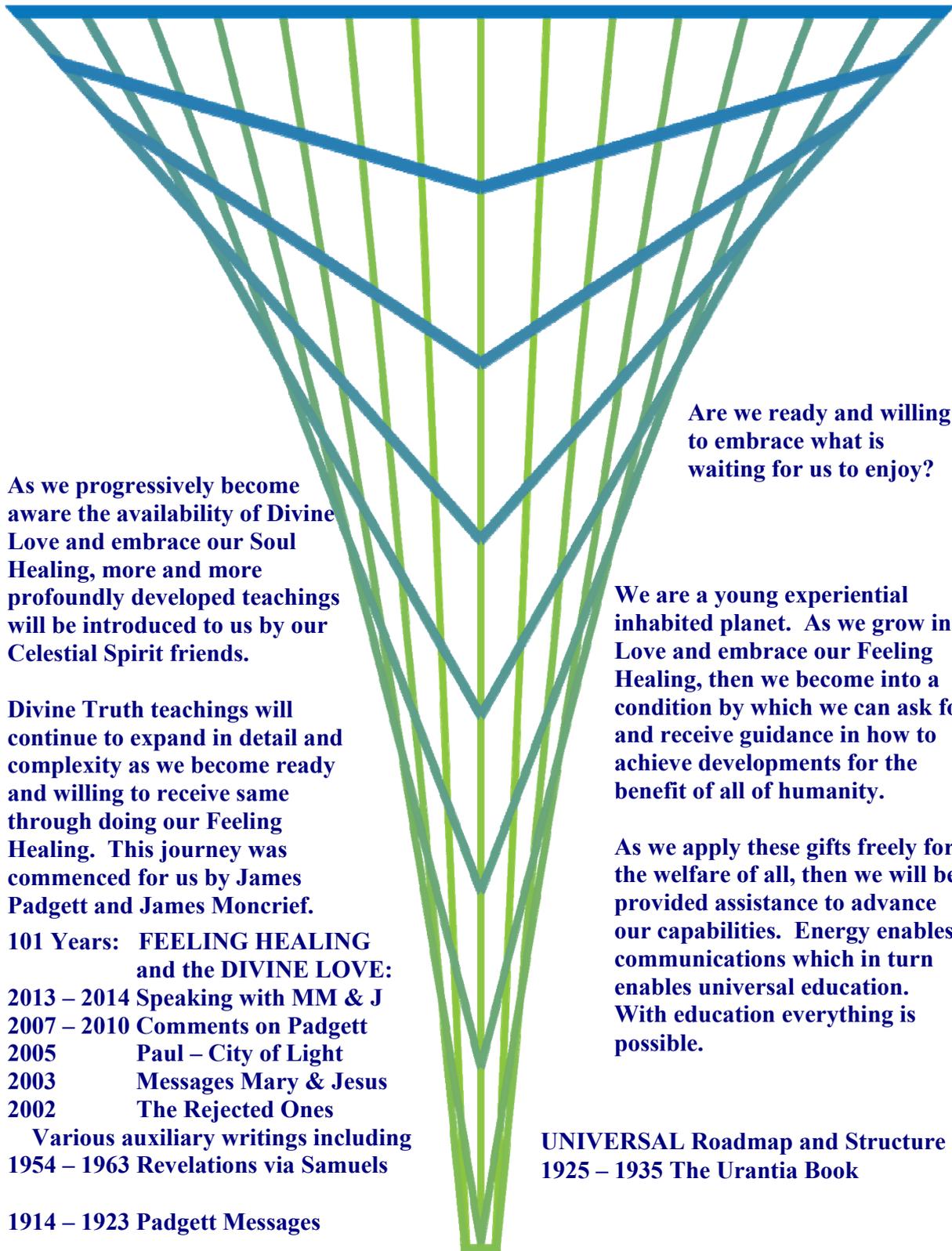
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

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:



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>

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.

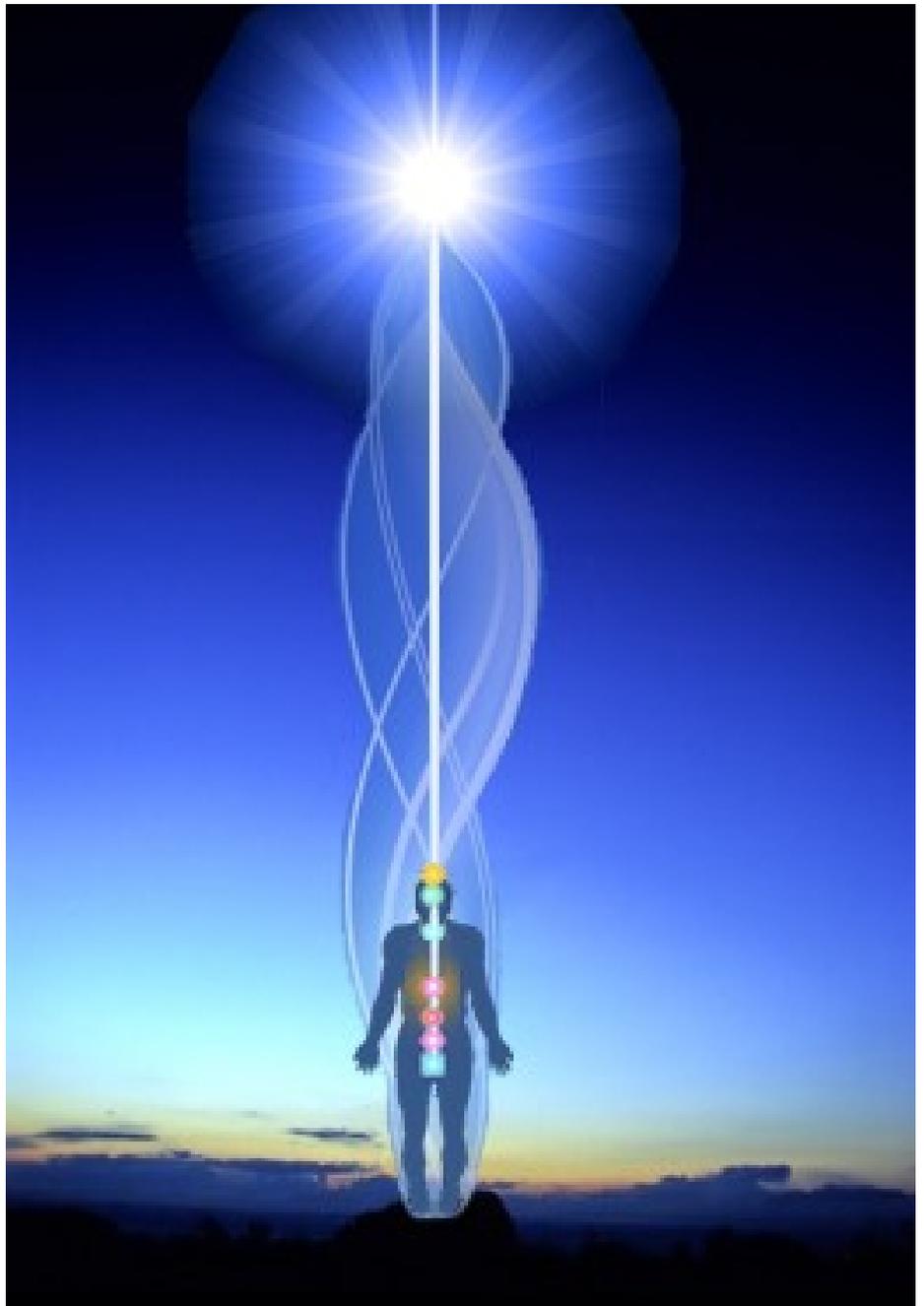
On the WINGS of a BUTTERFLY: No 12, Traveller, an immortal journey, via Zara and Nicholas

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



<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

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