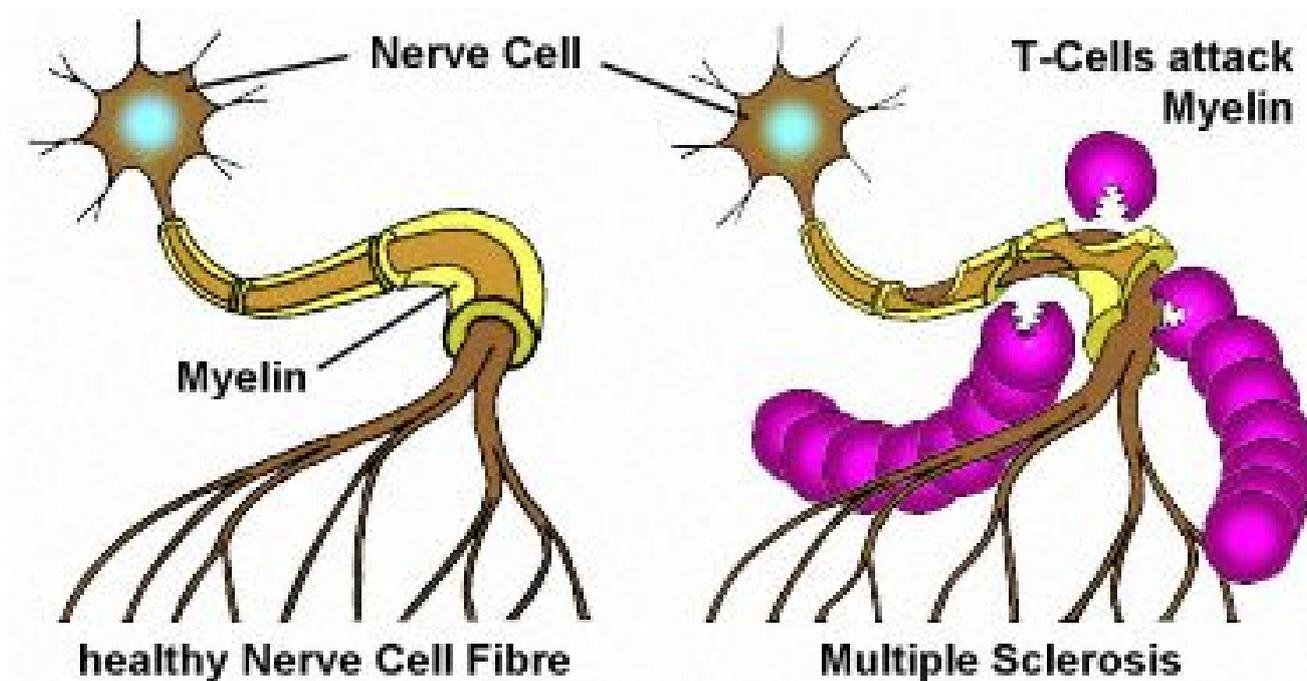
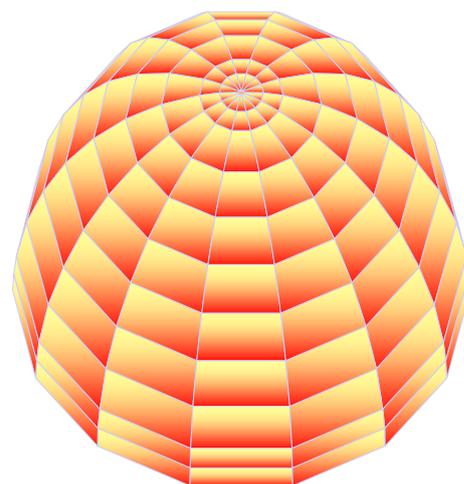


# PASCAS CARE

## MULTIPLE SCLEROSIS MANAGEMENT



“Peace And Spirit Creating Alternate Solutions”

PASCAS FOUNDATION (Aust) Ltd  
ABN 23 133 271 593

Queensland, Australia

Pascas Foundation is a not for profit organisation

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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 Health – 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***

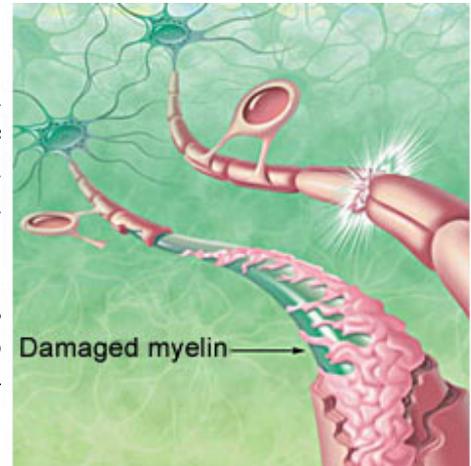
## MULTIPLE SCLEROSIS:

### About Multiple Sclerosis

#### What is Multiple Sclerosis?

**Multiple sclerosis (MS)** is a disease that affects the nerve cells in the brain and spinal cord. In people who have the disease, the body's own immune system attacks the protective covering (called myelin) around the nerve cells, such as those that are connected with body movement, touch, vision, and bladder function.

When the myelin coating is damaged, scar-like tissue forms. This hardened tissue makes it difficult for the nerves to send signals to muscles, organs, and each other. Visit [multiplesclerosis.com](http://multiplesclerosis.com) – North America's leading source for MS information.



#### What causes MS?

It is not known exactly what causes MS. What we do know is that the immune system is regulated to provide a certain degree of protection from diseases, but in MS, your immune system attacks and destroys some of the components of the nerve cells. Because MS is caused by the body's own immune system, it is called an "autoimmune disease."

#### What are the symptoms of MS?

Symptoms may include the following:

- Vision problems
- Numbness
- Tingling
- Muscle weakness
- Stiffness
- Cramping

#### How is MS treated?

Treatment of MS involves a number of elements, which may include medications, physical and occupational therapy, exercise, diet, and rest. What drugs are used depends on whether the goal is to treat a relapse or slow the effects of the disease. There is still no known cure for MS.

- **Treating relapses:** Short-term use of drugs called corticosteroids helps to shorten the duration of a relapse and lessen its severity. They are best given within a few days of a relapse.
- **Slowing the effects of disease:** Drugs that affect the immune system can be used to reduce the effects of MS. The most common of these drugs are called beta interferons. It is believed that beta

interferons reduce the frequency and severity of MS-related symptoms by helping the body better regulate its immune system. Not all beta interferons are taken in the same way. It is best to discuss treatment options with your physician to find what is best for you.

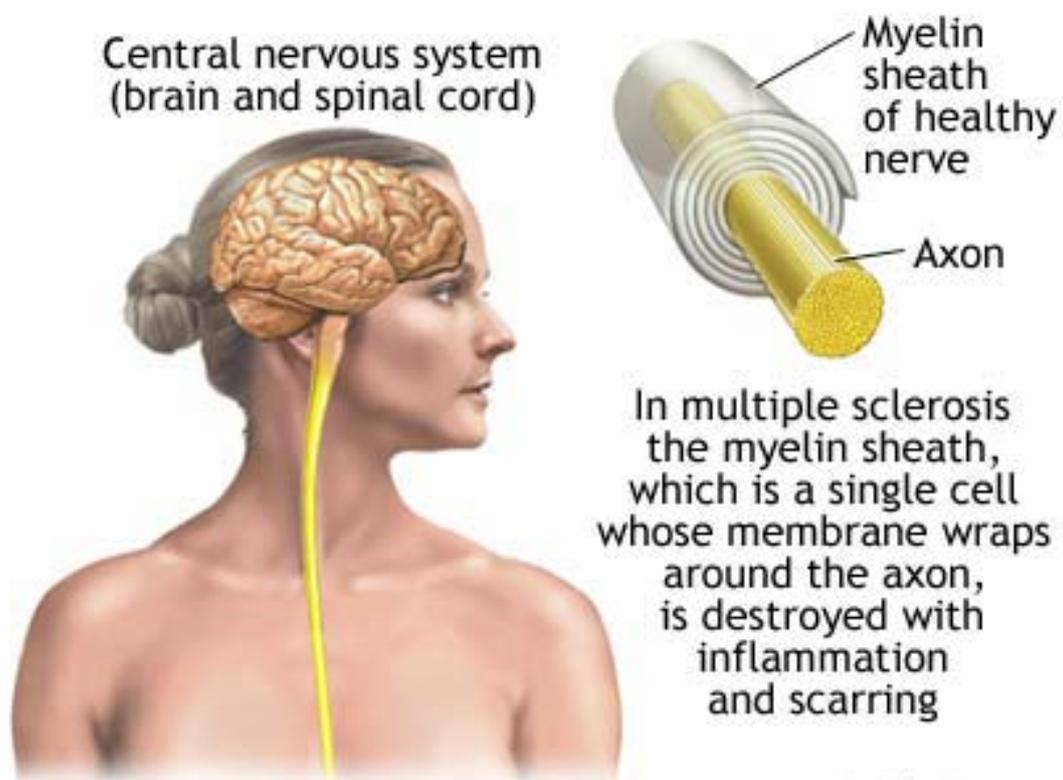
### Early treatment highly recommended

Even if you are feeling well and not having any symptoms after you are diagnosed with MS, it can still be silently affecting you.

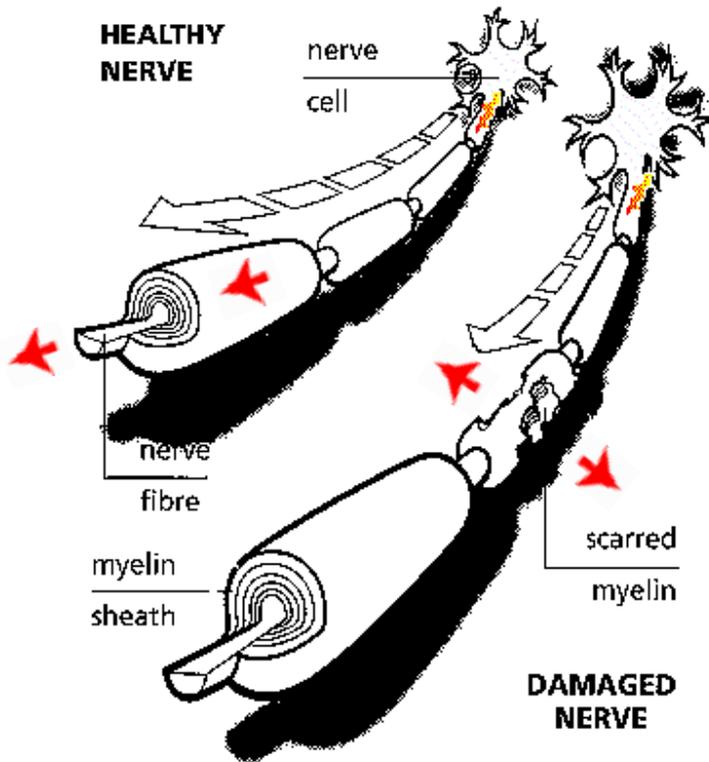
In 1999, the Canadian MS Clinics Network and the Multiple Sclerosis Society of Canada issued a statement that all eligible people should be treated as early as possible. Although you may not feel the need to begin therapy now, early treatment provides a head start in fighting the symptoms of MS.

### However

Consider the primary goal is to manage and then stop the energy leakages, then progress to raise the vibration of ones self which entails raising your pH to a alkaline state whilst consuming the highest energy (vibration level) foods available and significantly reducing fat intake. In doing this you are also oxygenating every cell and molecule in your body thus further enhancing the strength of your system. This is all possible with complementary platforms that do not interrupt medication and other options as proposed by your medical team. Always advise your medical team of additional treatments you are considering.



**MULTIPLE SCLEROSIS CAUSES MASSIVE ENERGY DRAINAGE and LOSS:**



As a result of the scarred myelin, the energy flow exits at that point from the body instead of proceeding to its allocated destination.

The Atlas of diseases is composed of a dual visual and sonic evaluation system: ESM & POLYCONTRAST INTERFERENCE PHOTOGRAPHY

**CHEFR:**  
Energy leakage from back of solar plexus. Note back view shows solar plexus imbalance\*.

**CHEFR:**  
Brow chakra imbalances as indicated by ESM reading of +2.

**CHEFR:**  
The ESM readings and red patches all over the body indicate a general energy field imbalance. Note solar plexus imbalance front and back\*.

00024\_180599

- C 0
- B +2
- T +2
- H +1
- S +1
- N +2
- B +2

## Energy projection from hands



Healers can generate biomagnetic fields  $>1,000$  times normal human Seto *et al*

PASCAS  
HEALTH



Feeling  
Healing with  
Divine Love is  
the key!



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### **PIP – Polycontrast Interference Photography**

In the late 1980s, using microchip technology, Harry Oldfield developed a scanner which could provide a real time, moving image of the energy field. He suggests that the future of diagnosis lay in finding an effective scanner which can 'see' imbalances in the energy field rather than disease in the physical body.

This system became known as **Polycontrast Interference Photography** or PIP. Harry anticipated that the human energy field might possibly interfere with photons – 'energy packets' of light – or even what might be called 'subtle energy photons' in some way. He decided that ambient (surrounding) light would be interfered with by the field both when the incident ray travelled towards the object and when the reflected ray bounced off the object. In the main, the 'object' of his interest was human beings.

He devised a computer programme which would analyse the different light intensities being reflected from the person or object being scanned. This system is at the same time deceptively simple and enormously accurate in the hands of people who know both how to operate it and what they are looking at.

Harry says: "We believe that we are showing up an energy interaction with light, which is giving us an insight into the energy counter-part, the etheric template on which our physical molecules are strung. On average, every atom in the human body is replaced every seven to nine years. Think of your body not as a physical structure but as a moving fountain of molecules that are constantly being replaced. So what keeps them a coherent recognisable form? We believe it to be an organising template of energy."

To see the body's energy field at your clinic with PIP, the person is in a room with full spectrum lighting at a controlled output, standing against a white backdrop. The picture is taken with a standard digital video camera which acts like an artificial eye. A lead from the camera acts like an optic nerve connecting it to a computer which acts like an artificial brain. The program which runs the system is the artificial thinking process which makes sense of all the millions of bits of information. The computer screen then displays the end product of what the 'brain' has seen. In effect what Harry has achieved here is a system which can see the energy field from and around the body in much the same way as people with gifts of vision can. Of course technology cannot match the details and intricacies of these people with gifts, but future developments in the PIP system might bridge some of the gaps.

The PIP system shows up many patterns and colours which a trained eye can relate to a person's energy balance and well being and although some of these things might be connected to health we emphasise that the system does not take the place of medical examination or diagnosis.

The plan is that these scanners will become commonplace in orthodox and complementary medical centres around the world. Harry says: "Any clinic with a computer could have one. Of course, analysis of the information, pattern recognition and so on is a completely different matter. Whilst anyone could look at an X-ray of a broken leg, gaining useful clinical information from it is something which requires specialist training, knowledge and experience. The same is true with using PIP."

Harry is often asked whether the colours seen with PIP are the actual colours of the aura? "Absolutely. These patterns and colours are what I believe clairvoyants and mystics see. They naturally have eye and

brain mechanisms that can pick up these subtle changes of light. When you're looking at chakra colours on our visual equipment, you're not just seeing one colour, you're seeing a mixture of colours.

But if a chakra is behaving itself perfectly, one colour will predominate --- for instance the throat chakra has more of a blue hue when it's healthy than when it's not. The same with the base chakra --- it will be a dirty muddy brown if there are problems and red if it's healthy. Also when red kundalini energy goes elsewhere, that is, goes into the wrong place at the wrong time, there is a potential danger. I am able to show this potential danger to people when they come for a PIP scan."

### **A few sample PIP pictures**

The first two pictures are 'normal' energy field pictures of a relatively healthy person. Notice bright, vibrant energy patterns with absence of red/magenta 'clouds' in the energy field.



**Healthy Legs**



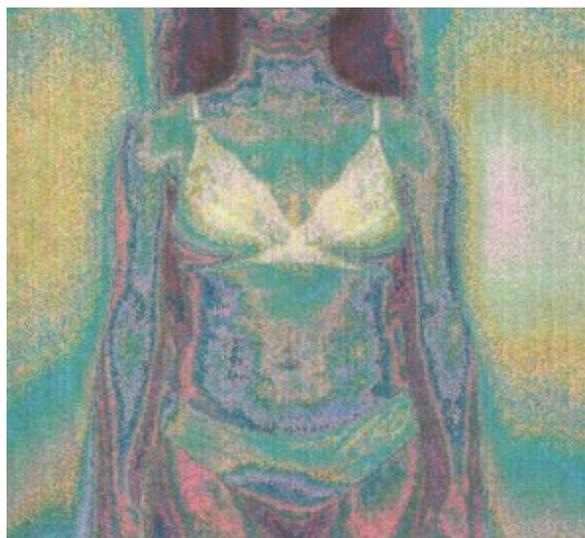
**Healthy Lungs**

Two PIP pictures of patient with M.E. (chronic fatigue syndrome) before and after Electro-Crystal Therapy. Young woman, chronically fatigued with condition known as M.E. First picture is of very congested energy field, especially in region of solar plexus and navel. Also very 'muddy' energy field (as Harry calls it) around body.

Then, after a few months of self-treatment (under Harry's guidance) with a home Electro-Crystal Therapy unit, the second picture was taken. This treatment involved infusion of energy on high settings such as D5-D10 on the unit. As you can see, the second picture is much clearer and brighter and the dark red patches have improved. This corresponded with much increased vitality and her ability to resume many normal activities.



**Before treatment**



**After treatment**

The intriguing thing about PIP is that it seems to show up things that 'sensitives' such as healers have said they see for thousands of years, namely colours, lines and patterns of light around people. Interestingly, during experiments with Harry to see what happens during hands-on healing, the following two pictures were taken.



**Before treatment**

The red and magenta lines and patterns in this person's PIP scan show areas of congestion and turbulence in the energy field, i.e. where the energy is not flowing as it would in a well balanced field. These patterns are generally present in areas of known disease / trauma. Here we can see red / magenta imbalances over the throat, pancreas, liver and right arm.



**After treatment**

This person was then given hands-on healing. As the two healers entered his field, a few seconds after the first image had been captured, the two white lights above his shoulders appeared to descend, most of the torso went green and the solar plexus chakra seemed to burst open with yellow light. The base chakra is possibly being energised, as evidenced by the boxer shorts turning red.

**OLDFIELD SYSTEMS Ltd:**

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

### **Electro-Crystal Therapy**

Hippocrates, the father of medicine said: "First do no harm."

Electro-Crystal Therapy is a gentle and non-invasive method of balancing the human energy field. It uses the pulsed high-frequency electromagnetic stimulation of crystals to induce rebalancing in human and animal patients.

Electromagnetism has been used by conventional medicine for many years e.g. X-rays in diagnosis and pulsed frequencies to aid bone healing. Crystals have been used to aid natural healing for thousands of years. The innovation in Electro-Crystal Therapy is the synergistic combination of the two and their specific application on the chakras and meridians of the human energy field. The therapy works on a subtle energy level.

Inventor Harry Oldfield has likened it to a molecular massage. Electro-Crystal Therapy involves placing crystals in tubes on certain points around the body. These tubes are then attached to an electro-magnetic generator which administers the balancing and normalizing energy frequencies that the human (or animal) energy system needs.



Harry's research has shown that different crystals are beneficial in certain 'zones' of the body to bring about a balancing effect on the patient. The energy field has long been referred to as the aura and has been charted for thousands of years. In India, it involved the chakras.

Chakra is the Sanskrit word for wheel and a spinning wheel is perhaps how the chakra would look to someone who could see it. These 'whirlpools' of energy were often depicted as flowers with different numbers of petals. The number of petals is thought by modern researchers to be evidence that these ancient people knew something about the harmonic frequencies of the chakras.

Harry Oldfield suggests that the human energy field is like a template or network of energy points with which the physical molecules of the body are aligned. When Harry first began measuring the energetic fluctuations around the body with his Electro-Scanning Method, he always found energy concentrations at seven places. He was mystified as to the cause of this until a professor suggested that he may have 'discovered', that is, rediscovered, the chakra system of ancient Ayurvedic medicine.

As well as humans, animals and plants also benefit from Electro-Crystal Therapy.

## **VIBRATIONAL INTEGRATION BIO-photonic Energizer – VIBE:**

**The VIBE device weighs approximately 39 kg (85 lbs). When constructed the machine measures approximately 4' x 2' x 2'**

### **Mission statement**

We at VIBE Technologies are committed to raising the physical, emotional, mental and spiritual vibrations of each living individual on the planet.

### **What is the VIBE Machine?**

The VIBE machine is an electronic device that brings the vibrational level of your body back to its natural state of being. VIBE stands for Vibrational Integrated Bio-photonic Energizer.

### **How does the VIBE work?**

Every atom in the Universe has a frequency, whether it is a grain of sand, a piece of steel, a plant, animal or an organ in your body – each cell resonates, or vibrates, at a specific frequency or oscillation. Your body consists of a variety of atoms, which contain protons, electrons & an overall bio-electric energy that runs through it. The way you take care of your body physically, emotionally and mentally determines how many negative frequencies or toxins are being built up in it.

Generally there are four ways imbalance is created in the body. This can be from toxic substances we eat, pollution we breathe, exposure to a negative energetic environment, and how we process information in our thinking and feeling.

When a body becomes overwhelmed with toxic substances, thoughts or feelings, the positive bio-electric field is immensely lowered in vibration and frequency. In other words, our body has a higher frequency or vibration when it is healthy and a lower vibration when it is sick. You can actually test your body's vibrational level with various bio-electric counters. This can give you an indication of your body's energy level.

Healthy cells, according to Nobel prize winner Otto Warburg, have cell voltages of minus 70 to minus 90 millivolts. Due to the constant stresses of modern life and a toxic environment, cell voltage tends to drop as we age or get sick. As the voltage drops, the cells are unable to maintain a healthy environment for themselves. If the electrical charge of a cell drops below minus 50, a person can become chronically fatigued and may get sick often. If the voltage drops to minus 15, the cell becomes diseased. When the body's immune system gets overwhelmed and cannot fight an abundance of toxins and then we continue to put toxins into our bodies and minds such as alcohol, nicotine, caffeine, negative fear-based thoughts and heavy emotions, we can experience a physical imbalance.



The cells of a body that are being affected by a negative condition, have an oscillating rate that is lower than it was originally designed to have. After many months or years of this internal dis-harmony, our immune system can weaken and the symptoms begin to show in the form of an actual terminal physical imbalance or disease. All cells have small electrically powered pumps whose function is to bring in nourishment, and take out toxins. Imagine going into a house where the power has been turned off. The plumbing wouldn't operate so the toilets wouldn't work. There would be no running water; therefore, no showers or baths could be taken and doing dishes would be impossible.

The refrigerator wouldn't work so there wouldn't be any food to eat, and the food that was in there would go bad. Add to that trash strike and now trash is piling up. As you could guess, anyone living in that house would probably get sick.

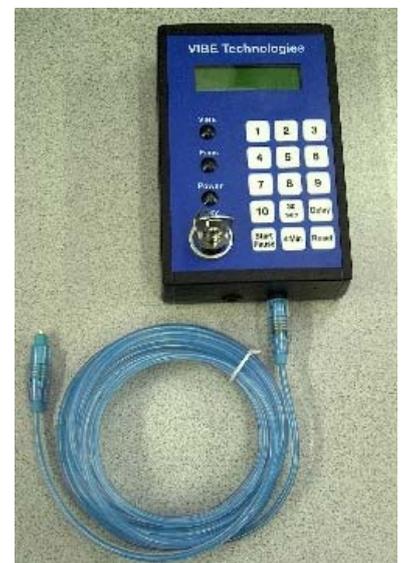
It is the same for the cells of the body. Without enough energy to operate, the cells become toxic and malnourished. Then, when presented with an infectious organism they have lost the vitality to resist.

One way to efficiently and safely raise cell voltages is with a device called a VIBE machine. An earlier type was invented by Georges Lakhovsky in the early 1900's. Dr. Lakhovsky discovered that healthy cells acted like little batteries and discovered how to recharge them (raise their voltages). He found that transmitting energy in the range between 750,000 hertz and 3,000,000,000 hertz raised the cell's voltage.

Dr. Lakhovsky had great results with all types of physical imbalances.

Not only was his unit able to return sick cells (and people) to health, but also those who used it regularly noticed that they rarely became sick. He proved the principle that life forms can absorb radio wave energy. The VIBE uses that principle to strengthen the healthy cells of the body, so that they can resist physical imbalances. Knowing the right frequencies and putting them out simultaneously does not necessarily destroy an infection, but we believe it charges the cell making it strong enough to resist the infection.

Similarly, everyone has been exposed to the oral variety of the herpes virus, and it lies dormant in their bodies. Only when a person is under stress does the virus flare up and show up as blisters on the lips. We carry many thousands of infections in our bodies, lying in dormant states. As long as we remain healthy (high cell voltages), these infections remain dormant. In this way, a VIBE Machine can prevent negative imbalance and stress of all kinds.



In some situations, physical disorders are not caused by infection. They are thought to be caused by toxicity and imbalanced metabolism. The VIBE may be of assistance here by helping the body detoxify, giving it enough energy to heal its chronic metabolic imbalances.

### **Vibe Controller**

Every illness is an autoimmune illness. When your immune system cannot ward off a problem in your system in time, something fails. Your only defense is your immune system. By raising the oscillating frequency of every cell in your body, we are increasing the rate at which the immune system operates as well as eliminating the negative toxins that your body is trying to fight off. The quantum fluctuations (vibrations) that make up the memory of the cells of our body start creating different "memories." This type of frequency reprogramming allows the body to remember the natural effectiveness of the immune system and regenerate back to its original state.

### **What is actually inside a VIBE machine?**

The device has 12 noble and inert gas tubes that are precisely positioned in a concentric ring to create a strong electromagnetic field around the machine. The gas tubes have been selected to develop specific results within the bio-photonic spectrum. Some of the tubes contain argon, krypton, and water vapor. Activated by a low power laser, it produces all the frequencies needed to resonate a higher pitch within your body. This electromagnetic field is unique; it raises the vibrational levels of your body to the highest of oscillations, where they were originally designed to be.

### **What can the VIBE machine do for you?**

This machine is a technological breakthrough that enhances the human body by helping it reach its optimum vibration and energy levels. It has many long-term positive effects on the body, as it automatically eliminates the "unwanted vibrations" inside your body.

### **How long do you stand in front of the VIBE Machine?**

Using it for only 30 seconds to 4 minutes per day, can raise your body's energetic vibration and regenerate the cells that are not vibrating properly. After using the machine for this brief amount of time, the lower vibration cells throughout your body immediately change their course of direction. They now will contain a slight new charge and begin to "reprogram" the lower frequencies in which they were previously stuck.

Each time the VIBE unit vibrates these cells, it speeds up the removal of these toxins from you at an incredibly fast rate; and this frees up your immune system to fight whatever it needs to fight. It dumps the toxins from the lymph glands out of your system.

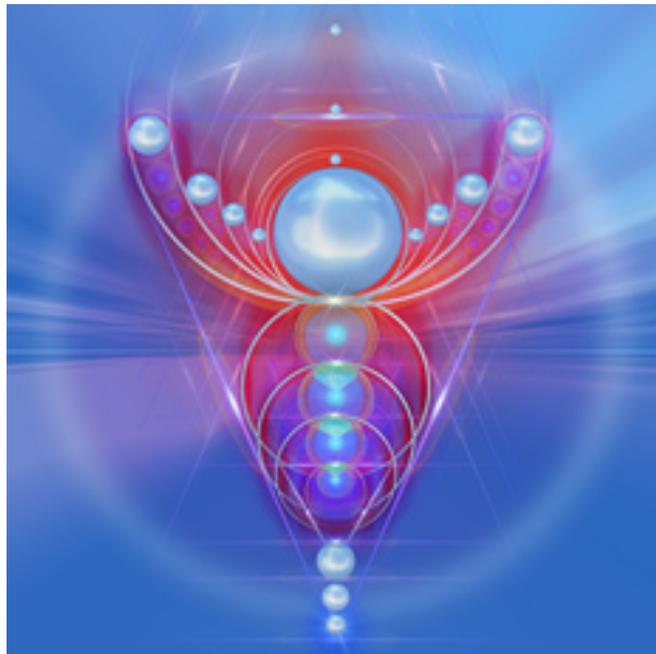
### **The Machine**

The VIBE Machine works on five different levels by using a medium electromagnetic field. In this field, a high voltage pulse is added along with ozone. The charge is placed at a negative voltage which is being transmitted to an antenna designed to twist the magnetic field. It is then routed through noble and inert gases. These gases are in a plasma state, varying in frequencies which relate to human cellular

frequencies. Plasma is found between the protons and electrons of all cells in the human body. By oscillating this plasma state, the cells are energized. Disease (dis-ease) is a state found in non-vibrating, non-charged, or non-energized cells....you do the math. The VIBE Machine brings the vibrational level of your body back to its natural state of being. It is a technological breakthrough in enhancing the human body by helping it reach optimum vibration and energy.

### **What it does for us mentally and physically...**

On the emotional level, based on the testimonials of numerous people who have experienced this device, the VIBE Machine helps to clear negative energy from your aura and creates positive changes in your life. The initial effects vary from person to person. Some people, after sitting in front of it for a minute or two, find they are energized and upbeat. Some find that they are emotionally drained and physically tired. What we are finding is that it depends on your mental state of mind, your physical health, and most importantly, your intent. "Intent" is defined as "a conscious plan". Therefore, whatever you put into your time spent with my device...whatever your conscious plan is at the time...will be what you ultimately experience. It could range from inner peace and profound enlightenment to merely a non-destructive energy that pulsates through your body. It's for you to decide...to create your own plan. The physical benefits are another story entirely. Each individual is unique; their needs are unique as well. What is suitable for one person may not be appropriate for another. What is important is for each of us to find the tools our body and mind requires and to take advantage of them.



**MAGNAFIELD:**

**Magnafield MF2000 Therapy Unit is referred internationally as a Wellness Machine:**

**Magnacare Pty Ltd**

**Magnacare** Pty Ltd is a company working in research, development, manufacture and marketing of specialised medical equipment with an emphasis on magnetic ... [www.magnacare.com.au/](http://www.magnacare.com.au/)

Chatted with **Dr Bob Grace** last night (Feb 2004): Bob Grace has a degree in Natural Health Sciences and Doctor on Philosophy – Complimentary and Alternative Medicine – Trinity College campus of University of Oxford.

1. For the last 8 or 9 years when a cancer patient has come to him with news of weeks to live – even as little as 1 week – he has asked that they tell him where they want to go on holidays within Australia in 6 months time. In their presence he has rang his travel agent and booked the airline flight. **All tickets have been claimed.**
2. With the aid of the Magnagraph, which is more accurate than an ECG unit, he has been more able to assess the patients conditions. Katrina Ellis also always uses the Magnagraph – even when she was in Thailand.
3. If the patient can lift his/her spirit, use the Magnafield MF2000 and follow the nutritional programs then Dr Bob expects the patient to be cancer free within 3 to 6 months.
4. Even skin cancers are stopped. He feels that removal of skin cancers surgically results in the problems going into the body and surfaces elsewhere.
5. In fact, many cancers can be arrested – including the most aggressive leukaemia. He had one such patient very recently, now clear.
6. Continuing with the use of the Magnafield MF2000 keeps the patient clear of cancer. Observations now extend out to 15 years.

It may be possible that anyone that follows the necessary regime can be effectively treated as long as the condition has not progressed to the point where organs are collapsing.

Even in the early stages of organ collapse he has had success.

**PASCAS  
PERS**

**NOTE:**

The Magnafield does not treat any disease or cure anything.

The technology works at the cell level to get the body back to normal.

The body then produces good cells and slowly eliminates bad cells.

The Magnafield MF2000 is a WELLNESS MACHINE.

It creates a wellness environment where in disease cannot proliferate.

The Magnafield increases the oxygen level in every cell. Cancer is anaerobic – it cannot live with oxygen.

It is for this that the unit is an enormous aid in dealing with **Cancer** as well as **Diabetes, Multiple Sclerosis (MS)**, and what ever else.

**Magnafield units are registered with the TGA (Therapeutic Goods Administration – Australia) and FDA (Food & Drugs Administration – USA)**

The number of prominent people using the Magnafield MF2000 reads like a who's who.

The work to have the technology fully supported by the Australian Health Authorities (Government) is ongoing – this must eventually be achieved.

**MAGNETIC THERAPIES**

Biologically, every cell in our body is an electromagnetic phenomenon.

There are two basic classes of magnets or magnetic fields, and several sub types. Permanent or 'static' magnets have been used since 850 BC, that is, for more than 2,850 years. The Earth has its own magnetic system. The source is in the molten core that generates Earth energies and fields on and above the surface between the Magnetic North and South poles. The density is around 0.5 Gauss and oscillating around 9.6 Hz (Hertz is cycles per second) to 10.5 Hz.

Lower power magnets, associated with movement such as the blood circulating or muscles moving under where the magnet is placed, have been shown to induce micro electric currents that can balance body energies and may also stimulate the iron content of the haemoglobin in the blood to transport oxygen more efficiently.

Electromagnetic energy is a most important part of biological systems. We are at the cell level, electro-chemical-magnetic beings. The DNA in every cell has its own electromagnetic spin, which maintains its controlling functions and is in turn affected by internal and external electromagnetic fields, both good and potentially damaging.

Our body's cells are also continuously influenced by strong man-made electrostatic and high frequency electromagnetic fields (EMF), which are well outside what the body is meant to tolerate.

Many types of high frequency EMF have been implicated in immune system deterioration, and together with other factors and stress, can lead to or become involved in some forms of cancer over time.

### **ELECTROMAGNETIC THERAPY as MEDICINE**

At the other end of the EMF scale is the use of the extremely low frequency, low power, and specific type waveform electromagnetic energy, as in the MERIT® or Magnafield MF2000 that has been scientifically proven to be of assistance in pain relief and improved healing of damaged tissue. It is also of great benefit in all neurological conditions, to slow down and arrest the progression, and for the promotion of healing in cancer.

The true essence of energy is vibration. What is now officially known as 'bioenergetic medicine' used to be called 'vibrational medicine' until a few years ago. It is now accepted that at certain very specific selected frequencies, or vibrations, rogue cells including cancer cells can be destroyed, or their reproduction (mitosis) inhibited, while usually leaving normal cells unchanged.

Healing after operations is also greatly improved. Inhibition from any further cancer cell growth is a major benefit for many.

For the best results, the system should be used before, during, and after any procedures or aggressive treatments, along with a balanced and sensible nutrition program for the individual. There is immense healing potential with the appropriate low frequency, low strength electromagnetic energy at the correct level and wave form. It has been shown to be completely safe for over 20 years.

Many hundreds of seriously ill persons facing operations, chemotherapy and/or radiation treatment, who have made the decision themselves to either delay or cancel such procedures, and have used the Magnafield® MERIT® therapy device, along with a carefully selected nutrition program, have recovered and 5, 10 or 15 years later are not only clear of any cancer, but are enjoying life to the full.

### **MAGNETIC ENERGY RESONANCE INDUCTION THERAPY – MERIT®**

- ☺ MERIT magnetic energy influences many enzymatic intracellular and membrane systems, (e.g., alkaline phosphatase); and influences antigen-antibody relations;
- ☺ MERIT magnetic energy also modifies the permeability of the cellular membrane and therefore the Ionic equilibrium. The sodium / potassium pump balance is stimulated. SpO2 is increased.

The new revolution in medicine is in the area of bio-magnetism and magnetic induction therapy. The difference between electrotherapy and magnetic induction therapy is that electrotherapy uses contact with or through the skin, whereas magnetic induction therapy does not have to touch the person, making it completely non-invasive. The magnetic energy passes through the body and almost everything else.

## **PERMANENT OR STATIC MAGNETS**

Permanent magnets, many of these do work for some of the people, some of the time, for a few hours or until the body accommodates or adapts to the constant energy at or very close to the magnet. Many swear by them. The placebo effect is very real, and accounts for up to 35% of perceived benefits.

Pulsed magnetic therapy is far better than continuous, but there are several factors that must be considered in order for the real benefits to be available. Just to pulse at a frequency may not be the right method in many cases.

## **OSCILLATING MAGNETIC THERAPY**

This involves an energy field that is oscillating back and forth in positive and negative modes, biased towards more negative. The waveform must be close to that of the human body. Sinusoidal, sawtooth, or square waveforms are not common to the body, but were developed for communications, radio, TV and computers, and are usually filtered to remove the 'hash' or harmonics that interrupt a clear signal. Medical researchers found that the body needs and uses these harmonics.

There also must be a correct ON-OFF ratio for each pulse, and there must be a period of time for the treatment followed by at least a similar period of time of rest or 'pause' before the subsequent treatment. Ideally, the treatment using the Magnafield system involves placing an applicator pad on the floor under the bed and leaving it operating 24 hours a day, seven days a week. Many have done this without removing or turning it off for more than 15 years. The greatest benefits are received during the sleeping hours. There are no contraindications.

It is also good for those aches and pains that annoy many people who do not want to rely on pharmaceutical drugs with their side effects.

Some of the functions and benefits from this therapy include:

- Healthy cells have different EMF characteristics and DNA /RNA spirals from cancer cells. Under the influence of 0.5Hz Magnafield treatments cancerous cells are inhibited from division or 'mitosis', they just unravel and die off, and are dealt with and removed by the body, as are all other dead cells.
- At 0.5Hz and particularly at 2Hz the Thymus is stimulated to produce more "T" killer and helper cells, to assist and build up the immune system defences. This is a balancing system, it does not over-stimulate.
- Analgesic effects (pain relief) are best at 0.5Hz to 4 Hz.
- Tissue healing is initiated first at 0.5Hz, and then at 2Hz or 4 Hz, followed by using 8 Hz until healed.
- DNA synthesis is enhanced at 5Hz. Also cellular signalling, repair and health.
- Inflammation is reduced at 0.5Hz, swelling and oedema reduced at 3Hz.
- Peripheral circulation is helped initially at 15Hz, but maintained best at 12Hz.
- Joint mobility is improved at 0.5Hz initially, and then at 4Hz, 8Hz and 12Hz using the 'Auto Cyclic' function.
- Liver function may be assisted at 10Hz. Also a neutralising or energy balancing frequency.

- At all frequencies there is a promotion of nutrient and oxygen transport and uptake into the cells.
- Calcium, potassium and sodium balance may be restored, essential for normal cell function and health.
- Acid / alkaline pH balance assisted, and helps to reduce excessive acid conditions, and much more.

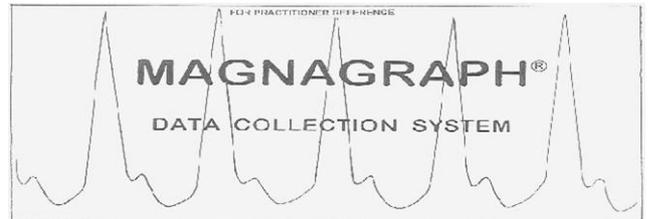
Many with cancer and those who have beaten cancer use the Magnafield as part of their cancer-fighting program with great success. Firstly, it seems to have halted the spread of cancer cells. Secondly, it has enhanced the immune system to help fight any remaining cancerous cells. Also, the patient's energy levels have improved dramatically and the oxygen and nutrient acceptance has increased, allowing for a faster healing process.

With this corrective form of treatment, using the proven frequencies, waveforms, and low intensity magnetic energy resonant induction therapy, inhibition of cancer cells has been noted and proved for over 15 years, but still not accepted in most orthodox establishments!

**OTHER MAGNACARE PRODUCTS:**



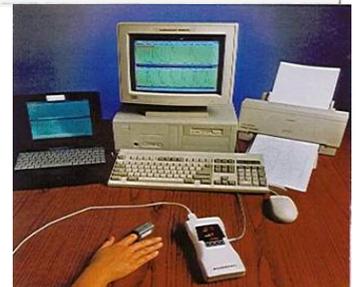
Magnafield®



Magnatens®



Acu-Treat®



Magnagraph®

**ASK!**  
**ASK!**  
 Ask!  
**ASK!**

Ask for, long for and receive our Parents' Divine Love.



The energy substance of Divine Love assist in releasing errors.



The Love will grow one's soul in radiance.

**WHAT is VIBRATIONAL HEALING:****Bruce Tainio Research and Technologies**<http://www.magnificentu.com/vibrational-medicine-energy-healing/><http://www.spiritofnature.org/vibrationart.htm><http://www.tainio.com/ir/>**Healing Can Be Easy!**

Wouldn't it be an ideal world if all we had to do to overcome illness and disease was to lie back and listen to beautiful music? Well it's not as far fetched as you may think! From hands-on healers standing next to surgeons in the operating room to physicians calling psychics for assistance in diagnosis . . . the latest technology in the health arena is called "Vibrational Medicine".

**Not Some New Fad!**

Interestingly, vibrational or energy medicine is nothing new. It has been successfully practiced in numerous forms all over the world for thousands of years. Only recently has it come to the forefront in western society. That's because scientists have finally developed instruments that are sophisticated enough to measure how and why this mode of healing works. Considered "quackery" in the past, many of these "alternative techniques" are now being used in tandem with mainstream medical treatment. Many chiropractors have recently begun treating patients with acupuncture. The American Holistic Nurses Association is now training RNs to use therapeutic grade essential oils in a clinical setting.

Ancient Indian texts accurately describe the human energy system. Information and diagrams not only detail where the main energy centers are located but also, what part of the endocrine system each energy center works with and how imbalances in the energy center affect the physical, mental, and emotional state of the person. Specific vibrational tools are suggested for correcting imbalances depending on the particular energy center involved. These energy centers and the energy field surrounding the body can now be seen using Kirlian and other special photographic equipment.

**Tai Chi is a Form of Energy Healing**

The Chinese studied human energy for many years and came up with their own unique methods of working with it. What they discovered is that just as we have veins and nerves running throughout our bodies, we also have lines of energy called meridians. If the flow of energy along these lines is moving smoothly, we are in a state of good health. If the energy is blocked or there is too much energy in one area, we are in a state of dis-ease. Chi Kung and Tai Chi contain movements that open up the flow of energy along the meridians. Chi Kung exercises are designed to move and balance energy throughout the body. Tai Chi is a series of movements that works with the energy channels as well as increasing strength and flexibility of the physical body. It is now recognized by the MS Society (multiple sclerosis) as a valuable therapy.

Everything in the universe is energy. Nothing is actually solid. Instead objects are made up of microscopic particles vibrating at such a fast rate that they appear solid. Our limited sense of sight doesn't let us see the movement, or vibration, of the particles. Every object, including the human organs, have a natural healthy vibratory rate referred to as "resonance". If a part of the body begins to vibrate out of resonance or harmony, it creates what we term dis-ease. Jonathan Goldman, author of *Healing Sounds: The Power of Harmonics*, says: "If parts of the body become imbalanced, they may be healed through

projecting the proper and correct frequencies back into the body." Vibrational Medicine looks at the energy anatomy within and around the physical body. Imbalances and disharmonies are treated using frequencies from flower essences, sound, therapeutic grade essential oils, radionics, homeopathics, acupuncture, color, hands-on healing, and crystals." Each individual sound, color, crystal, or flower essence has a specific quality that is beneficial for a particular human organ, system, or emotion.

### **Low Frequency Equals Poor Health**

<http://www.tainio.com/ir/>

Gary Young is the author of Aromatherapy: The Essential Beginning. The research he conducted with Bruce Tainio, inventor of the first frequency monitor, indicates that "the normal frequency range of the **human body is between 62-68 MHz**; but if it drops below that, the individual becomes a candidate for illness . . .

<b>human body is between</b>		<b>62-68 MHz</b>
<b>cold symptoms appear at</b>		<b>58 MHz,</b>
<b>flu symptoms</b>	<b>at</b>	<b>57 MHz,</b>
<b>candida</b>	<b>at</b>	<b>55 MHz,</b>
<b>epstein bar</b>	<b>at</b>	<b>52 MHz,</b>
<b>cancer</b>	<b>at</b>	<b>42 MHz.</b>

Stated simply if we can keep the body frequency high enough, and well oxygenated, we will be free of disease."

### **Disease Prevention is Possible**

Part of the intense interest in the field of vibrational medicine is the knowledge that disharmony shows up in the energy field before it becomes a problem in the body. If imbalances can be detected while still in the energy field, theoretically dis-ease can be avoided altogether. Another plus for vibrational medicine is that it seems to have no negative side effects. It does, however, tend to produce more smiles, more energy, and an overall feeling of wellness. Most vibrational medicine techniques are complementary to one another and to traditional medicine.

### **Essential Oils are High Frequency**

The higher the frequency, the more life force an object contains. More life force means better health. Life force is called Chi in China, Ki in Japan, and Prana in India. Each of these cultures has developed elaborate ways for humans to increase and balance the amount of life force they have within their bodies. Gary Young and Bruce Tainio discovered that

<b>processed/canned food had a</b>	<b>zero MHz frequency,</b>
<b>fresh produce had up to</b>	<b>15 MHz,</b>
<b>dry herbs from</b>	<b>12-22 MHz,</b>
<b>and fresh herbs from</b>	<b>20-27 MHz.</b>

**Essential Oils (therapeutic grade) started at 52 MHz and went as high as 320 MHz, which is the frequency of rose oil.**

Essential oils have been used for thousands of years to treat physical and emotional ailments. Jean Valnet, M.D indicates in his book *The Practice of Aromatherapy* that essential oils are not only used to clean and disinfect European hospitals, replacing harsh chemicals but are also used to treat patients and are sometimes even ingested. In one test, Gary Young and Bruce Tainio found that **when a person drinks a cup of coffee, his/her frequency can drop by as much as 10 MHz. It can take 3 days or more days for his/her body to return to its original frequency. However, if they use an essential oil of 75 MHz or higher immediately after drinking the coffee, his/her frequency returned to normal in less than 1 minute.**

In addition to their use as vibrational medicine, therapeutic grade essential oils provide many other key roles in improving health. Essential oils serve the same function in the plant as blood does in the human body. Their complex chemical constituents cleanse, protect, oxygenate, nourish, and offer many therapeutic benefits. Many therapeutic grade essential oils have antiparasitic, antibacterial, antifungal, and antiviral properties. They also dissolve the petrochemical microfilm coating on human Growth Hormone (hGH) receptor sites. This microfilm prevents the receptor sites from receiving hGH properly which directly contributes to premature aging and a myriad of other health issues.

### **Negative Emotion Creates Disease**

Gregg Braden, author of *Awakening to Zero Point* and *Walking Between the Worlds*, has research results which indicate that negative emotion causes the frequency of the body to decrease. On the other hand, feelings of love, joy, laughter, and other positive emotions cause the frequency of the body to increase. Jane Buckle, RN, international lecturer, and Assistant to the Queen's Physician of England, told me that if a person has an auto accident and doesn't deal with the fear that it caused, within 2 years it will show up as disease in the body.

The Harmonic Scale of Emotion, as described by Robert Tennyson Stevens, indicates which emotions are high frequency and which ones are not. The highest frequency emotion is enthusiasm. Love and joy also fall into this category. This is followed by pain (emotional or physical) which is followed by anger. The next lower frequency emotion is fear, which is followed by grief. Below grief is apathy. Finally, the lowest frequency emotion is unconsciousness (meaning it is so awful we have completely blocked out those situations from our lives). If we are experiencing anything less than enthusiasm in any area of our life, we have lowered our frequency and are running the risk of dis-ease. In order to be healthy, people must increase their frequency.

### **Protection from Electromagnetic Frequencies and Negativity is Available**

Most practitioners of Vibrational Medicine use a technique called Applied Kinesiology, or muscle testing, to determine what frequencies would be beneficial for a person. If a product or frequency is beneficial the person will be strong. If the product or frequency is detrimental the person becomes weak. A test I often do as an example for my students involves a cell phone. When the cell phone is turned on, the person becomes weak. This happens because electromagnetic waves from the cell phone are disharmonious, disruptive frequencies for the human body. After spending a day at the office in front of a computer screen and under fluorescent lights most people feel wiped out. In truth, they are feeling the detrimental effects of electromagnetics in their energy field. Thankfully there are scientifically proven products, like *The BioElectric Shield*, that can protect a person from electromagnetic frequencies.

## **Flower Essences Aid in Healing on All Levels**

Flowers contain the greatest amount of life force found in plants. Flower essences contain the energetic signature of the flower trapped in water through the use of sunlight. Each flower represents one or more qualities or emotions expressed by humans. The use of flower essences aids in balancing those qualities or emotions. This in turn aids in healing the physical issues caused by the imbalances. One of the beautiful qualities of flower essences is that they are self-regulating. This means a person can't take too much. When an optimal level is reached, the body and energy field simply stops accepting the essence.

Richard Gerber M.D. wrote *Vibrational Medicine: New Choices for Healing Ourselves* which is considered the definitive text on vibrational healing. In it he describes what he terms "The Human Multidimensional Energy System." An egg shaped energy field (or body) surrounds the physical body. There are several layers that make up the energy body. They go from the lowest frequency of the physical body at the center to higher and higher frequencies as you extend out toward the outer edge. The names he gives the various energy layers are the etheric body, the astral body, the mental body, and furthest out the causal body. Dr. Gerber indicates that homeopathy only works with the physical and the etheric bodies. Flower essences, however, work with all the subtle bodies, the physical body, and even higher spiritual energies. Regardless of the origin of the problem – physical, mental, emotional, or spiritual – flower essences can aid in healing.

## **Sound Can Be a Powerful Healer**

Sound moves in waves through the air and is measured in cycles per second. According to Jonathan Goldman, humans only hear within the range of 16 to 16,000 cycles per second. Dolphin sonar is around 180,000 cycles per second. Richard Daab, in an Interview with Ilona Selke, writes that, "Dolphins recently have made the news as being better therapists than many humans. People in pain receive relief from swimming with dolphins when nothing else has helped. Autistic children suddenly become cooperative and interactive, where only a wall of silence was seen before." Perhaps it is because dolphins emit such a high frequency that people experience healing while in the water with them.

Healing with Sound can be accomplished in many ways. Sound healing practitioners can play instruments, use their voice, or play tapes or CDs. They can even have the client lie on a bed with speakers and circuits arranged so the music waves literally flow through the entire body. This special bed is often referred to as a "sound chamber." At the beginning of the article I mentioned just lying back and listening to beautiful music in order to heal. Remarkable experiences have been reported with the use of sound.

## **Hands on Healing is a Powerful Way to Raise Vibration**

Reiki and Therapeutic Touch are but two of the many names for Hands-on Healing. While a person sits or reclines, high frequency energy flows through the practitioner's hands to the client. The various types of hands-on healing use different hand positions and movements. Several scientific studies have been performed which clearly show that a greater amount of energy is emitted from a healer's hands than from a non-healer's hands. Apparently we all have the ability to channel high frequency energy through our hands. We simply have blocks in the energy channels in our body, which prevent us from doing it. Through the practice of Chi Kung exercises or the formal study of Reiki and other techniques, we are able

to open the necessary channels to be hands-on healers. A few individuals are born with the channels open and they are considered "natural healers." The most famous practitioner of hands-on healing was Jesus of Nazareth. Intrasound is like having a Hands On Healer in a jar.

At the beginning of the article I mentioned hands on healers and psychics aiding doctors in their practice. These are the specific examples I was referring to. Julie Motz, a healer from the U.S. and author of *Hands of Life*, accompanies an open-heart surgical team. She does hands-on healing with the patient before, during, and after surgery. Recovery time is much shorter for patients who receive this treatment as compared to those who do not. Caroline Myss is a medical intuitive and author of numerous books including *Anatomy of the Spirit*. Norman Shealy M.D. began calling and supplied her with a patient's name and age. With just those two bits of information she could provide a diagnosis of the patient's medical condition, as well as the emotional trauma or belief that caused it, with greater than 95 percent accuracy.

### **Prevention is Always the Best Policy**

Gabriel Cousens M.D., in the Preface to *Flower Essences and Vibrational Healing* by Gurudas, says, "Although we often misperceive disease as something that happens on the physical plane, the true cause of disease comes from a conflict between the mind and the soul. While vibrational therapies such as flower essences can help overcome these problems, even stimulating healing of physical diseases, inner tranquility and calmness to prevent and overcome the real causes of disease can only be obtained through spiritual practices such as meditation."

In order to understand why essential oils are so effective, it helps to know the scientific discoveries about frequency. Frequency is the measurable rate of electrical energy flow between two points. According to the late Dr. Royal Rife, a healthy human being resonates at a frequency between 62 and 78 megahertz during the day. Dr. Rife's frequency generator indicated that every disease has a certain frequency as well. He taught that a substance with a higher frequency could destroy a disease with lower frequency. More recently, the pioneering scientist Bruce Tainio built the world's first "bio- frequency monitor," which can actually test a frequency. He teaches that when a cold or flu sets in, our body's normal frequency drops to 58 Hz. Candida and fungus resonate at about 55. Barr and Chronic Fatigue Syndrome start at about 52. Recently, Dr. Gary Young, along with Tainio, got some very interesting results when they measured the frequencies of certain foods.

Canned foods register at 0-15 Hz, dry herbs at 15-22Hz, fresh herbs at 20-27 Hz, and essential oils from 52 to 320 Hz! (Pure grade A rose oil has the highest frequency of all at ... 320. Wow! Hold the mustard, mister, and pass the rose oil.)

## **ESSENTIAL OILS:**

Essential oils are the subtle, precious liquids that are distilled from plants, shrubs, flowers, trees, roots, bushes and seeds. They contain oxygenating molecules that transport the nutrients to the cells of the body. Without oxygen, nutrients cannot be assimilated, leaving us nutritionally depleted. Clinical research shows that essential oils help create an environment that disease-causing bacteria, viruses, fungi, etc. cannot live. Science is only now rediscovering and beginning to acknowledge the value of the healing substances that were used in ancient times.

### **Properties of Essential Oils**

- Antibacterial, anti-viral, anti-fungal, anti-parasitic and antiseptic.
- Stimulate the immune system.
- Increase oxygen, negative ions and ozone.
- Provide a delivery system for nutrients directly to cells.
- Assimilate into the body in 25 minutes without leaving any residues.
- Promote healing on all levels: physical, emotional and spiritual.

### **Grades**

There are three grades of essential oils: Grade A (therapeutic), B (food grade) and C (perfume grade). Over 90% of the essential oils in this country are of the lower grades, less expensive and poor quality. Most of those oils are cut with carrier oils, alcohol, chemicals and synthetics that can cause them to go rancid. All Young Living oils are 100% pure essential therapeutic grade oils. After researching and trying many different brands, we have found Young Living oils to be unsurpassed in quality and effectiveness, which is why we feature them on this site.

Mr. Young is considered one of the most foremost authorities on "Aroma Therapy" in North America. He travels the world to find the finest plants and personally visits the fields where the botanicals are grown. Mr. Young also inspects the quality of plants to assure they are grown organically to his specifications.

### **Frequency**

Only grade A oils carry electrical frequency, which have full health benefits. Frequency is the measure of electrical energy between any two points. Electrical frequency is measured in hertz (Hz), megahertz (MHz) and kilohertz (kHz). Grade A essential oils range from 52 Hz (basil) up to 320 Hz (rose).

Bruce Tainio of Tainio Technology, a division of Eastern Washington State University, Cheney, WA, developed new equipment to measure electrical frequency in humans and foods. This equipment was used in a research study at Johns Hopkins University to determine the relationships between frequency and diseases. The results of that study are as follows:



**Human:**

From neck up	72-78Hz
From neck down	62-68Hz
Receptive to a cold	58Hz
Receptive to Epstein Barr	52Hz
Receptive to cancer	42Hz
Death of body begins	25Hz

**Food:**

Processed	0Hz
Dried	15-22Hz
Fresh	20-27Hz
Dry herbs	15-22Hz
Fresh herbs	20-27Hz

While holding a cup of coffee, one man's frequency dropped from 66 Hz to 58 Hz; it took three days for the frequency to return to normal. Another man drank the coffee. His frequency dropped from 66 Hz to 52 Hz. After inhaling the oil formula, R.C., this man's frequency returned to normal in approximately 21 seconds! And another man's frequency dropped from 65 Hz to 48 Hz while holding a cigarette; smoking the cigarette, his frequency dropped to 42 Hz, the same frequency as cancer.

Thoughts also influence our frequency. Negative thoughts lower our frequency by 12 Hz. With positive thoughts, it raised the frequency by 15 Hz. Finally, prayer and meditation increase our frequency by 15 Hz.

**Oxygen**

Oxygen delivers nutrients to body cells. Disease cannot exist in an oxygen rich environment. If a cell has been deprived of oxygen, the cell wall hardens and nothing can pass in or out of it. The primary constituent of essential oils is oxygen. Essential oils are lipids soluble that can easily penetrate a cell membrane. If the cell membrane has hardened, essential oils have the ability to soften it, penetrate and re-oxygenate the cell. This allows the cell to function normally again. In fact, the cell can begin releasing chemical toxins in an oxygen rich environment. Essential oils deliver 21% more oxygen to every cell in the body within 20 minutes without harmful effects.

**Brain**

There is a barrier membrane between circulating blood and the brain, which prevents certain damaging substances from reaching the brain tissue and cerebrospinal fluid. This is known as the blood-brain barrier. According the Medical Association, diseases such as M. S., Parkinson's, Lou Gehrig's Alzheimer's could be treated if an agent was found that passes the blood-brain barrier. In June 1994, it was documented by the Medical University of Berlin, Germany and Vienna, Austria that the agent of sesquiterpenes has the ability to pass through the blood-brain barrier. High levels of sesquiterpenes are found in many of the essential oils; the highest amounts are found in Frankincense and Sandalwood.



Essential oils containing sesquiterpenes increase oxygen in the limbic system of the brain, particularly around the pineal and pituitary glands, this leads to an increase in secretions of anti-bodies, endorphins and neurotransmitters.

In the limbic system of the brain, there is another gland called the amygdala. In 1989, it was discovered that the amygdala plays a major role in storing and releasing emotional trauma. The only way to stimulate this gland is with fragrance, or the sense of smell. Therefore, we are able to release emotional trauma with Aromatherapy and essential oils.

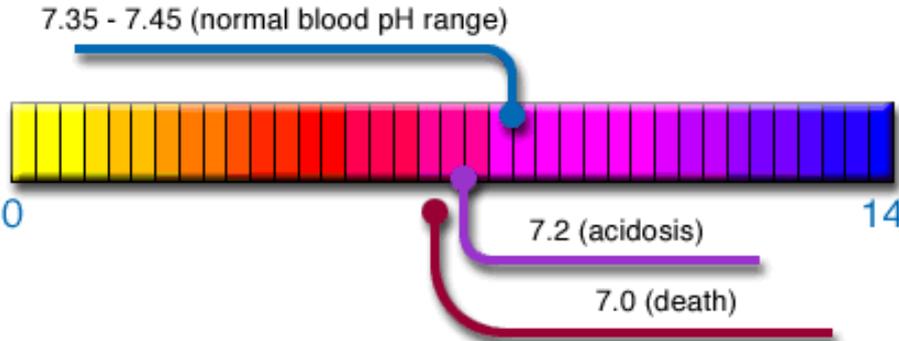
## History

Essential oils were man's first medicines. The ancient Egyptian people used oils for healing diseases, skin and hair care, embalming, and in religious rituals and ceremonies. Well-preserved oils were found in alabaster jars in King Tut's tomb. According to the translation of ancient Egyptian hieroglyphics and Chinese manuscripts, priests and physicians were using oils thousands of years before Christ. There are 188 references to oils in the Bible. Some precious oils such as frankincense, myrrh, rosemary, hyssop and spikenard were used for anointing and healing of the sick. Biblical prophets recognized the use of essential oils as protection for their bodies against the ravages of disease. Some of Gary Young's oil blends are from recipes from the Bible and ancient Egyptian hieroglyphics.

The ancient process of distillation is a delicate and precise art that has almost been forgotten. Processing with low pressure and low temperature are the key to maintaining the ultimate fragrance and therapeutic value. High pressure, high temperatures, rapid processing and the use of solvents or any other chemical will fracture the oil molecule thus altering the fragrance and destroying the therapeutic value. Any chemical that is combined with an essential oil will destroy the effectiveness of the oil's purpose and function. Producing the purest of oils is very costly and may require several hundred, or even a thousand pounds of plants to extract one pound of oil. For an example, *Lavendula Officinalis* requires 175-250 pounds to produce one pound of pure lavender oil. It takes approximately 5,000 pounds of rose petals to produce one pound of rose oil. Peppermint requires 35-40 pounds of plants to produce one pound of oil. And melissa requires three tons of plants to produce one pound of oil.



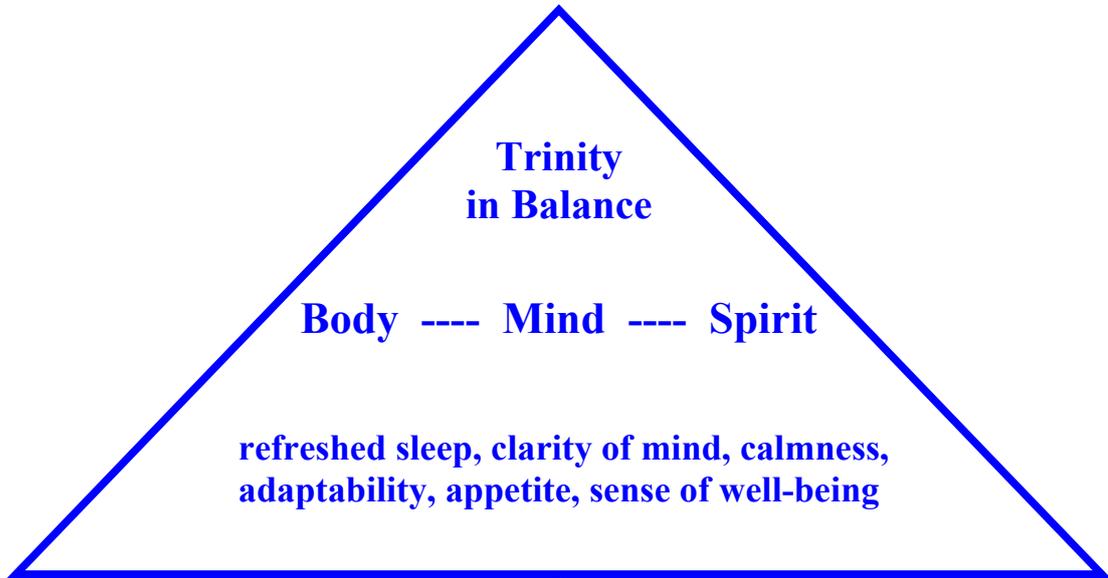
Keeping your Hz frequency up may be akin to keeping your pH range higher towards alkalinity:



Concentration of Hydrogen ions compared to distilled water		Examples of solutions at this pH
10,000,000	pH = 0	Battery acid, Strong Hydrofluoric Acid
1,000,000	pH = 1	Hydrochloric acid secreted by stomach lining
100,000	pH = 2	Lemon Juice, Gastric Acid Vineger
10,000	pH = 3	Grapefruit, Orange Juice, Soda
1,000	pH = 4	Tomato Juice      Acid rain
100	pH = 5	Soft drinking water Black Coffee
10	pH = 6	Urine      Saliva
1	pH = 7	"Pure" water
1/10	pH = 8	Sea water
1/100	pH = 9	Baking soda
1/1,000	pH = 10	Great Salt Lake Milk of Magnesia
1/10,000	pH = 11	Ammonia solution
1/100,000	pH = 12	Soapy water
1/1,000,000	pH = 13	Bleaches Oven cleaner
1/10,000,000	pH = 14	Liquid drain cleaner

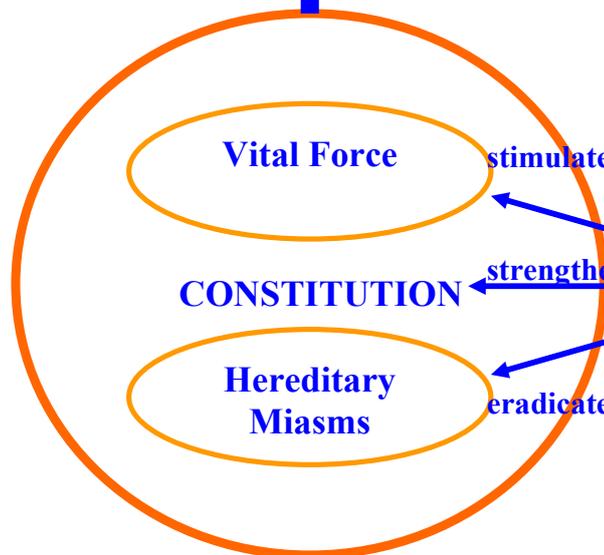
HOMEOPATHY:

# The Homeopathic Paradigm of Healing



can create

Nutritional chi  
Respiratory chi  
Healthy



stimulates

strengthens

eradicates

Action of  
Homeopathic  
Remedy

## **RATIONALE for VIBRATIONAL MEDICINES – HOMEOPATHY:**

P.139 Energy Medicine by James L Oschman

Diseases and disorders alter the electromagnetic properties of molecules, cells, tissues, and organs. In addition to the familiar regulatory systems studied by physiologists, the human body contains an electromagnetic control network. Ancient methods such as acupuncture recognise, understand and treat via these systems. Modern research is determining their biophysical mechanisms and electromagnetic ‘languages’.

Vibration medicines such as homeopathy demonstrate that similar or even better results can be obtained by providing the electromagnetic fingerprint or signature of a natural substance (Smith 1994). ‘Energetic pharmacology’ distinguishes this approach from conventional chemical pharmacology.

**A substance, or its electromagnetic signature, challenges the defence and repair systems to respond, without the side-effects of pharmacological interventions. In some cases an imbalanced system is restored by introducing a signal that cancels a discordant or pathological frequency that is disturbing the body.**

In bodywork and movement therapies, the emanations from a therapist’s own tissues can provide electromagnetic information that opens or augments vital communications in a patient’s tissues. Light and sound therapists apply energies of particular frequencies to appropriate points on the body (e.g. ‘colourpuncture’, Mandel 1986).

**The human body emits vibratory information that precisely specifies the activities taking place within.**

**Homeopathy and other vibrational medicines take advantage of the water system and its great sensitivity to electromagnetic fields.** Perhaps the troubling ‘artifact’ of water absorption actually explains how homeopathic dilutions and the body’s water system absorb information from a substance. **‘Water memory’ does not violate any laws of physics or nature. It simply means that our understanding of water is incomplete.**



**In homeopathy, molecular signatures are transferred from a biologically active molecule to the water in which it is dissolved.** This happens when the homeopathic physician ‘succusses’ the sample. Succussion is a method of vibrating or sending a shock wave through a solution. **Dissolved molecules are made to vibrate intensely and coherently, and they therefore emit their electromagnetic signatures (emission spectrum).**

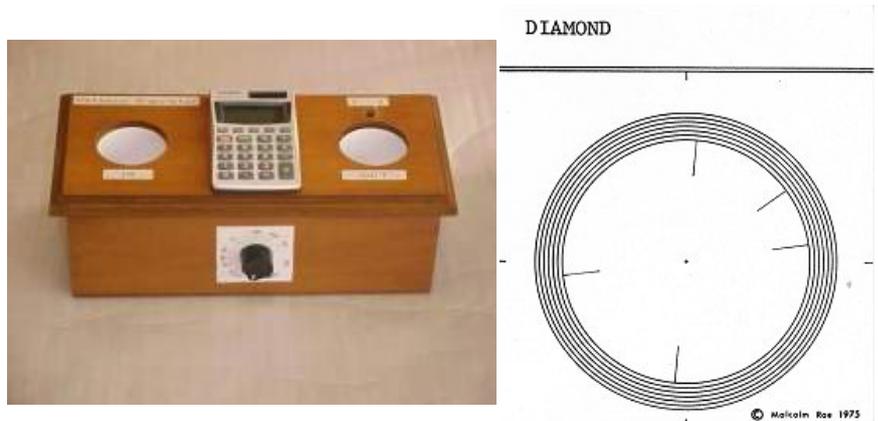
One plausible mechanism for water memory storage, published by Smith (1985), is that hydrogen bonds hold water molecules together in a helical structure that acts like a coil. The magnetic components of fields emitted by the vibrating molecules induce current flows through the water helix. These currents reverberate within the water structure, much like the ringing of a tuning fork.

**Even when the sample has been diluted to the point that the original molecule is gone, the signals stored in the water continue to vibrate for a long time. Upon further dilution and succession, the reverberating signals transfer to other water molecules used to dilute the sample.**

The ability of atomic systems to recall coherent electromagnetic pulses is known to physicists (Brewer & Hahn 1984). Several independent reports document storage of information by water (e.g Trincher 1980).

Homeopathy introduces into the body the healing vibration that is necessary to rectify the imbalance and restore harmony.

Malcolm Rae has recorded the vibrational levels of some 3,000 remedies on cards which enables the accurate delivery via a Potency Simulator as shown here.



### Helping the body to heal itself

The word 'homeopathy' (also known as homoeopathy) is derived from the Greek words *homoios*, meaning 'similar', and *pathos* meaning 'suffering'. Homeopaths treat patients with specially prepared substances that mimic the symptoms of those diseases in healthy people. Homeopaths have observed that this strengthens the ability of the body to heal itself.

### Homeopathy has been found to have:

**No side effects:** Homeopathy has no side effects. In all the millions of cases treated with homeopathy it has never been shown to be toxic to the body. It is suitable for pregnant women, infants and children.

**Safety:** Homeopathy is safe. Millions of lay people use it to help themselves and their families without any dangerous physical repercussions. Even if accidentally an incorrect homeopathic remedy is used, no harm can be done. The body ignores the remedy and no harmful effects are produced.

**Low cost:** Homeopathy is economical. It is much less expensive than prescription drugs, and it has a very long shelf life (Natural Healing Today online).

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My Health News relates to Adult Stem Cells. Please read below and then access my site to view the video from the Scientist who created this product. This company also has a program for non-profit organizations that you will be interested in.



## Adult Stem Cells

What are stem cells?

Stem cells can be thought of as “master” cells. You’ve probably heard about the controversy of embryonic stem cells in the news. Stem cells are found in human embryos, but are also found in adult tissue.

Adult stem cells are most abundantly found in bone marrow. As soon as you are born you have Adult Stem Cells. Stem cells circulate and function to replace dysfunctional cells, thus fulfilling the natural process of maintaining optimal health. The recent advances in stem cell research were listed as one of the most significant health-related stories in the past 25 years by CNN, second only to the complete mapping of the human genome.

As you age, the number and quality of stem cells that circulate in your body gradually decrease, leaving your body more susceptible to injury and other age-related health challenges. Just as antioxidants are important to protect your cells from “free radical” damage, stem cell enhancers are equally important to support your stem cells in maintaining proper organ and tissue functioning in your body.

I recently joined a company that has the most amazing product I have ever come across. This product is producing phenomenal testimonials from people who have serious health problems. These testimonials

are so amazing I just had to join with this company and start spreading this knowledge and product to all who are ill.

This Product is a breakthrough, natural botanical extract that supports wellness by helping your body maintain healthy stem cell physiology. It is the very first product on the market from the latest phytoceutical product category called "stem cell enhancers".

What are stem cell enhancers? Stem cell enhancers are products that support the natural role of adult stem cells. Recent scientific developments have revealed that stem cells derived from the bone marrow, travel throughout the body, and act to support optimal organ and tissue function.

How does it work? When you take this product, the ingredients help to support the release of stem cells from the bone marrow into the bloodstream. Through a natural process, those stem cells then travel to areas of the body where they are most needed.

This is an incredible product that has \_\_\_\_\_ so many people. (The Blank stands for a word we are not allowed to use in claims since this product falls into the category of Health Supplements by the Food and Drug Administration).

If you have any of the following health problems, please go to <http://www.simple.stemtechhealth.com/>

Any Health Related problems whatsoever.

All major Diseases	Cancer – All Types
Diabetes	Multiple Sclerosis (MS)
Parkinson's	Fibromyalgia
Cardiovascular problems	Breathing Problems
Muscle Damage	Stress, Depression
Skin Problems	Migraines
Stroke Victims	Kidney Problems
Bladder Problems	Circulation Problems
General aches and pains	Swelling
Post-Combat Disorders	

I can tell you that I and my mother started on the product on Saturday 11/11/06 and I have no pain in my knees, feet, legs, or back. I have chronic fibromyalgia. My mom is Diabetic and she was able to feel her feet again, her sugar level is starting to be normal and she can see out of her bad eyes (they both have cataracts.) from Diabetes. This product works immediately and the effects are amazing.

My upline HAD type 1 Diabetes and was on 3 insulin shots per day and even then wasn't able to lower his sugar below 200. He is now off his insulin and his blood sugar is now normal. He started this product in February 2006. He was very aggressive with it and managed to heal his Kidney along with the blood sugar. He is now working on his blindness which resulted from having Diabetes. He can see shadows now and hopes to see clearly very soon.

Note on 15 & 17 Nov 06

**ENERGY LEVEL of FOOD:** as calibrated based on the Map of Consciousness scale 1 – 1,000:

The scale is based on the common log of 10, a 1 point jump is a 10 fold increase in energy.

Cookies made for Family	520	<b>Blessing</b> food adds 15 points to calibration.
<b>Green Juice = Raw Power</b>	<b>510</b>	
Home cooked sea fish + organic salad	410	
Home roasted free range chicken + salad	410	Calibrations above 350 involve organics.
<b>Raw Food = Raw Power food blessed</b>	<b>365</b>	<b>(overall menu)</b>
Roadside Farm Stands	355	A 1 point jump is a 10 fold increase in energy.
<b>Raw Food = Raw Power – Byron Bay</b>	<b>350</b>	<b>(overall menu)</b>
Vick's (product)	345	
Wine or Beer	330	Single serve per day.
Campbell's Soup (product)	325	
Uncle Ben's Rice (product)	315	
Quaker Oats	305	
Pepsi (beverage)	305	Single serve per day.
Coca-Cola (beverage)	305	Single serve per day.
Tea, Green	300	
Food, Blessed Homemade	215 +	Organically grown foods have approximately
Food, Homemade	209 +	75% to 350% the nutritional and mineral
Food, Blessed Machine-made	207	value of commercially grown foods.
Food, Commercial	207	Organic home grown foods is even higher.
Vegetarianism	205	
Grilled / BBQ steak	205	
Muesli	205	
Donald Duck (cartoon)	205	Above 200 is pro-life – positive.
<b>Food</b>	<b>200</b>	<b>At this level and above food is life giving.</b>
Food, Commercial Cat	192 – 202	Below 200 is anti-life – negative.
Food, Commercial Machine-made	188 – 200	
Black Tea	185	
Body Piercing	180	
Milk – Pasteurised	180	
Coffee	175	
McDonalds, KFC, Hungry Jacks	175	All food below 200 is detrimental to health!
Microwaved Meals	170	
Taco Bell Fast Food	165	
Pizza Fast Food	165	
Public Hospital Meals	165	
Alcohol Addiction	90	6 or more drinks a day.
Kellogg's Corn Flakes	85	
Cigarettes	85	
Marijuana	80	
Cocaine	7	
Heroin, Methamphetamines	6	Every and any substance can be calibrated!

Most calibrations are sourced from David Hawkins' book 'Truth vs Falsehood'.



**PASCAS HEALTH – ENERGY LEVEL of FOOD:**

Calibrations are based on the Map of Consciousness table as published within Power vs Force by David R Hawkins and the kinesiology testing process used is as outlined within this book.

At the level of 200 on the scale of 1 to 1,000 you achieve a positive level, below is negative.  
Any food calibrating below 200 is not life enhancing.

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** a prepared meal adds 15 points being 1,000,000,000,000,000 fold increase in energy.  
This being a quadrillion ( $10^{15}$ ) jump in energy.

Some brand names influence the energy level in a positive way, Campbells Soup is one such entity.

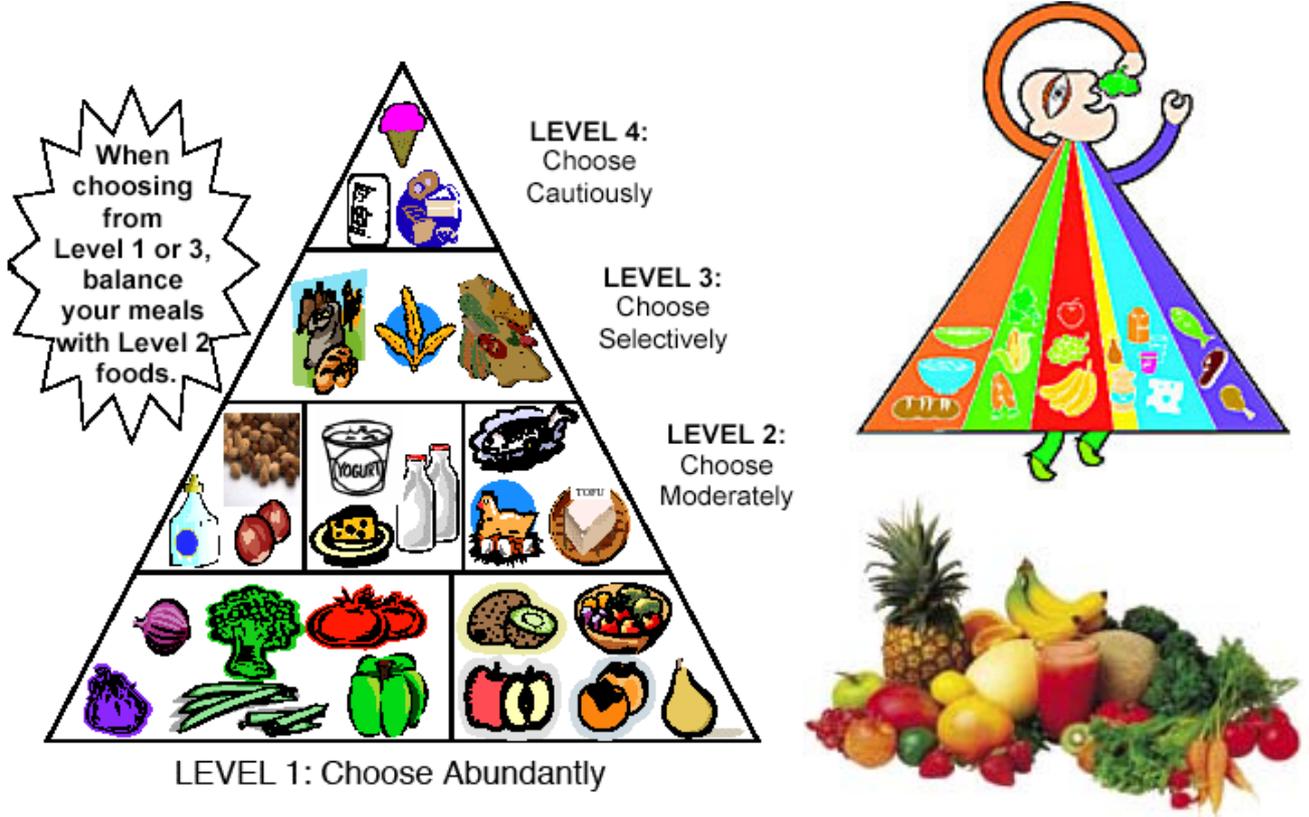
Similarly, the level of consciousness of the retailing corporation has a direct influence on the calibration of the food products, particularly raw and fresh foods.

Our diets are generally excessive with acidic foods, look to increase your alkaline foods intake, whilst reducing your acidic food intake. Refer to the Pascas Health – Energy Level of Food survey.

**All food intake of a multiple sclerosis patient should calibrate on the Map of Consciousness over: 300**

**FRESH is clearly the BEST !!!**

**Fresh is Best!**



**Eat** the Colors of the **Rainbow**

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

## Library Downloads – Pascas Papers

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

**Udo Erasmus CHOICE FOOD PYRAMID:  
People with Degenerative Conditions**

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

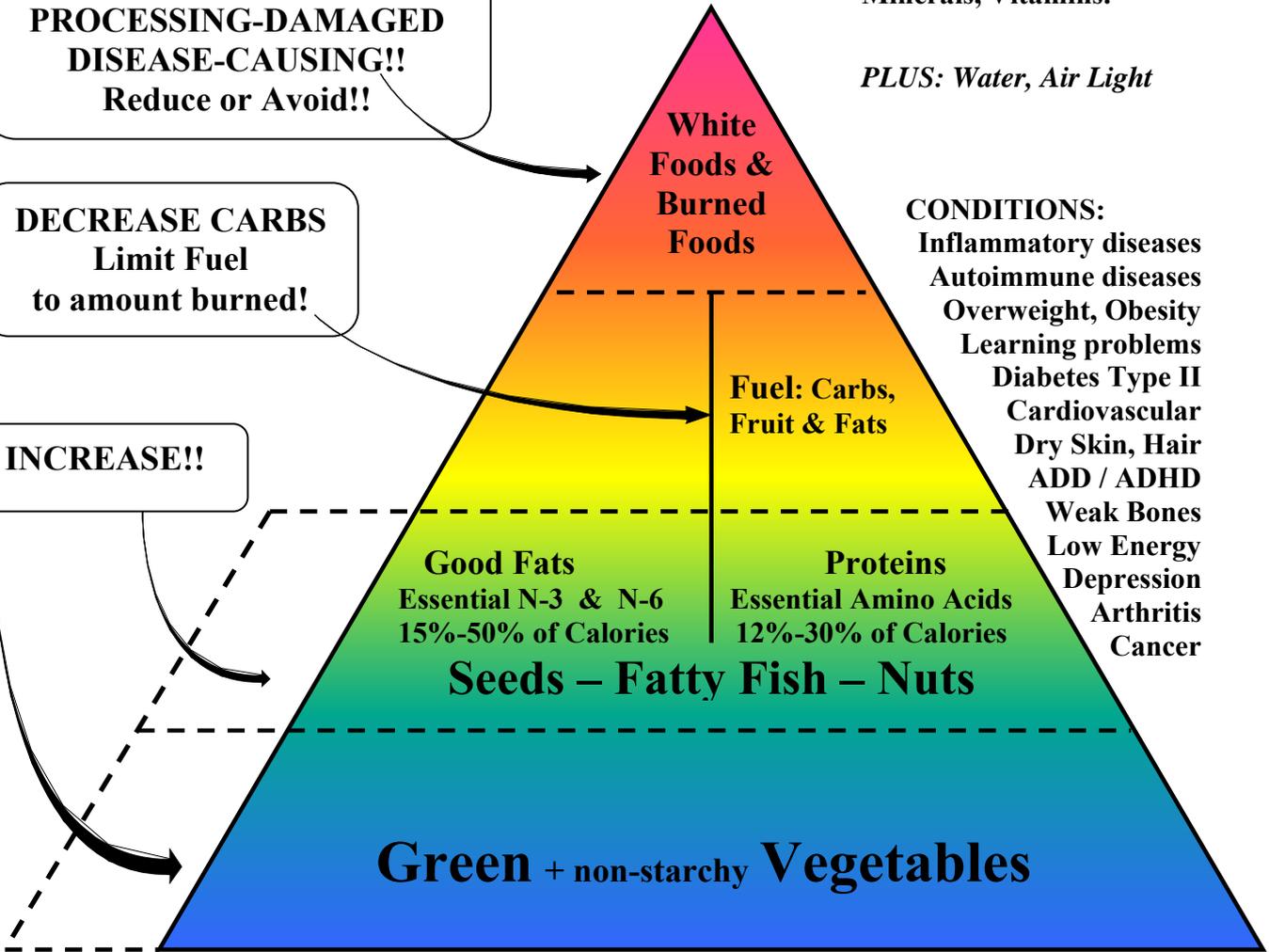
*PLUS: Water, Air Light*

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

**DECREASE CARBS  
Limit Fuel  
to amount burned!**

**INCREASE!!**

**CONDITIONS:**  
Inflammatory diseases  
Autoimmune diseases  
Overweight, Obesity  
Learning problems  
Diabetes Type II  
Cardiovascular  
Dry Skin, Hair  
ADD / ADHD  
Weak Bones  
Low Energy  
Depression  
Arthritis  
Cancer



Udo's Choice Food Pyramid for Sick People increases two food categories – Green Vegetables, and Good Fats.

Fuel Foods in typical diets include commercial carbohydrates (bread, baked goods, etc) and processed fats (margarines, shortenings, fried foods), which contribute to the majority of chronic disease conditions in our society. Therefore, the FUEL category should be reduced. Fruits should also be reduced because they contribute to overweight if not burned. Avoid "white foods" and foods rendered toxic by processing or overheating!



Story provided by Karyn Owen from Emma Quayle,  
Herbalife European Communications Manager

Testimonial of Nico Smit

18 years ago I was diagnosed with Multiple Sclerosis. Through the years I have tried every possible vitamin and mineral supplement available including Lioresal, Slow Mag, Slow K, kelp and many others. I have kept a record of 53 visits to doctors, specialists and dieticians during the period 1983 to 1989 with no positive result. Periodically I was hospitalised and for a while the cortisone treatments seemed to slow down the process but the side-effects of the treatment worsened.

For the past seven years my condition has been slowly deteriorating in spite of an excellent diet program. I became mentally and physically so fatigued after every midday that I could not lift a telephone from its cradle during the afternoon. I had indigestion problems; terrible constipation problems; very bad leg spasms; blood sugar levels became unstable and bad sleeping patterns developed. I started suffering from depression and had suicidal tendencies

During March 1998 my wife brought Herbalife into our home and I decided to give it one final shot. I started eating the total program and within 14 days I sensed a difference. My energy levels soared, it was unbelievable.

For the first time in many years I started feeling positive. My health improved dramatically. Mentally, I felt great and started planning my life and setting goals again.

Since I am eating Herbalife on a daily basis, I no longer suffer from constipation or fatigue. My swollen feet went back to normal; my cold legs and feet warm up naturally again; my blood sugar levels are stable; blood circulation has improved; the spasms in my legs have improved dramatically to such an extent that it does not wake me during the night any more; my sleeping patterns have normalised; I do not crave for certain foodstuffs any more and as a bonus, I lost 7 kg of excess body weight!

I believe the excellent nutrition that I receive now would have made a remarkable difference had I been able to start much earlier in my life.

Thank you Lord for Herbalife!  
40 Bordeaux Ave, Durbanville 7550, South Africa

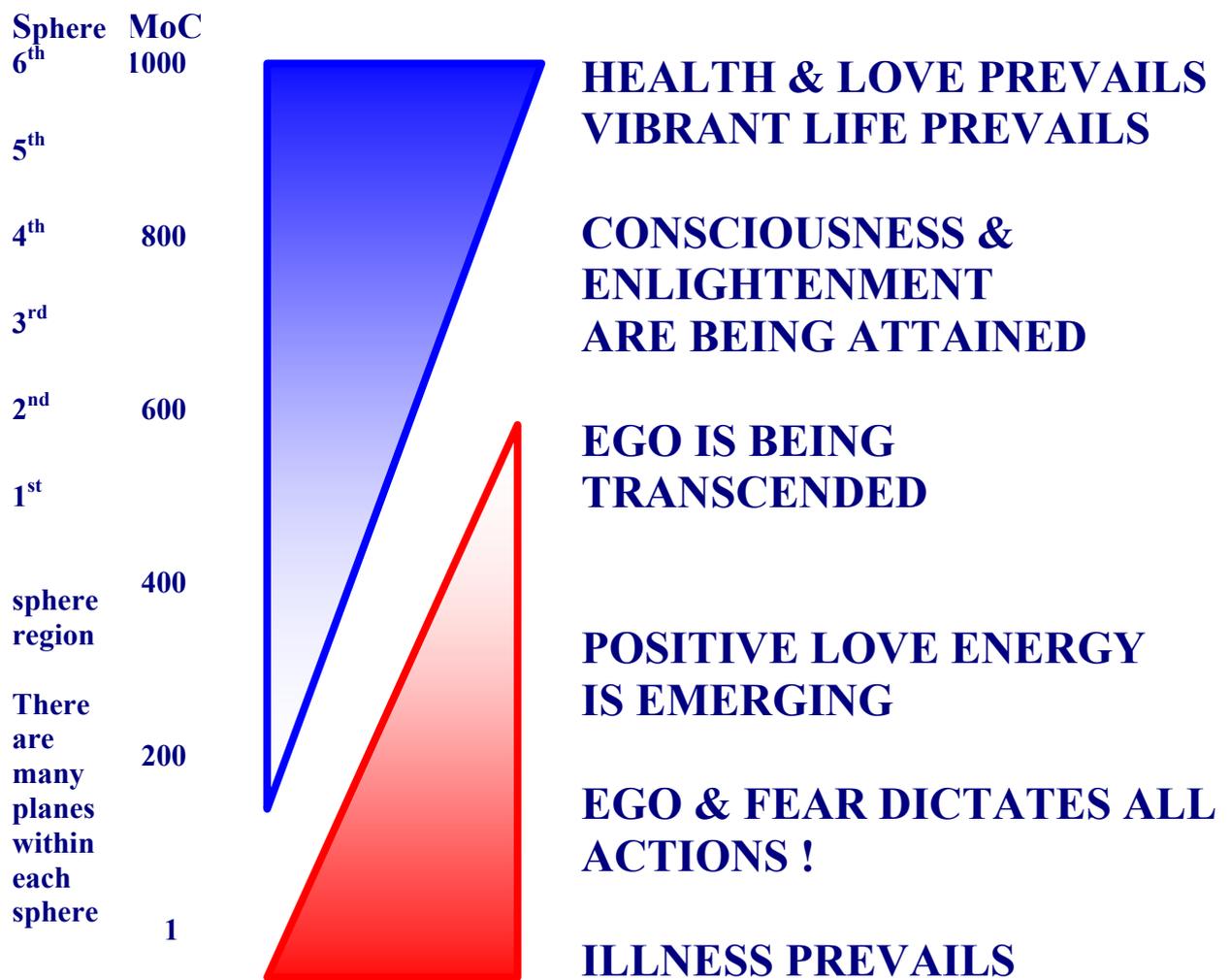
**HERBALIFE** (products) calibrate on the Map of Consciousness on average at 550

**HERBALIFE** – Mike Thoars  
Mobile: 0433 419 950  
Phone: 61 7 3891 7150  
Email: perfect@bigpond.net.au



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

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



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

**REFERENCE MATERIAL:** (based on Natural Love)

Power vs Force by David R Hawkins www.veritaspub.com	(A – Andrew) (also Video of the same name) Adyar Bookshop 61 2 9267 8509 or www.adyar.com.au	ISBN 1 56170 933 6 Map of Consciousness calibration 850
The Eye of the I by David R Hawkins www.veritaspub.com		ISBN 0 9643261 9 1 Map of Consciousness calibration 980
I – Reality and Subjectivity by David R Hawkins www.veritaspub.com		ISBN 0 9715007 0 3 Map of Consciousness calibration 999.8
Truth vs Falsehood by David R Hawkins www.veritaspub.com		ISBN 0 9715007 2 X Map of Consciousness calibration 850
Transcending the Levels of Consciousness, The Stairway to Enlightenment by David R Hawkins www.veritaspub.com		ISBN 0 9715007 4 6 Map of Consciousness calibration 900
Discovery of the Presence of God, Devotional Nonduality by David R Hawkins www.veritaspub.com		ISBN 0 9715007 6 2 Map of Consciousness calibration 955
Oneness – the teachings by Rasha Bergen www.amazon.com	(A – Matthias)	ISBN 1 58872 049 7 Map of Consciousness calibration 970
Scriptures and Spiritual Writings: (note: Amazon is a source for all this material) Reference Truth vs Falsehood P. 366		
Bhagavad-Gita		Map of Consciousness calibration 910
Dhammapada		Map of Consciousness calibration 840
Huang-Po Teachings		Map of Consciousness calibration 960
Lamsa Bible (minus the Old Testament and Book of Revelation, but including Genesis, Psalms, and Proverbs)		Map of Consciousness calibration 880
Nicene Creed		Map of Consciousness calibration 895
Trinity (concept)		Map of Consciousness calibration 945
Upanishads		Map of Consciousness calibration 970
Vedas		Map of Consciousness calibration 970
Zohar		Map of Consciousness calibration 905
The Power of Now by Eckhart Tolle www.hha.com.au	(A – Judas)	ISBN 0 7336 1912 6 Map of Consciousness calibration 870
Practicing the Power of Now by Eckhart Tolle www.hha.com.au		ISBN 0 7336 1454 X Map of Consciousness calibration 780
Stillness Speaks by Eckhart Tolle www.hha.com.au		ISBN 0 7336 1735 2 Map of Consciousness calibration 815
The Disappearance of the Universe by Gary R Renard www.fearlessbooks.com www.adyar.com.au	(A – Thomas)	ISBN 0 9656809 5 9 Map of Consciousness calibration 845

NOTE: A thorough study of Power vs Force results in an elevation of consciousness by an average of 35 points. A study of David R Hawkins trilogy of books (Power vs Force, Eye of the I, and I – Reality and Subjectivity) may achieve 100 points. Similarly, a thorough study of Disappearance of the Universe raises ones consciousness by 30 points, Alchemy of Nine Dimensions by 35 points, The Journey + Journey for Kids by 35 points, Oneness by 35 points, and a though study of Eckhart Tolle’s three books raises ones consciousness by 45 points. The Course in Miracles is designed to raise one’s consciousness to the level of 600 on the Map of Consciousness.

Viewing the movie, What the Bleep do we Know? also The Secret contributes and The Commitment each contribute 35 points.

## **HEALTH DOME:**

The **Health Dome** needs to be viewed internally as a hologram.

Each health modality interconnects and is complimented and supported by each and every other health modality.

No one process or practice is an exclusive solution.

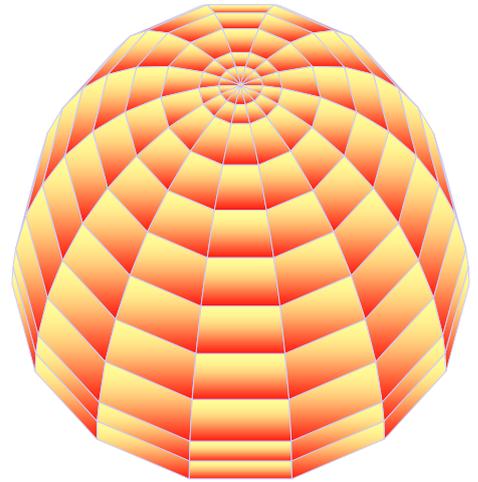
If you were to say that one practice or solution stands out above and beyond all others at the pinnacle of the **Health Dome** then that would be **Love and Forgiveness**.

The basic malady found in people is self-hatred. Self-hatred is the basic inner illness in all of us, but just how that self-hatred and non-acceptance of the self manifests is shown in our different character structures. As we work to understand our dynamics on a daily level, we can learn to accept ourselves through this process. Self-love is the greatest healer, and self-love also requires daily practice.

The broad view of the healer encompasses the totality of the human being. In healing there is no separation between body and mind, emotions and spirit – all need to be in balance to create a healthy human being. The healer focuses on physical, psychological and spiritual malfunction. It is impossible to do healing without affecting the psychological levels of the personality. The more the healer understands the psychodynamics of his/her clients, the more the healer will be equipped to help the clients heal themselves.

**Finding the initiating cause of an illness is always a key part of healing.**

**The objective, from within the Pascas Health Dome, is to treat the cause much more so than just treat the symptoms. Re-occurrence of many illnesses is due to the non-treatment of the cause.**



**Adopting Divine Love principles, accessing, processing and releasing emotions is going to the cause of the illness. By releasing the emotions, the illness will be mitigated and full health is achievable.**

**PHYSICIAN, HEAL THYSELF:**

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

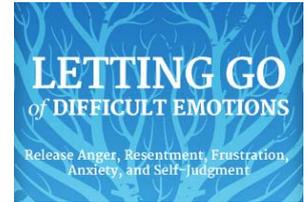
- A thought is a “thing”. It has energy and form.
- The mind with its thoughts and feelings controls the body; therefore, to heal the body, thoughts and feelings need to be changed.
- What is held in mind tends to express itself through the body. What one holds in mind tends to manifest.
- The body is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

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

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

## **LETTING GO with The LOVE:**

Find a comfortable position to relax and be still and free from interruption. This may be for a few minutes or as long as you may please.



Long for and ask our Heavenly Parents for Their Love, the ultimate high octane super fuel being the light golden blue energy substance of Divine Love. Each little drop of the Divine Love received whilst doing one's Feeling Healing prompts one a little further. Ask for assistance and the Love to enable held errors of thought and belief to be released. One's personal intent and involvement in letting go of past incurred difficult emotions is most beneficial.

**Step 1: Focus on an issue that you would like to feel better about, and then allow yourself to feel whatever you are feeling in this moment. Identify the negative feeling.** Focus quietly on the feeling. Breathe into the sensations and allow them to be.

**Step 2: Ask yourself one of the following three questions:**

- Could I let this feeling go?
- Could I allow this feeling to be here?
- Could I welcome this feeling?

The mechanism of letting go is concerned with the emotional “what” from moment to moment, without involving the intellect. What is the benefit of this emotional feeling? What is the point of holding this hurtful belief at all? One may start laughing at the absurdity of long held errors or injuries upon reflection. **Breathe into the sensations and allow them to be.** Your willingness to accept the sensations may intensify them. This is okay.

**Step 3: No matter which question you started with, ask yourself this simple question: Would I? In other words: Am I willing to let go?**

**Step 4: Ask yourself this simpler question: When?** This is an invitation to just let it go NOW.

**Step 5: Repeat the preceding four steps as often as needed until you feel free of that particular feeling.**

**The only way we can truly let go of them is by SPEAKING THEM OUT OF US, getting right into them with the feeling, and emoting and expressing it – whilst longing to see the truth of it...**

Our willingness to let go thinking and accept what's happening is our ticket to inner freedom. Each time you sense a disruption inside, turn down the volume on the thoughts, breathe into the sensations and allow them to be. This is what we need do to let go. Simple. The challenge comes in being vigilant with letting go all negativity – no exceptions.

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

This process is ever so freeing and uplifting, though sometimes difficult.

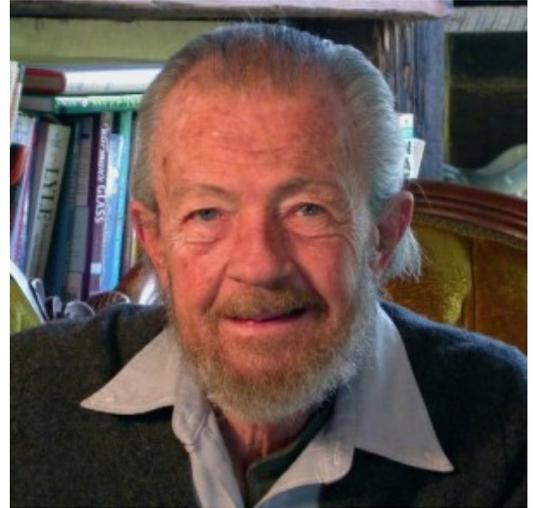
Reference: ‘Letting Go – The Pathway of Surrender’ by Dr David R Hawkins



**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, inter-balancing, ever-moving energy fields of life, leaving a permanent record for all of time. This realization can be intimidating when it first dawns on us, but it becomes a springboard for rapid evolution.”

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

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

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

Everything is interconnected.

MUSINGS by JOHN:

Thursday, 28 September, 2017

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

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

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

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

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

Cheers John

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

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

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

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

And to bolster my flagging ego, I would tune into those people on Earth who were still thinking well of me, yourself John being one such person. And here again, by doing this, I gave myself a rude shock having to face the fact and realise that few people truly understood what I was teaching, taking my work

and corrupting it for their own gain. And believe it or not, I never thought such a thing would happen. So, who of my 'earthly followers' was staying true to what I taught – who actually got it?

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

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

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

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

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

Yours respectfully,  
Dr. David Hawkins

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

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

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

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

in that from the Divine Love spirits that are guided to help him. Isn't that just so wonderful John, to have that help, like you have in Kevin and Kathaleen.

### **CONCLUSION:**

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

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

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

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

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

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

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

**Firstly, consider discovering the truth of your emotional pain through Feeling Healing.  
Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.  
Primary and most important readings are the writings of James Moncrief.  
Then consider the Padgett Messages, and then The Urantia Book.**

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

**in conjunction with**

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

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



**FEELING HEALING versus other EMOTIONAL PROCESSING METHODS:**

Thursday, 13 July 2017

Hi James and Nanna Beth (questions from John)

The question to address is:

What is different with the outlines of the Feeling Healing process as against the numerous other emotional processing methods?

Nanna Beth, 3<sup>rd</sup> Celestial Heaven: The difference is the focus on the truth: uncovering the truth of yourself through your feelings – uncovering the truth of your feelings. It's a rebellion against the Truth, so if one doesn't want the truth, nothing will happen, one will only move deeper into one's rebellion against it.

And because the focus is on the Truth, so one can use it all the way to uncover the Whole Truth of Oneself. And there is nothing else teaching that.

All the other systems that involve looking to feelings to some degree fail to understand the deeper significance of wanting the Truth. Many people uncover some truth of themselves through their feelings, but mostly they end the process because they don't want to follow it right the way through, which means they only want to heal some momentary pain, and once that is done, are usually happy to continue on in their untrue state.

And because one is wanting to uncover the whole truth of oneself, then it becomes a full spiritual experience, and one that can be done by oneself, so without needing help from another, although at times help is sought and used. So the Feeling Healing embraces Healing the whole seven Mansion Worlds worth of self- and feeling-denial, which is the complete Rebellion and Default. Other systems might only work at some aspect of it, limiting the ascent of truth through all the Mansion Worlds.

And basically no one understands the absolute depth of the problem within themselves, which is only borne out by people and spirits doing their whole Healing. Much of the current psychological understanding falls well short of understanding the depths that are involved because they don't include the overall problems brought about by the Rebellion and Default. You have to understand you are rebelling against yourself: the truth of yourself, and so against your own soul; which is then the truth of God, so the Mother and Father; and that also includes the truth of Mary and Jesus. So at some point you have to rectify all those relationships, which you can't do unless you understand the bigger spiritual picture. And so that's what James has revealed, taking all Marion has said, all the books offer, adding his own stuff, and putting it all together as a way of life, a spirituality that can be lived, and one the initially focuses on Healing oneself of all one's wrongness.

Why have all other methods of releasing and delving into emotions not been successful?

Nanna Beth: Because they don't understand the scope of the problem, as I said above. They are not approaching it from the point of view of understanding the nature of one's Repressed Childhood state, the extent of that; and then how one needs to allow oneself to feel all the bad feelings, not reject them; and then bring them out, which is the releasing of them; all whilst wanting to know the truth of them – the

truth of what you are feeling. And that truth is what needs to come up within you so you can heal your will and become a truly functioning person, fully self-expressive, self-loving, and growing continually in truth.

All the other systems work within the control of the mind, so once the therapy ends, the mind regains control albeit in a different way. Only the Feeling Healing and Soul Healing with the Divine Love, seeks to entirely break the control of the mind over one's feelings.

### Why haven't other methods been going deep enough?

Because people are basically afraid to push into such early childhood trauma without understanding where they are going or what it's all about. The leap of faith is too great, as it would mean they would have to rise above and conquer the Rebellion and Default within themselves, and that's simply too much to ask. The negative truth-denying systems within everyone are too deeply entrenched.

However the spiritual structure outlined by James provides a structure that allows you to deal with the Rebellion and Default, allowing you to maintain your faith, and evolve it, as you progress in your growth of truth – it gives one a picture to work with. Very few people, and possibly only Marion in fact, are able to press on into such dark depths without any structure and with only a faith that it's what she and God want to do.

I (Beth) couldn't have done it Marion's way John, I wouldn't have allowed myself to feel such pain, I needed to understand the bigger-picture reasons as to why I was in such pain, and be given the understanding that if I kept at it, one day it would end. Marion doesn't know it will end, she just keeps going one bad feeling at a time, which requires a tremendous amount of faith and over so many years and through so many inner obstacles; and still she doesn't know if it will end, but as she says, there is nothing else she can do other than keep going because she tried everything else. And she doesn't want to let her mind come in, only wanting to stay true to her feelings, so she doesn't want to know about the bigger picture even though she has worked it out along the way for herself and for James to understand which he's worked into his books.

So the spiritual aspect or approach James has provided, even if it's not actually talked about; the simplicity of honouring your feelings, and in particular your bad ones, then by accepting them you allow them to have their say, so you express them, all whilst longing for the truth, includes all one needs to know. And so by doing that, one will be able to fully Heal themselves working it out along the way for themselves; and even if they don't understand it, will be living the highest truest spiritual life one can live in one's wrongness, which in time will lead to one's Healing of one's rebellion and default.

On the surface of it, what James has related seems overly simple, but doing it yourself, and see what happens and what results; and that will take one deep into oneself uncovering the whole truth of oneself.

### Many will consider that what they have been doing is adequate – why are they wrong in their understandings?

Nanna Beth: Because they don't understand what it's really all about. They don't understand the mind is in control of their true feelings, and that needs to be stopped. They don't understand the significance of

their rebellion against the Truth, and how that happened by default. They don't understand that it's about uncovering the whole truth of yourself through your feelings, all your feelings, but focusing to begin with on your bad ones because they are what most people don't want to see. Everyone else sees it that they are doing this feeling type healing to make themselves better, to rid themselves of their pain and trauma, so instead of taking a pill to take the pain away, they are using some sort of emotional clearing system. But that is all still to take the pain away, to fix themselves, to heal themselves, to effectively take a pill so it all goes away, just like what the 'Divine Love people' hope the Divine Love will do for them, but it's not to uncover the whole truth of themselves. We have to see the truth of our pain, why we're in it, how it all came about, so what really went on in all our early relationships. It's not about doing anything that just takes all our suffering away. We have suffered for valid reasons, which all have to come to light. And so only emotional and feeling accepting systems to help one see such truth of one's pain and suffering are of any worth. And unless you uncover the whole truth of yourself, you'll never set yourself free of your rebellion and default, of all your soul pain. And the truth means to see the whole truth of why you feel unloved, how unloving your early relationships were, why you don't love yourself, why you are unloving, why you are evil and wrong, which basically no one wants to face.

So to summarise: We all have to see the truth of our unlovingness. We can't avoid it – deny it. We have to face it and feel all it makes us feel. And all those bad feelings lead us into the truth of it. So we have to understand – bring to light through our feelings – all the truth of our unloved, negative, evil, wrong state. And then once we've done that, we can be free of it. So until you uncover and feel the whole truth of it, it will never leave you, you'll remain in rebellion against yourself, you'll continue to be unloving.

[I have considered with James, that Marion and he actually represent the two extremes of what is involved in soul-healing. I have found one such writing by James, back in 2006, that points to this. My feeling is that their two extreme ends of the experience matrix makes them perfect for bringing together the understandings that will benefit all people, no matter what their circumstances maybe.](#)

Nanna Beth: If we accept that Marion and James are the Avonal Pair here to reveal the essential truths to humanity about how people can Heal themselves of their rebellion against the truth of themselves, then what you deduce is correct, for they have between them had to take on every negative aspect of the Rebellion and Default and so Heal it, which is healing all the circuits on a technical level, thereby opening the way for humanity to follow.

So if you consider this John, it is pretty amazing that two people can take on all the denial humanity is in, approaching it from opposite ends, which equates to the effects of the Default of Eve and Adam (following on from the Rebellion), and that such wrongness can be concentrated into two family units, and mostly in two parent pairs (being Marion's parents and James' parents). And so what is the likelihood of that? And then for them to live in the same city being the first children of such 'bloodlines of denial', and meet each other, and at a time needed to give themselves all the time to systematically work their way laboriously up through all the negative mind and will circuits. So to be subjected to so much woe, and to be able to keep going with no help from anyone other than each other, and a little backup from the spirits and the Mother and Father on James' side, yet with that involvement opening up even more messed up and corrupted mind circuits he's had to work his way through.

So if it is true they are the Avonal Pair, it shows us all just how incredible the soul of the Avonals are, to be able to go into such corruption, taking it all on, and then working it all through and Healing themselves of it, all basically without any real help from anyone, so just on faith and pure longing for the truth.

And should they reach the end of their Healing before they die, and should the truth then be fully declared that they are the Avonal Pair, even going against all what The Urantia Book (TUB) says, they having to uncover the truth in all things whilst rejecting the untruth such as in TUB and Padgett Messages (PM), with nothing having been straightforward and of any real help, then it will be cause for major celebration.

And it's what we are preparing for, what you are too John, to see if Marion and James are indeed the Pair, and then to give them all the support they will need to do whatever it is they are to do in the public sense. This is all their private work so far, of which you and I have become substantial parts of, the doing of their Healing preparing themselves for when they are Healed.

And if it turns out they are not an Avonal Pair, they are only just a pair of ordinary mortals who've somehow managed to keep going, dealing with all their pain, longing for and bringing to light all the truth of it, then they will be the most extraordinary mortal pair because they will have been the one's who broke the back of the Rebellion and Default. So either way you look at it, it will be quite an achievement.

And so we are all waiting to see if the theory is realised by such Avonal-truth awakening in their soul at some point, for then we will all know it will be true, just as they too will know. For now Marion doesn't contend with any of it, and James only on a mental level because of what the Melchizedeks told him years ago, but it all has to come to them through their feelings like all truth, which will only happen once they've fully Healed themselves or toward the end of their Healing. Because in the meantime, whilst they are still in their wrongness and denial of truth, part of that denial is denying the truth that they are Avonals. And again the whole Avonal business has been yet more problems and negative circuits James has had to personally work through, whereas Marion has solely focused on only dealing with her feelings, not having to contend with all the other mind stuff.

James, when you feel up to it, may I have your observations please? And Nanna Beth, your angelic eye on this subject would be most helpful, if you please?

These two subjects are possibly leading to the crux of what we are sharing through the Pascas Papers. I now see that these 'colourful' handouts are essential in introducing and supporting the major publications of James Moncrief and James Padgett.

Nanna Beth: The handouts will help introduce people to such writings. But what I want you to understand John, is really it's James – because of his writings (and Marion, because she is leading them both in it all) that is what's most important. The Padgett Messages (PM) are really to be included in James' work, which he does, by taking the crucial parts and integrating them into his work – with the most important truth being that about longing for the Divine Love. So really the PM are secondary.

As you understand, the Padgett Messages can't heal you. The Divine Love is about immortality of the soul and becoming divine, it's not about ending your rebellion against the Truth. And ending the rebellion needs to come first: the Truth then the Love, then the Divine Love can be introduced, even though of course the Divine Love can be introduced at any time.

So really one need only work with James' (and Marion's) work, which includes longing for the Divine Love. People are to look to them first, and then later to Mary and Jesus. To put Mary and Jesus ahead of Marion and James can cause you problems because you will overlook what Marion and James are revealing. But as Mary and Jesus are known and with such importance placed on Jesus, and now with the PM and the Divine Love, so it's all the more confusing. Even added to by James having written focusing on and making Mary and Jesus more important than himself and Marion.

But as I said, it's Marion and James first, then Mary and Jesus and the Divine Love. And Marion and James are more than capable of also introducing the Divine Love and the truth of Mary and Jesus, which they would have done had Mary and Jesus not come to Earth. So really Mary and Jesus are not needed, and as I said, can get in the way, causing people to focus too heavily on them whilst missing the more essential truths of having to do your Healing by looking for the truth of your feelings (the 'Divine Love people' being examples of this). However with Mary, and Jesus in the PM, being so dominant, it is all just more of the confusion and part of the rebellion. And at the same time I don't want to downplay Mary and Jesus and lead people to believe they are not as important as Marion and James, for they are most important, and much more important being the Creator Pair of Nebadon, and Marion and James would rather not exist than have people think they were more important than Mary and Jesus; but as you understand, I'm just trying to put the revelation of truth into context, because it's all being revealed round the wrong way.

People and spirits were given the opportunity to deny Mary and Jesus whilst they were on Earth, taking the Rebellion deeper; and then to further deny them right the way through their age; and now further still by including the PM. And now people will be given the added opportunity of denying Marion and James, which all ends up being one huge mess. And one in which only Marion and James can unravel. For I am only saying to you now what James has already written and what Marion and he have talked about. I wouldn't dream of taking anything away from them, and it's not my place to do so.

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

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.

Love from us all over here – your Nanna Beth.

## HEALTH and HARMONY of the BODIES:

Man suffers from evil and error and disease.

First arises the necessity of understanding how, and by what means these things came into existence, and then it will become easier for the understanding of the means and the way by which they may be eliminated from the life and apparent nature of mankind.



These things, foreign to God's creation, were created by man alone in the excessive and unlawful exercise of his will power in following out the suggestions and desires of his animal appetites, which unduly asserted themselves when man lost a part of his spirituality by his disobedience. Man must understand that these excrescences (morbid outgrowths) to his perfect creation are real and existing, and result in his own damnation and alienation from the good, and are antagonistic to his original and natural condition of perfection – and that they cannot be swept out of existence by the mere assertion that they are not real.

Man must understand that they are the creatures primarily of the inordinate exercise of the animal appetites and desires, and not of the exercise of the mind, and that they are to be eradicated by the same process in reverse order as was used in their creation. The purity of his true being is always besmirched (soiled) by the impurities of his own artificial being, and always will be, until he eliminates these impurities which, as to him and to his fellow man, are real, persistent existences.

As sin and evil are not the creatures of the spiritual desires, but wholly of the animal, then to eradicate from man's being these things of evil and sin, the efforts of man must be directed towards the supplanting of the unlawful and inharmonious animal desires and appetites, by appetites and desires arising from the same source that is in harmony with the laws creating this very source.

The loss of the spiritual aspiration, or the perversion of the animal appetites, similarly causes man to become out of harmony with our (Mother and) Father's laws. Man in order to become free from these foreign parts of his being, must strive, not by a denial of their reality, but by the effort to supplant them. Man is a creator as well as a creature, and as these things are the creatures of man alone, then so far as the being of man is involved, they have a reality which will persist until their creator – man – has destroyed them. Jesus 9 July 1916

Only by man longing for, asking for, and receiving the Love of God and longing for the truth of his emotional errors will man be assisted and be able to remove that which is disharmonious to his bodies and rid that which is in error and sinful and disease from his bodies.

Harmony within one's soul brings about harmony in one's bodies and a healthy body. Feeling Healing with the receipt of God's Love, Divine Love, slowly but steadily brings about health to the physical body.

**FEELING HEALING with the SUBSTANCE of The LOVE brings about PHYSICAL HEALTH:**

December 5, 2003

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

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

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

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

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

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

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

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

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

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

**TELEVISION and COMPUTER GAMES:**

P.230 Power vs Force by David R Hawkins

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**HARMONY within the SOUL = HARMONY within the PHYSICAL BODY:**

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

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

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

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

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

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

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

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

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

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

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

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

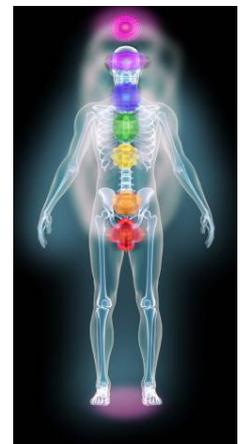
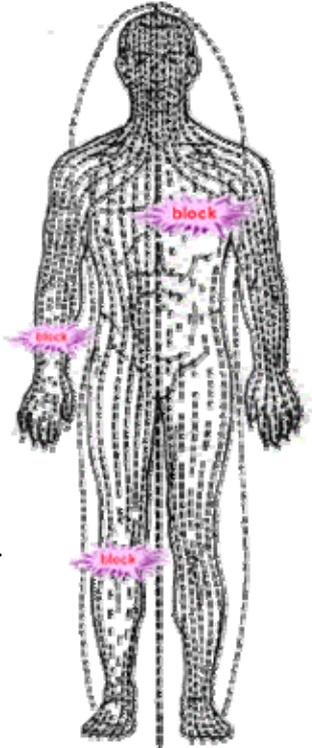
It is the energy level of love that steadily brings about a release from erroneous and harmful man-made emotions and beliefs. The energy level of love calibrates at 500 and higher. One's soul is connected by cords of light to one's spirit body. One's soul is the home of one's personality, natural intelligence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

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

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

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

Feeling Healing with the greatest infusion of Love, and the easiest way for one to transcend levels of emotions, that is, to evolve, is to long for, pray for, and ask for our Heavenly Mother and Father's Love, Divine Love, being a light golden blue energy substance. Try the experiment.



# 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.**

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

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

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

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

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

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

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

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

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

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

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

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

# FEEL *for* TRUTH

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

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

## FEELING TRUTH

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

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

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



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

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

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

Notes from 'Feeling Healing' by James Moncrief

Heartfelt TRUTH

## Feelings First Spirituality The New Way

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

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

Accept, express and long for the truth of your feelings

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



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

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



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



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

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

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

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

It completely unifies the world.

Everyone can relate to everyone else through their feelings.

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

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

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



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

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

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

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



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

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

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

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

**Feelings First Spirituality, The New Way**



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

## WE ALL ARE BEING GUIDED HOME:

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

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

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

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

**HUM:** Humanity is to ascend. We are self contained. Our soul is always in truth and perfect at all times. **By living true to oneself, 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 us 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.

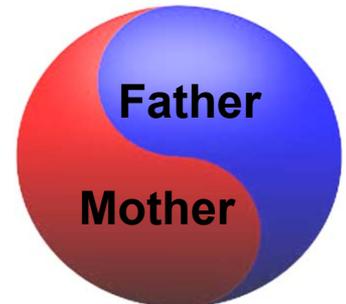
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God's soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of our Mother and Father.

**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

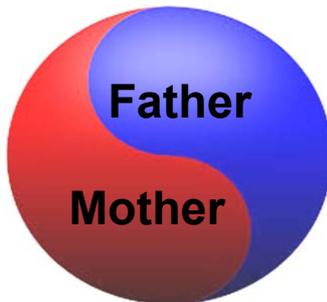


HUM

**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.

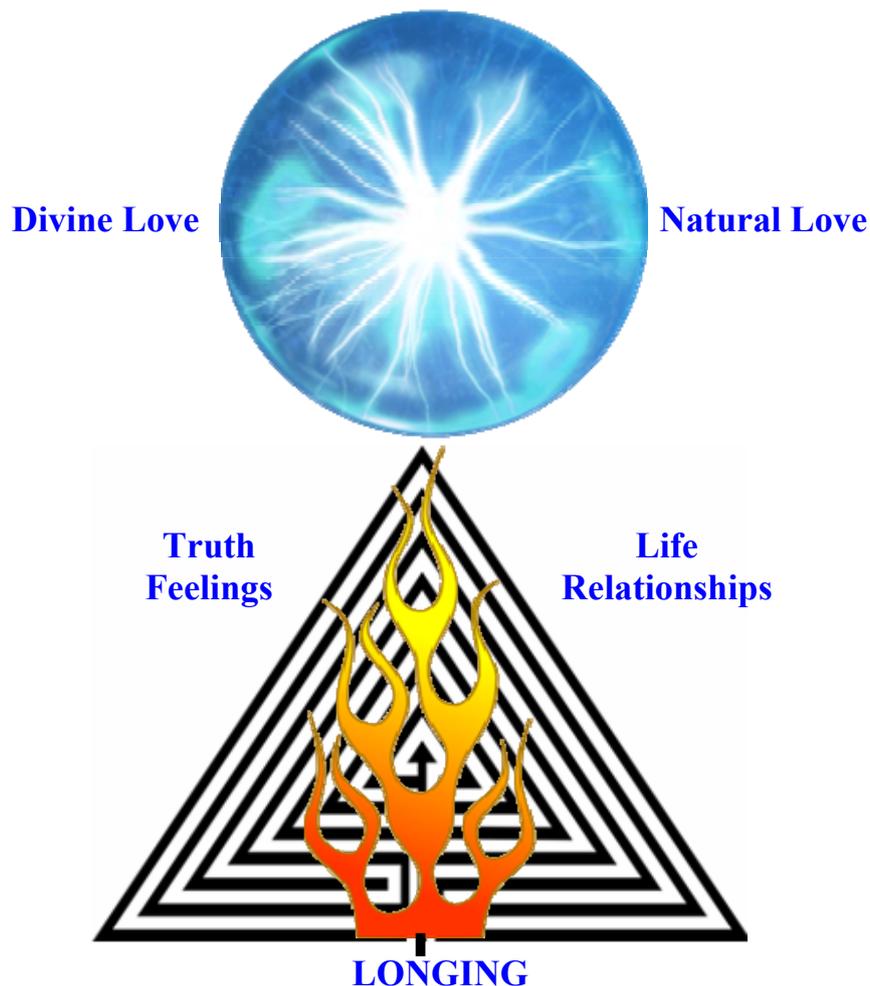
Collectively, should we embrace them all, as we are to, then our pathway home is a journey in the hands of the Spirits of Truth of the Avonal and Paradise Pairs overseen by our Heavenly Parents.

**WE ARE Children of God**

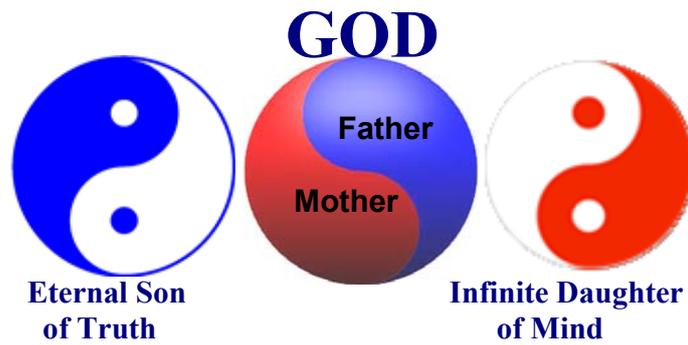
## HOW TO GET TO PARADISE:

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.

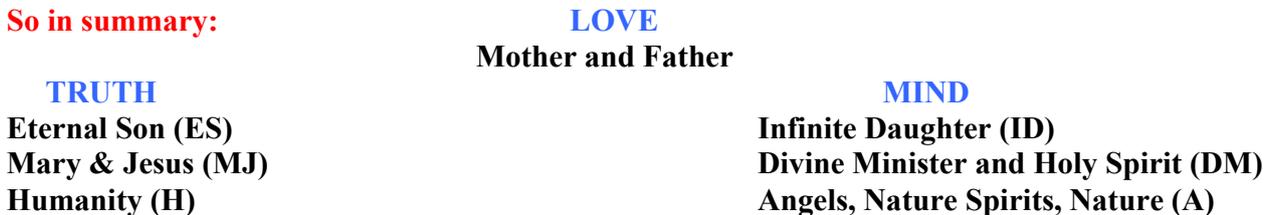
The LOCAL UNIVERSE TRINITY:

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**

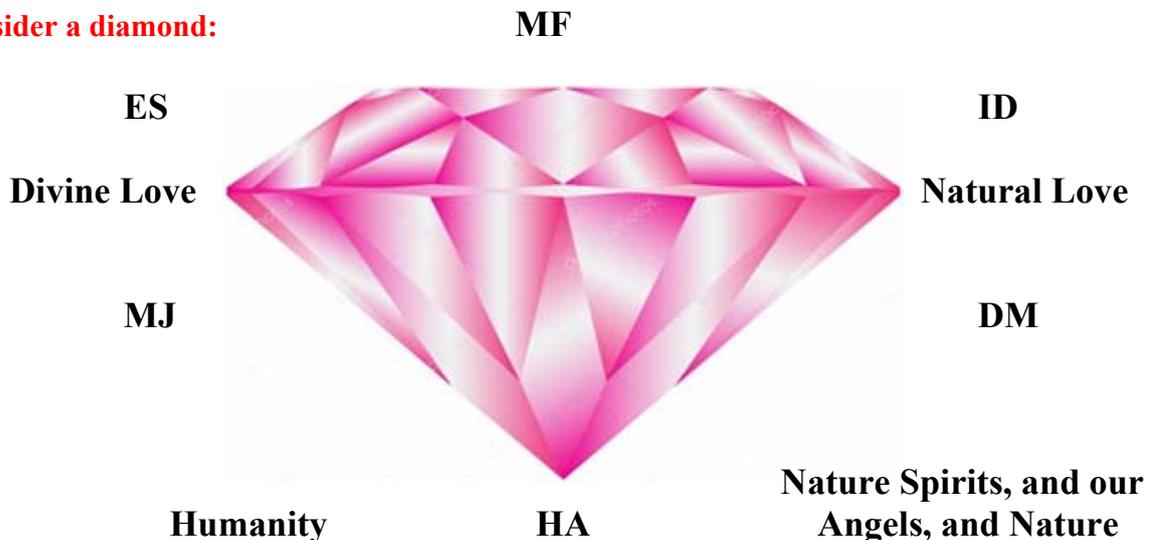
PLANETS that engage in REBELLION:

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.

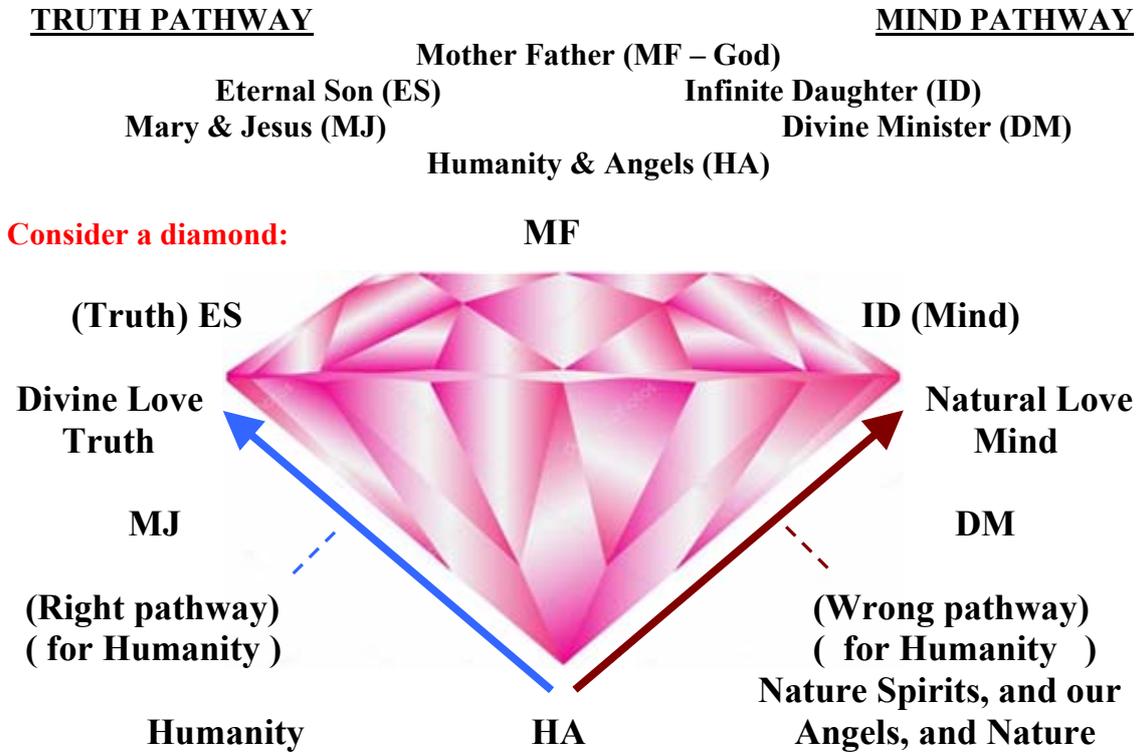
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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.

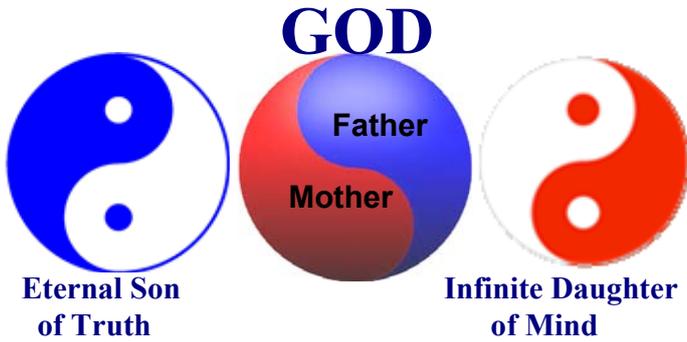
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God's soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of your Mother and Father.



**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.

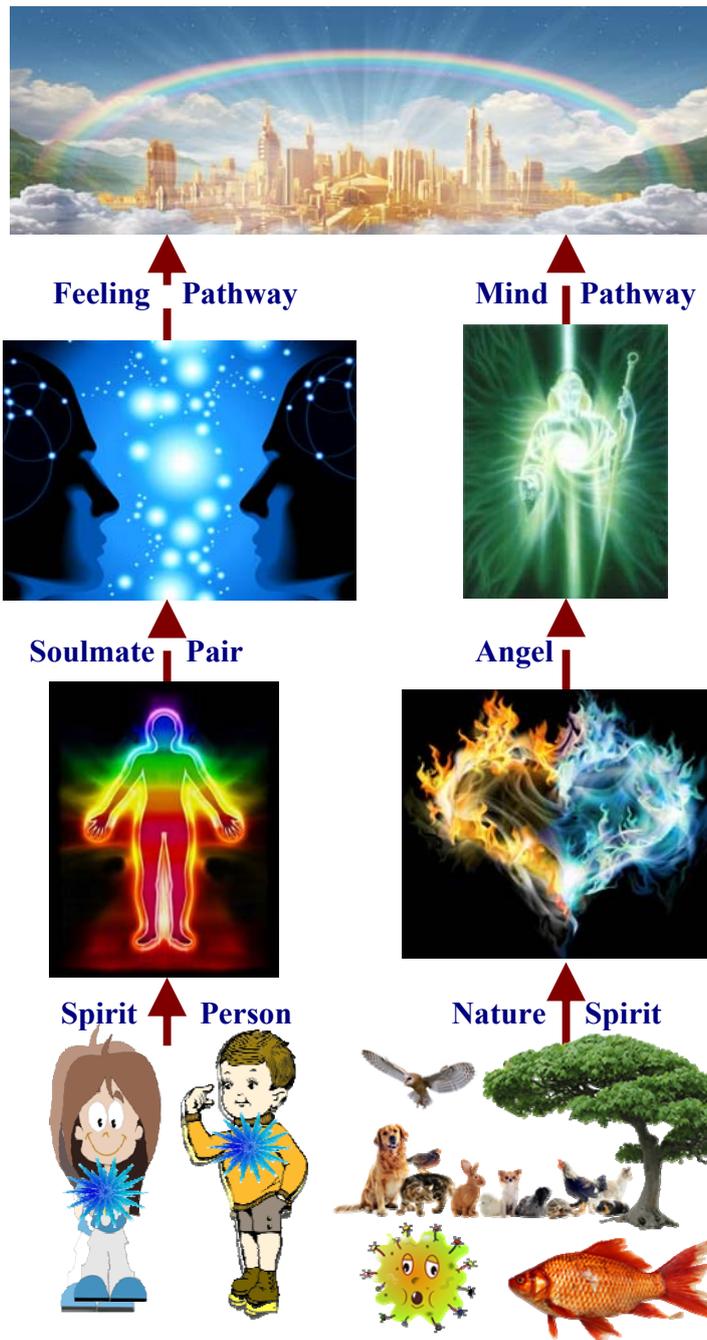
The soul of each human personality (sons and daughters of truth) is existential, driving our personality expression in the experiential. The soul of each human finds truth by embracing one's feelings and longing for the truth of them. We are to attain the Eternal Son of Truth. We are a creation of Truth.

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.



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