

# PASCAS CARE

## Substance Dependence

### Ibogaine Therapy



**“Peace And Spirit Creating Alternative Solutions”**

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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.

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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.*

**Treatment Session =  
Management of energy flow within in our bodies  
= Release of Negative Emotions.**

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



# ibogaine

How Ibogaine changed my life [and most probably saved it].

My story started when I sustained an injury and was given painkillers by my G.P. (general medical practitioner – doctor).

In my case it was Oxycodone, a semi synthetic opioid with the brand name Oxynorm, an immediate release form of the drug [20mg / 3 or 4 times daily for weeks].

Much later I found information that said this medication was actually much stronger than heroin and highly addictive.

Do not expect to find any clear warning on the product information or packaging... it simply says something like "Do not stop taking abruptly / tell your doctor or you may experience... flu like symptoms". [That description is a MASSIVE understatement and could ONLY be accurate if they were writing about the symptoms of the 1918 Spanish influenza pandemic....IMO]

I have included this history so you may realize how easily ANYONE could find themselves in exactly the same position. [After an accident, injury or illness]

I became dependant on the medication, before I knew what addiction *really* meant. From the medical point of view that was OK, because the ongoing medical use could be justified by the old injury. As an added advantage the doctors and the drug company now had another "life long" customer.

But I found that I could not live like that. I will not try to explain why... as you would have to *live it*, to fully understand [and I don't wish that on anyone].

I started researching, searching for a way to end this quiet nightmare... and found that the accepted medical / mainstream treatments for opiate dependency don't really work. None of the substance management programs restore you to your pre-addiction state [which is the only real answer]. I realized that direction was nearly always non productive and painful and continuing to pursue this was pointless.

But I was far luckier than most, as years before I had read about an African plant called Iboga and its uses in spiritual development. I remembered also that it had a long history of successful uses in breaking all types of addictions [it does take you back to a pre-addiction state, IMO].

I started researching the treatment, it wasn't easy but I eventually found what I needed... everything except someone with first hand experience – someone who had already taken it successfully. Then finally, I found that someone who had the experience and agreed to help me with the process.

Believe me you want someone who knows about it, you **DO NOT** want to try this on your own. Seriously, that advice is **NOT** to be taken lightly – you will **NEED** help if you ever have to do this.

Now to the actual treatment for Opiates [it can be different for other substances]. Firstly, you must not have any heart or liver problems. A medical check is required; this is quite simple and easy to have done.

The night before treatment, you stop taking the medication or illegal drug, so you are going into "withdrawal" by the following day.

You need to be in withdrawal [early stages of] for Ibogaine to be effective.

Then you take a small initial dose of Ibogaine... to check firstly for any possible negative reactions [this also stops the discomfort associated with the withdrawal] and you soon feel relaxed.

The following doses are increased and spread out over several hours. During this time the effects increase and reach a peak. The Ibogaine stops any withdrawal symptoms during this time... if any slight symptoms reoccur the following morning [12 hours later] a booster dose is given and then the addiction is completely gone.

Often you will also experience spiritual or emotional insights during the process [and that can be another huge benefit to the individual]. This side benefit of an Ibogaine program is especially relevant if there has been emotional motivation for the taking of the drug in the first place, as is common with many drug users.

So within a short period of time [24-48 hrs] you can be completely *free* of the addiction.

Do not falsely believe that people with addictive drugs problems just need to make a decision to stop taking the drug, and have the willpower to keep to their commitment. That's **NOT** how it works; as you will soon know... if you ever find yourself in that situation.

Withdrawal is a horror story in itself and lasts for months, that is what stops people from stopping the drug use.

It is not about strength, morals or will power... you can have a truck load of them, but the drug will still laugh at your efforts... 99% of the time.

The addictive drug doesn't eat or sleep; it is on duty 24/7... and you cannot defeat or even try to compete with that. You may win some battles, but the drug addiction will eventually win the war [in nearly every case, long term].

That has been a very brief overview of a large subject, but I hope it has been helpful.

I can give a more in depth view of particular areas... in the future, if need be.

I am NOT giving medical advice in anyway... I am simply talking about my own personal experience of Iboga.

I also haven't tried to go into any detail about the other benefits I received from taking Iboga / Ibogaine. Such as;

- Having a huge drop in pain levels [injury related] afterwards.
- My life improved dramatically in some ways [beyond what it was in pre-addiction].
- My physical health improved considerably [a medical test confirmed that a particular area of concern had resolved itself].
- And there are many more.....including the positive emotional and spiritual aspects.

And perhaps this advice may be helpful to some. Don't trust doctors [just because they are doctors]... it's your life and you will have to deal with the outcomes of your / their decisions. Always thoroughly research the prescribed medications and/or treatments before starting any. Some medical treatments can be worse than the original injury / disease.

Finally, I can honestly say that now... I have a profound empathy for addicted legal and illegal drug users, just as you will have if you ever experience it.

Love and a safe journey to you all,  
Paul.

(Observations are that Ibogaine takes you off every addictive substance without withdrawal symptoms. Generally speaking, the Ibogaine treatment program is effective in turning off all addictive substance dependencies for those who are treated. Rarely is a treatment program unsuccessful in alleviating the substance dependency. Regarding the spiritual side, most have experiences whereas as some do not have any spiritual experiences during the treatment process. Further, the residual activity of Ibogaine after a treatment process suggests that it is prudent not to drive for at least six weeks after the treatment session.)



**PASCAS  
HEALTH**



# IBOGAINE

## The Drug that Rehabs Drug Addiction, including Heroin and Cocaine, in 48 Hours, Without Withdrawal Symptoms!



**EDITOR'S NOTE:** *I want to make it very clear that taking ANY drugs for ANY reason, especially for "instant enlightenment" is a very bad idea. However, IF someone is addicted to drugs, then maybe Ibogaine is the lesser of two evils. But it should NOT be taken by non drug-users out of curiosity!*

We all know that drugs are causing an untold cost to society and to personal lives, in ruined lives, family breakdowns, escalating crime, bursting prisons and human misery – the opposite of what we should be growing towards.

However, what most of us haven't been told is that there exists a drug which has successfully helped people to give up many kinds of addictions, including heroin and Cocaine, WITHIN 48 HOURS and WITHOUT WITHDRAWAL SYMPTOMS.

The drug is Ibogaine. Ibogaine is an alkaloid derived from the root of the African plant tabernanthe iboga. It is a hallucinogenic substance used in the initiation ceremonies of the Gabonese Bwiti society. It is illegal in the USA and Belgium.

According to Eric Taub, there are 140 million drug addicts in the world. Imagine what healing these people could do to the spirituality of Earth!

Not only does Ibogaine help a person, who wants to give up drugs, to do so without withdrawal symptoms, but it seems to act by giving the person an intensive thirty or so hours of 'therapy'. The person gets to identify and remove the emotional reasons why they took to drugs in the first place. With the reason for taking drugs gone, the desire to take drugs again also goes. Some people who have taken Ibogaine reported an increased feeling of responsibility for their life. One can't make generalizations about the drug, however, as different people have different experiences. And it doesn't work for everyone.

Here is an excerpt from an article by Simon Witter which appeared in the London Times:

"The three main players in the world of human ibogaine treatment are Howard Lotsof, Dr Deborah Mash and Eric Taub. Lotsof, the man responsible for the new interest in ibogaine, occasionally treats people in a 7-day hospital programme in Panama at a cost varying from \$8,000- \$20,000, while University of Miami neuro-pathologist Dr Deborah Mash has established a competing 14-day programme in St Kitts (\$10,000). Devout ibogaine advocate Eric Taub used to treat people on a boat in international waters. He now has clinics in Costa Rica and Italy (\$2,200), and is the source of most satisfied experience reports."

...

"Ken Alper MD, assistant professor of psychiatry and neurology at New York University, has no problem with the spacier descriptions of the ibogaine experience: "I crossed the threshold of belief," he says, "when I saw a young man go down to Panama on 70mg of methadone a day, and come back on nothing. And he was comfortable. Pharmacologically, I don't know any other substance that can do that." ... (end of London Times quotes)

There is an excellent interview of the afore-mentioned Eric Taub.

To quote from this interview:

"This is a psychoactive that will never hit the streets because it's not a recreational experience. It's a profoundly arduous experience that takes a lot of courage and a lot of work to wade through."

Interestingly, but not surprisingly, Taub (who operates clinics in Italy) first decided to run his clinics in Mexico. But this is what he had to say with that idea:

"Well, my next act was to see if I could find a port of entry in another country since it's illegal in only two countries in the world, one being the United States and the other Belgium. I went to Mexico with the idea of interesting some doctors who did become interested. They were going to be writing up a proposal to be presented to their medical college who would in turn write up a proposal to their FDA to see if I could then fly to Africa and bring a batch of plants in to be used for a pilot study in Mexico.

Well that was proceeding pretty successfully and after about 4 or 5 weeks I just happened to mention to these doctors that from what I understand ibogaine has about a seventy percent success rate in alleviating substance abuse of all kinds, even cross-addictions, from nicotine, to heroin, to alcohol, to cocaine and so on.

When they found out that was the case they were immediately taken aback and they said, "I'm sorry, we can't help you because we need to be able to maintain a comfort zone around our family and friends, and if it had a much lesser success rate then maybe we would be more comfortable about helping you out, but we don't really feel that we're capable of jeopardizing ourselves and our families and threatening certain individuals, particularly drug lords that use our highways, to meander up to the United States." And they suggested that I go to a more autonomous country, perhaps Costa Rica or another country in Central America, that wouldn't be so close to the powers that be in the United States. ...

They were afraid of the threat that this may ensue from drug lords that might feel threatened by having a clinic available in their area that could have such a profound effect on alleviating drug abuse, especially if it were to catch on and get the attention of the American government."

Good therapy is something all ibogaine patients stress as being a vital component of treatment. "The long term successes of ibogaine have been compromised," according to Ken Alper, "by the lack of a systematic plan before and after the experience. Ibogaine just buys you a window of time. It doesn't substitute for therapy. It's like a near death experience – white light, a torrent of information that allows you to review your life and unstring associations from their obsessions. But how you interpret that is crucial."

Here is a warning from <http://www.ibogaine.co.uk/> : "There is an inherent level of risk with ibogaine treatment. Several people are known to have died during treatment, and there may in truth be many more, given that ibogaine is frequently administered in surroundings where people may be reluctant to contact the authorities in the event of something going wrong. Despite much speculation, some of it from medical professionals, there is simply nowhere near enough data to draw any realistic conclusions as to why these deaths have occurred. Taking too much of the drug; using stepped doses, (ie: half a gram followed by another later on); being excessively thin; or suffering from liver or heart problems have all been suggested as dangers. But the truth is – no-one really knows why people sometimes die when taking ibogaine. No deaths have occurred in clinical settings, as far as the writer is aware."

Obviously, there needs to be a lot more study. This article is meant to alert people to the existence of Ibogaine, not to provide all the information necessary.

### **For Further Information visit:**

**[Ibogaine Documentary. Part 2, Part 3, Part 4, Part 5, Part 6](#)**

**[10 Years of Therapy in One Night](#)** at  
<https://www.theguardian.com/books/2003/sep/20/booksonhealth.lifeandhealth>

**[Ibogaine.co.uk](http://www.ibogaine.co.uk/)** [www.ibogaine.co.uk/](http://www.ibogaine.co.uk/)

**[Ibogaine E-Groups](http://www.egroups.com/group/ibogaine)** [www.egroups.com/group/ibogaine](http://www.egroups.com/group/ibogaine)

**[The Ibogaine Dossier](http://www.ibogaine.desk.nl/)** [www.ibogaine.desk.nl/](http://www.ibogaine.desk.nl/)

**[About Ibogaine](http://www.ibogain.se/cmsms/index.php?page=english)** [www.ibogain.se/cmsms/index.php?page=english](http://www.ibogain.se/cmsms/index.php?page=english)

### **[Ibogaine Research](#)**

**[Wikipedia](#)** (Note: Wiki is not a very reliable source of information for anything controversial – Wikipedia is controlled just like the mainstream media is controlled). [en.wikipedia.org/wiki/Ibogaine](http://en.wikipedia.org/wiki/Ibogaine)

### **IBOGAINE CLINICS**

**Mexico, 23 Minutes South of San Diego, [Ibogaine Association](http://www.ibogaine-therapy.net/)** <http://www.ibogaine-therapy.net/>

**Mexico, Ensenada, South of San Diego, <https://crossroadsibogaine.com/>**

**Mexico, Rosarito Beach, South of San Diego.**

**Canada: [Iboga Therapy House](http://www.ibogatherapyhouse.net/cms/)** <http://www.ibogatherapyhouse.net/cms/>

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### **The Ibogaine Story: Report on the Staten Island Project**

Paul De Rienzo, Dana Beal, Project Members Staff (Editor)

This book reveals the behind the scene story of ibogaine, the bogus war on drugs and the attempts by the US government and pharmaceutical companies to keep Ibogaine off the market and the public in ignorance.

If you want to know the possible reasons as to why we are not told about this miracle drug, and why governments are not clamouring to promote this drug, read this:

### **MI6 and CIA: Lords of the Global Drug Trade**

[www.conspiracyplanet.com/channel.cfm?ChannelID=35](http://www.conspiracyplanet.com/channel.cfm?ChannelID=35)

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

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

## TABERNANTHE IBOGA:

[http://en.m.wikipedia.org/wiki/Tabernanthe\\_iboga](http://en.m.wikipedia.org/wiki/Tabernanthe_iboga)

*Tabernanthe iboga* or simply **iboga** is a [perennial rainforest shrub](#) and [hallucinogen](#), native to western [Central Africa](#). Iboga stimulates the [central nervous system](#) when taken in small doses and induces visions in larger doses. In parts of Africa where the plant grows the bark of the root is chewed for various pharmacological or ritualistic purposes. [Ibogaine](#), the active alkaloid, is also used to treat substance abuse disorders. A small amount of ibogaine, along with precursors of ibogaine are found in [Voacanga africana](#).



Normally growing to a height of 2m, *T. iboga* may eventually grow into a small [tree](#) up to 10 m tall, given the right conditions. It has small green [leaves](#). Its [flowers](#) are white and pink, while the [fruit](#) can be either an elongated oval shape, or a round spherical shape, both having an orange colour. Its yellow-coloured roots contain a number of [indole alkaloids](#), most notably [ibogaine](#), which is found in the highest concentration in the root-bark. The root material, bitter in taste, causes an anaesthetic sensation in the [mouth](#) as well as systemic numbness to the skin.

Bark of Tabernanthe iboga. According to users in Kinshasa, Democratic Republic of Congo, only 3 grams of shredded bark are required for a single dosage, or cup.

### Traditional use

The Iboga tree is the central pillar of the [Bwiti](#) spiritual practice in West-[Central Africa](#), mainly [Gabon](#), [Cameroon](#) and the [Republic of the Congo](#), which uses the alkaloid-containing roots of the plant in a number of ceremonies. Iboga is taken in massive doses by initiates of this spiritual practice, and on a more regular basis is eaten in smaller doses in connection with rituals and tribal dances, which is usually performed at night time. Bwitists have been subject to persecution by [Catholic missionaries](#), who to this day are thoroughly opposed to the growing spiritual practice of Bwiti. [Léon M'ba](#), before becoming the first President of Gabon in 1960, defended the Bwiti religion and the use of iboga in French colonial courts. On June 6, 2000, the Council of Ministers of the Republic of Gabon declared *Tabernanthe iboga* to be a national treasure.



In lower doses Iboga has a stimulant effect and is used to maintain alertness while hunting.

## Addiction treatment

Outside Africa, iboga extracts as well as the purified alkaloid [ibogaine](#) are used in treating [opiate addiction](#). The therapy may last several days and upon completion the subject is generally no longer physically dependent. One [methadone](#) patient said in the Dutch behind-the-news show [NOVA](#) that in just four days he reached a state that normally would have taken him three months, but without the agony. Evidence suggests that ibogaine may also help to interrupt addiction to [alcohol](#) and [nicotine](#). The pharmacological effects are rather undisputed with hundreds of peer reviewed papers in support but formal clinical studies have not been completed.

In the United States, these clinics are illegal but exist nonetheless, providing treatment for a wide variety of addictions.

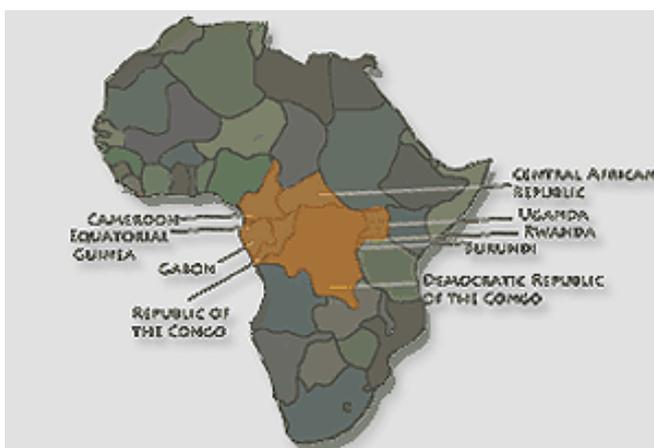
## Legal status

Iboga is outlawed or restricted in [Belgium](#), [Poland](#), [Denmark](#), [Croatia](#), [France](#), [Sweden](#), and [Switzerland](#). In the [United States](#) Iboga is classified by the [Controlled Substances Act](#) on the [list of Schedule I drugs](#).

Non-profit organization *Föreningen för hollistisk missbruksvård* ([ibogain.se](#)) is trying to convince the Swedish government to start up clinical investigations of its anti-addictive properties, loosen up the prohibition law against ibogaine, and allow the creation of treatment facilities in Sweden.

Exportation of iboga from Gabon is illegal since the passage of a 1994 cultural protection law.

Shredded bark of tabernanthe iboga for consumption. Contains ibogaine

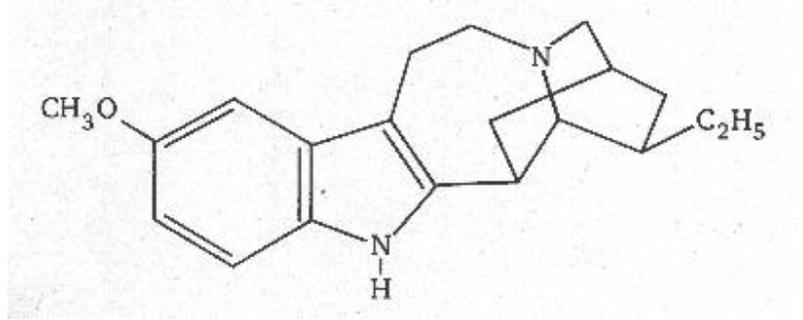


## What is Ibogaine?

<http://www.awakeninginthedream.com/ibogaine.html>

### What is Ibogaine?

Ibogaine is an isolated active alkaloid from the root bark of the central West African shrub *Tabernanthe Iboga*. It has been used for thousands of years for spiritual development and as a rite of passage into adulthood. Its properties as a treatment to stop opiate withdrawal were unknown until the late 1960's. Since that time, studies undertaken by leading research and academic facilities have shown that Ibogaine is an effective addiction interrupter for most substances including heroin, methadone, methamphetamine, cocaine, alcohol, and nicotine.



### How Ibogaine Works

Ibogaine alleviates physical withdrawal symptoms of opiate detoxification by resetting and refreshing the opiate receptor sites. How this is done is still not fully understood; no other known substance has shown this method of action. Once this process is complete, no further use of Ibogaine is necessary. It functions in a similar way to treatments that block or take residence in the receptor sites that normally harbour chemical substances. However, unlike methadone or suboxone, which lead to chemical dependency, Ibogaine is non-addictive and doesn't need to be taken on a continuing basis. Ibogaine treats other chemical dependencies by cleansing the body of the drugs, and resetting the brain's neurochemistry. It appears and feels as if the memory of dependency is removed from the mind and body. It addresses cravings from the metabolite Nor-ibogaine. This may take a couple of days to fully set up for stimulants and alcohol. Ibogaine also works to rebalance the brain chemistry and level out dopamine, serotonin, endorphins, adrenaline etc. to a pre-addicted state. This helps the individual to feel better much more quickly, especially compared to quitting a substance cold turkey. It can take weeks or even months to regain the balance in neurotransmitters after discontinued use. Those coming off anti-depressants may also go through this experience. We have found that pharmaceutical drugs take longer to recover from than street drugs. They get deep into the body and mind, and create not just a physical or emotional attachment, but a mental dependency as well. There is still a lot of physical recovery needed to really become balanced, and Ibogaine therapy is most effective when combined with the initiation of a healthy lifestyle, but as far as craving and chemical dependency the change occurs rather quickly.

This is also why Ibogaine works so well for stimulants and sexual addiction associated with the use of stimulants. Sexual expression is often a common motivator for wanting to use in the first place.

After ingestion, Ibogaine is converted by the liver into nor-Ibogaine, which stores up in the fat cells of the body. This is the true healer; it curbs the cravings and takes away the thoughts for using. It can take up to 72 to 96 hours post treatment for these effects to really be experienced. It has a documented anti-depressive effect that establishes a state of well-being, free from negative thought patterns.

### **The Awakened Dream State**

Ibogaine can provide individuals with critical insights into the origins of their addiction process or other unhealthy behaviour patterns. This is experienced acutely during the first hours after administration when the conscious and unconscious aspects of the mind are merged. During this "awakened dream" state, past events, even those which the individual is not conscious of, may come to the surface of your thoughts. Many individuals have suddenly understood or clarified past traumatic events or situations that, in part, have led to their present life condition. In effect, years of therapy can be replicated in a matter of hours. This is not experienced visually by everyone. It varies depending on what you are using and current health conditions, etc. This can be a very beneficial experience, but even if there are no dreams or even clear messages the Ibogaine still does the job of resetting and rebalancing the body and mind.

### **The Introspective Phase**

This initial phase is followed by a period of introspection during which the information that was revealed during the journey is processed. The full range of emotions may be experienced during these first 24-36 hours, and most people require some down time to recuperate physically. This medicine can be very hard on the body. Some people feel so depleted that they are unable to leave their bed. Occasionally individuals may be completely overcome emotionally by what has been revealed to them, and some may become very depressed. Ibogaine moves energy in the body around, so many things may need your attention emotionally. It's like a release valve opens, and it's suggested to allow everything to come out, whatever it may look like. This is a large part of the healing process.



The thoughts and emotions that come up during this time are being released from the body and psyche. While this may be uncomfortable for some, it is important to remember that, in large part, the success of your treatment is dependent on allowing this process to fully run its course. There is a fine balance between talking too much and withdrawing into oneself. Many people find that discussing their experiences with us freely and without judgment or shame makes them relax into the revelations and insights gained during the session. We are available in whatever capacity necessary during this time, but if we feel that you are avoiding going inward, we will not hesitate to guide you back in that direction. We understand this is a new experience for everyone who comes. We wish to keep that balance for each person and not interfere with your individual needs for processing, while being sure you feel fully supported and safe.

### **Cultivating the Art of Living**

After this period, there is a window of opportunity, anywhere from 12 to 24 days, for one to witness what previously was acted out in a completely unconscious manner. You may now experience these actions consciously. This is a chance to cultivate the art of living from a place of self compassion and humility.

## **The Spirit of Iboga**

For thousands of years humans have evolved with plants and have used them for healing mind, body, and soul. Some of these plants, such as Iboga, have emerged as strong teachers and have been recognized as sacred medicines that have been used in healing the deeply spiritual aspects of our being. People of the equatorial regions of Africa have worked with the tabernanthe Iboga plant as an herb of initiation and as a rite of passage for millennia, and no discussion of the role of Ibogaine in the West can be complete without taking the spiritual aspects of the medicine into consideration.

We personally have witnessed Iboga exhibit incredible intelligence in its actions. It seems to know what each person can handle at any given moment. Some people are treated gently, while others are pushed beyond the edge of comfort and are asked to face difficult issues at the core of their being.

We are asked to see ourselves in our wholeness, leaving behind notions of good and bad. We are empowered to see ourselves as we actually are and to see the true consequences of our actions. We no longer have to react to situations based on habitual responses programmed by past experience. We are given the freedom to exist in the present moment in connection with our true beings and the whole of creation.

## **Treatment**

### **Treatment Overview**

We have created a framework for your treatment that includes pre and post treatment preparations for safety and effective completion of detoxification. Treatments are monitored by experienced Ibogaine facilitators. We work closely with our primary care physician, M.D. Dr. Jose Luis Chavez, who will perform all necessary physical examinations, and address any needs prior to treatment. We allow a window of a few days after you arrive in Mexico to stabilize eating, sleeping and hydration habits, supplementation and nutritional normalization and any other medical or physical needs prior to treatment. We will be sure you remain comfortable during this time period, and you may receive medications beforehand in order to achieve safe levels of stabilization. We will be sure to do this based on the levels of your current physical dependency. We want you to feel comfortable in this environment, and increase your physical health and strength prior to treatment. We are three blocks from a hospital in case any need for medical care arises. Sessions will be conducted in our therapy house with 24 hour monitoring by experienced staff and facilitators. Our doctor will be available as well if necessary.

The dose ranges and treatment protocol will be specifically designed to provide you with what you need on a physical and personal level. We will evaluate your conditions, and dosages will be adjusted according to your strength and sensitivity. In many cases, the first stages of detoxification require follow up doses. We know that the Ibogaine in itself is responsible for a great deal of your healing and detoxification process, and it is sometimes necessary to spread this process out over a period of time to allow your body to regain stability and strength in your health. Ibogaine therapy has similar requirements to minor surgery using an anaesthetic. General stress on the body is similar, as are recovery times. This treatment is an addiction interruption; it marks the beginning of living life without harmful dependencies, and the ability to make clear decisions without the influence or presence of

chemical substances or medications. We ask that you stay two weeks, but recommend you stay as long as possible. The more time you can spend away from a home environment the more you can introduce new ways of living and a stable foundation.

### Side Effects

Ibogaine is known to have a few unpleasant side effects. Not everyone experiences all of them, but it is important to be aware of all of them. Almost everyone feels some form of motion induced nausea. It is important to remain as still as possible during the initial phases of the journey. Roughly a third of patients will vomit. For some this can be very intense and may continue for several hours. This is a normal part of the healing process; a way for the body to rid itself of physical and psychic toxins. Many people also experience auditory and visual distortions during the first six hours. Anxiety and intense body sensations are common at times, but these disappear completely after 36 hours. Extended periods of restlessness and sleeplessness may occur, and extreme physical discomfort during the "waking up" process. This is not a warm fuzzy psychedelic. It has moments of many different sensations, some very beautiful and loving and some very intense and uncomfortable. It is different for everyone, and it is best to come to this with no expectations or wishes. Allow for openness and acceptance for it to be what it is. These conditions make things easier.

### Final Thoughts

It cannot be stressed enough; this is a highly personal experience, and each individual's journey will be uniquely suited to his or her specific needs. Not everyone will experience visions or witness memories of childhood (for those that do, it may or may not be in an emotionally detached way). This will not affect the success of your treatment. The medicine works on many levels simultaneously; many of which we are not consciously aware.

**Ibogaine therapy is not a quick fix. It is a pathway to a deeper sense of self; an opportunity to establish a new way of being. You are essentially being reborn and the more time your new sense of self has to stabilize, the greater the potential for a full, long-lasting recovery.**

On the day following treatment many are left with the impression that it "didn't work" or that they would "never recommend this to anyone." We are continually reminding people to wait a few days before they pass judgment. For some this may be the beginning of a long, arduous process. Sometimes more than one treatment is necessary. It all depends on where you are on your path of unfolding.

If you are dealing with a hard-core addiction process, the medicine may only be able to work on the physical part of your addiction. You may need to return for another treatment to work on the mental, emotional, and spiritual aspects of your process.

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



## **IBOGAINE APPLICATION:**

**Ibogaine is an effective addiction interrupter for most substances including heroin, methadone, methamphetamine, cocaine, alcohol, marijuana, and nicotine.**

Ibogaine alleviates physical withdrawal symptoms of opiate detoxification by resetting and refreshing the opiate receptor sites.

**Methamphetamine**, also known as **metamfetamine (INN)**, **meth**, **ice**, **crystal**, **glass**, **tik**, **N-methylamphetamine**, **methylamphetamine**, and **desoxyephedrine**, is a [psychostimulant](#) of the [phenethylamine](#) and [amphetamine class](#) of [psychoactive drugs](#).

Methamphetamine occurs in two [enantiomers](#), [dextrorotary](#) and [levorotary](#); dextromethamphetamine possesses the well-known psychostimulant effects of the drug, while [levomethamphetamine](#) is [CNS-inactive](#). Although rarely prescribed, methamphetamine hydrochloride is approved by the U.S. [Food and Drug Administration](#) (FDA) for the treatment of [ADHD](#) and [obesity](#) under the trade name Desoxyn.

Illicitly, methamphetamine may be sold either as pure dextromethamphetamine or in a [racemic](#) mixture. Both dextromethamphetamine and racemic methamphetamine are [Schedule II](#) controlled substances in the United States, and similarly the production, distribution, sale, and possession of methamphetamine is restricted or illegal in many [jurisdictions](#). Internationally, methamphetamine has been placed in Schedule II of the [United Nations Convention on Psychotropic Substances](#) treaty.

In low dosages, methamphetamine can increase alertness, concentration, and energy in fatigued individuals. In higher doses, it can induce mania with accompanying [euphoria](#), feelings of self-esteem and increased [libido](#). Methamphetamine has a high potential for [abuse](#) and [addiction](#), activating the [psychological reward system](#) by triggering a [cascading release](#) of [dopamine](#) in the brain characterized as Amphetamine / [Stimulant psychosis](#).

Chronic abuse may also lead to [post-withdrawal syndrome](#), a result of methamphetamine-induced [neurotoxicity](#) to [dopaminergic neurons](#). Post-withdrawal syndrome can persist beyond the withdrawal period for months, and sometimes up to a year. In addition to psychological harm, physical harm – primarily consisting of [cardiovascular](#) damage – may occur with chronic use or acute overdose.

**Methadone** (also known as **Symoron**, **Dolophine**, **Amidone**, **Methadose**, **Physeptone**, **Heptadon** and many other names) is a [synthetic opioid](#). It is used medically as an [analgesic](#) and a maintenance [anti-addictive](#) and reductive preparation for use by patients with [opioid dependency](#).

Methadone is mainly used in the treatment of [opioid dependence](#). It has [cross-tolerance](#) with other opioids including [heroin](#) and [morphine](#), offering very similar effects and a longer duration of effect. Oral doses of methadone can stabilise patients by mitigating opioid [withdrawal](#) syndrome. Higher doses of methadone can block the euphoric effects of heroin, morphine, and similar drugs. As a result, properly dosed methadone patients can reduce or stop altogether their use of these substances.



**ENVISION RECOVERY:**

<http://www.ibogapath.com/>

For a Consultation Call:

(consider using Skype for phone calls)

Eric Taub – Costa Rica – via (USA) Toll Free:

1- 866-518-0116

1- 866-518-0116 FREE

Lex Kogan, Dr Vagas & clinical staff:

1- 215-774-1573

1- 215-774-1573 FREE

**Envision Recovery Center – Costa Rica Offers:**

Medically Supervised Ibogaine Treatment in a Safe and Tranquil Ambient Environment.

- \* OPIATE ADDICTION INTERRUPTION \*
- \* AMPHETAMINE ADDICTION INTERRUPTION \*
- \* ALCOHOL ADDICTION INTERRUPTION \*
- \* PSYCHOLOGICAL INTROSPECTION THERAPY \*

**OUR MISSION:**

*To provide a healing and life-changing experience for those who seek it, cultivating the path to physical, psychological, and emotional well-being.*

Ibogaine Therapy offers an alternative solution for those of us suffering from chemical dependency. Ibogaine treatment not only interrupts the addiction itself, it also addresses the underlying psychological reason for the addiction.

Treatment sessions are monitored for 72 hours by our on-site doctors and registered nurses.

All Treatments are conducted at Envision Recovery, Natural Alternatives Detox Clinic.

## **The SCIENCE of IBOGAIN THERAPY**

Ibogaine, as a therapy for substance abuse, is becoming increasingly recognized as a valid treatment protocol in addiction interruption.

Testing within laboratory settings with animal subjects has demonstrated in pre-clinical trials that Ibogaine significantly reduces self-administration of cocaine, morphine, and amphetamines.

The Ibogaine treatment intention is to interrupt the cyclical patterns of addiction. Most substance abuse scenarios consist of a combination of physical, psychological and emotional components. This treatment method often provides profound insights into core behaviour patterns that limit rational decision making processes while providing powerful guidance into the life of the drug user and empowering lasting change.

Studies have shown that Ibogaine – and its primary metabolite – interact with numerous neuro-receptors and neuro-transporters. These make up the cellular network that modulates the activity of dopaminergic-dependent and independent circuits. The multi-site actions of Ibogaine suggest that simultaneous modulation of more than one neural mechanism may therefore be an effective pharmacological treatment approach.

Most interestingly, Ibogaine is proven to inhibit self-administration of cocaine in rats. In fact, one dose of Ibogaine would decrease cocaine consumption in 5 days by 60-80%. Ibogaine was also found to lower the self-administration of morphine and alcohol.

### **The Staircase Method**

During a "flood" dose of Ibogaine medicine, the body is relaxed and sedated while REM activity takes place in the dream centre of the brain. The emotional centre, located in the solar plexus, is also activated allowing a conscious release of inner identifications and repressed emotions to surface from out of the subconscious mind.

When REM is active while the conscious mind is awake, we can experience non-linear thought processes. During this non-linear thought process patients describe how they have reviewed early childhood memories or significant life events as if watching a cinematic vignette of the past.

A "Flood" dose of Ibogaine facilitates an integration of the mental, emotional and physical centres by enhancing our natural awareness to a level much deeper than we normally access in our daily-waking state. The resulting amplified-awareness state can provide powerful insights into the subconscious mind revealing aspects previously suppressed by psychological filters and veils.

The Staircase method of dosing is based upon the natural amount of time it takes an individual to metabolize Ibogaine. Stair-stepping a patient into the dream state results in a gradual flooding of receptors which eventually results in revelatory states of consciousness. Traditional flooding is a very successful way to arrive at this early on in the experience. When utilizing the Staircase method this same state can be achieved with a gradual build into the "waking dream".

## **Low-Wave Dosing**

Low Wave Dosing is an Ibogaine administration protocol developed for individuals who suffer from a compromised physical condition. While, traditional "flood" doses of Ibogaine have impressive fast-acting results that bring about long-lasting benefits in the individual within 1-3 days following treatment, Low Wave Dosing is intended to more gradually introduce the patient to their Ibogaine treatment experience.

Using this method the Ibogaine experience will traditionally take more time to develop, however, the treatment protocol generally facilitates a gentler physical transition for the patient. The intention with Low Wave Dosing is to administer the greatest amount of medicine to the patient without the doses reaching a level where they may significantly affect the physiology of the patient. The most effective results using this treatment option are achieved when the protocol is administered for a period of seven to ten consecutive days.

This Low Wave Dosing protocol, combined with an initial flooding of the receptors, is the most beneficial way to revitalize the central nervous system (CNS) when treating amphetamine addictions. When the CNS system is fatigued from excessive adrenaline resulting from chronic abuse of stimulants, increment dosing after a traditional "flood" can be the quickest and most effective method to recover the patients' neurobiological equilibrium.

## **TREATMENT:**

### **SAFETY**

Our primary concern is assuring the highest level safety for our patients, before, during and after treatment.

Dr. Malaquias Vargas, Lex Kogan and our team of registered nurses and after-care staff are always present and provide a family-like atmosphere for our patients throughout the entire process. Prior to treatment, each patient must go through a physical screening process to minimize the risk of complications.

### **SUPPORT**

We understand that committing to an Ibogaine session can be somewhat frightening for some people.

We will be there to support you every step of the way.

At Envision Recovery, we view your treatment as a transformative and therapeutic experience.

Therefore, we offer unwavering support throughout the entire process, including the post-treatment period.

Professional massage therapy is provided in a natural, relaxing environment designed for the integration phase that follows the detox session.

## PREREQUISITES

- No major heart problems
- No major liver problems
- General good health

## HOW LONG WILL THE TREATMENT LAST?

24 to 36 hours depending on the person and the type of treatment. For addiction interruption treatments, we highly recommend that you plan to stay for a recovery and reflection period of at least 3 days after the Ibogaine session.

## ADDICTION INTERRUPTION

Our goal is to help you get on a healing path to a better life. Ibogaine treatment allows you to detox and cleanse, without experiencing symptoms of withdrawal.

In addition to this, Ibogaine has other remarkable characteristics. It can treat the psychological root of the problem...the reason why you began abusing a substance in the first place. It can also erase or reset your patterns of behavior, providing you with a clean slate to start developing new, positive patterns for a more fulfilling Life Path.

### WHAT IS IBOGAINES?

- **Ibogaine is used to treat drug addiction. It eliminates opioid (heroin, methadone, oxycontin) withdrawal and reduces drug craving to drugs such as cocaine, methamphetamine, heroin, alcohol and nicotine.**
- **Ibogaine ("ibo", "iboga", "eboka") is found in the root bark of the West African plant, Tabernanthe iboga.**
- **It can be used as raw or dried bark, total alkaloid extracts or as purified ibogaine hydrochloride.**
- **Ibogaine may be light brown to white in color and be in powder or crystal form. The root bark may be whole or ground.**
- **Ibogaine, total alkaloid extractions and T. iboga produce a long lasting series of effects:**
  - a) Intense dreamlike visualization (4 hours),**
  - b) Analytical stage similar to psychotherapy (12 hours) and**
  - c) a residual stimulant effect that may keep you up for an additional 36 hours or longer.**

**TESTIMONIALS:**<http://www.iboga.com.au/testimonials.html#top>[Scott had Iboga for psycho spiritual reasons. 30 year old male](#)[Tany took Ibogaine for 7 years addicted to Methadone 30 year old female](#)[T took Ibogaine for Suboxone/methadone 23 year old male](#)[R took Ibogaine for methadone. 21 year old male. – Ibogaine – A Mother's Story](#)[A Mothers experience by Mrs A](#)[A Father's Story](#)[K took Ibogaine for methadone 38 year old female](#)[N took Ibogaine for psycho spiritual reasons. Male](#)[Havley 27 year old female psycho spiritual](#)**Scott had Iboga for psycho spiritual reasons. 30 year old male.**

Well it's been a little over one month since my Iboga experience, and to be honest, things haven't changed much around me. Within me though, that's another case altogether. It almost feels like a complete upheaval of my inner world. Iboga gave me a cleansing on so many different levels, that it's difficult to comprehend fully...

I recall that during the experience it took some discomfort initially to acknowledge and release some of that subconscious baggage that I had been holding on to for so many years, which was even slightly overwhelming at times, but never did I feel in any danger whatsoever. Nor did I feel at all unloved, at any point. It was almost as if Iboga wrapped me in a cocoon of protection, while the further I delved inwardly to confront my demons, the stronger the connection became with the divine source. Only once I had completely dispelled all of those 'distractions' from my inner world did my head finally become clear. It was a new feeling for me!

This sensation remained for days, even weeks after treatment. As a result, a serious reprioritizing of many areas of my life occurred. First and foremost were my relationships with friends and loved ones, along with my relations to everyone else. The countless daily social interactions with complete strangers that I once saw as insignificant, I began to see as vital insofar as how they aggregated to reflect on me individually, but also my role within community / society as a whole. Even when I saw people being careless or inconsiderate, I no longer allowed it to affect my mood. If anything, I only sympathized with others more. The switch was flicked when I came to the realization that we are all in this process together and it is not my place to judge, because who is to say that I am making better use of this 'gift of life' than anyone else... We all have these invisible strings tugging away at our soul, and whether or not we choose to obey them, there remains an evolutionary force beyond comprehension that

is guiding every single one of us to where we need to be. This is what Iboga showed me, and what a gift it is to have that insight.

I do suspect that the upheaval in my inner world will soon ripple out in to all areas of my life -- I already see this beginning to take form. At the same time, I am putting far more effort in to maintaining and creating new relationships with others so I can be a part of the process for them. Iboga reminded me that those moments of genuinely connecting with others mean so much more than anything else in this world...

Overall I am just at peace with everything. My good friends have noticed this in particular and say that I have a 'glow' about me now, while the looks I get from others give me this distinct impression as well. I suspected Iboga would affect my 'aura' but was not expecting such a profound difference towards how others perceive me. Although I can't really say that all the attention from the opposite sex is bothering me. ☺

Along with the reprioritizing and improvements in my general well being, I am finding myself more inclined to just be, while being more able to live in the moment each and every single day without dwelling on the past or worrying about the future... I also made the commitment to myself to stop putting off all the things that I have always wanted to do. So no more procrastinating... Living the life I always wanted, and now following my dreams again. It really does feel like being born again, for the second time....

[Back to testimonials](#)

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### **Tany took Ibogaine for 7 years addicted to Methadone 30 year old female**

I used opiates as a self medicating way to manage pain after a car accident. I also suffered from debilitating depression due to pain and some awful experiences I had growing up.

I ended up on the methadone program for 7 years and at one stage was on 120 mgs a day. I was fortunate enough to be told about Ibogaine and spent some time researching it and also had the chance to meet my provider J while he was in N. Z.

I had tried for ages to get off the Methadone program and as I have two young sons found it virtually impossible to detox off it while managing to be being a single parent. I organized to have an Ibogaine detox and at that stage had reduced to 74 mgs of methadone. I met up with J my provider and stopped methadone for about 25 hours, by that stage I was feeling really hangy and awful.

At 8 o'clock at night I had my Ibogaine dose. J was very careful to measure the amount out safely which was very reassuring to me as I was so scared knowing how terrible and sick I had felt withdrawing in the past.

I found the experience to be very enlightening and felt Ibogaine gave me guidance and insight into the reasons I had ended up being addicted and this in turn helped me greatly settling back into life after opiates.

I had very intense visuals and feelings, however I definitely did not at any stage feel like my past detox experiences which was amazing to me. I am now 2 yrs off opiates and I am at polytech studying human biology so I can gain better insight into addictions and treatments. My marks are high and so is my confidence that my future will be great, which is the best gift ever after feeling like I had no future at all.

I doubt whether the success of my recovery would have been so good if it wasn't for J's caring and careful actions during my Ibogaine experience. I felt comfortable and safe and felt that J's guidance was invaluable. I will respect him and be grateful to him for ever. [Back to testimonials](#)

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### **T took Ibogaine for Suboxone / methadone 23 year old male**

OK So... My opiate habit was pretty bad by the time I was 23 years old. I don't like methadone because I've always seen it as too strong, so I liked Suboxone because it didn't affect me as heavily but kept me on a good level. Only problem was I was injecting it everyday, hence leaving marks on my arms and my conscious. Injecting heroin for days then using Suboxone to stabilize was a pretty fucked up time.

After looking online for detox treatments, someone suggested I try ibogaine. Originally after reading about Ibogaine and Iboga, I thought there was no way this so called 'miracle drug' could work. This had to be some sort of scam I would tell myself. So about 2 months of research later I was pretty convinced that 'Yes' ibogaine can help me become sober again and 'Yes' I was willing to give it a shot, hell. Compared to other detox options, Ibogaine 'seemed' like a walk in the park. "You just lay down and 36 hours later 'you're detoxed' 'clean' – too easy."

I got in contact with a guy who does treatments and started emailing him, telling him my story and he decided I was a good candidate for his ibogaine treatment (certain people get turned down, e.g. people with heart problems, etc). He told me to get on a low dose of Methadone, because he wasn't sure about treating someone who injects Suboxone, as he had never dealt with that specific opiate addiction before. That was fine by me and probably something I should have done a long time ago anyway. He wanted me off Suboxone for at least 4 weeks also so that was out of my system. I agreed and later that week I had booked flights and accommodation.

Upon arriving at the airport I was pretty sick and tired of this low dose of methadone and was feeling pretty seedy. I was pretty numb most of the day because this was the big day and my anticipation had overwhelmed me with thoughts like 'is this really going to work' and 'what's it going to be like' 'will it be good / bad?' etc., etc.

(I had good concern to worry but really shouldn't have, my sitter was one of the nicest and reliable guys on the planet. As far as I'm concerned.) So when the treatment provider / sitter, came we had a talk and after assuring him I had been drug free for at least 36 hours he decided we could do the treatment on the first night I flew in. Which I was very thankful for because withdrawals were just setting in and I wouldn't have slept that night had we not began. The sitter made me feel as comfortable as he could.

So I'm watching Foxtel and my sitter is weighing up the dose, approx 16-20mg/kg is the average dose of Ibogaine HCl. I knew ibogaine wasn't a drug to be experimented with so there was seriousness about

the situation. Enough so that I didn't bother to watch him weigh it. Leave it to the professional, I thought, I am in his hands now. Trying to get my head in to a place that felt comfortable, and it did. I had never experienced high dose of any psychedelics before so I really didn't know how to prepare myself except just to be at the mercy of it and hope all goes well.

That was the plan. And at exactly 6pm, or 7pm, either one, we began the Ibogaine treatment, which is more like a ritual than a treatment anyway. Firstly I am given 1 capsule filled with ibogaine.

This is a test dose that is to see whether or not you are allergic to it. 1 hour after that the dose is increased 2 capsules, then another 2, then finally another 3. At the time of having 5 capsules in my system and just before my last 3 capsules I went to the toilet and could feel the effects coming on, I looked behind me and saw 4 different versions of myself.

So J gives me my last 3 capsules and I gulp them down quickly in a swift motion because I could barely swallow or move my head. I had a thought that this treatment wouldn't work for me, or at least the hallucinations wouldn't. But I was wrong, very wrong. Heh!

I lie down on the bed, unable to move, knowing if I attempt to move I will throw up. So I stay still, and wonder, is this the real deal and is my sitter really prepared to watch me the whole time? I start to doubt things as a slight fear kicks in that this whole thing was a scam and this drug is not going to work for me, for some reason or another.

The start is a little confusing, I remember when it was kicking in heavily I had to ask myself where am I, and left with a guilty feeling as I realize I am here to detox from opiates.

Without much warning all of my thoughts were stopped dead by a extremely overpowering blast of colours and music, experiencing a feeling I have ever never felt before, thinking "WOW, very unusual drug" – it felt as if I was being transported through a black tube. It's like going to a different universe but everything is similar to Earth except you have a greater perception of everything, extremely hard to explain, so heavenly, yet so difficult at times.

I see Earth and its molecules all combining to create other molecules, I see each person as molecules and objects as molecules. Everything that combines somehow turns dirty with the resin of other molecules colliding... I see Iboga, the molecule itself, I see the green molecules combining with off green and off white molecules. I look at myself and see my dirty ways of drinking and smoking has affected my molecule structure with dirty molecules making me somehow feel impure...

Vivid hallucinations take place and I am instantly transported to Africa and welcomed by a tribe of people, it was amazing and mind blowing. I saw the whole Earth as it is seen from a different perspective, me, my family, and everyone in the world, all connected together from outside Earth.

The hours after that go past in a blur of lights and colours. I drift heavily in to a dream like state, seeing myself and everyone else in the world linked together – from outside Earth – from an out of body experience.

I could feel the connection to the Earth and the tribal people who consumed this root. I somehow manage to connect with the tribal people around a campfire, they played calming music and could feel their love. It was complete bliss.

It wasn't all good though, it felt like most of the time I was being shocked or something because you would get a shock every now and then. Ibogaine doesn't feel that great most of the time. I had a vision of myself going back to detoxing, trying other options, and it didn't feel good.

It felt frustrating, because I know I've tried other methods of staying clean, but none obviously worked. So that vision was prominent throughout my time and still is till this day.

Ibogaine is kind of like being happy all of a sudden then getting electroshock therapy, then being happy, etc., etc. This medicine is not recreational. It's intense and you can't move when you're on it because you may throw up violently if you try to do so. It's hard to put everything in to a timeline. Almost impossible. I'm still remembering smaller bits of the visions I had as days go by. It's hard to write it all down in words and I could pretty much go on forever about that part, but I will skip ahead to the morning.

Morning comes and I am awake. I can't remember much, I feel guilty because I had such a good time. Or at least it felt that way. And I feel like I'm coming down off something. Avoiding getting up because I'm trying to make sense of everything. Didn't feel that great.

I get up for a smoke, and start feeling a lot better, euphoric and humble as I walk around. The smoke made me throw-up a little. I feel clean, no opiates for about 2 days and no cravings, this was great and made me very happy.

The care from my sitters had seemed overwhelming. And I felt a sense of kindness, and compassion. The sitter would help me stand up or get to somewhere and I would thank them, meaning it deeply because I felt worthless, but at the same time positive for the future.

The brightness of the sun hurt my eyes badly so I wear sunglasses outside. My body is a little worn out but that is totally normal. I lie down for most of the day.

After the initial 8 -10 hours of tripping pretty hard you are left in a state of reflection, looking back at your life and it feels as if you've been away from home for a long time. You miss normality and everyday kindness we take for granted. At the end of the day I look back at my life and realize I have it too good to just throw away, there are other people far worse off than me who still enjoy their lives without using or having a habit of some sort.

I am eager to get back to my home. I am pleased I at least have a home, feel like a stuck up middleclass. Here I am in a really nice apartment overlooking a beautiful beach ... all because of detox? It didn't make sense, for once I felt guilty about the way I let myself go.

Being addicted, taking Iboga, and suddenly not being addicted. Very nice. It worked and it worked well. A few days and it felt like I had been clean for weeks/months. The ibogaine treatment is a very

humbling thing. It made me realize a whole lot about myself, my addiction and just how easily I could overcome it.

After Iboga, addiction and drugs don't seem that important anymore. Your health is number 1, and opiates are a fast forward button to death. It makes you switch off.

Ibogaine – stays in your system for months giving you nice happy feelings acting as somewhat of an antidepressant and makes a very positive way to detox from drugs because of that reason. Mentally that's a huge bonus.

3 months later and I've stayed clean of opiate dependency. I have had many opportunities to use heroin / opiates and could of easily slipped back in to my old routine but made a conscious choice not use opiates ever again. I did use when I got back, it didn't feel good . I have a lot to do to change my life and opiates were just getting in the way. ☺ [Back to testimonials](#)

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R took Ibogaine for methadone. 21 year old male. – Ibogaine – A Mother's Story

A sense of falling into pieces, a constant dread. An acceptance that I might not have a son much longer, because all my energy, problem solving and love were not enough. Coping with a drug-addicted son had taken away my power as a mother and become my living nightmare.

Despite a normal happy childhood, my boy, my first born, cannot explain why he started experimenting with various drugs from 14 years onwards, except that he suffered bouts of depression so would take anything that would temporarily take away his emotional pain. He was naturally secretive about this, and I have only recently discovered the extent of his involvement. Over the past two years (he is now 21) he became unable to resist opiates in particular. He gradually changed from being an enthusiastic, funny, completely honest kid to a shifty pale miserable shadow of his former self. I would wake in the morning with a kind of grief settling on my heart for the day, it was as though he was lost to me. As his mother it was intensely distressing, there seemed nothing I could do to make it better. He became disinterested in food, in being clean, in people, and was always avoiding conversations with his father and me.

Methadone was suggested over a year ago by a support agency as a way of controlling his drug intake, his finances, his lifestyle. The many side effects were explained, and the addictiveness stressed, but it seemed to be the only option as his attempts to detox in the past had been unsuccessful. Initially it did seem that methadone was helping him, as he enrolled to study, and managed a routine. But it was a short-lived reprieve. The side-effects of methadone were debilitating, the awkwardness of having to go to the chemist each day for it humiliating, and the dose was increasing too slowly to give him stability.

As the situation disintegrated it was impossible to commit ourselves to anything outside this drama. Plans would be made, only to be abandoned. This was a time of high anxiety, sleeplessness, adrenaline alert. I would receive alarming texts from his friends and his sister at any stage of the day or night, as rumours surfaced about him still using needles, taking other drugs on top of methadone, and of him

being 'messy'. I was having to deal with situations by making it up as I went along, with no reference point, or orientation. My sense of normality had blurred edges.

My friends and my sister were aware mostly of what was happening, and were worried and supportive. I gravitated to people who had been through vaguely similar experiences to soak up any advice or reassurance, and could not seem to take interest in anyone else.

The effect this had on my marriage eventually reached a crisis point. I decided to live by myself, where I could worry and stress and research cures. I normalised this alongside some other strange decisions. The shock of this plan of mine motivated my husband to have a talk with our son about how his behaviour was affecting us all, how we couldn't carry on like this any more. We were running out of emotional stamina. It was obvious that methadone was a ghastly alternative to real life, and there had to be some other solution.

Meanwhile our boy had discovered through the internet a naturally occurring substance called 'Ibogaine' and had been asking us to buy some for him 'just in case'. He learned that it was apparently good for detoxing from opiates, without awful withdrawals. He forwarded some you-tubes and information to us. We were cautiously interested, though puzzled that it was not one of the options offered to him through any support organisations. I was intrigued by the documentaries which seemed totally genuine, stories of heroin addicts being cured. This option was always hovering in the background as 'plan B' after methadone, but the information indicated that its implementation needed experienced supervision.

Then in September an Ibogaine conference was advertised in our local area – an opportunity to learn more about it. Contacts were made, and sourcing Ibogaine on the internet became my husband's mission. There was a promise of experienced help for administering and monitoring on a certain date. The timing was good – my son was ready to give up his addictions.

The few weeks prior to his treatment were difficult. He moved in with us, and we drove him to the chemist each day and struggled to cope with his constant grumpy fidgety needs. The Ibogaine date couldn't come soon enough. His drug debts were paid off and goodbyes were said to these 'friends'. Then just a few days beforehand he became calm and philosophical, almost as though preparing for the event.

The information we had regarding Ibogaine was that it would be a deeply introspective experience, that it is an oneirogenic substance with some possible physical danger (mainly through overdosing after treatment) – that it sort of puts a person into a state of paralysis for a few days and that after the treatment the person feels no cravings, just very tired. It was described as a sort of re-birthing, a re-setting of the brain. This all seemed quite weird, but the results too good to ignore, and I had no hesitation. The alternative nature of the substance was appealing rather than alarming. I felt as though I was entrusting my son's healing to some higher power. There was nothing to lose.

## **October 26**

We left our son on a rainy Monday afternoon with J and T, two experienced Ibogaine providers he had met during the conference. He had taken his last methadone dose the day before. The Ibogaine would be administered that evening. I had complete trust in both these people, who were calm and

professional. As we left, burning dried sage was being wafted around the house, and Tibetan gongs were sounding. The atmosphere was quietly determined, healing and ritualistic. The next few days were going to be tough for our boy but he was meeting the challenge with courage and dignity. A dignity that had eluded him for years. We left him with hugs and faith.

### **A friend emailed me:**

You are so stretched out on the precipice of trust and hope--like a strained rope CS Lewis describes the feelings in "Letters to Malcolm": "All may yet be well. This is true. Meanwhile you have to wait--- and while you wait, you have to go on living---if only one could go underground, hibernate, sleep it out. And then the horrible by-products of anxiety; the incessant circular movements of the thoughts, even the temptation to keep watch for irrational omens. And one prays; but mainly such prayers as are themselves a form of anguish. Some people feel guilty about their anxieties and regard them as defects (of faith, or strength) I don't agree at all. They are afflictions---- not sins, or weakness."

A few days later, when it was OK for me to visit him, it was obvious that something close to a miracle had occurred. He was lying in bed with his eyes shut, curled up and shivering slightly. He spoke quietly in quick short gasps, that it was 'intense', and that he 'should be feeling so bad by now but doesn't' (it had been four days with no methadone, alcohol, cigarettes, benzodiazepine). He described some of the Ibogaine-induced visions and told me he had a panicky conviction he was dying, but then had accepted it. He was smiling even with his eyes shut, and I realised I hadn't seen him smile for a very long time. It was very exciting.

The atmosphere in the house was loving, supportive, purposeful. J (and T) had watched over him in turns like a couple of guardian angels, standing in the doorway throughout that first night, helping him walk during the first few wobbly days, running baths for him with Epsom salts, and flower petals. Talking to him. Playing beautiful music. Cooking him healthy food. After about three more days he was then handed back to us with specific instructions as regards vitamins, (fish oil, magnesium, vitamin B) diet (wheat-free, dairy-free for a while), exercise. It was a relief to have instructions to follow.

It is now six weeks to the day our lives changed. Our lovely boy continues to gain in strength. He is calm, free of cravings, and pleased to have money and the freedom to make plans. He has put on weight, is tanned from being outdoors, and has offers of work. Most importantly, he is no longer a drug addict. I take strange pride that he has beaten highly addictive chemicals with a natural substance and expert care by alternative health professionals. Ibogaine has freed him, and our family.

### **One Year Later:**

It's nearly a year now since R's Ibogaine treatment – I'm not sure if he keeps in touch with you – but I'd like you to know that things still seem to be going really well for him. He is settled in Auckland with a great job in an organic food shop which he is slowly gained physical strength from, is flatting with a bunch of people who 'do their own thing' but are mainly cool – and he has a new girl in his life – B – who he is bringing down to Dunedin for us to meet on his birthday in a few weeks. He doesn't keep in constant contact but always sounds cheerful when we do connect.

Meanwhile I see some of his old friends around still in the same messy rut and my heart sinks for them. We were so fortunate with our boy. I hope everything is going well for you, bless you a thousand times.  
K. [Back to testimonials](#)

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A mothers experience by Mrs A

My son's story – His addictions Cured!

James, the youngest in our family of a sister and 3 older step sisters and brothers, was a delightful, happy, outgoing child. A pleasure to be with, and a joy to be a parent of. Out of the blue, that all changed when, in his early teen years he rapidly spiralled into a darkness that was overwhelming to him and everyone around him.

Looking back on those years, I realise that James probably started with Party Drugs in the last few years at school. He became more introverted and was difficult to communicate with. He moved away from sport, and, it was the party / rave scene that interested him. I was not aware of his drug use which is a pathetic excuse but sometimes you choose to overlook what is right in front of you. Instead, I put these changes in James all down to him trying out his adolescence. I hoped that this was just a phase he was going through and would grow out of it – how wrong could I have been?

During the last 8 years we have watch with increasing distress, James yoyo between addictions and treatment.

I would describe myself as a positive person and after working as a health care professional in a major Melbourne Hospital for over 30 years, thought I could cope with the worst of medical and mental problems. None of this prepared me for this life and death battle with James's addictions and the subsequent life style that he lived and coped with every day. I totally believed in the medical system and its practitioners and thought it to be a caring and resourceful system. As he bounced from closed door to closed door, I realised that the system is fundamentally flawed with huge cracks that addicts can slip through.

Many good meaning friends and the long list of experts I had contacted constantly pointed out the reality of the problem and the hopelessness of our plight. It was repeatedly suggested that "tough love" was my only option but that was something I was just not prepared to do. Getting that advice was easy, finding an answer was not and locating suitable facilities and care seemed impossibility.

It was clear that James wanted to have a life that was drug free but the end point seemed to be unobtainable. He tried Suboxone and Subutex but neither managed to hold him. It was then recommended that he try Methadone. The many scary side effects were explained, and although he had heard some horror stories about its own addictiveness, it seemed to be the only option left. It hardly seemed a cure but what else could we do?

Methadone proved to be a living hell not only for James but for us. James was vague, looked like he was doped and tried to deaden his pain by increasing his alcohol intake to toxic levels. He couldn't

cope with life, no matter how little it had been reduced to, slept very little and his behaviour was erratic. He longed for his life to be over so that he could have a rest from the restlessness of his addictions. As a family, we were at our whits end. There now were collateral damages as we and his siblings were faced the very real option of loosing James forever.

Then, out of nowhere we heard about Ibogaine. Firstly through a friend who had "found" it on the internet (although she thought we would need to travel overseas for treatment) then, only a matter of days later, again it surfaced through a family member who quite independently had found out that it was available in Queensland. During that time, James picked up a magazine and once again, in front of us, there was an article about an addicts experience with "Ibogaine". It was like the universe was putting it out there – begging us to look at this option.

We contacted a sitter and told him our story and from that minute onwards our life had a direction, and most importantly, hopes. We both knew that James could not go on with Methadone and there was nothing else that the medical community could offer him. Medical checks were performed (an ECG and Liver function tests had to be passed) and bookings were made. As we journeyed up to Queensland we both realised that this was it – if this didn't work, we had run out of options. James was scared that it would be painful like the other detox's he had tried but was quietly determined and confident that this was going to be a success and from the minute we actually met our sitter I knew we had a chance. I was privileged to be a part of James's treatment, I was with him when he entered the world and I would be there with him when he went through the fight for his life. I stayed next door for the 3 days of intensive treatment while James was cared for by the sitter and a trained naturopath.

The treatment was conducted in a very beautiful place, full of calm vibes and energy, where James was kept peaceful and nurtured. During that time, James was monitored 24/7 and watched over. I was looked after too and kept informed as to his progress and condition. At no stage did I feel that James was in danger or uncomfortable. I moved in with him for the next 10 days and we continued on in the regime that had been set by the sitter. No alcohol, no caffeine, organic healthy food, vitamins, herbal tinctures, massages and most importantly "wheat" and "dairy" free. James was tired and weak but on a journey of discovery, working out who he was and coping with the realisation that he could now face a life of options and open doors. Our life became focused on the goodness in food and a healthy lifestyle which we have continued on with now we are at home.

When James finally started sleeping he quickly became stronger and started a daily exercise regime which included swimming in the sea and some time soaking up the sun. He looked healthy for the first time in many years and started to put on some much needed weight. Our relationship blossomed as he no longer had to lie to me to get what he needed for his fix, or steal, or scam from unsuspecting friends and relatives. We both knew we had been through something "huge" and doing it together was my joy rather than my chore.

To say that the treatment was a "miracle" seems to be giving it some surreal quality that really doesn't describe the transformation I found in James. To say that it is a "cure" is absolutely correct. The first thing my son said to me after his Ibogaine treatment was that he was "free". He was free from the darkness of his addictions and left with an excited feeling about his future. He was free from all addictions, not only Heroin but alcohol and smoking as well. A smile that almost circled his face echoed his soaring spirit.

It is now six weeks since our lives changed. My lovely boy continues to gain in strength. He is over the moon at having his life back and the freedom from the daily struggle to support his addiction.

Although still physically exhausted – every day he is growing stronger and his thought processes are rational. His anger and frustration is gone. He seems to now know and understand the difference between right and wrong and realises that there are consequences to all his actions. He now realises that his life is precious and is to be lived purposefully.

Most importantly, he feels his life is not controlled by his addictions. We are all well aware that what has been a life-long addiction will take a life time of diligence to curtail but this is huge step in the right direction. He will need new friends and new surroundings to try and make his break from his old life.

All of this he is prepared to do and I take strange pride that he has beaten highly addictive chemicals with a natural substance and sheer determination together with caring and expert care.

I believe that given the chance, James can now be a rational, reasonable and perhaps exceptional member of society and live a full life. Addictions happen, I have no idea why or understand the mechanism behind them but also, thank God, a cure can happen and when it does, as his mother, I pray that he gets the chance to live a long, normal, happy life. I shudder to think where James would have been today without Ibogaine and the support and caring from these fabulous people. My only sadness is that it is this not available more freely to other more unfortunate people out there who don't have the support and resources what we did.

We owe the sitter and the naturopath everything!! At last there is an answer to a problem that until recently had no solution.

From the bottom of my heart, together with my family, I thank you both for giving us our son and our life back, you are amazing!

[Back to testimonials](#)

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October 2010.

### **A Father's Story**

Christopher, my youngest son, then aged 18, informed me in 1999, that he was addicted to heroin and had been “on it” in increasing dosages for almost 2 years when he had lived with his mother in New South Wales.

I was quite devastated and although I knew that he smoked Marijuana and had dabbled in “party drugs” the thought of him getting to the stage of actually injecting heroin came as a complete shock, particularly for somebody who had and still has, a fear of needles!

Naturally, as a loving father, I sought out possible treatments and support systems for him and was absolutely shocked and discouraged to discover the lack of proper resources and any sort of medical formal structure to help someone in Christopher's predicament who didn't want to be an addict.

His original doctor, Michael Kozminsky, at that time was performing what was then regarded as “cutting edge” medicine to treat Christopher using “Rapid Detox” under heavy sedation in a hospital environment which was very gruelling but the results of which seemed to show some promise.

What followed, however for the next ten years was a vast array of treatment options, supervised by Kozminsky ranging from psychological counselling, Naltrexone tablets, further stays in hospital undergoing a slow supervised detox, Naltrexone implants, Subutex, Suboxone and finally Methadone.

For anyone who is reading this story, they would probably be only too aware of what accompanied these ten years was an absolute hell of thefts, lies, complete lack of trust, scams, deceit, drug dealing to support his habit, paying off debts and drug dealers, getting some of my prized possessions out of the pawn shops of Richmond (some for the 5th time), family disruption and anger and the ever present danger that Chris’s next hit could kill him. The experiences of attending Dr Kozminsky’s clinic over a 10 year period made me aware of the huge social problem that is “out there” and to all extent and purposes is largely ignored by our so called “medical system” which is clearly failing us all, not just the addicts!

Christopher had been clean in 2008 and part of 2009 but when he returned to Melbourne in July 2009 the rollercoaster started again after he met one of his old Vietnamese dealers at a job he was working on in Richmond.

Earlier this year, my wife, and Christopher’s Stepmother, Susie, discovered “Ibogaine” on the internet and after viewing some testimonials on You Tube by former addicts I was convinced that it must all be some sort of a scam to prey on “innocent addicts” and their families! It couldn’t possibly be the answer, could it, after ten years of hell???? It all seemed too easy and to say I was sceptical would be an understatement. Susie, however, continued to bombard Christopher and me with literature and web links on Ibogaine and after Christopher started to express some interest (it had to come from him) I decided to delve deeply into Ibogaine and its treatment options.

I spoke on the telephone with Medical experts in Mexico who were only too willing to give their time and often rang me back long distance only to spend an hour talking on the telephone at their expense. Other Ibogaine proponents were contacted mainly by email and once again almost without exception were willing to provide their time, knowledge and caring assistance. Clearly there was something here and it wasn’t a scam after all or at least didn’t appear to be.

Around this time I contacted J whom I had found on the internet and we initially communicated for at least a couple of months by email and then more latterly by telephone. J came across as a deeply committed and caring individual and the decision was made to have the treatment in Queensland in May of this year.

As we flew up to Queensland and for the preceding days since we had made the decision to go I kept reinforcing the point to Christopher that this really was his “last chance” despite the fact that there had been many other “last chances” but it was clear to me that this time Christopher really understood what this meant as his last weeks had seen him almost disowned by his family after some serious breaches of family trust.

J met us at the Airport and we travelled to a lovely coastal location that was not only beautiful but was also calming; a perfect setting for what we all hoped would be his rebirth. J and A, were absolutely amazing and for the first day we talked about our mutual experiences with Heroin whilst we waited for Christopher to start “hanging out” so J could start the treatment. This took a little longer than we thought and went into the second day but it gave us both extra time to get to know J and discover what an amazing, caring and totally committed person he is.

In the morning, I spoke with Christopher for an hour or so before he was to take his first dose of Ibogaine and left him in the care of J and A, who, remarkably, performed a “24 hour watch” taking it in turns to make sure that Christopher was not in any distress. J kept me informed regularly by SMS messages over the next day or so but as his father I have to say I couldn’t help but worry about him even though I knew he was in good hands.

On the third day I was able to see Christopher and whilst he was extremely tired and absolutely exhausted I knew that I was witnessing something special. Christopher was very weak and had no appetite to speak of for several days after but each day he seemed to grow stronger both physically and spiritually. He said that after his amazing experiences which he likened to a “religious awakening” during his treatment he now felt free of his addiction. A major side benefit of this was also the fact that he gave up smoking for some time after but although he is back on them the quantity per day is nothing like what it was and he no longer felt a compulsion to smoke.

It is now six months since Christopher’s treatment and I have just come back from Cairns (where Christopher is now living) having celebrated his 30th birthday. There are times when I was convinced that he wouldn’t make it to 30 but I can now say that he is drug free, has no urges nor thoughts or dreams of using heroin again and that for the first time in ten years I am confident about his future.

I have thought about Ibogaine and our experiences with it over that time and to describe it as a “miracle cure “ would probably be too extreme, but what it did for Christopher was to give him both a spiritually awakening experience and his first true break in ten years from the physical and psychological cravings for Heroin.

The true evil in all of this is not the poor unfortunate dealers who traffic in this insidious drug (who are mostly addicts themselves) but a combination of the “Mister Bigs” who rule the heroin trade and the Politicians and Bureaucrats that lack the foresight and social responsibility to effectively deal with this social disaster by “thinking outside the circle” rather than continuing with “more of the same” Policies that at the end of the day have really failed to truly help anybody.

Christopher and I and his whole family owe J and A an immense debt of gratitude for giving him his life back, something we could never repay other than to advocate Ibogaine as a treatment protocol for addictions. [Back to testimonials](#)

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K took Ibogaine for methadone 38 year old female

My Ibogaine Experience:-

I was addicted to opiates for about 12 years and had tried everything that I knew of to try and get off. After researching Ibogaine for a few years, the opportunity finally arose for me to take some. My provider was a man whose care was amazing. I always felt safe, informed and extremely well taken care of. I was very privileged and lucky to have J share my Ibogaine experience, I don't think it would have gone so well or been successful if he hadn't been there to take care of me and reassure me that what I was experiencing was ok.

To consume a non opiate based plant and feel your withdrawal symptoms disappear is so incredible; it's hard to comprehend until you experience it. And to come off methadone in the past was a nightmare with full on withdrawal symptoms for 3 weeks solid. After Ibogaine, the withdrawal for me was like a picnic compared to a regular detox. I still had symptoms but the Ibogaine left me feeling calm and determined, it was easy to get through it.

Since then I have had breast cancer and not relapsed, which to me really is a testimony in itself... before Ibogaine a situation like that would have lead to drug use. I have now been drug free for almost 3 years and it's the best feeling in the world. Thank you Ibogaine, but most of all, thank you to my provider. You are an extraordinary human being and anyone who gets you as a provider is surely blessed.

[Back to testimonials](#)

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### **N took Ibogaine for psycho spiritual reasons. Male**

But I'm getting distracted, this was always meant to be a note of belated thanks more than anything else – so . . . . .

Cheers, my man!

I'm always blown away by those that not only make a life out of helping to give people back to themselves but who do so in such a way as to risk the wrath of societies arse-backwards hierarchy.

I don't know if ibogaine had anything to do with me deferring from my course and upping stumps to S.E. Asia or the uncanny flow of events that surrounded the whole thing but I guess it's not really important. I'd been obsessed with the idea of seeing the world beyond our bat-shaped borders for many years and to finally do so certainly helps in shedding my idea of myself as an endless procrastinator. It's been a blast, anyway, and I'm off to China to teach there in about a month. I'll make sure to send you some photos in due course and hope to catch up around the end of next year when I think I'll be making my way back home.

All the very best to you both – wishing you peace, tranquillity and goodwill from across the wild and desperate ideas, Your pal, Nick

[Back to testimonials](#)

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### **Hayley 27 year old female psycho spiritual**

Before my treatment, for around a month I made sure I was healthy as I could be, meaning taking my vitamins and trying to eat the best I could before the treatment as the Iboga is quite heavy on the body, I did still drink coffee every day and had chocolate and was eating lots of curries as that was all I craved at that time for some reason. A couple of days before the treatment I went to the docs and got an ECG to make sure my heart wasn't skipping any beats and then arrived at my sitters with mum on the morning of my treatment. I had to fast completely on the day of treatment which was quite difficult for me as I was so used to eating constantly and I got low blood sugar usually. I was allowed to eat some red paw-paw though and also lots of water as the Iboga dehydrates the body a lot.

An hour before treatment, my sitter walked me down to what he calls \*fairy land\* which is at the bottom of a beautiful property, it is a small place surrounded by lots of big trees and a creek and he had me connect with nature and left me alone there for about 15 mins to send up my worries, confessions and my hopes and wants of what I wanted from the Iboga, he had me knock 3 times on a couple of trees, as trees are the antennas to the universe. So I gave my confessions so I wouldn't be holding onto anything while under the Iboga as it cleanses your whole being. I said all the things I did that were wrong and that I was ashamed of, also said what I wanted from the Iboga and asked the gods and goddesses to be there with me and also asked all the elements, fire, air, water and earth to guide me through and to connect with them all, I gave my whole being up to the universe and let all my fears go and basically sacrificed my soul to the light. I also asked that I remember all that I saw in my visions and that I would be more calm and loving towards people after my treatment. You ask whatever you would like.

I was also asked to wear all white.

I then went to the toilet as when you take the Iboga, you won't want to get up but if you have to, you have to have your sitter take you to the toilet as you won't be able to walk. Your body is very shaky when you try to get up and you won't be able to see properly either... everything will look like ripples in the air when you open your eyes.

After my first dose of Iboga I was to lay down for an hour and I wasn't feeling anything. After 2 hours I was still able to talk properly and move around fine, so I had more and waited 2 more hours, which at that point my vision was a bit fuzzy and I couldn't walk properly and I could hear buzzing in my ears which are the supposed flies / bees that guard the space between the physical realm and spiritual one. I also felt warmth in the centre of my body which felt like pure love and I indulged in that feeling, fully embracing it through my whole body. I also felt like my soul was being massaged. Its hard to describe properly but I felt my soul being pulled out of my body from each side of my body, one by one, first from my right side, then my left, then down through the bed, then up above the bed and then my legs, and my upper body... it felt really surreal and amazing and I was trying to be completely relaxed and was hoping if I was relaxed enough, my body would end up moving right out of my body which it did a time later and I was hovering over my body from my crown chakra right at the top of my head, at that time I realised that what I was feeling was the disconnection of my senses from soul to body and that all souls carry the physical body from just above it... the souls aren't actually in the body, we just think and feel it does, that is why sometimes when we are half asleep we feel our souls slam back into our bodies as if we just fell down... its letting go of the attachment to the physical sense body. Before I went under the Iboga, I was a bit worried as to what I would be open to being out of my body, as I didn't want to see

any scary ghosts or negative things, but while under the Iboga, all that fear was gone and what it was replaced with was complete love and pure energy and that only happened just after I left my body.

Connecting with the source that we all come from, I realised that what we all feel in the physical realm is what our minds make of it and everyone around us... We all forget that perfect place that we all originate from and that we can access it whenever we want to just by tuning in... I never knew this was possible until I accessed it... Along with the perfect feeling came endless knowledge. I started asking questions in my mind of things I wanted to know and always before I finished asking the questions, the answer came, and not in words... but in visuals... and I was able to interpret the visuals into word form.

I also saw number slides like in the movie *The Matrix* and wondered why I was seeing this... I saw visuals like raining stars in the sky moving like what you would see similar to a computer screen saver... I was also told that the mind knows everything before anything happens or before you think something, and that if your thinking of something that you want, it instantly knows if you have any future doubt on obtaining or receiving the thing you want and stops you from having it... It also explained that time is moving at a faster rate and its making people feel rushed and more stressed at this time in the world and that we had to try and connect more with the source to not let this effect us negatively.

I also lost all attachment to the outside world and its pleasures such as, judgements, hate, people, money, material objects. I found that you don't take any of these when you leave this life and that everything is impermanent, and that what lasts is the love you feel within yourself and what you show to others... not what they show to you as its all about how you perceive things and what emotions you attach to them.

We are all the same and from the same source and there is no one separate from us, whether they are the most beautiful person in the world, or a murderer... we are all made up of the same stuff... Just some people are more lost than others and others are more disconnected from their own selves and lose themselves in the never ending physical senses that keep causing more pain and suffering.

Iboga also causes nausea and possible vomiting and diarrhoea. If you look upon this as if its the Iboga cleansing you completely by making these things happen, you will be able to handle it a lot better.

With my process... I had nausea, vomiting and diarrhoea all at the same time!! I was hoping I would vomit and have diarrhoea as I felt like something was attached to my being, and I felt like I had all these entities around me that I accumulated over the years from my youth to now, not to mention all the different karmas and energies of all the drugs I had taken and where they came from and how they were made. I felt like my whole being was sick, I completely embraced being very sick and felt like the Iboga was killing everything bad in me, when I vomited I brought up big black chunks and I thought that was all the negativity and when I had diarrhoea I pushed everything out of me, which was ALOT and I hadn't had anything in my system for around 24 hours prior, I didn't get off the toilet until I knew everything was out as I didn't want to have to get up again. I also felt like it was excreting everything I didn't want in my body. Nothing negative can hold onto your being when the Iboga enters it. Hence, why they call it the eye of god.

In the first 3 hours I think it is, your not allowed to throw up, as if you do, you may throw up some of the medicine. So I made sure when I was heavily nauseas, my sitter guided me through breathing exercises to stop it, which I did with all that I had, I was breathing long big breaths in through my nose

and out through my mouth for a while and I did that twice until I was allowed to throw up. When I had finished throwing up and also the diarrhoea, I was lying down and that was when I started having all my visions, though I was exhausted, it was amazing to see what I did. I also felt completely rebirthed and felt like my body was hollow with beaming light running through my system and felt like the Iboga had done its job and was so thankful to it for everything it had blessed me with.

The morning after, I had still not regained complete sense of smell or taste but knew my body needed food, so mum brought in some pawpaw and asked if I was sure I could eat as some people can't eat for days after as they are just not hungry but I ate the whole bowl. LOL. You will instinctively know what your body needs after... It is best if you follow this as it will be easier to stick to this after your recovery period... If you dedicate yourself to your \*new\* being and keeping it, it is good to focus on what your body is telling you... Because your body is beginning again, you have the opportunity to treat it now the way you want and work it the way you want... I made a pact with myself that I wouldn't eat any animal products anymore as when I was under the Iboga, I saw all the animals of the world and their sadness of humans eating them and all the light dying out whenever one was killed, so I became vegan and because the Iboga erased the memory of what animal products tasted like, it was easy to stick to that... You will find this when you come out of the Iboga... Things won't taste the same either as you lose the attachment of your previous perception of what things taste like... So you may not like things that you previously liked before... Everything will be like you are trying it for the first time... Same with your experiences. The first time you get touched will be like the first time, this was in my case... but I'm not sure if its in any other case... It's amazing also when you see outside... When I was walked out in the morning onto the front deck, I looked over at the trees and couldn't believe the colours and how vibrant and glowing they were, I nearly cried at the beauty of it as I had never seen anything like it...

That night it was the lunar eclipse and my sitter made a bon fire out the front, even though I still couldn't walk properly and was still very tired, as you want to sleep a lot after the treatment, I went down and sat by the fire and gave more thanks to the universe for helping me through my treatment and when I looked up to the night sky, I saw what looked like scratch marks on each side of the moon, that looked like it was made from a tiger, which I also saw in my visions as being my animal guide... my sitter thought that was pretty cool and I felt really blessed that I had so much love around me and that I was connected back to the source again and wanted to make sure I never lost that again...

The next day though it was cold and grey, my sitter said it was important to be ducked under the ocean, so hesitantly I agreed as I wanted to do everything properly. I had no swimmers so had to wear a top and my undies and my sitter jumped into the ocean first to help get me in as I was looking around seeing if anyone was watching me as I didn't want to be seen. Anyway I ducked my head under 3 times and bolted out.

For the first couple of weeks out of the Iboga, I didn't want to talk to anyone I didn't feel completely comfortable with and didn't want to be seen either... this is completely normal... some people go through this. Mum had to move everyone out of the house so I could go to the toilet as I didn't want to be seen. That is how it is sometimes. It is important that you are surrounded by positive people and places the first couple of weeks as you will be very sensitive and you will be open to everything and all its elements. You will maybe be emotional also, which I was by the second week and was crying at everything that was slightly beautiful and also sad... it is important that you be careful what you watch, see, hear and listen to. So beautiful and spiritual music is recommended and also beautiful and spiritual

movies... its also good to read as much as you can of anything informative that you would like to know as you will be more open to its information and will be able to store its knowledge better.

I felt so blessed to have such caring people around me while having the Iboga experience, I wish everyone could do this, it was the most amazing thing I have ever done. [Back to testimonials](#)

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## IBOGAINE TREATMENT—PATIENT INFORMED CONSENT FORM OVERVIEW

I have been asked to read the following material to ensure that I am informed of the nature of this treatment, and what will be involved in my participation if I consent to participate. A written informed consent prior to participation in this treatment is necessary so I can know the nature and risks of my participation, and can choose to participate in a free and informed manner. My signature on this form indicates that I have been so informed, both by reading this document and being verbally informed regarding the treatment. I understand and accept both the terms of my participation and the possible risks to myself in participating, and give my consent to undergo treatment.

Ibogaine is a naturally occurring substance that is the single isolated active alkaloid present in the root bark of the shrub *Tabernanthe iboga*, which is native to West Africa. Ibogaine has been reported to have anti-addictive properties. While ibogaine is considered an oneirophrenic (dream creating substance), it also has effects on neurochemical and neurotransmitter systems in the brain that are believed to be involved in reducing the symptoms of opiate withdrawal, depression, and post-treatment cravings. Ibogaine is not currently approved and is considered a Schedule 4 substance in Australia and is now scheduled in New Zealand.

### PATIENT SELECTION CRITERIA

I am voluntarily participating in this treatment, and I am over the age of 18. I hereby state that I have no history of psychosis, nor has there been anyone in my immediate family with psychotic disorder. I also state that I have informed my practitioner of any other mental or physical disability or illness.

I also agree that I have not used any illicit substance or drugs 12 hours prior to my Treatment 24 hours for methadone and 72 hours for amphetamines, and I have not brought any illicit substance, or have same on my person and I am willing to surrender if requested to do so. I have been informed that taking ibogaine with psychotropic drugs is dangerous and can result in death. I also agree not to take any drugs or medications whilst participating in this treatment. I agree to communicate all my medical conditions and current medications as well as ask any questions I might have about the treatment.

I understand that I will be monitored for at least the first 24 hours after taking ibogaine and my treatment will be determined depending on the type of drug I am detoxifying from and my signs of recuperation. If I am not feeling well, and if practitioners are concerned about my current condition, treatment may be discontinued and if I am asked to see a doctor, I am willing to do so.

### POSSIBLE RISKS

The risks involved in this study are those incurred by taking ibogaine. Since ibogaine is an experimental substance and no long term side effects have been observed at the dosage that I will receive. However, there have been no clinical studies about long term effects of ibogaine.

Toxicological studies of ibogaine conducted in primates have shown that oral administration at the doses being used for the treatment of opiate and addiction interruption appears to be safe. No long term behavioural or cerebral toxicity has been shown. Clinical studies in human subjects under controlled conditions have shown no long-term adverse affects. These results suggest that oral doses of ibogaine are safe and well tolerated within this dose range.

I understand that the usual doses used to treat addiction can cause distortions in body sensations, perceptions, and thinking. The dosage I administer to myself in this treatment will depend on my body weight, and the drug(s) I am currently taking. The effects of ibogaine ingestion can include abnormal sensory perception, such as visual distortions, visual hallucinations, increased sensitivity to light and sounds, auditory hallucinations, and energetic bodily sensations. Ibogaine can bring to the surface repressed memories from the unconscious, and these images may be observed in an emotionally detached way. Some subjects taking ibogaine report seeing images from their childhood. While these experiences are described by most people as profound and beneficial, to some they may be frightening and may produce anxiety and confusion. By signing this consent form, I hereby indicate my understanding and acceptance of the risks of anxiety and confusion which may be caused (on a temporary basis) by ibogaine ingestion. Descriptions of this state appear more consistent with the experience of dreams, rather than hallucinations.

The effects of ibogaine listed above usually begin 30 minutes to 2 hours after oral administration and can last up to 8 hours. After the visual dream phase, there is a period of intellectual evaluation which can last up to 24 hours. This phase is described as analytical and reflective. Attention is focused on inner subjective experience rather than the external environment and attention during this phase is directed at evaluating the experience of the dreams.

#### **FREQUENT SIDE EFFECTS OF IBOGAIN:**

1. Nausea and movement-induced vomiting
2. Ataxia (impaired motor coordination)
3. Visual distortion
4. Decreased need for sleep for several days. This is a frequent and common side effect in opiate detox.
5. Restlessness. This can last several hours.
6. Impairment of concentration and verbal communication. This is usual experienced during the first 6 hours. I understand that these side effects are transitory and wear off completely after approximately 24 to 36 hours, although the reduced need for sleep can last for several days and I may also experience a reduction in appetite.

I hereby attest that I have been informed and understand that there have been reported deaths due to combination of ibogaine and other drugs. I also understand that once treated with ibogaine I will be more sensitive to narcotics and a considerable reduction in tolerance may cause me to easily over dose. I am aware that if I take any drugs during the ibogaine treatment I could die. I agree to hold the individuals or practitioners, including any persons involved in my referral for treatment harmless of any claims, liabilities, or damages which may occur or be determined to have occurred due to the administration of ibogaine. I also understand that if I experience distressing side effects of any sort that appropriate medical services will be provided or I will be referred to the appropriate professional care or facilities. I agree that after my treatment I will seek medical attention if health abnormalities arise.

### **CONFIDENTIALITY**

I understand that my treatment will be held in confidentiality and all members participating will be held in confidentiality for the protection of my character and theirs.

### **PATIENT AUTHORIZED STATEMENT**

I understand the side effects and harms that can be caused by participating in any experimental treatment program, despite the use of high standards of care. Known side effects have been described to me both verbally and in this document. I have been able to ask all the questions I may have about the treatment, and they have been answered clearly and in detail, and I fully understand the answers that have been provided to me. I have read and fully understand the information, and I am participating in this treatment freely and voluntarily.

Signature and date \_\_\_\_\_

Witness \_\_\_\_\_



Email: [jasen@iboga.com.au](mailto:jasen@iboga.com.au)

**Our Heavenly Parents simply desire for us to ask for Their Love.**

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

**PASCAS  
PAPERS**

## Experiences

"When you go into a forest that has not been interfered with by man, our thinking mind will only see disorder and chaos all around us. The mind is more comfortable in a landscaped park because it has been planned through thought. There is order here that the mind can understand. Iboga takes you into the forest. At first it seems like chaos. The mind will try to understand it through thought. When it can't, it will panic. In the forest, there is an incomprehensible order that you can sense when you let go of thought. This is the key, drop thought, become still and alert and don't try to understand or explain. Only then can you become aware of the sacredness of the forest. As soon as you sense that hidden harmony and sacredness, you realize that you are not separate from it. You realize that you are a conscious participant in it. This is the ultimate realization. In this way, Iboga can help you become realigned with the wholeness of life, help you realize the unrealizable, help you become enlightened."

–Eckhart Tolle

## Links

Ibogaine Sites

<http://www.benzo.org.uk/manual/>

[www.ibogaine.co.uk](http://www.ibogaine.co.uk)

[www.ibeginagain.org](http://www.ibeginagain.org) – Eric Taub's Ibogaine Site

[www.myeboga.com/](http://www.myeboga.com/) – providers around the world

Videos: <http://vimeo.com/53203725> – J asen at Etheogenesis Australis in Melbourne 2009/10 = 31 mins

General

[www.youtube.com/watch?v=zPUEF6a2PPA](http://www.youtube.com/watch?v=zPUEF6a2PPA) – Ibogaine Rite of Passage Trailer total = 2:07 mins

[www.youtube.com/watch?v=syztZcpj69U](http://www.youtube.com/watch?v=syztZcpj69U) – CNN News total = 9:21 minutes

[www.youtube.com/watch?v=WJ3rL57pGD0](http://www.youtube.com/watch?v=WJ3rL57pGD0) – Ibogaine in the USA total = 28:03 minutes

Heroine, Methadone and Cocaine

[www.youtube.com/watch?v=01zpMjU6pF8&feature=related](http://www.youtube.com/watch?v=01zpMjU6pF8&feature=related) – Treatment in Holland with Sara

**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.**



The natural love is the energy substance that is one's unique soul. Each personality is unique and that is achieved through the natural love energy substance at the time of its creation by our Heavenly Parents. The natural love has a finite development potential towards its own perfection.



Divine Love is uniform and changeless. The Divine Love energy, being light golden blue, perfects the natural love energy without changing the personality created by Mother and Father. With the Love, one can grow beyond perfection and become fitted to live with in the Celestial Heavens and beyond.

The Love itself is not 'spirit'; it is a substance of Energy that is harmonious with spirit. There are only two Loves – the Natural Love and the Divine Love – and only the Divine Love can bestow into a mortal soul that quality of Immortality that enables a soul to live with the Father in their at-onement in the Celestial Heaven and to progress beyond these glorious realms.

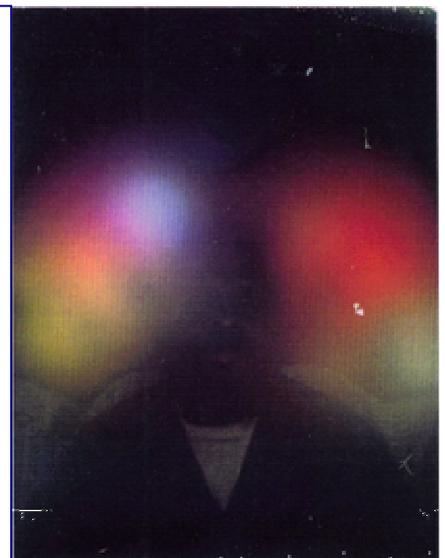
**POOR SOUL CONDITION is DARKNESS:**

Using Kirlian photography, this is an auric photo showing an individual who is a drug addict... notice no connection with God or Source, no love and light.

Such soul condition is reflective of the man-made emotions such as apathy, despair, depression, hatred, loathing, etc.

Even when such a personality is in an environment of bright light and vibrancy, such a personality can still only see and perceive darkness.

It is this darkness of soul that fits the person for an environment that is only of darkness. The locations to which they arrive within are of perpetual darkness and are miserable environments until they, through their own endeavours, grow in love. This may take centuries, or they can embrace the great gift of our Heavenly Parents and ask for the Divine Love.

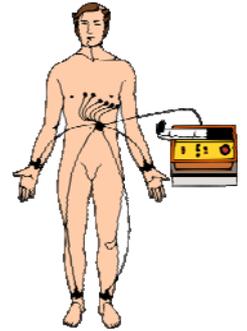


### **STEPS and ASPECTS associated with IBOGAINE THERAPY:**

Your willingness, desire and intention to step away from any given substance dependency is paramount. Without your passionate desire and intention to put the addiction behind you, nothing can be achieved. With your fully committed intention and desire then everything is possible.

To embrace an Ibogaine Therapy program, this entails some preplanning. Such planning embraces steps prior to the therapy, during the therapy, and post therapy.

Your heart and liver's health needs to be understood. An ECG (Electrocardiography) is to confirm that your heart is functioning appropriately, not missing beats, and a liver function test to ensure that the body cleansing process does not overload your kidneys.



Critical to successful treatment is the taking of yourself out of your existing environment, away from the sources of supply for your addictions and also from associates who may have been participating in these or similar addictions.

The treatment program maybe as little as three days but as long as a week. You will be supported by minders 24 hours a day during the intensive period of the treatment which may be for three days. Plan for three days intensive during two weeks accommodation required for a program.

Once the intensive program is completed, it may be best for changes to be made in your lifestyle patterns. Returning into the environment were you obtained the substances to support your old addiction makes for the success of the therapy and your recovery very difficult and subjective.

A review of your existing eating habits will be made prior to commencement of the program. Addictions deplete the body of many nutrients, such as minerals which are the carriers of nutrition throughout your body, as well as vitamins and other nutrients. "Fresh is best". Processed food is depleted of life force and laced with preservatives and many harmful chemicals. The body needs fresh pure loving nutrition to rebuild. Changing the diet towards a 'fresh is best' platform and adding supplements to the diet is essential.

Exercise programs need to be considered. Expanding upon those exercises that you may consider routinely in your day to day living is very constructive for the rebuilding of your fitness.

We are first and foremost spiritual beings. Our soul is made up of very fine energy. The addictions have arrived through damage to the fine matrix of the soul. The repair to the soul leads to recovery of the health of the spirit body which is the template for your physical body. The greatest gift in the entire universe that you can give yourself is to pray for, ask for, and receive Divine Love. Divine Love will steadily bring about the recovery of your soul, and subsequently your physical health that will then prevail over the long term.

**Forbidden Knowledge TV:**

Dear Subscriber,

February 5, 2014

This fascinating documentary looks at the use of ibogaine, and its ability to end all forms of addiction, after a single treatment.

Ibogaine is a naturally-occurring psychoactive substance found in plants in the Apocynaceae family such as *Tabernanthe iboga*, *Voacanga africana* and *Tabernaemontana undulata*.

A psychedelic with dissociative properties, the substance is banned in some countries; in other countries it is used to treat addiction to methadone, heroin, alcohol, cocaine, methamphetamine, anabolic steroids and other drugs.

It was first commonly advertised as having anti-addictive properties in 1962 by Howard Lots of, although the CIA had previously studied the effects of ibogaine in the 1950s.

The processing of a synthetic version, patented in 1956 is too expensive and challenging to be used as widely-available prescription drug and ibogaine's prohibition in several countries has also slowed scientific research into its anti-addictive properties – still, the use of ibogaine for drug treatment has grown in the form of a large, worldwide medical subculture.

(Video: Almost 51 mins):

[Ibogaine: A Cure for All Addictions](#)

- Alexandra

P.S. Please share Forbidden Knowledge TV emails and videos with your friends and colleagues by using the "Forward to a Friend" link within this newsletter, below.

That's how we grow. Thanks.

Alexandra Bruce

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### MODERN MEDICINE IGNORES OUR SUBTLE BODIES:

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

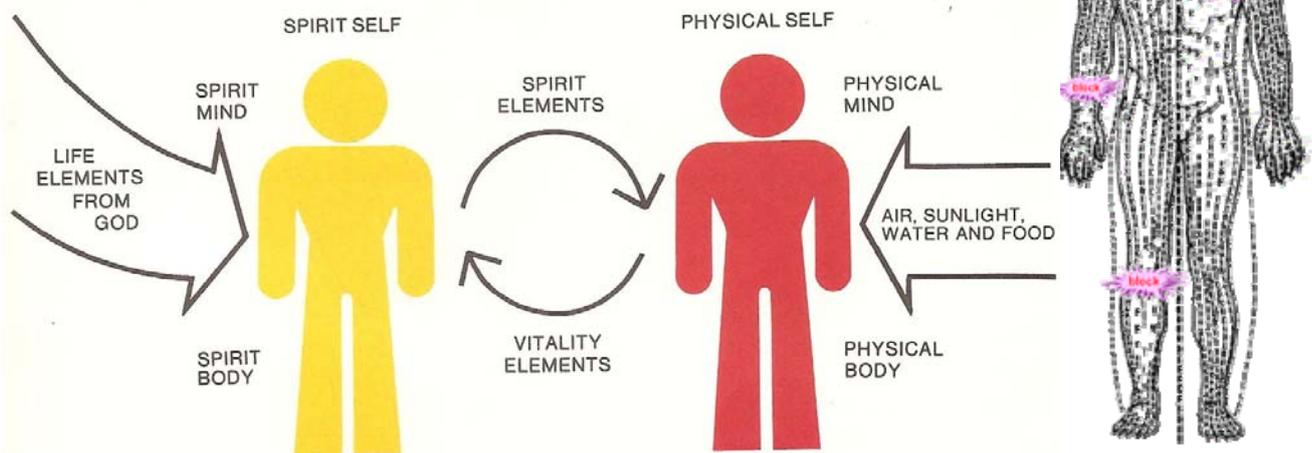
The auric field, that some can see, is the template for our physical body. Childhood Repression brings about energy flow blockages, being stuck and frozen emotional injuries, which then retard the flow of energies within our physical bodies. Modern medicine ignores this reality. The result is that treatments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

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

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

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

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



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

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

# REVELATIONS



**Revelation 1:** Our soul becomes encrusted with harmful ways of life, plus negative and erroneous beliefs, these mainly stem from our childhood upbringing and environment. Thus we live untrue to ourselves, we become 'evil'. Whilst we hold to these injuries we limit the amount of Love that we can receive into our soul. To open our soul to the Love we must firstly and progressively embrace our emotional injuries and allow them to be released. Until we emotionally experience past errors and injuries we hold onto them.



To free our soul of damage and toxic emotions we must open ourselves to experiencing them. This is a progressive, slow and uncomfortable cleansing process that we must all experience. Only by addressing the generational injuries will we, as humanity, evolve in love.



To fully divest one's self of our badness, we have to 'go into' our feelings. Call this process of clearing toxic emotions as 'Letting Go', 'Emotional Processing', 'Journey Process' or 'Feeling Healing'. Embracing Divine Love then Feeling Healing becomes Soul Healing.

As part of our Feeling-Healing we will have to work our way into all our feelings to see if indeed they are coming truly from our heart and soul, or if they are being heavily influenced by our mind. And this will then lead us into questioning and uncovering the truth, if there is any, to our beliefs and why we behave the way we do; and is such behaviour based on truth, or is it based once again on untruth, belief, and rules of our mind.

**Revelation 2:** We can long for, ask for and receive the Mother and Father's Divine Love. The greater our soul is free of error and injury, the more of the Divine Love can be received and assimilated into our natural love formed soul. The Love does not free us of injury, however, it strengthens our resolve to continue on our journey to be free of error and injury, to step away from evil aspects that have been encapsulated within our humanness and soul. It is this Love, the Divine Love, that brings about immortality of our soul and it is this Love that will eventually fit us to enter the Celestial Heavens and progress for ever more onwards to Paradise. These two revelations free us from error and enable us to grow in love ever more.



**Immortality with the Love.**

# FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

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

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

It's good to feel bad about feeling bad.  
 Your bad feelings are YOUR feelings.  
 YOUR bad feelings have a right.  
 A right to exist.  
 A right for you to feel them.

Your bad feelings are a part of you.  
 Bad feelings are good and they are your feelings!  
 ACCEPT THEM!

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

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

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

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

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

So Remember:

Feeling bad is Good!  
Accept your bad feelings.

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

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

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

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

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

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

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

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

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

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

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

### The aim of Feeling-Healing

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

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

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

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

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

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

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

## Prayers to our Mother and Father

From 'Religion of Feelings' by James Moncrief

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

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

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

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

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

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

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

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

### Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

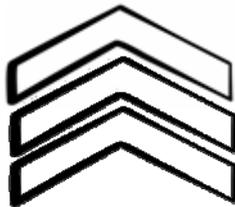


my  
**House** is your  
**Paradise**  
 **HOME**

## The CHOICE is OURS to MAKE:

### Celestial Truth:

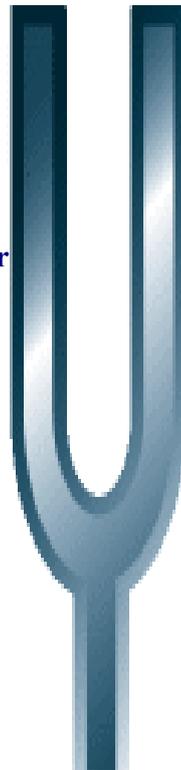
Truly all-loving;  
 Living true to oneself;  
 Mind supporting Feelings;  
 Living with the Divine Love;  
 Fully Healed of the Rebellion and Default.



### THE FEELING WAY

Feeling – Ascendance  
 Unlimited progression

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



### THE MIND WAY

Mind – Transcendence  
 Limited progression

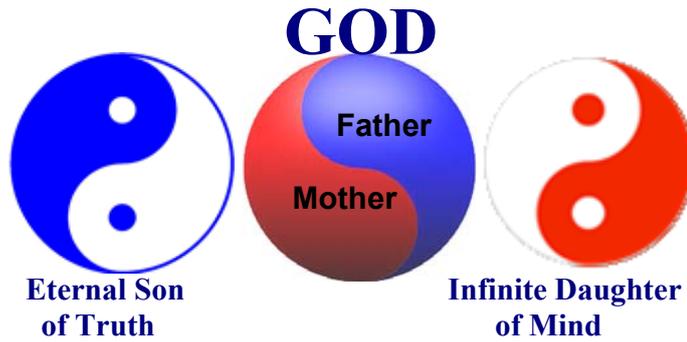
- Enlightenment, Nirvana, feeling all-loving;
- All false, mind-contrived. Anti-truth, anti-love;
- Still evolving the Rebellion and Default within yourself;
- Feeling and believing you are the Superior One;
- Living with your mind in control of your feelings;
- Living rejecting all your bad feelings;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



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

Hell:  
 Exploiting the Rebellion and Default.

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



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:

**Our MOTHER and FATHER – Love**

1. **MARY M and JESUS – the Living Truth**
2. **DIVINE MINISTER – 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:**

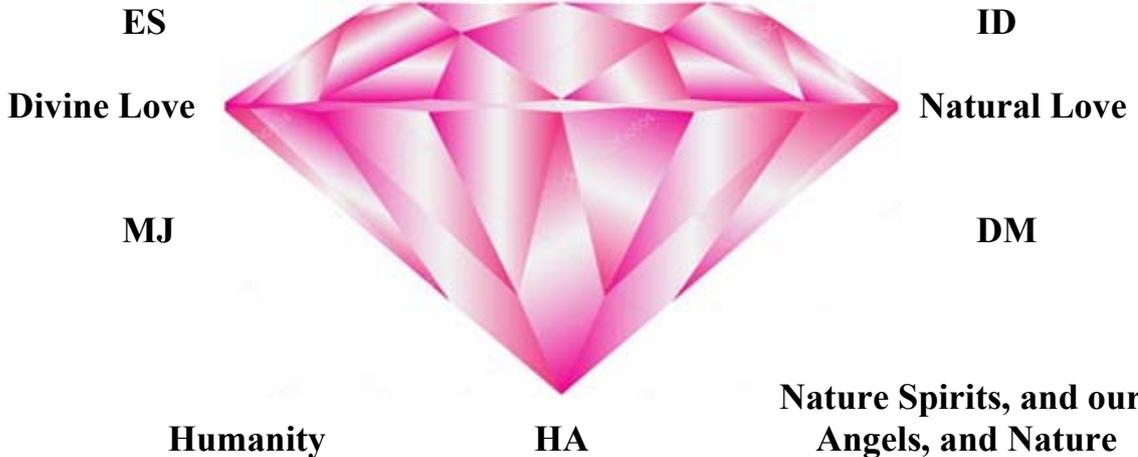
**LOVE**  
Mother and Father

**TRUTH**  
Eternal Son (ES)  
Mary & Jesus (MJ)  
Humanity (H)

**MIND**  
Infinite Daughter (ID)  
Divine Minister and Holy Spirit (DM)  
Angels, Nature Spirits, Nature (A)

**Consider a diamond:**

**MF**



# 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.

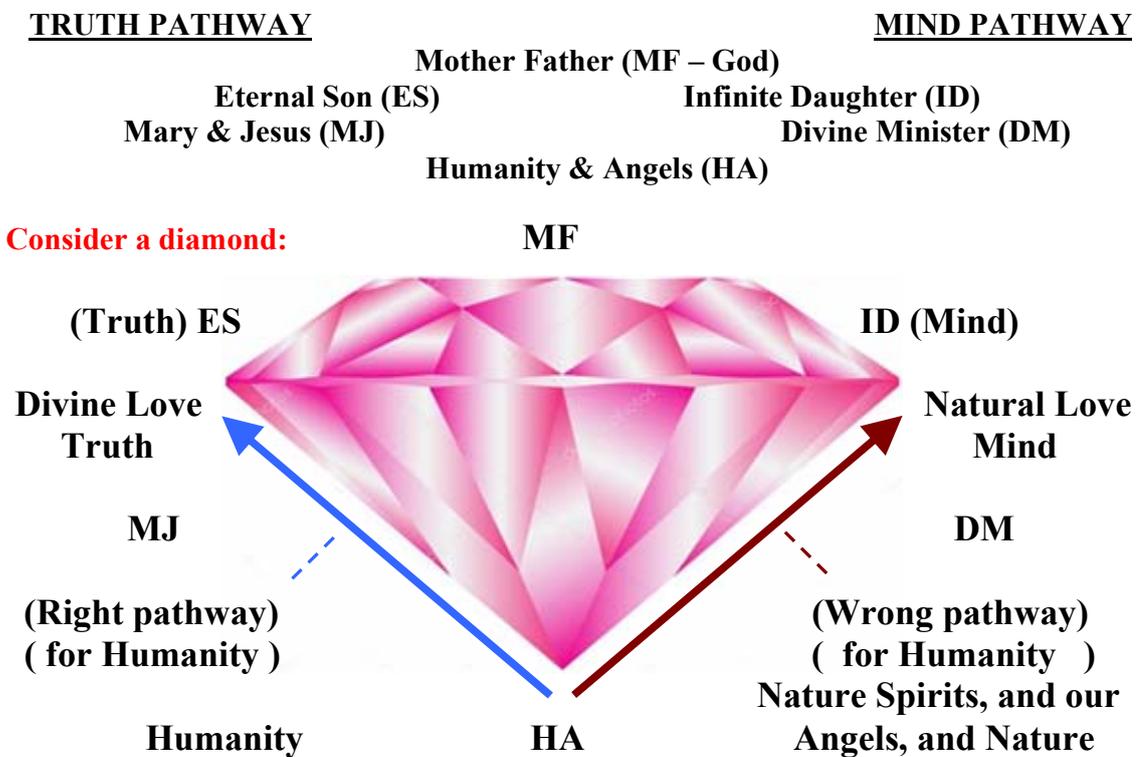
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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.

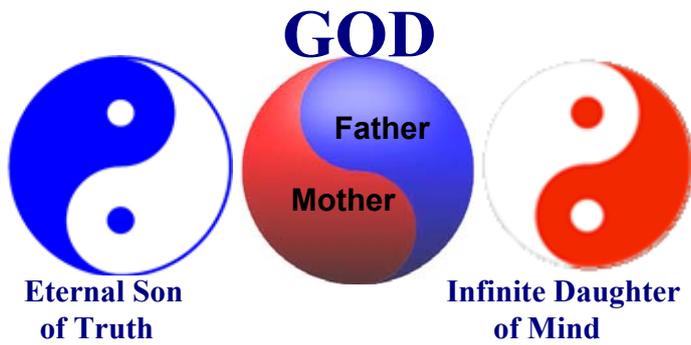
Currently the whole of Creation exists for the ascension of mortal souls from their earth planets to Paradise. It’s all one vast Grand Ascension Scheme. With all the higher and lower spiritual Daughters and Sons, together with all the many different angels and other universal spirit personalities, and 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.

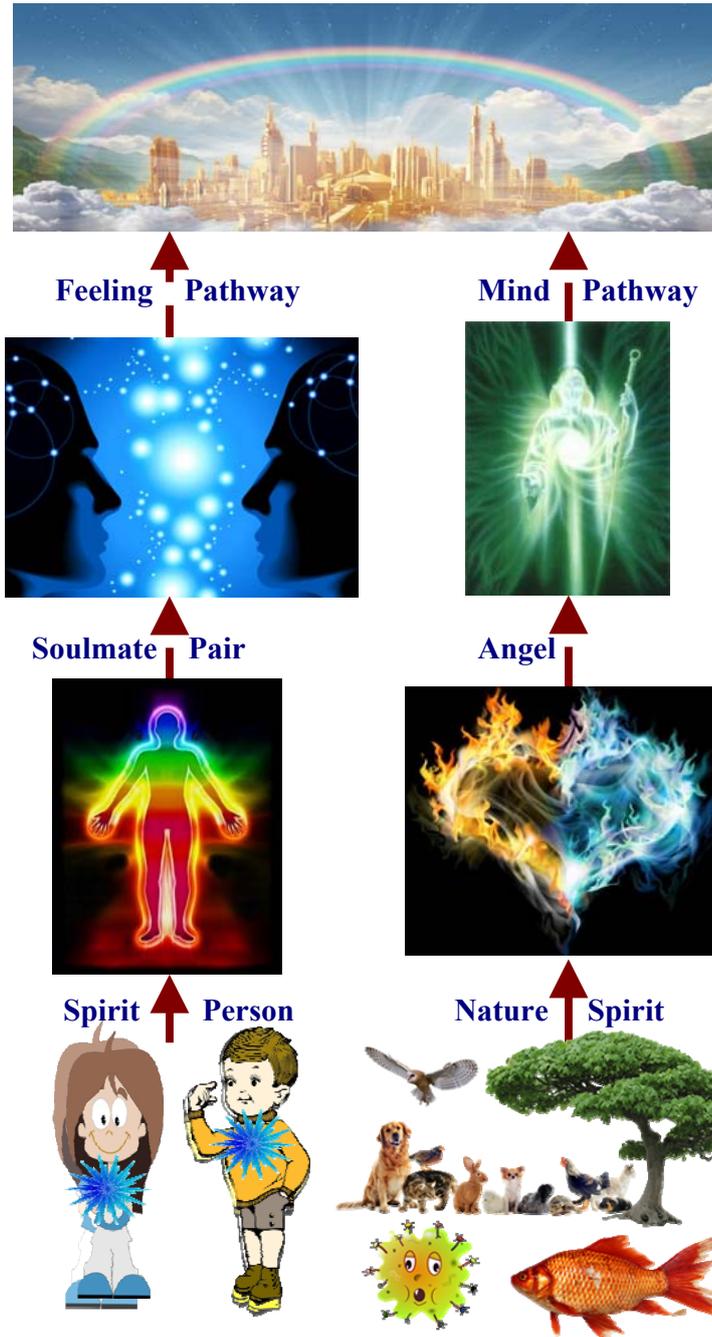
The soul of angels is experiential, evolving through their experience by continually progressing in mind development. Angels are to attain the Infinite Daughter (Spirit) of Mind. Angels are a creation of Mind. Our soul is duplex (we have a soulmate) and is created by our Heavenly Parents. Through our 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.



## 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.

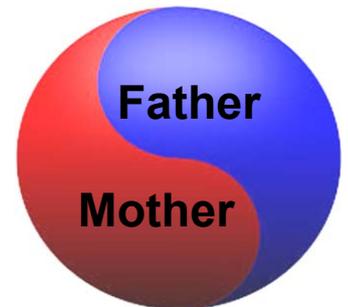
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God's soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of our Mother and Father.

**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 mansion spirit 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**

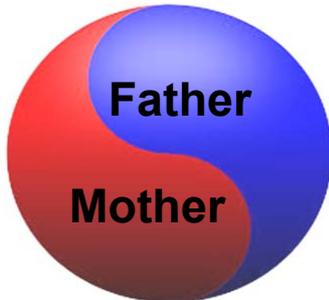


**HUM**

**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

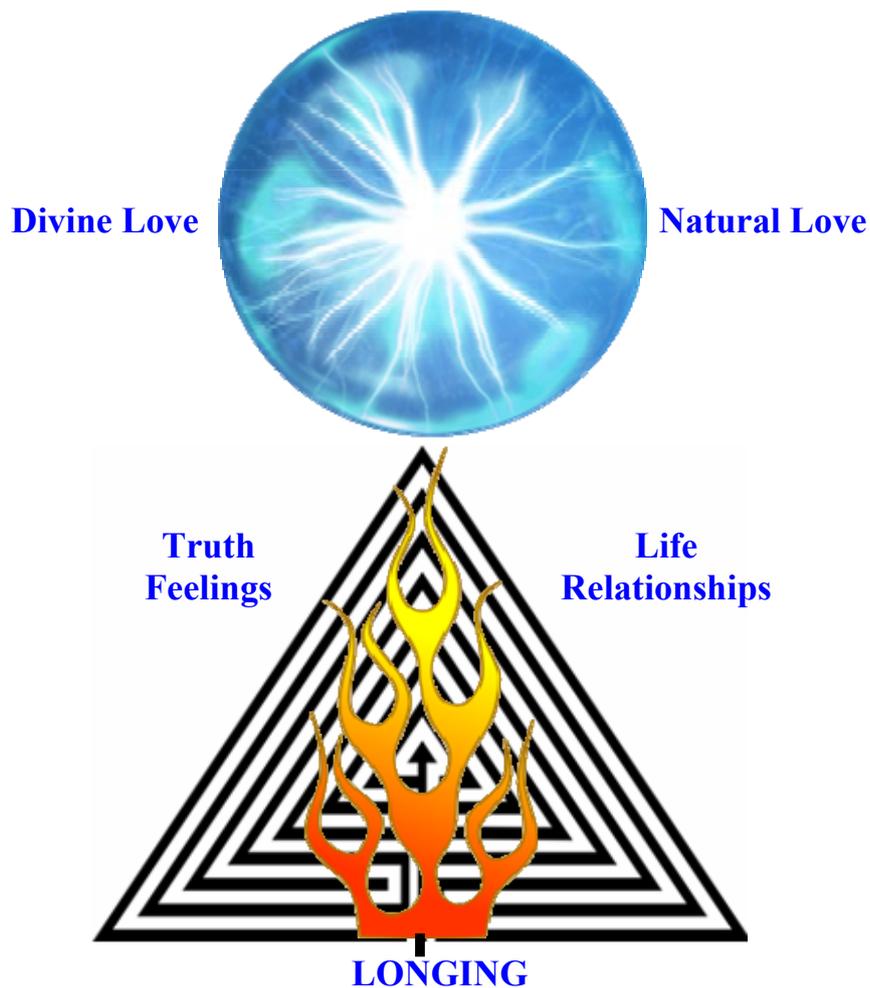
Want to understand the truth of your early life

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 Keys



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.

### **DIVINE LOVE – what does it do?**

The divine gift from asking for and receiving Divine Love will steadily, but with certainty, raise one's quality of life and also of all those around such a person who is seeking and receiving this Love.

The receiving of Divine Love, which is a substance, with certainty, progressively:

- Raises one's love for those around them, whilst embracing one's Feeling Healing.
- Raises one's perception of all things – naturally grows one's intelligence – soul intelligence.
- Enables one to feel and resolve negative emotional issues more readily during Feeling Healing.
- Humility becomes self evident. Humility enables one to feel their errors and emotions.
- Divine Love strengthens one's resolve to express errors, emotional injuries and untruths.
- Divine Love with Feeling Healing to remove emotional errors, enhances one's health.
- Divine Love enables one to become more childlike – not adult serious at all times.
- Divine Love raises one's capability of feeling – no longer needing to be mind controlling.
- By becoming feeling orientated, one no longer is mind / intellectually dominated.
- The strength to fight and overcome sin and error is strengthened through the Divine Love.
- The Law of Compensation process is more resolved by Feeling Healing with Divine Love.
- Receipt of Divine Love grows one's faith, beliefs become faith and then knowing.
- As our faith grows our intensity to ask and then receive Divine Love grows.
- We begin to follow our passions and desires, no longer fear and mind driven.
- Truth being told at all times then progressively becomes a way of life.
- Our quality of life blossoms, our finances and relationships prosper.
- Man creates his own environment, seeking Divine Love can vastly improve one's environment.
- Health carers receiving Divine Love enhance healing outcomes beyond comprehension.
- Receiving Divine Love may assist in bringing a struggling marriage back into harmony.
- You progressively become dependent upon our Heavenly Parents, not self dependent.
- Personal growth in love directly assists the soul condition growth of one's children.
- Divine Love assists one's rate of soul condition to progress whilst embracing Feeling Healing.
- Divine Love is a substance that changes the human soul to that of the Divine.
- Without Divine Love, one cannot progress into the Celestial Spheres (8<sup>th</sup> sphere and higher).
- Divine Love, with Feeling Healing, enables everlasting Love and Life in the Celestial Heavens.

“The Law of Compensation doesn't operate on isolated actions, but on the overall condition of people's souls, because the deeds are the consequence of this condition. Our behaviour is the reflection of our souls. Never see isolated deeds, always see souls whose condition leads to certain deeds. It is the soul condition which determines the motive and consequently the action. It is our lack of trust in God, this ultimate and definitive trust, which only soul development may give us. This lack is why we suffer.”

Judas of Kerioth 5<sup>th</sup> October 2001

As you grow in love, illness issues abate, financial security improves, and your treatment of your fellow man is the same as how you would like to be treated. You grow in natural intelligence; your perception on many subjects becomes profoundly more loving and supportive of and for your way of life and how you interact with your fellow man.

This quality of life and love permeates and extends into every facet of your physical life and continues to grow as you progress on your journey within the spirit world.

Your capabilities to ask for and receive Divine Love is a gift between you and your creator, God. You do not need an intermediary, nor do you need to join with any organisation. This is your own personal journey and experience. You can share this with others, but no one can take it away from you.

This Love will elevate the human soul to a condition that it may perceive the spiritual truths which God has waiting to be revealed to His children who aspire to understand the nature of the divine and what their true relationship to Him and their family of souls is.

“Keep faith with God, and be open to Their Love, and you will overcome with confidence and, indeed, peace of mind, optimism and happiness, those circumstances that seem to mar the fulfilment of your years.” Mary (mother)

<https://new-birth.net/samuels-messages/miscellaneous-messages/jesus-birth-and-youth-as-revealed-by-mary-mother-of-jesus/>

### **Natural Love Flow**

***Natural love is Creation's love;***

***One can swap back and forwards between paths***

***I am God***

***Intellectual***

***Self reliant (trust myself)***

***Self-determination way of life***

***Mind dominates***

***Adult like***

***Control***

***Millions of paths (man created)***

***Peak possibility is 6th sphere***

***time to complete path:***

***100 years to over 1,000 years***

### **Divine Love Flow**

***Divine Love is Soul's love.***

***One can swap back and forwards between paths***

***I am God's son / daughter / child***

***Emotional***

***God reliant (God relationship)***

***Soul-spirit living harmony***

***Soul dominates***

***Child like***

***Feeling***

***Defined path (God created)***

***Peak possibility is infinity***

***(sphere / mansion world are same)***

***5 years to over 10 years to at-onement***

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

Quote from Celestial Spirit Richard 22 Dec 2012



GEMS for ALL PEOPLE of all AGES to EMBRACE:

The GOLDEN AGE!

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

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

At any time, any where, and in any way you so please:

Approach our Heavenly Parents, in reverence, without fear or trepidation, just as we, as a child, approach our earthly parents knowing that open loving arms are extended to receive us at all times. As one's love grows for our Mother and Father in the Heavens, we come to know with absolute clarity and certainty that our Heavenly Parents, loves you and me and everyone in return, at all times, and that fear is an illusion created by man's mind.

God, who is our Heavenly Mother and Father, is almighty, all powerful, infinite, and all loving. The love of the Heavenly Parents for Their children, man, has been and is always infinite and ever present. As one's faith evolves, one's love for our Heavenly Parents will have no limit. As we grow in Their love, so will we grow in love for all of God's creations and our fellow man.

The Source Soul, our Heavenly Parents, simply desires for us to ask for Their Love.

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

"I love you Father." "Let the Divine Love flow its energy into my soul."

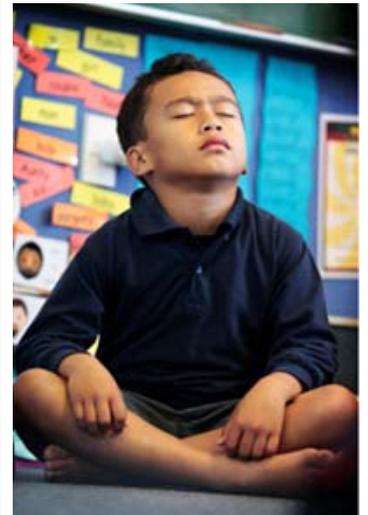
"Mother, Father, I desire your Love and I am loving you."

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

"True Soul God, I am here, I am aware of your Love.

Please hear my aspiration for your Love and as I approach you from my soul, I can feel your Love in the way that you are loving my soul."

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



Maybe we could simply long for and ask:

*Please, Mother and Father, I want some more of your Love!*



MoC 1,471

### EXPERIENCING RECEIVING DIVINE LOVE:

**Be still and quiet; reflect in silence. Love is present. Keep asking, longing, and never cease: this is your part. It is your cooperation actively engaged that brings the transformation and continues the process.**

**You cannot see it; sometimes you will experience it as simple quietness and calmness. This is as pure and real as any other experience, whether demonstrative joy through laughter and dance, or other expressions.**

**Divine Love is present; it is always present. It does not fade or disappear. Rest, relax and breathe. Pray and wait.**

**Maintain daily prayer and meditation. When you do this you are building a home for the dwelling of the Divine Love. Your continual invitations establish an attitude of welcome to the Divine Love. These build a bridge for the Divine Love to carry you to new and higher levels of change and transformation: places of new realms for your soul growth and development.**

#### **The Voice of Divine Love**

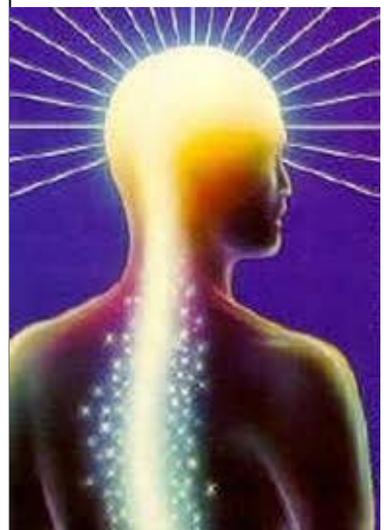
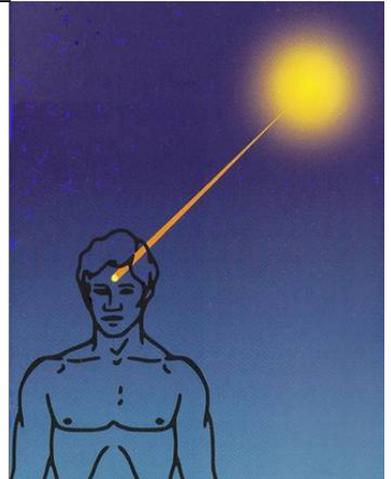
~~~~~

As the receiving of the Love is always assured when longed for and asked for, the experience of receiving may become apparent by the occurrence of a warming embrace in the region of the third eye chakra, or with some, around the heart chakra region. This may be very subtle and gentle for some and may be for a few moments or extend for some time. Many do not physically feel the Love embracing them and this is totally fine, nevertheless the Love is being received.

On a few occasions, one may feel the love through the third eye region and then feel it expand as if it were to become a warming buzzing 'hat band' progressively expanding around one's head. This can intensify and feel as though one's cranium is about to pop off! Should this continue to intensify, then the sensation may flow down one's main meridian to the base of one's spine. Now that is something else! Relax and enjoy the great gift for this can be an experience that may continue for a short while or for quite some time.

Always, when one longs for the Love, it will shower over one's body and be absorbed in through the spirit body chakras into one's soul. Occasionally the Love will overflow from one's soul and some will reside within one's spirit body. At no time will you be discomforted. This light golden blue energy substance is the ultimate high octane super fuel gifted to us by our Heavenly Parents to us all.

MoC 1,500



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

**The Prayer for Divine Love**

(as given within the first century)

2 Dec 1916

I am here, Jesus

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

P.438 Book of Truths through James Padgett / Jesus

Let your prayer be as follows:

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

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

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

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

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

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

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

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

**Amen**

**MoC**

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



**Another version:**

<https://new-birth.net/padgetts-messages/true-gospel-revealed-anew-by-jesus-volume-1/the-prayer-given-by-jesus-as-the-only-prayer-vol-1-pg40-2/>

Our Father, who art in heaven, we recognize:

That Thou Art--art all holy and loving and merciful, and that we are the children of Thy care and not the subservient, sinful and depraved creatures that our false teachers would have us believe.

That we are the greatest of Thy creations and the most wonderful of all Thy handiwork, and that we are the objects of Thy great Soul's love and tenderest care.

That Thy will is that we become at one with Thee and partake of Thy great love which Thou hast bestowed upon us through Thy mercy and desire that we become, in truth, Thy children; and not through the sacrifice and death of any one of Thy creatures, even though the world thinks that one Thy equal and a part of Thy godhead.

That Thou will open up our souls to the inflowing of Thy love, and that then will come Thy holy spirit to bring into our souls, this, Thy love in great abundance until our souls may be transformed into the very essence of Thyself; and that there may come to us faith--such faith as will cause us to realize that we are truly Thy children and that we are one with Thee in very substance and not in image only.

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

Let us never cease to realize that Thy love is waiting for each and all of us, and that when we come to Thee with faith and earnest aspirations, Thy love will never be withholden from us.

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

We thank Thee for Thy love and for the possibility of receiving it, and believe that Thou art our Father--the loving Father who smiles upon us in our weakness, and is always ready to help us and take us to Thy arms of love.

We pray thus with all the earnestness and longings of our soul, and trusting in Thy love give Thee all the glory and honor and love that our finite souls can give.

|                                                                                                                                                                                                                                                                                                                                                                                                   |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>“Mother and Father, open my soul to this Gift, Your Love. Open my soul and may Your Holy Spirit touch my soul and pour within it your essence, your Love that I may be transformed, that I might be your true child, embraced and carried, lit along my life’s path in the glory of your Light and care and protection.”</b></p> <p style="text-align: right;"><b>Jesus 11 May 2016</b></p> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**A Personal Adaptation of the Prayer for God's Divine Love:**

Joseph Babinsky

*Our Father, who art in heaven, I recognise:*

That You are holy and loving and kind, and that I am the child of Your care.

That I am the object of Your great Soul's love and tender most care.

That Your will is that I become at-one with You and partake of Your great love, which You have given me through Your desire that I become, in truth, Your child.

That You will open up my soul to the inflowing of Your love, and that then will come Your holy spirit to bring into my soul, this, Your great love in great abundance until my soul may be transformed into the very essence of Yourself; and that there may come to me faith – such faith as will cause me to realise that I am truly Your child and that I am one with You.

Let me have such faith as will cause me to know that You are my Father and the giver of every good and perfect gift, and that I only can hinder and stop the river of your inflowing love.

Let me never cease to realise that Your love is waiting for each and all of us, and that when anyone comes to You with faith and earnest aspirations, Your love will never be withheld.

Keep me in the shadow of Your love every hour and moment of my life, and help me to remain completely focused on this, your ever-present and unconditional love.

I thank You for Your love and for the possibility of receiving it, and believe that You are my Father – the loving Father Who smiles upon me always and is always ready to help me and take me to Your arms of love.

I pray this with all the earnestness and longings of my soul, and trusting in Your love give You all glory and honour and love.

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

**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.**

The Padgett Messages, received 1914 to 1923 and published in the Book of Truths, has now been extended with further session of messages having been received between 2012 and 2013, and titled “The DIVINE UNIVERSE” via Zara Borthwick and Nicholas Arnold.

## The DIVINE UNIVERSE

16.10.2012: 79.

### *Prayer of the Heart*

I encourage the heart that prays to the Father for the Divine Love. I encourage the heart that loves the Love, and with sincere aspiration, feels for the Love. If there be any doubt, loss of faith or hardship of heart, I encourage the heart not to give up or give the Love away. The Father hears your prayers and the heart be rest assured in this. Never will a good heart be forsaken. As the Father does so do I, see and hear your heart, and prayers for the Love and the needs for wellbeing. Never give your heart up; trust in the One who knows your true heart, and there the Father loves you. One may never fully understand the intricate workings of time, past present and future, but the heart knows faith and Love and the Father Loves a good heart. Pray with faith, and in your heart my truth and the Father’s Divine Love meet you there.

I have given you this prayer of the heart so that men and women may draw from its words, strength, love and faith

Your beloved friend and companion,  
Jesus of the Celestial Heaven

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

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**The BEAUTIFUL MIRACLE:**

5 Oct 2012

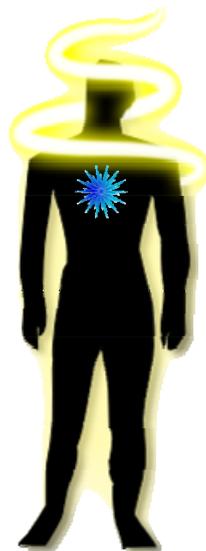
**The DIVINE UNIVERSE**

The way in which the Spirit conveys the Divine Love into the soul is a beautiful miracle. The attribute of mortal soul prior to incarnation has to it, a potential within it that is part of its formed nature. After the soul incarnates this potential remains part of the soul and even if the forming personality is unaware of such a soul potential, the potential still exists. The Divine Love is entirely suitable in its energy of harmony to be the energy that a mortal soul can utilise. The Spirit covers the spirit body when the individual sincerely asks the Soul of God for the Divine Love and this covering of the spirit body is where the dynamic of this beautiful miracle takes place. From the internal longing of the individual for the Divine Love this activates the Spirit Law that activates the Spirit that is then attracted to the spirit body upon which the Spirit material of the spirit body draws the Divine Love in to its soul and this union completes. The key here is to gain a perceptive insight into realising that the spirit body is not an inert body but that it is living and has activity, recognisable from its first forming from the Spirit Law that materialises a spirit body. The Spirit and the spirit body to give an analogy are like two attracting magnets and when the surface of the spirit body is touched by the Spirit, this causes the automatic response of the Divine Love to permeate into the attribute of soul and so begins the transformation of energy from the natural into the Immortal Divine Harmony. If the individual continues the receipt of Divine Love, the energy that is Divine Love actively begins to change the soul and this is felt in the spirit body systems and can produce feelings of love and elation. The spirit-mind begins to change as all spirit body systems are affected by the changed condition now experienced in the soul as the soul becomes living and vital. In one's progression of this Divine transformation, the soul will mature enough from the amount of Divine energy it receives and at that moment the surface of the spirit body and the Spirit are continuously attracted to each other, then one is living in the presence of our Mother and Father in perfect harmony, and this clarifies the truth about what it means to be truly at-one with God.

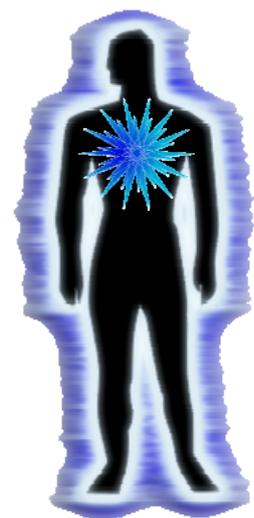
**Soul within  
spirit body  
prior to receiving  
Divine Love.**



**Divine Love being received  
from The Spirit, covering the  
spirit body of the requesting  
personality.**



**Divine Love having been  
assimilated within one's soul,  
now being reflected through the  
radiance of the spirit body.**



**SHINING TOWARD SPIRIT:**  
**665. The Shining toward Truth**

Vol III, p. 157, 14 Nov 2014 – 14 Mar 2015 Zara and Nicholas

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

It is I Matthew, a teacher of the Divine Love. I have communicated with you recently, now I desire to provide you with a visual description of the Love.



Imagine a continuous Energy shining light blue that is unbroken with a seamless surface that surround every mortal and Immortal spirit. Imagine if you were to become aware that this energetic field of light-blue Energy existed in its shining radiance just near where you are. Now that you are aware that this unbroken Divine Love is unified energetic field of living Love, by opening toward the Soul of God and aspiring for the Divine Love, the Acting Spirit gently brings a small portion of this shining blue Energy into your soul

The Divine Love that you have received remains part of this great Energy that the Divine Love is and even though this small portion of Divine Love, now within your soul, in its shining radiance and energetic cause, it is never separated from the continuous energetic field of Energy that the Divine Love is. Having partaken of this Energy it is with perception that one is aware that the Divine Love within one's soul is the same Divine Love that every person and spirit who has partaken of this Love, participates with. Even though in our individuality we partake of this Divine Energy, this Love is never broken away from the Source and Origin from which this Divine Love emanates.

The Divine Love is bestowed into our finite soul by the Acting Spirit, but this Spirit remains in contact with our spirit body and does not enter the finite soul to become part of our finite soul essence that we are. No mortal or Immortal spirit can manifest in their soul the Acting Spirit so that this Spirit – this Holy Spirit – becomes part of our existing finite spirit body. Only the Divine Love and its Energy becomes part of our finite soul, which causes the change to our spirit body. The Acting Spirit always remains its own attribute and never does a Celestial spirit claim ownership or take possession of the Acting Spirit within their soul. (The Holy Spirit / Acting Spirit is an instrument of the Source Soul, our Father.)

This is one of the wonderful Truths by which we who have been transformed by the Divine Love understand our personal relationship with our Mother and Father's ever-present Acting Spirit. The shining Energy of Divine Love is all around us and when we have partaken of this Love, part of our finite nature becomes independently shining in this true perfect Love.

I provide these words that may appeal to those who are visual and to express the universal appearance of the Divine Love and the personal touch when in contact with the Acting Spirit.

Matthew (Apostle)

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

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

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

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

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

**“Every day is a day of devotion.”**

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

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

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

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

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

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

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

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

### **Three Great Truths:**

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



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

Spheres

WE ARE NEVER ALONE!



Yes, we are never alone, we have spirit friends with us at ALL times. We can all learn to communicate with them.

Celestial Heavens

Everything is interconnected.

Divine Love 8



We have guardian angels with us all of the time, typically more than one. They usually are from the spheres 2, 3, and 4, so they are spirits progressing along the natural love path or Divine Love path.

7

6 peak Natural Love 5



Our spirit guide, should we have a spiritual aspiration, will be from a background and level that is most appropriate for our growth. Should you have an aspiration to pursue the Divine Love path then your spirit guide may well be a celestial angel, that is, above the 8<sup>th</sup> sphere.

4

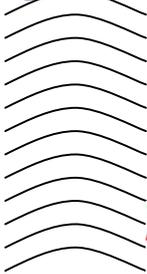
We are also hounded by mischievous / malevolent spirits from the lower Earth planes of the 1<sup>st</sup> sphere, referred to as the hells. It is these spirits that distract us with symptoms including those diagnosed as mental illnesses. It is our soul condition that attracts these malevolent spirits.

3

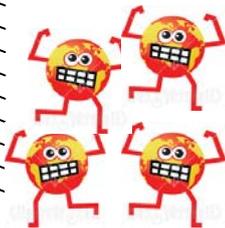
2

1

sphere planes



Hells



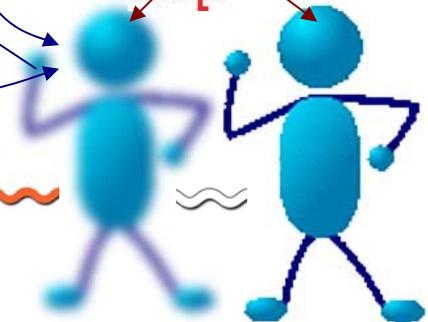
Artwork by Pat Maravento Smith © 2002 www.meditationunited.com

Interference by mind spirits has been stopped.

Spirit Guide (typically an angel)

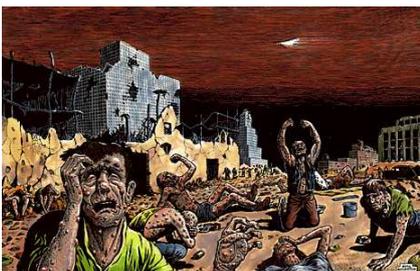
Malevolent spirits from the hells can cause you no harm.

Guardian Angels (typically spirits)



SOUL SPIRIT BODY PHYSICAL BODY

Your soul animates your spirit body and physical body through connecting cords. Spirits in the spirit world can connect up to you through these cords also.





**SPHERES of PARADISE**

**INFINITE and UNIVERSAL SPHERES**

**ETERNAL SPHERES**

**CELESTIAL HEAVENS**

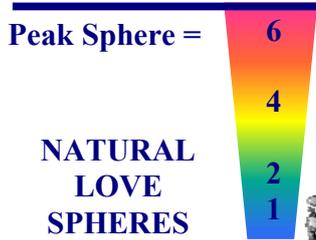
**Soul spheres  
are not  
numbered.**

**Soul spheres  
are to:**

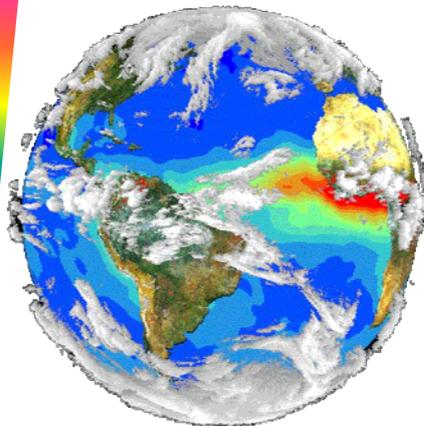


**The New Birth = Become at one with God: sphere 8**

**Spirit body  
spheres are  
1 - 7**



**DIVINE  
LOVE  
SPHERES**



**Earth sphere is for  
the physical body.**

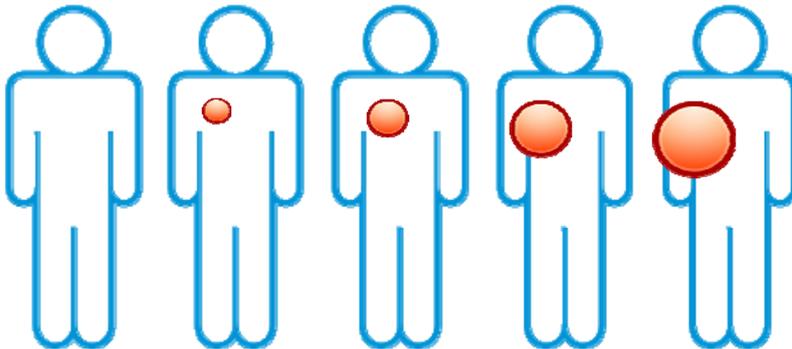
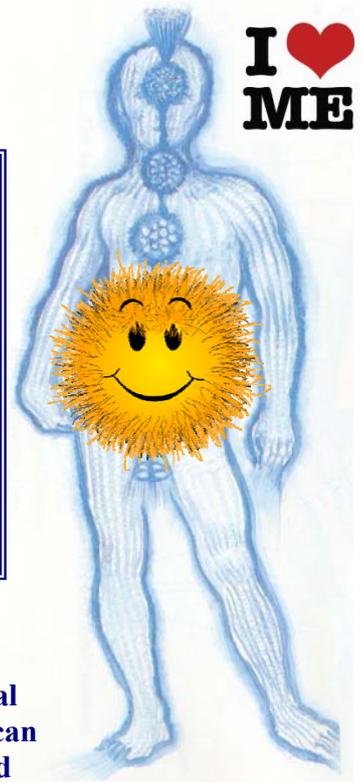
**LOVING and UNLOVING EMOTIONS:**

They are plasmatic balls of energy.  
Loving emotions are life enhancing.  
Unloving emotions are life retarding.

*Thoughts become Things.....*



*Emotions are Things.....*

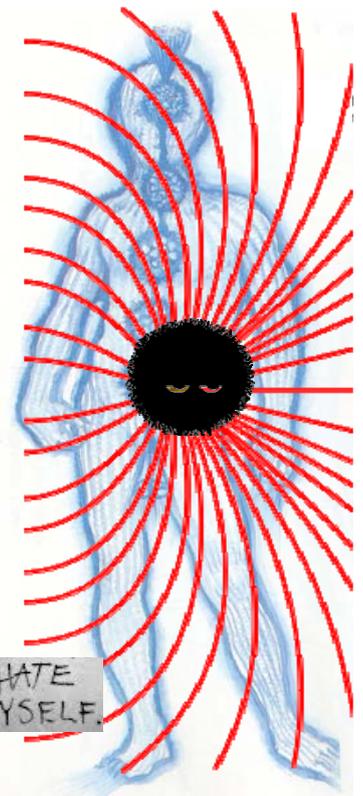
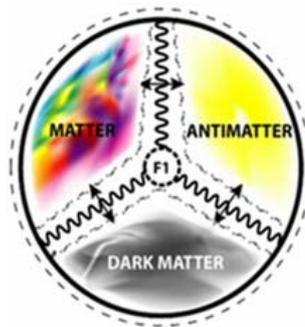
Emotional damage can fester and grow should you persist with the issue.

Negative emotions, that are those that calibrate 200 or under on David Hawkins' Map of Consciousness, create energy flow blockages within your meridians that are within your spirit body / etheric body. In the physical, these energy blockages / emotional injuries emerge to disrupt the flow of energy along your nervous system creating mayhem, pain, and ultimately illness. The frequency of the emotional injuries generally relates to the frequencies of specific organs in your body, that is why various emotional injuries are related to various illnesses.

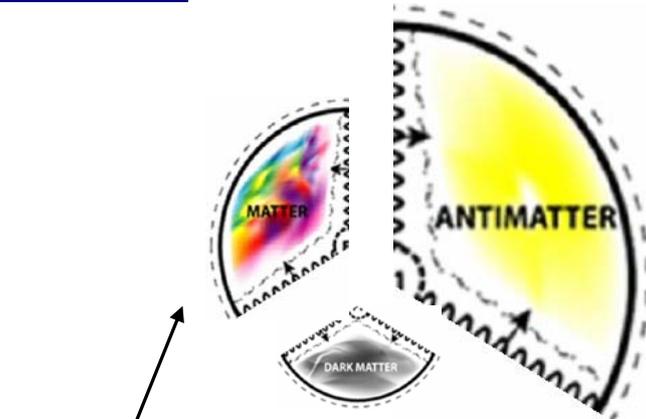
The emotional injuries can be readily removed – permanently.

**PLASMA:**

Antimatter / principal matter is the life giving energy source.  
Dark matter / transitional matter restricts the flow of light.  
Matter is the concentration of these energies resulting in physical matter.  
Plasma is the building block of all.

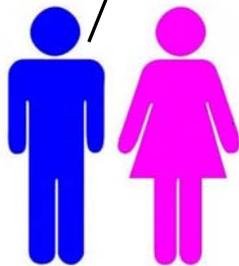


LIFE OPTIONS:

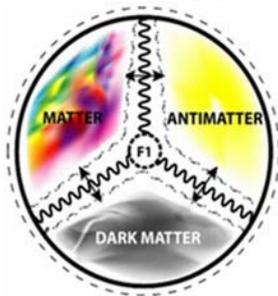


Soul

Your soul blossoms and your physical life and spirit state are ones of beauty.

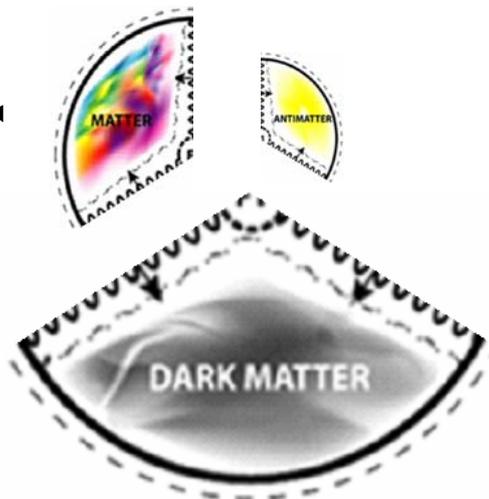


The building blocks of our physical / material body consist of plasma which is an endless array of the three fundamental aspects of plasma, called matters. Matters consist of matter, antimatter or principal matter, and dark matter or transitional matter.



As we allow negative or man made emotions dominate our soul, that is, emotions that calibration 200 or less, we are retarding our essence. The quality of our life and health is degraded. Dark matter restricts the flow of light and our ambience is suppressed.

As we grow in love and embrace emotions of love, antimatter or principal matter dominates our soul and essence. Our physical health is generally excellent and our quality of life exudes with pleasure and joy. Light floods our being and our ambience is one of brightness.



Encrusted Soul



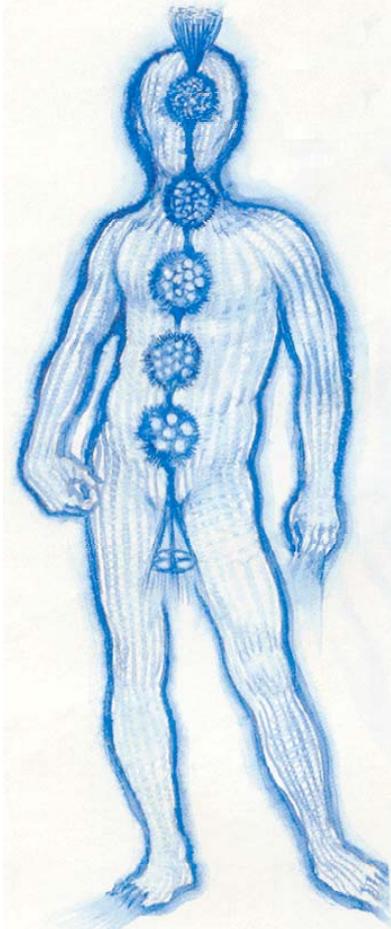
### HEALTHY MERIDIAN or OBSTRUCTED MERIDIAN:

The etheric body, being part of your spirit body, is the template for the physical body. Much of the energy you need for the physical body is supplied by way of chakras and the meridian lines throughout your etheric body. These meridian lines reach from your toes to the end of your fingers or top of your head. Each set of meridian lines is connected to a specific organ of your body. Each organ functions at a different vibrational frequency.



In like, many negative emotions, which are also of different vibrational frequencies, if not allowed to pass through your bodies, will find their lodgement within fields of related frequencies within your body and organs. Such negative emotion, being those calibrating under 200 on Dr David Hawkins' Map of Consciousness, may lodge anywhere in the bodies, typically on the meridian line of the related organ to which it relates to and was attracted to.

Such slow vibrating negative emotion is a plasmatic magnetic energy ball. It can grow and grow by being fed the same fuel coming from a continuation of the same emotional injury. This stuck ball of energy will restrict the movement of needed energy flow along the meridian. This will result in discomfort, then pain, and then may manifest in illness in the organ or in aspects or regions of the body related to that organ.

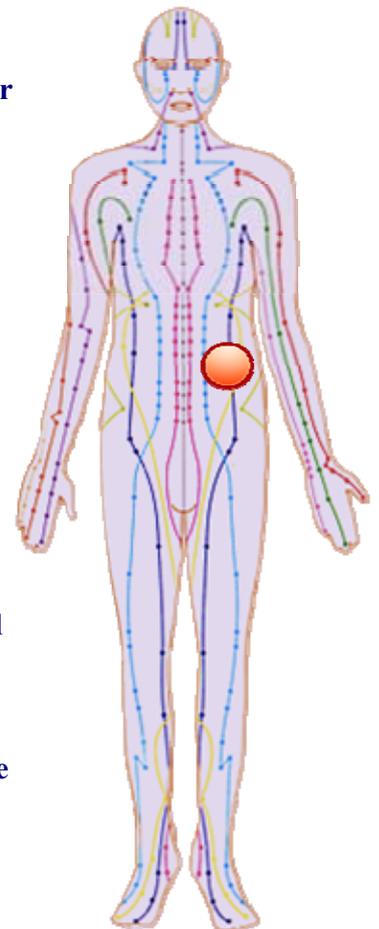


Allopathic / western medicine treats the symptoms, however the cause remains held in the bodies resulting in a further or similar health issue or a reoccurrence.

The negative emotion, possibly having been held since very early childhood, can be easily removed.

Issues within the subtle bodies are energetic magnetic fields that can be removed by your focused intent to recognise the issue, locate the issue, and enable the bodies to release the emotion with the support of additional magnetic energy being provided to your governing meridian down your spine. Such healing modalities include the Emotion Code and Body Code practices, as an example.

The ultimate way to improve your health condition is to long for and receive Divine Love, this love slowly but steadily grows your soul condition and results in erroneous emotions and injuries being released from your bodies.



Sphere



6

5

4

3

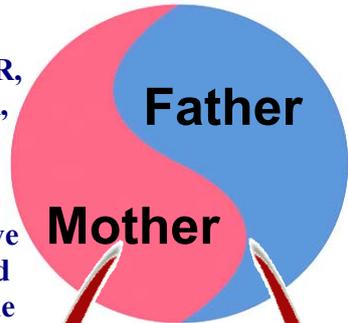
2

1

Sphere



CREATOR,  
MOTHER,  
FATHER,  
GOD.



Divine Love  
is delivered  
through the  
Holy Spirit  
should you  
ask for  
Their Love.

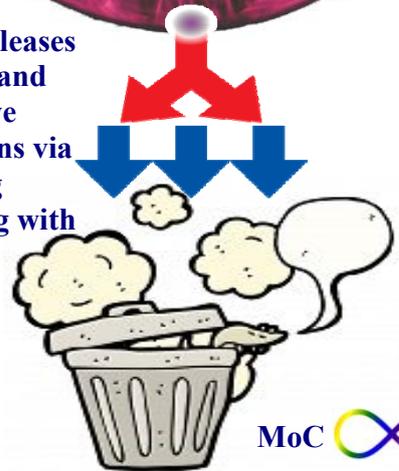
Mother



Your  
soul can  
be  
likened  
to a  
plasma  
ball.



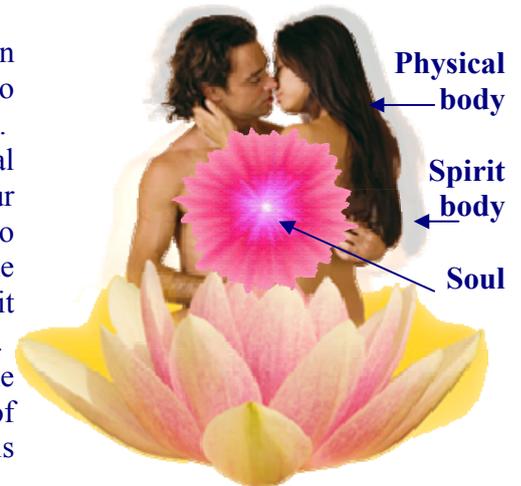
Soul releases  
errors and  
negative  
emotions via  
Feeling  
Healing with  
Divine  
Love.



MoC

### The REAL YOU is the SOUL:

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



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

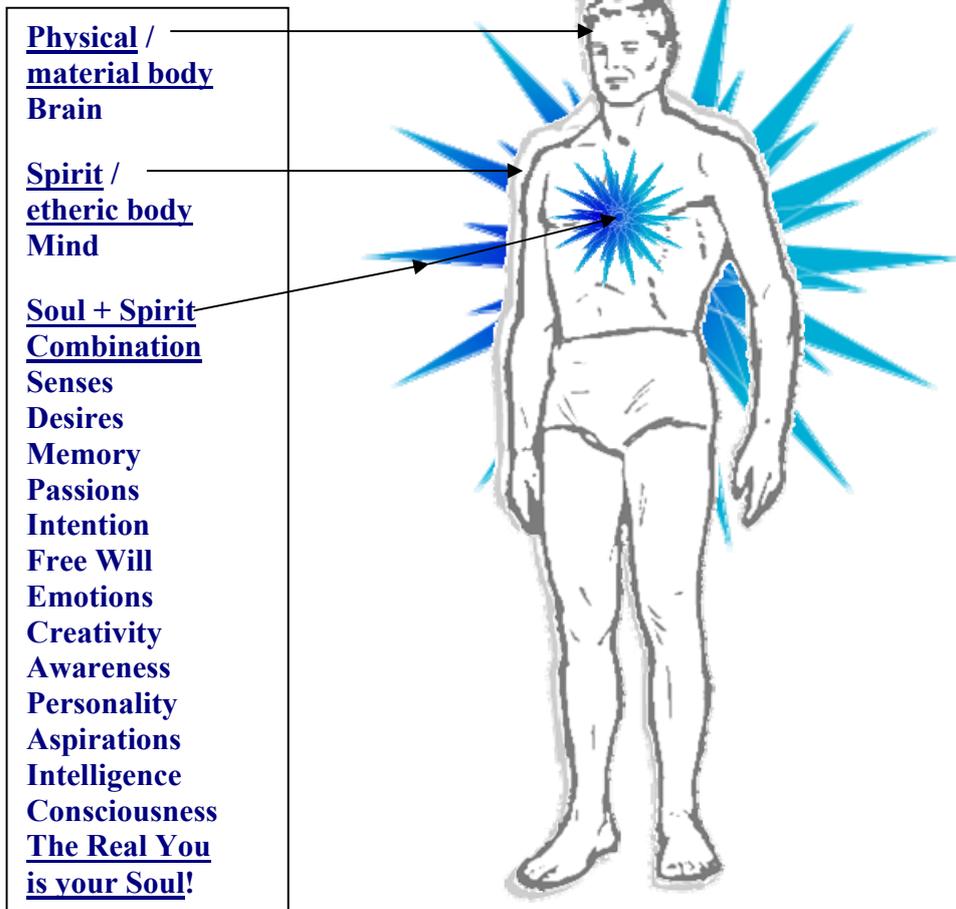


**Our first parents, Andon and Fonta (also called Aman and Amon), were the first to exhibit human perfection hunger some one million years ago (993,500 years ago). Adam and Eve, Adamite bestowals, arrived some thirty eight thousand years ago – or earlier.**

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

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

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

ASPECTS of LIFE:

The spirit body is composed of a different kind of matter, "finer" or more "ethereal". The fact that its aspect reflects the condition of soul is a clear indication that the soul influences largely its formation, and even more, the soul is indeed the creator of this body, which covers it and provides it with the characteristic of individuality. The formation of the spirit body begins at the moment of incarnation of the soul in the foetus, incarnation which only takes place should there exist a high probability that the spirit of life has found in the new organism a stable biological structure, allowing it to carry out its life-giving function.

P529 Judas of Kerioth 8<sup>th</sup> May 2002

**At the moment of conception, we incarnate, that is, we achieve individualisation and become self aware and we are then able to exercise our free will.**

**At the moment of conception, our soul, being our real self, is creating the newly forming embryo and everything else every step of the way as Judas says above. And our soul utilises our parents' life forces to achieve incarnation.**

**At the moment of conception, there is nothing of the Divine within us. Only as we proceed to ask for and receive Divine Love does our soul slowly and progressively change into the nature of that which is Divine. As our soul receives Divine Love, and embraces Feeling Healing, it will grow, and grow, and grow in brilliance and into that which is Divine.**

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

Available generally from:

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

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

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

For Divine Love focused websites and forums:

Pascas Health:

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

Spiritual Development:

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

Padgett Books:

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

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

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

**DIVINE LOVE SPIRITUALITY – DLS:**

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

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

**James Moncrief Books:**

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

|                                                                  |                        |                           |       |
|------------------------------------------------------------------|------------------------|---------------------------|-------|
| Paul – City of Light                                             | 1,488.5                | 2005                      | 149   |
| Ann and Terry                                                    |                        | 2013                      | 235   |
| Feeling bad? Bad Feelings are GOOD!                              | feeling-healing book 1 | 2006                      | 179   |
| Feeling bad will make you feel BETTER – Eventually!              | feeling-healing book 2 | 2006                      | 159   |
| Breaking the Golden Rule.                                        | feeling-healing book 3 | 2006                      | 168   |
| Feeling-Healing exercises, and other healing points to consider. |                        | 2009                      | 175   |
| Cathy and Mark – a novel introducing Feeling-Healing.            |                        | 2010                      | 151   |
| Introduction course to Divine Love Spirituality                  |                        | 2006                      | 139   |
| Speaking with the Dead, Death and Dying                          |                        | 2009                      | 173   |
| Spirits and their Childhood Repression Healing                   |                        | 2010                      | 179   |
| With Verna – a nature spirit                                     |                        | 2008                      | 279   |
| Communication with spirits – meet a spirit friend                |                        | 2010                      | 37    |
| Introduction to Divine Love Spirituality website                 |                        |                           | 362   |
| Sage – and the Healing Angels of Light                           |                        | 2017                      | 260   |
| Divine Love Spirituality                                         |                        | 2017                      | 250   |
| Feeling Healing – you can heal yourself through your feelings    |                        | 2017                      | 153   |
| Religion of Feelings                                             | 1,500                  | 2017                      | 44    |
|                                                                  |                        | This group being pages of | 3,092 |

**Religion of Feelings**

**Introduction to Divine Love Spirituality**

**Main website of DLS**

**Childhood Repression website**

**DLS and CR forum**

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

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

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

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

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

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

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

It is suggested for one to consider reading as follows:

**Speaking with Mary Magdalene and Jesus – books 1 – 4**

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

**Paul – City of Light**

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

**Ann and Terry**

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

**Feeling Bad? Bad feeling are GOOD**

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

**Feeling bad will make you feel BETTER – Eventually!**

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

**Sage – and the Healing Angels of Light**

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

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

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

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

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

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

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

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

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

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

Pascas Papers, being free, are located within the Library Downloads [www.pascashealth.com](http://www.pascashealth.com)

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

**PASCAS – document schedule.pdf      downloadable index to all Pascas Papers.**

FH denotes Feeling Healing; SH denotes Soul Healing, which is: Feeling Healing with the Divine Love; DL denotes Divine Love – living with the Love.

**PASCAS INTRODUCTION NOTES:** *All papers below can be found at Library Downloads link..*

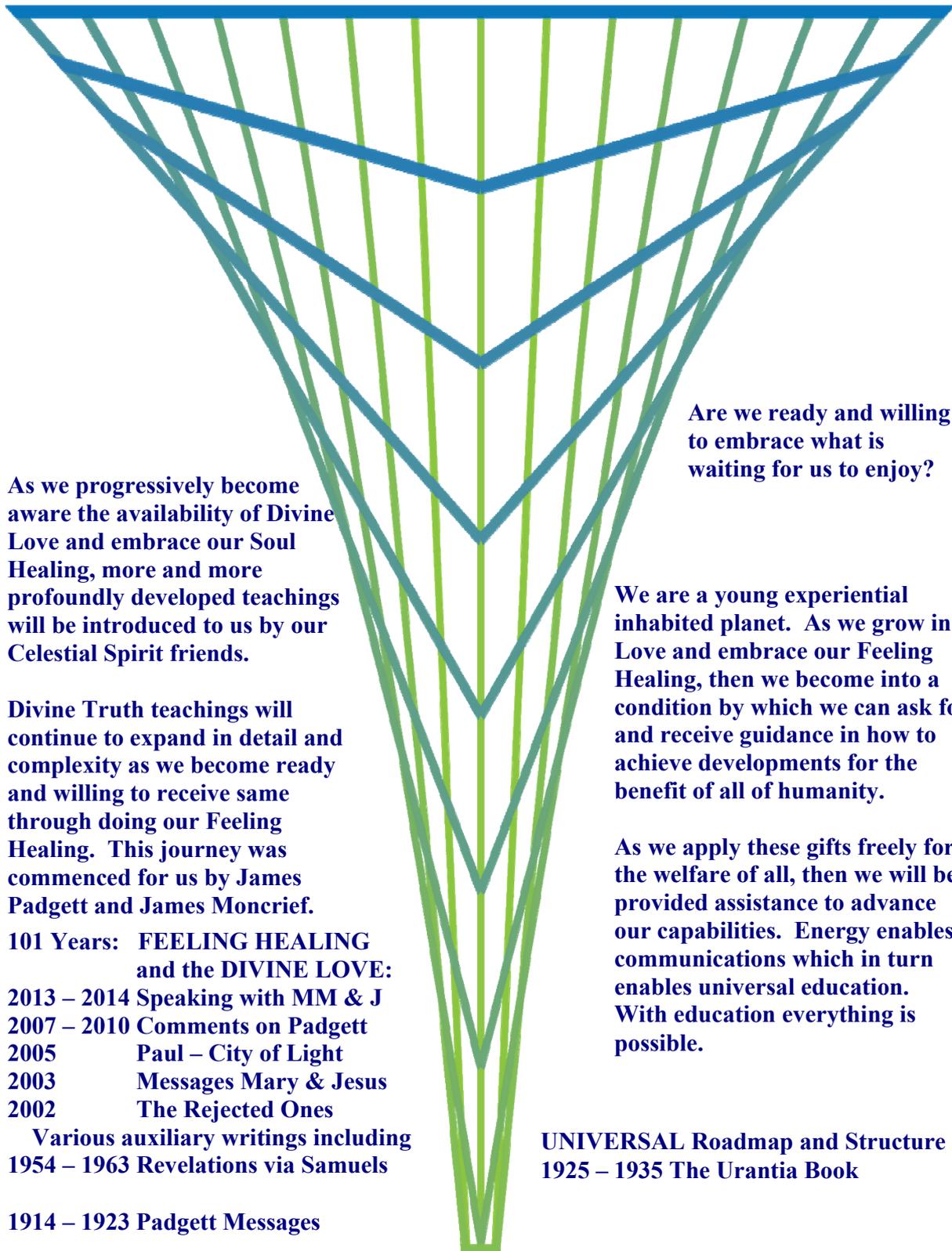
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

**MEDICAL – EMOTIONS:**

- Pascas Care – Feeling Healing
- Pascas Care – Feeling Healing All is Within
- Pascas Care – Feeling Healing and Health
- Pascas Care – Feeling Healing and History
- Pascas Care – Feeling Healing and Parenting
- Pascas Care – Feeling Healing and Rebellion
- Pascas Care – Feeling Healing and Starting
- Pascas Care – Feeling Healing and Will
- Pascas Care – Feeling Healing Angel Assistance
- Pascas Care – Feeling Healing Being Unloved
- Pascas Care – Feeling Healing Child Control
- Pascas Care – Feeling Healing Childhood Repression
- Pascas Care – Feeling Healing End Times
- Pascas Care – Feeling Healing is Rebelling
- Pascas Care – Feeling Healing Live True
- Pascas Care – Feeling Healing Mary Speaks
- Pascas Care – Feeling Healing My Soul
- Pascas Care – Feeling Healing Perfect State
- Pascas Care – Feeling Healing Revelations X 2
- Pascas Care – Feeling Healing the Future
- Pascas Care – Feeling Healing Trust Yourself
- Pascas Care – Feeling Healing Versus Cult

**PASCAS  
PAPERS**

**DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:**



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

Strive to love others as I am to love myself

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

Divine Love  
is the key!



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

Feeling Healing with  
Divine Love is the key



to enter the  
Celestial Heavens:

