

PASCAS CARE

Treatment Session



“Peace And Spirit Creating Alternate Solutions”

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PASCAS INTRODUCTION:

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

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

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

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

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

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

Living Feelings First, *John.*

**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 and the Feeling Healing process and Divine Love.” **JD**

PASCAS CARE CENTRE:

Goals of Pascas Care are lead by our desire to:

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

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

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

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



Modern day treatment of health issues are focused upon dealing with the symptoms, or more accurately, suppressing the symptoms as promptly as possible so that we can return to the distractions that are numbing us from the realities of our lives.

Modern sciences have not as yet developed instruments that are fine enough to detect the existence of our ‘bodies’, including our soul. Our soul is our real self.

Presently, **Polycontrast Interference Photography (PIP)**, developed by Harry Oldfield, enables the taking of digital imagery to show the energy fields of the body both before treatment and after treatment of a friend (patient). Such imagery picks up distortions within the energy fields of the spirit body.

In a similar way, emotions locked within the bodies can be identified. Such emotions, by using Kinesiology muscle testing, developed by Dr David Hawkins, can also be identified as to what type of emotions that are held, where they are held and also when they may have become stuck within the body thus causing the disruptions in the flow of energy throughout the body, which results in pain and later on, manifest in the form of an illness.

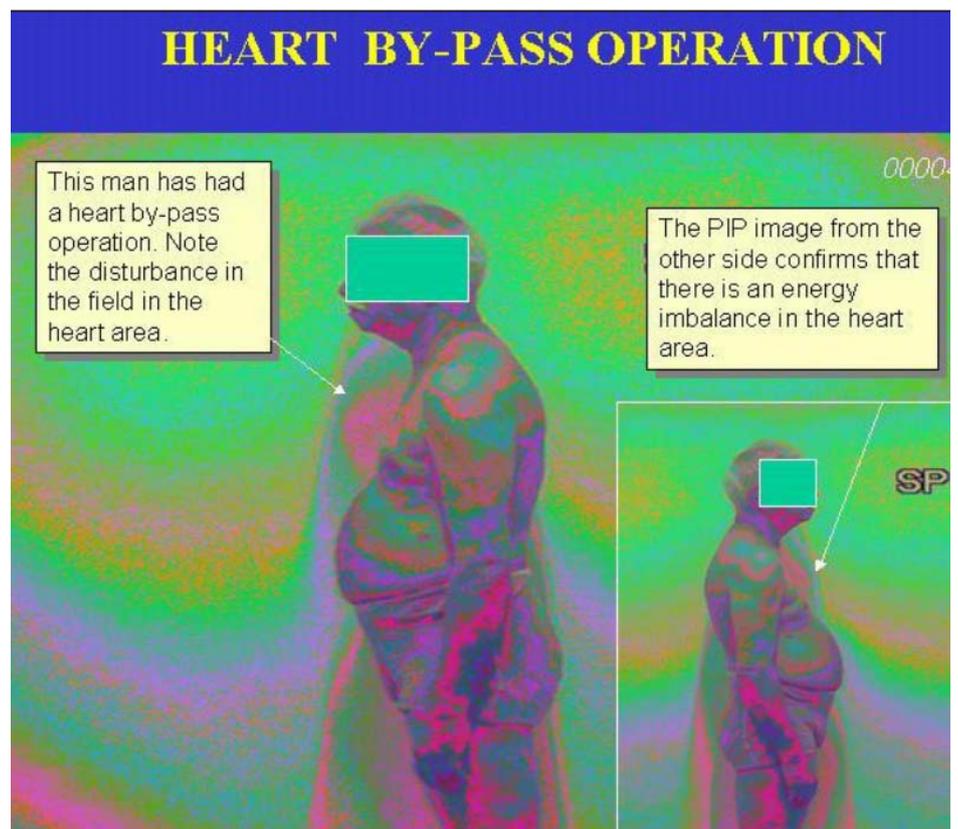
It is the identification of these negative emotional issues and the releasing of same that removes the cause of illness.



Polycontrast Interference Photography (PIP) can be used to assist a friend in identifying and relating to the emotional issues that need to be released to bring about a healthy body.

In so bringing about a healthy body, one also brings about a healthy spirit body and opens the soul to love and an improved condition.

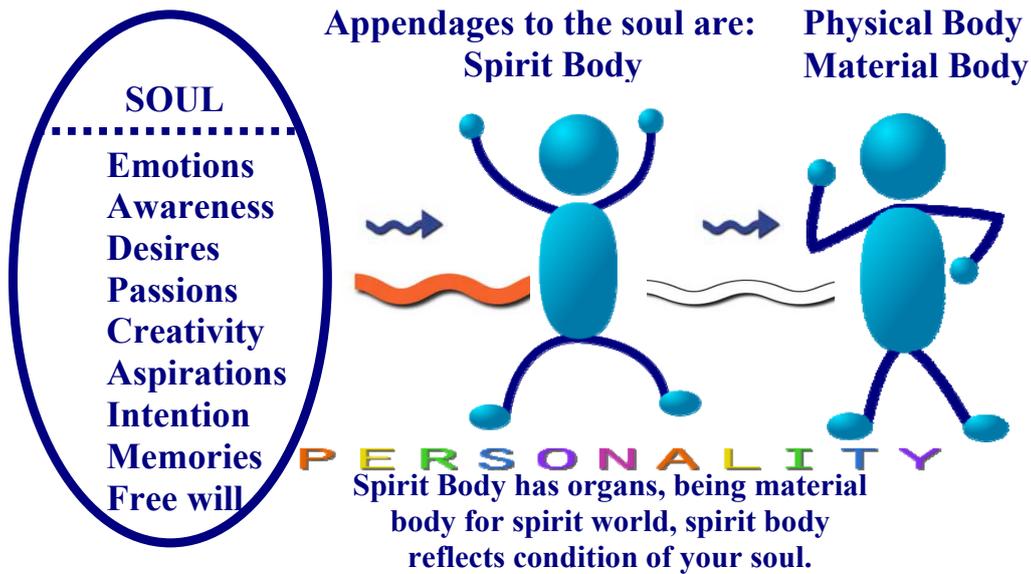
As blocked emotions are removed, your connection with your Creator, Father / Mother also increases.



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

Our physical brain responds to our mind which resides within our spirit body. Our mind responds to our memory and intelligence which resides within our soul, our real self.

We are emotional beings, that is, our soul is an energetic field of emotions. Each soul is unique within itself. Like snowflakes, no two souls are the same. Upon conception our soul merges with the newly conceived spirit body and physical body. During the gestation period, our soul is like a sponge, absorbing the emotions of one's parents and of those persons within its environment.



We grow up tending to feel and believe that our real self is just our physical body. Thus we communicate person to person. However, many of us recognise that we are intuitive, frequently anticipating connections with people in advance, e.g., knowing who is calling you on the phone before it rings.

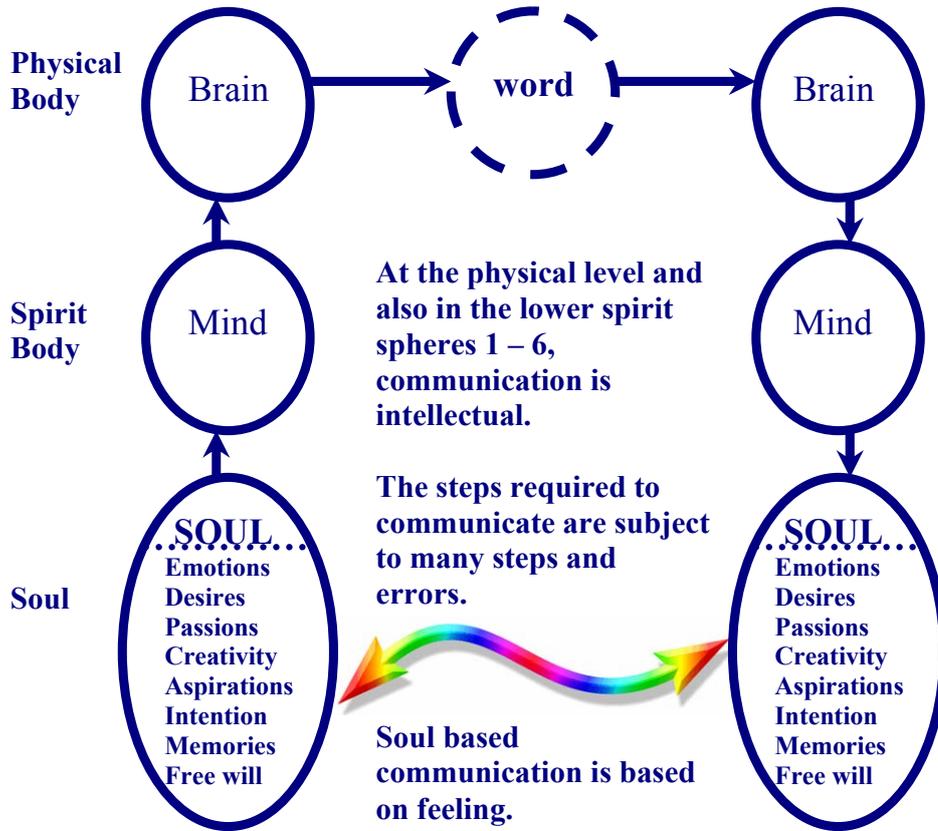
Most of us have the sensation that we feel that we can fly. During our sleep state we 'dream' of flying. It is during the sleep state that our spirit body temporarily leaves the physical body and fly's. It really fly's great distances.

Our soul is connected to the spirit body by golden cords, and in turn, our spirit body is connected to our physical body by silver cords. The disconnection of the silver cord results in the death of the physical body.

These inter-body connections enable emotional errors and injuries held within our soul to impact upon our spirit body. These injuries appear as fissures and holes within the spirit body. In turn, in the same locations as the these injuries appear within the spirit body, they so appear in the physical body as pain and later on as illness should we not resolve the emotional injury underpinning these events.

Kinesiology muscle testing is one of the methods by which we are able to connect to one's soul based intelligence, including our own, to determine what is understood at the soul level. Our memory resides within our soul, and nothing is ever lost from memory.

COMMUNICATION at the PHYSICAL LEVEL



COMMUNICATION at the CELESTIAL LEVEL

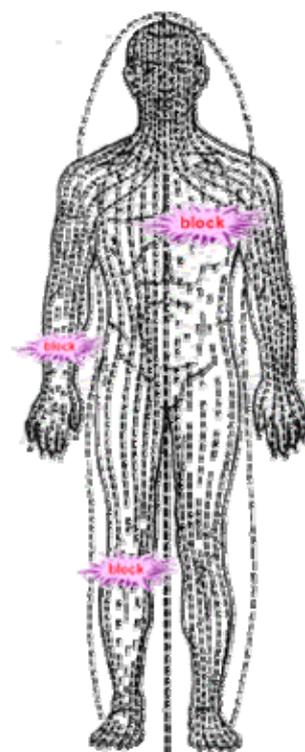
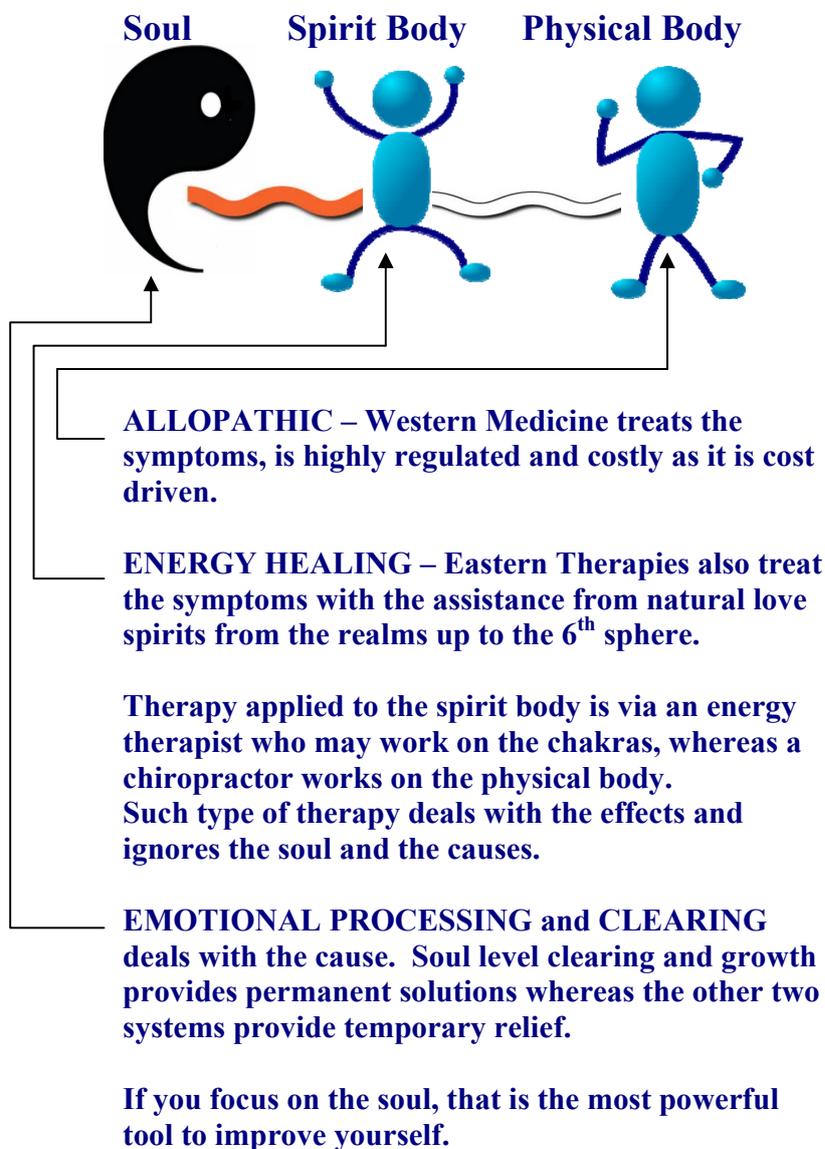


**Feeling
Healing with
Divine Love is
the key!**



Everything is interconnected.

HIERARCHY of HEALING SYSTEMS

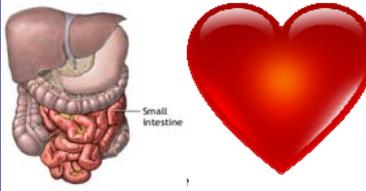
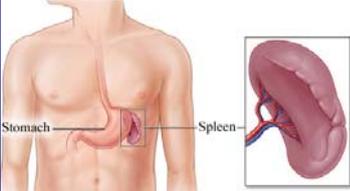
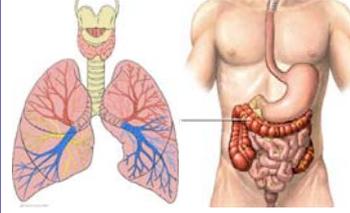
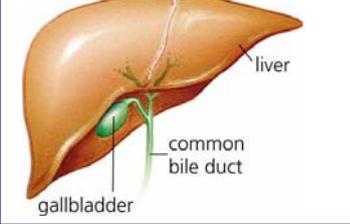
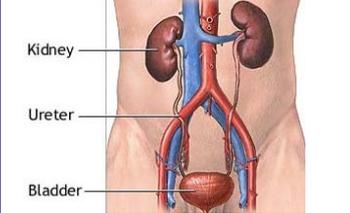
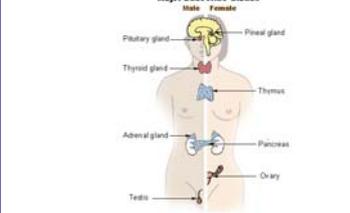


Using kinesiology muscle testing, either directly or through a proxy, and reviewing the Emotion Code, frozen or trapped emotions can be identified one by one. It is the emotion that is at the surface that becomes first for being addressed. Such emotion may be covering over layer upon layer of emotions, or they may be in clusters to be worked through. The important think is to start upon the journey of releasing negative emotions. It does not matter where you start, or what method or methods you uses, as all blocked emotions are blocking energy from correctly flowing throughout your bodies.

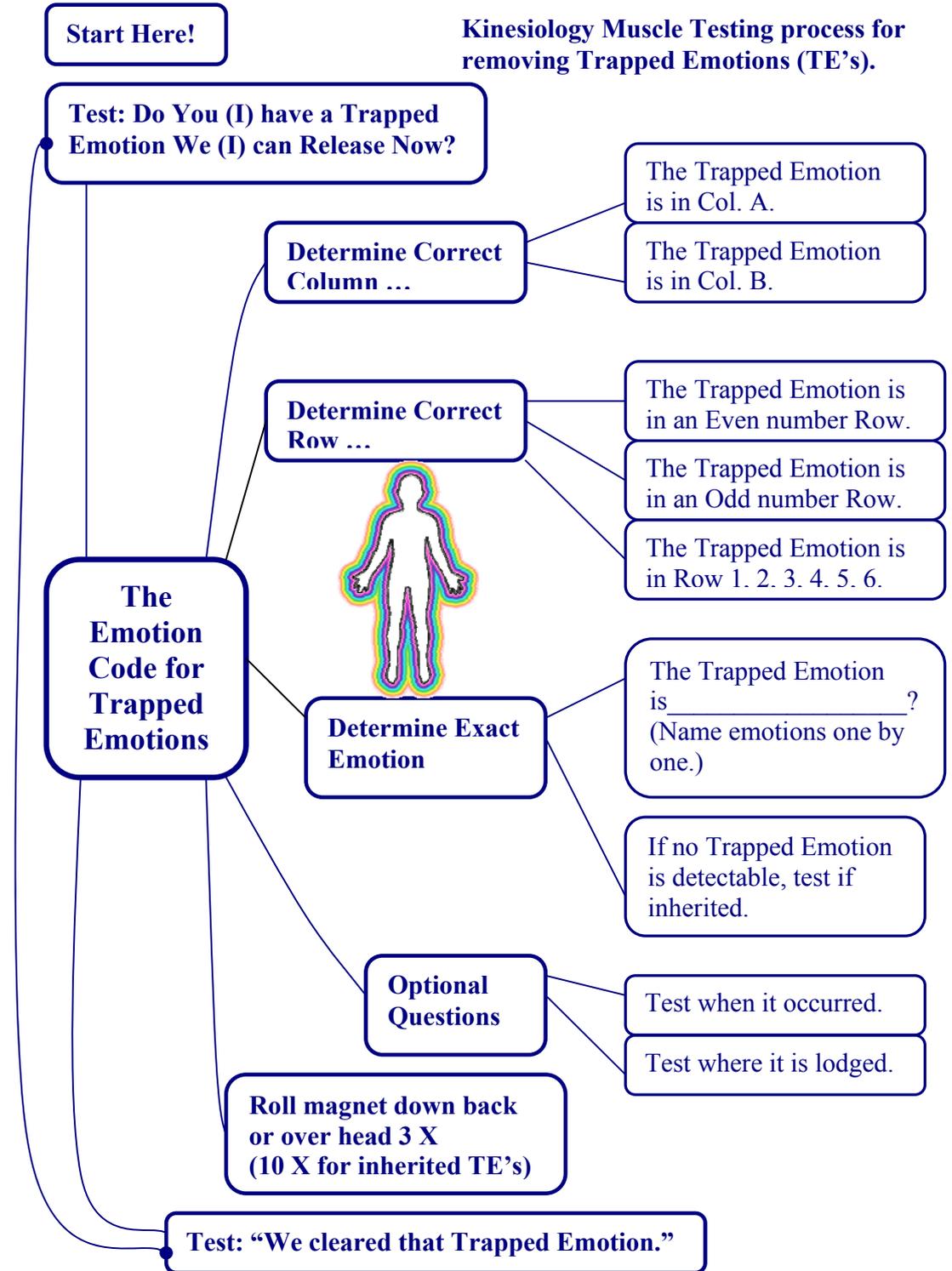
The Emotion Code and the Body Code have been developed by Dr Bradley Nelson.

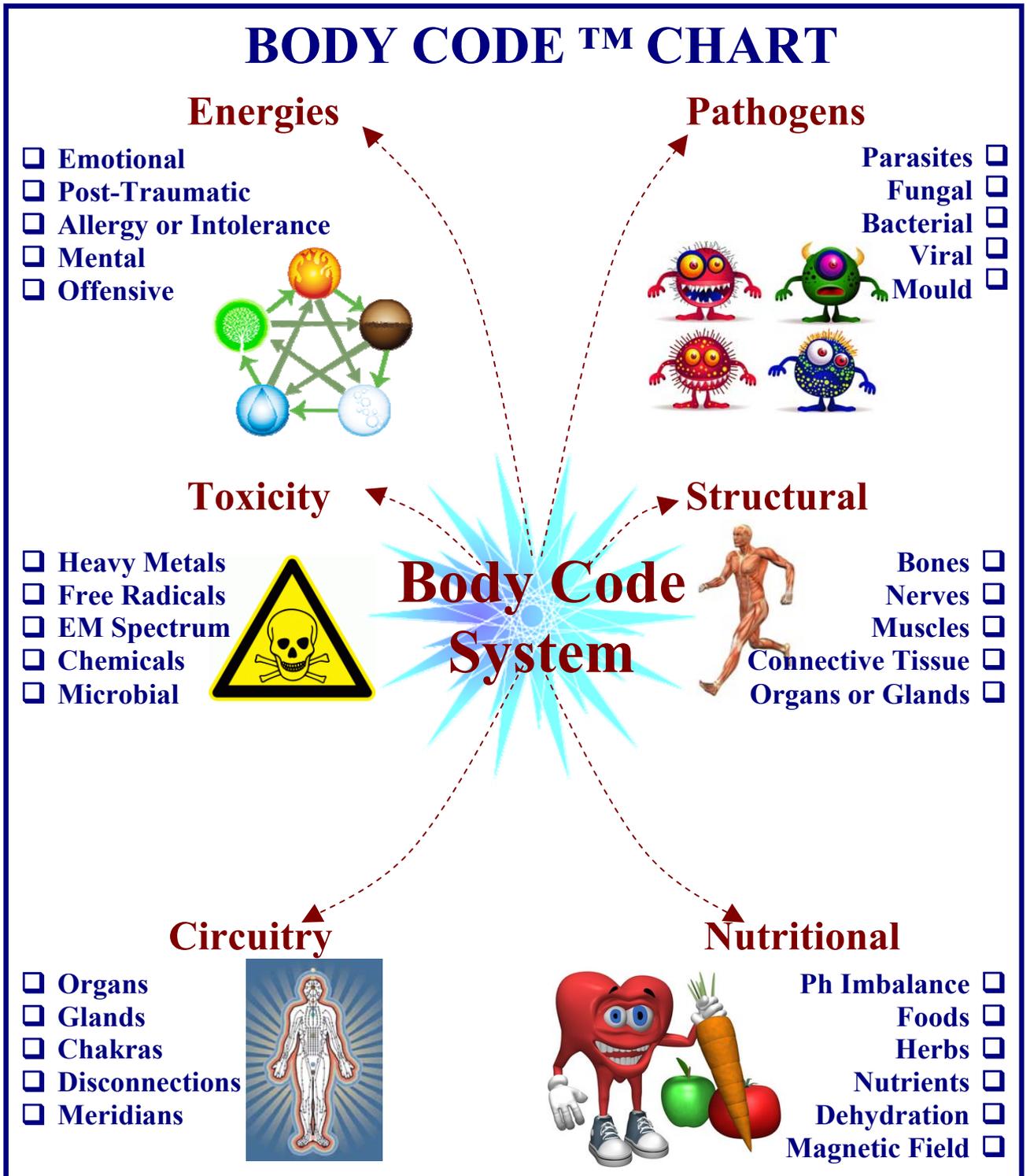
EMOTIONS affect SPECIFIC ORGANS:

Emotional injuries and held errors have specific energy signatures and vibrations. So does each part of our physical body. Errors held within one's mind affect the flow of energies through one's spirit body, the spirit body is the template of the physical body. The resulting energy flow constrictions then initiate issues, and then pain, and then illnesses within the physical body.

Organs	EMOTION CODE™ CHART	
	Column A	Column B
	Row 1 Heart or Small Intestine Abandonment Betrayal Forlorn Lost Love Un-received	Effort Un-received Heartache Insecurity Over joy Vulnerability
	Row 2 Spleen or Stomach Anxiety Despair Disgust Nervousness Worry	Failure Helplessness Hopelessness Lack of Control Low Self-Esteem
	Row 3 Lung or Colon Crying Discouragement Rejection Sadness Sorrow	Confusion Defensiveness Grief Self-Abuse Stubbornness
	Row 4 Liver or Gall Bladder Anger Bitterness Guilt Hatred Resentment	Depression Frustration Indecisiveness Panic Taken for Granted
	Row 5 Kidneys or Bladder Blaming Dread Fear Horror Peeved	Conflict Creative Insecurity Terror Unsupported Wishy Washy
	Row 6 Glands & Sexual Organs Humiliation Jealousy Longing Lust Overwhelm	Pride Shame Shock Unworthy Worthless

EMOTION CODE™ FLOWCHART





NEGATIVE EMOTIONS are UNINVITED PLASMA FIELDS:

Unhealthy and negative emotions enter our soul as uninvited and unwelcome plasma that then proceeds to disrupt the energy flows of the spirit body which is the template for the physical body.

This plasma fields or balls can grow in size should they be fed with more and more of the same or similar negative emotional energy. A plasma field can collect energy from released and projected emotions from time to time.

These emotional injurious plasma fields are first attracted to specific organs that reflect the energy of specific emotions, the plasma field can then proceed to lodge anywhere within the bodies of the spirit and physical. Thus, an emotion of the heart may subsequently reside within the stomach region, both inside and protruding out there from.

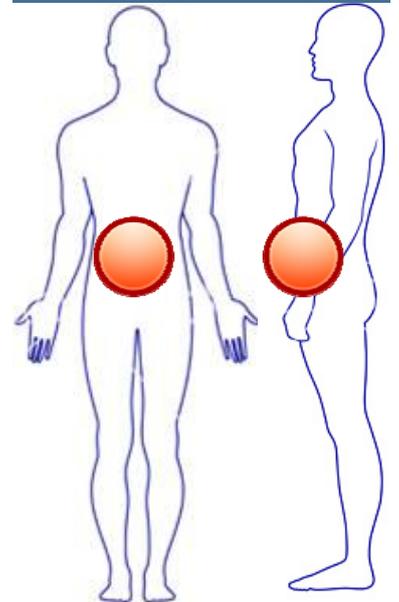
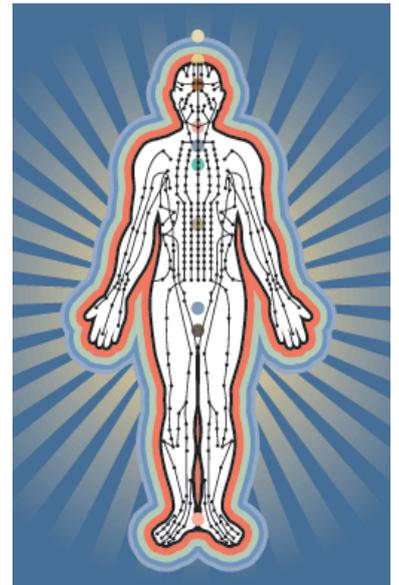
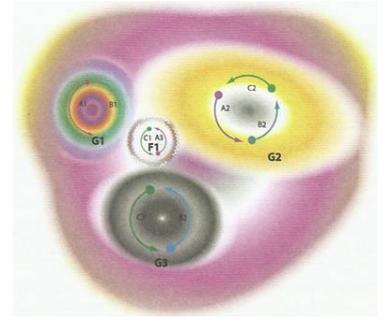
Initially, the injurious uninvited emotional field, being plasma, may be extremely small, however, if allowed to fester and grow by drawing on the negative emotions of those within your environment, the energy field may grow and grow in size from that of a mere pin head to the size of a melon. This progression could take the time from very early childhood to one's senior retiring years.

As all plasma consists of magnetic and gravitational fields, once your intent is focused upon it, firstly recognising its existence, and then focusing your intent for it to be removed, the magnetic field can act in your favour. With the introduction of even a marginal amount of additional magnetic energy, by way of Reiki or by the passing of a small magnet down your meridian, then the dislodgement of the emotional plasmatic field can be achieved.

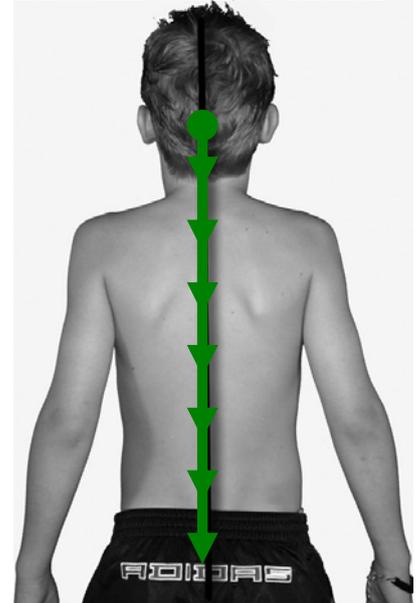
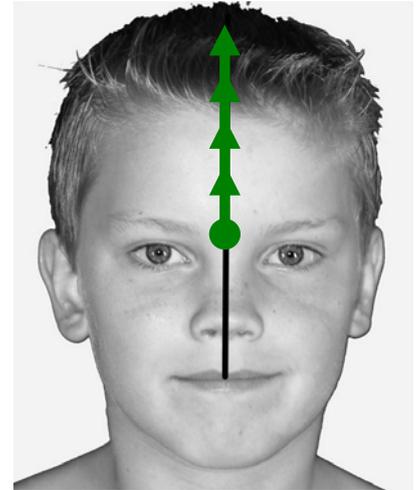
We are all energetic magnetic beings. The interference to our physical body's template, which is within our spirit body, can readily occur. The transfer of the disruption to the physical body is generally very slow, however, it can be very painful and damaging over the long term.

The extraordinary capabilities of the spirit body are extensively dumbed down and throttled back when it comes to the functionality of the physical body. The spirit body has all of our physical five senses, however, in much greater capacity, as well; the spirit body has maybe a dozen senses in all. Our physical existence is like being on training wheels for our incredible experiences to come within the spirit worlds.

“If cancer was not in our “energy”, then it was not in our reality. If feeling good about ourselves was in our energy, then our reality would be positive.” – Anita Moorjani



Releasing an Emotion from Yourself and Others:



To assist a friend to release an emotion, one's own soul condition should be in good condition. Pray as you consider appropriate to bring yourself into the energy level that you consider suitable to assist.

Your friend, should she or he be sceptical or not have faith in what is progressing, then this assistance is most likely to fail. It is imperative that the friend who is requiring the release of the trapped emotion be also desiring to progress and grow in one's own soul condition.

If both the person assisting and the friend are of a positive nature and in the condition of love then anything and everything is possible.

To release a trapped emotion from yourself, place your magnet (Nikken Magboy) between your eyebrows on your skin. While you continue to breathe (don't hold your breath) roll or slide the magnet up the middle of your forehead, over the top of your head, and down the back of your neck as far as you can comfortably reach, three times.

You can run your magnet over any part of the **Governing Meridian** with the **intention of releasing the trapped energy (emotion) that is in your body**. If you have 'big hair' and you can't go over your hair without messing it up, just use your magnet on your forehead as far as you can. It's that easy. Just remember to do it three times, and to stay focused on your intention to let the trapped emotion go. The Governing Meridian line is as per these two diagrams of the boy.

Releasing an Emotion from another Person:

To release a trapped emotion from another person, place your magnet on their back at the base of their neck (Nikken MagCreator). Instruct your partner to continue to breathe in and out while you roll or slide the magnet from the base of their neck to their lower back or just beyond, three times. Each time you reach the bottom of a stroke, lift the magnet off their back and replace it at the base of the neck.

Each stroke transfers magnetic energy into the Governing Meridian. This magnetic energy magnifies and carries your intention into all the other meridians, filling the body with that intention and thought. The result is that within three strokes, the trapped emotion is released, forever. It's just that simple.

Confirming the Release:

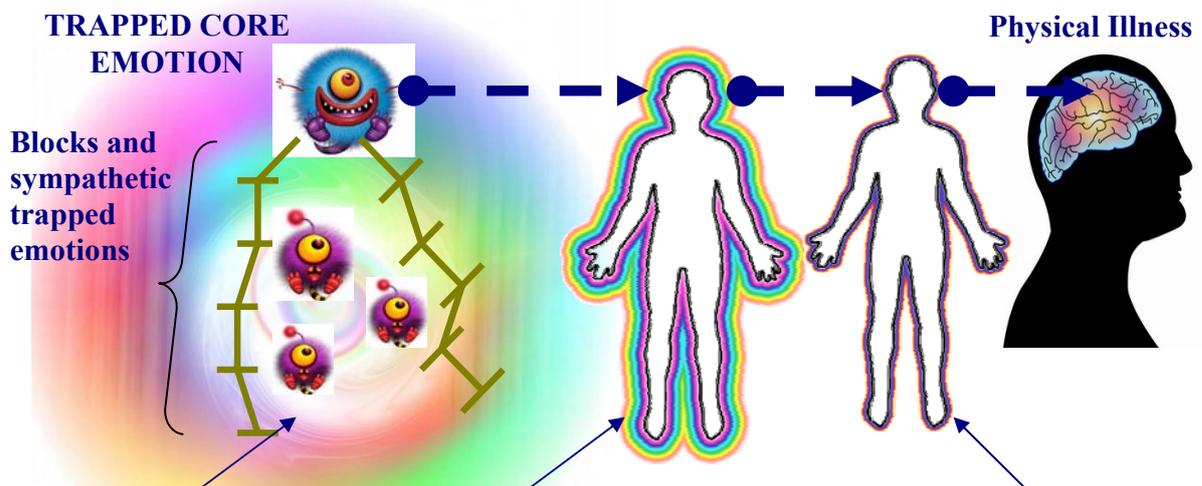
To confirm that the emotion has been released, simply ask via muscle testing: “Did (I) we successfully release that trapped emotion?” The answer should be yes. If so, you are done with that trapped emotion, and you can now check to see if there is another trapped emotion to be released, if you wish (and there will be).

If your test shows that the emotion was not released, simply reapply the magnetic energy three times as before. But this time, have a little more love in your heart for who you are working on, whether yourself or your partner, believe that you can release this emotion, and allow yourself to feel gratitude to God that it is being released. Remember that all things are accomplished by faith and belief, and if you have a little faith, you’ll see great things happen.

It’s Permanent – however only through the Feeling Healing process which goes deeper:

One of the most beautiful aspects of the Emotion Code is that trapped emotions, once released, are gone forever. In all that years that Dr Nelson has worked with patients in practice and at seminars, he and his people have never seen a trapped emotion that was released ever return.

On the other hand, it is possible for people to have more than one occurrence of a particular emotion lodged in their body. In this case, you might release the same emotion from your friend several times, but each emotion will be a separate and distinct trapped energy, usually resulting from different emotional events in their past. It’s also possible for a person to have several distinctly different emotions that all became trapped from the same event.



SOUL which animates SPIRIT BODY which animates PHYSICAL BODY.

Trapped emotions (frozen energy) create fissures and injuries in the spirit body which inturn emerge as physical illnesses, firstly as pain, in the physical body. Emotional blockages of the same type create illnesses of similar natures in anyone who have the same style of emotional injuries. Each of us carry our own unique cocktail of emotional issues, as we are emotional beings (our soul), thus each of us have unique pathways to recovery.

Soul Condition:

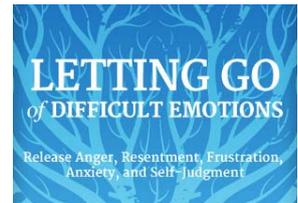
Humanity, on average, calibrates around 207 on Dr David Hawkins’ “Map of Consciousness”. To meaningfully assist a friend, one’s soul condition is in the most powerful zone to convey love when one’s soul condition calibrates 600 or more. A practitioner will achieve incredible positive results should she or he calibrate well over 500 (Loving) whilst helping friends.

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

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

LETTING GO with The LOVE:

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



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

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

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

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

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

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

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

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

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

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

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

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

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



MODERN MEDICINE IGNORES OUR SUBTLE BODIES:

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

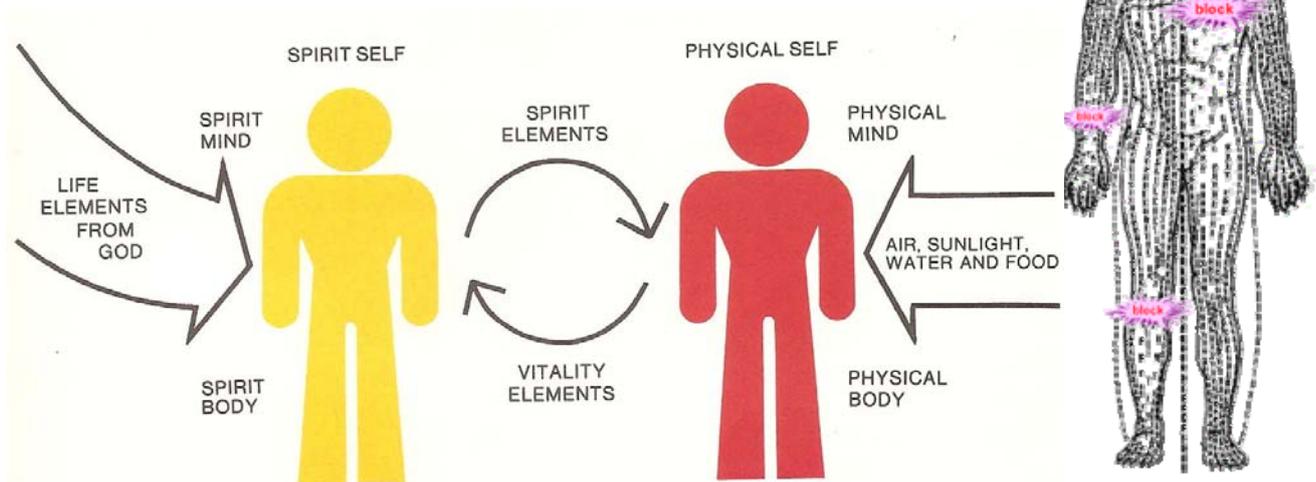
The auric field, that some can see, is the template for our physical body. Childhood Repression brings about energy flow blockages, being stuck and frozen emotional injuries, which then retard the flow of energies within our physical bodies. Modern medicine ignores this reality. The result is that treatments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

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

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

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

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



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

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

MEDICAL PROCEDURES and RESEARCH



Sometimes You Can Find a Needle in a Hay Stack!

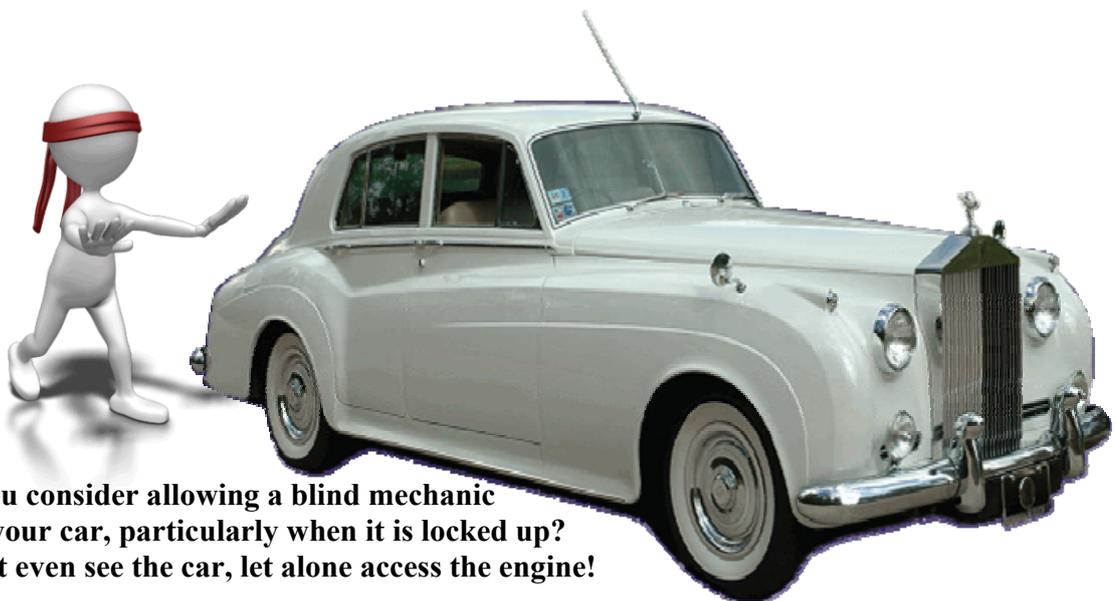
While traditional allopathy medical research focuses only upon the physical body to resolve illness events and health issues, they continue to be like blindfolded mechanics endeavouring to repair motor vehicles.



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

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

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



Would you consider allowing a blind mechanic work on your car, particularly when it is locked up? He cannot even see the car, let alone access the engine!

The health industry stubbornly resists recognising the subtle bodies that we all have.

The foundation of our illnesses originates from within our subtle bodies, that is, from within our mind which is spirit body based, and subsequently then via our spirit body.

It is only when we understand the cause of an illness is when we can deal with it, effectively, and permanently.

FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

To do our feeling-healing we need to become:

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

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

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

So it sounds simple.

So I repeat:

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

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

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

Dr DAVID R HAWKINS:

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

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

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

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

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

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

Everything is interconnected.

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

MUSINGS by JOHN:

Thursday, 28 September, 2017

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

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

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

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

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

Cheers John

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

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

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

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

And to bolster my flagging ego, I would tune into those people on Earth who were still thinking well of me, yourself John being one such person. And here again, by doing this, I gave myself a rude shock

having to face the fact and realise that few people truly understood what I was teaching, taking my work and corrupting it for their own gain. And believe it or not, I never thought such a thing would happen. So, who of my 'earthly followers' was staying true to what I taught – who actually got it?

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

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

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

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

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

Yours respectfully,
Dr. David Hawkins

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

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

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

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

knows, go further into the feeling aspect of what he discovered and I am sure he will get so much support in that from the Divine Love spirits that are guided to help him. Isn't that just so wonderful John, to have that help, like you have in Kevin and Kathaleen.

CONCLUSION:

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

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

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

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

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

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

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.



Hello Ladies and Gentlemen

5 October 2017

A pre-eminent psychiatrist, who is recognised globally for his achievements in health, has endorsed the validity and veracity of the Feeling Healing process in the strongest possible way.

As you may read, "anything, from regular mainstream medical help, to psychology, psychiatry, and including all the alternative healing modalities, can benefit from the inclusion of what we call one's Feeling Healing."

Feeling Healing, **"it is the only way people can seriously heal themselves."**

"Looking to your feelings, and NOT your mind, for the truth of yourself, which as I understand, will ultimately heal all the causes of all your problems."

Dr David Hawkins outlines in detail his journey to reach his understandings and support for what we have been sharing with you throughout this year.

Now, this is certainly a Pascas Paper to be shared, as you please, with confidence and certainty of the benefits it offers.

cheers for now

John

SUPERKIDS

Natural self Expression through Feelings

Self Empowering

Self Revealing

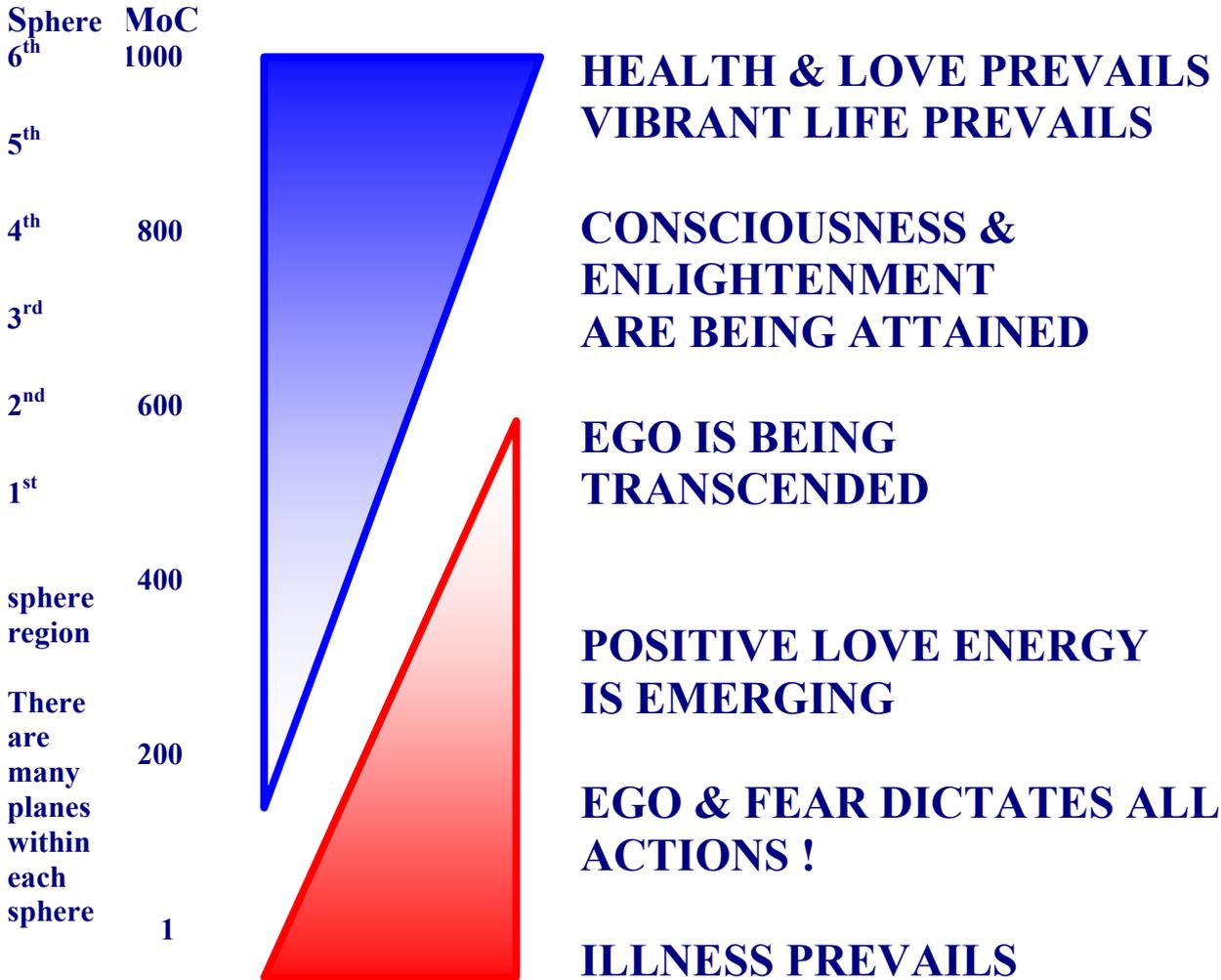
Self Loving



Feelings First

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

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



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

Healing with the Assistance of Magnets:

How healthy you are is directly related to how balanced your energy field is. Energy healing works to restore and maintain the harmony of the energy field (spirit body), so that the body can remain vitally healthy. But how do you begin to heal the energy field of the body if you cannot see it? You already know you can find imbalances like trapped emotions by using Kinesiology to ask the subconscious mind (your soul memory) what is wrong. What can you use as a tool to remove trapped emotions?

The answer is you must use some other form of energy. The easiest to use, the cheapest and the most widely available energy tool is the magnet. Magnets emit pure energy and are a powerful tool to fix energetic imbalances that you cannot see.

Some magnets are specifically designed to assist with the healing of the body.

Your Magnetic Existence:

Your existence stretches farther than you can see or feel, precisely because you are an energetic being, even though you are also physical. It makes sense to say that if part of your existence is invisible to you, then perhaps some of the underlying cause of your health problems might be invisible to you as well.

Most people assume that they exist only inside the limits of their own skin. Your skin represents the outer layer of what you can see, and you have been taught that what you see is what is real. Now we have scientific proof that there is more to you than meets the eye.

For instance, we know that you generate an electromagnetic field, created by the electrical activity in your body. It is created by electrical currents in your nervous system as well as the electrochemical processes that are constantly occurring in all of your cells.

Scientists know that the electromagnetic field of your heart extends 8 to 12 feet (2 – 4 metres) from your body in all directions, behind you, above you, below you, in front of you and to your sides.

A basic law of physics states that whenever electrical activity is generated, a corresponding magnetic field will always occur. Scientists can measure this magnetic field using magnetoencephalographs and magnetocardiograms. These machines represent a leap ahead over the old technology, which was limited to measuring only the electrical fields of the heart and brain. Scientists are coming to recognise how powerful and important these magnetic interactions are.

Magnifying your Intention:

Because you are made of energy, true healing must address this aspect of your makeup. Because trapped emotions themselves are also energy, the most efficient way to release them is with another form of energy.

Intention is a powerful form of thought-energy. It is possible to release trapped emotions using the power of your intention alone. **Your intention to release the trapped emotion is really the most important part of the equation.**

Magnets are used because they literally magnify the power of your intention to get the job done.

Just as a magnifying glass magnifies an image, a magnet can literally magnify your thought-energy and intention beyond your current capacity.

This makes it possible for anyone to release trapped emotions. You don't have to be a talented or experienced healer to do this work.

If your intention is clear, using a simple magnet to magnify your intention is all you will need to achieve results formerly available only to those with vast experience.

A simple magnet can powerfully enhance the energy of your intention, and carry it into the energy field of the body. The acupuncture system provides the perfect avenue to put the energy of your intention into the body, and release the trapped emotion.

Remember that a magnet actually magnifies your thought, which is energy. While holding the intention in your mind to release the trapped emotion that you have found, you simply pass a magnet over the Governing Meridian. Your magnified intention to release the trapped emotion enters into the Governing Meridian, and from there this thought-energy flows quickly into all the other meridians and areas of the body.

This sudden influx of intention-energy has the effect of releasing the trapped emotion permanently.

In many years of practice and many years of teaching the Emotion Code to students in seminars, Dr Nelson and his people have never seen a trapped emotion return. Once you release a trapped emotion, it is gone for good.

Each trapped emotion has its own particular rate of vibration, its own frequency. When you pass a magnet over the Governing Meridian, you effectively create a flow of opposing energy in the form of magnified intention. Therefore, the trapped emotion gets cancelled out, it dissipates and disappears.

Releasing a trapped emotion is similar in that the encoded emotional energy is quickly, easily and permanently erased when you swipe a magnet down the Governing Meridian.

Begin to think of yourself as a being made of pure energy. We cannot emphasise enough how much damage trapped emotions can do. Remember that they affect you physically, emotionally and mentally. They are made of pure energy, but they are negative energy, and the sooner you get rid of them, the better off you will be.

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

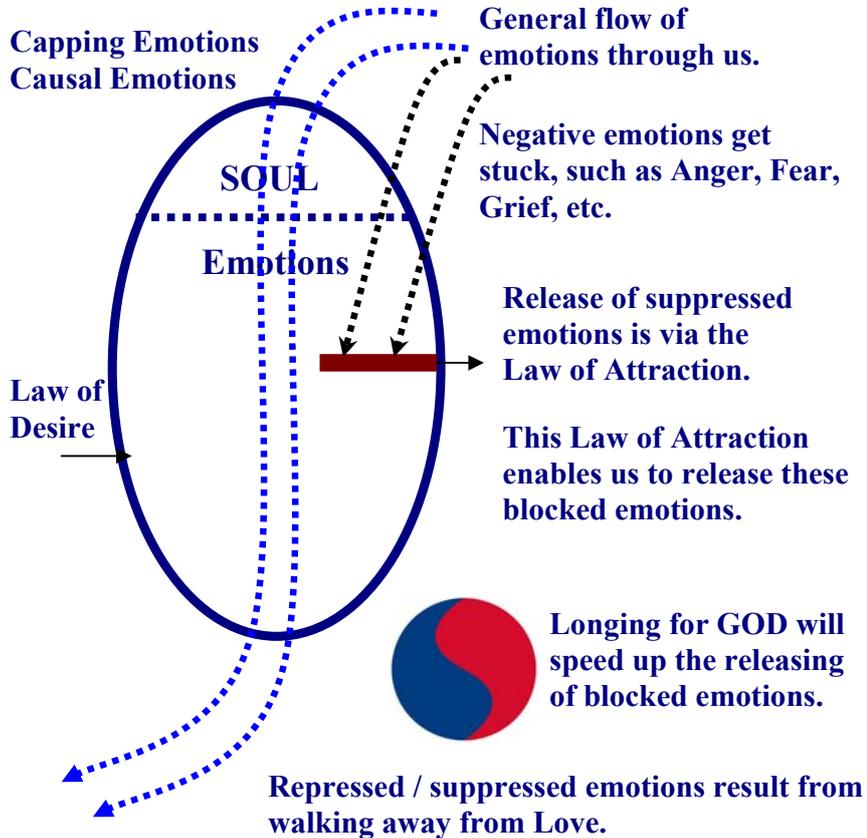
The problem for healers is that the patients own physical soul is generating the problem.

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

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

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

WE are CREATED as EMOTIONAL BEINGS:



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

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

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

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



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

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

Happiness Domain

Un-happiness Domain

The Heart-Brain:

Your heart generates 60 to 1,000 times more power and electromagnetic energy than your brain, easily making it the most powerful organ in your body. When you were in the womb, your heart was formed first, before your brain. Your heart beats about 100,000 times a day, 40 million times a year, and if its connection to your brain were severed, it would keep right on beating.



Your heart is the core of your physical being, the core of who you physically really are.

New research shows that your heart is much more than a mere pump. In the 1970s, scientists learned that the heart has an elaborate nervous system, a discovery that has led to the creation of a new branch of medicine known as neurocardiology. The fact is, we all have two brains. Much to these scientists' surprise, they discovered that the brains in our heads are obeying messages sent by the "the brains in our hearts".

Your heart is constantly sending out information to your body. Every beat carries critical messages that affect your emotional and physical health.

When you feel love toward someone, you are actually sending out a powerful electromagnetic signal to them, using the heart brain.

Medical research experiments have repeatedly shown that there are measurable positive effects on the body when we feel love and appreciation toward someone else. The same beneficial affect occurs in your own body when you are on the receiving end – when love and appreciation are being broadcast toward you.

Scientists have discovered that the electromagnetic signals radiating from your heart are actually detectable in the brain waves of another person. This phenomenon is strongest when two people are touching or are in close proximity but is measurable at a distance as well.

Words like "heartache" and "heartbreak" are so-called because of the peculiar physical sensation that occurs in the heart under strong emotional strain. Nearly everyone has felt this sensation at one point or another.

Trapped emotions have substance. They consist of energy, just like everything else. When trapped emotions are created, they must reside somewhere in your body, and sometimes they will lodge in and around your heart.

Your subconscious mind (spirit body mind) – which knows no limitations – will sometimes use the energy of these trapped emotions to create a barrier or shield around your heart. Literally, it creates a wall of energy around your heart, to protect it.

The Heart-Wall, created by the subconscious mind, is also made of energy. It just happens to be made of specific sort of energy, the energy of trapped emotions.

When Dr Nelson asked his wife's (Jean) body if they could release the trapped emotions that were making up this wall around her heart, the answer was "Yes".

Gradually, her body was willing to release these emotions. They found that the procedure for releasing emotions from the Heart-Wall was the same as for releasing any other trapped emotion. The only difference was that they had to ask specifically if they could release an emotion "from her Heart-Wall" in order to gain access to those emotions.

Each time they released a trapped emotion from Jean's Heart-Wall, Dr Nelson would ask if they could release another emotion. Sometimes her body would allow them to clear more than one emotion in a single session, but often the answer was "No."

It wasn't surprising that her body needed a certain amount of time to process each of her emotions as they were released, so they patiently waited between sessions. They found that they were able to release a different trapped emotion roughly every other day until they were all gone, and Jean no longer had a Heart-Wall.

The Creation of Her Heart-Wall

Jean had learned to protect her feelings from childhood. She retreated to safety inside of herself, shutting down her positive feelings, and avoiding connection with those that she felt vulnerable toward. When there were volatile episodes in her home, she chose to feel fear, resentment and other negative emotions, some of which she expressed, but many that she internalised. Some of these feelings were never fully processed, and they became trapped energies in her body.

While she was consciously doing her best to deal with life, at the same time her subconscious was building a wall, an ultimate protection against her heart being injured again.

"For the first time in my life, I'm not on the outside anymore," she told Dr Nelson. "I've longed to feel this way my whole life. Now I know what it feels like to be part of a circle of friends, part of a group. It's a very different feeling than I've ever had before, and it feels wonderful and right."

Since that day, these feelings have stayed with her, and have helped her to grow in many ways. We've since discovered that releasing someone's Heart-Wall is often followed by a profound experience of connection with other people.

Much of our personal and spiritual growth comes out of our love and interaction with others. The more open our hearts are, the stronger will be our connection to one another. The more connect we are, the more we can give and receive love, and the stronger and richer our lives will become.

Heart-Walls are a very common problem. Eight out of ten people have one.

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

EMOTION CODE™ Heart-Wall FlowChart

Start Here! Kinesiology Muscle Testing process for removing Trapped Emotions (TE's).

**Test: Do You (I) have a (hidden) Heart-Wall?
Can we release a Trapped Emotion from the (hidden) Heart-Wall now?**



Determine Correct Column ...

The Trapped Emotion is in Col. A.

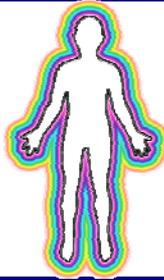
The Trapped Emotion is in Col. B.

Determine Correct Row ...

The Trapped Emotion is in an Even number Row.

The Trapped Emotion is in an Odd number Row.

The Trapped Emotion is in Row 1. 2. 3. 4. 5. 6.



Determine Exact Emotion

The Trapped Emotion is _____?
(Name emotions one by one.)

If no Trapped Emotion is detectable, test if inherited.

Optional Questions

Test when it occurred.

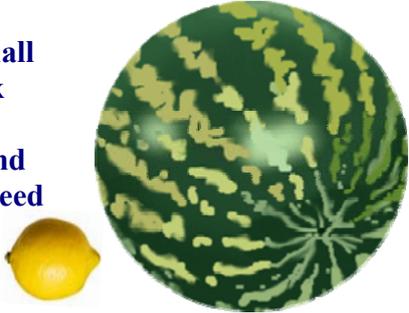
Test any observations.

**Roll magnet down back or over head 3 X
(10 X for inherited emotions)**

Test: "We cleared that Trapped Emotion."

The Emotion Code for Hidden Heart-Walls

Trapped, frozen core emotions vary in size from very small lemons to giant melons. They are energy balls that block the natural flow of energy through the spirit body, and consequently, through the physical body creating pain and illness. These trapped emotions are like fuzz balls that need to be released. They can be in clusters or on their own.



Emotions can cluster or nest together:

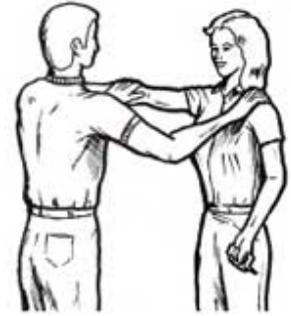


Emotions are energy in motion = e-motion. Trapped or blocked emotions are in enormous variety of sizes and age depending upon the severity and frequency of the events creating them. Here is a 1 – 8 scale:



WHEN did the EMOTION became TRAPPED?

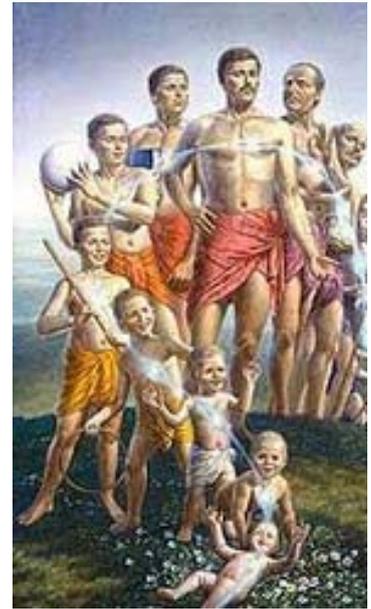
Kinesiology muscle testing can assist in determining when an emotion or cluster of emotions became stuck within your being. Also, testing may suggest the type of emotions held, as well as if they are being introduced by other people. Test statements for being true, the arm remains strong with truth, weakens with error. Avoid asking questions.



After using the Emotion Code to determine the stuck predominate or strongest emotion, then proceed to determine when it became frozen.

Yes / No

- The specified emotion became trapped before age 28.
- The emotion became trapped during my first full time employment.
- The emotion became trapped during my university time.
- The emotion became trapped during my high schooling.
- The emotion became trapped before age 14.
- The emotion became trapped during schooling.
- The emotion became trapped before age 7.
- The emotion was transferred to me from my mother.
- The emotion was transferred to me from my father.
- The emotion was transferred to me by a sibling.
- The emotion was transferred to me by a close relative.
- The emotion became trapped during age 6, 5, 4, 3, 2, 1, or 0.
- The emotion became trapped during birth.
- The emotion became trapped prior to birth.
- The emotion became trapped during 3rd trimester.
- The emotion became trapped during 2nd trimester.
- The emotion became trapped during 1st trimester.
- The emotion became trapped at the around the time of conception.
- The emotion belongs to a relative who has passed away.
- This relative still believes he/she still has this illness.
- This relative / spirit person spends much time with me.
- This spirit is attracted to me due to our matching emotions.



During our pregnancy and our first 5 to 7 years of physical life, we are like sponges, we absorb the emotions of our parents and our close relatives rapidly and thoroughly thus conditioning us.

Foetal Growth from 8 to 40 Weeks



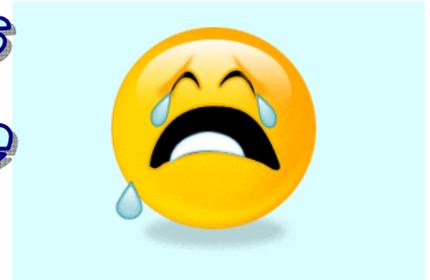
CURE by CRYING:

Should the Emotion Code process developed by Dr Bradley Nelson not be appropriate for you, then the release of blocked emotions can be achieved by following Thomas Stone’s research published in Cure by Crying. Nevertheless, the Cure by Crying process is something that we all can do on our own and in private and is an important adjunct to your tools for emotional processing and clearing.

Curing Yourself:

Blocked memories were causing Thomas Stone’s symptoms. When he uncovered them and cried about them, his symptoms disappeared.

***Crying is
welcome
here***



‘The Therapy’ method is based on two assumptions: first; that your symptoms were caused by painful events in early childhood that you have blocked from memory; and second that if you remember these events and, more importantly, cry about them, your symptoms will gradually fade away.

The crying is more important than the remembering, though both are essential in the long run. Even when you cry at a sad movie, you are improving your mental health ever so slightly.

The crying and bawling will never be more than you can handle. It will be almost a pleasure compared to the misery you’ve endured all of your life. The Therapy is a lot of work, however, you will be fascinated by the memories you find, even while the tears are running down your cheeks.



Our memory and intelligence are housed within our soul, our mind is housed within our spirit body, and our brain is within our physical body. Our soul animates the spirit body which in turn animates the physical body. It is the disconnection of the silver cord between the spirit body and the physical body that results in the death of the physical body. The spirit body, which looks much like the physical body, goes on living. Emotional injuries become blocked within our soul, such injuries are reflected though the spirit body and then into the physical body as illnesses.

Therapy Principle 1:

The First and Most Important Principle in this Book is:
The More You Cry,
The More Your Mind / Soul Will Heal Itself.

Therapy Principle 2:

If you Ask a Question Over and Over,
Your Brain Will Eventually Answer It.

Therapy Principle 3:

Your Own Nervous System Has a Built-In “Governor”
that Protects you from Feeling too much Pain.

Therapy Principle 4:

Music Will Help You Find Old Feelings.
You Need Music that Matches Your Old Pain.

Therapy Principle 5:

Symbolic Reliving is the Fastest, Easiest Way to Discharge Old
Pain.
Fragment Reliving Comes Only After
a Scene is Discharged Symbolically.

Therapy Principle 6:

The Trauma that Causes Neurosis is:
Lack of Love and Attention from Parents.

Therapy Principle 7:

Pictures on the Viewing Screen are the Number One Tool of The
Therapy.

The viewing screen is our only link with the part of the brain that is blocked.

Therapy Principle 8:

Free Association and Flow:

Talking fast and freely without judging creates a sort of trance, loosens blocked memories, and causes “Pop-Ins”.

Therapy Principle 9:

The Friend / Patient is in Charge of the Therapy.

Therapy Principle 10:

If you Can Listen Without Judging, the Friend / Patient will Eventually Find an Old Feeling.

Therapy Principle 11:

Your Question Doesn't have to be Perfect, Because Only One Feeling is Trying to Come Up by Itself, the One that is Next in Line.

Therapy Principle 12:

Doorways:

After you have done Therapy for several months, Your Super-Conscious will give you an Easy Entrance. A Reusable Doorway into your Pain.

Therapy Principle 13:

The Spoonful Principle

Your Nervous System (the Super-Conscious) will Allow you to Feel Old Pain in Very Small Pieces (Spoonfuls) because Protecting and Balancing the Whole Body is More Important than Finding Blocked Memories.

Therapy Principle 14:

The River Principle.

All of your Traumatic Scenes are Physically wired together by Nerve Paths.

Therapy Principle 15:

Specific Details and Specific Words from a Scene Can Cause a Friend / Patient to Explode in Tears.

The reverse is also true: The friend / patient can prevent tears by speaking in generalities and avoiding details.

Therapy Principle 16:

Dreams Really are the Royal Road to the Subconscious because Dreaming is the Physical Mechanism of Neurosis.

Therapy Principle 17:

Your Brain Rewires Itself During Sleep.

Therapy Principle 18:

Starting Therapy is Sometimes Difficult because of Hypnotic Commands (also called Programmed Commands).

After the first few months, these commands become less important.

Therapy Principle 19:

The Way to Find Old Feelings from Hypnotic Command (Programmed Command) is to Ask the Friend / Patient to Repeat the Phrase and Watch Her Picture Screen.

Therapy Principle 20:

Every Defence is Also a Doorway.

For example, a hypnotic command is a defence and a doorway.

Therapy Principle 21:

The Therapy Method Continues to Work even when you are No Longer Looking for Blocked Memories.

WHEN the BODY says NO:

Dr Gabor Maté in his book, ‘When the Body says No’, shows that people do not become ill despite their lives but rather because of their lives. And life includes not only physical factors like diet, physical activity, and the environment, but also the internal milieu of thoughts and unconscious emotions that govern so much of our physiology, through the mechanisms of stress and the unity of the systems that modulate nerves, hormones, immunity, digestion, and cardiovascular function. Much disease could be prevented and healed if we fully understood the scientific evidence verifying the mind-body unity.

An individual’s emotional makeup, and the response to continued stress, may indeed be causative in the many diseases that medicine treats but whose origin is not yet known – disease such as scleroderma, and the vast majority of rheumatic disorders, the inflammatory bowel disorders, diabetes, multiple sclerosis, and legions of other conditions which are represented in each medical subspecialty.

What is psychoneuroimmunology? It is no less than the science of the interactions of mind and body, the indissoluble unity of emotions and physiology in human development and throughout life in health and illness. This discipline studies the ways that the psyche – the mind, or rather the soul, and its content of emotions which reside within the soul – profoundly interacts with the body’s nervous system and how both of them, in turn form an essential link with our immune defences. Innovative research is uncovering just how these links function all the way down to the cellular level.

Physiologically, emotions are themselves electrical, chemical and hormonal discharges of the human nervous system. Emotions influence – and are influenced by – the functioning of our major organs, the integrity of our immune defences and the workings of the many circulating biological substances that help govern the body’s physical states. When emotions are repressed, as we all do during our childhood, this inhibition disarms the body’s defences against illness. Repression – dissociating emotions from awareness and relegating them to the unconscious realm – disorganizes and confuses our physiological defences so that in some people these defences go awry, becoming the destroyers of health rather than its protectors.

The patterns and way of coping were observed for people treated for multiple sclerosis, inflammatory ailments of the bowel such as ulcerative colitis and Crohn’s disease, chronic fatigue syndrome, autoimmune disorders, fibromyalgia, migraine, skin disorders, endometriosis and many other conditions. Almost none of these patients with serious disease had ever learned to say no.

The connections between behaviour and subsequent disease are obvious in the case of, say, smoking and lung cancer – except perhaps to tobacco-industry executives. But such links are harder to prove when it comes to emotions and the emergence of multiple sclerosis or cancer of the breast or arthritis.

There is no true responsibility without awareness. One of the weaknesses of the Western medical approach is that we have made the physician the only authority, with the patient too often a mere recipient of the treatment or cure. People are deprived of the opportunity to become truly responsible. None of us are to be blamed if we succumb to illness and death. Any one of us might succumb at any time, but the more we can learn about ourselves, the less prone we are to become passive victims.

In healing, every bit of information, every piece of the truth, may be crucial. If a link exists between emotions and physiology, not to inform people of it will deprive them of a powerful tool.

During an investigation of the role of emotional repression in cancer, there occurred with many people with malignancy, there seemed to be an automatic denial of psychic or physical pain and of uncomfortable emotions like anger, sadness or rejection. “Just what is your personal connection to the issue?”

The dynamics of repression operate in all of us. We are all self-deniers and self-betrayers to one extent or another. When it comes to health or illness, it is only a matter of degree and, too, a matter of the presence of other factors – such as heredity or environmental hazards, for example – that also predispose to disease.

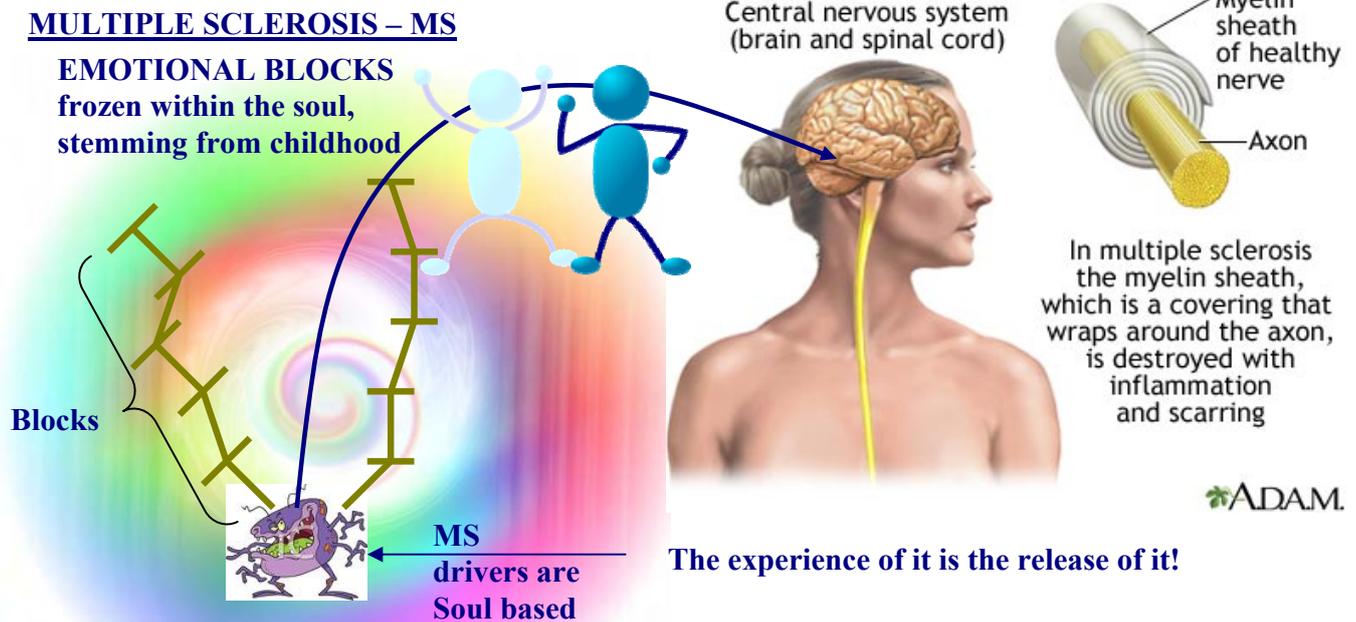
For man the most important stressors are emotional. Three factors that universally lead to stress: *uncertainty, the lack of information and the loss of control.*

People find themselves trapped in lifestyles and emotional patterns inimical to their health. The higher the level of economic development, it seems, the more anaesthetized we have become to our emotional realities. We no longer sense what is happening in our bodies and cannot therefore act in self-preserving ways. The physiology of stress eats away at our bodies not because it has outlived its usefulness but because we may no longer have the competence to recognise its signals.

Emotional competence required:

- The capacity to feel our emotions, so that we are aware when we are experiencing stress;
- The ability to express our emotions effectively and thereby to assert our needs and to maintain the integrity of our emotional boundaries;
- The facility to distinguish between psychological reactions that are pertinent to the present situation and those that represent residue from the past. What we want and demand from the world needs to conform to our present needs, not to unconscious, unsatisfied needs from childhood. If distinctions between past and present blur, we will perceive loss or the threat of loss where none exists; and
- The awareness of those genuine needs that do require satisfaction, rather than their repression for the sake of gaining the acceptance or approval of others.

A holistic approach that places the person at the centre, rather than the blood test or the pathology report, takes into account an individual life history. It encourages people to examine carefully each of the stresses they face, both those in their environment and those generated internally. In this scenario the diagnosis of prostate cancer (or any illness) could serve as a wake-up call rather than simply a threat. In addition to whatever treatment they may choose to receive or not receive, men who are encouraged to respond reflectively, taking into account every aspect of their lives, probably increase their chances of survival.



MS patients were exposed to acute and chronic stress by their childhood conditioning, and their ability to engage in the necessary flight-or-fight behaviour was impaired. The fundamental problem is not the external stress, but an environmentally conditioned helplessness that permits neither of the normal responses of fight or flight. The resulting internal stress becomes repressed and therefore invisible. Eventually, having unmet needs or having to meet the needs of others is no longer experienced as stressful. It feels normal. One is disarmed.

Reference: 'When the Body Says No' by Gabor Maté

Chronic illness indicates a huge denial of the soul.

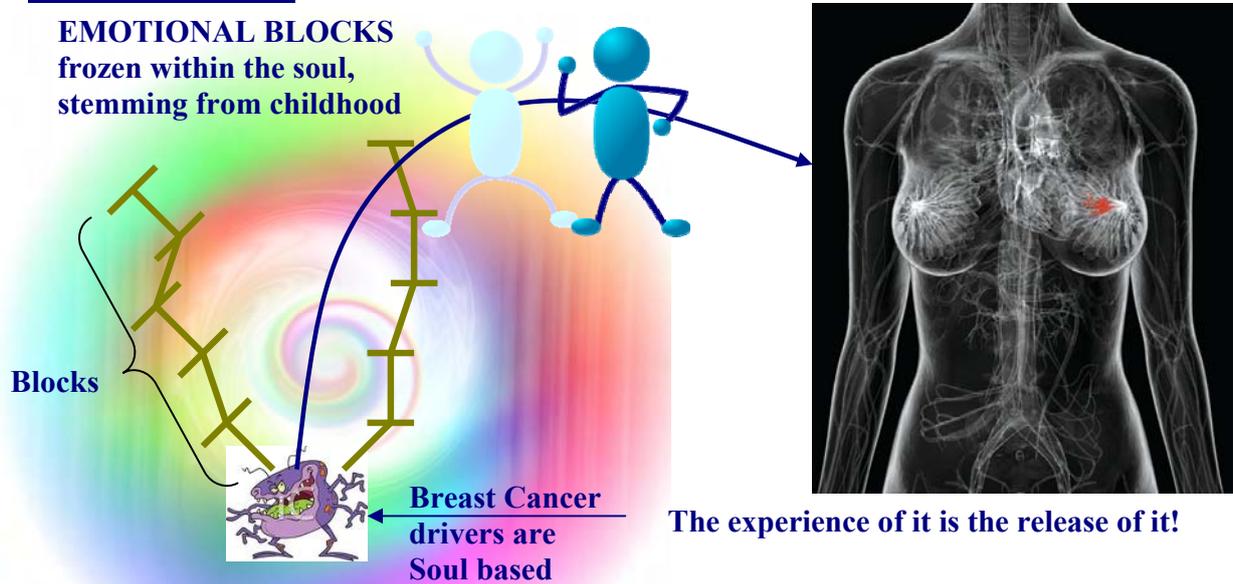
Illness = out of harmony with love and truth.

It is the release of emotions that are out of harmony with Truth and Love, and the praying for the inflowing of Divine Love that brings about health and harmony to our bodies.

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

BREAST CANCER

**EMOTIONAL BLOCKS
frozen within the soul,
stemming from childhood**



Research has suggested for decades that women are more prone to develop breast cancer if their childhoods were characterised by emotional disconnection from their parents or other disturbances in their upbringing; if they tend to repress emotions, particularly anger; if they lack nurturing social relationships in adulthood; and if they are the altruistic, compulsively caregiving types. In one study, psychologists interviewed patients admitted to hospital for breast biopsy, without knowing the pathology results. Researchers were able to predict the presence of cancer in up to 94% of cases judging by such psychological factors alone.

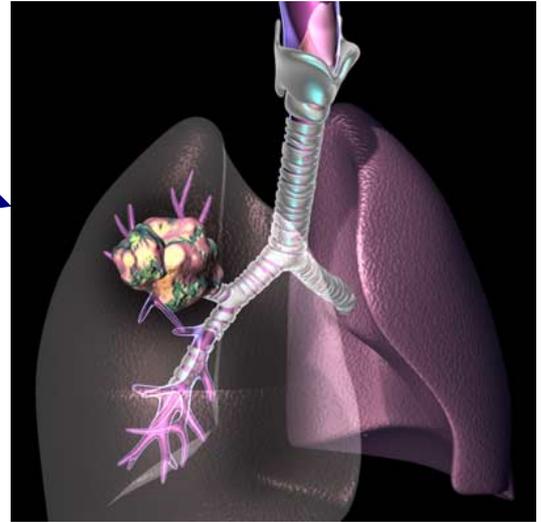
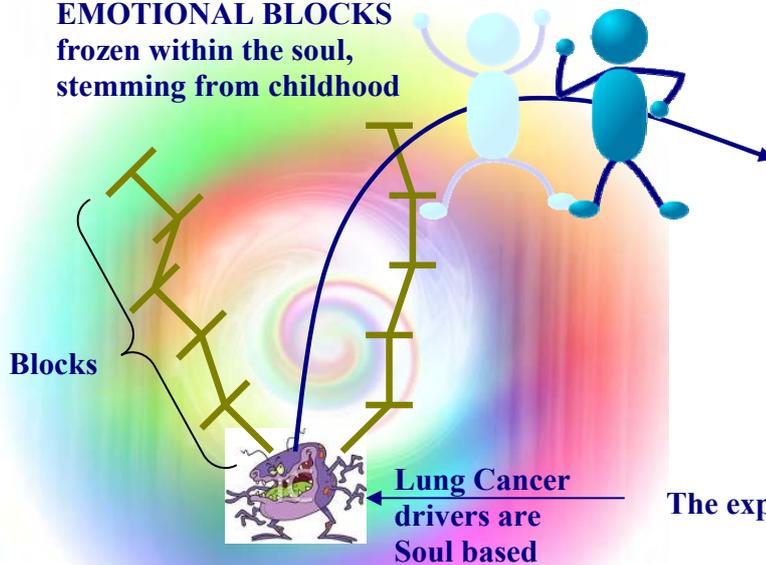
Reference: 'When the Body Says No' by Gabor Maté

Feelings first

LIVE FEELINGS FIRST

LUNG CANCER

EMOTIONAL BLOCKS
frozen within the soul,
stemming from childhood

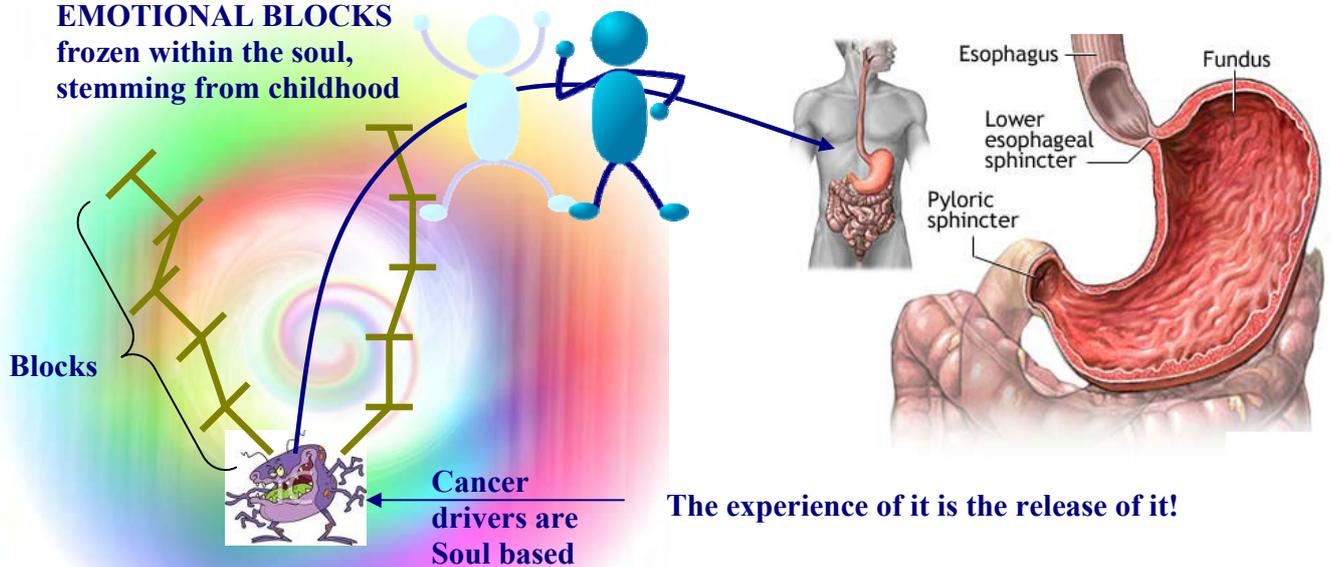


The experience of it is the release of it!

Patients with lung cancer, in a report, were frequently characterised by a tendency to “bottle up” emotions. People with lung cancer “have poor and restricted outlets for expression of emotion, as compared with non-malignancy lung patients and normal controls”. The risk of lung cancer was five times higher in men who lacked the ability to express emotion effectively. Especially intriguing was that those lung cancer patients who smoked but did not inhale exhibited even greater repression of emotion than those who did. Emotional repression works synergistically with smoking in the causation of lung cancer. The more severe the repression, the less the smoke damage required to result in cancer. Reference: ‘When the Body Says No’ by Gabor Maté

CANCER

EMOTIONAL BLOCKS
frozen within the soul,
stemming from childhood

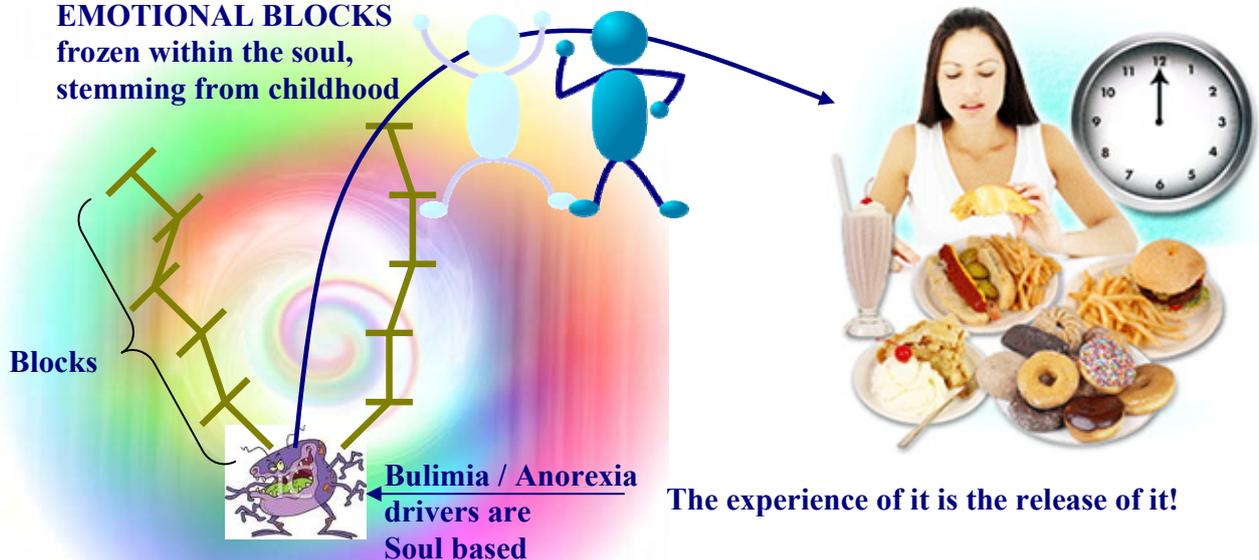


In numerous studies of cancer, the most consistently identified risk factor is the inability to express emotion, particularly the feelings associated with anger. The repression of anger is not an abstract emotional trait that mysteriously leads to disease. It is a major risk factor because it increases physiological stress on the organism. It does not act alone but in conjunction with other risk factors that are likely to accompany it, such as hopelessness and lack of social support. The person who does not feel or express “negative” emotion will be isolated even if surrounded by friends, because his real self is not seen. The sense of hopelessness follows from the chronic inability to be true to oneself on the deepest level. And hopelessness leads to helplessness, since nothing one can do is perceived as making any difference.

Reference: ‘When the Body Says No’ by Gabor Maté

BULIMIA & ANOREXIA

EMOTIONAL BLOCKS
frozen within the soul,
stemming from childhood



Eating patterns are directly connected with emotional issues arising both from childhood and from current stresses. The patterns of how we eat or don't eat, and how much we eat, are strongly related to the levels of stress we experience and to the coping responses we have developed in face of life's vicissitudes. In turn, dietary habits intimately affect the functioning of the hormones that influence the female reproductive tract. Anorexics, for example, will often stop menstruating.

Reference: 'When the Body Says No' by Gabor Maté

Chronic illness indicates a huge denial of the soul.

Illness = out of harmony with love and truth.

It is the release of emotions that are out of harmony with Truth and Love, and the praying for the inflowing of Divine Love that brings about health and harmony to our bodies.

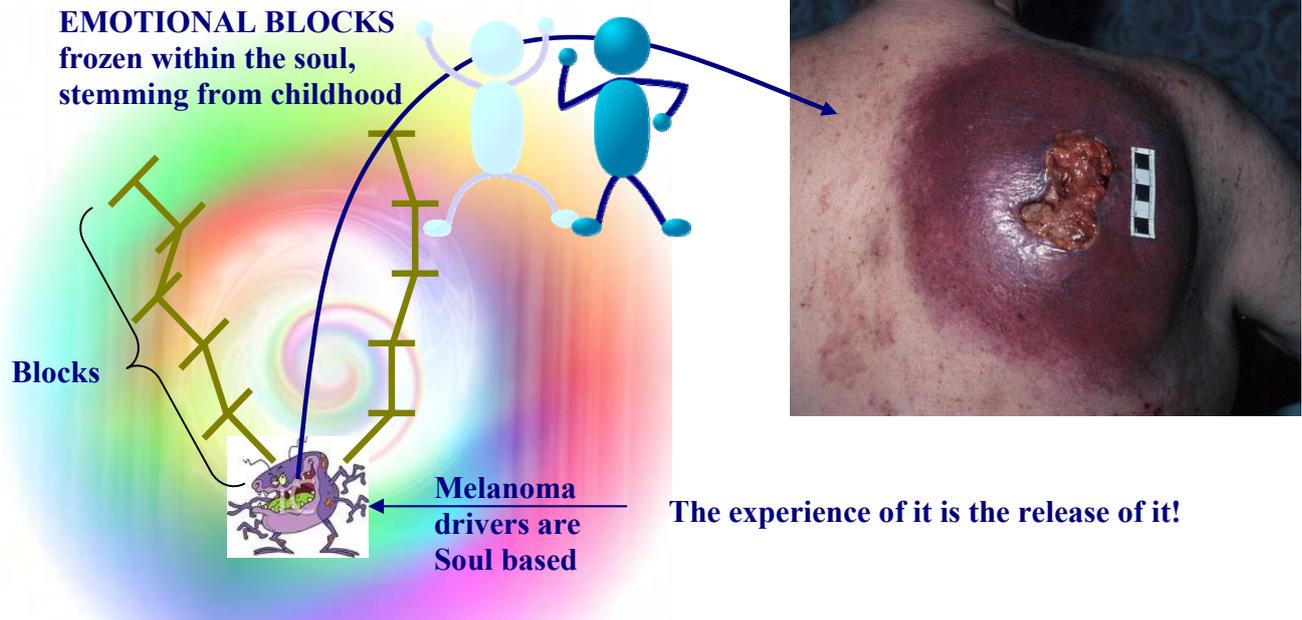
Note: With reference to the following condition, please refer to:

Pascas Care – The Truth About Cancer

Pascas Care – The Truth About Cancer Complementary Modalities

Pascas Care – The Truth About Cancer Exploring Pathways

MELANONA



“This study found that patients with malignant melanoma displayed coping reactions and tendencies that could be described as indicating ‘repressiveness’. These reactions were significantly different from patients with cardiovascular disease, who could be said to manifest the opposite pattern of coping.”

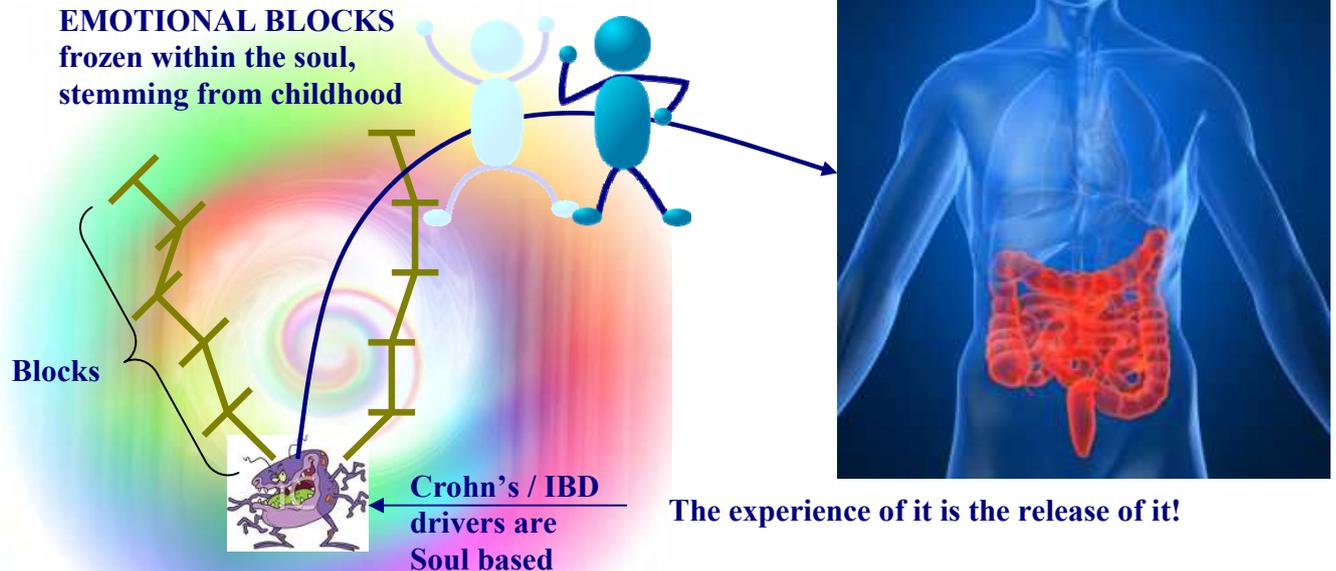
The melanoma group was the most repressed among the three groups; the cardiac patients appeared to be the least inhibited. (It is not, as it may seem, that the reactivity of the cardiac patients is healthy. In between repression and hyper-reactiveness is a healthy median.) This study demonstrated that people can experience emotional stresses with measurable physical effects on their systems – while managing to sequester (set apart) their feelings in a place completely beyond conscious awareness.

While we cannot say that any personality type causes cancer, certain personality features definitely increase the risk because they are more likely to generate physiological stress. Repression, the inability to say no and a lack of awareness of one’s anger make it much more likely that a person will find herself in situations where her emotions are unexpressed, her needs are ignored and her gentleness is exploited. Those situations are stress inducing, whether or not the person is conscious of being stressed. Repeated and multiplied over the years, they have the potential of harming homeostasis and the immune system. It is stress – not personality per se – that undermines a body’s physiological balance and immune defences, predisposing to disease or reducing the resistance to it.

Physiological stress, then, is the link between personality traits and disease. Certain traits – otherwise known as coping styles – magnify the risk for illness by increasing the likelihood of chronic stress. Common to them all is a diminished capacity for emotional communication. Emotional experiences are translated into potentially damaging biological events when human beings are prevented from learning how to express their feelings effectively. That learning occurs – or fails to occur – during childhood.

Reference: ‘When the Body Says No’ by Gabor Maté

CROHN'S – INFLAMMATORY BOWEL DISEASE



“I spend a lot of time trying to appease and trying to impress others rather than looking inwardly.” His mother has been critical of his siblings, judgment Tim has been anxious to avoid.

“Colitis patients’ mothers were controlling and had a propensity to assume the role of martyr”

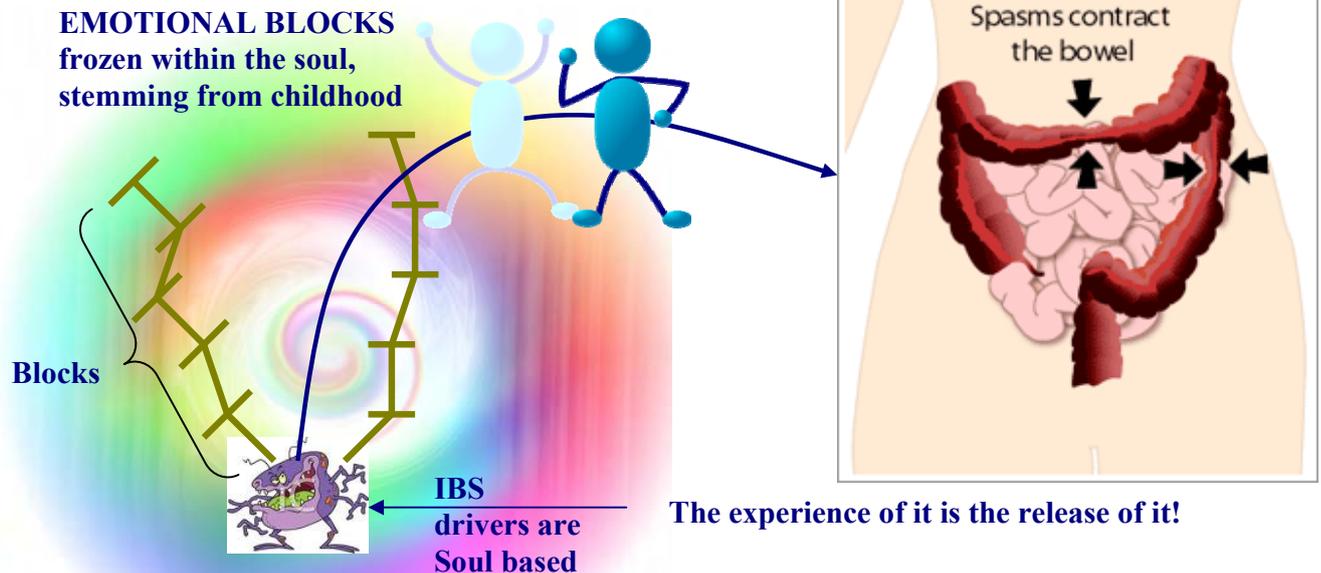
The 1955 study, which looked at over seven hundred people with ulcerative colitis, concluded that a high proportion of these patients “had obsessive-compulsive character traits, which included neatness, punctuality, and conscientiousness. Along with these character traits, guarding of affectivity (emotional expression), over-intellectualisation, rigid attitudes toward morality and standards of behaviour ... Similar personality traits have also been used to describe patients with Crohn’s.

Reference: ‘When the Body Says No’ by Gabor Maté

“I know that you don't like to talk about psychoanalysis, and I won't bother you with this topic. But in it, there is an expression that encompasses a great truth: Symptoms are words trapped in the body. Yes, this is true. The whole existence of the human being spins around words. Language forms an essential part of their being. And there are things one simply has to speak, to get rid of the effects.” Judas

<http://new-birth.net/contemporary-messages/messages-sorted-year/messages-2001/the-danger-of-mediumship-hr-4-dec-2001/>

IRRITABLE BOWEL SYNDROME – IBS



We have noted that gut feelings are an important part of the body's sensory apparatus, helping us to evaluate the environment and assess whether a situation is safe. Gut feelings magnify perceptions that the emotional centres of the brain find important and relay through the hypothalamus. Pain in the gut is one signal the body uses to send messages that are difficult for us to ignore. Thus, pain is also a mode of perception. Physiologically, the pain pathways channel information that we have blocked from reaching us by more direct routes. Pain is a powerful secondary mode of perception to alert us when our primary modes have shut down. It provides us with data that we ignore at our peril.

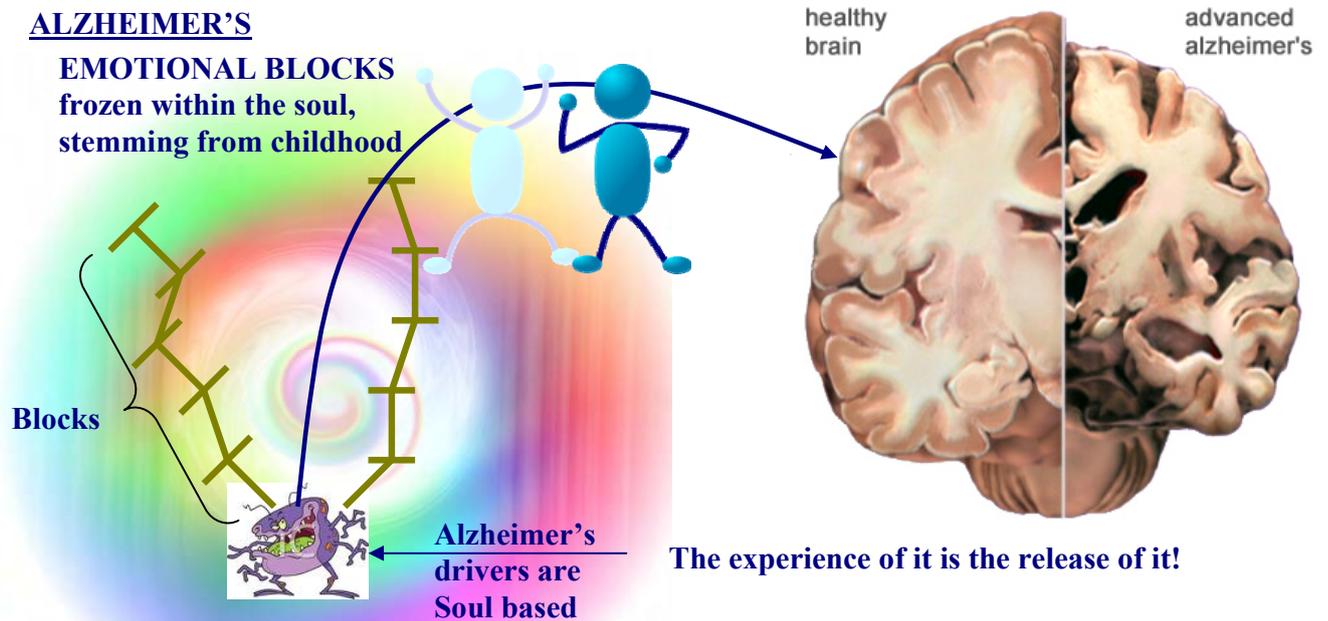
Irritable bowel patients are more likely than others to have symptoms elsewhere in the body. Susceptibility to pain – migraines, for example – is a problem many IBS patients are prone to, a fact we can readily understand if we grasp the concept of nervous-system sensitisation by stressful experience. Heightened perception of pain can be generalised.

Reference: 'When the Body Says No' by Gabor Maté

Humility is the key to heaven, the foundation of love, of spiritual growth beyond individual limits.

[The Death Wish](http://new-birth.net/contemporary-messages/messages-sorted-year/messages-2001/the-death-wish-hr-9-dec-2001/) <http://new-birth.net/contemporary-messages/messages-sorted-year/messages-2001/the-death-wish-hr-9-dec-2001/>

and I might add: **Arrogance and apathy are the barriers.**



Alzheimer's is one of the diseases on the spectrum of autoimmune conditions, along with multiple sclerosis, asthma, rheumatoid arthritis, ulcerative colitis and many others. Again, these are the diseases in which the body's immune system turns against the self. In autoimmune illness, there is blurring between what is self and non-self – foreign matter to be attacked.

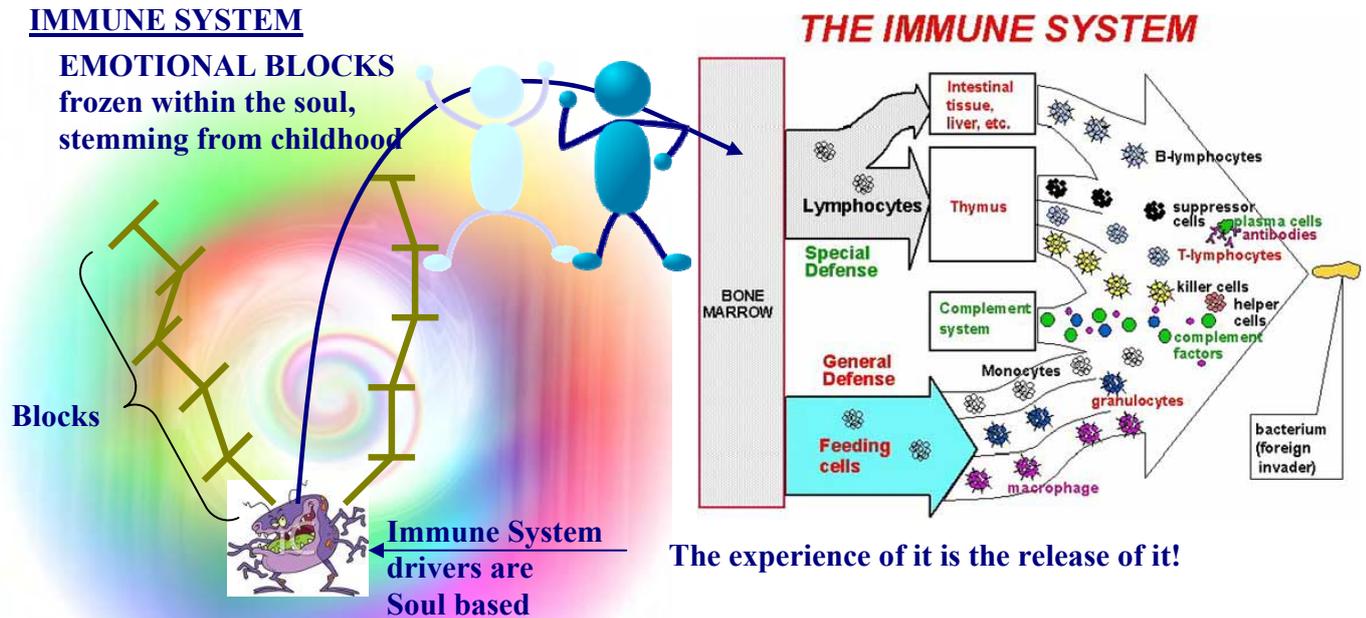
There is little doubt that the immune system plays a role in the neurodegenerative process in Alzheimer's disease.

The emotional centres in the brain profoundly influence the neurological and hormonal processes of the stress response, as we have seen. The repression of negative emotion – for example, the unconscious grief, anger and loathing experienced as a result of early deprivation – is a chronic and significant source of damaging stress. In Alzheimer's, as in other autoimmune conditions, negative emotions provide a major risk factor for the eventual onset of disease.

If the shutting-down of emotion occurs early enough, during the critical phases of brain development, the capacity to recognise reality may become permanently impaired.

Alzheimer's patients are characterised by repressed emotion. They typically report early loss or emotional deprivation in their parents' lives.

Reference: 'When the Body Says No' by Gabor Maté



Characteristic of many persons with rheumatoid disease is a stoicism carried to an extreme degree, a deeply ingrained reticence about seeking help. People often put up silently with agonizing discomfort, or will not voice their complaints loudly enough to be heard, or will resist the idea of taking symptom-relieving medications.

The non-complaining stoicism exhibited by rheumatoid patients is a coping style acquired early in life.

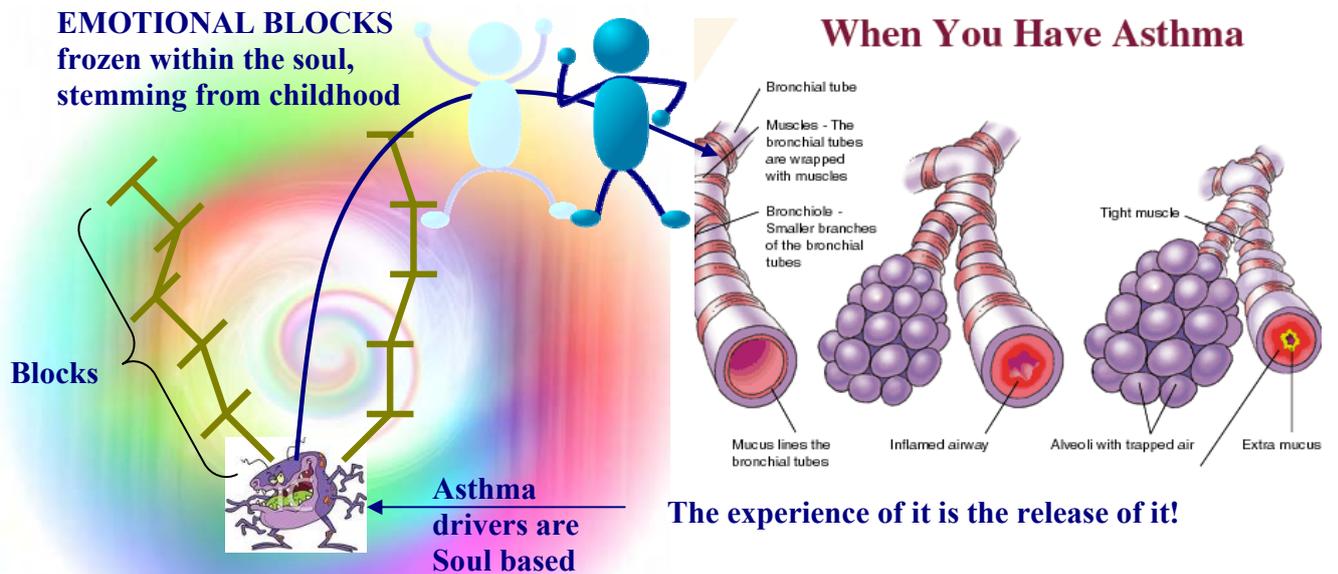
people with rheumatoid arthritis concluded that “despite the diversity in the group, the patients’ psychological characteristics, vulnerabilities and life conflicts were remarkably similar”. One common characteristic was a pseudo-independence, described by the authors as a compensation hyper-independence. A coping mechanism, a compensation for emotional needs ignored in childhood. A child in such situation survives by pretending to herself, and to the world, that she has no needs she cannot take care of herself. One aspect of that pretence is to reduce the perception of emotional stresses to a child-friendly size, a habit that may then last for a lifetime.

Compensating hyper-independence originating in early role reversal between parent and child can explain teeth-gritting endurance of physical pain.

“Self-sacrificing, conforming, self-conscious, shy, inhibited, perfectionistic” rheumatoid patient described in the psychological literature.

Reference: ‘When the Body Says No’ by Gabor Maté

ASTHMA – Biology of Relationships



Many studies of asthmatic children and adults have documented a strong association between disease severity and emotional states triggered by relationships. Researchers who looked at the interactions between parents and asthmatic children have identified characteristic patterns of insecure attachments. Separation anxiety has been observed in children with asthma to a greater degree, not only in comparison with healthy controls but also when matched with children suffering from cystic fibrosis, a congenital lung disease, more serious by far. The severity of the disease, in other words, was not the cause of the anxiety.

The stresses that may induce asthma in a child are not necessarily recognised as such by either the patient or the family. Highly sensitive children pick up subconscious cues from the environment, particularly about the emotional states of their parents. He has noted that family systems in which children develop disease have four features in common: enmeshment, over-protectiveness (controlling), rigidity and lack of conflict resolution. “A pathologically enmeshed family system is characterized by a high degree of responsiveness and involvement. This can be seen in the interdependence of relationships, intrusions on personal boundaries, poorly differentiated perception of self and of other family members, and weak boundaries.”

Reference: ‘When the Body Says No’ by Gabor Maté

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

Primary emotion	Secondary emotion/feelings	Tertiary feelings/emotions
<u>Love</u>	<u>Affection</u>	<u>Adoration</u> · <u>Fondness</u> · <u>Liking</u> · <u>Attractiveness</u> · <u>Caring</u> · <u>Tenderness</u> · <u>Compassion</u> · <u>Sentimentality</u>
	<u>Lust/Sexual desire</u>	<u>Arousal</u> · <u>Desire</u> · <u>Passion</u> · <u>Infatuation</u>
	<u>Longing</u>	<u>Longing</u>
	<u>Cheerfulness</u>	<u>Amusement</u> · <u>Bliss</u> · <u>Gaiety</u> · <u>Glee</u> · <u>Jolliness</u> · <u>Joviality</u> · <u>Joy</u> · <u>Delight</u> · <u>Enjoyment</u> · <u>Gladness</u> · <u>Happiness</u> · <u>Jubilant</u> · <u>Elation</u> · <u>Satisfaction</u> · <u>Ecstasy</u> · <u>Euphoria</u>
<u>Joy</u>	<u>Zest</u>	<u>Enthusiasm</u> · <u>Zeal</u> · <u>Excitement</u> · <u>Thrill</u> · <u>Exhilaration</u>
	<u>Contentment</u>	<u>Pleasure</u>
	<u>Pride</u>	<u>Triumph</u>
	<u>Optimism</u>	<u>Eagerness</u> · <u>Hope</u>
<u>Surprise</u>	<u>Enthrallment</u>	<u>Enthrallment</u> · <u>Rapture</u>
	<u>Relief</u>	<u>Relief</u>
	<u>Surprise</u>	<u>Amazement</u> · <u>Astonishment</u>
	<u>Irritability</u>	<u>Aggravation</u> · <u>Agitation</u> · <u>Annoyance</u> · <u>Grouchy</u> · <u>Grumpy</u> · <u>Crosspatch</u>
<u>Anger</u>	<u>Exasperation</u>	<u>Frustration</u>
	<u>Rage</u>	<u>Anger</u> · <u>Outrage</u> · <u>Fury</u> · <u>Wrath</u> · <u>Hostility</u> · <u>Ferocity</u> · <u>Bitter</u> · <u>Hatred</u> · <u>Scorn</u> · <u>Spite</u> · <u>Vengefulness</u> · <u>Dislike</u> · <u>Resentment</u>
	<u>Disgust</u>	<u>Revulsion</u> · <u>Contempt</u> · <u>Loathing</u>
	<u>Envy</u>	<u>Jealousy</u>
	<u>Torment</u>	<u>Torment</u>
	<u>Suffering</u>	<u>Agony</u> · <u>Anguish</u> · <u>Hurt</u>
	<u>Sadness</u>	<u>Depression</u> · <u>Despair</u> · <u>Gloom</u> · <u>Glumness</u> · <u>Unhappy</u> · <u>Grief</u> · <u>Sorrow</u> · <u>Woe</u> · <u>Misery</u> · <u>Melancholy</u>
<u>Sadness</u>	<u>Disappointment</u>	<u>Dismay</u> · <u>Displeasure</u>
	<u>Shame</u>	<u>Guilt</u> · <u>Regret</u> · <u>Remorse</u>
	<u>Neglect</u>	<u>Alienation</u> · <u>Defeatism</u> · <u>Dejection</u> · <u>Embarrassment</u> · <u>Homesickness</u> · <u>Humiliation</u> · <u>Insecurity</u> · <u>Insult</u> · <u>Isolation</u> · <u>Loneliness</u> · <u>Rejection</u>
	<u>Sympathy</u>	<u>Pity</u>
<u>Fear</u>	<u>Horror</u>	<u>Alarm</u> · <u>Shock</u> · <u>Fear</u> · <u>Fright</u> · <u>Horror</u> · <u>Terror</u> · <u>Panic</u> · <u>Hysteria</u> · <u>Mortification</u>
	<u>Nervousness</u>	<u>Anxiety</u> · <u>Suspense</u> · <u>Uneasiness</u> · <u>Apprehension (fear)</u> · <u>Worry</u> · <u>Distress</u> · <u>Dread</u>

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

Thinking = Mechanistic

- rational
- analysis
- reductionist
- linear

Values = Mechanistic

- expansion
- competition
- quantity
- domination

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

Thinking = Holistic

- intuitive
- synthesis
- integrative
- non-linear

Values = Holistic

- conservation
- co-operation
- quality
- partnership

Child like

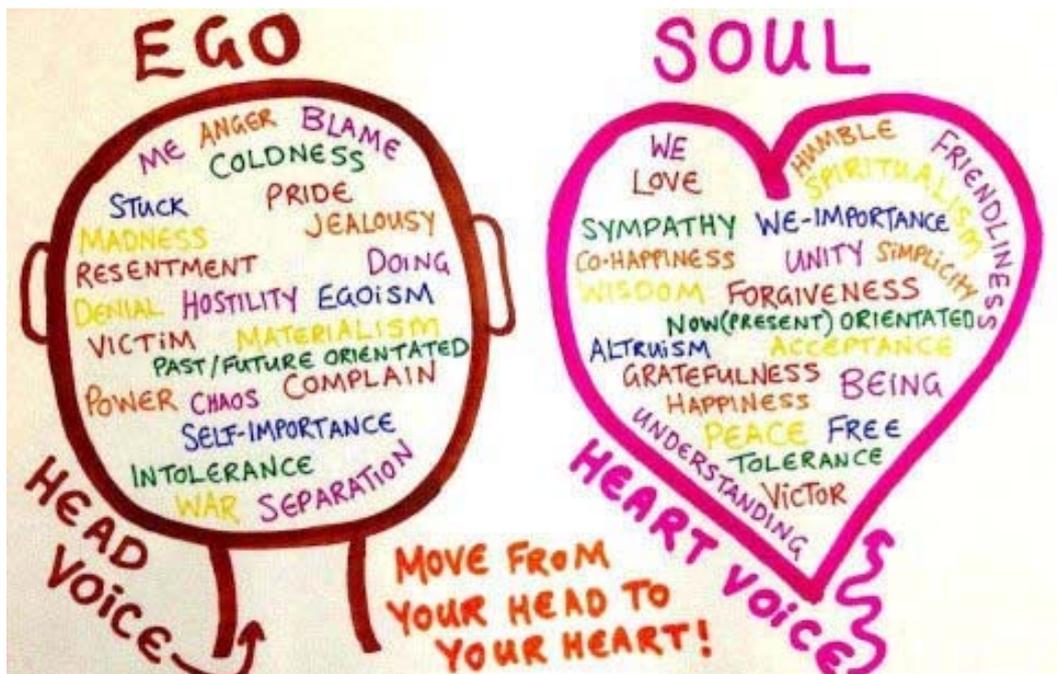
Feeling

Defined path (God created)

Peak possibility is infinity

(sphere / mansion world are same)

5 years to over 10 years to at-onement

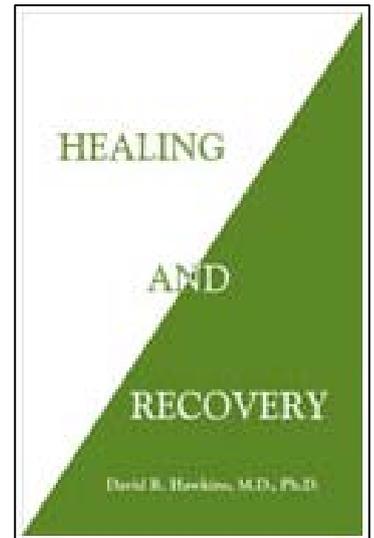


HEALING & RECOVERY: by Dr David R Hawkins

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

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

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



The source of illness is often unconscious guilt plus a specific belief system that is aggravated by suppressed emotions.

Illness is also a result of programming via the collective consciousness (and how not to buy into it), and how it comes about as a result of belief systems. We will learn that one can recover from illnesses within the parameters of karmic inheritance. There is no order of difficulty, no matter how severe the illness may sound. We will learn how to energise the self-healer that is present via Nature in all of us, and we will look at the phenomenon of multiple personalities, which demonstrates the truth of much of the following information.

Science and psychiatry are studying the clinical condition of multiple personalities with increasing interest because it explains so many different phenomena. In this condition, more than one personality expresses itself through the body (periodic overcloaking). Clinically, one personality may have multiple illnesses, such as asthma, allergies, gout, and many others, but when that personality leaves and the other personality comes in, the second one may well have none of those illnesses whatsoever. That personality says, "I don't believe in any of those things. I am not subject to them." As a result, we will look at the power of the mind (driven by the soul) over body.

A basic principle of recovery is that we are subject to what we hold in mind (which resides within our spirit body) which may, however, be unconscious (out of awareness). One can refer to the Map of Consciousness to make this understandable rather than sound mystical or puzzling in our expressions. It is helpful to remember that the direction of the energy fields indicates whether it is a negative field with a destructive influence or a positive field. Knowing this will enable us to feel confident that we are operating from something that is reasonable, confirmable, and understandable.

The mind (from within the spirit body) is so powerful that what it believes tends to manifest.

We will go to the level of cause instead of the level of effect. The body is at the effect of what is held in mind. If we want to know what we are holding in mind, all we have to do is look at what is going on in the body and observe its behaviour, which tells us what we believe. If we look back into our memory

(memory resides within our soul), we often will not be able to recall that we had any such belief system, or that we thought it applied to us. The fact that it is in our life tells us that it must have been there somewhere in the personal or collective unconscious.

The most common example of this occurs in people who are allergic and say, “Well, I didn’t have any belief in allergies. I didn’t bring this into my life consciously.” Yet, if we go back into their childhoods, almost invariably we find that the belief system and allergies occurred very early in life, usually at ages two to three. The little child picks up a remark by someone in the family such as, “Allergies run in our family.” The minute the child’s mind hears this, buys it, and, of course, believes it, it becomes an operative program.

A lot of phenomena we see expressing in the body of the adult were picked up very early in life from a chance remark heard on television, or something misunderstood in a book, or a remark that a teacher made. These things constitute suggestive programming and common belief systems and become conscious when we begin to work on them.

We are subject to what we hold in mind, so what does that mean? What is the nature of illness itself? We see, first of all, it is that of pain and suffering. Consequently, it is obvious and merely common sense that illness is an expression of pain and suffering. When we look at the Map of Consciousness, pain and suffering are located at the lower energy levels, with the energy field in a negative direction, meaning that it has an adverse effect on our life. Then we have to look into the nature of guilt, the unconscious guilt, and how it expresses itself.

The thought patterns in the mind are belief systems. Guilt stems from judgmentalism and negative opinions. Negative feelings tend to go together, so all the negative feelings then contribute to illness, including pride, anger, desire, fear, grief, apathy, and guilt. We know that when we kinesiology muscle test a person’s muscle strength, if they hold anything in mind below the energy level of Courage (MoC 200), such as prideful or angry thoughts, wantingness or cravingness, a fearful thought, some grief, apathy, or a guilty thought, the muscle goes weak. Other feelings, such as regret, loss, hopelessness, despair, self-hatred, worry, anxiety, grievances, and any kind of arrogance or contempt also result in a person’s instantly going weak with muscle-strength testing. (The pupils also dilate.)

The muscle weakness and pupil dilation represent desynchronisation of the cerebral hemispheres and an instant weakening of the body’s energy field. It also indicates something that is deleterious to life. Through this method, we can prove to anyone that any negative thought or feeling desynchronises the body’s acupuncture energy system, which is more responsive than the central nervous system and far more rapid than the autonomic sympathetic nervous system.

The body’s acupuncture energy system, via the twelve main meridians of the body, instantly responds to anything that is negative because all the energy fields below the level of Courage at 200 represent that which is not the truth. That then brings in the whole energy field and thought system of being a victim. As a sick person, we view ourself as a victim of the disease. Therefore, it is important to realise that there is the illness, and there is the person who has the illness. We then understand that the person who has that illness needs to change in order for it to disappear. We are going to learn about recovering from a specific illness, including how to handle the actual event on the physical, psychological, emotional, and mental levels, and how we must change as a being so that healing becomes automatic.

The Map of Consciousness shows that all the negative emotions facilitate illness, and all the positive emotions tend to cure illness. Once we get above the level of Courage, a level that we cross by telling the truth about things, we become detached, which opens a space for us to become a willing, accepting, and loving person. On the calibrated scale, Love occurs at 500 and Healing appears at 540. What kind of lovingness brings about an almost automatic healing within the body? It is unconditional love, that which is non-judgemental, forgiving, and aligned with understanding and compassion. Love sees, nurtures and supports all of life and honours its sacredness, and of itself creates a healing energy field that calibrates at 540.

We have to begin by letting go of resisting the sensations that we are experiencing and stop labelling them. For example, we cannot experience a ‘duodenal ulcer’ or ‘asthma’. They are labels, mental constructs, elaborate programs, and belief systems. We cannot experience ‘asthma’, but what do we experience? This is where the technique of radical truth comes up.

The actual healing of the physicality of the illness is letting go of resisting the inner physical experience of it without any mental label. At the same time, in fact, we begin to cancel the mental label and replace it with the truth. We cancel by affirming, “I no longer believe in that. I am in an infinite being, and I am not subject to that. I am only subject to what I hold in mind.”

(Affirmations may work for some people, whereas releasing emotions – erroneous beliefs may work for others. This is something for each of us to consider. The objective is to correct the error within our belief systems which relates to an emotion that is blocking the energy flows through our spirit body which in turn is manifesting the illness within our physical body. Erroneous beliefs and emotions can be directly associated to each illness and pain emerging within our body.)

What does it mean to be “an infinite being and not subject to that?” It means we are only limited by our belief systems, and if we let them go (errors within our soul), what takes their place? If form is removed from consciousness, what is left? The formless is left, and the inner experience of it is infinite, without boundaries, without beginning or end. The formless is the essential nature of consciousness itself and is unlimited. If we place a limitation or introject form, then we subject ourselves to what we are holding in mind. To replace it, we consciously cancel it by saying, “I cancel any belief in duodenal ulcers”, or asthma, or whatever the illness might be. We then say, “I’m subject only to that which I hold in mind. I am an infinite being, and in truth, I am not subject to that. And that is a fact.”

Falsity by its nature puts us below the level of 200 and throws us into a negative energy field, which, in and of itself, brings about illness.

(An error of truth creates an emotional issue that once removed enables health to return to the body.)

The minute we tell the truth, the energy field at the level of Courage (meaning to tell the truth that we are an ‘infinite being and subject only to what is held in mind’) instantly puts us above the line at level 200.

The willingness to accept this truth lifts us up to a position to choose appreciation of the body instead of the ‘make wrong’ of the body; the lovingness of our life instead of the ‘make wrong’ of our life; the lovingness of the being that we are instead of the criticism of it. We find that we have to let go of criticism, ‘attack’ thoughts, critical thoughts, and judgemental thoughts. We have to let go of putting

ourselves in the position of being right and making other people wrong because the level of 'right and wrong' is at the energy level of about 180, which is that of negative thought forms. In other words, it has a deleterious effect on our health and life energy. If we are willing to let go of our illness, then we have to be willing to let go of the attitude that brought about illness because disease is an expression of one's attitude and habitual way of looking at things.

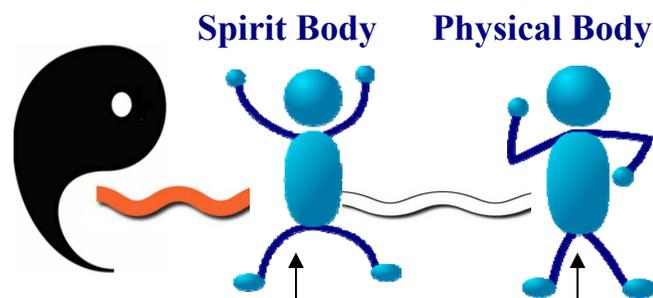
(The releasing of the emotional errors that are the underlying cause of illness brings about health and recovery.)

The specifics of healing a particular illness consist of:

1. Letting go of resisting the sensory experience of it.
2. No longer putting names or labels on it, and
3. Using no words at all. Welcome experiencing what you are experiencing in a very radical way and at the same time
4. Cancel the thought form and belief system, and
5. Choose the energy field of Love, which heals.

(Consider engaging this at the same time as releasing underlying emotional errors.)

SOUL CONDITION



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

PHYSICIAN, HEAL THYSELF:

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

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

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

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

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

LETTING GO PROCESS, also known as The Sedona Method:

Dr David R Hawkins lived in Sedona, Arizona USA

<http://www.sedona.com/howItWorks.asp>

A Sample Releasing Process

The following explanation and process will give you an understanding of what The Sedona Method is and a small taste of what The Sedona Method releasing technique can do for you.

Remember, this is just a sample. For you to get maximum benefit and sustained results, we highly recommend that you work with our audio program and/or attend one of our seminars.

There are three ways to approach the process of releasing, and they all lead to the same result: liberating your natural ability to let go of any unwanted emotion on the spot, and allowing some of the suppressed energy in your subconscious to dissipate. The first way is by choosing to let go of the unwanted feeling. The second way is to welcome the feeling, to allow the emotion just to be. The third way is to dive into the very core of the emotion.



"I had what I considered a very traumatic event happen to me about five years ago. I've been holding onto anger, fear, and grief for about five years. Through the releasing methods and two very profound releases I am able to feel a sense of peace and acceptance. I feel internally transformed, light, and free. I'm very thankful for Hale. This was a life changer for me."

Rhonda Sihler, Pasadena, CA

A simple exercise

Let me explain the technique more thoroughly by asking you to participate in a simple exercise. Pick up a pen, a pencil, or some small object that you would be willing to drop without giving it a second thought. Now, hold it in front of you and really grip it tightly. Pretend this is one of your limiting feelings and that your hand represents your gut or your consciousness. If you held the object long enough, this would start to feel uncomfortable yet familiar.

Now, open your hand and roll the object around in it. Notice that you are the one holding on to it; it is not attached to your hand. The same is true with your feelings, too. Your feelings are as attached to you as this object is attached to your hand.

We hold on to our feelings and forget that we are holding on to them. It's even in our language. When we feel angry or sad, we don't usually say, "I feel angry," or "I feel sad." We say, "I am angry," or "I am sad." Without realizing it, we are misidentifying that we are the feeling. Often, we believe a feeling is holding on to us. This is not true... we are always in control and just don't know it.

Now, let the object go.

What happened? You let go of the object, and it dropped to the floor. Was that hard? Of course not. That's what we mean when we say "let go."

You can do the same thing with any emotion: choose to let it go.

Sticking with this same analogy: If you walked around with your hand open, wouldn't it be very difficult to hold on to the pen or other object you're holding? Likewise, when you allow or welcome a feeling, you are opening your consciousness, and this enables the feeling to drop away all by itself—like the clouds passing in the sky or smoke passing up a chimney with the flue open. It is as though you are removing the lid from a pressure cooker.

Now, if you took the same object—a pencil, pen, or pebble—and magnified it large enough, it would appear more and more like empty space. You would be looking into the gaps between the molecules and atoms. When you dive into the very core of a feeling, you will observe a comparable phenomenon: nothing is really there.

As you master the technique of releasing, you will discover that even your deepest feelings are just on the surface. At the core you are empty, silent, and at peace—not in the pain and darkness that most of us would assume. In fact, even our most extreme feelings have only as much substance as a soap bubble. And you know what happens when you poke your finger into a soap bubble: it pops. That's exactly what happens when you dive into the core of a feeling.

Please keep these three analogies in mind as we go through the releasing process together. Releasing will help you to free yourself from all of your unwanted patterns of behaviour, thought, and feeling. All that is required from you is being as open as you can be to the process. Releasing is a simple technique will free you to access clearer thinking, yet it is not a thinking process. Although it will help you to access heightened creativity, you don't need to be particularly creative to be effective at doing it.

You will get the most out of the process of releasing the more you allow yourself to see, hear, and feel it working, rather than by thinking about how and why it works. Lead, as best you can, with your heart, not your head. If you find yourself getting a little stuck in trying to figure it out, you can use the identical process to let go of "wanting to figure it out." Guaranteed, as you work with this process, you will understand it more fully by having the direct experience of doing it.

So here we go.

Choosing to Let Go

Make yourself comfortable and focus inwardly. Your eyes may be open or closed.

Step 1: Focus on an issue that you would like to feel better about, and then allow yourself to feel whatever you are feeling in this moment. This doesn't have to be a strong feeling. In fact, you can even check on how you feel about this exercise and what you want to get from it. Just welcome the feeling and allow it to be as fully or as best you can.

This instruction may seem simplistic, but it needs to be. Most of us live in our thoughts, pictures, and stories about the past and the future, rather than being aware of how we actually feel in this moment. The only time that we can actually do anything about the way we feel (and, for that matter, about our businesses or our lives) is NOW. You don't need to wait for a feeling to be strong before you let it go. In fact, if you are feeling numb, flat, blank, cut off, or empty inside, those are feelings that can be let go of just as easily as the more recognizable ones. Simply do the best you can. The more you work with this process, the easier it will be for you to identify what you are feeling.

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

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

These questions are merely asking you if it is possible to take this action. “Yes” or “no” are both acceptable answers. You will often let go even if you say “no.” As best you can, answer the question that you choose with a minimum of thought, staying away from second-guessing yourself or getting into an internal debate about the merits of that action or its consequences.

All the questions used in this process are deliberately simple. They are not important in and of themselves but are designed to point you to the experience of letting go, to the experience of stopping holding on. Go on to Step 3 no matter how you answered the first question.

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

Again, stay away from debate as best you can. Also remember that you are always doing this process for yourself—for the purpose of gaining your own freedom and clarity. It doesn't matter whether the feeling is justified, long-standing, or right.

If the answer is “no,” or if you are not sure, ask yourself: “Would I rather have this feeling, or would I rather be free?” Even if the answer is still “no,” go on to Step 4.

Step 4: Ask yourself this simpler question: When?

This is an invitation to just let it go NOW. You may find yourself easily letting go. Remember that letting go is a decision you can make any time you choose.

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

You will probably find yourself letting go a little more on each step of the process. The results at first may be quite subtle. Very quickly, if you are persistent, the results will get more and more noticeable. You may find that you have layers of feelings about a particular topic. However, what you let go of is gone for good.

HOW to LET GO:

<https://learnlettinggo.com/how-to-let-go/>

[Listen to the podcast of this page.](#)

The [Letting Go](#) technique is simple. It's so simple you may dismiss its incredible power. If you catch yourself doing this, let go.

All you need to let go is an emotion, a negative one. This feeling is attached to many thoughts, perhaps a story or a dozen similar experiences. However it presents, the overall energy, is negative.

1. Identify a negative feeling.

Now quiet your mind and there are many ways to do this. [Here are a few suggestions that have worked for me.](#) Thoughts are not helpful in the letting go process except to alert you into the process.

2. Clear away all thoughts.

Focus quietly on the feeling. Breathe into the sensations and allow them to be. Here all you do is breathe and accept the feeling inside you. It doesn't matter where you are (home, work, driving, having coffee with a friend) just go from unconscious breathing to conscious. The sensations may be very uncomfortable. That's ok. Just breathe and allow the feelings to be where they are. Let go the need to give the feeling a name. I like the general word, *sensations*. You may notice these sensations begin somewhere specific in your body and you may discover they are everywhere. Simply breathe and allow.

3. Breathe into the sensations and allow them to be.

Your willingness to accept the sensations may intensify them. This is okay too. Keep breathing and allowing. Thoughts are not required. With your breath, create an intention to accept what's happening inside you. Breathing into the sensations releases your resistance. It's the resistance that is causing you pain. It's your thoughts about the pain that keep you stuck and unwilling to let go. Your willingness to let go thinking and accept what's happening is your ticket to inner freedom. Each time you sense a disruption inside, turn down the volume on the thoughts, breathe into the sensations and allow them to be. This is all you need to do to let go. Simple. The challenge comes in being



vigilant with letting go all negativity – no exceptions. Including your favourite wound reserved for social settings. Of course *that* story gets you attention! It will even tell you, “you’re not interesting” without it. Let go the sensations around social acceptance or whatever comes up.

4. Repeat when necessary.

Letting Go for Everyone

For fun, imagine a world where all the people have let go. You are surrounded by delightful, creative, deeply loving and authentic friends.

Nobody has hang-ups or low self-esteem. When life gives them lemons they seek the lesson instead of *lemon-ting*. When they let go a crisis all that’s left inside is a harmless, concluding statement, “Well that happened and I made it.” This world of burdenless people live fearlessly. They are full of energy. (Note: If you sense any resistance around visualizing this world where people have let go, stop reading and let go now). All it takes to create a world like this is for one person to be willing to let go. When you do, others will sense your courage and be inspired to do the same.

Monkey See Monkey Do!



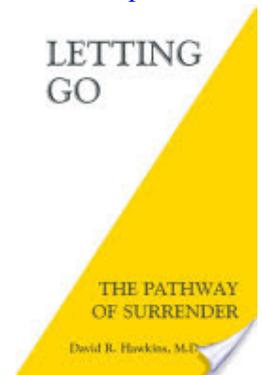
It was your inner courage that brought you here or perhaps it was a painful potato?! [Read the Potato Story.](#)



Looking for some ways to trigger the Letting Go Process? [Click here to ask yourself some provocative questions.](#)

[Perhaps letting go has become a practice for you and you’d like to learn some advanced techniques.](#)

This blog is based on my personal experience with the collective works of Dr David R Hawkins. His last book, *Letting Go: A Pathway to Surrender* (2012) is what motivated me to commit to the process. The fact that it works is why you’re reading this.



NOTE: One’s personal desire to bring about harmony within, and also physical health, is amplified by gifts of love that are received via way of embracing steps to release the blockages of energy within one’s bodies that have occurred as of a result of typically forgotten emotional errors, injuries and events from long ago. The process of Letting Go is considered to be more effective than similar processes, however, the ultimate high-octane super fuel of the Father’s Love, the gift of Divine Love can be simply longed for, asked for and received. It is this Love that slowly dissolves emotional injuries and brings about the harmony one may be seeking for.

One may be encouraged to embrace the Letting Go process as well as the seeking and receiving of the Source Soul’s Love. The combination of both of these practices will have eternal benefits.

One will also notice that both are so simple in their format that either is difficult to comprehend due to the simplicity of each gift towards the love and healing of one’s being.

Enjoy the journey, Pascas Health.

FEELING HEALING versus other EMOTIONAL PROCESSING METHODS:

Thursday, 13 July 2017

Hi James and Nanna Beth (questions from John)

The question to address is:

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

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

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

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

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

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

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

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

your will and become a truly functioning person, fully self-expressive, self-loving, and growing continually in truth.

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

Why haven't other methods been going deep enough?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Love from us all over here – your Nanna Beth.

Feelings first

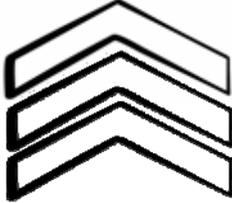
LIVE FEELINGS FIRST

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.

Our FEELINGS are our SUPREME GUIDES:

Feelings!

Feelings are what guide us through our ascension of truth. So they are really our Supreme Guides. Many people look for a person, spirit, angel, even God, for supreme guidance, however it's all right there already built in – in our feelings. We just have to submit to them, allowing them to take us where they will, expressing all the parts we want to express, letting the emotion drive that expression if it's there to be expressed, or just talking about all we feel and how feeling that feeling is making us feel – or, how we feel about having that feeling, all whilst longing for the truth of our feelings. Longing for the truth of our feelings is really: Longing for the truth of our self, because: we are our feelings. So life stirs up our feelings, we feel being alive; or, being alive means we are feeling, always feeling; and when we work out what and why we are feeling what we are, so then we know the truth of how we are. And over time the truth accumulates, and our mind expands our understanding of ourselves, all being driven from our feelings. Kevin 26 Sep 2017

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

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

FEELING HEALING

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

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



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

FEELING HEALING is ABOUT GOING EVER SO DEEPLY INTO ONE’S OWN PAIN:

You are going to feel all the bad you feel now, and all the bad you felt during your childhood. If you don’t remember feeling bad during your childhood, you still have to want to see if there are bad feelings buried deep in you that you are not aware of, feelings you have shut out of your mind, so its imperative that you must want to feel bad – that you want to accept your bad feelings and stop denying them.

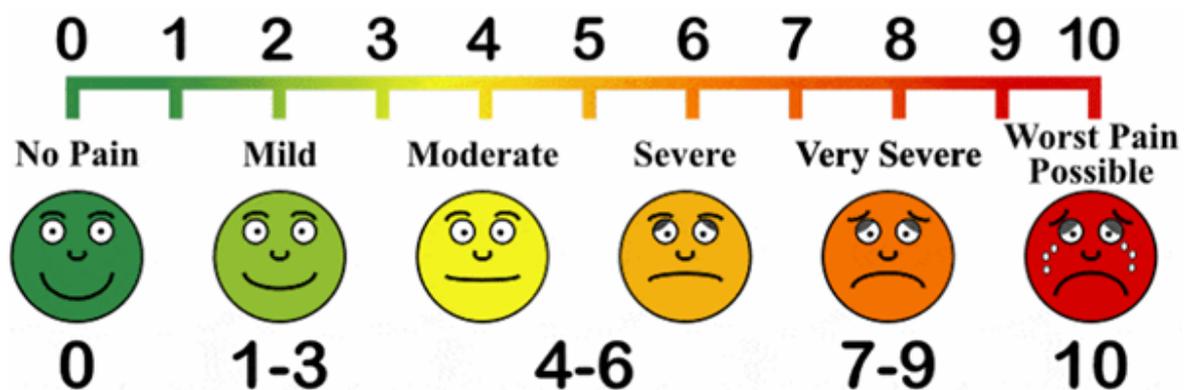
I want you to understand that feeling bad is good, it is the right way to go, it is heading in the right direction, it is your ascension, your spiritual growth – what you need to do to heal your negative mind. It is to do the opposite to your training, to allow yourself to feel as bad as you do, instead of dismissing all your bad feelings and pretending you don’t feel them. It is going against all that you know, and all that has been taught to you, and is against all of your minds conditioning. But still, as I said, you are setting off in an unknown direction, and feeling bad, and wanting to feel bad, and allowing yourself to feel all the millions of bad feelings that will come up in you, IS THE RIGHT WAY. It will be very new to you, and you might feel bad about this, and about feeling bad, but that is all good, and that is what I would expect. The Mother and Father will provide experiences for you that will make you feel bad: angry, miserable, pain and many other bad feelings. All those feelings you wish would just go away are the ones you now must wish to have, and own, and express, and own up to, as being a part of you.



And all through it I want you to ask, and even if necessary, to beg, the Mother and Father to show you the truth of why you are feeling bad. THIS IS EXTREMELY IMPORTANT – TO WANT TO KNOW THE TRUTH OF WHY YOU ARE FEELING BAD. For without wanting to know why – what’s the point, you may as well just keep on denying them, doing things believing they are making you feel good.

I don’t want you to go to Them with your mind for a quick answer, although you can discuss everything with Them; but to ask Them to SHOW YOU THE TRUTH THROUGH YOUR FEELINGS, so you can feel, and experience, and know categorically for yourself, why you feel bad. The truth will come up independently to your mind. Your mind should be kept out of it, until the truth has come as a result of your expressing your feelings, then you can use it to think about all you have seen about yourself. You have to want to know your feelings, all the reasons why you feel so bad. Mary

Messages from Mary and Jesus book 2 via James Moncrief 28 April 2003



WE ARE TO LIBERATE OUR SUPPRESSED PERSONALITY:

We NEVER lose our personality, it is ours, and it's our precious gift from our Mother and Father. We are always who They have made us be. Personality is sacrosanct. It's the most valuable thing in Creation, it's what all Creation rides on, it's what all Creation exists for: the expression of personality.

All our Healing does is liberate our true personality, so it doesn't actually change us, and it doesn't make us be a different person, it just liberates all the parts of us that were stopped from freely expressing themselves.

All that is wrong or bad or imperfect within you, will turn into being perfect, right and good. You get rid of all the bad stuff by liberating all the hidden good, and as that comes to light, so the bad fades and then leaves altogether because you no longer need to be that false untrue you, the one your parents have made you be. But YOU, the basic intrinsic you, never changes, and all you don't love about yourself will go as you gradually love yourself more, all as you keep bringing out your repressed feelings.

Helen talking to James Moncrief 5 April 2017

When you start to do your soul-healing you are moving away from the control of your negative mind.

We all have a great responsibility to Creation and to our Heavenly Parents: to strive to be true and adhere to the perfection of our soul, so that by our own existence, as shown in our lives, we are helping to build Creation in the right way. A positive mind is of perfection and will add positively to Creation; a negative mind only seeks to add imperfection and destroy Creation. Creation being created by perfect love will only tolerate imperfection for so long. Although you are living a valuable experience in your evil and negative mind states, Creation and your soul will only tolerate such self-denial for so long. One day, if not sooner rather than later, you will feel the pressure on you to change, to find out why you are not happy and not all loving – to find out the truth of your no-love, denial state.

When you start to do your soul-healing you are moving away from the control of your negative mind.

Love can only go where truth exists.

Messages from Mary and Jesus via James Moncrief 13 March 2003

WE ARE TO BE OUR TRUE SELF – OUR SOUL BASED FEELINGS!

We are to use our feelings to uncover the truth of ourselves. Just how important are each of our feelings? Well really, they are ALL as important; as in, nothing else in life even matters other than what we are feeling.

We are all so conditioned and used to living with our mind in control of ourselves, that many of our feelings, and mostly so many of our bad feelings, we dismiss or shut out and refuse to deal with. We should go the other way in life, so instead of denying so many of our feelings, trying to acknowledge them all, to bring them all out, every last bad one, even if means stopping everything else and attending to them; and by attending to them is to make sure we express them, speak about them, the whole idea being not to keep suppressing them, to make sure they come up and out of us as we feel them.

Along with this: we are to long for the truth of our feelings; as in, the truth they are wanting us to see about ourselves, because apparently hidden or behind or within each feeling, is something it's trying to tell us about ourselves. And that is how God wants us to live – it is to live a true spiritual life.

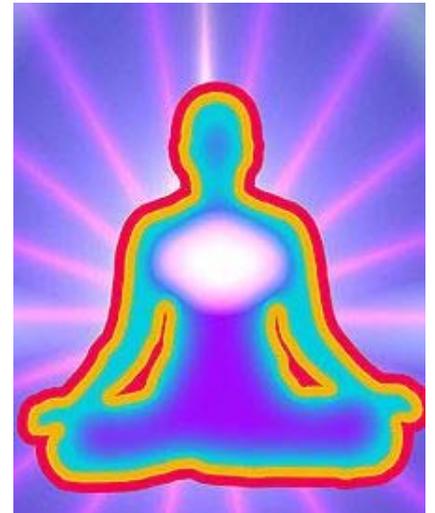
We are not meant to be alone, we are to have someone with whom we can share our whole self with, telling them all we think and feel. If you do not have a companion, talk it out loud to your Heavenly Parents.

If you feel a bad feeling, you don't let it pass, you stop with it, focus on it fully accepting it; and with the emotions of it, express it the best you can; and then at the same time, long for the truth of it – want to see what it's all about – why you're feeling it.

There are hidden deeper underlying causes in us that will come to light as to why we're really feeling bad. So we might, for example, be angry with something that's happening in our life now, but as we express that anger, longing for the truth of it, it will lead us back into our earlier life connecting with the same anger we felt about other things; and then back even deeper into connecting, or it should be reconnecting, with anger we felt with our parents when our parents treated us badly.

That means there will be a lot for us to deal with if the bad feelings we're feeling now are also going to lead us back into buried bad feelings from our past.

Sage and the Healing Angels of Light by James Moncrief



CHILDHOOD REPRESSION of FEELINGS STARTS from CONCEPTION:

Just look at a young child growing, each day certain things make it feel good and other things make it feel bad, and for some children, there's a lot of time each day spent feeling bad – others a lot of time feeling good. And all that good and bad is intertwined, and it all has to be worked back through. So all that is truly good and not what I'd call, false-good, is kept; and all that is bad and has pretensions of being good, goes away, which happens as you express it all out of you.

But the key to it is wanting to express it all out of you – and wanting to see it all: facing the truth of what comes to light. You've got to be willing to bring it all up and out, so you can see it and face it and accept that it is you – that yes, this is really how I am feeling. And then as you do that, you are increasing the awareness and understanding of yourself, of why you are the way you are, and that is all the truth coming to light. And along the way as each bit comes up within you, based on how it makes you feel, you decide whether or not you want to keep being as you are, and so naturally, you'll want to get rid of all the bad stuff and keep all the good.

But the whole thing is, and this might be hard to understand, that you yourself, other than deciding whether or not you want to keep being as you are, don't – because you can't – actually do anything else to change yourself. So you simply keep accepting how wrong you are right the way through until you've seen and accepted it all, that this is the rotten, ugly, horrible, evil truth of myself, and you don't even try to make yourself not be it; you allow yourself to be the nasty, unloving, evil person you are, seeing it and feeling how being it makes you feel; which won't be too good, but you keep going accepting all those feelings and wanting the truth of them. So you don't try to fix or change yourself, you just accept how you are feeling. And then when you've seen the truth of your feelings that are to show you, which can happen at any time throughout your Healing, the causes of those bad feelings will be removed by your soul and your angels, and that's it, you are no longer as you were. And your whole system adjusts, and gradually you come to realise that you are changing, that you are no longer the bad person you were. And then one day, when the BIG DAY finally arrives, you know with all your heart; and so, with all your truth, that you are no longer evil, no longer wrong, and that your Healing is over, you've been completely transformed into being a true person.

So you see it's a process, so something that takes time because you need things to happen to make you feel bad; and you need time to express and work through all your bad feelings; and you need time for your whole system – you – to adjust to all the changes; and that is your true spiritual growth, because you are growing in the truth of yourself – do you see what I'm saying?

So the whole key to it, which is what you are saying, is that we are to become our true and perfect self.

Sage and the Healing Angels of Light by James Moncrief



Feelings First Spirituality

The New Way

Feelings First
FF
Feeling Free

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

Accept, express and long for the truth of your feelings

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



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

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



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



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

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

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

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

It completely unifies the world.

Everyone can relate to everyone else through their feelings.

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

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

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



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

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

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

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



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

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

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

LOVE is the Religion of Feelings, being:

Feelings First Spirituality, The New Way



my
House is your
Paradise

HOME

WE ENDURE FOUR LAYERS of PERSONALITY SUPPRESSION!



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

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



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

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



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

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



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

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

DEVOLUTION

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

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

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

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

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

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

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

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

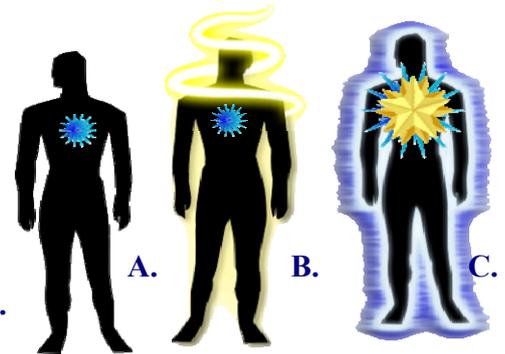
No more of this! We can escape this man made hell!



EVOLUTION

STEP 1: Longing for and receiving Divine Love:

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



STEP 2: FEELING HEALING + SOUL HEALING

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

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

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

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

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

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



**PUSH ME,
PULL ME**

The NEW WAY of LIFE:

Now for the first time in history, Celestials can be more assertive in making known the availability of Divine Love, and that the only way to progress towards our Heavenly Parents is by engaging in doing one's Feeling Healing.

The Celestials have all but stopped the mind spirits from negatively influencing people on Earth, and the biggest area this is in, is in the religions. So the religions on Earth and all the spiritual systems of the mind, are under pressure in that they are no longer enjoying the input from the mind worlds that they have had. And how this translates into ordinary everyday life, is more in the unseen connection between those in religions on Earth and those of the same religion in spirit, is fading away.

Then at the same time, we, the Celestials, are being allowed to move more freely amongst everyone, both in the mind worlds and with you on Earth. Which means, we can confront and have more of a say in peoples and spirits lives, something that was forbidden the Celestials of the 'old guard'. They were not allowed to interfere at all, having to wait patiently for spirits (as there was rarely anyone on Earth) to show interest in an alternative way to God, which enabled the Celestials to slowly introduce the notion of the Divine Love and then that of doing one's Healing. But it took a long time for mind spirits to show any real interest and being willing enough to give up the power their mind had over them, wanting to seek a higher life.

Celestials can now, following the progress achieved by Marion and James Moncrief, approach and be more freely expressive to spirits on all levels, and also to people on Earth, should they want their help.

Further, those who reject and suppress their children will progressively grow in awareness of their own unloving natures. One will not be able to continue to avoid their feelings of wrongness.

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

Thus the three aspects: one, of having more readily available guidance to become aware of the availability of Divine Love; two, the way to become fully expressive of one's soul based personality through the process of Feeling Healing; and thirdly, the quickening of the Law of Compensation through one's greater sensitivity to one's emotional errors and injuries. By having greater personal connection with a Celestial, we are able to move into longing for the Divine Love, and look to healing ourselves and grow in truth, and start to seriously consider embracing one's ascent to Paradise.



**Law of Compensation
quickenning 22 May 2017**



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 feel into our emotional injuries and allow them to be released. Until we emotionally experience past errors and injuries we hold onto them.



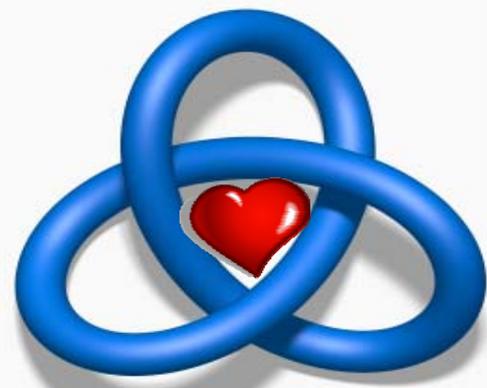
To free our soul of damage and toxic emotions we must open ourselves to experiencing them. This is a progressive, slow and uncomfortable cleansing process that we must all experience. Only by addressing the generational injuries will we, as humanity, evolve in love.



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.

Steps UP!

Quantum Jump 1



REVELATION 1
James Padgett 1914 – 1923

James Padgett bravely introduced the availability of the Mother and Father's Divine Love and a great deal of additional guidance and information, all of which has been supplemented by Samuels, Judas, Reid and Arnold. All writers were under restrictions of personality and circumstances. Revelation 1 opened the door for humanity.

Quantum Jump 2

REVELATION 2
Marion and James Moncrief 2002
– ongoing

Marion and James Moncrief have recognised the need for one to engage in Feeling Healing and, by their actions, removed restrictions that James Padgett and others above endured, thus JM is able to critique the writings of the past 100 years resolving points of confusion as well as expand on what has been written. Revelation 2 is humanity's turning point.

Due to the extra-ordinary nature of Revelations 1 and 2, humanity with the first Revelation would have continued on into its negative pathway of living, however, combining the first Revelation with Revelation two, now humanity can embrace this turning point and commence its evolutionary growth that has required two thousand years to put in place. This is the greatest event in the history of humanity and very few are aware of such, until we enable others to become aware.



Negative Spirit Influence
blocked
22 March 2017
Law of Compensation
quickenning
22 May 2017
Rebellion and Default
officially ended
31 January 2018



FRESH IS BEST:

Nutrition – always consider the freshest option, anything lesser is depleted in energy and food value.

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

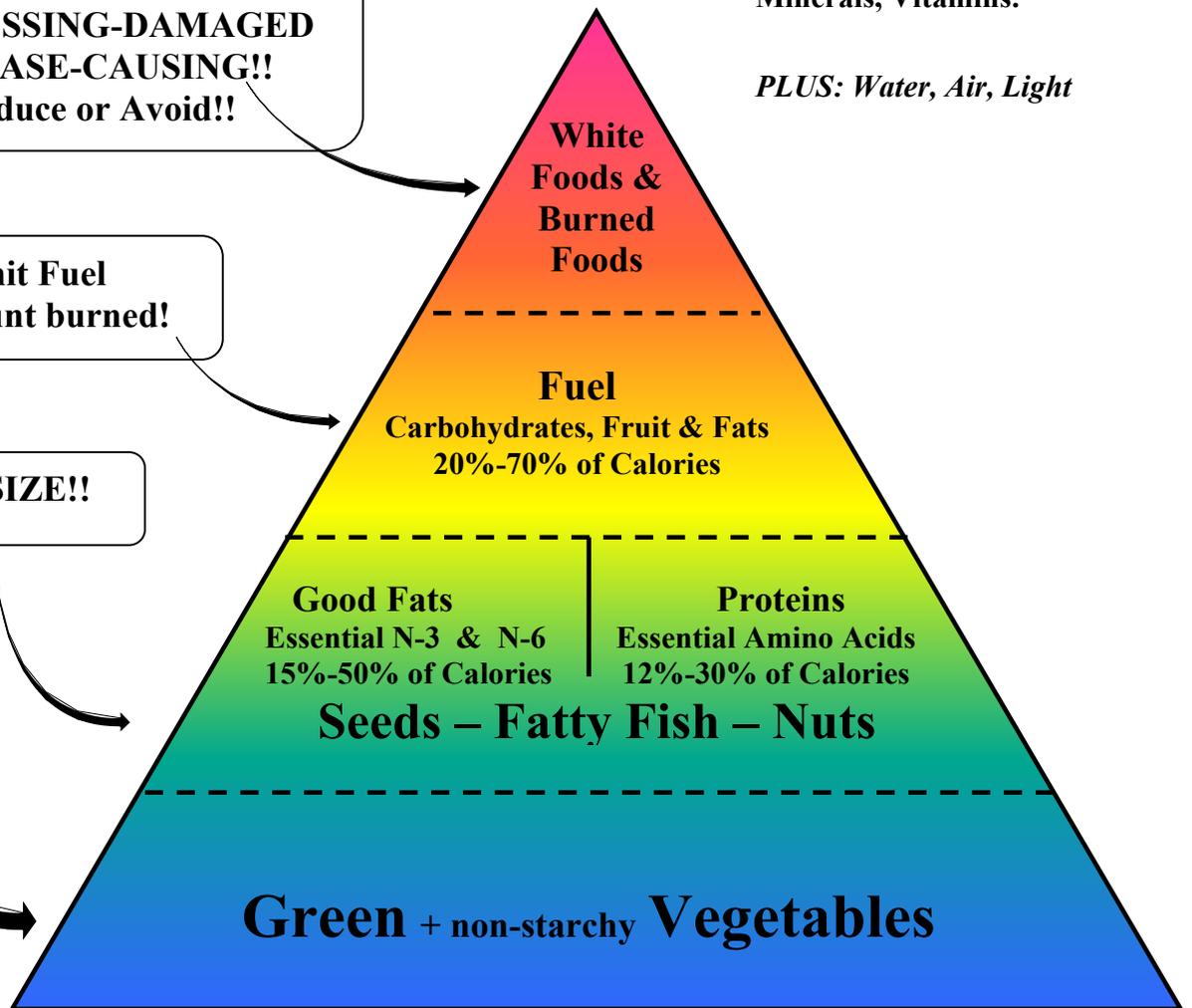
SUPPLEMENTS:
Digestive Enzymes,
Probiotics, Antioxidants,
Fibre, Phytonutrients,
Minerals, Vitamins.

PLUS: Water, Air, Light

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

**Limit Fuel
to amount burned!**

EMPHASIZE!!



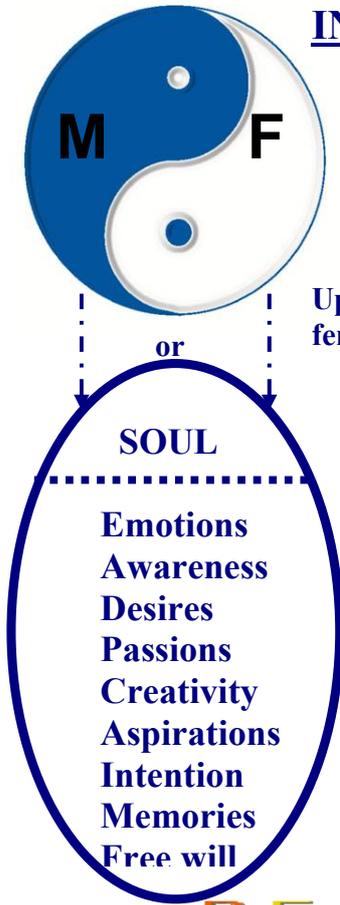
Udo's Choice™ Food Pyramid

Illustrates health food choices as forming the base or bottom.

As you proceed higher on the pyramid, you encounter foods that present more of an obstacle to digestion and metabolism.

RAW FOOD MEALS:





INTELLIGENCE, MIND, BRAIN:

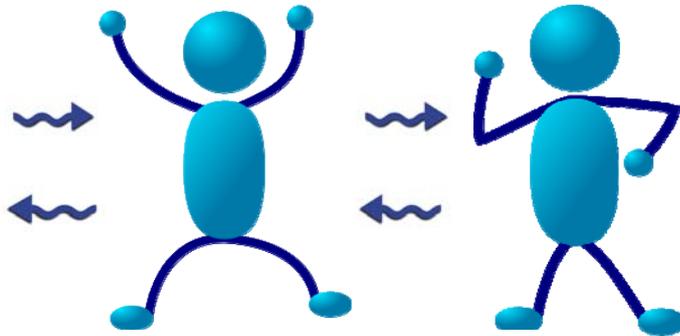
Prior to conception, we are only a feeling of God. Our parents attract us thus creating our spirit mind and body brain.

The soul does not know sexuality.

Upon incarnation our soul splits into two, male half, female half, hence the soulmate.

Spirit Body

Physical Body



Spirit Body has organs, being material body for spirit world, spirit body reflects condition of your soul.

PERSONALITY

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

SUMMARY:

The introduction to a friend outlining the concept that emotional stressful events, predominantly occurring during our early childhood as well as our gestation period, has set up the cause of pains and illnesses now being experienced even in our senior years is a huge subject to grasp. This may be less so for those who have explored complementary therapies, however, for those who have followed allopathic concepts rigidly, this is an enormous step.

Negative emotional events that have not simply passed through our being are the cause of our illnesses.

Whilst at all times it is recommended that allopathic treatments be continued with, it is ultimately the release of blocked or frozen emotions that will alleviate the cause of the illness that is being treated.

A few people with 'broad vision' can see the spirit body and its fissures. These fissures are the result of trapped emotions within the soul, the release of these negative emotions will remove the fissures and at the same time the pain and illness within the physical body will subside and go – permanently!

To provide a friend with a treatment session may only take half an hour or so for a person who is open to such possibilities and who has also searched for such information.

For a friend who has never explored these realities, the session may take several meetups and may require lengthy introductions.

Either way, it is the DESIRE of the friend to feel and release the block causal emotion that needs to come into alignment. Prayer and meditation on these desires to release these core emotions is most important part of the process or processes.

Your passionate desire to deal with the emotions is the foundation to success no matter what process that you use, or even if you use all platforms in different combinations, it is only you that will release your own negative emotions, no one else.

Dr David Hawkins focus is upon one's desire in releasing emotional injuries, Dr Gabor Maté has recognised that clusters of specific emotions are typically behind various sets of illnesses, though no precise definition prevails, Dr Bradley Nelson has developed the Emotion Code that refines a little more in the way of emotions and their relationships to organ illnesses. Dr Nelson and Thomas Stone have recognised ways by which emotions may be release as has AJ Miller in his series of Divine Truth talks.

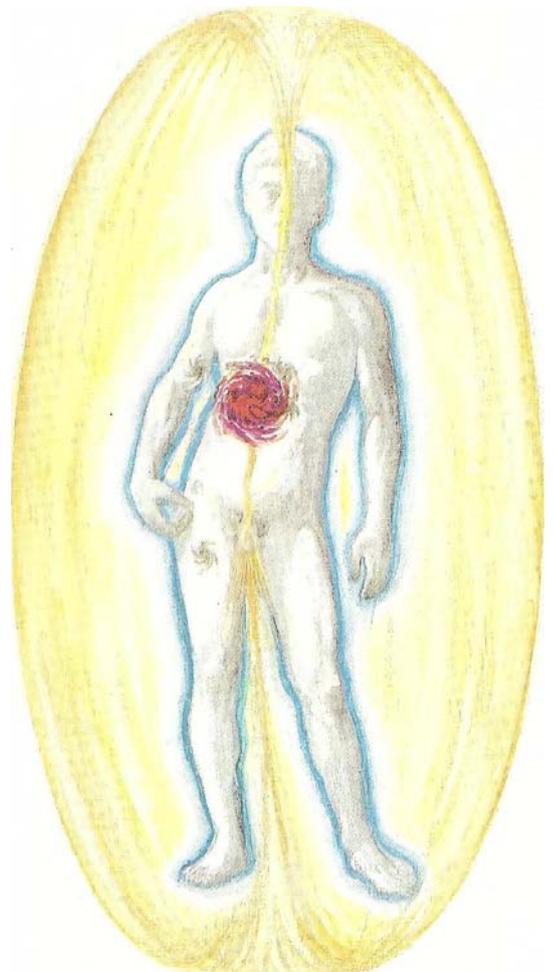


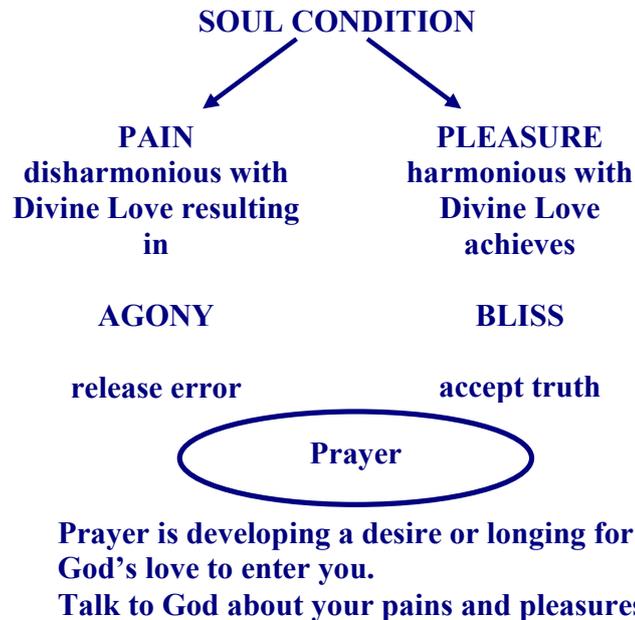
Figure 24-1 'Hands of Light'
Barbara Ann Brennan

Whether you seek the assistance of a therapist or that you self-treat yourself, no matter which pathway that you walk you will benefit from your endeavours. Not only will you benefit and grow in love and soul condition, your children will also benefit. As you release negative emotions, you are also releasing the equivalent from each of your children, you break the hereditary cycle.

Truth does set you free. As you grow in awareness and confidence of these realities, your memory improves, your understandings grow, your self-worth and love of self expands. This becomes reflected in everything around you.

It is the embracement of one's Feeling Healing process with the longing for and receiving Divine Love that is our way to grow in love and evolve whilst progressing towards a physically vibrant life.

Enjoy the journey because it never ends!



“Judas of Kerioth” by Geoff Cutler

www.lulu.com/product/hardcover/judas-of-kerioth/18872023

‘Light Body Health Sciences’ are particularly successful when three elements line up together, these elements being:

- ✓ The patient / friend is confident that the treatment modality is efficacious. When the friend is receptive to the treatment being offered and that he/she is willing to embrace his/her underlying emotional issues which are the cause of the ailment and issues emerging within the physical body, then the potentiality for a successful treatment is greatly enhanced. The friend needs to be desirous to experience and to achieve a release of the underlying cause, that is, the erroneous emotions creating the ailment.
- ✓ The modality that is being offered as the treatment vehicle is efficacious. That can readily be determined by applying kinesiology muscle testing and calibrating the integrity of the modality as it applies to Dr David Hawkins’ Map of Consciousness scale. Anything that calibrates under 200 is not efficacious, in fact it is life threatening. As the calibration reading increases up the scale, then the more efficacious it is. Modalities that calibrate over 500 are very efficacious, being love orientated.
- ✓ The consciousness or soul condition of the practitioner best be in good condition. Generally speaking, health carers generally are loving people, otherwise they would not consider this career path. That is, it is most likely that they will calibrate over 500 on the Map of Consciousness. When a practitioner is in the space above 600, they usually have a very powerful reputation resulting from their extra-ordinary successes in treating friends.

When a practitioner is distracted by earthly pressures and pursuits, it is time to remind such practitioner to pray for and ask to receive Divine Love. Divine Love is the only substance that changes one’s soul from the human to the divine.

October 11, 1917 – George Whitefield

Book of Truths

‘When a man shall receive in his soul sufficient amount of the Divine Love, there will come with it to that man a power and knowledge of the laws governing the relation of spirit to material organism that will enable that man to perform these same acts that are called miracles; and further, there will be some who will have that power and will demonstrate the same in confirmation of the truths that you are receiving.’

Thus, all treatment programs require a three way cooperation; patient / friend, modality, and practitioner. When these three aspects all are positively in alignment then the treatment will be wonderfully successful. If one element is not lined up, then the treatment will most likely be ineffective.

July 9, 1917 – Jesus

Book of Truths

‘Well, my brother, I see that you are much better than you have been for some days past, and that you have prayed more to the Father for the inflowing of His love, and, as a consequence, have more of it in your soul, and are in a better condition spiritually and physically.’

The ultimate healing modality is asking for and receiving **Divine Love**.



God is God, who is our Heavenly Mother and Father, being SoulMates. There is only one Soul that is God's Soul, that being the Soul of our Mother and Father. Our Heavenly Parents are the First Soulmates; The Two Who Are One who have brought us all into being.

Jesus and Mary are a son and daughter of God.



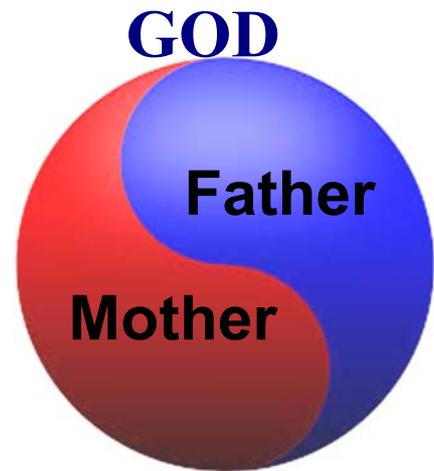
Jesus of Nazareth and Mary of Magdalene, being soulmates, were both free of sin. Jesus and Mary, combined in their love for us, are our teachers and guidance for us to find our way home to our Heavenly Parents. To start this journey we are to liberate our souls from being entombed within our suppressive minds, through feeling and longing for the truth of our feelings via our soul and peel away our injuries incurred since conception.

Give yourself time to consolidate your relationship with the Mother and Father through the partaking of Their Love. And whilst you are doing this, you can learn about your healing, all that's involved with it, as there are many willing spirits to share their healing experiences with you.

When you are ready it will start happening simply because you will want it to, it all being orchestrated by your soul. And when that time comes you will have developed a strong foundation in your relationship with the Mother and Father for you to work from. 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.

It is to make longing for God's Love the priority, and then do one's healing; should one want to include God and the Divine Love in one's feeling healing. This is doing your soul-healing as you are seeking to heal your soul of all evilness – of that which made you become evil, and release all the hurt and pain of not being fully and truly loved.

WE ARE Children of God



WE ALL ARE BEING GUIDED HOME:

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

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

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

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

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

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

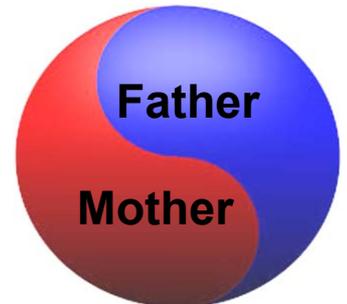
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God’s soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of our Mother and Father.

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

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

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

GOD



M&F



J&M



AVO

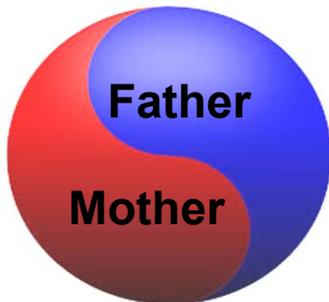


HUM

WE ARE Children of God

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

GOD



M&F

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

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

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



J&M

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

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

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

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



AVO



HUM

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

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

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

WE ARE Children of God

HOW TO GET TO PARADISE:

Long for the Divine Love

Long for the Truth

Long for the truth of your feelings

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

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

Want to end your falseness and being untrue

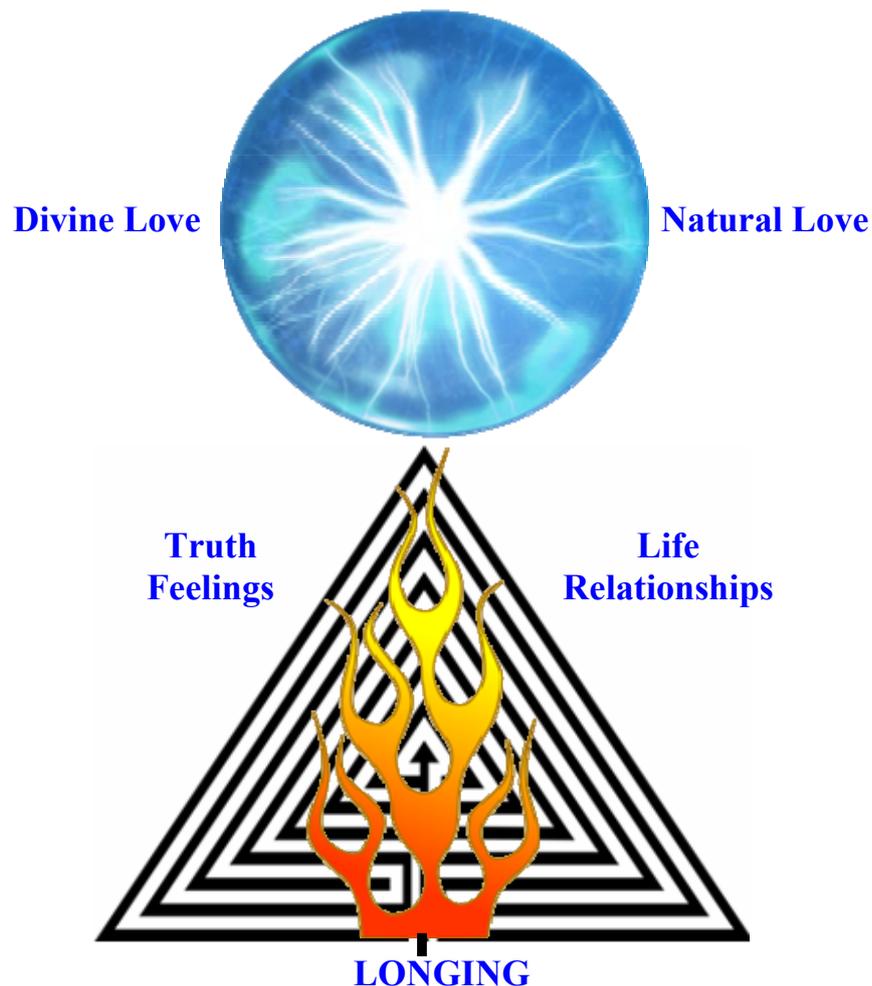
Want to understand the truth of your early life

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

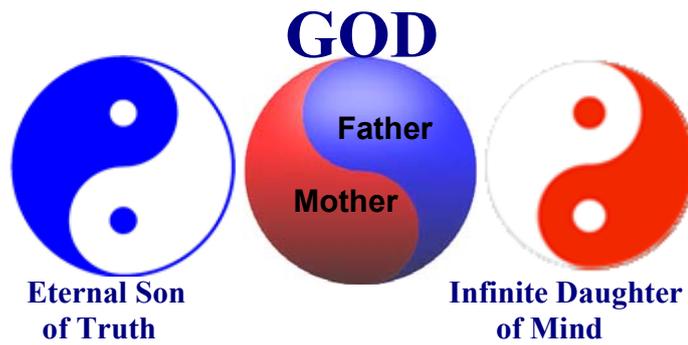
Want and long to know the whole truth of yourself

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

The Key



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



PARADISE TRINITY:

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

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

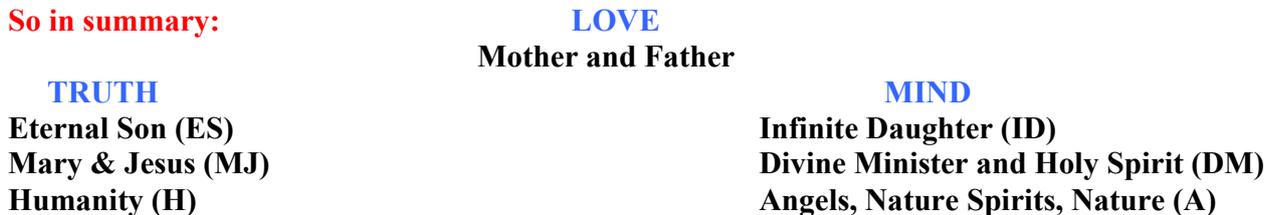
The LOCAL UNIVERSE TRINITY:

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

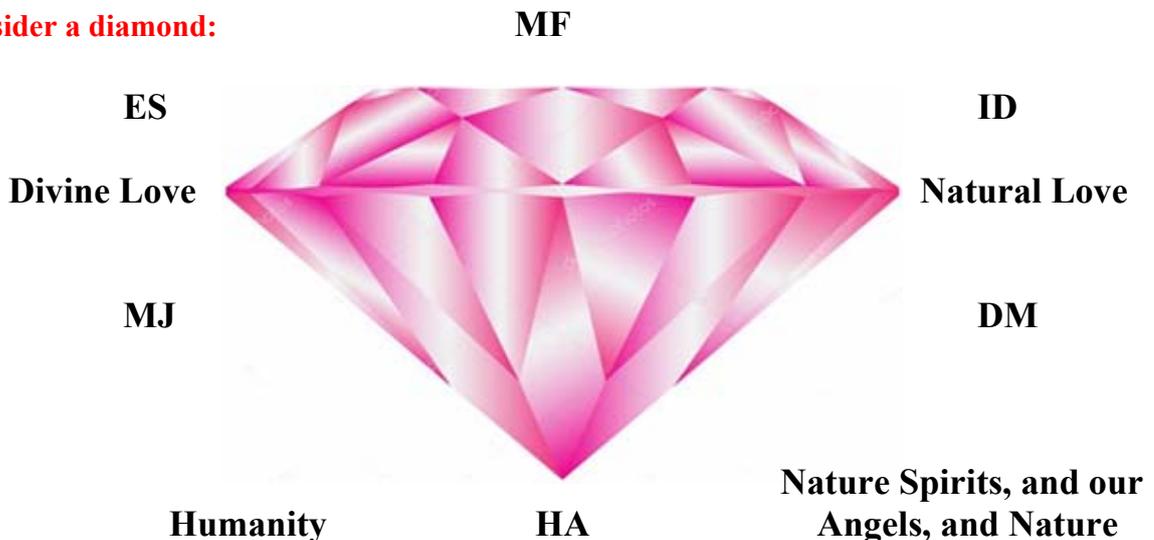
PLANETS that engage in REBELLION:

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

So in summary:



Consider a diamond:



Mother and Father Heavenly Parents

Creator Son & Daughter
Jesus and Mary

Avonals
as soulmate pairs

Trinity Teachers
as soulmate pairs

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

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

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

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

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

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

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

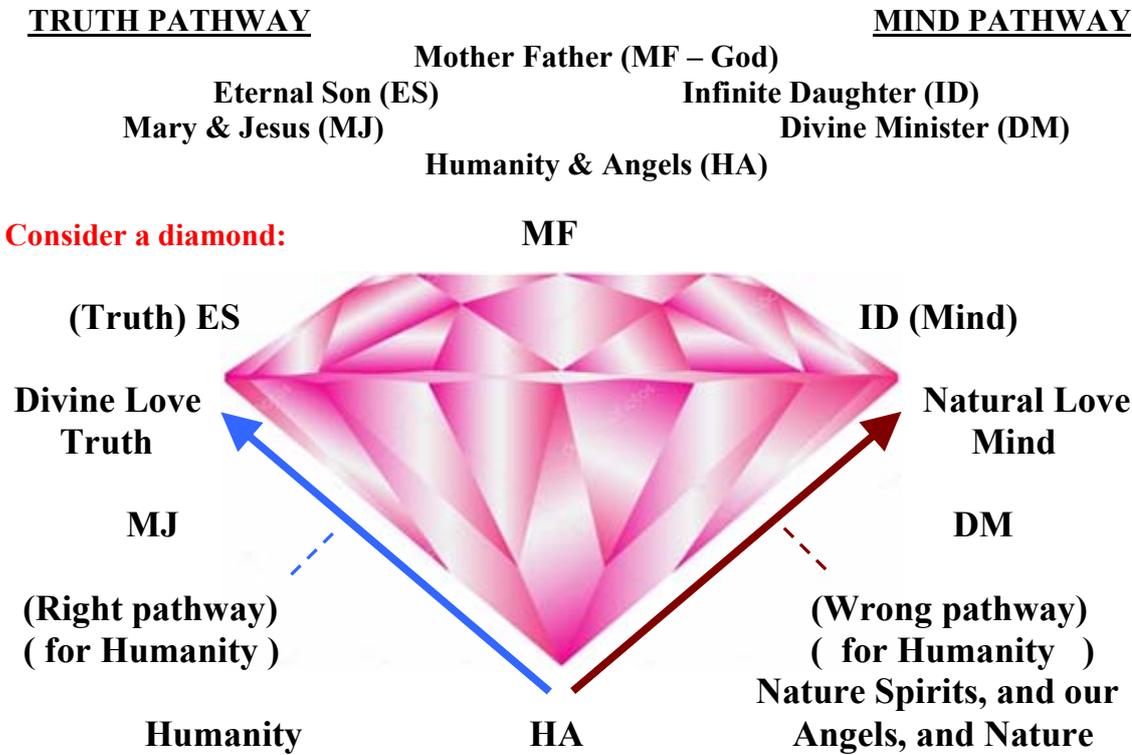
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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

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

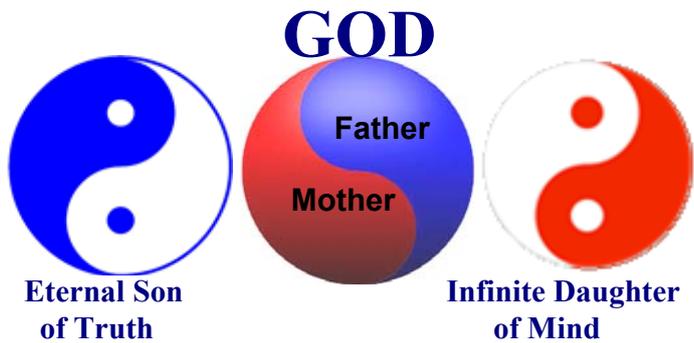
Currently the whole of Creation exists for the ascension of mortal souls from their earth planets to Paradise. It’s all one vast Grand Ascension Scheme. With all the higher and lower spiritual Daughters and Sons, together with all the many different angels and other universal spirit personalities, and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

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



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

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



CREATION of SOUL and SPIRIT:

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

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



Feeling Pathway

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.



Soulmate Pair



Angel

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.



Spirit Person



Nature Spirit

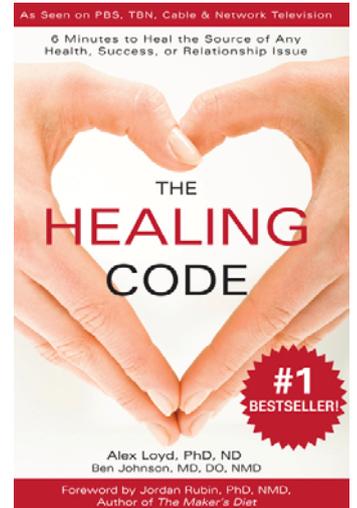
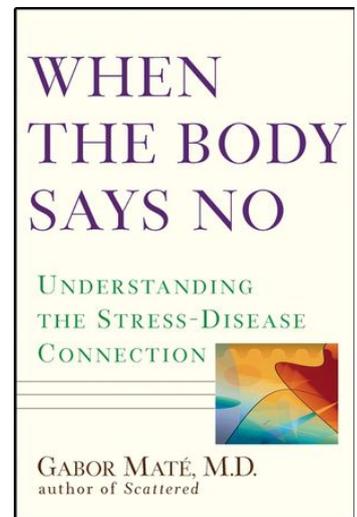
Neither we nor animals reincarnate. We never die; upon death, we move into the spirit Mansion Worlds on our journey to Paradise. When animals and plants die, be they the tiny microbe to the mighty elephants of the land and the whales of the ocean, their spirit energy returns to the Spirit Collective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



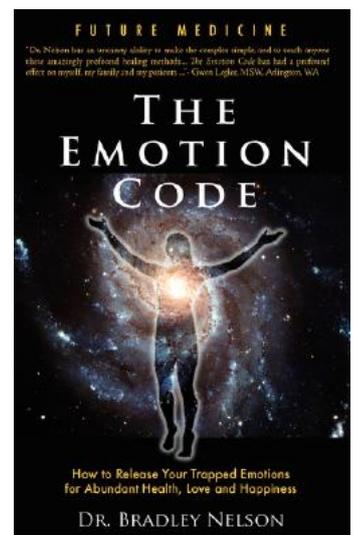
A nature spirit is an angel in waiting.

Documents in this Series:<http://www.pascashealth.com/index.php/library.html>

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

**Other recommended reading:**

- | | |
|-----------------------------------------|-------------------------------------------------------------|
| The Book of Truths | – Joseph Babinsky
containing the Padgett Messages |
| The Human Soul | – Joseph Babinsky |
| Through the Mists | – Robert James Lees |
| The Life Elysian | – Robert James Lees |
| The Gate of Heaven | – Robert James Lees |
| Life in the World Unseen | – Anthony Borgia |
| Gone West | – J M S Ward |
| Post Mortem Journal | – Jane Sherwood |
| After Death / Letters from Julia | – William T Stead |
| Thirty Years Among the Dead | – Carl A Wickland |
| A Wanderer in the Spirit Land | – Franchezzo |
| Judas Messages | – http://new-birth.net/ |
| Judas of Kerioth | – Geoff Cutler |



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

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

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

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

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

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

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

30 Aug 08

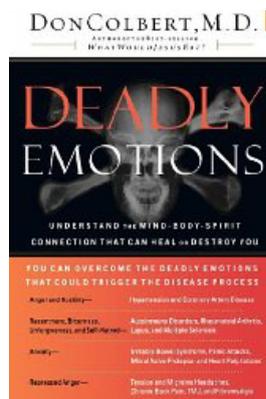
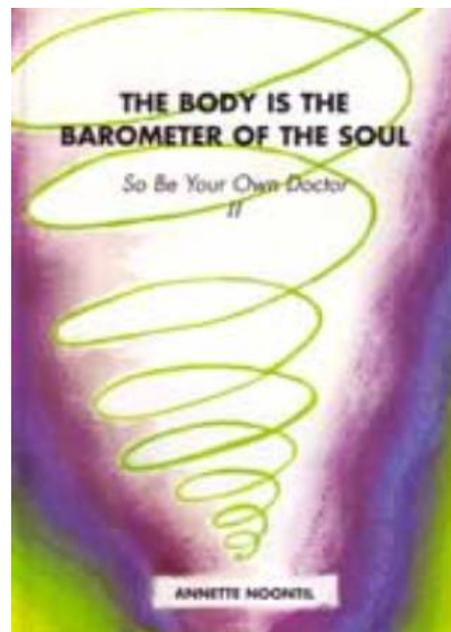
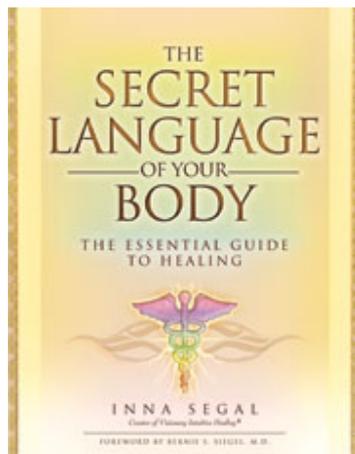
“The Body is the Barometer of the Soul” by Annette Noontil

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

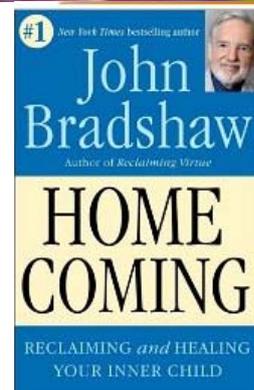
Also consider:

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

www.innasegal.com/

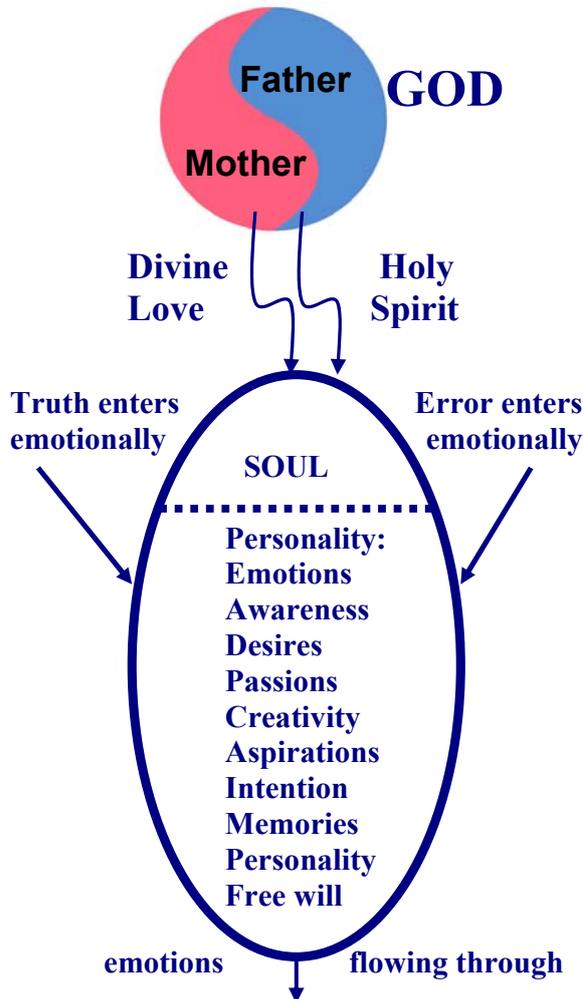


Deadly Emotions by Don Colbert.



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

DENIAL of the SOUL



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

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

LOVE denying love and
 TRUTH truth is denying the soul.

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

Headaches are a big indicator of sadness
 and grief.

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

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

EMOTIONAL PAIN is denial of an emotional truth.

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

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

Library Downloads – Pascas Papers

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



Only Three Things Needed

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

Humility is the passionate desire to experience fully

ALL of your own emotions,
 without blame, judgement or condemnation

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

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

Judas – August 19th, 2001

The Only Prayer That Man Need Offer to the Father:

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

The Prayer for Divine Love

2 Dec 1916

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

P.438 Book of Truths through James Padgett / Jesus

Let your prayer be as follows:

Our Father, who art in heaven, we recognize that You are all Holy and loving and merciful, and that we are Your children, and not the subservient, sinful and depraved creatures that our false teachers 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.

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.**



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

Available generally from:

www.lulu.com

www.amazon.com

www.bookdepository.com

For Divine Love focused websites and forums:

Pascas Health:

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

Spiritual Development:

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

Padgett Books:

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

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

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

DIVINE LOVE SPIRITUALITY – DLS:

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

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

James Moncrief Books:

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

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

Religion of Feelings

Introduction to Divine Love Spirituality

Main website of DLS

Childhood Repression website

DLS and CR forum

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

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

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

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

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

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

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Paul – City of Light

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

Ann and Terry

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

Feeling Bad? Bad feelings are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

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

Sage – and the Healing Angels of Light

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

**Religion of Feelings
Feeling Healing**

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

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

The Padgett Messages being published as:**The True Gospel Revealed Anew by Jesus volumes 1 – 4****Book of Truths by Joseph Babinsky****The Urantia Book**

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

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

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

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

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

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

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

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

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

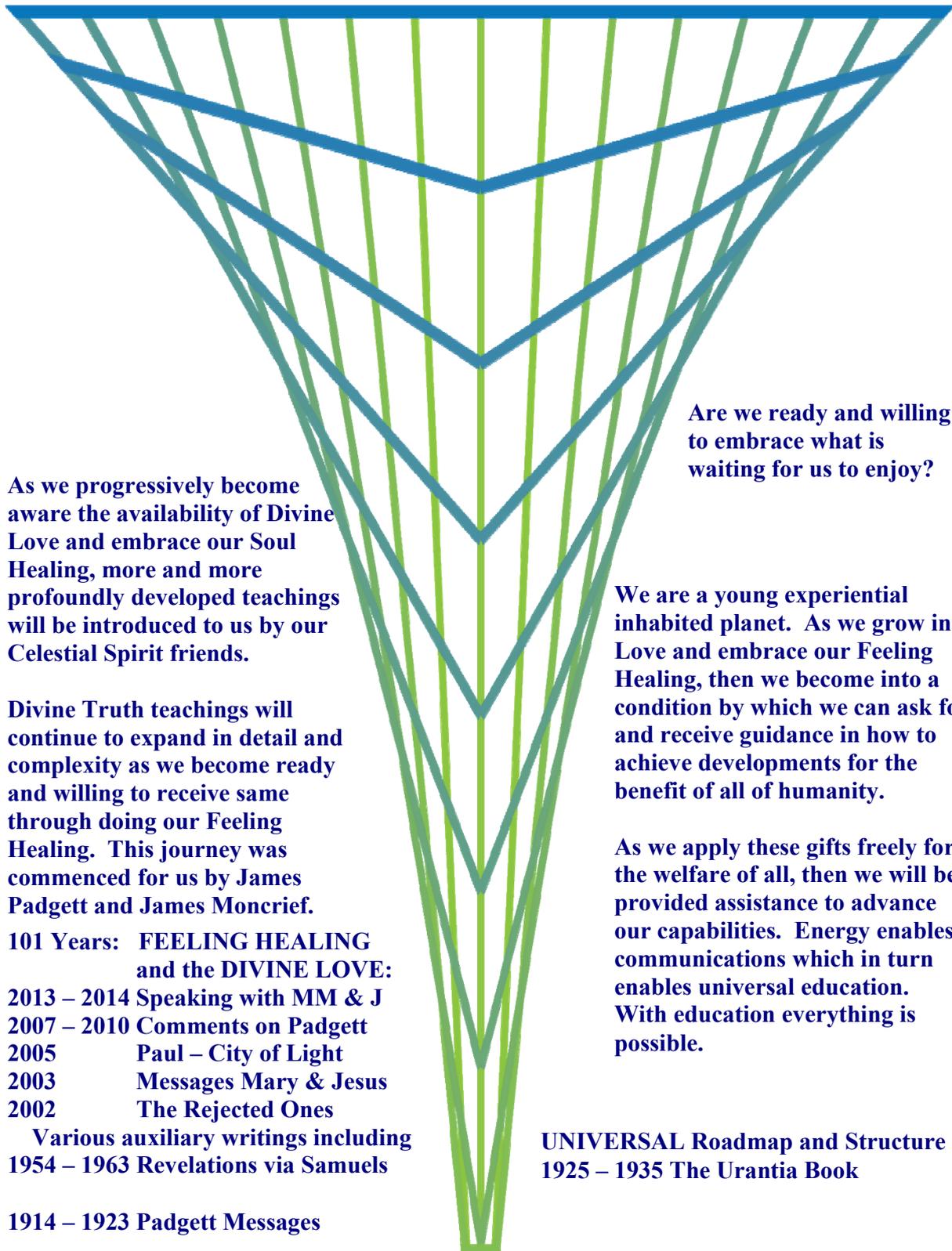
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

MEDICAL – EMOTIONS:

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

**PASCAS
PAPERS**

DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:



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



SOUL  SPIRIT BODY  PHYSICAL BODY

The soul animates the spirit body and in turn the spirit body animates the physical body. The spirit body looks just like the physical body. These bodies are connected by cords. Your memory and intelligence as well as your emotions are within your soul which is your real self. Your mind is within your spirit body. Your brain is within your physical body.

To liberate one's real self, one's will, being one's soul, is begun 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.

Your soul is the real you!

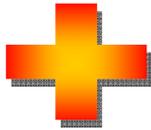
- Visibility: Body – limited sight of colour.
- Spirit – expanded visibility.
- Soul – complete spectrum of colour.



SOUL  **SPIRIT BODY**  **PHYSICAL BODY**
P E R S O N A L I T Y

PASCAS CARE

ALLOPATHY + 3 HALVES



Energy
Medicine



Nutrition



Emotional
Processing

