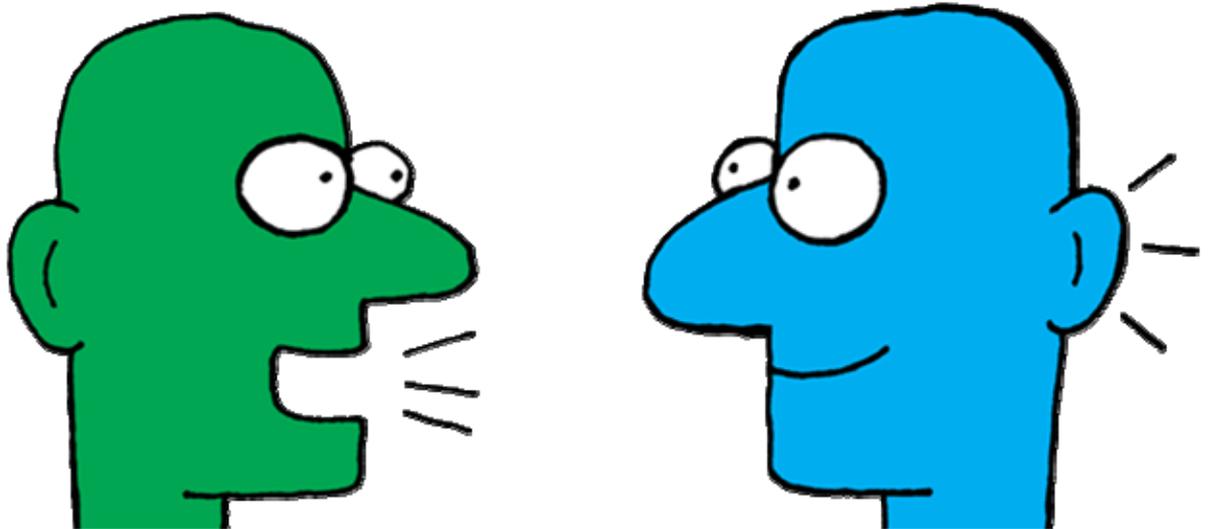


Feeling Healing

Course



Feeling-Healing Course

© July 2017 James Moncrief
(Written: Saturday, 8 July 2017)

(NB: what I've written in each Session are suggested guidelines – what I think needs to be conveyed. Times are approximate. Also, a copy of the course can be given to the people so they can follow each session, and for a reminder – so they don't have to take notes.)

Religion of Feelings

Course: Feeling Healing

5 Sessions

2 hours each session (based on one a day/week)

Sessions may be best suited for 10 – 20 Students.

Free copy of *Religion of Feelings*

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

Free copy of *Feeling-Healing – you can heal yourself with your feelings*

Feeling-Healing Diary (People can be asked to bring one; or possibly they could be provided, such as the blue, pink, black A4 notebooks currently at Woolworths \$9 – or consider an electronic option).



Session 1

Introduction

5min Introduction of teacher – name, brief personal history; including: how you came to understand about FH, relationship to feelings – bad feelings, how Healing is going.

10min Introduction – brief goal of Feeling Healing (FH)

The goal of FH is to become true to yourself. To live true to yourself by expressing all you feel, and uncovering the truth of such feelings. It involves ending your feeling-denial and bringing out all your repressed childhood feelings. It also provides the way to grow spiritually in truth. It's very hard and can take years, but you feel fantastic once it's all done. It's how you can become perfect and truly loving.

It also can be lived exclusively, possibly even to the level of no longer needing any medical or alternative help from anyone else, becoming wholly self-sufficient relying solely on your feelings; or in conjunction with all other medical treatments and therapies. It can become your whole way of life. And ultimately will bring about – make you feel – happy and loved, living in the most perfect of relationships (with your soulmate) expressing your true love.

It is also the truest spiritual way you can live your life.

10min Introduction of students – names; briefly: what are you currently feeling? And what did you feel on the way to the course?

25min Feeling Healing points:

- FH new way to heal yourself using your feelings.
- Based on new revelation from certain people who are doing it, and from spirits who've done it.
- Similar to regular counselling, psychological, emotional clearing, cleaning, but will take you far further within yourself.
- No right way to do it – only Your Way, which you will find out through your feelings.
- Everyone can do it – everyone will need to do it. If you don't do it or start it on Earth, you can do it and finish it in spirit.
- It's very simple: It begins with accepting all your feelings. Then you express them to uncover the truth of why you're feeling them.
- It's very important to uncover the truth through your feelings. You have to want to know the **WHOLE TRUTH OF YOURSELF THROUGH YOUR FEELINGS – AND ESPECIALLY ALL THE YUK BITS**. And to find the truth naturally and **ONLY** through your feelings, and **NOT** trying to use your mind.
- You can do it to heal specific traumas and problems within yourself, as you can with other feeling based therapies, but where FH comes into its own, is healing all the root problems within you.

YUK

Allowing your feelings to take you down into yourself so you can get in touch with all you are feeling now, and then all you've felt right through your life, and most importantly, all you felt as a young child.

- The idea being, all our problems and illness stem from our early life, our development years. As adults we're merely outworking the patterns we established back then, living them over and over, giving rise to the same feelings.
- So feelings you are feeling now, are the same as ones you felt back in your early life.
- So you can use your feelings now to take you back into those forgotten and buried feelings. This can be harrowing, which is why a complete commitment to FH (Feeling Healing) might not be what you want yet. However you can build into it.
- And to understand that we've all been taught as children how to deny many of our feelings – and to want to end that denial.
- And we live with our mind controlling much of what we do, which is keeping in place all our feeling-denial, so by looking to express and seek the truth of our feelings, we're looking to usurp the mind, to take its control away.
- All so we can live a feeling-led life instead of your current mind-led one.
- So our Feeling Healing is a life transformation, and it's also a spiritual one, whether you want to be spiritual or not, because it's one long constant revelation of truth about yourself, all coming from what you feel.

10min Keeping a Feeling-Healing Diary:

- Choose a diary (*diaries to be provided of your own choice including electronic options*).
- Date it – it's to track feelings you feel through the day.
- Feeling: time; what happened to make you feel that feeling – is it a good or bad one? How long did it last?
- What happened to it? Did you push it aside, block it out, forget about it, go with it fully?
- Some people will like keeping a feeling-diary more than others; it might not immediately appeal to you; it might grow on you – do what you feel.

Always it's about: You doing what you feel you want to do. All so long as you don't hurt another person or creature.

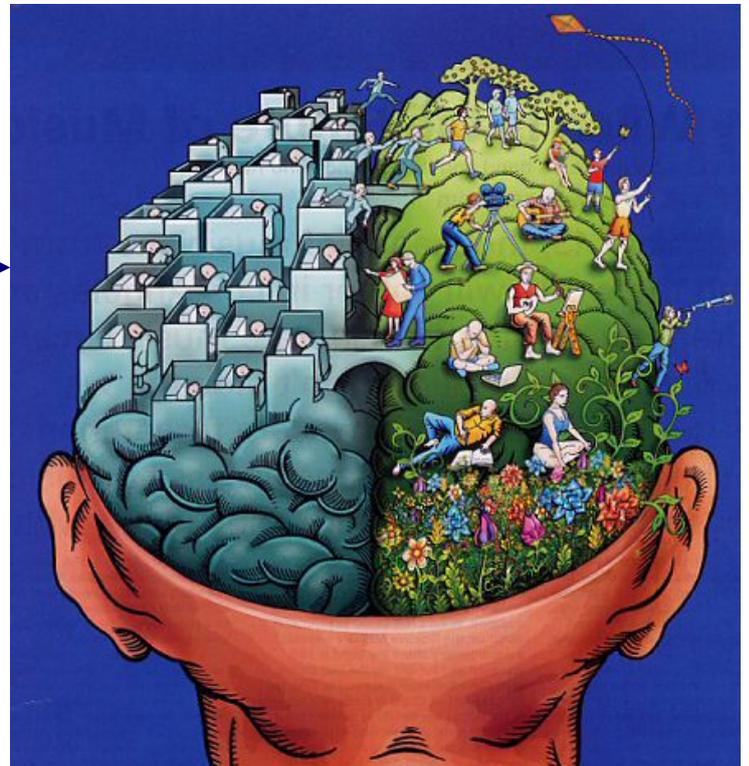
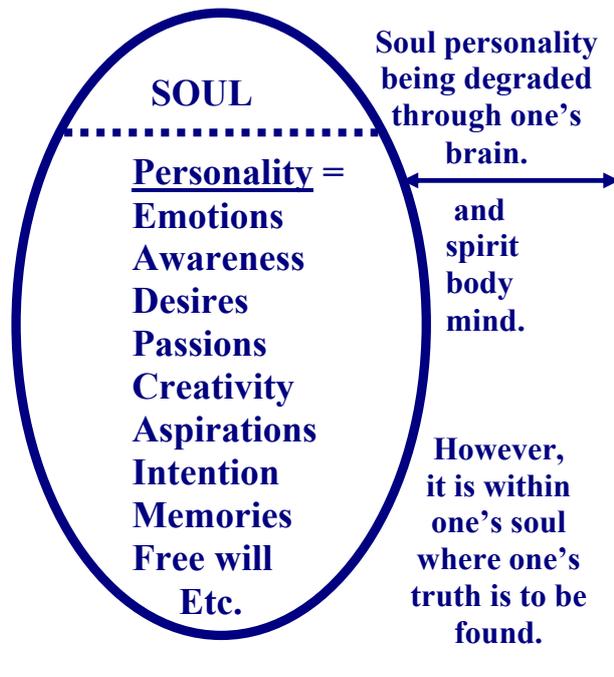
30min Question and Answer Discussion about session (or anything else relevant):

- Establish if people know what their feelings are, if they can tell what they are feeling. How feeling-aware are they – they might need help. Physical feelings – pain in leg, headache; emotional feelings – angry, miserable, scared, sad; mental pain – stress, mental anguish;

spiritual/soul pain – what it’s all about, who really am I, why are my relationships not working, why is my life failing – and how does feeling these worries make you feel?

- What feelings did you feel through the talk?
- Any bad ones?
- How do you feel now? – write it in your diary.

Personality



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

in conjunction with

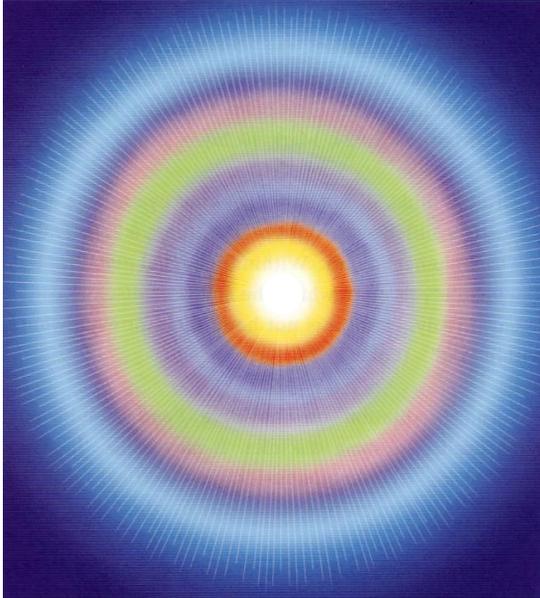
Longing for the Truth when also longing for Divine Love.

Infographics and diagrams have been added by Pascas.

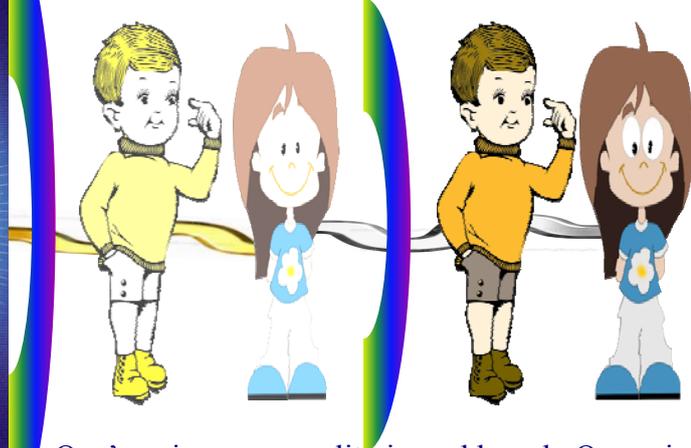
DIMENSIONS of ONE'S EXISTENCE:

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

SOUL exists existentially



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



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

PERSONALITY



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

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.

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

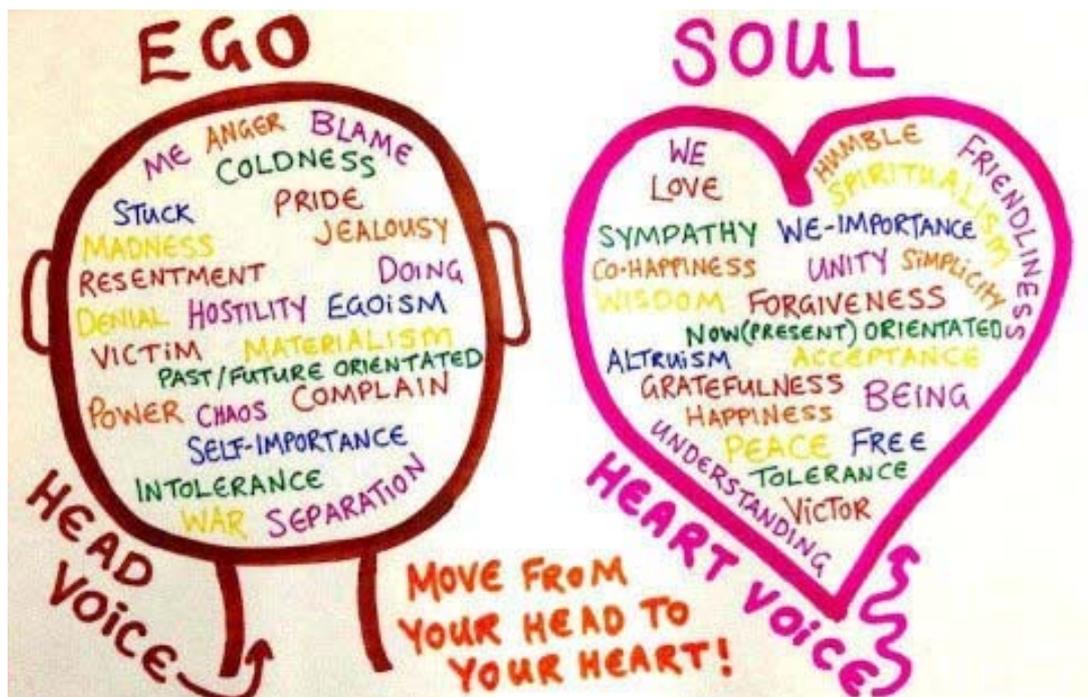
Feeling

Defined path (God created)

Peak possibility is infinity

(sphere / mansion world are same)

5 years to over 10 years to at-onement



Infographics and diagrams have been added by Pascas.

Session 2

Feelings: Acknowledge them, accepting them – they are you.

30min Discussion about what people felt and wrote in their diary – how they related to their feelings, did they deny any?

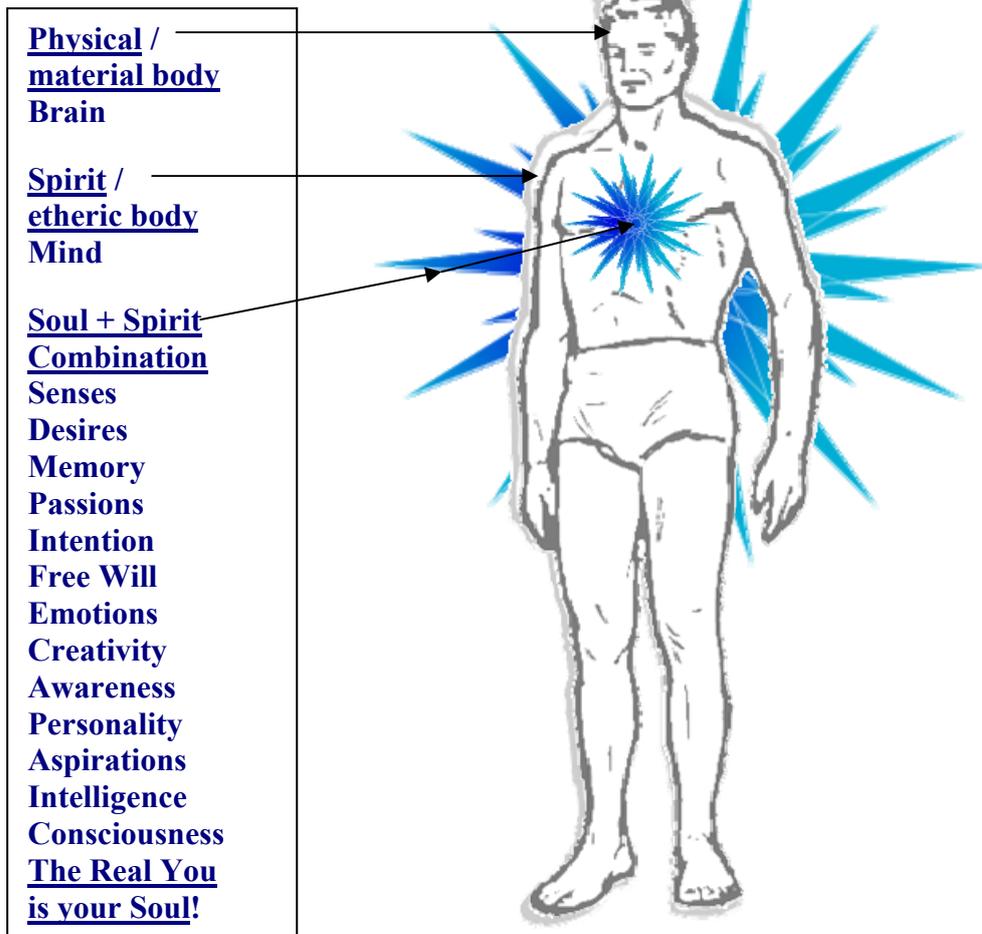
30min Feeling Healing points:

- We are our feelings, they are more the real us than is our mind.
- It is possible to live fully feeling all you feelings without blowing up or falling into the depths of despair.
- Why do we have feelings – bad ones alerting us to something wrong and we should pay immediate attention to them? And not deny them.
- Relationships are based on feelings; no feelings, no depth or warmth to them.
- Relationship with ourselves, other people, nature and God through feelings.
- Feelings are the closest part to your true self – your soul. If you are off in your mind denying your feelings, then you are untrue and denying your soul. This is not being self-loving.
- Bad feelings are Good, not bad!
- FH focuses on Bad feelings leaving the good to mostly look after themselves.
- Bad feelings are good because they alert us to problems, to when we're not right, when something bad is happening, when we're hurting ourselves.
- The more you can feel, the better you are.
- Some spiritual systems believe the mind is King, and the more you can use it to block out your bad feelings, then the more transcended you are, the higher up, the better off you are, all without those annoying bad feelings continually getting in the way.
- Mind only people are feeling-dead people. And they can train their minds to ensure they are always feeling good, blissful feelings, but these are all mind-contrived feelings, and NOT true feelings from your soul. These people are sadly deluding themselves that they are spiritually growing by mastering their feelings using their mind to control them. To be truly spiritual, you are to set your feelings completely free.
- There's a lot of pressure against being overtly feeling – women are scatty, no mind discipline, our feelings are capricious, they come and go too fast, you're all over the place with them, at their mercy, they can swamp, drown and depress you, they are too irrational – these are all crap, all stuff we've been told by people who are scared of them.
- Yes, they can be full on, but if you go fully with them, then so too will you be full on.

- Through your FH (Feeling Healing) as you become more aware of yourself, so you'll understand which are the main feelings you feel, why you feel them, getting better to begin with them, expressing them, and seeing how beneficial that is for you.
- IF you take on FH seriously, fully committing to it, making it your life, then you will be feeling bad a lot of the time, and it can be very trying, for yourself and those in your life; yet you will see you'll be guided in it, there will be a path of self-understanding you'll be treading, all to fully heal yourself of all repressed feelings from your childhood, and showing all your mind ways of stopping you from being fully feeling-expressive.
- Some people will find they are very aquatinted with their feelings, their lives full of them, and they can easily express them, other people might be very blocked off to them.
- Generally speaking, women being closer to their feelings will be more accepting of them, where men possibly more scared of them.
- So the first step is becoming aware of what you are feeling. And accepting of those feelings.
- When you feel a feeling, to begin with, just say to yourself (write it in your FH diary) I am feeling... *whatever you're feeling*. I am feeling angry. And try to stay aware of your feeling whilst you keep going with your life. Try not to reject it, but if you want to, see if you feel why you do – write it in your FH diary. See if you can give yourself the time to feel what you are feeling. This being an act of self-love. It's loving yourself by acknowledging and allowing yourself to feel what you feel. If it helps, say: I am allowed to feel... *whatever the feeling is*. I want to feel my... *whatever the feeling is*. Affirm to yourself: I don't want to do anything to push it away; I want to be with it, stay with it, go with it, for as long as I can.

[1hr Questions and Answers – more general feeling discussion](#) – more from people's FH diaries. What are they currently feeling – any bad feelings?

(The aim of these Q&A sessions is to encourage people to express their feelings, but not pushing them too, only if they want to. Talk about barriers, fear, general discussion about anything to do with it. However, not to get too tied up in it becoming a therapy session for one or two people. More to give people a taste of what they can, what to expect, and possibly what not to do, such as going fishing for answers back in their childhood using their mind. Pointing out any obvious feeling denial behaviour – making the person, class aware of the subtle and not so subtle ways we do it.)

ASPECTS of LIFE:

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

P529 Judas of Kerioth 8th May 2002

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

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

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

Infographics and diagrams have been added by Pascas.

FEELING HEALING + SOUL HEALING

To heal one's self is to simply look to see what feelings we are refusing ourself to feel, and accept them instead of denying them. And to fully accept them, one need 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.**

Notes above are drawn from James Moncrief's writings.

Session 3

Feelings: Expressing them

30 min Feeling Healing Diary Discussion

30 min Feeling Healing points:

- We are our feelings, so the more we express them, the more of ourselves we are.
- We have feelings to express them – to bring ourselves into being so we and others can get to know us.
- If we don't express them, they remain in our system, gumming it up.
- If we have too many unexpressed feelings within us they will make us sick.
- We ONLY get sick because of unexpressed feelings.
- So the more we express our feelings, the better we'll feel – eventually, as there might be a vast amount of unexpressed ones that need to come out.
- Our Feeling Healing (FH) is about bringing out ALL our repressed feelings. Once they are out, they are gone. The more truly you can accept them, stay fully focused and in them, expressing them, really feeling all they make you feel, and saying or writing those feelings, the better.
- Imagine you are like a knotted up ball of bad feelings right in the core of you. Remember yourself as a young child, how many times you felt bad, yet how many times your parents said: no, stop that, don't behave that way, don't be like that, that's not the right way to be, we don't act that way; you're like this, not like that; stop being a baby, stop crying it's not that bad. And all these bad feelings are locked away deep inside your soul in a knotted up ball. And they all have come out.
- So with every bad feeling you express, that's one less in the knot. So it can be a long process, taking many years, five, ten, twenty, or more – we're all different as we've all been parented differently, so we repress feelings in our own unique way. So how they will come out will be unique to each of us.
- And the more you express them out of you, the more you can be free to be your true self, the real feeling person you are, and not the one your parents made you feel.
- How do you express our feelings?
- The best way is talking them out. Open your mouth and let them come out! As you feel them you emote and give voice to them, you let them out of you.



- However the difficulties with this is, you need someone, a friend, partner to express them all to, which is great if they want you to, not so great if they don't want you continually going on about how bad you feel. You can do your FH alone. You can speak to the air, God, write them, saying them out loud if you can. Even saying them in your mind, however this can still allow your mind to have some say and control in them. Bringing them out loud as you fully feel them means your mind can't control them anymore.
- When you are alone, like driving in the car, let them rip out loud.
- When to express them?
- Best time is when you're feeling them, even if you have to stop everything and everyone then focuses on you feeling bad.
- But you can also save them up, and reconnect with them when you're alone or in a more appropriate place and time to vent them.
- Express them saying them with the emotion you're feeling – say them with the feeling. If you feel very angry, rage it out. If you feel very miserable, say how you're feeling with all your misery.
- Say your feeling with all the feeling you are feeling.

Remember: it's to express your feelings, all the emotion and feeling of them, but not to do anything else. You might feel like killing someone, and you express all that rage, but you don't of course carry out the action. Some times your feelings will move you to act, but mostly you're expressing them with the awareness that something in your adult life is triggering the same repressed feelings from your early life. So you want to use how we feel now to go back to how we felt then, to reconnect with the little you, and all that you felt and what was happening to you to make you feel such feelings.

But you DON'T go fishing with the mind. You don't say, I feel angry, then using your mind: How does this connect to my early life? And using your mind to work it out or try and solve the problem you're feeling. You stay in the feelings, fully connecting with them, expressing them, and they will take you on their own journey – you go with them. Submit and surrender to them, let them take you deeper naturally into yourself when they are ready to. It might take time. And when you are to connect with stuff back in your early life, if indeed you are, you will, it all has to happen naturally, you can't force any of it.

Always stay true to your feeling.

[1hr Questions and Answers about Feeling Healing and Diary discussion.](#) How are you feeling?

Feelings first

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

FEEL *for* TRUTH

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

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

FEELING TRUTH

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

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

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



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

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

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

Notes from 'Feeling Healing' by James Moncrief

Heartfelt TRUTH

Infographics and diagrams have been added by Pascas.

Session 4

Longing for the truth of your feelings

30min Feeling Healing diary discussion

30min Feeling Healing points:

- We have learnt how to acknowledge and accept we are feeling what we're feeling. Then we've understood about the importance of expressing, bringing to light those feelings. Now to complete the FH steps, we long for the truth.
- This part is also very important, because if you don't long for the truth of what you're feeling, then potentially you can keep on expressing your feelings forever, yet never getting to the truth of why you're feeling them.
- We have to really want with all our will to know why we're feeling them – the truth of them.
- We have to want to know all about what happened to ourselves to make us feel them when we were young, which will help us understand why we're feeling them now.
- It's the truth that brings to light all the insights and understandings about yourself through your feelings.
- If you want to grow spiritually, growing in truth being the highest truest and only way you can grow spiritually, then you do it through the truth your feelings give rise about yourself.
- So it's the truth of your relationships: with yourself, with your parents, with your children, with your partner, with your friends, pets, nature, and with God – the truth of every aspect of yourself and all that's in your life.
- And it all slowly comes to you through your feelings. It's like a huge jigsaw puzzle being put together, you go with and express a fear and you see this bit of truth about yourself; then some anger, and you understand why you react that way; then some more fear, and you see how your parents scared you, which makes you feel angry and you understand even more of why you are the way you are.
- It's all in and through your feelings where the truth of yourself is. People go climbing the highest mountains in search of the elusive truth, all the religions are supposedly about helping people understand the truth, but they are not looking to their feelings for the truth. Look to your own feelings and you don't have to go anywhere, it's all inside you and your feelings are the key, and the way to whole truth of yourself.
- So living denying feelings, is living denying truth. Why bother doing any spiritual practice when they are teaching you how to use your mind to dominate and control your feelings, all so as to deny the very truth you want.
- Wanting the truth is activating your will. You have to want to uncover the truth through your feelings for yourself, it's your own trip, no one else can do it for you.

- And you have to REALLY want it, wanting to see the truth of yourself with all your heart. When do you long for the truth?
- Whenever you remember to, feel to, want to. As much as you can, as often as you can.
- When you are feeling your feelings and express them. Pause, and long, really want to see the truth of why you're feeling this way, and then carry on expressing them.
- If God is part of your life, you might find it helps longing to God to help you see the truth of what you're feeling. Ask God to help you see the truth God wants you to see about yourself through your feelings. Please God show me the truth of myself through my feelings; please show me the truth You want me to see.
- You long with feelings – NOT your mind. You long as you feel to long, there is no right way to it, only your way. You want to know what's going on; why you are feeling what you are, what happened to you when you were young to make you feel this way – wanting to know more than anything else in that moment of longing.
- “I want to know why I'm feeling sad, why am I, I REALLY want to know; I want to know what happened to me when I was little to make me feel these same sad feelings – I want to know the whole truth of myself.”
- “Please God help me see the truth of my sadness. I want to know why I feel so sad. Please show me what happened to make me feel this bad – I want to know the truth.”
- Don't go fishing for the truth, it will come up naturally within you, as you require it. It's an amazing process, for suddenly you see, suddenly you understand, suddenly you feel connected, it all happening when you've expressed all the bad feelings that are standing in the way of or blocking yourself from seeing the truth.
- And when you've expressed all the bad feelings out of you and the truth comes, then you've Healed that part of you. You might not immediately be aware that you have, however gradually you'll be changing, from the wrong you to the right you, from the imperfect untrue you, to the perfect true you.

So doing your Feeling Healing living true to your feelings, is:

Acknowledging, accepting what you are feeling.

Express your feelings the best you can.

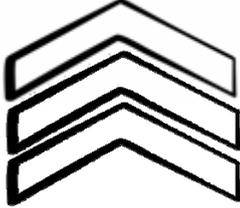
Long for the truth of them as often as you can – really want to know why you are feeling what you are feeling.

1hr Questions and Answers, Feeling Healing and diary discussion. Do you understand the basics: Accept, express, and long for the truth?

The CHOICE is OURS to MAKE:

Celestial Truth:

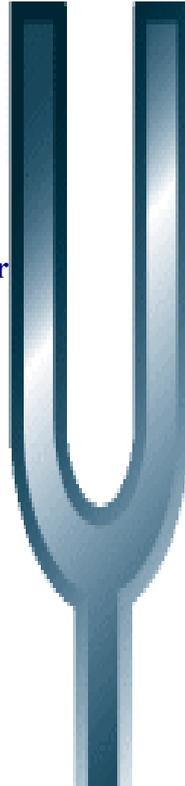
Truly all-loving;
 Living true to oneself;
 Mind supporting Feelings;
 Living with the Divine Love;
 Fully Healed of the Rebellion and Default.



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.

Session 5

Putting it altogether – the Healing is done

30min Discussion Feeling Healing Diary

30min Feeling Healing points:

- So do you see how you can live with your feelings, which is fully honouring and loving yourself by accepting all you feel, expressing such feelings, and longing for – wanting – the truth of them.
- This can be your whole spiritual life – LOVE: the Religion of Feelings.
- As you express all your pain, suffering and bad feelings out of you, and see the truth, then God through your soul will change all that's wrong within you. Your erroneous beliefs and unloving, negative and bad behaviour will leave you, as you understand the truth of why you have it and all the bad feelings associated with it. The poison leaves you, and you feel better and truly self-loving.
- You will steadily grow in truth until you are completely healed, which means, free of all the feeling-denial in you.
- And then you'll be a true person, truly expressing all you feel and think, the right way, the way your soul and God want you to be.
- You will be perfect, perfectly expressing every aspect of yourself.
- And you will know a huge amount about yourself, and all your relationships, and all that happened to you through your early life, from conception onwards; it will come to light, with all the repressed bad feelings coming out of you.
- And it might be trying on your relationships, they might fail if you want to commit to being true yourself and they want to remain untrue as they are. But do you value them more than you value yourself?
- And how much you want to apply yourself to the FH (Feeling Healing) process is entirely up to you, there are no winners for doing it, it's something you are to do for yourself, because you want to do this loving – the most loving – thing you can do for yourself. It's very intimate and private – getting to know the whole truth of yourself.
- It will smash and break down all your erroneous beliefs and end all wrong behaviour.
- You will grieve and feel very bad for all the bad things you've done to everyone, yourself included, and especially to your children, however those are simply more bad feelings to express and seek the truth of.
- All the bad parts of yourself become exposed making you feel very bad. And you will have times feeling so bad, like you're going to die and be annihilated, or that you are the most evil and ugly person in the world; and so bad, so, so, so bad, the most bad. And we don't know how bad it will be for us, yet it's all got to come out.

- And you Keep Going. Keep trying to express and seek the truth of your feelings.

Including God

If you want to completely embrace or include God in your Feeling Healing, then you can long to God for His/Her Divine Love. The Divine Love is God's love, we're of Natural love. And at any point we can include God's Divine Love in our soul.

And so longing for the Divine Love, as well as the truth, turns your Feeling-Healing into Soul-Healing, as it's then all inclusive of God. So to repeat, Soul-Healing is Feeling-Healing with the Divine Love. And if you relate to God as your Mother and Father, you can express your bad feelings to Them, long to Them for the truth of your feelings. And you can long for the Divine Love anytime you want. Reach out to God, open your heart to Them, and ask Them for Their Divine Love: "Please Mother and Father fill my soul with your Divine Love. And please help me feel all my bad feelings. And please help me express them. And please help me see all the truth of myself, of You, of my life, that You want me to see." Say and express all you want and feel when you want to, there is no right way to pray, only to ensure you are longing for the truth and God's Divine Love, with your feelings. Feelings are heard by God, not metal repetitious learnt prayers.

Your relationship with God is another personal and intimate relationship, like the one you are having with yourself, others and nature, all through your feelings.

As you do your FH with the Divine Love, so your relationship with God grows in truth too.

[1hr Questionas and Answers and more Diary discussion.](#) How are you feeling about your feelings and the doing your Feeling-Healing?

Remember: Do what you feel you want to do.

Thank You

LOVE is
Feelings First Spirituality, The New Way

Feelings first

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

LOVE
is
Feelings First Spirituality, The New Way

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

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

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

Living the New Way of Feelings First Spirituality

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

And to do this you need to do your Healing

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

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

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

Feelings First Spirituality **The New Way**

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

From 'Religion of Feelings' by James Moncrief

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

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

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

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

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

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

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

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

Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

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

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

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

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

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

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

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

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

Being the Listener:

(Possibly as separate handout)

About listening, and what not to do:

The listener only has to listen – doesn't need to say anything, unless they feel they want to.

The listener is to ask about anything they don't understand that the person expressing their feelings is saying, so as to encourage the expresser to keep expressing more.

Neither the listener or expresser are to use their minds trying to find a solution to the bad feelings – i.e., how to stop them, how to stop the person feeling bad. The only time you might try and find a solution is if the expresser wants to know something, the right way to go about something. But mostly, it's to just keep expressing feelings, and allowing the feelings to take you deeper, longing for their truth, so they will show you the real hidden cause of what's driving them.

The listener listens because they want to hear EVERYTHING the expresser is saying. They want to hear all the bad stuff, the very worst, all the hidden secrets, all the most vile underlying yuk within the person feeling bad. And unconditionally accepting all they hear, not being judgemental. The listener can interject expressing their feelings, should they get 'triggered', however with the understanding they are not to stop the expresser expressing theirs. It can be very difficult if the expresser is pressing buttons in the listener, for the listener not to jump in trying to shut down and shut up the expresser, but they have to wait their turn for when they become the expresser.

YUK

The listener is to offer a sympathetic ear, be a support, encouraging the expresser to express all they feel they want to say. Which can also be hard if being sympathetic is not something you grew up with and so doesn't come naturally. You might want to keep cutting in and taking over from the expresser, which is disrespecting them, being uncaring and unsympathetic; which might also be good in helping the expresser to feel worse than they are, more how they were treated by their unloving, unsympathetic parents. But generally that's not something the listener should do.

And to remember for both concerned: that it's about the expresser being free to bring out all the worst of the worst within themselves. Their feelings will take them this way and that, and down into their most putrid feelings about themselves, all of which need to be welcomed and encouraged to come out. It's all vile poison that needs to be expressed out of the person, so the more rotten, cruel, angry, evil, scary stuff that can come out, the better. And it can get very scary and repulsive at times.

If the expresser gets stuck, then the listener can gently encourage them to keep going: Can you tell me more about... Can you tell me again about... What did you mean by... How does feeling that make you feel... Always with the intention of helping the person to keep expressing how bad they feel. However at times when the person is feeling very bad, then it might be best not to say anything, just to be with the person, happy to be needed if needed by the person expressing their yuk. There are no firm rules, all will have to be determined by the people involved, and often it can lead to lots of arguments and feelings of feeling let down and rejected, unwanted and uncared about, all of which is good, because these are more of the bad feelings that will need to come out.

And to work yourself back down into yourself where you feel completely NOTHING, that you have no will, can't do or say anything, feeling so unloved, so bad, so unwanted, that is where you ultimately have to go – and want to go. Down to your bottom line, whatever that might be. And it will be harrowing, very traumatic, as you bring to light and relive the traumas you suffered whilst growing up. But all the feelings need to be felt and need to come to out, and the truth of them felt and seen, all so you

know exactly what you felt and why, all the way through your early life: from conception, at your birth, as a new born and baby, a toddler, a young child, growing older to being a teenager and then onto being a young adult. It all has to be felt and seen for what it was: The whole truth of your childhood. And whether or not it was loving or unloving.

Want to live true to yourself; true to your feelings; and true to the truth your feelings bring up within you.

For further Information: re – Index at end of the Religion of Feelings pdf. *(possibly as another handout)*

LOVE is
Feelings First Spirituality, The New Way



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

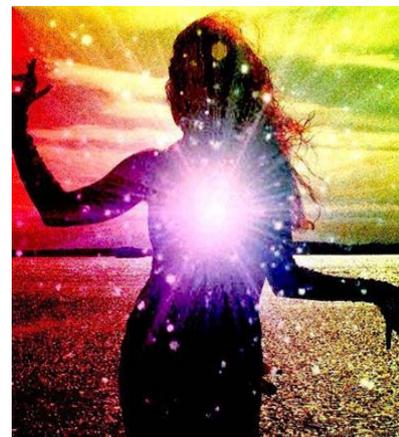
Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.

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.

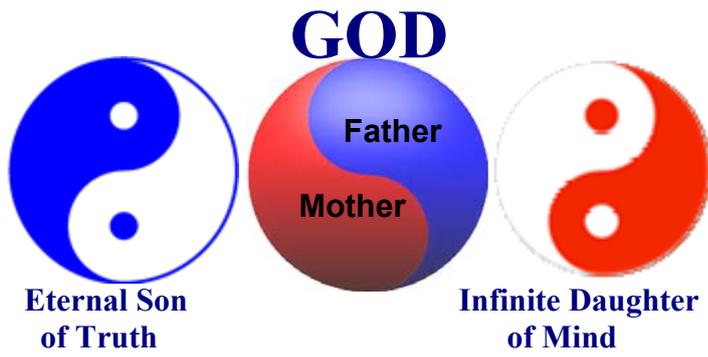
FEELING HEALING

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 totally true.” James – Introduction Course to Divine Love Spirituality



CREATION of SOUL and SPIRIT:

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

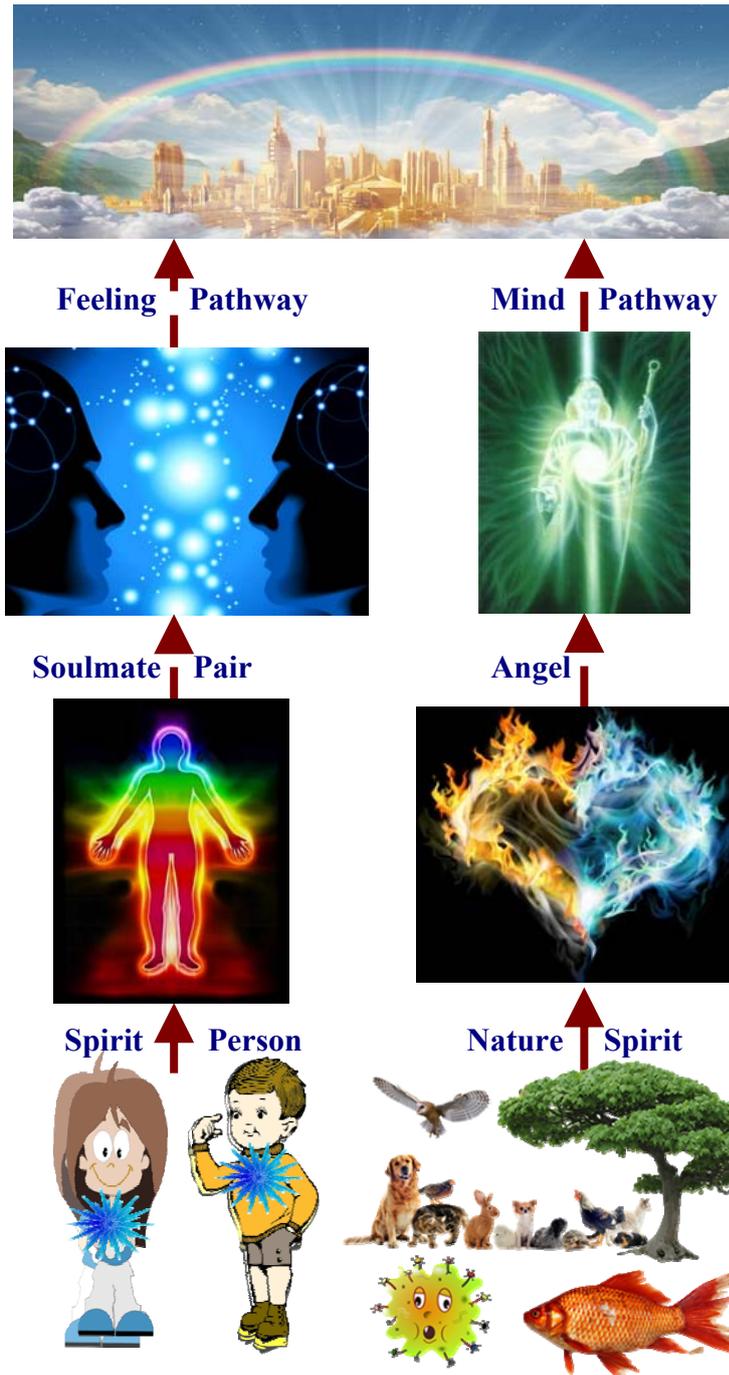
The soul of each human personality (sons and daughters of truth) is existential, driving our personality expression in the experiential. The soul of each human finds truth by embracing one’s feelings and longing for the truth of them. We are to attain the Eternal Son of Truth. We are a creation of Truth.

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

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

Neither we nor animals reincarnate. We never die; upon death, we move into the spirit Mansion Worlds on our journey to Paradise. When animals and plants die, be they the tiny microbe to the mighty elephants of the land and the whales of the ocean, their spirit energy returns to the Spirit Collective Energy. And from this energy are drawn other animals and the nature spirits, who then in turn move onto becoming angels through increasing mind experience.

A nature spirit is an angel in waiting.



WE EACH have a Nature Spirit pair, Spirit Guide pair and an Angelic Pair:

For those doing their Healing or are interested in doing it will from that time have their own personal angels, spirit guides and nature spirits with them, with whom they are to develop their own relationships should they want to. It is not about ‘sharing’ the same angels or guides or nature spirits, it is about you relating specifically to your ‘own’ ones because they are provided for YOU. It’s all for you, to maximise the experiences we each need.

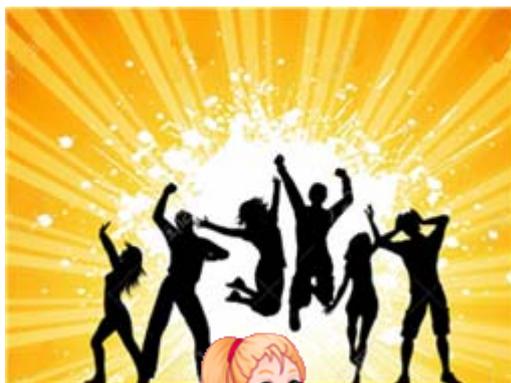
We are all to have our own pure relationships. And it’s the same of course in life with your friends, however over there, in spirit, dealing with Nature Spirits, Spirit Guides, and Angels, it’s more personal and private and ‘JUST FOR YOU’. So we have our own separate, unique relationships.



For example, Nature Spirit Verna has been assigned to be specifically and only with James, and she ain’t going to be assigned to anyone else, so she won’t be sharing herself around.

This is SO IMPORTANT to understand so that in future there won’t be all these people claiming to be speaking with Verna or Mary Magdalene or Jesus or Nanna Beth or anyone else who is part of it all in such capacity. Mary M and Jesus have spoken with James as they have, making it quite clear he is all they are speaking with.

We each have a band of a Nature Spirit pair, Spirit Guide pair, and an Angelic pair, each pair being in their ‘soulmate’ relationship. Even though we are ascending mortals having a soulmate, even our soulmate has his or her own group of six personalities assisting him or her. Our assigned Nature Spirits do not continue with us into spirit, our Spirit Guides may for a time assist upon entry to the spirit Mansion Worlds, however, our personal Angelic pair continues with us to Paradise, and then even possibly being with us throughout eternity.



Feelings first

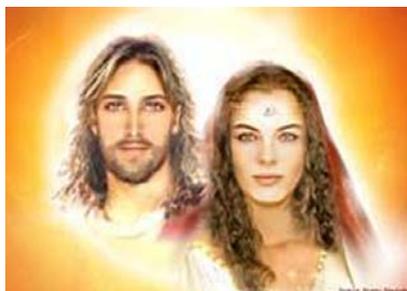
OUR GUIDANCE to PARADISE, the home of our HEAVENLY PARENTS:

There are three distinct phases of our progression to the home of our Heavenly Parents which is Paradise that is within the circle of seven Super Universes, each containing many Local Universes.

Once we progress beyond our Local Universe of Nabadon, then we are assisted and guided by our Heavenly Parents, our true Mother and Father all the way home to Paradise.

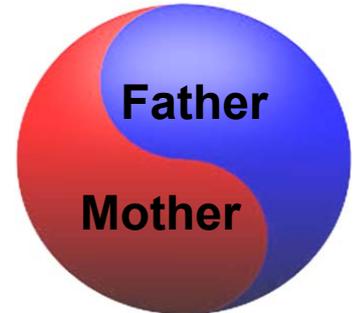
Before then, once we have completed our soul healing, we are guided through the Celestial Heaven worlds which are those that interact with humanity on Earth, then further on into and then out through Nabadon, our Local Universe. The regents of Nabadon are Mary and Jesus.

However, before then, we are to embrace our healing. That is, we are to realise who we truly are. We are not the personalities that our parents imposed upon us. We are to put aside our childhood suppression and repression and free our true personality that our Heavenly Parents gave us, and to do this we are now able to embrace the guidance of the Avonal Pair who will lead us through our healing here on Earth and through the Spirit Mansion Worlds to be able to enter the Celestial Heavens.



MUM & DAD THIS WAY

GOD



HEAVENLY PARENTS



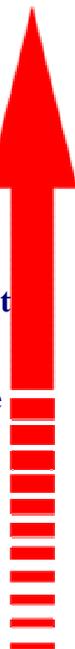
JESUS & MARY



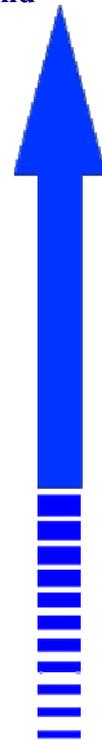
AVONALS



I'D TURN BACK IF I WERE YOU!



AVONAL PAIR



MARY & JESUS



GOD

Through out the Avonal Age of 1,000 years, their Spirits of Truth will assist us in embracing and engaging with our Feeling Healing and with Divine Love our Soul Healing, they will assist us to develop our soul well into Celestial Heaven status should we persevere with such a goal. To the extent that the Avonal Pair develop themselves while here in the physical on Earth is the level that their Spirits of Truth will be able to assist us. Then it will be Mary and Jesus' Spirits of Truth that will assist us up and out of Nebadon, where our Heavenly Parents will then assist us onto Paradise, Their home.

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

ABOUT the HEALING

James

Sunday, 15 March 2020

Hello Sam, John, Eme, Graham, Brian and Jim, I want to pass on an 'update' about how I now perceive what our Healing is and how it will go. Overall, it's still the same as I (and the spirits) have said – looking to our feelings for the truth of our self; and so being in an unloving and untrue state, doing our **Spiritual Healing** (as I'm now tending to call it) to fully connect with that; what it means to us; how it came about for us; and all the intricacies of our relationships and how they reflect the mess we're in. So our Healing is about first finding the truth of our unloving and untrue state, coming to understand the full extent of that, how it relates to us and how we relate to it, and all how it makes us feel feeling so fucked.

So what I want to add today is more about how I personally have thought my Healing would progress and how I've been wrong in that with these last couple of months making me change how I see it.

I started my Healing thinking and then believing that as I brought out all my yuk, I would change, changing for the better, becoming more true, perfect and loving. That it would be like any other normal healing, when we cut ourselves the wound gradually heals diminishing in pain and size until it's all better perhaps leaving a scar to remind us of the experience and the amazingness that we can heal like that. When we get sick we go to the doctor, do what is needed, take the pills, have the operation, and hopefully we gradually get better. And so I applied this same approach and expectation to my Spiritual Healing. If I bring out all my pain and yuk as Marion told me I had to do, then as the bad comes out and the truth comes with it, so I would gradually change making myself better – healing myself, becoming truer, ending all my pain, changing all my negative self-denying and unloving beliefs and behaviour, positively changing feeling better about myself and my life, my relationships, how I conduct myself, my aspirations, perfecting my Natural love, preparing myself for the 'Big Change' when the Divine Love wholly transforms my now perfect Natural love soul into being divine, that being the end or at the end of my Healing. So I believed that steadily through all these 23 healing years I would feel those positive changes happening in myself, and not only that, but as all of me would be changing, my compulsions and addictions would progressively end, my relationships would become truer, I would become more loving and be able to receive love, all as I grew in truth, all preparing me to become Celestial, with my being able to feel, sense and perceive that each day I was getting closer to the END of my Healing. However now after all these years, I've had to admit, accept and come to understand that my way of seeing how my Healing would go has been incorrect.

Yuk

So this is now what I understand my Healing has/is about; and perhaps other people have understood this from my writings and it will be of no surprise to them, but I have been a bit dim owing to all my fucked up beliefs which I grew up with and those I've added since reading the Padgett Messages, Urantia Book and even from the spirits, all of which has been perhaps my misinterpretation of it. I'm still coming to terms with having my focus shifted, so I apologise if I ramble on repeating myself as I usually do and for writing so much.

Now I would advise someone who is wanting to start their Healing by saying that it is about, seven Mansion Worlds worth of uncovering the truth of your rebellious state. So don't expect yourself to get better or change thinking that as you progress you will work your way out of your wrongness progressively becoming better, truer and more loving, because it's not about that. It's all about becoming progressively more aware of how fucked you are, so right the way through your Healing having to stay being fucked, all so you can see the truth of how fucked you are in all the ways you are untrue. So expect to stay fucked right the way to the End of your Healing. Don't expect to

progressively get better or heal yourself like you might expect. That really it is all about only growing in truth, with you needing to stay controlled by your compulsions and addictions all the way along so you can keep using them to move deeper and deeper into the truth of your unloving and untrue state. And that it won't be until you've revealed to yourself the whole truth of your rebelliousness, when you've brought out all the bad feelings that will help you see it, that the end will come and your transformation into being true, perfect and all-loving will happen. If you expect through your Healing to gradually decrease your badness as you increase your goodness, you might end up feeling very let down when after years of working on yourself to still feel in many ways just as fucked as before you started.

John, if you were to draw one of your diagrams, then I have viewed the Healing like a pyramid, we start off with a broad base of fuckedness, with our being wrong and rebellious diminishing as we ascend in truth, and with ourselves feeling better and better about ourselves as we get closer to the apex. But now I see the whole pyramid as a column right the way to the top. And perhaps the column is capped by a small pyramid at the end of our Healing when our transformation does finally occur, however I won't know until I experience it.

I have spent these past months so pissed off with the Mother and Father about letting me down, doing all this work on myself for all these years when nothing really has changed in me. All that has seemed to change is I've become progressively more aware about how fucked I am and how my fuckedness is maintained and how it all started, but what I hoped would be my healing hasn't happened yet. And being pissed off with Them is of course really being pissed of with my parents for giving me the wrong beliefs that I applied to my Healing. God has not said how it will be, I've made all that up. And so now I'm finding out, and like everything else, it's nothing like I thought it would be.



Marion explained it well the other day by saying what we do heal through our Healing is all that is stopping us see the truth of ourselves – our untrue and false state. And I can relate to this, I have changed in many ways, I have brought to light a lot of my beliefs and ways I'm keeping my truth-denial in tact, including having these wrong beliefs about my Healing. And as I've seen what I am doing, what is in me that is blocking myself from feeling all my feelings and the truth that will come from them, so many of those blocks have diminished and some have even gone completely, allowing me to feel more clearly just how fucked I am, all my pain, all the hurt, all the misery, fear and anger, all how powerless and such a useless nothing I am and why I've had such a nothing life. So my self-awareness, my awareness about my rebelliousness, being so unloving and untrue has certainly increased and continues to do so each day.

Yet still all whilst maintaining my addictions, compulsive behaviour, disconnectedness in my relationships and how fucked up my self-expression is. So my body feels more fucked by the day, I can't stop stuffing the Aldi (super market chain) milk and almond chocolate in by the block, I am feeling more fucked by the day, all the opposite to how I thought I would feel this far into my Healing. So the truer I become to how untrue I am, the worse I feel, which is right because that's the truth of how wrong I am. I am wanting to uncover the truth of my unloving state, so I have to feel just how unloved I feel. So I have to keep feeling worse and worse because that's how I felt through my early life and all the way along, I just tried to block it all out. So through my Healing I have progressively been able to feel all my bad feelings more truly, more intensely, connecting more with them as they are myself and my life and not all the false cover up and denial of them. So it's right, even though it's still so hard to accept, that the more I progress in my Healing the worse I will feel. I should feel better and better! But it's not been like that. In some ways I don't have all the repressed bad feelings in me, the misery, fear and anger has markedly lessened, I don't spend days and days feeling so miserable as I used to, yet

when I do feel miserable, I feel it so much more acutely now being so much more aware of it. And I can connect with the truth of why I'm feeling it much quicker. So I have changed in my relationship with myself, only it's not been as I was expecting.

And I've come to realise, that had my Healing progressed like I believed it would, then as I progressively changed for the better, I'd be better, and so being better I would then not be able to feel my deeper levels of how fucked I am, my new good feelings preventing me from getting into my even deeper bad ones I'm keeping hidden. So had I worked my way up the 'healing pyramid', the higher I got the further from the truth of how fucked I really am I would have become. So now I understand why I have to stay in my fucked state right the way to the end – so I can keep connecting with it on ever deeper levels, all so I can understand all the aspects of the truth of it that God and my soul want me, need me, to see.

So as hard as it is, I am now accepting that my Mother and Father gave me a life of unhappiness. That I am to live feeling mostly unhappy, miserable, despairing, powerless, nothing, and fucked off about it all for my whole life, and really forever. And that my so-called Healing, is coming to understand and so accept that. And even though I still hope I will change and end feeling so bad, I have to fully accept that until that time comes, and if it ever does, I am dreadfully unhappy and a sad case of useless pathetic futile humanity. And that I have to keep doing all my compulsions and addictions to keep afloat, to keep living the pathetic fucked way I do, all of which is what God wants – created me to live. So there is no out, no escape, not whilst I'm still in it, for how can there be, as I am it, it is me. So all I can keep doing is working on myself through my feeling acceptance and longing for the truth to keep seeing just how fucked I am, as I had no idea when I was young, just all these horrible feelings I did all I could to block out.

So to face that I will never get 'better', that nothing will ever change for the 'better' is soul-destroying, it's too much to bear, that this is my shit life and that's it for me as I can't change myself; and god I tried, but I can't, my Mother and Father have made me so I can't. So I'm trapped in my pain forevermore, or until They decide to end it. Marion says: why do you keep doing or saying that, why don't you change yourself, focus on what is wrong and try and keep aware of it and when you do it again then work to find out why you do, bring up those feelings and gradually as they all come out you will change, you will stop doing it. And I have tried her way, but I can't do that, it's not me, I didn't get what she got being able to do that for herself, which is how she approaches her Healing. However the reality I have seen over these years for her is that she can't change the real deep fucked up stuff within her no matter how much she applies herself or expresses her pain. Nothing seems to change for either of us in our deepest fucked up self, other than getting to know it more, we're always changing in our understanding of how fucked we are and why and how powerless we are to do anything about it.

So I am changing by coming to accept that I can't actively make or induce my own change. I can't do anything other than what Marion said right at the start, just keep trying to express my bad feelings and keep longing for the truth of them. I do this in my pathetic fucked up way, which Marion says is not right and that I haven't even started my Healing properly, however I can't do anything else, this is me, this is all I can do, and every day my 'not doing my Healing as she says' is helping me see how I can't change myself, how locked into my shit I am with no way out, and that I have tried to do my best and failed, and that I am not even meant to try anymore, just accept that I am completely powerless to affect any change, and that I am completely reliant on my Mother and Father, it's all up to Them – how They want me to be. And I've been so fucking angry with Them for giving me such a shit life, just as I have been so angry with mum and dad, and yet lately even that anger has been fading off because what is the point, what does it do for me, it doesn't help me change, it doesn't make me feel better. But I have had to express it all, raging at them, at Marion, standing up to them like I wasn't able to when I was young,

getting stronger in my expressing those feelings I'm becoming more aware I have, all while understanding that compared to Marion and Samantha the strength of my feelings is very weak, I hardly feel them, they are just a blur most of the time, unlike their's which are so acute. Accepting that God even fucked up my being able to fully and passionately feeling my feelings, that I am all but feeling-numb, just wanting to hide in my fantasy mind, to watch the movies in my head as I watch the movies on the screen, to escape into a better place in my mind.

So to conclude. For anyone setting out on the phase of life called their Spiritual Healing, to expect that through your feelings you will be worked step by step ever deeper into the pain of your untruth all so you can see that how you are now as an adult is EXACTLY how you were back as a child, and that really you are still the child and nothing has changed. And that it's not going to change, you will remain being the fucked up unloved child feeling all the bad feelings of being that way right the way through to the end of your Healing. And you have to keep feeling as bad as you do, and so if you don't already feel as bad as you felt from conception and right the way through every bad part of your childhood, then your Healing will progressively help you re-connect with just how bad you did/do feel. And that you won't change for better as in feeling like you are ending your shit childhood, letting it go, healing all the pain of it, that you will keep being in and of it because it is you, there is nothing else, no other you, there is only you the child that wasn't loved as it needed to be loved by your parents. And that you will keep feeling so bad right the way until the end of your Healing. So don't expect yourself to 'heal' as you know healing to be, expect to keep feeling as bad as you do, even worse and worse, all as you keep growing in the truth and awareness of how fucked and wrong you are. And then when you have seen and felt it all, when you know all the truth of your unloving and untrue state, then you can transform into your true and loving self, then all your pain will go, then you will greatly change. But until that End Time when you make the transition in truth into the Celestial levels, keep expecting all your shitty life to remain, all your compulsions and addictions to keep plaguing you, all helping you to feel as powerless as you are, as unloved as you are, as untrue and false as you are.

Our Spiritual Healing is not about, here, take this Healing Pill, working on expressing your feelings and uncovering the truth of them and you'll get better and all your pain will progressively leave you as you become progressively a better person. No, accept that you are fucked, you will stay fucked, and you will come to see the whole truth of your fucked state, feeling how bad you feel in it, right the way to the core of your being. Great fun, yet what else can we do?

One day we all come to the realisation that we can't actually make ourselves feel any better by using our mind. We have tried to do that all our life, but one day it runs out and you can't do it anymore. And you look back at all you've done which you thought was helping you to feel good and change for the better, but it's all been shit. And then you have to express all those horrible feelings that all you've done has been a waste of time, that you are still as fucked as you've always been. And then what? If you can't change yourself using you mind, what the fuck can you do?

And then what you can do is go the other way, to try and uncover the truth of why you can't use your mind to change yourself. You can do your Spiritual Healing, however that too is not going to be like you expect. You are going to keep feeling as fucked and in the pain that you have always felt, right from the beginning, because you formed in that pain and fuckedness, it is you, it's how God wanted you to become, and you have to come to terms with that. But that doesn't mean falling in a heap and giving up, because you won't be able to do that fully either, we have to keep going, so what we can do, which I assume we all will be able to do, is work with our feelings to bring to light the truth of just how fucked we are.

You are the unhappy and unloved child. Nothing has changed. So we have the choice of living the truth of that. Which means, coming to understand through our feelings, the very feelings we've always felt, what it all means to be as you are. The truth of yourself. The truth of your unhappy and unloved self. People say they want to become true, but they jump over becoming true to all the bad untrue stuff. If they do this or that, do their Healing, they will become true. Which is right, only it means become true to how fucked you are and all the pain you feel and have always felt. Getting to know it – yourself; connecting with every part of it – yourself. Going into your hell, into your darkness, and being it, being immersed in it until it becomes light. Until what was your darkness you know so well, feel fully connected with, that there is no longer any hidden dark places you refuse to face and see. And when we've come to terms with the hell that we are, then hopefully our Mother and Father will change us into becoming truly true and loving.

And to end: here's an example of how much fun it all is. I grow up in relationships with people that I believe I love, when in fact the truth is, I hate them all. The hate coming through my Healing as my feelings lead me to it, that which I wasn't allowed to express when I was with them.

So being with people I hate, and believing they are good for me, is part of my negative pattern.

So I marry a woman wanting to be with her, because also as part of my negative pattern I have to be with someone, believing that I love and like her when really I hate her. Really I detest and can't bear how she is and all the things she goes on about and what she's interested in. I have to be with her, hating her just as I had to be with my parents hating them. It's just how it is, how I am, and I can't be any other way.

And so I was told we are soulmates, so good luck with that. I am with my soulmate that I hate. However, perhaps that is part of living the ultimate truth of feeling unloved, so perhaps it might even be right. And if it is, it shows me just how removed from the truth I am, that we all are – which also is right, because we are very far removed from the Truth due to the Rebellion.

And part of my Healing, coming to understand and accept the truth of my unloving state, is realising this about my relationship with Marion, mum and dad and the others in my family. So Marion and I remain together, hating each other, all so we can keep helping each other in our different ways with our Healing. And when I say hate, that's harsh, when we are going for it, yelling and cursing each other slinging all our shit at each other, yes we hate each other, but that is not that often, only during the crunch, pressure times. Mostly we accept and are okay with each other, even liking each other every now and again; yet still overall, growing in the awareness and understanding that really we share little in common other than the truth that we don't love each other and our lives are fucked, separately and together, and that there's no point, and we can't leave each other – another part of our fucked state. And then to take it even further, well really I'm not with Marion, I'm still with mum and dad; just as she is not really with me, she is still with her mother and father. So our hatred of each other is really still a projection of our hatred of our parents onto each other. And what we might really feel about each other, were each of us true and were we able to truly relate to one another, we don't know, and won't know until we finish our Healing and if we still want to be together then.

The Rebellion is a complete fuck up. We are complete fuckups. I am a complete fuck up. All of which our Mother and Father want us to see and come to know through living it. They have fucked us up so we can know the truth of what it's like to feel so unloved and to live being so untrue and against ourselves. And possibly one day we'll thank Them for giving us such an extreme experience. And until that day comes, if you hate Them too, then hate Them with the full intensity of such hate for giving you such a shit life.

FUCKUPS

SPIRITUAL HEALING:

Our Healing is about first finding the truth of our unloving and untrue state, coming to understand the full extent of that, how it relates to us and how we relate to it, and all how it makes us feel so demented and live life in a stupor.

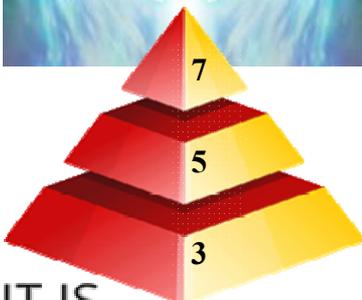
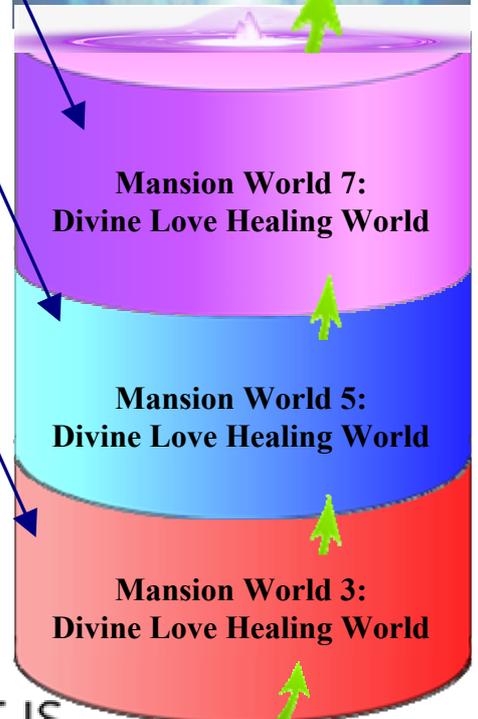
Healing is about seven Mansion Worlds worth of uncovering the truth of our rebellious state. It's all about becoming progressively more aware of how screwed up we are, so right the way through our Healing we stay being screwed up, all so we can see the truth of how demented we are in all the ways that we are untrue, all the way to the End of our Healing.

What we do heal through our Healing is all that is stopping us see the truth of ourselves – our untrue and false state.

Mansion World 7: is then about still working with the deepest and residual bad feelings, whilst looking to sort out how you wrongly relate to yourself and others, nature and God because of being unloving, understanding how your relationships are unloving, how you don't connect properly, how unloving you really are and why and fully accepting the truth of it, coming completely to grips with your parents not loving you as you needed to be loved – sorting it all out, including your self and feeling expression difficulties. Then comes transition.

Mansion World 5: is then about going right into the depths of them, feeling how unloved you feel and seeing how unloving you are and how that makes you feel, bringing out the majority of your pain, your misery, fear, anger, guilt, hatred, boredom, terror, rejection, nothingness, feeling powerless, alone and abandoned, and so on. Each progression is full on, all the way.

Mansion World 3: is for waking up to the truth that you're not loving and starting to get in touch with your pain, starting to accept your bad feelings, starting to work with them instead of rejecting them.



IT IS NOT THIS WAY



IT IS THIS WAY

From this:



To this:

SUPERKIDS

Natural self Expression through Feelings

Self Empowering

Self Revealing

Self Loving



Feelings First

Arvonal Revelation

- We are to live Feelings First.
- We've been made to use our mind to live against many of our feelings.
- Our mind control commences at conception and is developed through our childhood.
- All the bad feelings we didn't express as we were growing up are still repressed inside us.
- And all such hidden, buried and unwanted feelings have to come out.
- And whilst they remain repressed within us, they will continue to make us feel bad and unloved.
- We get sick, depressed, suffer, have bad things happen to us because of our repressed childhood feelings.
- Humanity was brought into this state of living against itself by higher rebellious spirits.
- These Evil Ones caused the Rebellion and Default.
- We are made to rebel by default – as we have no idea we're doing it through our parenting in wrongness.
- We are all parented unlovingly – against ourselves, against our will.
- Some parenting in the wrongness is done with more love, yet it's all still wrong.
- To heal this unloving state within ourselves we have to do our Healing.
- Our Healing is our Feeling-Healing or Soul-Healing with the Divine Love.
- We can long to God for Their Divine Love, and this will help us with our Healing.
- God is our Heavenly Mother and Father, the Feminine Aspects of God having been kept hidden from us by the Evil Spirits.
- All humanity's religions and spiritual systems are designed to keep the wrongness going, to keep us away from God.
- Only by living Feelings First Spirituality, The New Way, can you become right, and truly find God.
- Long for the Divine Love.
- Long for the Truth of your Feelings.
- Accepting all you feel is accepting all of yourself, it's your greatest act of self-love.
- And wanting to know the truth of your feelings, is your next greatest act of self-love.
- Love yourself through your feeling-acceptance, and the Truth will set you Free!

31 May 1914 and ongoing

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		2017	250
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings	1,500	2017	47
		This group being pages of	3,095

Religion of Feelings

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

Introduction to Divine Love Spirituality

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

Main website of DLS

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

Childhood Repression website

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

DLS and CR forum

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

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

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Paul – City of Light

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

Ann and Terry

For an example of people who might want to immediately start working on 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**

Cause No Harm < to OTHERS to MYSELF

Strive to love others as I am to love myself

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

**Divine Love
is the key!**



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

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



**to enter the
Celestial Heavens:**

