

# PASCAS CARE

## Bonding with Inner Self



Embrace the  
Love thru your  
Inner Child

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**Lesson 1 of Dr Margaret Paul's and Dr Erika Chopich's  
Free Course on the Six Steps of Inner Bonding®**

## Lesson 1:

### **Definitions: Beginning to Understand the Six-Step Roadmap of Inner Bonding®**

Rick came to see me (Dr Margaret) because, for the fourth time in the last two years, he thought he had found his mate, only to have her leave him after a few months. He had gone to numerous different therapists and workshops, yet here he was repeating this pattern again. Rick had discovered one of my books on the Inner Bonding process and had read it from cover to cover in one night. He came in two days later, so excited because he realized he had discovered the cause of his difficulties. “I have been making my girlfriends responsible for my feelings. When they feel my neediness, they leave. I knew I was doing it, but I didn’t know how not to do it. Now I get it from reading your book and I just want a session to solidify my learning.”

We spent the session practicing the Inner Bonding process. I didn’t hear from Rick again until a year later, when he called to tell me he was getting married. “Inner Bonding has changed my life,” he told me. “I am so grateful to have found this process and grateful that I can practice it on my own. It really works! I just want to say ‘Thanks!’”

I was delighted.

Welcome to our introductory course on the Six Steps of Inner Bonding. This course will give you all the basics of the Inner Bonding process. Inner Bonding is a process which, when practiced consistently, heals fear, limiting beliefs, anger, shame, guilt, aloneness, depression, anxiety, addictive behaviour, as well as relationship problems. Inner Bonding provides you with the skills to take loving care of yourself, share your love with others, and be empowered to take full responsibility for all your own feelings and behaviour.

- Do you know how to stay centred, open-hearted and powerful when someone is yelling at you or blaming you?
- Do you know how to be immune to criticism, judgment and rejection?
- Do you know how to not lose yourself in the face of others' controlling, engulfing, or smothering behaviour?
- Are you stuck in The Resistance Syndrome, wanting to make changes but not following through, with issues like weight, exercise, lateness, spending, chores, and clutter?
- Do you know how to remain reliably loving with yourself and others, regardless of how others are behaving?
- Are you tired of reading books, attending workshops and seminars, trying therapies that do not bring the lasting results you hoped for?

Inner Bonding is a process that, day by day, moves you toward personal power and the discovery and fulfilment of your passion and purpose. It gives you the tools to create peace and joy, every day of your life. It does not matter how big a hole you have dug for yourself personally or in your relationship, Inner Bonding gives you the tools to dig yourself out. You will notice results immediately, as soon as you start to practice the process. It is a process that *always works*, provided you are practicing it properly.

Inner Bonding is a spiritually-based, not religiously-based, healing pathway. You do not have to believe in God to practice Inner Bonding, but you do need to learn how to access the guidance that is available to you, whether you experience this as outside yourself or within yourself, or as the highest part of yourself. Learning to access this higher guidance is part of the practice of Inner Bonding.

When we use the term "God / Mother and Father / Source Soul" we are referring to the energy of unconditional love, truth, wisdom, peace and joy that is available to all of us in the unseen spiritual realm when we learn to access it. "God / Mother and Father / Source Soul" refers to your personal experience of the Divine – a person, a light, a presence, an energy, nature. We use the terms "God", "Mother and Father" and "Higher Power" interchangeably. When we use the term "spiritual guidance" we are referring to information coming *through* your mind (rather than *from* your mind), from your personal experience of God,

Goddess, Jesus, Buddha, a guardian angel, a spirit guide, a mentor, a director, a teacher, a saint, a beloved deceased relative or an imaginary being, a light, a presence, an energy, or the highest part of yourself.

Let's start by defining six terms you'll need to master before using the Six Steps.

### **Intent**

Our *intent* is what governs how we think, feel and behave. Our intent is a powerful and creative force – the essence of free will. Your intent is your deepest desire, your primary motive or goal, your highest priority *in any given moment*. There are only two primary intents:

- To learn about loving yourself and others, even in the face of fear and pain.
- To protect yourself from fear and pain with addictive, controlling behaviour and thereby avoid responsibility for your feelings and actions.

When your intent is to learn to love, you are willing to face your fears and feel your painful feelings in order to compassionately nurture them, or understand how you may be creating them and discover what you need to do differently. The deeper purpose here is to become a more loving human being, starting with yourself. When you open to learning about your own fear and beliefs and about what brings you joy, you move toward love. When the intent is to learn, learning about love becomes more important than protecting against fear. When your intent is to learn to love, your deepest desire is to find your safety, peace, lovability and worth through an internal connection with the unconditional love that is available on the spiritual level.

When your intent is to protect yourself from fear and pain, and avoid responsibility for your feelings, your deepest desire is to find your safety, peace, lovability and worth through externals, such as attention, approval, sex, substances, things and activities. When you believe that others are responsible for how you feel, you try to control them in order to feel safe and worthy.

In every moment, each one of us chooses our intent – either to attempt to feel externally safe by controlling others and our own feelings, or to create inner safety by learning about loving ourselves and others. While the choices that others make may influence you, no one but you has control over your intent. Not even a Higher Power can control your intent, since that would negate your free will. In each moment, you choose what is most important to you, and in each moment you have an opportunity to change your mind.

There is an important distinction between the *intent to know* and the *intent to learn*. The intent to know comes from the part of us that wants to know what to do and how to do it “right” in order to have control over getting what we may want – attention, approval and so on. People can even get addicted to gathering information; they think it will give them more control. Having the intent to learn means that you do not have to know what to do. You only need to learn how to open to a higher source of guidance, and you will be directed. Guidance in what is loving to ourselves and others is always available to us when we know how to access it. Part of the practice of Inner Bonding is learning how to access this powerful and wise guidance.

### **Core Self and Wounded Self**

Our core Self is our true Self or essence. It is helpful to imagine the core Self as a bright and shining child, the natural light within that is an individualized expression of Divine Love. This aspect of ourselves is actually ageless – it always has been and it always will be; it evolves through our life experiences. Our core Self contains our unique gifts and talents, our natural wisdom and intuition, our curiosity and sense of wonder, our playfulness and spontaneity, and our ability to love and connect with others. This is the unwounded aspect of the soul. It can never be harmed. It was never touched by any abuse we suffered. Instead, the core Self was hidden away. It waits to be retrieved through a healing process. Because of this unbroken part in each of us, complete healing can occur. Your healing is complete when you have fully retrieved and deeply know this aspect of yourself, who you really are – a child of the unconditional love that is God, our Father. Practicing Inner Bonding leads to the reclaiming of the core Self.

It is helpful to imagine the wounded self as a wounded child who learned to be an unloving Adult. Our wounded self is often a mirror image of one or both of our parents. Even though we may have said, “I’ll never be like that,” our wounded self may have learned to be just like our parents.

Your wounded self is the aspect that may have suffered from physical, sexual, and/or emotional abuse or neglect, and it carries all the fears, false beliefs and controlling behaviour that result from these experiences. While these fears, beliefs and behaviour cause us pain in our adult lives, they were the only way we could feel safe when we were children. They were our survival mechanisms. Your wounded self can be any age in any given moment, depending upon how old you were when you learned a particular false belief, addiction or way to control.

The wounded self is the aspect of you that may use food, drugs or alcohol to numb out fear and loneliness. In addition, the wounded self always fears being rejected / abandoned, on the one hand, and being engulfed /

smothered / controlled on the other hand. In other words, the wounded self fears loss of other and loss of self, because it does not know how to manage rejection without taking it personally, or to set appropriate limits against engulfment. Through anger, blame, resistance, compliance or withdrawal, the wounded self hopes to ward off and control that which it fears. All the parts of the wounded self need healing, and they can be healed only through compassion, acceptance and unconditional love.

Almost any activity can be used as a protection against your pain. It depends on your intent. For example, meditation can be used as a way to connect with a spiritual source and learn about loving, or it can be used to bliss out and avoid responsibility for your feelings. There are many people who have meditated for years without improving the quality of their lives because they have used meditation as a way to avoid pain rather than a way to learn. Likewise, reading the Bible can be a way to help you open your heart and move into your lovingness and your desire to learn, or it can be used as an anaesthetic, an addiction, a way to avoid yourself and your fear. When the Bible is used this way, it often becomes a tool to control others and God, to make God love us more or reward us. Neither the ancient Hebrews nor Jesus intended this sacred text to be used to manipulate and control.

The intent to protect closes the heart to avoid feelings of loneliness, heartache, heartbreak, grief, sorrow, and helplessness over others. But closing the heart to protect against these painful feelings of life leaves you feeling alone inside and this terrible aloneness then drives your wounded self to try to have control over getting love to stop the painful feelings of aloneness and emptiness. You might try to have control over getting love with criticism, blame, silence, giving in. You might avoid pain through withdrawal, resistance, numbing out with food, drugs, alcohol, TV, gambling, and so on. The more you try to have control over getting love and avoiding pain, the worse you feel and the more you do it to try to feel better. Can you see what a vicious circle inner abandonment is?

One of the major false beliefs of the wounded self is that we, as separate egos, cut off from a Higher Power, can have power over ourselves and others. We can, to a certain extent, control others' behaviour (although not their feelings), but not without violating ourselves and others. The wounded self is willing to violate the core Self and others to have this control. We violate ourselves through substance and process addictions (addictions to things and activities). We violate others through controlling behaviour – anger, blame, judgment, compliance, withdrawal, violence. Whenever we violate ourselves or others, we are acting from our wounded self.

Until we practice Inner Bonding and develop a strong loving Adult self, it is the wounded self that decides whether to learn or to protect. When we decide to open to learning, it is often because some part of our wounded self hits bottom and says, “I’ve had it with living like this. It’s not giving me what I want. It’s not working. There must be something better out there and I want to find it.”

### **False Beliefs**

Our false beliefs are the lies we have learned that cause us unnecessary fear, anxiety and pain. We know a belief is false when the belief itself causes us fear, anxiety, depression, shame, or other painful wounded feelings. We then protect against the fear, anxiety and pain caused by our false beliefs by sinking into our various addictions, our ways of controlling ourselves and others.

It is our wounded self that has absorbed our false beliefs, many of which we adopted when we were very small. A false belief is a belief about ourselves, others, the world, the universe or God / Higher Power that disempowers us and causes us to fear. Our false beliefs are the conclusions we drew about ourselves, others, the world, etc., as a result of our difficult childhood experiences. Our false, self-limiting beliefs cause much of our pain *and* much of our behaviour that causes us pain. For example, if you concluded (falsely) from your childhood experiences that you are bad, unlovable or unworthy, then you will generally behave as if this were true. Your resulting behaviour, such as anger or withdrawal, which is geared to protect you from the rejection or engulfment that you fear, may actually result in others rejecting you – which is just what you expected. This brings you pain and reaffirms your false belief about being unlovable. In addition, the very act of choosing to protect rather than to love is an abandonment of your own core Self and further reaffirms your belief in your unworthiness. You end up feeling rejected by others because you are actually rejecting yourself without realizing it.

### **Inner Child**

When we use the term “Inner Child,” we are referring to the feeling part of us – both the wounded self and the core Self. Imagine a child – perhaps a sad, lonely, frightened or angry child. Imagine that within that wounded child is a beautiful light, the light of the core Self. But the wounded child does not know that this light is within. This wounded child operates from the false belief that he or she is inadequate, flawed, wrong, unlovable, unworthy – that his or her core is dark instead of light. Only when we learn how to bring unconditional love through to the wounded child will we heal enough to discover the light within.

Your Inner Child is an infallible inner guidance system. It lets you know through your feelings what is good or bad for you, right or wrong for you. The feelings you may experience coming naturally from the core Self

are the joy, peace and love that, as an adult, are the result of being loving to yourself and others. The core Self also has the natural feelings of sadness and sorrow (over people's inhumanity to each other, for example), loneliness (when you have no one with whom to share love), heartache and heartbreak (over others' mean and rejecting behaviour and various kinds of loss), grief (over loss), helplessness (over others' choices), outrage (over injustice), as well as fear of real and present danger – the fight or flight response. These core-Self feelings of life need to be attended to and nurtured with deep compassion. The feelings that come from the wounded self are anxiety, depression, anger, hurt, aloneness, neediness, emptiness, misery, guilt, shame, fear (of a perceived rather than an actual threat), and so on. These feelings are letting you know that you are off track in your thinking and behaviour, and need to be explored through the Inner Bonding process.

*All* of your feelings are a form of inner guidance, either letting you know whether what you are doing and thinking is right or wrong for you, or letting you know that you need to compassionately nurture yourself. They let you know whether someone is open or closed, dangerous or safe. The tightness in your stomach in reaction to someone's threatening anger tells you something important, as is the safety you feel when someone is being truly giving. Your anxiety, anger or depression may be telling you that you are not taking loving care of your self, while your peace and joy let you know that you are being truly loving to yourself.

Trusting these feelings and discovering what they are telling you will help you take personal responsibility for your own feelings.

### **The Loving Adult**

The loving Adult is the vehicle through which the Spirit of love and compassion that we experience as God thinks and acts. It is God's emissary, receiving love, truth and power from Spirit and then taking loving action in our highest good.

Many of us do not yet have a powerful, spiritually connected loving Adult who knows how to nurture and truly protect us and love others without trying to control them. Many of us do not have a loving Adult who knows how to set appropriate inner boundaries against our harming ourselves with addictive behaviour. Nor do we have a loving Adult who knows how to set loving limits against harming or being harmed by others. This is because we may have had little or no role modelling on how to be a loving Adult. If your parents and their parents before did not know how to take loving care of themselves, they could not provide the necessary role modelling. That's why most people don't know how to take loving care of themselves in the face of other's anger, blame, or judgment.

You, however, have the opportunity to practice a healing process that creates a powerful loving Adult. If you do not have role models for loving behaviour, do not despair. We can all learn to access our higher guidance as a role model for loving action. If you decide to pursue learning more about Inner Bonding, you can learn to access this guidance.

Until we are in the process of developing a loving Adult, the wounded self is in charge of our intent. There are only two circumstances under which the wounded self decides to open to learning. One is when we are in a lot of pain and realize that our protections are not working to bring us the safety, peace and joy that we want. The other is when we remember that we came here to this planet to love and evolve in our lovingness. The memory of our soul's mission is within our core Self. Spirit attempts to remind us each day of our soul's mission in the hope that we do not have to hit bottom to shift our intent. Those of us who learn to hear the voice of Spirit may then open to learning about loving.

Below is a very brief summary of the Six Steps of Inner Bonding.

- Step One:** Become mindful of your feelings. Decide that you want 100% responsibility for the ways in which you may be causing your own pain, and for creating your own peace and joy.
- Step Two:** Choose the intent to learn to love yourself and others. Making this choice opens your heart, allows Divine Love in and moves you into your loving adult self.
- Step Three:** Choose to welcome, embrace and dialogue with your wounded self, exploring your thoughts / false beliefs and the resulting behaviours that may be causing your pain. Bring compassion to your core-Self feelings. Explore your gifts and what brings joy to your core Self.
- Step Four:** Dialogue with your spiritual Guidance, discovering the truth and loving action toward your self.
- Step Five:** Take the loving action learned in Step Four.
- Step Six:** Evaluate the effectiveness of your loving action.

These steps are actually a powerful roadmap to healing the false beliefs that may be keeping you limited in your personal life and at work. The following lessons go into more detail about these steps.





**Lesson 2 of Dr Margaret Paul's and Dr Erika Chopich's Free Course on the Six Steps of Inner Bonding®**

## **Lesson 2**

### **Step One of Inner Bonding**

*Choose to be aware of your feelings. Be willing to take responsibility for the ways in which you may be causing your own pain, for nurturing your core-Self pain, and for creating your own peace and joy. Make use of somatic (body-based) therapies to access your feelings.*

You cannot begin a journey without the *willingness* to do so. Without the willingness to do whatever it takes to heal from your wounded self, you will not begin the journey of healing and evolving your soul. “Doing whatever it takes” means that you are ready and willing to feel, understand and take full responsibility for the whole range of your feelings – from fear, anger, hurt, shame, depression, loneliness, heartache and heartbreak, to safety, worth, lovability and joy. Willingness also means that you are ready to see how you are responsible for many of your own feelings by becoming aware of creating them with your thoughts, beliefs and actions.

Willingness means that you have decided to face your fears, your demons, the shadow side of yourself you hide from everyone. It also means you are ready to stop hiding *from yourself*, in other words, to stop being in denial about the pain you are in. Willingness means being ready to learn to *love* rather than *ignore or judge* your painful feelings. Willingness means that you are ready to ask for help from your higher Guidance – and from others who can bring Divine love through to you – to help you heal. It means that you have admitted to yourself that you cannot find the safety you seek without spiritual guidance, that you are ready to invite Spirit into your heart to nurture and guide you. It means that you have embraced the journey, the sacred privilege of learning about love.

When we tell people that they need to be willing to feel their pain, they often say to us, “What’s the big deal about that? I feel my pain all the time.” But there is a world of difference between feeling pain and having

the *willingness* to feel it in order to learn from it. There is no healing in just feeling and expressing your pain. You can cry and rage forever, but if you are not willing to take responsibility for your pain, you will be stuck with it forever.

Sometimes people respond with, “Why? Why feel my pain? What’s the point?” They believe that feeling pain – especially the pain of childhood – is a waste of time. “Why cry over spilled milk?” they argue. “Why can’t we just try to find our joy and skip the pain?” The answer is: because your pain is telling you that you are off track in your thinking and behaviour – that you are going the wrong way on the freeway of life. In addition, joy and pain are in the same place in the heart. When you put a lid on your pain and stuff it back inside, you put a lid on your joy. You choose to live an emotionally stunted life.

Pain is how your Inner Child lets you know that you may be behaving in ways that are not in your highest good, or that you need to compassionately nurture yourself and take loving action in your own behalf. Pain is also your teacher in other ways. For example, if you are sawing a piece of wood and you accidentally slice into your finger, the physical pain you experience tells you to stop sawing! The same is true of your emotional pain; it tells you to stop thinking or doing the thing that is causing you pain. If you do not pay attention to your emotional pain, you will go on thinking and acting in ways that cause you pain. What’s more, you will develop unhealthy, even harmful, mechanisms for *not* feeling your emotional pain: addictions to substances, people, manipulations, activities and things.

Ask yourself this. When you want to binge, eat sugar, drink alcohol, use drugs, smoke, blame, hit, appease or resist someone, run away, turn on the TV, gamble, shop, masturbate with pornography, demand sex from your partner or compulsively act out in any way, what are you feeling? Anxious, fearful, angry, depressed, shamed, guilty, hurt, alone, rejected, helpless, lonely, heartbroken, sad, unworthy? Are you turning to your addictions to distract you from your painful feelings? Are you willing to open to learning from these feelings instead of blocking them with addictive behaviour?



The idea of feeling your long-suppressed emotional pain may be very scary to you. The truth is, you can handle it when you learn how, which is a major part of the Inner Bonding process. Your fear of those feelings is based on beliefs about pain that you acquired in childhood, beliefs that are false now that you are an adult. Let's take a look at some of them.

### **False Beliefs about Pain**

When we were very small, we could not handle our pain alone. Our little bodies were too small to endure the huge energy of physical and emotional pain, so unless we had loving parents to help us when we were in pain, we learned various ways to numb out and endure it. As adults with grown-up bodies, we can now handle the big energy of emotional pain, once we learn how to do it. Most of us don't realize this. Nor do we realize that we are no longer victims. We now have choices we didn't have when we were young. We can learn to notice our thoughts and behaviour that may be creating our pain and access the truth. We can leave a painful situation, call a friend or therapist for help, and learn to bring through Divine Love and Compassion, all things we could not do for ourselves when we were small.

What beliefs do you have about your pain? See if any of these rings a bell.

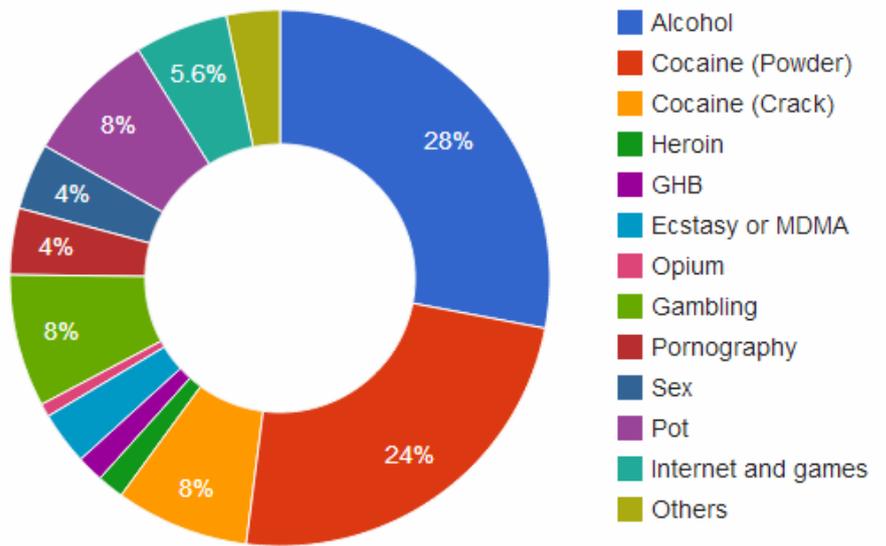
- I can't handle my pain. It's too much for me. I'll go crazy or explode into a million pieces and die from it.
- If I open to my pain, it will be unending, a bottomless pit with no way out. Better to keep a lid on it.
- There is no point in feeling my pain.
- No one wants to hear my pain. If I open to my pain, I will end up alone.
- Feeling and showing my pain is a sign of weakness and will lead to my being rejected.
- Feeling my pain makes me too vulnerable to being controlled by others.

To move beyond these false beliefs, you must be willing to test them, to prove them false. And to test them, you must resist the urge to blunt your pain with addictions (which includes controlling behaviour). You see, until you stop numbing out in the face of your pain, you will never know that you can feel your pain without going crazy or dying, that your pain is not endless, and that it can actually be a source of information and strength rather than weakness.

In all the years we have been working with people in pain, we have never had anyone die, explode or go crazy from opening to their pain. We have never met anyone whose pain was unending. Nor do people kill themselves from feeling their pain when they are willing to learn how to heal it, and when they reach out for the appropriate help. It is not

opening to pain and learning how to manage it lovingly that causes suicidal feelings; it is sitting in pain with no inner and outer help that causes a person to take his or her own life. Suicide may be how the wounded self avoids taking responsibility for being the cause of much emotional pain. A loving Adult would never think of killing a child, which is what some acts of suicide are – killing the Inner Child who carries the

pain. When you open to feeling, learning about and healing your pain, and learn how to manage and release deep pain, there is no longer a need to avoid it.



Some people have such deep pain from childhood abuse that they will not be able to endure opening to it until they have a solid, loving, spiritually connected Adult in place. Inner Bonding is a powerful process for developing this Adult. It is not advisable to attempt to open to the pain of severe abuse on your own. If you suspect that you may have deep buried pain or if you have not succeeded in feeling your pain despite a genuine willingness to do so, it is imperative that you receive therapeutic help while practicing the Six Steps of Inner Bonding. While Inner Bonding is a self-help process, this does not mean that you have to do it alone. Part of being a loving Adult is asking for help when help is needed.

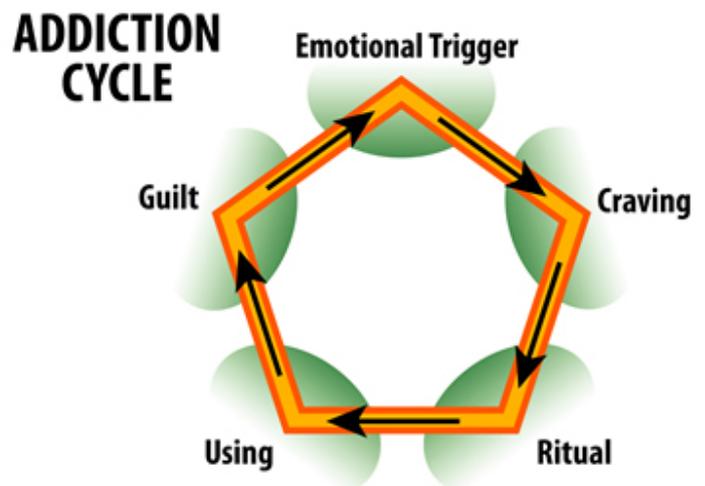
Right now, focus inside your body, attending to the physical sensations inside. Breathe into any painful feelings, embracing them with deep compassion. Is there any tension, tightness, fluttering, emptiness, aloneness, loneliness, sadness, heartache, heartbreak? Sit and keep your feelings company while moving on to the next aspect of Step One.

### **Wanting Responsibility for Your Feelings**

We all have two kinds of painful feelings – our wounded feelings that we cause with our thoughts and actions, and our existential core feelings, which are the result of life.

Feelings such as anger, anxiety, stress, depression, hurt, guilt, shame, frustration, emptiness and aloneness are wounded-self feelings coming from our own thoughts and actions. Painful feelings such as loneliness, heartache and heartbreak, helplessness over others, grief, sorrow over people hurting other people, or outrage over injustice are core-Self feelings.

Do you want to take full 100% responsibility for learning how you are creating your wounded-self feelings and for learning how to nurture your core-self feelings? If you do, then you can move on to Step Two of Inner Bonding. If you don't, then you might want to explore what is keeping you from wanting this responsibility. Are you deeply devoted to someone else taking away your pain and making you happy, believing that someone else can do it better than you? Are you afraid that you can't do it – that you are inadequate and can't learn to access your guidance and learn to take loving action? These are just two of the many false beliefs that might keep you stuck in being a victim.



For the sake of this course, you might want to decide that you are willing to take temporary responsibility, just as an experiment!

The next lesson will help you start to understand how to learn from your feelings.



**Lesson 3 of Dr Margaret Paul's and Dr Erika Chopich's Free Course on the Six Steps of Inner Bonding®**

## **Lesson 3**

### **Step Two of Inner Bonding**

*Choose the intent to learn to love yourself and others. Making this choice opens your heart, allows Divine Love and Compassion in, and moves you into your loving Adult. Use any meditation or spiritual practice--or anything else--that helps you surrender and opens your heart to a compassionate intent to learn about how you might be causing your feelings, and to being able to nurture your core-Self feelings.*

Once you are aware of your painful feelings and you consciously want responsibility for them, you can choose to learn what you may be thinking or doing that is causing your wounded-self feelings, and what might be happening regarding a person or event that is causing your core-self feelings. Knowing this will enable you to make new choices that will be more loving to yourself. It is choosing the intent to learn to love that releases your individual will and allows Spirit into your heart so that you operate as a loving Adult. You cannot learn unless you are a curious, compassionate loving Adult, and you cannot be a loving Adult unless you surrender to higher guidance. Surrendering your individual will, letting go of control over the outcome of things, and inviting the presence of Divine Love and Compassion into your heart are the results of moving into a true intent to learn with your spiritual guidance about loving your Inner Child.

Lots of people are uncomfortable with the word “surrender,” so let’s talk about what surrender is – and what it isn’t. Surrender is not an act of acquiescence, but an invitation to your Higher Power to use your being as a vessel of love, compassion and truth. Surrender does not mean that you give up the things that are important to you. It does not mean that you have no personal goals and just wait to see what God does with you. Nor does it mean relinquishing your free will or giving up your “normal” life for a more ascetic life.

Surrender means that you relinquish the controlling thoughts from your programmed mind and let Spirit take over so that you, as a loving Adult, can *embrace* your wounded self rather than *be* your wounded self. It

means opening your body, mind, heart and soul to the presence and action of your spiritual guidance. Surrender means letting go of attachment to the outcome and opening to an exciting journey of discovery.

**Natural Love Flow**

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

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

**I am God**

**Intellectual**

**Self reliant (trust myself)**

**Self-determination way of life**

**Mind dominates**

**Adult like**

**Control**

**Millions of paths (man created)**

**Peak possibility is 6th sphere**

**time to complete path:**

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

**Divine Love Flow**

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

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

**Emotional**

**God reliant (God relationship)**

**Soul-spirit living harmony**

**Soul dominates**

**Child like**

**Feeling**

**Defined path (God created)**

**Peak possibility is infinity**

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

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

The idea of choosing to learn to love sounds simple, yet doing it is not always easy. In order to let Divine Love into your heart, your desire to learn to love must be stronger than your desire to protect yourself against the pain of rejection, engulfment, helplessness, loneliness, heartache, heartbreak, grief, or whatever else you fear. You must decide that loving is more important to you than anything else, even being controlled, hurt or manipulated by others.

Even when you say you want to surrender control and let go of attachment to outcomes, blame, anger and misery can get in your way. When you feel victimized, you may be unwilling to open your being to Spirit and learn about yourself because you do not believe that you may be the one causing your pain, or that you are the one responsible for compassionately managing your pain. As long as your focus is on blaming your past, others or God, your Creator and Father, you have no power to do anything about your pain. As we saw in Step One, although your childhood experiences may have caused you much pain and created your false beliefs and resulting behaviour, those beliefs and behaviour are now *yours*. Your thoughts that come from your beliefs – not the past – are what cause much of your current pain.

**If You are Closed, How to get Open: Bridges to Learning**

When you are stuck in the anger, blame, depression or numbness of your wounded self, you need to find a bridge that will take you into a state of openness to learning. Bridges are things you can do to open your heart. Of the many bridges you can use, prayer, especially a prayer of gratitude, is probably the most

powerful bridge. Prayer can take many forms, such as dialogue, meditation, recitation or song. The choice is up to you. Some people have found that repeating a simple prayer of gratitude throughout the day helps them stay open to learning.

Generosity is another bridge to opening the heart. Many of us focus on how we can *get* what we want or avoid getting hurt. But one of the quickest ways of moving out of a closed heart and into openness is to ask your guidance: “What can I *give* to myself and others?” The moment you sincerely ask this question – with no attachment to its outcome – your heart will open and Divine Love will rush in, just as air rushes into your lungs the moment you take a breath. This happens because the very nature of **God’s love is abundant, unconditional and always here for you when you ask for help.**

Everything changes when you decide to go through life thinking about how and what you can give instead of how to get what you want or avoid the things you fear. For example, if you are going to a party where you don’t know anyone, you can create a lot anxiety for yourself by worrying, “How can I get people to like me? How can I avoid being alone?” However, if you walk in thinking, “What can I give? I can give people my smile, my interest, my acceptance and my sense of humour,” you will feel great. The moment you decide to give, your heart opens and Spirit fills you with love and peace.

How can we know this is true? Many of us fear that nothing will happen if we open – that a Higher Power will not show up for us. The problem is that the wounded self does not believe that anything in the unseen spiritual realm is here for us and believes that if we let go of trying to have control over getting what we want, we will just end up feeling very alone. Our fears of being rejected and feeling alone, of being controlled by a Higher Power, or even of dying from being alone and helpless (feelings that come from infancy) may be so strong that we are unwilling to open our hearts to see if a Higher Power is really here for us. Until you are willing to take a “leap of faith” and open your heart through the intent to learn, you will not know God, Source Soul.

If you are too stuck in your woundedness to pray from your heart, or you don't believe in prayer, then you need to try other bridges that can open your heart to learning about love. These include:

- Listening to music
- Taking a walk
- Being in nature

- Talking with a friend
- Reading spiritual literature
- Journaling
- Drawing or doing other artwork like sculpture or collage
- Dancing
- Attending Twelve Step or other support group meetings
- Playing with a child or a pet
- Being held by a loving person
- Letting yourself cry
- Releasing your anger alone by yelling and pounding into a pillow.

If you decide to further pursue learning about Inner Bonding, you can learn a powerful three-step anger process for releasing and learning from your anger, a process that allows you to release your anger without dumping it on others.

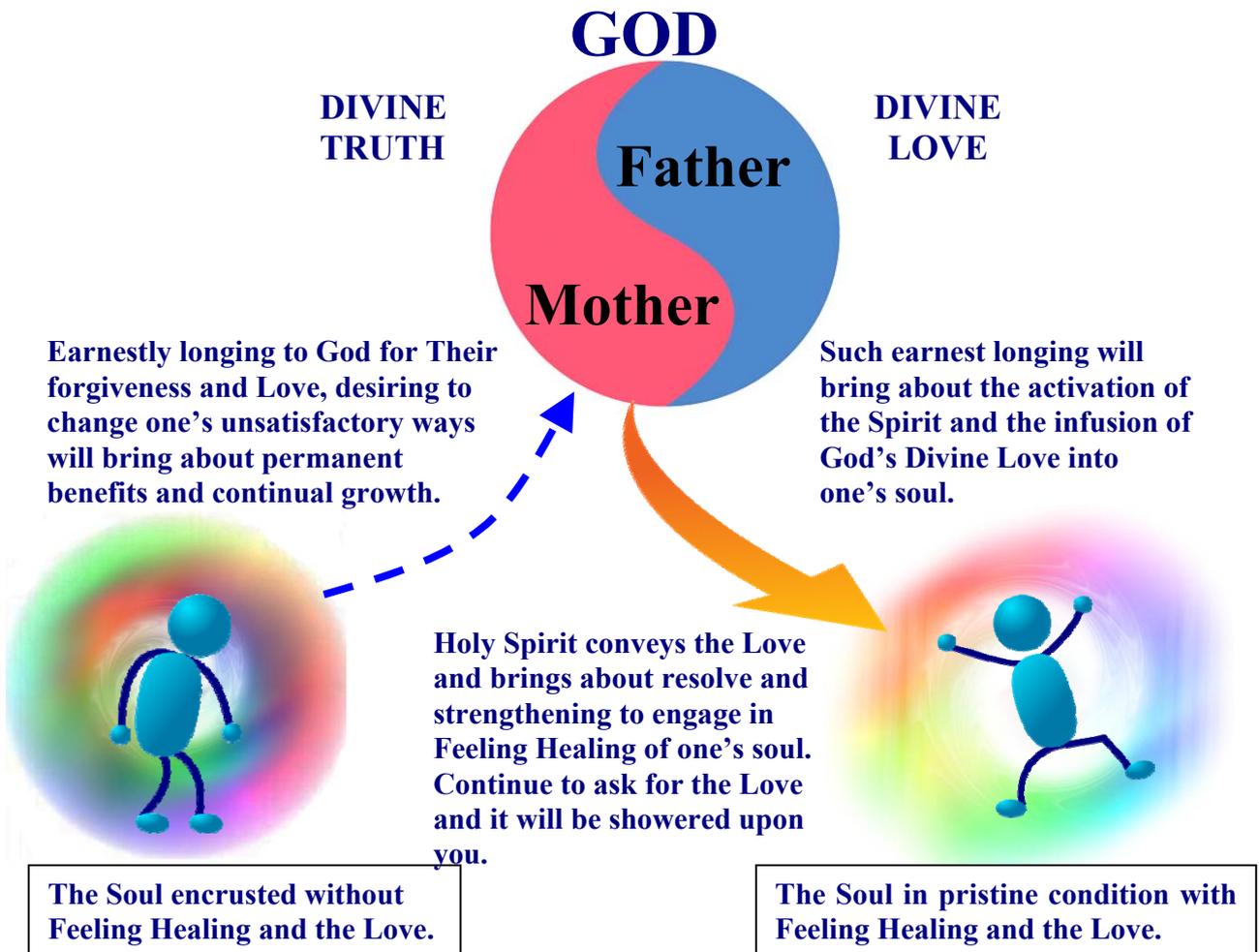
### **Exploring Your Good, Compelling Reasons**

There is another essential aspect of the intent to learn: you must believe that there are good, compelling reasons for your present feelings and behaviour. These reasons are your childhood experiences of disconnection from love that led to your fears and the false beliefs that create them. Understanding that you have good reasons for your feelings and behaviour is the opposite of being judgmental. It is being compassionate. Your Inner Child will not open to you if you are shaming and judgmental of his or her feelings or behaviour. And if your Inner Child doesn't open to you, you will not be able to learn what you are doing or thinking that may be causing your pain.

There *are* times when we have to make judgments about things, but there is a big difference between judgment intended to discern what is in your highest good and judgment intended to condemn. If you approach an actual child and ask, "What are you feeling?" in a condemning tone, the child will not feel safe in giving you an honest answer. If you ask that question in a compassionate tone, the child will probably tell you. The same is true of your Inner Child. Compassion is the natural result of understanding that you and others have good reasons for your feelings and behaviour. You cannot be judgmental and compassionate at the same time. Accepting that you and others always have good reasons for your feelings and behaviour will move you out of judgment and into the open heart of compassion.

A true intent to learn is not focused on an outcome – such as getting rid of the pain or changing yourself so you can find a mate. The only outcome we are looking for when we are in a true intent to learn is to become a more loving human being. If you have any goal other than that, you will not be in a true intent to learn. Being in a true intent to learn means we want to learn to be loving, period!

If you choose to pursue learning more about Inner Bonding, you will learn much that will help you maintain a consistent intent to learn within and with others.



**WILL or FREE WILL:**

**We are created with Free Will.**

**We are also created with natural love, there is nothing of the divine within our soul.**



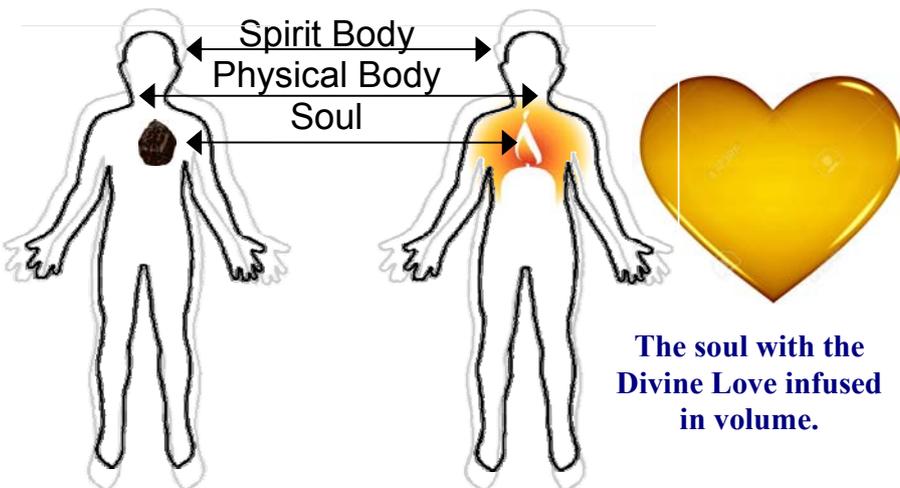
**Our mind has free will, even though our soul only has will, that is, our soul at all times longs to follow the will of its Creator, and our Creator's Will is one of Love at all times. There is no action or thought of our Mother and Father that is ever unloving, judgmental, or harmful to any of Its creatures.**

**Man can know and knows God only because he possesses a soul, and he can never know God if he seeks him intellectually and with his mind alone.**

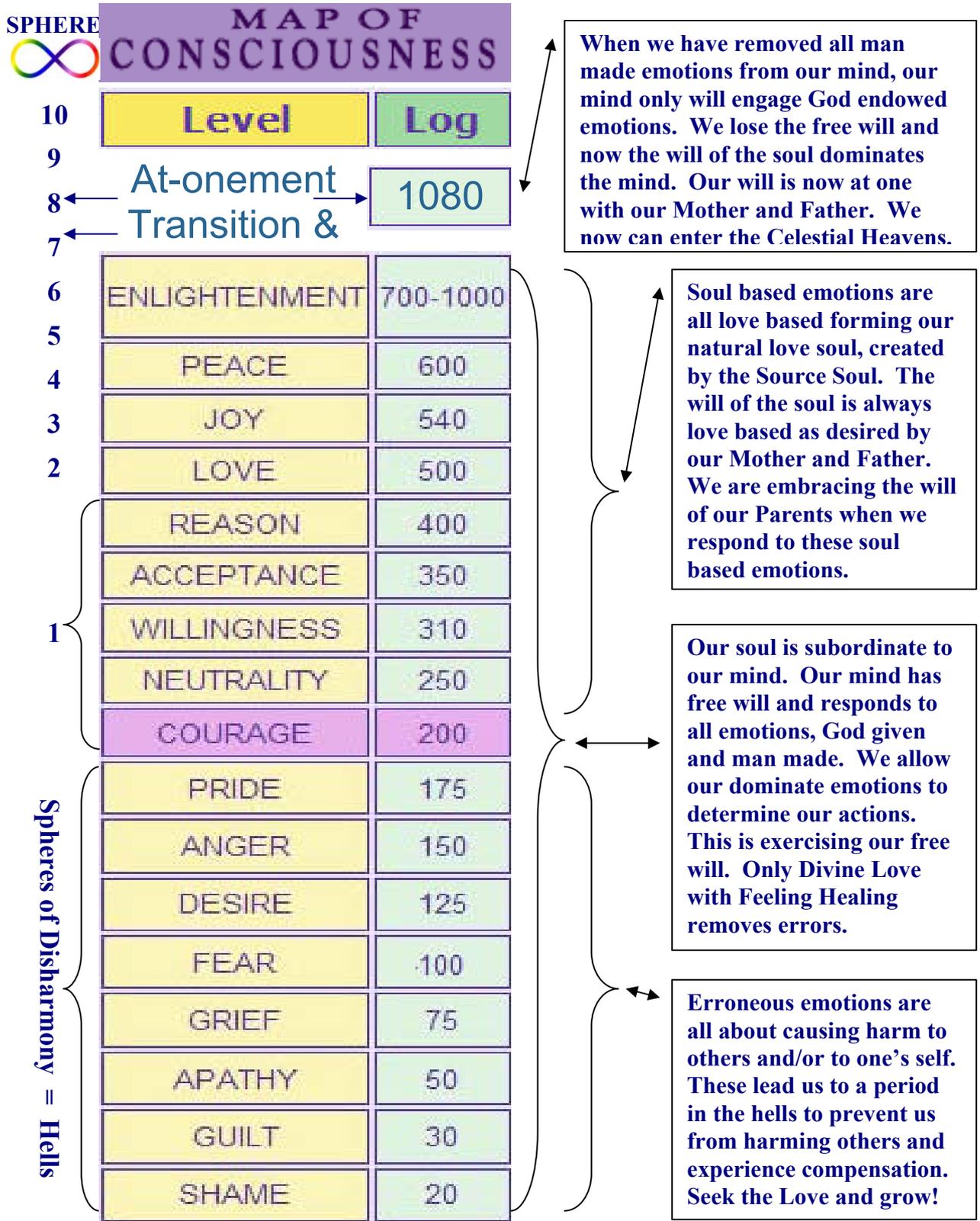


**Doubt and speculation is a product of the mind, but faith is a product of the soul and we know that God exists through our soul perceptions, so that we can create the spiritual link with our Heavenly Parents, Mother and Father, through prayer. Not a mental prayer, but a prayer that comes from man's soul – earnest, sincere, full of longing, faith and love.**

**As this Love, the Divine Love, is absorbed into our soul, our mind is quietened. Slowly but surely, the Divine Love, with Feeling Healing, enables the soul to take over the function of the mind and when we no longer desire or able to harm another or ourselves, then we have become at one with our Parents, we have been reborn.**



WILL or FREE WILL:





**Lesson 4 of Dr Margaret Paul's and Dr Erika Chopich's Free Course on the Six Steps of Inner Bonding®**

## **Lesson 4**

### **Step Three of Inner Bonding**

*Compassionately dialogue with your Inner Child, discovering your thoughts / false beliefs and the resulting behaviours that are causing your painful wounded-self feelings. Open to exploring what happened as you were growing that created your heartbreak and resulting false beliefs. Compassionately embrace your core-Self feelings. You can also explore your gifts and what brings joy to your core Self.*

In Step Three, we open our arms to all aspects of ourselves – our wounded aspects as well as our core Self. Although one of the goals of Inner Bonding is to integrate all parts of ourselves, we first need to separate the various parts of the wounded self and heal them individually. Eventually the energy from these parts unites with our core Self and our loving Adult. Some of the immense energy that once went into protecting and avoiding is free to go into playing and creating (activities of the core Self) and into taking loving action (the role of the loving Adult). The more you operate from your core Self and loving Adult, taking loving care of yourself and sharing your love with others, the more connected, integrated and joyful you become.

Look at this as an exploration into the layers of yourself. Welcome rather than judge or condemn anything that comes up. When you talk to the wounded parts – your angry, hurt, frightened, anxious, numb, shamed, needy, or depressed parts – ask them to tell you what they feel, and welcome and embrace those feelings, *whatever they are*. It helps to imagine these feelings as coming from a hurt child or adolescent, and your job is to welcome him or her into your loving embrace so you can learn what you may be thinking or doing that is causing these painful feelings. Ask your inner child questions such as, “What am I telling you or doing that is making you feel anxious (or depressed, angry, shamed, and so on)?” “Are you angry at me?” “How do you feel when I give you junk food (or drugs, or alcohol, or spend money, etc.) when you are feeling

lonely, hurt, bored, anxious, depressed or angry?” “What are you really wanting from me when you are feeling badly?” "How am I abandoning you? Am I making others responsible for you? Am I judging you? Am I ignoring your feelings and needs? Am numbing you out with substances or activities?"

Remember, no feelings are ever wrong or bad. All the feelings you have are for good reasons, and by using Step Three’s dialogue process gently, with great compassion, you will be able to discover the information these feelings are trying to tell you.

In Step Three you explore – with love, compassion and curiosity – not only your feelings, but also whatever related false beliefs, behaviours and memories you might have. For some people, using a doll or stuffed animal acting as a surrogate Inner Child is very helpful; you can hold this surrogate child and bring yourself comfort when painful feelings come up. It is best to dialogue out loud or in writing. Both speaking out loud and writing slows the process down so you can hear it.

You can dialogue with various aspects of your wounded self, as well as various ages, from a young child to an adolescent. You are dialoguing about your feelings and the beliefs and behaviour that may be causing them. If you decide you want to move further into learning the Inner Bonding process, we have many examples of dialogue processes available for you to learn from.

The following is a very brief example. In this example, a woman in one of my intensives has decided to work with me, but she feels very anxious.

**Adult:** What am I telling you or doing that is making you feel anxious?

**Child:** You are telling me that I have to do this right, and I don’t know how. You are telling me that if I don’t do it right, others will judge me and I will be rejected.

**Adult:** Yes, I have been telling you that. How do you feel when I tell you this?

**Child:** I feel like you won’t like me unless I do everything right and prove that I am worthy. I always feel I have to prove that I’m okay to you and everyone else. You keep telling me not to make a fool out of myself.

**Adult:** So, of course, you feel anxious. Wow! I tell myself these things a lot, and I always thought my anxiety was coming from other people. I’m the one who is causing it!

In Step Three you dialogue not only with your wounded self, but also with your core Self. It has wisdom to share with you, and its answers will help you know what’s beautiful and true about yourself. You can also

dialogue with your core Self, compassionately keeping yourself company when you are feeling grief, sorrow, heartache, heartbreak, helplessness, or loneliness over the difficulties we all face in our lives. You can explore your gifts, passions and talents, what brings you joy, what is your true calling, what fulfils your soul.

### **Hints for Successful Dialoguing**

A very important aspect of dialoguing with your wounded parts is to be aware of who is asking the questions: Is it your loving Adult or your wounded self? Are you really in a compassionate intent to learn (your loving Adult) or are you asking the questions from your fear and woundedness? Do you want to learn about how you may be causing your pain (your loving Adult) or are you just trying to get rid of it? You will not receive helpful or accurate answers when your wounded self asks the questions. This is why it is *imperative* to do Steps One and Two before starting to dialogue.

When you begin, it is best to dialogue with your Inner Child out loud or in writing so that you don't get lost in your wounded self. A written (or taped) record of your dialogue can also be helpful later, when you look back at your early process. After a year or so of regular spoken or written dialoguing, most people find that they can dialogue silently.

Were you surprised we said a year? Inner Bonding is not just a quick fix. It becomes a way of life. It is a way of creating and maintaining a daily connection with your innermost self and with the sacred, as well as with others. As you grow and your life goes on, more and more challenges will come your way. You can use this Six-Step Process for dealing with all of them, the big ones and the small ones. Some of these challenges will bring up old pain from childhood events. You can use this Six-Step Process to address those feelings, too. In learning Inner Bonding, you learn a tool that you can use again and again to deal with all of life's challenges in a loving, wise and powerful way.

### **Listening to the Answers**

When you are ready for your Inner Child to answer your questions, move your attention into your body. The answers will come from deep within you rather than from your head. When you explore blaming anger, fear, aloneness, depression and anxiety, you are dialoguing with your wounded self. When you explore sadness, sorrow, heartache, heartbreak, grief, loneliness and what brings you fulfilment, peace and joy, you are dialoguing with your core Self.

You won't act out addictively if you remember to do Step Three whenever you feel hurt or lonely or angry. Instead, you will be able to find out what you really want by dialoguing with your Inner Child. You might ask, "What is it you are *really* seeking or feeling hungry for?" The wounded self always grabs for a short-term fix – new clothes, food, sex, scotch, cocaine. But by embracing and listening to your feelings, you can discover what your Inner Child *really* wants and needs.

Of course, the answer is always love and connection. Your Inner Child wants to experience Divine Love coming to him or her through you (that is, through your loving Adult). It is only when you learn to bring through Divine, unconditional love to yourself that the hunger, emptiness and aloneness you experience gets filled. Until you address the issue of your inner aloneness and emptiness – the aloneness and emptiness that you have been filling with your various addictions – you cannot begin to address the issue of the loneliness you may feel either with others or from not having others around, as well as the past and present heartache and heartbreak. You will feel both alone and lonely until you heal your aloneness, your separation from the Father, the Source Soul. Using Step Three, you can discover the fears and false beliefs that are in the way of receiving Divine Love.

Often, people tell us that they have been dialoguing with their Inner Child but they don't seem to be getting anywhere. When we ask them to show us exactly what they have been doing, we invariably discover that they have not decided that they want responsibility for their feelings, or taken the time to first open to learning by inviting compassion into their hearts. They think they are open because they are asking their Inner Child questions, but the tone of their questions is curt, bored, condemning or embarrassed. We gently remind them to go back and do Steps One and Two so they know they want responsibility for their feelings and are in a true intent to learn.

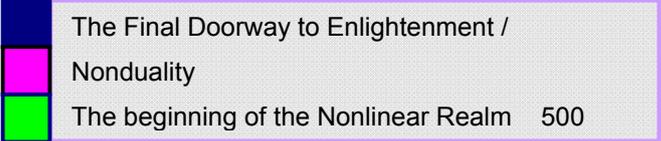
If your Inner Child still refuses to talk to you, that's okay for now. Go ahead and skip to Step Four. Eventually, when you have developed a solid, loving Adult, your wounded self and your core Self will open to you.

If you decide to pursue learning Inner Bonding in more depth, reading *Healing Your Aloneness, Inner Bonding, and Do I Have To Give Up Me To Be Loved By God?* will help you toward gaining the skills you need for successful dialoguing. Joining our membership community is a powerful way to support your learning and healing process.

## CONSCIOUSNESS and EMOTIONS:

**Consciousness = Soul Condition.** One's Soul Condition is equal to the average of all of the held emotions. Soul condition is the sum total of all of the different emotions, desires, passions, etc., all wrapped up together in terms of how much love there is in every one of those.

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



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

**Note: The Map of Consciousness scale is from 1 to 1,000**

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

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

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

Thus the energy differentials are in fact enormous!

**NATURAL LOVE or HUMANITY’S ERRONEOUS EMOTIONS:**

Your soul, being your real you, is an emotional being. Your soul, though a thought of God, does not possess anything of the divine within it. It existed in a state of bliss, in a natural love state, pending individualisation which is achieved at conception which is the time of incarnation. Your soul is endowed with natural love emotions noted within the top section of the Map of Consciousness scale, being those emotions calibrating above 200.

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700 1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑ 600	Bliss	Illumination
One	Complete	Joy	↑ 540	Serenity	Transfiguration
Loving	Benign	Love	↑ 500	Reverence	Revelation
Wise	Meaningful	Reason	↑ 400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	↑ 350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	↑ 310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑ 250	Trust	Release
Permitting	Feasible	Courage	↑ 200	Affirmation	Empowerment

Humanity’s erroneous emotions are those calibrating below 200 on the Map of Consciousness. The environment around a newly conceived child progressively degrades the condition of that child’s soul. When the child reaches about the age of 7, the child’s soul condition will reflect the parent’s condition. These negative emotions are like a crust around the pure soul it has within.

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Man made dis-empowering emotions:			↓ 200	All the negative emotions	
Indifferent	Demanding	Pride	↓ 175	Scorn	Inflation
Vengeful	Antagonistic	Anger	↓ 150	Hate	Aggression
Denying	Disappointing	Desire	↓ 125	Craving	Enslavement
Punitive	Frightening	Fear	↓ 100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	↓ 75	Regret	Despondency
Condemning	Hopeless	Apathy	↓ 50	Despair	Abdication
Vindictive	Evil	Guilt	↓ 30	Blame	Destruction
Despising	Miserable	Shame	20	Humiliation	Elimination



**Lesson 5 of Dr Margaret Paul's and Dr Erika Chopich's Free Course on the Six Steps of Inner Bonding®**

## **Lesson 5**

### **Step Four of Inner Bonding**

*Dialogue with your spiritual guidance, exploring the truth and loving action toward your Inner Child.*

Once you understand which of your thoughts / false beliefs and actions cause you pain, you are ready to learn the truth about those beliefs and discover what new, loving action you need to take on your own behalf. This information will come to you through a dialogue with your spiritual guidance.

#### **Accessing the Spiritual Realm**

All physical matter vibrates at a specific frequency. This has been confirmed by science. The spiritual realm exists at a higher frequency – a higher vibration – than the earthly realm. One way to understand “frequency” is to imagine a room filled with people who are sharing love and joy with each other. This room has a feeling of lightness – a high frequency – whereas a room filled with angry, tense people has a feeling of heaviness – a low frequency.

In order to access the higher frequency of the spiritual realm, you must raise your own frequency. There are numerous things you can do to raise your frequency. First, though, you must truly have the intent to learn with your spiritual guidance about loving yourself and others. When you have a true, pure intent to learn, your frequency automatically raises. Your intent to learn is your most powerful tool for raising your frequency. None of the actions we suggest below will raise your frequency without this intent. However, once you have this intent, the following actions can help to further raise your frequency.

- *Move into your imagination.* Imagination itself is a high frequency state. Our willingness to move into and trust our imagination is essential to being able to connect with our personal spiritual guidance. When you first begin to utilize your imagination to increase your frequency and connect with your guidance, you might feel as if you are just making things up. However, as you take the risk of trusting what you

think you are “making up,” you will discover that it really is coming *through* you from Spirit rather than *from* you.

- *Keep your body clear.* Your body is an energy system. If your body’s energy is clogged with drugs, alcohol, nicotine, caffeine, sugar, heavy foods, lots of food or foods contaminated with pesticides, preservatives, artificial sweeteners or any of the thousands of chemicals that are added to foods, your frequency is lowered.
- *Pray.* Sincere prayers of gratitude and asking God for help in healing all blocks to loving can raise your frequency. Ask for the Father’s Love, His Divine Love, it is a substance of the highest energy and frequency. *Chant.* Repetitive prayers (such as the rosary), chants and mantras can open you to higher frequencies, as can singing in general. Your own informal earnest longings to the Father are the ultimate in prayers.
- *Dance.* Rapid repetitive movement, such as Native American drumming dances, and other forms of expressive dancing may open you to higher frequencies. Drumming itself can also raise the frequency.
- *Spend time in nature.* The frequency of a city is far lower than the frequency of nature. Being among trees and flowers, near a river, creek or lake, at the ocean, in the desert, or on a mountain can all raise your frequency.
- *Listen to classical or spiritual music,* such as Bach, Vivaldi, Handel and some of Mozart’s work, as well as Kitaro, Taize, and Gregorian and Indian chants. Throughout the ages music has been used to raise the frequency.
- *Do creative, artistic activities,* such as painting, sketching, or working with clay. Moving into your creative imagination raises the frequency.
- *Use incense, aromatherapy, or do “smudging”.* Incense has been used for centuries to raise the frequency and invite spiritual connection. “Smudging” is using the smoke from various dried plants such as sage, pine, cedar and lavender to clear the energies in a room and raise the frequency. Smudging has been used for thousands of years by indigenous peoples throughout the world.

### **Connecting with Your Spiritual Guidance**

What does dialoguing with your spiritual guidance mean? Naturally, it means different things to different people. Our spirituality is as individual as we are. Some people find they can dialogue directly with God,

whatever their concept of God is: a person, an energy or simply light. Others dialogue with a personal Teacher (also called a Master Teacher); an Ascended Master; a religious figure like a saint, a guide or a guardian angel; a beloved deceased relative, friend; or with an image of the highest part of themselves. Even young children can contact their guidance by imagining a coach or a fairy godmother.

If you have no connection with any kind of personal spiritual guidance, imagine an older wiser part of yourself – your Higher Self. If you find it difficult to open to your imagination and create this guidance, utilizing some of the Inner Bonding books, tapes, visualizations, workshops and intensives that are available can help you learn to access this guidance, as can working with an Inner Bonding facilitator in person or on the phone.

If you practice dialoguing with your spiritual guidance – or with whatever or whomever feels loving and comforting to you – asking questions and “imagining” the answers, eventually you will feel and know through your own experience that a spiritual being is actually helping and guiding you. You will develop a relationship with this light being, and you will find answers to your questions coming more and more easily. You will also discover that you are never alone. When you imagine your guidance in any form with an intention to learn about becoming a more loving human being, you access the comfort, power, love, compassion, peace, joy and wisdom that is here for you.

Imagining a being of light – or light itself – surrounding you with love can energize your being and bring you great comfort. Being connected with Spirit is like being connected with an infinite source of power. It is the difference between trying to light your way with a small flashlight and rundown batteries, or with a huge lamp plugged into an industrial-strength wall socket. Our wounded self is exhausted from running on batteries. We have only to plug into the infinite source that is God to energize our beings.

### **Trust the Process, the Answers Will Come**

The universe is filled with the energy of love and truth. It is filled with all the information there is and it has the answers to all our questions. Just because you cannot see this energy does not mean it is not there. When you turn on your TV, a picture shows up, even though you cannot see the waves coming through the air. We are like TVs. We are receivers and our intent to learn about loving is the “on” button. When we ask a particular question, we tune in to a particular channel.

Often when I work with people, they say, “I don’t know how to take care of my Inner Child. I don’t know how to be a loving Adult.” It’s true. Many of us *don’t* know how because we haven’t had anyone do it for us. We haven’t had any role- modelling. The good news is that you do not have to know how to do it, you just need to be willing to ask. That’s why Step Four includes asking your spiritual guidance what loving action you should take.

Asking your guide, God or your Higher Self questions about the truth of your beliefs and about what is loving behaviour toward your Inner Child will eventually result in answers, although sometimes they do not come immediately. They may pop into your mind when you least expect it. They may come to you in a dream or when talking to a friend, in meditation or when you are in the shower. They may come verbally or in pictures or in feelings. You may open a book and find your answer, or meet someone who says the exact thing you need to hear. But whatever form your answers come in, know that they will light the way for your next step.

When you sincerely ask the questions, “What is the truth about this belief?” and “What is the loving action in this situation?” you open the channel for this information to come through you. We have long been told to “ask and you shall receive.” Try it. It really does work.

#### Steps Three and Four: Example of the Dialogue Process

The following brief dialogue was written down by Samuel, who was upset that he had started smoking again after recently getting married. He had not smoked in a long time. He was deeply in love with his wife, Ariel, and felt very loved by her, and was totally perplexed as to why he was suddenly smoking again.

Loving Adult: Why are you smoking again? I’m sure there’s a good reason. Is there some way I’m not taking care of you? I really want to know what the problem is.

Wounded Self: I feel anxious a lot. I'm smoking because I feel anxious and tense.

Loving Adult: But what are you anxious about?

Wounded Self: I just want to make sure Ariel is happy. She seems so happy when I'm with her, so I try to be with her a lot, and then I don't have time to do other things I want to do--or have to do. And I never have any time alone anymore.

Loving Adult: Well, would you feel better if we spent more time alone?

Wounded Self: I don't know. I'm afraid that then Ariel would not be happy and that scares me.

Loving Adult: Are you saying that you feel responsible for Ariel's happiness?

Wounded Self: Yes. Aren't we together to make each other happy? Dad made sure that Mom never felt alone. He was always available for her. Mom would get angry and sullen if Dad wasn't there when she wanted him there.

Loving Adult: And you believe Ariel is the same way?

Wounded Self: I don't know, but I'm afraid she is.

Loving Adult: Do you want us to be with her like Dad was with Mom?

Wounded Self: I don't know. I just feel trapped. I love Ariel, but I hate not being able to do what I want to do.

Loving Adult: It sounds like I am making Ariel's feelings and needs more important than ours--that I am taking care of her Child instead of taking care of you, and it is making you very anxious. I can see that smoking gives us an excuse to have some time alone. I've given up some of the things that are important to us, like going to the gym, and I smoke when I feel anxious about this. So, Higher Power, what would be loving toward myself?

Higher Power: Plan time to go to the gym and have time alone--you have to plan it into your day just as you plan time to work and sleep and spend time with Ariel. If you don't plan it, it won't happen.

Loving Adult: How do I deal with my anxiety if Ariel is sad or upset about my doing this? Do I have the right to take care of myself if she is upset?

Higher Power: Ariel's feelings are her own responsibility. Your well-being is your responsibility. You have the right and the responsibility to take good care of yourself. You can be caring about Ariel, but let her handle her own feelings.

Loving Adult: What do I do if she gets mad at me, or gets sullen like Mom?



Higher Power: Taking good care of yourself is loving behaviour. Keep telling yourself that you are being loving to yourself and to Ariel when you take care of yourself. You can open to learning with her and explore the conflict with her, and both of you will learn a lot.

Loving Adult: So if I start to exercise again and take time alone for myself and keep telling myself that this is loving to both me and Ariel, maybe I can get through this anxiety without smoking. And when she gets mad or sullen, I need to remind myself of all this--that I am being loving and that I'm not responsible for her

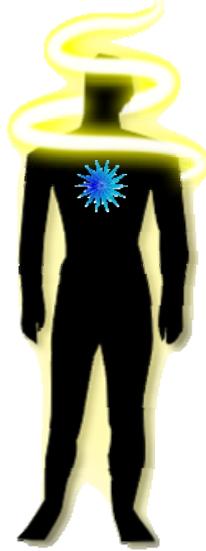
feelings and let her work them out or offer to explore with her. Sounds good to me, but I guess I'll have to try it and see how it works.

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

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



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



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



**HEALTH with or without the LOVE:**

**Divine Love has a powerful positive effect on the physical body, balancing the hormones and generally promoting physical health, which is really the same thing as saying that the state of a mortal's soul impacts directly on that mortal's physical health.**

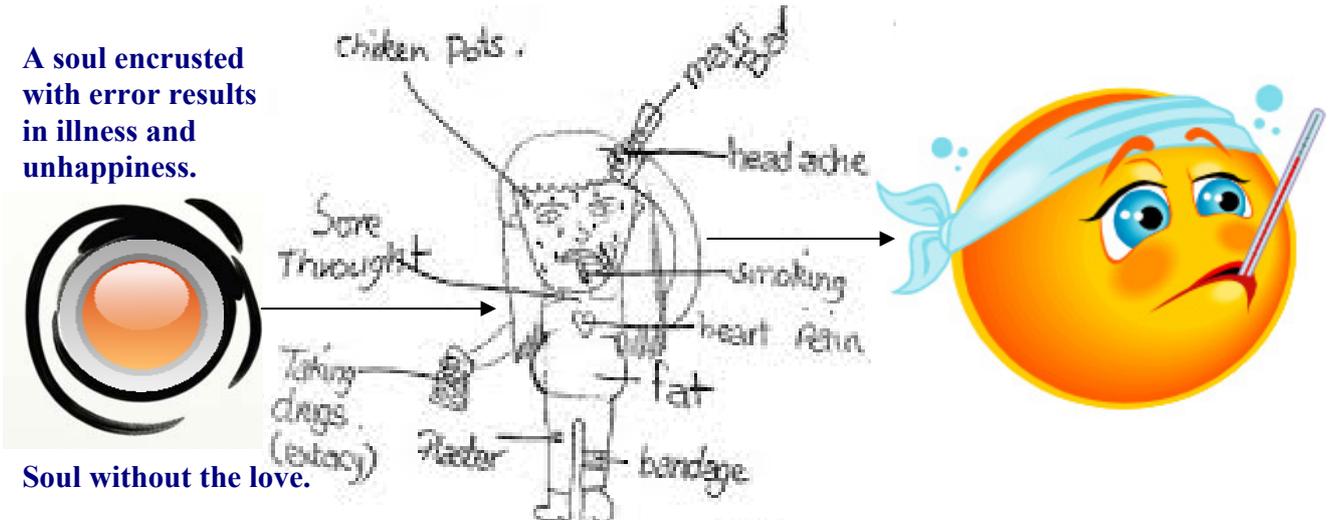
The Master, because he experienced the New Birth soul condition as a mortal, his physical nature was directly affected, so it would be accurate to say that because of this, his nutritional needs were somewhat different from other mortals.

Throughout his ministry (when the New Birth soul condition was his), he was actually in perfect physical health, and this was apparent through a sense of well-being that actually manifested on a physical level as well as a spiritual one. Aman 24 January 2007

The influence of sinful emotions and thoughts and actions upon the soul is such that the spiritual emotions and aspirations of man becomes dormant, and as though not existing, and the soul itself is incrustated with evil.

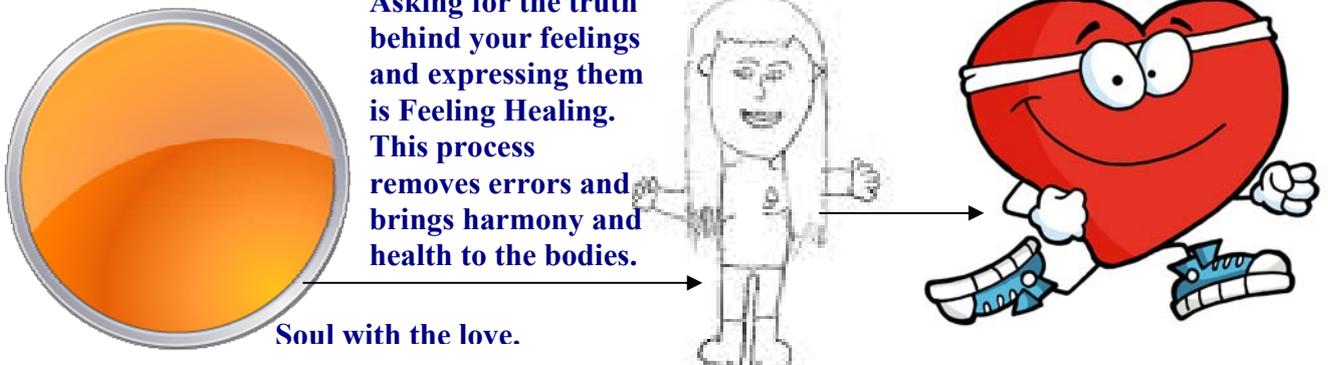
Through prayer, thoughts and soul longings, the spiritual nature in man can be developed so as to dominate the personality, and he will act in accord with the feelings and emotions of his soul. The evolution of man from the natural being to the purified soul and, if he so desires it, to the state of the divine angel is possible with the Love. Jesus 8 September 1955

**A soul encrusted with error results in illness and unhappiness.**



**Soul without the love.**

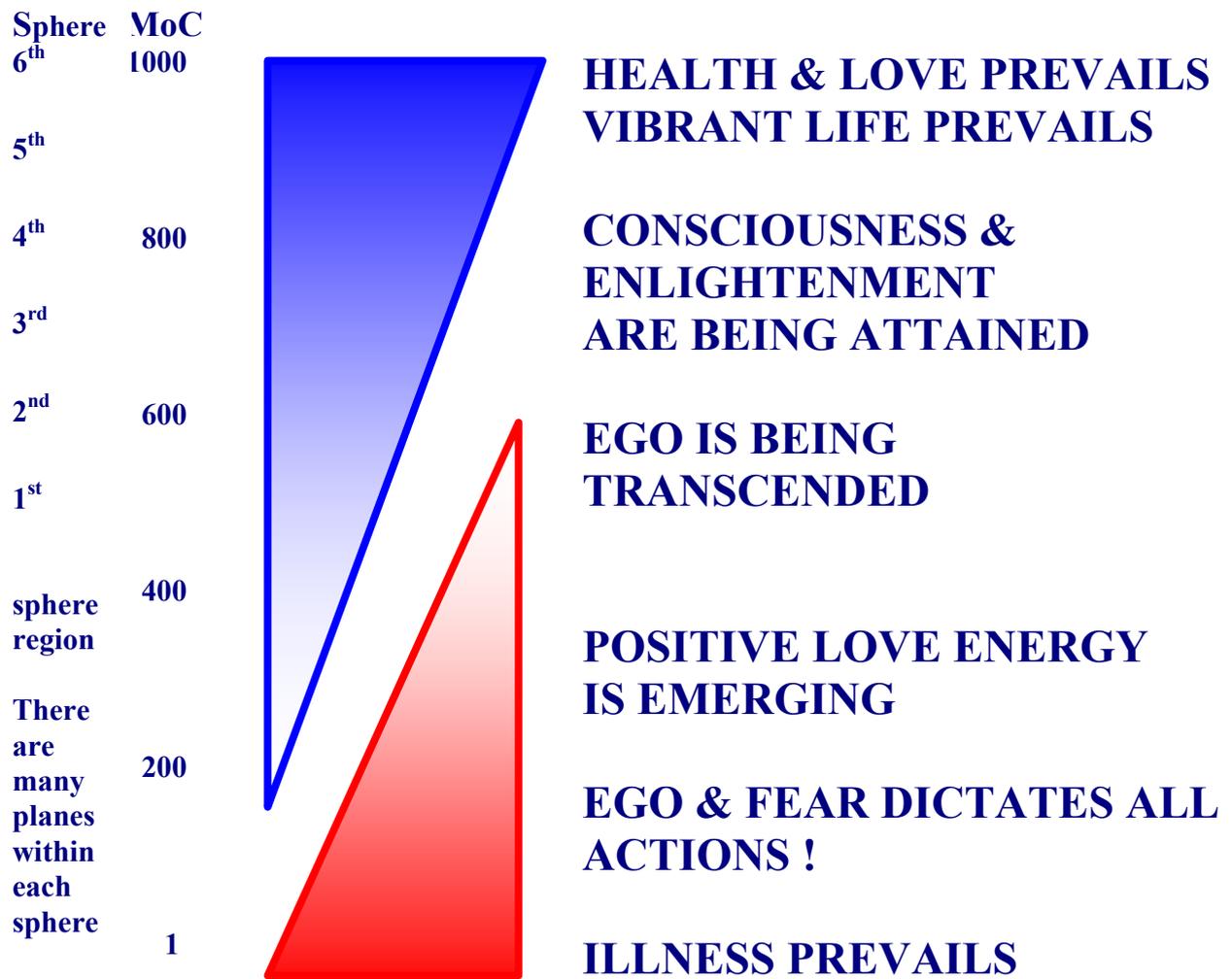
**Asking for the truth behind your feelings and expressing them is Feeling Healing. This process removes errors and brings harmony and health to the bodies.**



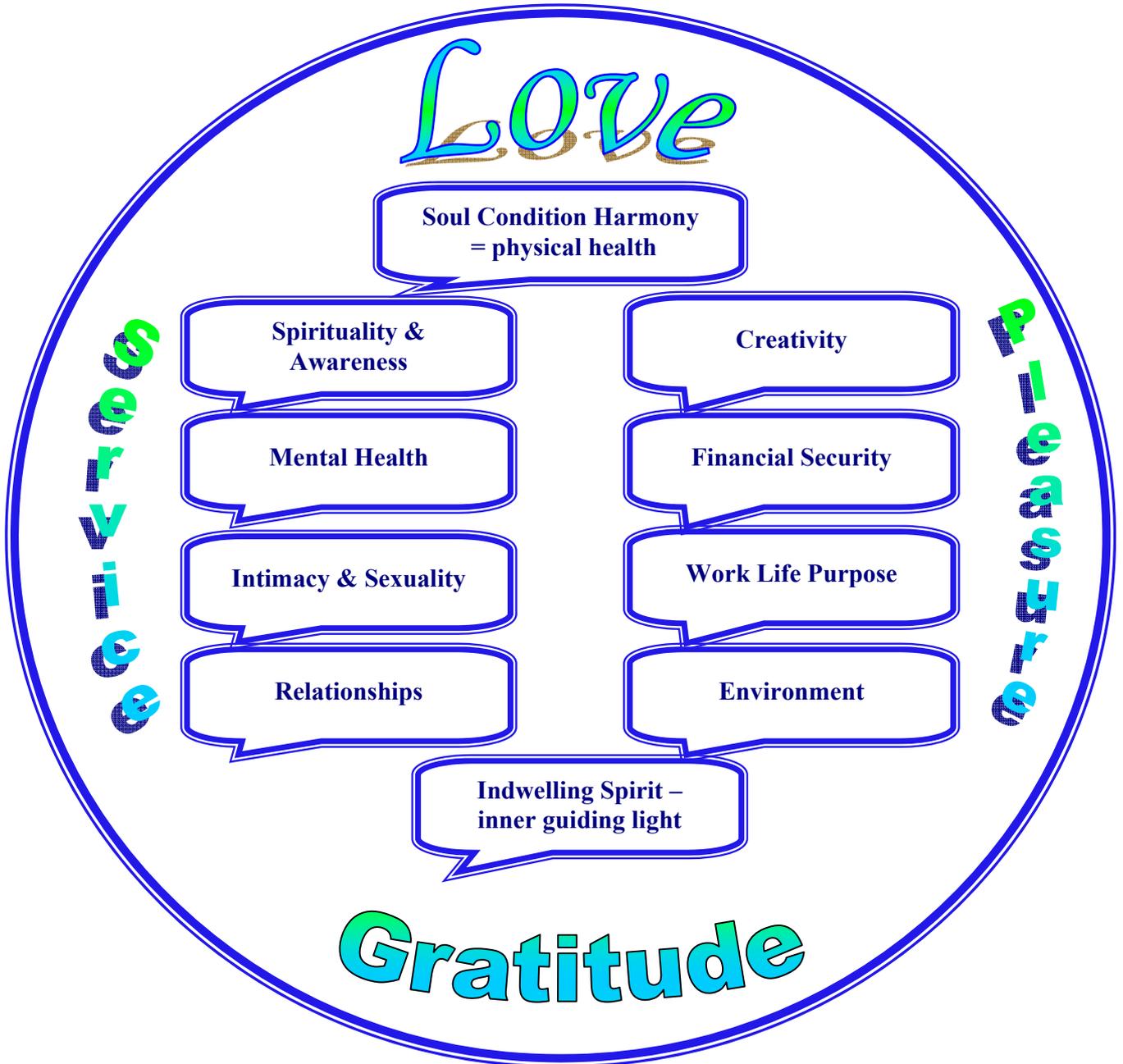
**Soul with the love.**

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

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



*Everything is Inter-connected*



**Three Great Truths:**

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



**Lesson 6 of Dr Margaret Paul's and Dr Erika Chopich's Free Course on the Six Steps of Inner Bonding®**

## **Lesson 6**

### **Step Five of Inner Bonding**

*Take the loving action learned in Step Four.*

Healing is about moving out of your false belief system and into living in truth. Healing is about moving beyond judgment and into compassion for all your feelings. Healing is about taking loving action in your own behalf. While bringing through the truth from your spiritual guidance (Step Four) is essential in healing your false beliefs, it is not enough. Nor is it enough to gain understanding and release your old pain and fear. Unless you, as a loving Adult, take new loving action on your Inner Child's behalf, nothing really changes, nothing heals. For example, if your daughter came to you and told you she was scared by your yelling, and you listened and understood but made no attempt to change your behaviour, your child would not *feel* heard. She would not feel loved. Likewise, if your Inner Child is hungry for love, compassion, connection, attention, safe boundaries, the end of an intolerable situation at work, a fit and healthy body or just plain fun, and you listen and understand but take no action, your Inner Child will continue to feel unloved, unlovable, alone and unfulfilled. And your wounded self will continue to protect against these painful feelings with your various addictions.

You can tell yourself the truth all day, you can stare into the mirror and affirm over and over that you are a beautiful, wonderful child of God, but if you do not treat yourself as a beautiful, wonderful child of God, your Inner Child will not believe your affirmations. Words mean very little without action. A loving Adult takes action on behalf of the Inner Child.

If you find yourself failing to take the loving action, that's okay. Our opportunity to begin taking loving Action comes when we choose to *observe* rather than *condemn* ourselves, to be compassionate with

ourselves, for example, when we slip up and indulge in addictive behaviour. This is part of Step Five because non-judgmentally observing yourself choosing the intent to protect and control rather than love is in itself a loving action.

You cannot make new choices until you watch yourself making your current choices. You will never know that you can choose to learn about love until you observe yourself *choosing* to try to control. You cannot choose to love your wounded self until you notice your wounded self. If you are not willing to non-judgmentally notice yourself acting out the needs of your wounded self, you cannot make new choices.

Taking loving action means learning to love both the core Self and the wounded self. It means releasing judgment and accepting the angry, hurt, shamed and frightened parts of yourself with love and compassion, understanding that your wounded self has been doing the best it can to take care of you and help you feel safe. Loving action means understanding and having compassion for all the parts of yourself that you have hated or judged as inadequate, unlovable and unworthy. You heal your false beliefs when you learn to be loving to your wounded self.

Taking loving action also means embracing the core painful feelings of life with deep compassion rather than avoiding them with addictive behaviour.

Taking loving action eventually results in becoming immune to criticism and moving beyond fears of rejection as you learn how to not take others' behaviour personally. Loving action also leads to moving beyond fears of engulfment, of being controlled by others, as you learn to set loving limits in your own behalf.

Here are some examples of loving actions you might take with the help of your spiritual guidance.

- Lovingly disengage from another's behaviour that feels unloving to you – such as getting off the phone when someone is going on and on about themselves, or walking away from your partner when he or she is blaming you or judging you.
- Move into an intent to learn with someone important to you, opening to caring and connection rather than withdrawing, getting angry, or judging when he or she is upset.
- Read books on health, nutrition, and exercise and establish a new way of eating and exercising.

- Risk doing something you want to do, such as take a class or go on a vacation with a friend, even if your partner finds it threatening.
- Learn to define your own worth and lovability rather than hand that responsibility to others.
- Start the process of being able to leave a job that you hate.
- Notice your self-judgments, without judging yourself for judging yourself.
- Choose to express gratitude throughout the day.
- Focus on kindness and good will towards others.
- Practice staying in the present moment instead of ruminating on the past or future.
- Attend to your feelings throughout the day, attempting to stay in Step One of Inner Bonding all day.

Frequently, taking loving action on your own behalf, means being willing to risk losing something: A relationship, a job, power over others. It boils down to this: are you willing to continue losing yourself through your addictions in order to protect yourself and maintain “control,” or are you willing to risk losing someone or something to gain your true Self – your freedom, your soul’s mission, your dignity, self-respect, integrity, personal power, passion and connection to the Father, God? Are you willing to lose your sense of self to avoid pain, or are you willing to face pain in order to have your true Self and evolve your soul?

There is no right answer to these questions. You are not bad or wrong if you are unwilling to face the pain of loss, heartbreak, and loneliness that may occur if you take loving action. What is important is to accept that your present pain may be the result of your protective actions and loss of Self, and will not go away until you are willing to risk feeling the pain of loss and loneliness when you let go of “control.” And you need to accept that you may not fully experience the light and grace of Divine Love until you are willing to take these risks.

Taking loving action leads you out of emotional dependency and into emotional freedom, out of relationship conflict and into the possibility of relationship intimacy and joy.

### **Feeling Healing – Healing yourself through your feelings.**

- ✓ Your feelings are the real and true you.
- ✓ If you are denying any feelings you are denying yourself.
- ✓ If you are denying yourself you can't ever be truly happy.
- ✓ To heal all your pain and suffering, you can look to your feelings for why you are feeling bad.
- ✓ If you want to know the truth of yourself, then it's your feelings you will need to look to.
- ✓ Your feelings hold the hidden keys to unlocking the truth of who you really are.
- ✓ Uncover the truth of yourself through your feelings and you will know why you feel all you do.
- ✓ Everything in life, why all that happens to you does, and everything about yourself, can be explained to you through your feelings.
- ✓ Why your relationships might not be as good as you would like, why some might fail, you will understand through your feelings.
- ✓ How to live a good, true, happy and loving life will come to you as you start paying attention to all your feelings.
- ✓ However you will also have to pay attention to all your bad feelings, and this can be very harrowing.
- ✓ By honouring – accepting and then expressing all the bad feelings you feel, you will slowly bring to light all the reasons why you don't feel good.
- ✓ And as you liberate yourself from these hidden repressed bad feelings, so you will start to feel better and better about yourself.
- ✓ It's a process, and it can take time, years possibly, but all that's hard will eventually pass becoming good.
- ✓ Expressing all your feelings, and particularly your bad ones, whilst longing and really wanting to know the truth of why you're feeling them, is doing your Feeling Healing.
- ✓ You can Heal yourself through your feelings. And in fact, it's the only way to really heal yourself.
- ✓ And if you wish to do your Healing with God, you can also long for God's Divine Love.
- ✓ Feeling Healing – Using your feelings to heal yourself.

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

### **Divine Love, which is a substance, progressively:**

**Transforms one's soul from that which is of natural love to that which is Divine**

**As natural love is enhanced with the Parent's Love, we reject our tendency to error**

**Divine Love, our Parent's Love, restrains errors, untruths and emotional stress**

**As we reject the condition to error, we develop our love for our brothers and**

**Divine Love helps one with the discovery of truth through one's soul-feeling healing**

**Our natural intelligence grows, perceptions rise with our soul intelligent feelings**

**As Law of Compensation is resolved, the Love reduces returning to being in error**

**Receipt of Divine Love, the Parent's Love, grows our faith, we become God reliant**

**As our faith grows our propensity to undertake one's Feeling Healing strengthens**

**With the Love, our Feeling Healing becomes Soul Healing, this we are to undertake**

**Without the Love we remain self reliant and dependent upon our own will power**

**Only with the Love will our soul condition grow rapidly, all around us also benefit**

**The Love is the only substance that changes the human soul to that which is Divine**

**Only by asking and receiving Love do we become fitted to enter Celestial Heavens**

**Only by asking for and receiving the Divine Love does our soul become immortal.**



**Lesson 7 of Dr Margaret Paul's and Dr Erika Chopich's Free Course on the Six Steps of Inner Bonding®**

## **Lesson 7**

### **Step Six of Inner Bonding**

*Evaluate the effectiveness of your action.*

Once you have taken loving action, you will need to evaluate whether the action is working for you. First ask yourself what you are feeling. Do you feel happier, less alone, more connected with Self, others, and God? Is your core shame – the belief that you are intrinsically bad, flawed, or unworthy – diminishing? Do you feel freer and less afraid? Are you less interested in pursuing your substance or process addictions? Do you have a greater sense of personal power and self- esteem? Are you feeling more playful, more creative? Are you laughing more? Are you more compassionate? More intuitive? More honest?

If the answers to your self-evaluation show you that healing is *not* occurring, go back to Step Four and ask your spiritual guidance to help you discover another loving action. For example, perhaps your Inner Child needs even more time with you, more time in prayer, or needs you to get help with the process. Perhaps he or she needs to be held by someone who can bring through unconditional love to him or her and help heal the wound of not having been held this way as a child. Or, your Inner Child may need you to spend more time having fun with others or may need more time alone to pursue passions or hobbies.

Here are some questions that you, as a loving Adult, can ask your Inner Child. Be sure to listen carefully to the answers.

- Are you feeling loved by me?
  
- Do you feel you can trust me to be there for you and not be self-indulgent when the urge to act out addictively comes up?

- Do you feel you can trust me to not harm others with my anger?
- Do you feel you can trust me to set good limits with others? Or are you still afraid I will give in to them or allow them to violate you and take advantage of you?
- Are you feeling safe inside, or are you still feeling alone and afraid?
- Am I defining your worth and lovability or am I still allowing others to define you?
- Do you feel a deep sense of worth that cannot be shaken by others' disapproval, or are you still afraid of rejection?

When you evaluate your actions, you cannot just look at how you feel *in the moment*. Acting out addictively, such as overeating or taking out your anger on someone, generally feels good in the moment – that's how it got to be an addiction. Often, when you take a loving action, such as cutting out sugar or chocolate or caffeine, stopping drinking, taking drugs, or smoking, not acting out sexually, no longer taking responsibility for another's feelings, or no longer dumping your anger on others, you feel awful in the moment. Your wounded self feels frightened at having a crutch taken away, or feels deprived of something that gives him or her momentary pleasure, or feels terrified of rejection and aloneness. Your addictions worked to make you feel better for the moment, so when you stop them, you will likely go through a period of feeling much worse. You may go through both physical and emotional withdrawal. Often, what works for you in the short term undermines you in the long term, while what works in the long term may not feel good in the short term.

Even though loving action may not always feel *good* in the moment, if it is truly in your highest good, it will feel *right*. You will experience a sense of inner rightness when you act in a way that is in harmony with your soul. There is a sense of lightness, freedom and power that comes from taking good care of yourself, even when it feels difficult, frightening or painful at first.

When you check in with your Inner Child to evaluate your actions, you must be sure you are talking to your core Self and not your wounded self. Your wounded self will often tell you that you are making a mistake when you give up a cherished addiction. Your wounded self has many rationalizations for wanting to keep

the addictions, especially as you start to feel the emotional or physical withdrawal symptoms. You might hear something like this:

- Life is too short to give up these pleasures. What's the point? Why not just enjoy life while I can? So what if I cut a few years off my life? It's worth it.
- Oh, this is not working. Maybe this isn't the right day to start eating differently.  
I *really* want that doughnut. I'll start eating well tomorrow. One more day of eating junk won't hurt me.
- Life just isn't worth living without cigarettes. I love smoking so much. Not everybody who smokes gets lung cancer, so why go through this hell? Anyway, the stress of not smoking is worse for me than the cigarettes.
- The anxiety and guilt I feel when I don't give in to my husband is too hard, and he hates it. I'll probably end up alone if I keep this up.

If you fall for these rationalizations and give in to the wounded self, you will be giving your Inner Child a pacifier rather than the real thing. You will force him or her to be satisfied with the illusion of nurturing rather than the true sense of joy and well-being that comes from the loving Adult bringing through Divine Love in the form of loving action.

Here's the bottom line: If you look inside to evaluate your loving action, and you find that you are still feeling genuinely, not momentarily, depressed, frightened, hurt, angry or powerless, then you need to go back to dialoguing with your spiritual guidance (Step Four) to see what else you need to do regarding a particular situation. This process may go on for days, weeks or sometimes even months (with very difficult issues) before you discover the loving action that really works for you regarding a particular situation. Sometimes you may need to reach out for help with this.

### **Practicing All Six Steps**

When you have been doing the Six Steps of Inner Bonding for a while, and you are bringing through the love and taking the action to give your Inner Child what he or she really needs, you will find that more and more frequently you feel a wonderful lightness of being, a sense of fullness in your heart, and joy that bubbles up

from within your soul. This is a state of grace. Fear gradually diminishes and is replaced by peace and joy in the process of learning. The gnawing aloneness and emptiness within that led to addictive behaviour no longer exists when you stay in contact with your Inner Child and meet his or her deep need for love through connection with your spiritual guidance. You will often feel a sense of aliveness, wholeness and integration.

Gradually the experience of separation from Self and others that so pained you will diminish, and you will feel a sense of oneness with yourself and others. You will find yourself unwilling to behave in any way that hurts yourself or others; you will discover your integrity. You will experience a deep trust in yourself and your spiritual guidance. And you will discover that you no longer have to strive to believe in God, the Source Soul, for now you *know* God / Father.

No longer will you experience others in terms of “us” and “them.” There is no judgment, no enemy. No one is left out, no one is less than you or more than you, regardless of their gender, race, religion, or spiritual path. You will come to understand that all ways of learning about love are valuable and all paths intended to unite with God lead to God, Source Soul.

When you operate as a loving Adult you never have to wait for someone to fill your emptiness. You never have to feel alone. You have the complete freedom to fill yourself with love and peace whenever you want. You never have to wait for someone to come along to take loving action for you. You have the complete freedom to take that action for yourself. As children, we did not have this freedom. We needed others to fill us and take action for us. When they didn't, we may have become locked into thinking that we needed others to do this for us or that doing it ourselves was too much work, failing to see that taking responsibility for ourselves is a most delicious privilege and freedom.

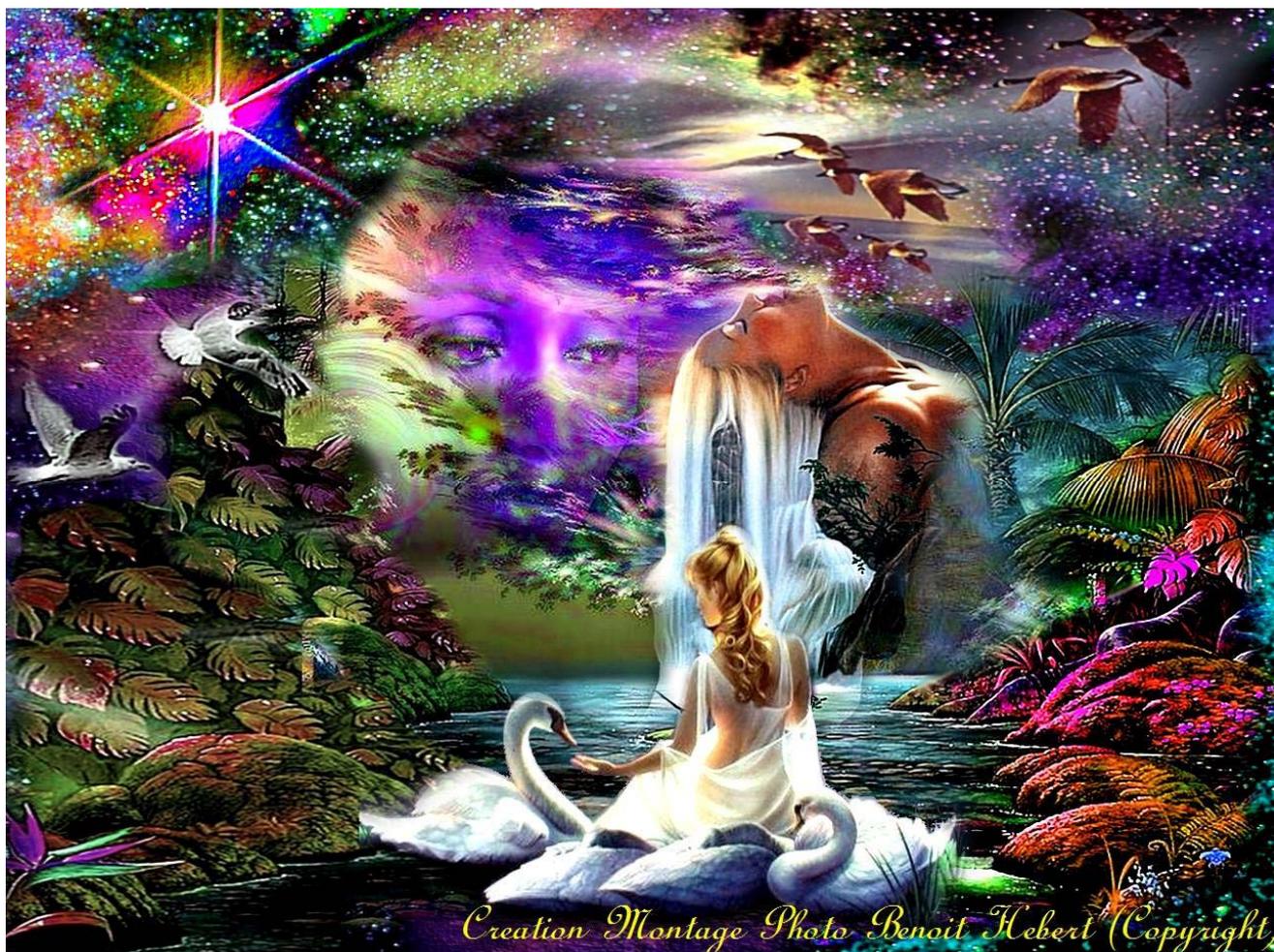
Once you learn to take responsibility for your own feelings, the way is open to creating safe, sacred relationships. The power struggles that exist in so many relationships fall by the wayside as you learn to let go of trying to control the other and take responsibility for yourself. Conflicts get resolved in healthy ways when you learn the powerful skills of conflict resolution that are available for you when you pursue learning about Inner Bonding. You will find all your relationships improving, whether or not your family, friends, or partner learns Inner Bonding. In addition, if you have children, as you become a loving role-model of personally responsible behaviour, your children naturally learn to be personally responsible as well. Let's raise a generation of healthy children by learning, through practicing Inner Bonding, how to become loving, personally responsible Adults!

To join the Inner Bonding Membership Community:

<http://www.innerbonding.com/register.php>

To Learn about SelfQuest®: <http://selfquest.com>

To sign up for a workshop, telephone support group, phone or Skype session, or an Intensive, call 888-646-6372 (888-6INNERBOND).



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**EMOTIONAL INJURIES can be INDICATORS of PHYSICAL DISTURBANCES:**

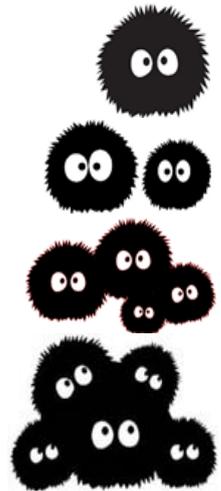
A number of similar harmful suppressions and repressions of emotional events will draw their energies together and also relatively similar injuries to that core, thus bringing about a unique cluster of held, damaging energy that then finds a home in a compatible organ or area of the physical body.

The foundation of such accumulations can commence immediately upon incarnation, being projections from one's parents and subsequently other family members.



The core emotional injuries grow and grow through relatively similar ongoing emotional patterns of parents and carers, thus creating the foundations for discomfort and subsequent illness within a child, and later on in their life. Due to the complexity and intertwining of the natures of those influencing a child, there is NO precise relationship between core and related emotional injuries – and specific illnesses or the nature of an illness – even though the patterns do suggest that this is so.

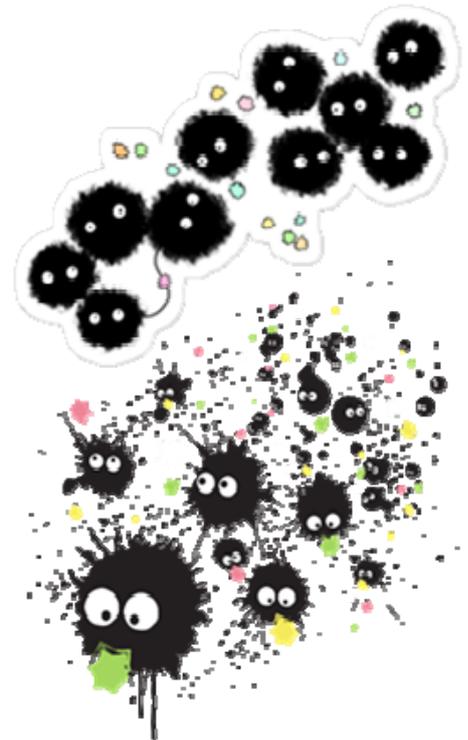
It is a generalisation that a range of emotions within a similar energy or frequency band find their manifestation by expressing themselves as pain and illness within one's body in predictable locations. Further, due to clustering of volumes of ongoing emotional injuries around the core issue, the healing process is complex and lengthy. The longing for truth of one's feelings resulting from the discomfort within one's body will be a lengthy process of working through the huge range of emotional issues directly related to any one illness event.



The gift to humanity is that any emotional injury gives us the opportunity to FEEL and LONG FOR the truth of what is behind the discomfort within our body, so that we may express what we recognise and talk the harm out of us – in this way we slowly heal ourselves – both spiritually and physically.

By ignoring what our body is bringing to our attention, by suppressing the discomfort, we bring about further escalation of the emotional error and a growth in the potential for greater vigour in the activity of the energy related to the frozen cluster of emotional injury. This may result in even more difficulty managing pain and disease within one's body.

This discomfort is a call to long for the truth behind what your body is drawing attention to and talk about what you are feeling, expressing what you feel is behind these issues, being your emotional errors and injuries, and express it out of you – release the injury.



## OUR BODY NUDGES US TO LONG FOR TRUTH!

Should our physical body be without discomfort, pain and illness, we would not have any reason or prompting to pause for a moment and wonder what is behind such intrusions to our ‘harmony’.



In this way, our body guides us into asking for the truth behind such discomfort – to long for the truth behind our emotional injuries. Should we ignore these communications then our body will amplify its signals. They will strengthen progressively until we not only engage in our investigation into the underlying cause of the pain or illness, but also start to express what we are feeling – talk it out of us.

By expressing what we are feeling will not resolve all the pain until we have totally completed all of our healing. If we were able to resolve individual issues in this way, one by one, we would stop our healing process, our Feeling Healing. That would defeat the purpose of our body being able to assist us with our total healing of ALL of our childhood suppression and repression.



“We are parented heavily by our parents who use our and their physical bodies to control our emotions, feelings, mind and will. And we are forced to change from being true to being untrue – how they want us to be. Then through our Healing our physical bodies help us back the other way, from being untrue to being true. Our bodies show the damage done, giving rise to the necessary feelings we need to make us feel bad so we can use those feelings to keep uncovering the truth of our wrongness. With our soul causing our body to show the damage when it’s time for us to attend to the required feelings.

“Our parents inflict pain that changes us from being true to being untrue. And then when we do our Healing, our bodies express that same pain, giving rise to the same feelings, so we use them to heal ourselves.

“Our body is hurt and changes us. When we do our Healing, our body hurts and we change again, back into what we should have been.”

Note from James Moncrief 2 June 2018

Thus, it can be considered that Feeling Healing is the pinnacle of all healing modalities and that all health care systems (Allopathic, Ayurvedic, Traditional Chinese Medicine, etc.) are complementary when they do not shut one down from simply FEELING.



Our bodily discomforts, both physical and mental, remain with us in varying degrees until we transition into being Celestial – in at-onement with our Heavenly Parents – following completion of our healing all our childhood repression and suppression.

**PHYSICAL DISCOMFORT is a COMPANION through out OUR FEELING HEALING:**

We are to uncover the truth of our untruth through the Healing crying Mansion World levels (and their equivalent on Earth); and then once that's done, and with the appropriate amount of Divine Love in our soul warranting fusion with our Indwelling Spirit, we can move into the Celestial spheres of love (or their equivalent on Earth).

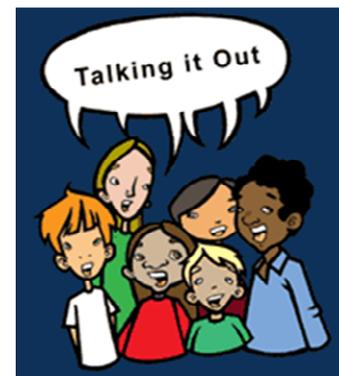


**Spirit Mansion World 3 equivalent on Earth: is for waking up to the truth that you're not loving and starting to get in touch with your pain, starting to accept your bad feelings, starting to work with them instead of rejecting them.**

**Spirit Mansion World 5 equivalent on Earth: 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.**

**Spirit Mansion World 7 equivalent on Earth: 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.**

One's acute pains – such as headaches, hip / joint / back pain, etc., all of which can be crushing and feel like they are too much – may be to do with the actual breaking down of controlling beliefs. And then associated with them, and perhaps even resulting from them, comes all one's repressed emotions and feelings, namely, fear, misery and anger, they being the big ones, together with feeling powerless, useless, too overwhelmed that you can't go on, broken, unloved, unwanted, uncared about and so on. All these feelings and emotions are also painful, but are a different pain to when you feel like your mind and some part of its control is being broken down. Usually, when the mind breaking pain passes, you then move into deeper emotions and feelings to be expressed, feeling like you are progressing in letting go of your untrue self, giving up more of your falseness – evilness. These intense 'mind-breaking' pains come intermittently, sometimes many together, sometimes for a short time, sometimes over weeks, months, even years. So overall one's Healing may feel like it's one long mental breakdown, with all the additional emotions and bad feelings that need to be released along the way. All of which are trying to bring one's will back into being as it should have been had it not been so interfered with.



**Accept, express and long for the truth of your feelings.**

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

**BODILY PAIN is OUR FRIEND:**

Our body stops us largely through pain, allowing us to pay closer attention to ourselves and our feelings. The pain is there for us to deal with, embrace and accept, to want to know why we have it, what is really going on deeper within us that is causing it. And by expressing our feelings of pain, and longing for the truth of them, we can use it to heal all that's wrong within us. This being our Feeling-Healing.

However as we all rightly hate pain, we do all we can do to stop it as quickly as we can, so we rush off to the doctor, take pills, drugs, busy our mind trying to 'take our mind off it', all of which is dismissing these feelings that are there to help us. So by denying our pain we are further denying ourselves, which in turn is going to further (at some point) cause even more pain.

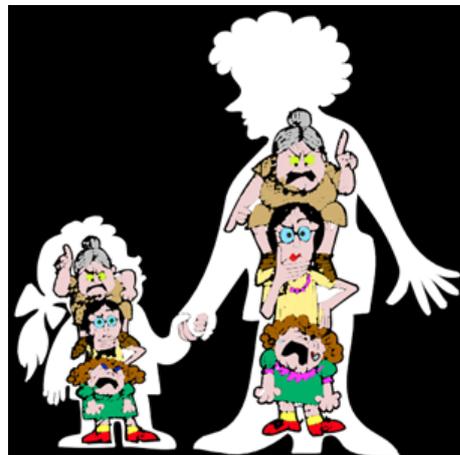
Our pain is to make us slow down, to pay closer attention to what we really are feeling. It comes about to stop us running away from the hidden truth of it, that which relates to our relationship with our parents and how they treated us, causing us such pain. All our pain (pain on all levels, including the physical) is the same pain our parents have made us feel. And we need to use it to find the truth of this. So even toothache pain can stop you, leading you deeper into yourself, helping you express all the terrible emotions and feelings it makes you feel, all so you can uncover more truth of your relationship with your parents and early life.



So in doing our Healing, we try to put off rushing to the doctor or seeking immediate help to remove even the slightest pain, choosing to instead put off such visits or taking pills whilst trying to express and seek the truth of such pain. However when it drives you to seek help, of course you do whatever you want to do to take it away, all the while expressing all those emotions and feelings and longing for them to reveal the truth you are to see about yourself.

So our body and its pain is our friend, used by our soul to help us come back to being closer to ourselves, to living true to what we are feeling and to set us free of our mind control and denial of pain.

James Moncrief 9 May 2018



THAT'S THE THING  
ABOUT PAIN.  
IT DEMANDS TO BE  
FELT.



# What is Child Abuse?



Verbally abusing a child



Teasing a child unnecessarily



Exposing a child to pornographic acts or literature



Touching a child where he/she doesn't want to be touched



Forcing a child to touch you



Breaking down the self-confidence of a child



Hitting or hurting a child – often to relieve your own frustration



Manipulating a child



Not taking care of a child for example: unclean, unclothed, unfed child



Using a child as a servant



Not listening to a child



Neglecting emotional needs of a child



Making your own child a 'servant', depriving of time for education / leisure



Hitting and ridiculing a child at school



Neglecting a child's medical needs



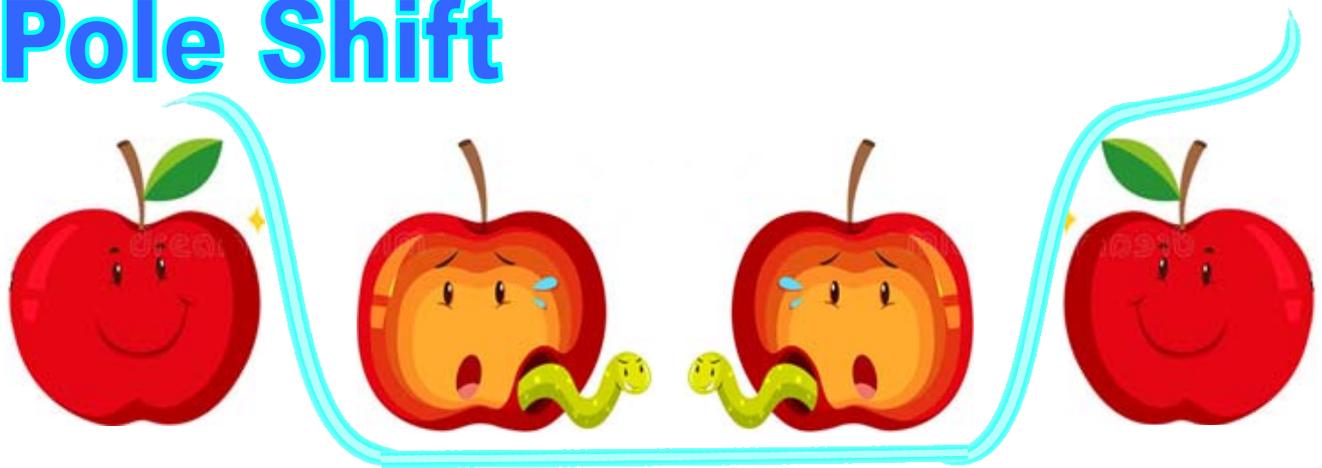
Neglecting a child's educational needs



Leaving a child without supervision



# Pole Shift



**Pole Shifts are our own very personal life experiences. They are as dramatic as the physical pole shifts that the planet Earth endures from time to time. However, our own life events are far more important.**

**At the moment of conception we are in a perfect state. From the moment of conception we are overwhelmed by the well meaning endeavours of our parents, immediate family and carers. They do not know what *true* love is, they have never experienced it, so we are not *truly* loved by our carers and teachers. We are crunched into submission by everyone within our environment. Our Natural Self Expression is all but obliterated! We are crunched into being someone else that others impose upon us. We are made into ‘bad apples’. We proceed through our life experience, after our parents’ well meaning but misguided endeavours, and have this falsehood strengthened by our educators, then our religious organisations, then our employers, all overseen by our governments. We have no way of expressing our true selves.**

**Now, for the first time in history of humanity, we can reverse our early Childhood Repression and Suppression and invoke our own counter Pole Shift. We can to liberate ourselves from our imprisonment within our mind that was imposed upon us from conception to around six years of age.**

**We can through our Feeling Healing embrace our feelings, both good and bad, long for the truth of what is to be revealed to us about such emotional events, and express such revelations to a companion and begin the climb of the pole to Natural Self Expression of our true personality. The task is painful, long and arduous; however, we are to liberate our true nature, our true selves of natural love, and in this way we will grow to be who we truly are, a child of our Heavenly Parents – and with Their Love, we can become Divine.**

**This is the Pole Shift that all of humanity is to engage with and grow from. This is the Great U-Turn.**

## **FEELING HEALING and the EFFECTIVENESS of EMOTIONAL PROCESSING:**

Hi James and Nanna Beth (questions in blue by John)

Thursday, 13 July 2017

The question to address is:

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Nanna Beth: Because they don't understand what it's really all about. They don't understand the mind is in control of their true feelings, and that needs to be stopped. They don't understand the significance of their rebellion against the Truth, and how that happened by default. They don't understand that it's about uncovering the whole truth of yourself through your feelings, all your feelings, but focusing to begin with on your bad ones because they are what most people don't want to see. Everyone else sees it that they are doing this feeling type healing to make themselves better, to rid themselves of their pain and trauma, so instead of taking a pill to take the pain away, they are using some sort of emotional clearing system. But that is all still to take the pain away, to fix themselves, to heal themselves, to effectively take a pill so it all goes away, just

like what the ‘Divine Love people’ hope the Divine Love will do for them, but it’s not to uncover the whole truth of themselves. We have to see the truth of our pain, why we’re in it, how it all came about, so what really went on in all our early relationships. It’s not about doing anything that just takes all our suffering away. We have suffered for valid reasons, which all have to come to light. And so only emotional and feeling accepting systems will help one see such truth of one’s pain and suffering are of any worth. And unless you uncover the whole truth of yourself, you’ll never set yourself free of your rebellion and default, of all your soul pain. And the truth means to see the whole truth of why you feel unloved, how unloving your early relationships were, why you don’t love yourself, why you are unloving, why you are evil and wrong, which basically no one wants to face.

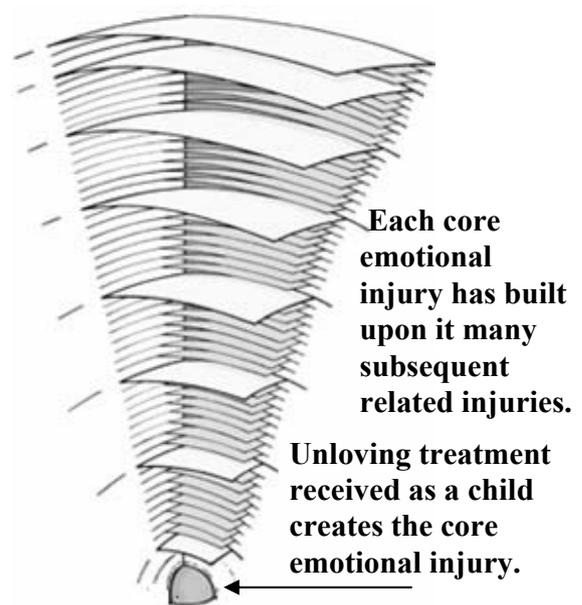
So to summarise: We all have to see the truth of our unlovingness. We can’t avoid it – deny it. We have to face it and feel all it makes us feel. And all those bad feelings lead us into the truth of it. So we have to understand – bring to light through our feelings – all the truth of our unloved, negative,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

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

**LONG to KNOW the TRUTH of EACH INITIAL CHILDHOOD EMOTIONAL INJURY:**

**All emotional processing work address only the top layers over the core childhood repressed injury. None of the modalities reach down to the mother injury, the core of the suppression, thus what relief from such processes is only superficial and at best temporary. Yes, they do identify the underlying cause of the pain and illness, thus this assists in addressing the physical health issues at hand. However, we need to go further, much further.**

**To heal oneself is to simply look to see what feelings we are refusing ourselves to feel, and accept them instead of denying them. And to fully accept them, we 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.**



**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? We must always reach to the core issue, that which occurred during our Childhood.**

# FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

To do our feeling-healing we need to become:

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

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

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

So it sounds simple.

So I repeat:

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

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

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

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

**in conjunction with**

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

## Prayers to our Mother and Father

From 'Religion of Feelings' by James Moncrief

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

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

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

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

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

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

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

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

### Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## FEELING TRUTH

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

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

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



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

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

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

Notes from 'Feeling Healing' by James Moncrief

*Heartfelt* TRUTH

# REVELATIONS



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



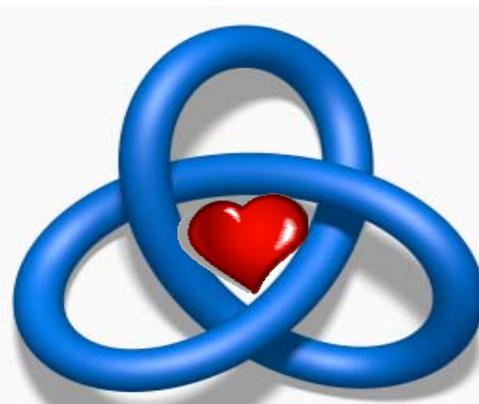
To free our soul of damage and toxic emotions we must open ourselves to experiencing them. This is a progressive, slow and uncomfortable cleansing process that we must all experience. Only by addressing the generational injuries will we, as humanity, evolve in love.



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

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

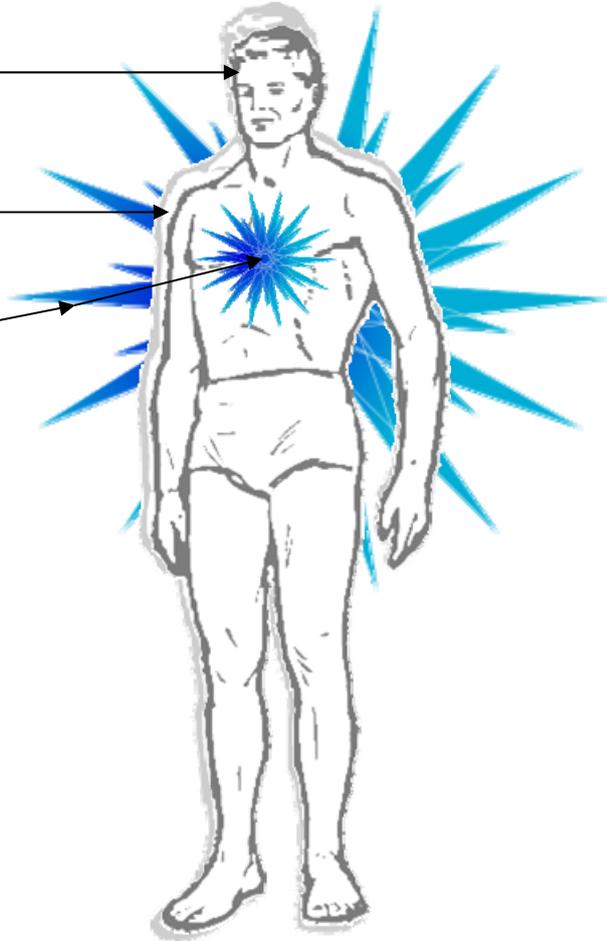
**Revelation 2:** We can long for, ask for and receive the Mother and Father's Divine Love. The greater our soul is free of error and injury, the more of the Divine Love can be received and assimilated into our natural love formed soul. The Love does not free us of injury, however, it strengthens our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



**Immortality with the Love.**

ASPECTS of LIFE:

- Physical /  
material body  
Brain
  
- Spirit /  
etheric body  
Mind
  
- Soul + Spirit  
Combination  
Senses  
Desires  
Memory  
Passions  
Intention  
Free Will  
Emotions  
Creativity  
Awareness  
Personality  
Aspirations  
Intelligence  
Consciousness  
The Real You  
is your Soul!



The spirit body is composed of a different kind of matter, "finer" or more "ethereal". The fact that its aspect reflects the condition of soul is a clear indication that the soul influences largely its formation, and even more, the soul is indeed the creator of this body, which covers it and provides it with the characteristic of individuality. The formation of the spirit body begins at the moment of incarnation of the soul in the foetus, incarnation which only takes place should there exist a high probability that the spirit of life has found in the new organism a stable biological structure, allowing it to carry out its life-giving function. P529 Judas of Kerioth 8<sup>th</sup> May 2002

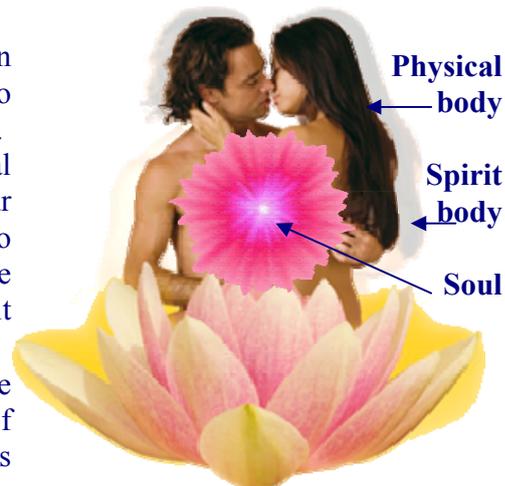
**At the moment of conception, we incarnate, that is, we achieve individualisation and become self aware and we are then able to exercise our free will.**

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

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

### The REAL YOU is the SOUL:

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



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



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

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

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

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

GEMS for ALL PEOPLE of all AGES to EMBRACE:

The GOLDEN AGE!

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

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

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

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

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

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

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

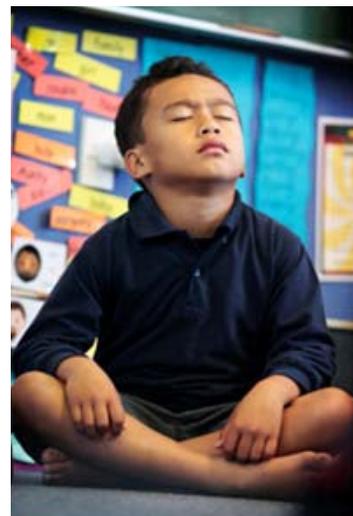
“I love you Father.” “Let the Divine Love flow its energy into my soul.”

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

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

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

“Please Father and Mother, may I receive Your LOVE.”



Maybe we could simply long for and ask:

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



MoC 1,471

**Ask for the Substance, namely the Father's Divine Love:**

*'How many of us are holding on to anger, sadness, and hurt over the false belief that we missed our big chance or someone else stopped us from living the life we wanted? Limiting beliefs can keep old, destructive emotions alive inside us like a cancer that refuses to die. Dissolve it with Divine Love and understanding the minute you become aware of it!'*

Goddesses Never Age by Dr Christiane Northrup

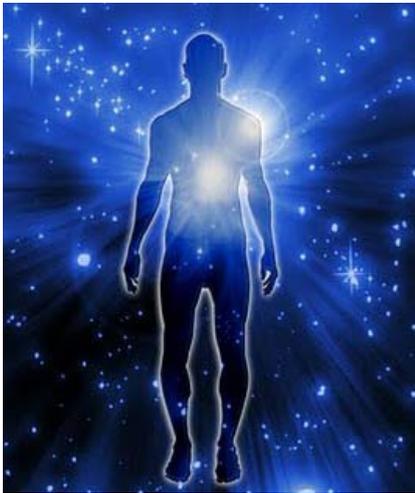
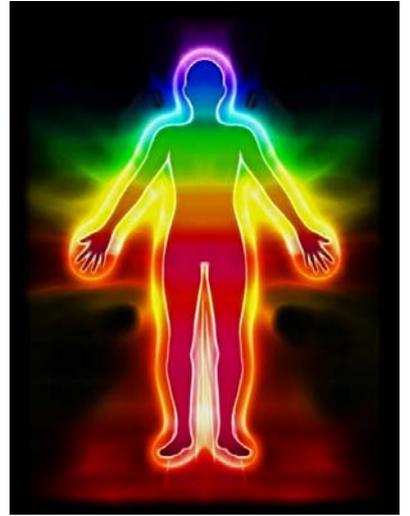
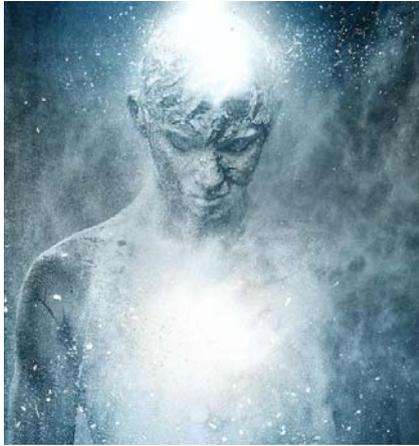
‘When spirits advance their soul condition by accepting Divine Love they don't spend years doing emotional clearing or any kind of emotional unblocking to advance their condition. Most of the transformation that the individual does is by conversing with more progressed spirits who know how love is lived and how love progresses. The presence of Divine Love in the soul causes much change in the soul and the spirit body. One's emotions, memories and feelings adjust quite easily with these changes caused by the Love and also if necessary, with the assistance of the Law of Compensation. People can teach that healing goes on forever. Here a spirit can be healed of their effects rapidly. The reason being that these individuals have a true perspective, now that they are spirits, on all that is past to them, in all that is present now without any fear or worry for their future. The future is not an issue and individuals are not driven by their concern for it. As the individual resolves any memories from their human life that are causing feelings of disharmony or a disruption to their living love, with the assistance of the Divine Love, forgiveness and acceptance, the individual is moving substantially into the living present.’ Luke (apostle)

Shining Towards Spirit p.36 (14 Nov 2014 to 14 Mar 2015) by Zara & Nicholas



**Note:** Following the writings of James Moncrief, one could consider that any reference to the Father, by other relevant writers, may be read as a reference to ‘our Mother and Father’. Further, when considering soul healing, then reference to Divine Love could be referred to as ‘Feeling Healing with Divine Love’.

**SOUL CONDITION / EMOTIONAL HEALTH ENLIVENS with DIVINE LOVE:**



Asking for and receiving our Heavenly Parents' energy of Divine Love slowly assists in dissolving and removing man's negative emotions and subsequently brings about a vibrant, radiant soul that emerges as an outgoing happy and loving living personality. With the God's Love, which is a substance, and embracing one's Feeling Healing one can progress from any dark and depressing situation to that with resilient faith bringing about a quality of life that is heaven on Earth.



**WE ALL ARE BEING GUIDED HOME:**

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

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

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

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

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

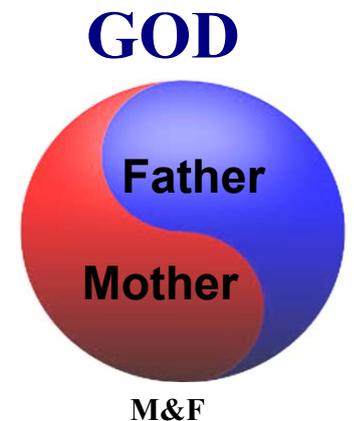
We are to recognise that being engaged and dominated by our mind is the wrong way for us to evolve and grow in truth. We are to discard the mind enslavement that has been imposed upon as by all of our parents. We are to express our feelings, both good and bad and free ourselves of the indoctrination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

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

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

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

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



**J&M**



**AVO**

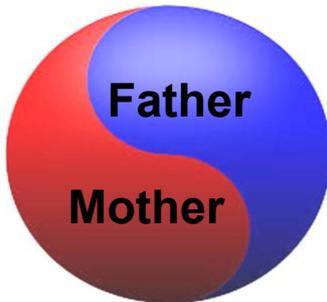


**HUM**

**WE ARE Children of God**

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

**GOD**



**M&F**

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

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

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



**J&M**

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

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



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

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

**AVO**



**HUM**

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

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

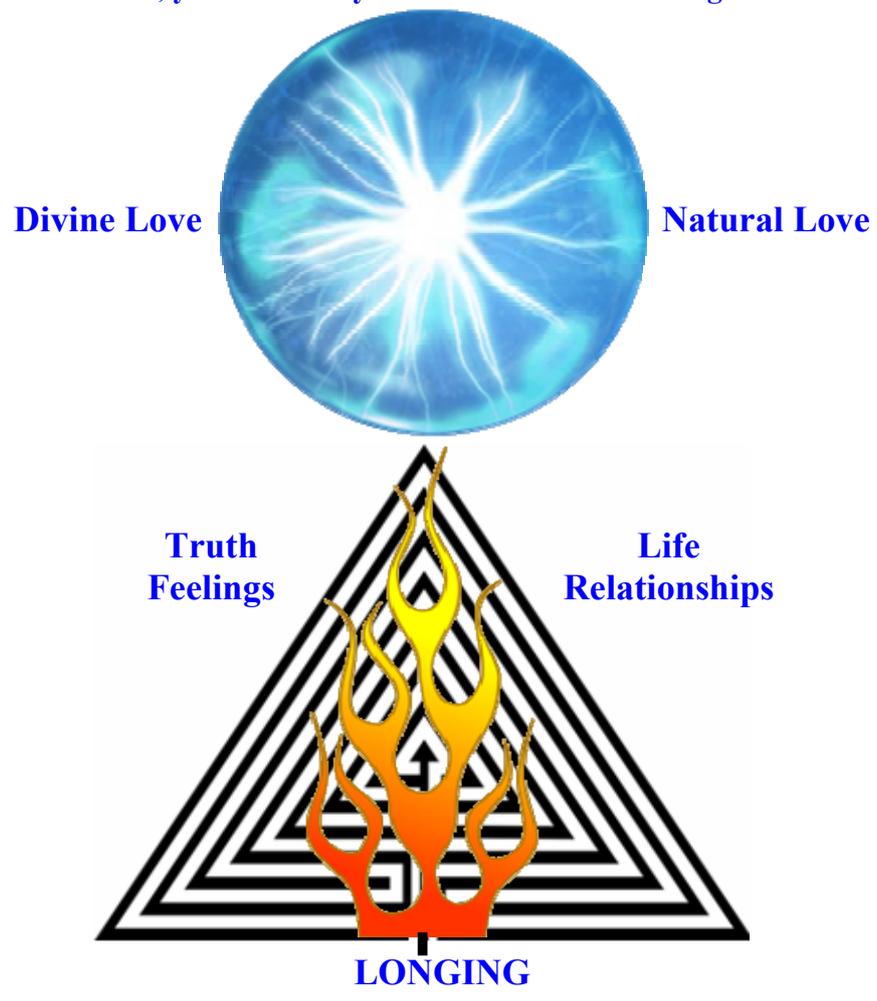
**WE ARE Children of God**

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

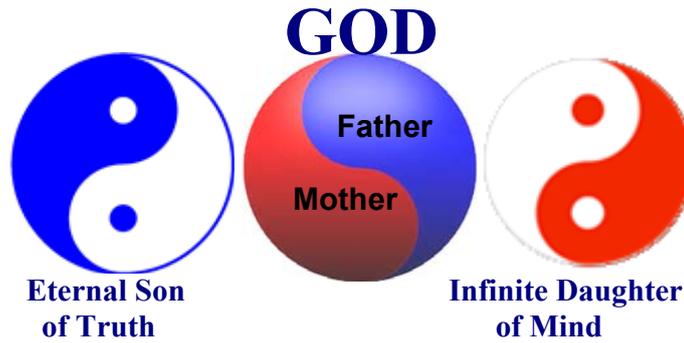
HOW TO GET TO PARADISE:

- Long for the Divine Love
- Long for the Truth
- Long for the truth of your feelings
- Don't deny any feelings: accept, express and want to know the truth of them
- Know your feelings are the key; your feelings are the Way
- Want to end your falseness and being untrue
- Want to understand the truth of your early life
- Use your surface feelings to move deeper into yourself, bringing up your repressed feelings
- Want and long to know the whole truth of yourself
- Want to do it all with God, your Heavenly Mother and Father – long to Them for help.

**The Key**



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



**PARADISE TRINITY:**

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

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

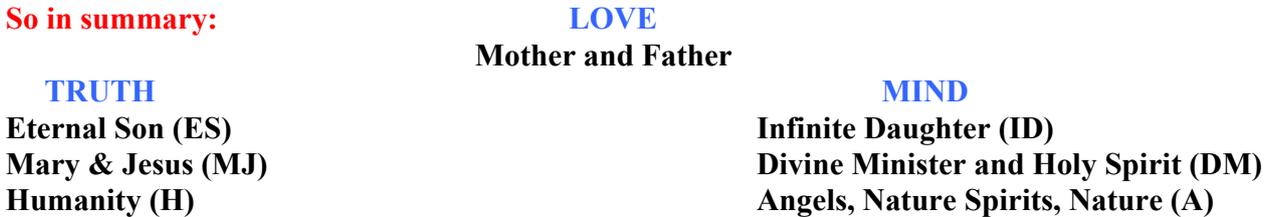
**The LOCAL UNIVERSE TRINITY:**

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

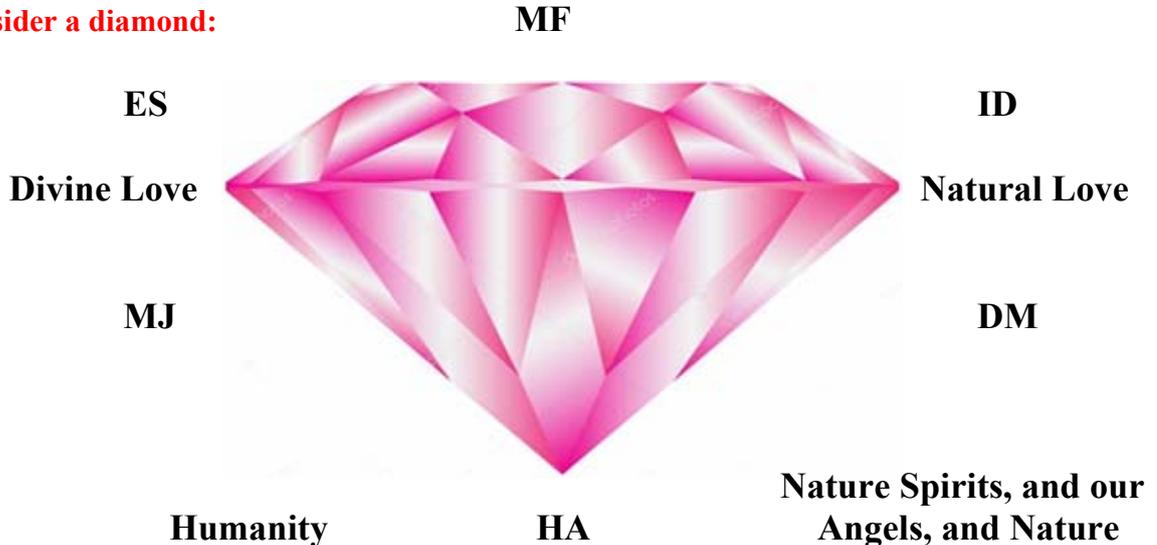
**PLANETS that engage in REBELLION:**

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

**So in summary:**



**Consider a diamond:**



# Mother and Father Heavenly Parents

Creator Son & Daughter  
Jesus and Mary

Avonals  
as soulmate pairs

Trinity Teachers  
as soulmate pairs

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

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

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

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

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

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

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

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

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

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

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



**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.

# 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**

**Great  
U-Turn**



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

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

Available generally from:

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

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

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

For Divine Love focused websites and forums:

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

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

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

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

**James Moncreif'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)				
<b>James Moncreif Books:</b>	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	
		<b>This group being pages of</b>	<b>1,825</b>	
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		2017	44	

**This group being pages of 3,092**

**Religion of Feelings**

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

**Introduction to Divine Love Spirituality**

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

**Main website of DLS**

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

**Childhood Repression website**

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

**DLS and CR forum**

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

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

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

It is suggested for one to consider reading as follows:

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

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

**Paul – City of Light**

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

**Ann and Terry**

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

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

**[PASCAS – document schedule.pdf](#)      downloadable index to all Pascas Papers.**

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

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

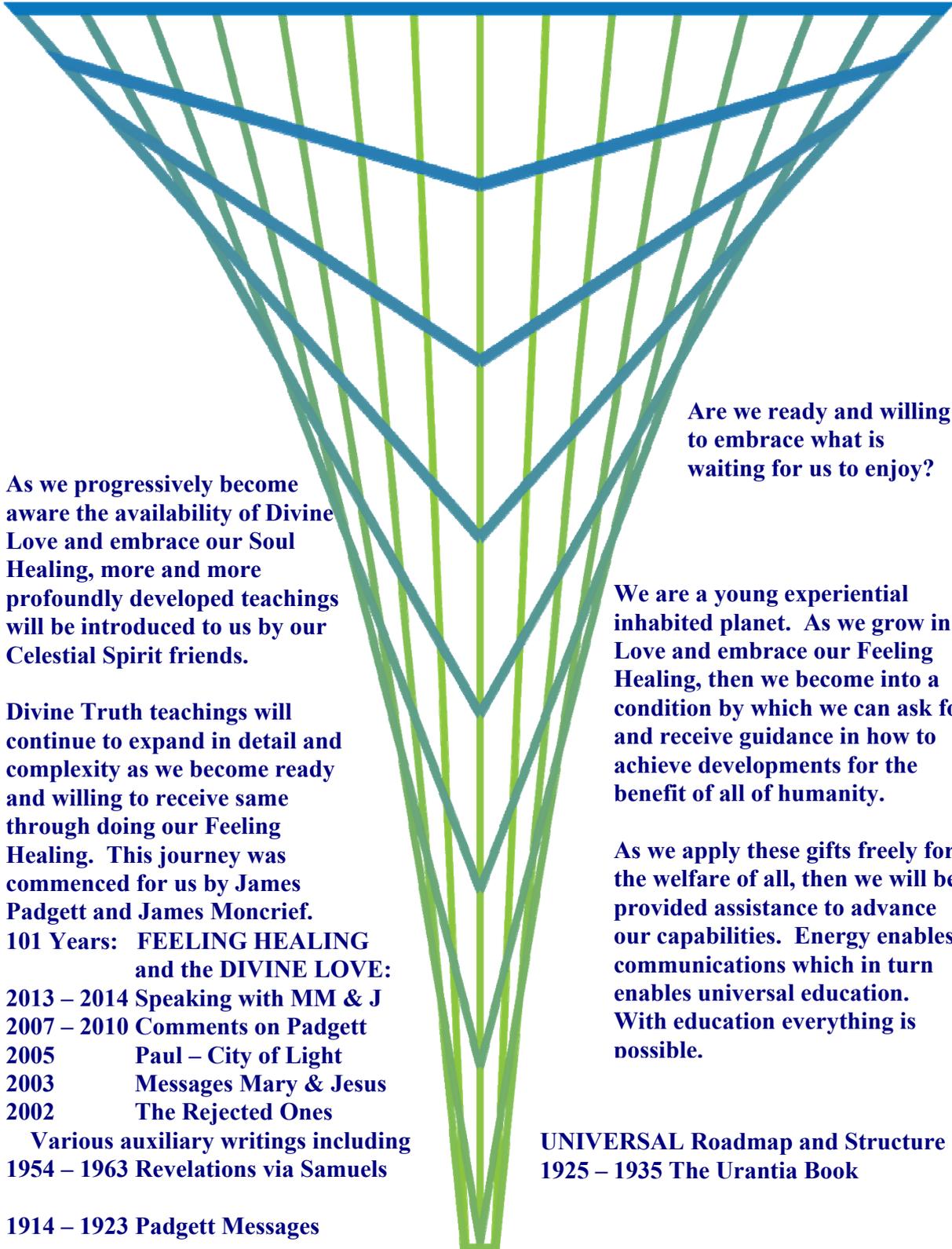
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

**MEDICAL – EMOTIONS:**

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

**PASCAS  
PAPERS**

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



As we progressively become aware the availability of Divine Love and embrace our Soul Healing, more and more profoundly developed teachings will be introduced to us by our Celestial Spirit friends.

Are we ready and willing to embrace what is waiting for us to enjoy?

Divine Truth teachings will continue to expand in detail and complexity as we become ready and willing to receive same through doing our Feeling Healing. This journey was commenced for us by James Padgett and James Moncrief.

We are a young experiential inhabited planet. As we grow in Love and embrace our Feeling Healing, then we become into a condition by which we can ask for and receive guidance in how to achieve developments for the benefit of all of humanity.

- 101 Years: FEELING HEALING and the DIVINE LOVE:
- 2013 – 2014 Speaking with MM & J
- 2007 – 2010 Comments on Padgett
- 2005 Paul – City of Light
- 2003 Messages Mary & Jesus
- 2002 The Rejected Ones

As we apply these gifts freely for the welfare of all, then we will be provided assistance to advance our capabilities. Energy enables communications which in turn enables universal education. With education everything is possible.

Various auxiliary writings including  
1954 – 1963 Revelations via Samuels

UNIVERSAL Roadmap and Structure  
1925 – 1935 The Urantia Book

1914 – 1923 Padgett Messages

**SOUL CONDITION luminosity is reflected through one's spirit body, thus all spirit people can see the relative condition of another. In this same way, a spirit person can see the soul condition of those living within a physical body.**

