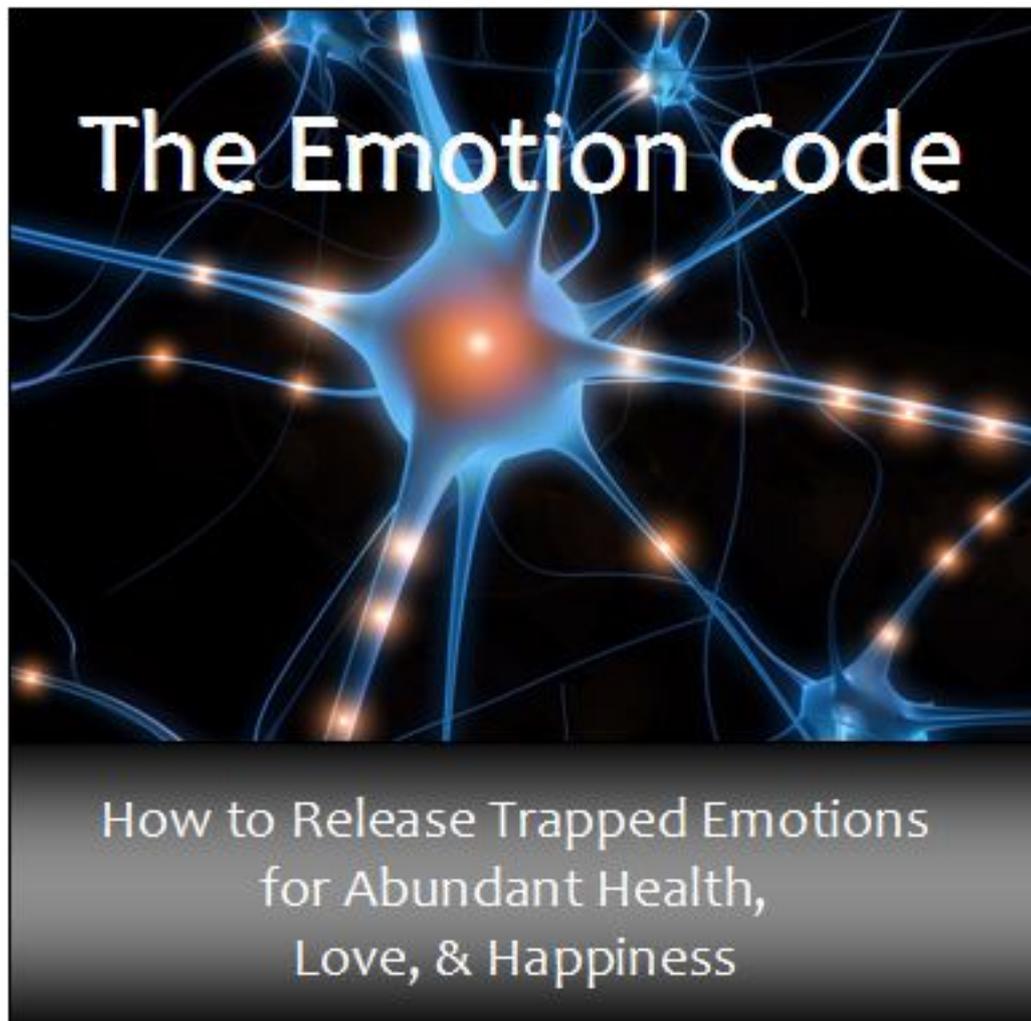


PASCAS CARE

Emotion Code

Structural Imbalances



“Peace And Spirit Creating Alternative Solutions”

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PASCAS INTRODUCTION:

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

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

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

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

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

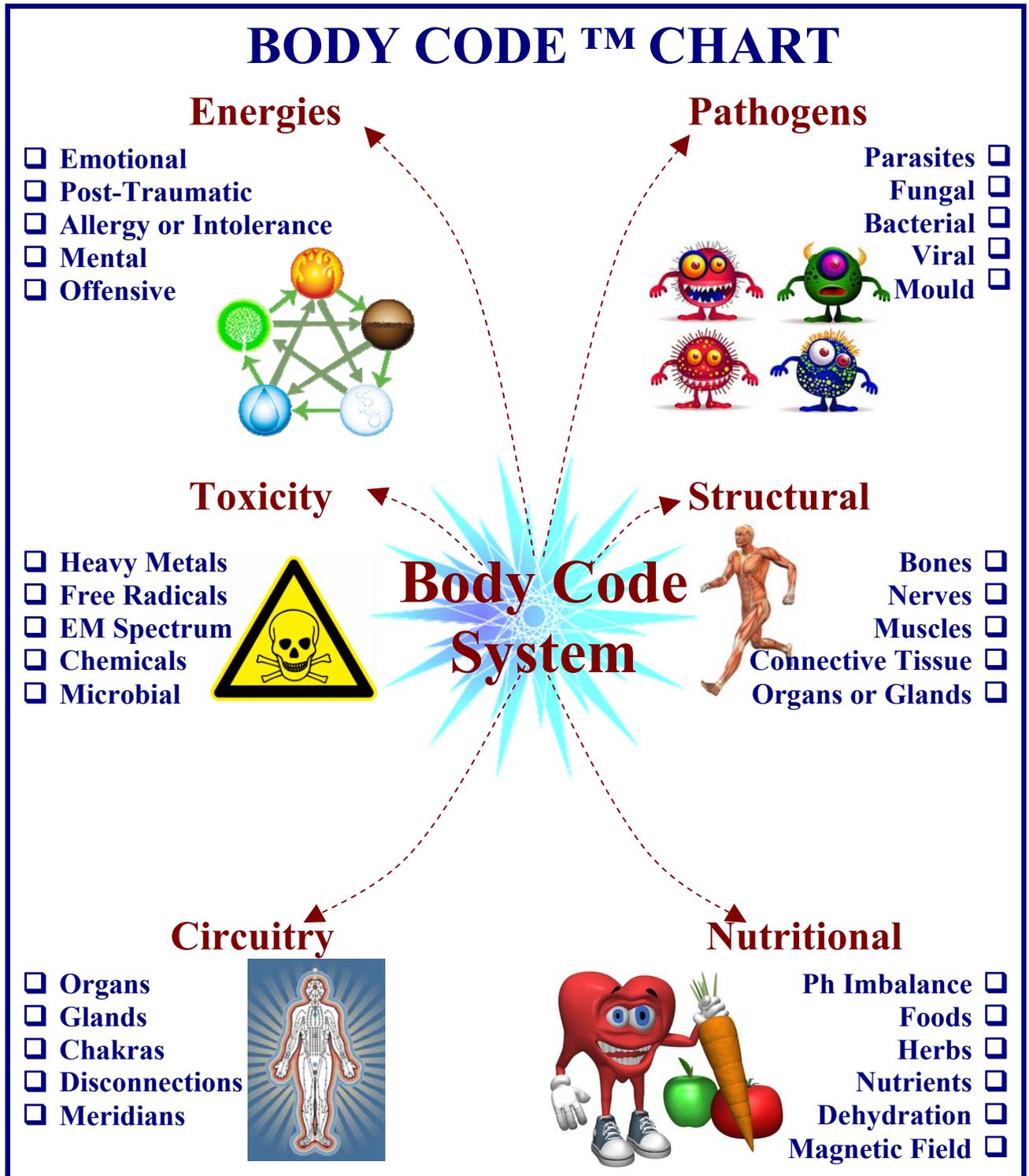
We offer all contents in love and with the fullness of grace, which is intended to flow to readers who join us upon this fascinating journey throughout this incredible changing era we are all experiencing.

Living Feelings First, *John.*

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

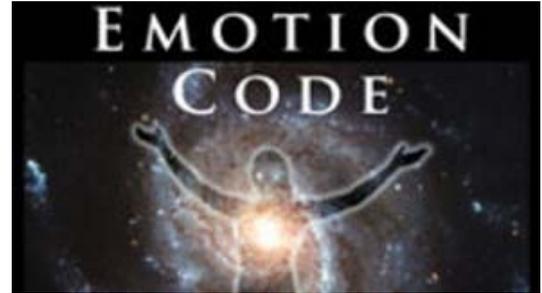
<p>Treatment Session = Management of energy flow within in our bodies = Release of Negative Emotions.</p>
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BODY CODE – STRUCTURAL IMBALANCES:

Let's talk now about *structural imbalances*, another major type of imbalance. The purpose of this module is to help you understand what structural imbalances are, how they affect us, and how to detect and correct them, in many cases magnetically, when no doctor of chiropractic is available.

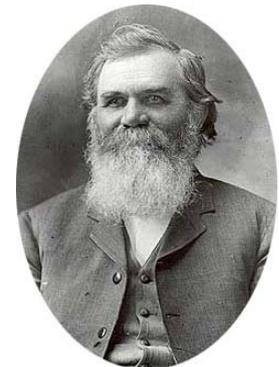


- **Understand what structural imbalances are and how they affect us.**
- **Understand how to detect and correct them magnetically when no doctor of chiropractic is available.**

I've often referred to the Body Code Package "the first aid kit for the apocalypse". I (Dr Bradley Nelson) believe that the day may come when we may not have doctors available, when perhaps we may be stuck in our homes because of a pandemic or war, and we may not be able to get the kind of help that we normally would have access to. This is why I'm giving you this information. I'm not teaching you to be chiropractors, but I do want to help you understand how structural imbalances are potentially an enormous source of problems and how often they can be corrected magnetically.

HISTORY of CHIROPRACTIC

- **1891**
- **Dr D D Palmer**
- **Davenport, Iowa**
- **Harvey Lillard**



D.D. PALMER
DISCOVERER OF CHIROPRACTIC

History of Chiropractic

Let's talk a little bit about the history of chiropractic. This is a picture of Daniel David Palmer, who is the founder of chiropractic in our modern era. I think he could really be called the re-discoverer of chiropractic, because manipulation of bones in the body to achieve better health has been around since the time of the Egyptians.

In 1891, Doctor Palmer was working as a magnetic healer in Davenport, Iowa. Back in those days there was a tremendous amount of medical freedom in the country. There were many different kinds of doctors and healers, and he used magnets to heal. Now we know that magnets have tremendous healing capabilities. One day the cleaning man for the building that Doctor Palmer had his office in stopped in to clean. This man's name was Harvey Lillard. Doctor Palmer started talking to him. He had to shout to make himself understood because Harvey was mostly deaf, and had been deaf for a number of years. Doctor Palmer asked him how he became deaf. He explained that years before, as he was bending over to pick up a bucket he felt pain in his neck suddenly, and his hearing went away.

Doctor Palmer examined him and found what he felt was a misaligned vertebra in Harvey's neck. He reasoned that maybe this misaligned bone had created some kind of imbalance in the body that had led to his deafness. He had the idea that perhaps if he realigned this bone, the deafness might go away.

He gave this man the first chiropractic adjustment in the modern era, and it did restore Harvey Lillard's hearing. So Chiropractic started out as a cure for deafness in its very, very early stages, but it came to be known far and wide as a fantastic way to get rid of all kinds of problems and help all kinds of things to get better. Now let's talk about the scientific basis of chiropractic.

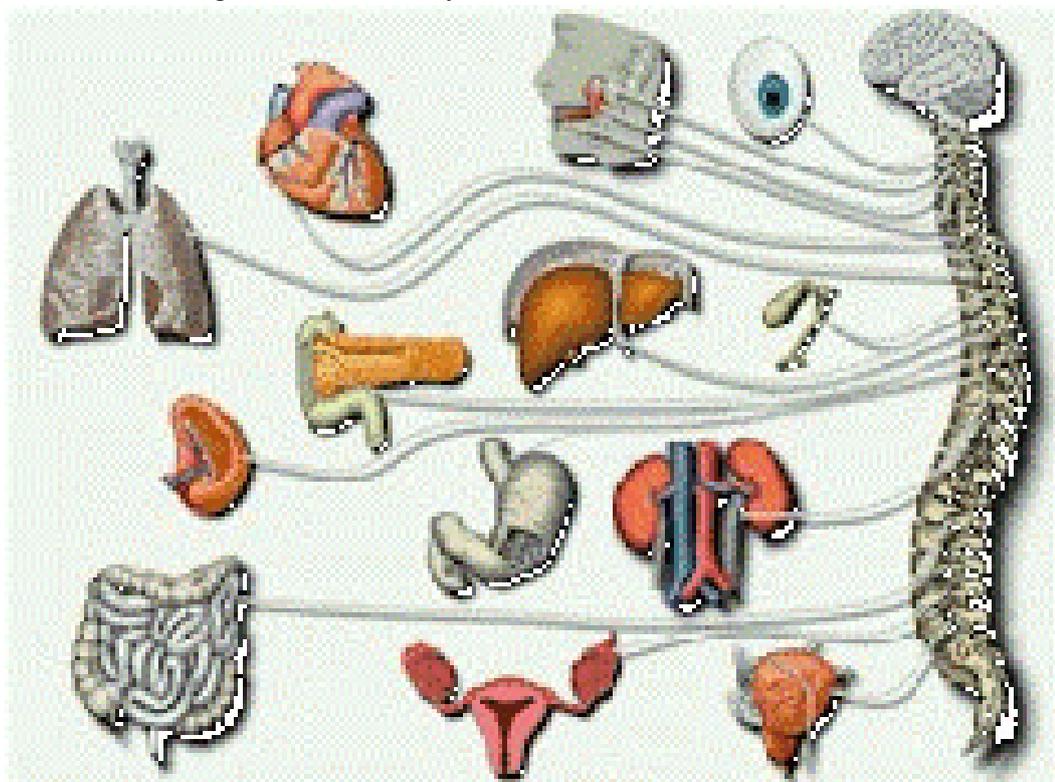
STRUCTURE vs FUNCTION

- **Structure affects Function.**
- **All structure is capable of becoming imbalanced or misaligned.**
- **Bone, muscle, tendon, ligament, skin, nerve, joint, etc.**



Structure vs Function

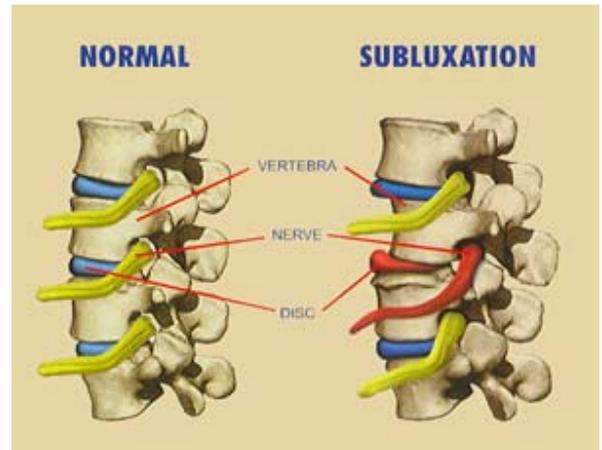
First of all, if we talk about *structure and function*, we know that structure affects function. Any structure in the body is capable of becoming imbalanced or misaligned – any structure. Not just bones, but muscles, tendons, ligaments, nerves, organs, any tissue can become misaligned. Imbalance of any structure does affect how things work in the body.



If we take a look at the picture above, at the top right, you can see the brain, and on the right side we have the spinal column coming down from the brain, housing and protecting the spinal cord. You'll notice all the different organs of the body. The heart and the lungs, the pancreas, stomach, spleen, and kidneys, etc. The grey lines that are passing from the spine to these various organs represent the nerves that are carrying communications from the brain to the organs and glands, and from the different organs and glands back to the brain.

NORMAL NERVE FUNCTION

Nerves carry information and instructions from brain to body.

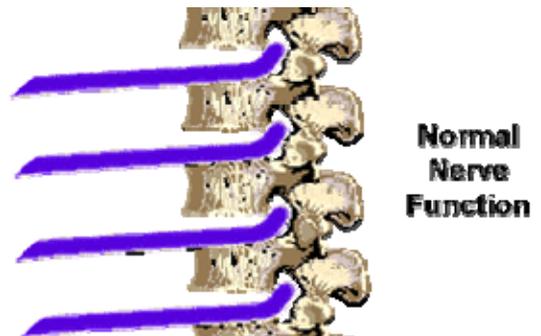


Misalignment (Subluxation)

If we take a closer look at the spine you can see how the nerves come out between the various vertebra, on their way to the organs and tissues.

MISALIGNMENT (SUBLUXATION)

- **Misalignment of vertebrae causes poor nerve transmission.**
- **Reduced communications = poor health and eventual disease.**
- **Trapped emotions often create subluxation.**



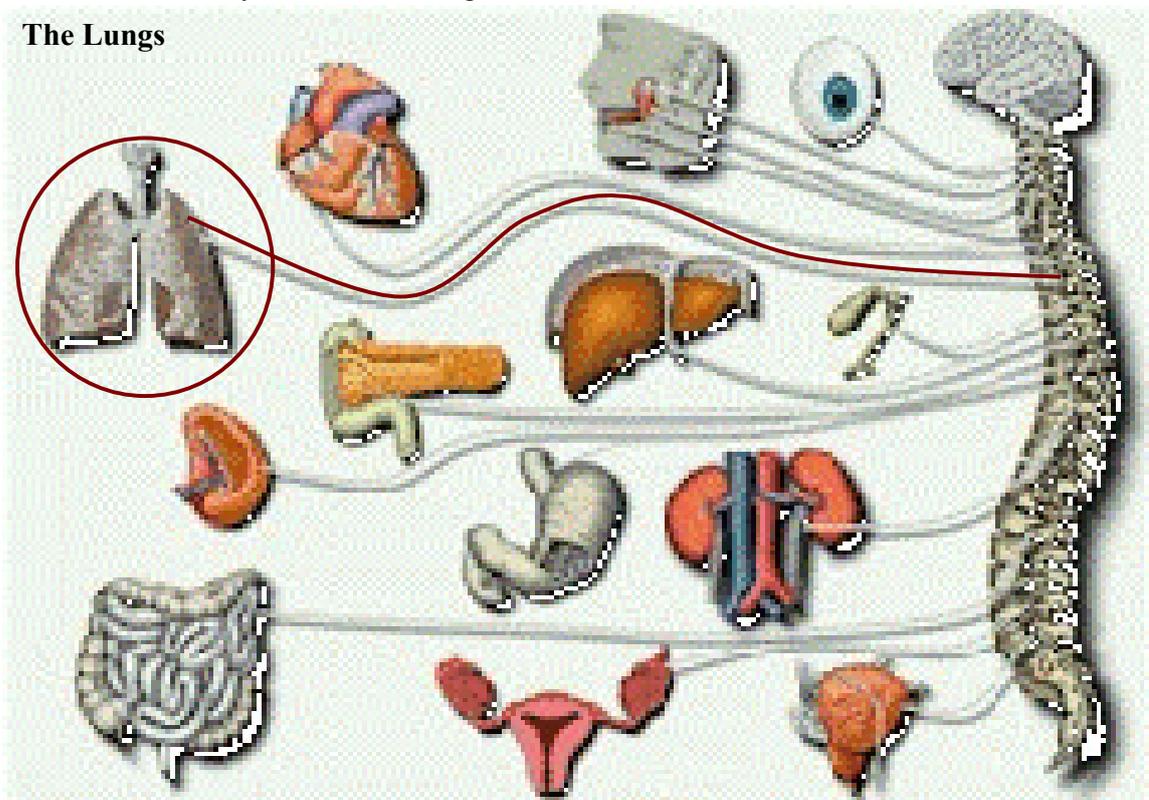
You'll notice that one of these vertebrae is out of alignment, and is irritating the nerve that is passing out of the spine just below it. In Chiropractic, we refer to a misaligned bone as a *subluxation*. A subluxation is a misaligned vertebra, which ends up resulting in poor nerve transmission. When you have poor nerve transmission, you end up having reduced communications between the brain and that organ or tissue, and that results in poor health and eventual disease. Trapped emotions are actually the most common underlying cause of these misalignments.

Correcting misalignments or subluxations is what chiropractic is all about. It's about finding these misalignments in the spine, correcting these misalignments, and taking the pressure off of these nerves so that the brain and the organ, or gland, or other tissue can communicate fully with the brain. It's a very simple idea and it works.

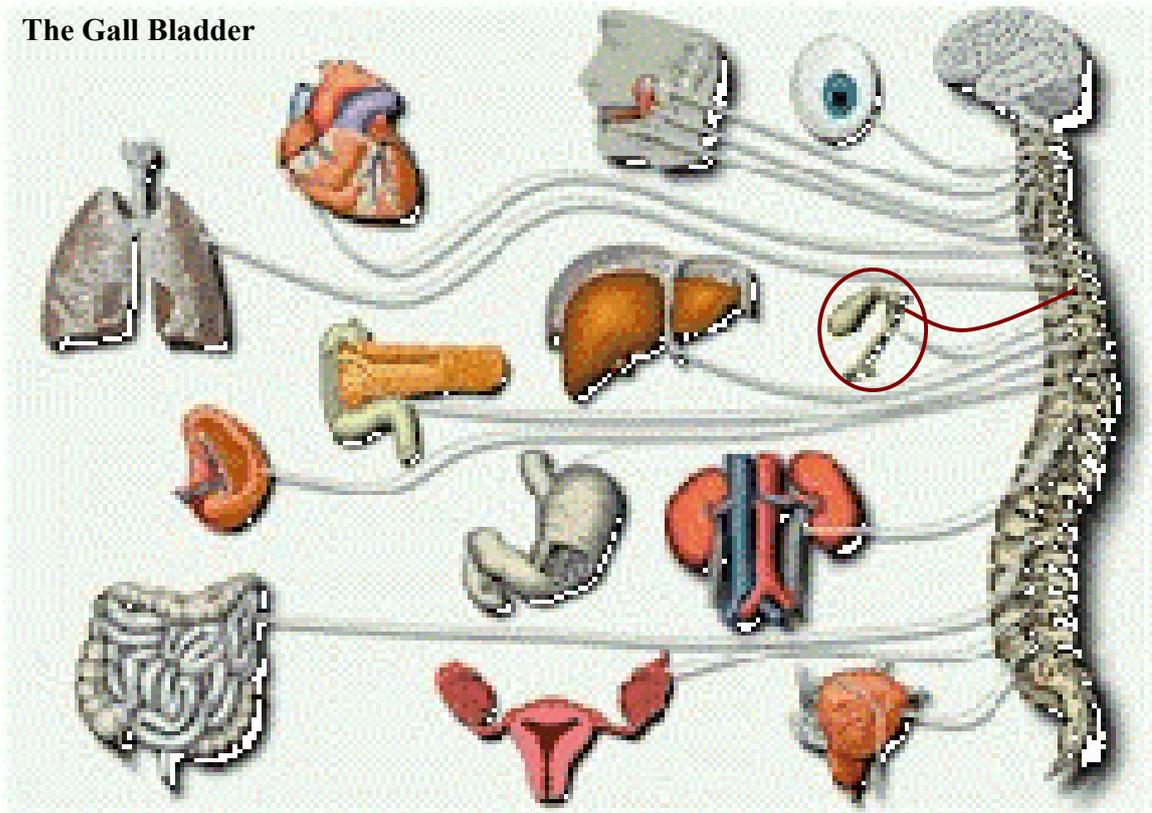
The Lungs

Let's take a look, for example, at a specific area of the spine, the area right up in between your shoulder blades. If we get a misalignment in that area, it may put pressure on the nerves that are travelling from the brain to the lungs. If you have less than 100% communication between the brain and the lungs, will the lungs be able to function at 100%? And the logical answer is no, they won't. So if the lungs are not functioning at 100% because they've got this interference going on, what kind of symptoms might you notice? If the lungs start to malfunction, one of the most common things that actually ends up happening is asthma. And in fact, asthma is something that is very common and I have had a lot of success working with asthma and correcting asthma simply by realigning the bones in that upper area of the spine.

I remember a woman who came in to me with her son who was three years old. When he was born he had a very difficult delivery. He was born with forceps, and that will oftentimes result in misalignment of the upper bones in the neck. Right away he started getting ear infections, and for the first year of his life, he had ear infections continually. When he turned two, he started having asthma symptoms. He was prescribed various medications for the next two years, one asthma medication after another, and when she brought him in to see me, he was on two non-steroidal, anti-inflammatory drugs, and he was also on steroid medications, two inhalers and two oral medications. So this was a very sick little boy and what we found going on with him was that he simply had a misalignment at the third thoracic area, creating interference between the brain and the lungs. I only had to adjust it about three times and then the asthma symptoms completely went away. I don't ever recall having a patient with asthma that I was not able to help, simply by correcting these misalignments, and there are many, many other chiropractors that will tell you the same thing.

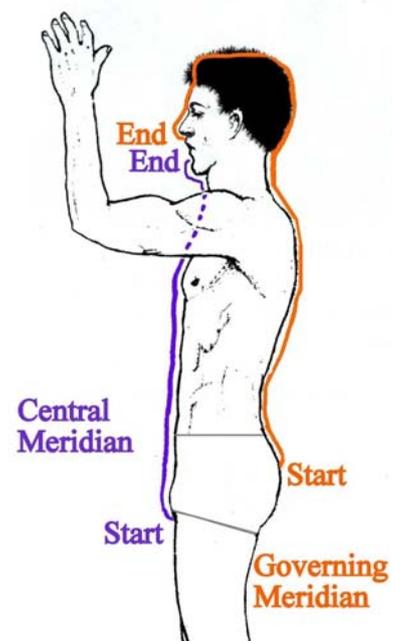


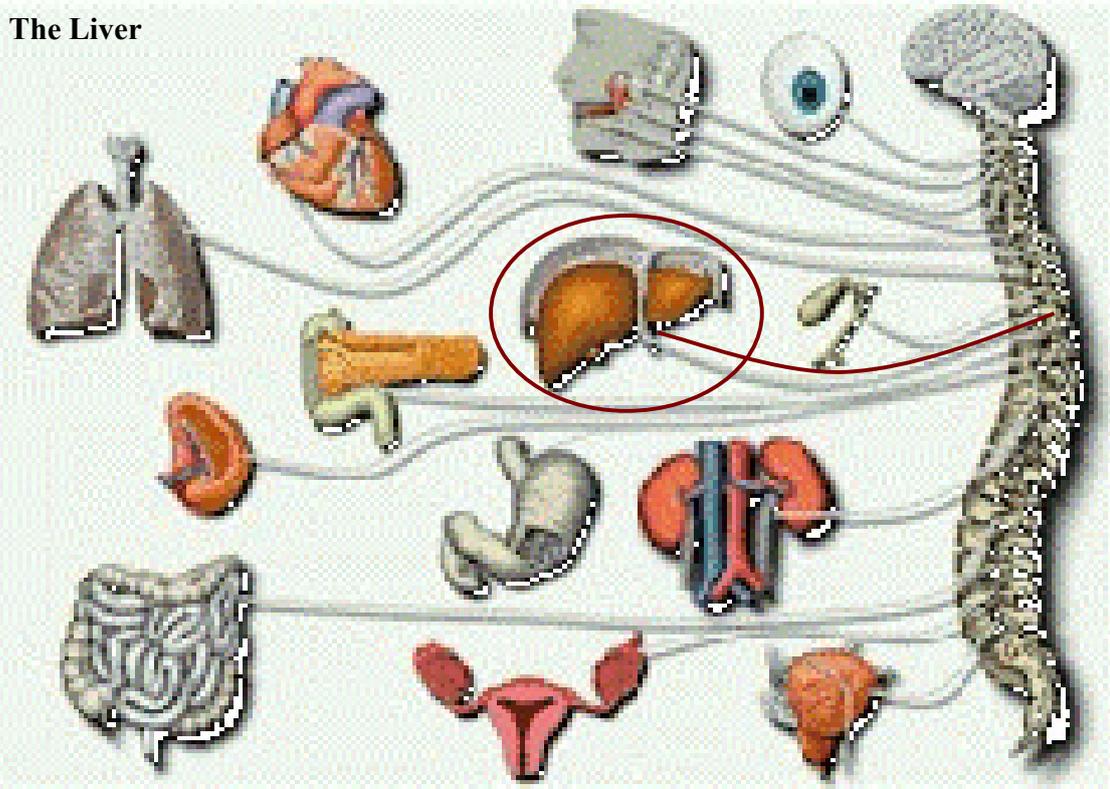
The Gall Bladder



The Gall Bladder

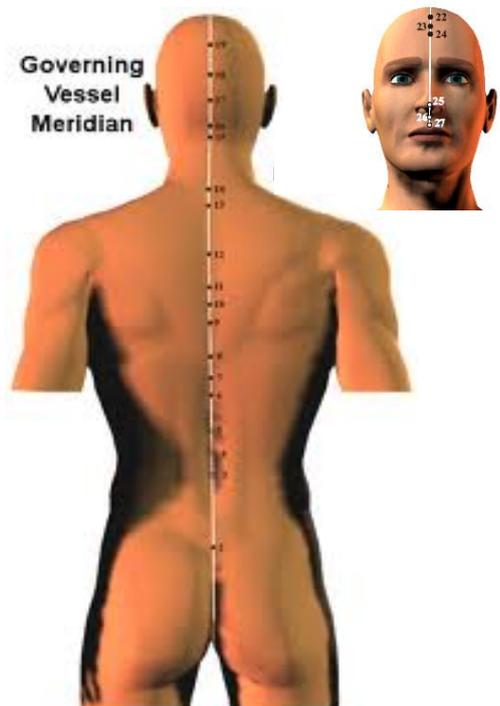
When there is interference in the nervous system that affects the gall bladder it has a harder time knowing what it is supposed to do, and as a result it's more likely that the gall bladder will have trouble. It's more likely that you will end up with gallstones. It's more likely that you will end up having to have your gall bladder removed if you get misalignment in this area, which is right around the fourth thoracic vertebrae.

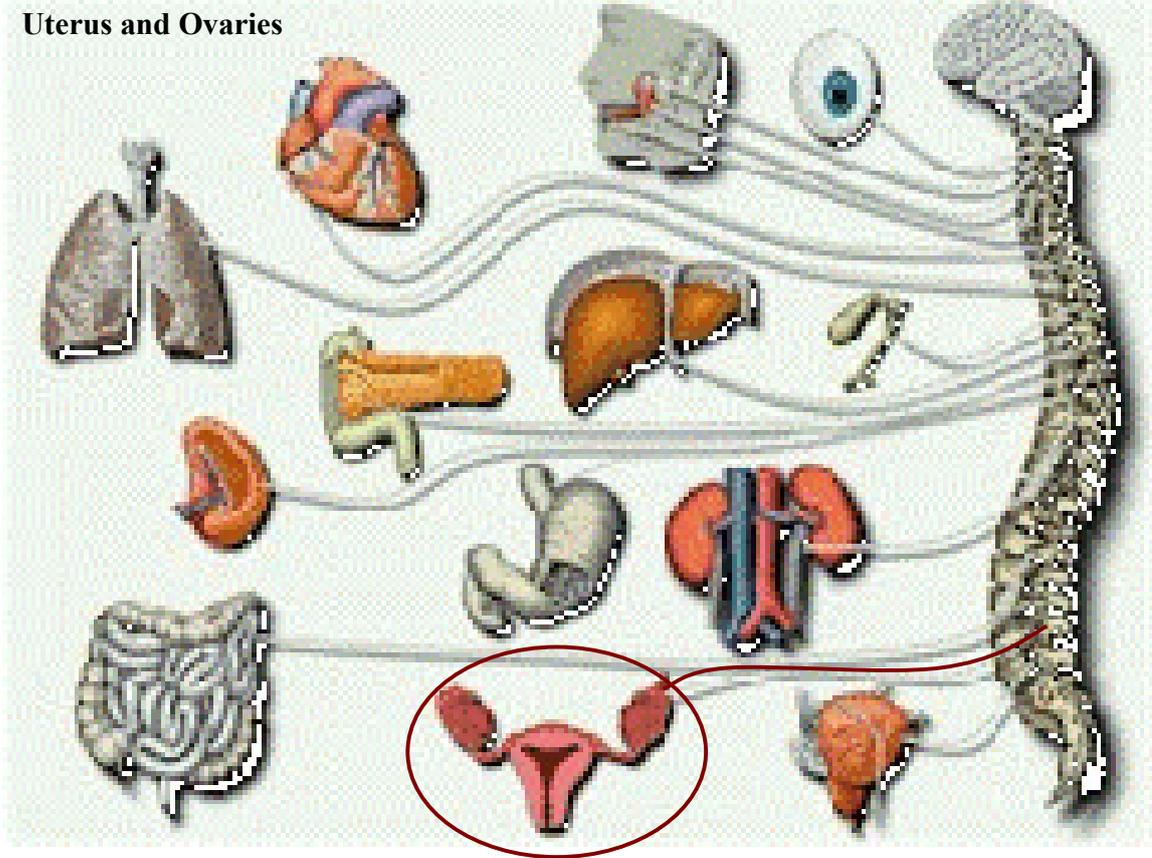




The Liver

The liver is the body's major organ of detoxification and if the brain and the liver are not communicating very well, then the liver is going to have a harder time detoxifying you. Your immune system is going to suffer as a result. And there are a whole lot of things that can result from that if you follow this logically. If the immune system is depressed because there is poor communication between the brain and the liver, then you're going to be more likely to suffer from a lot of different problems, as well as having a harder time dealing with the environment that you're living in.





Uterus and Ovaries

Let's take a look at the uterus and ovaries and the reproductive system. If you've got misalignment in the low back you're going to have a harder time maintaining good function in the uterus and ovaries, or if you're a man, in the male reproductive system. Do you think that good brain-organ communication might have anything to do with your ability to reproduce?



**PASCAS
HEALTH**



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



All is Energy

Remember that all structures, whether they are muscle, tendon, ligament, nerve, organ, or bone, are all made of pure energy and are therefore capable of being corrected energetically, even at a distance. Also remember that I'm not trying to turn you into a chiropractor, but what I am trying to help you gain is a tool so that if you don't have access to chiropractic care, you will still have ways to correct chiropractic imbalances that otherwise might be un-correctable. It is all dependent on your own belief and faith.

ALL is ENERGY

- **All structures are made of pure energy and are therefore capable of being corrected energetically, even at a distance.**

Detecting Structural Imbalances

First of all, to detect structural imbalances, you can simply ask this question by using Kinesiology muscle testing, "Do you have structural imbalance that is helping to create this symptom?" Or you might state, "I have a structural imbalance." Then do a muscle test and swaying forward or a strong muscle test means that's positive. Optionally, you might add, "Do you have a structural imbalance in your lower back, or do you have a structural imbalance of a particular bone or organ, etc?" Let's say for example, you are working on a friend who has low back pain. You could simply ask, "Do you have a structural imbalance that is affecting your lower back?" If the body answers "Yes", to correct it, you simply roll the magnet down the governing meridian 3 times with the intention to correct whatever structural imbalance is going on in that area.

DETECTION

To test:

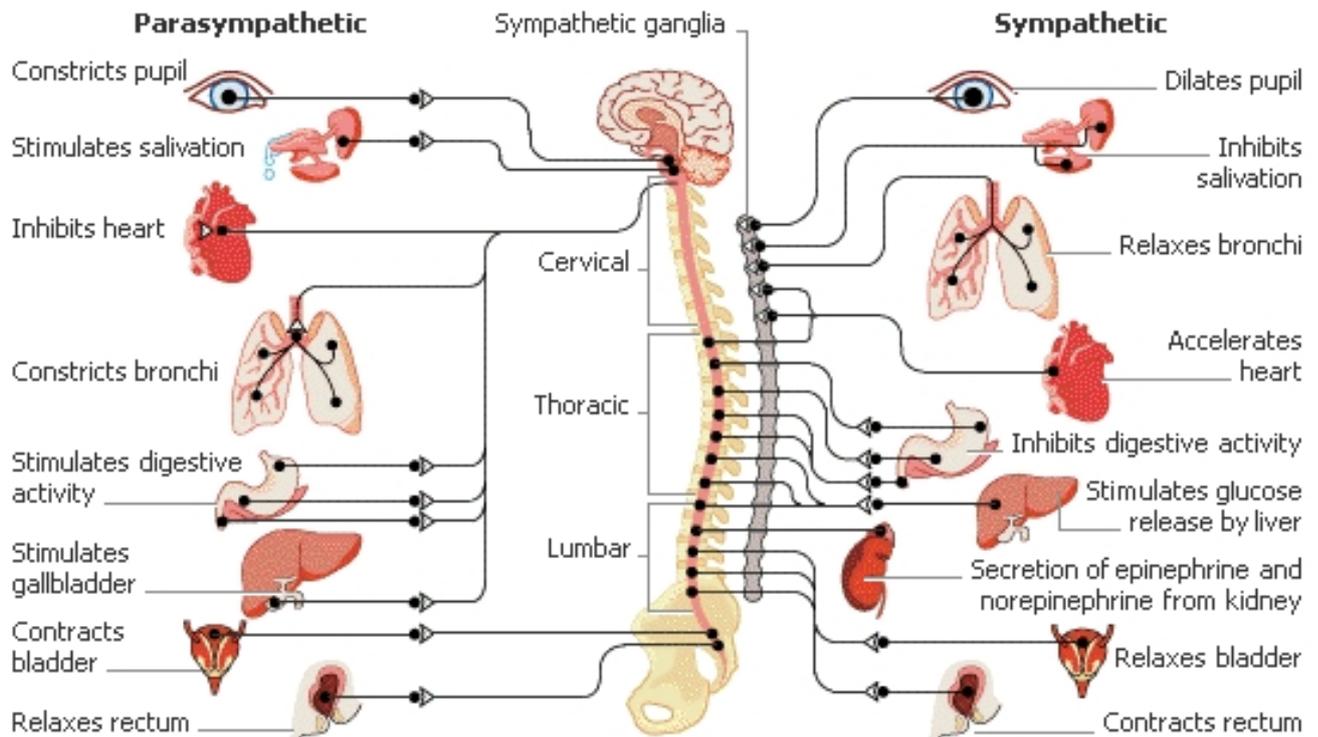
- **Ask person, "Do you have a structural imbalance (that is helping to create this symptom)? Or have them state; "I have a structural imbalance".**
- **Optionally, add "of X, where X is a particular structure".**
- **Sway forward, or strong muscle test is positive.**

Testing for Corrected Imbalances

So you can recheck by simply asking, "Did we correct that imbalance?" It's really quite simple, and if you can get your mind around the fact that everything is energy, then suddenly it frees you from the normal physical limitations of your mind. The belief that things that are structural are physical and are not really energy is not really true. Everything is energy and anything can be manipulated or corrected energetically.

MAKING CORRECTIONS

- To make corrections, simply roll magnet down Governing Meridian 3 times.
- Recheck by asking “Did this correct that imbalance.



Determining Percentage of Brain Communication

CHECKING BRAIN COMMUNICATION

- If dealing with a particular organ, ask “What percentage of the messages being sent by the brain to this organ are arriving, on average?”
- Determine percentage before and after structural correction is made energetically. Be amazed.

If you're dealing with a particular organ, one of the things that you can ask is, “What percentage of the messages being sent by the brain to this organ is arriving on average?” You can determine the percentage before and after structural correction is made energetically, and I think you will be amazed. For example, one of the things that I used to routinely do with people who were suffering from asthma is ask, “What percent of the communications from your brain is actually arriving at your lungs, on average?” And then we would test, “Are 50% of those messages getting through?” No. “Are 40% of those messages getting through?” Yes. And you can trace it down that way and get an actual number,

so that you can determine exactly what percent of the communications from the brain are actually arriving at that organ.

Once you make the correction – by either releasing a trapped emotion for example, or by actually making an energetic, magnetic correction to whatever imbalance there is that’s going on – if you retest this, you’ll find that the number jumps dramatically. This is a very interesting thing that you can do. Let’s say for example, you’re working with your father who is having difficulty because his heart is skipping beats. And yes, of course it’s a good idea for him to see a doctor, but in the mean time you can actually test to see what percentage of the communications from the brain are getting through to the heart. And you’ll be amazed how often a simple correction like this can make immediate changes.

My recommendation is for you to find a chiropractor in your local area and have a relationship with him or her, and get adjusted frequently. But if the day comes when you can’t leave your house, and you can’t get to a chiropractor, and you’re on your own, remember that corrections like this can be made simply through intention and energy. It’s all about your level of belief. It’s all about what you believe is possible. Whatever you believe is possible is possible. Remember, “All things are possible to him that believeth”. (Mark 9:23)

The Winsor Study

Dr Henry Winsor, a medical doctor, was inspired by Chiropractic’s healing ability and decided to perform an experiment. He would dissect human and animal cadavers to see if there was an association between a diseased organ and the nerves related to that given organ. If chiropractic was correct, the autopsies would reveal that a damaged nerve due to misaligned vertebrae would weaken the organ it fed and cause susceptibility to disease and dysfunction.

The University of Pennsylvania gave permission for the experiment and seventy five human cadavers and twenty two cat cadavers were dissected.

The Results:

- 221 structures other than the spine were found to be diseased.
- 212 of the 221 structures were associated with the vertebrae that were misaligned.
- Nearly 100% correlation was made between minor curvatures of the spine and the diseased internal organs.
- 9 cases of stomach disease all showed mid-dorsal and thoracic spine misalignments.
- 26 cases of lung disease showed upper dorsal misalignments.
- All 13 cases of liver disease showed vertebral misalignment of the lower mid-dorsal region.
- All 5 cases of gallstone showed related misalignments.
- 3 cases of pancreatic disease showed spinal misalignment.
- 11 cases of spleen disease were associated with misalignments.
- All 17 cases of kidney disease showed misalignments of the 10th, 11th and 12th thoracic vertebrae.
- 8 cases of prostate and bladder disease showed the 1st, 2nd and 3rd lumbar vertebrae to be misaligned.
- 2 cases of uterine conditions have misalignment of the 2nd lumbar vertebrae.
- All 20 cases of heart disease showed the upper five thoracic vertebrae to be misaligned.
- 2 cases of Thymus disease showed lower neck and upper back misalignments.

Dr Winsor's results are published in The Medical Times and are found in any medical library. Winsor was not alone in his findings. Similar studies by other researchers have confirmed Dr Winsor's conclusion that degenerated and misaligned spines have a high correlation with disease processes.

IMBALANCES

- **Remember that ANY tissue can misalign, and that this will ALWAYS cause symptoms, often in WIDELY disparate areas of the body.**
- **Ask: "Is there a structural imbalance that is helping to create this symptom?"**
- **If the answer is "yes", correct it magnetically by rolling 3 times.**
- **Hint: If imbalance returns, most common reason will be trapped emotion in the area!**

Correcting Imbalances

Remember that any tissue can misalign. You can ask, "Is there a structural imbalance that is helping to create this symptom?" Let's say that you're working with someone who has some kind of a shoulder problem, and let's say that you find a trapped emotion and release it and then the body says, "No, there aren't any other trapped emotions", but they're still having a problem. You might simply ask, "Is there a structural imbalance that's helping to create this symptom?" There might be some kind of misalignment of the shoulder or some of the other tissues in there. The nice thing about it is you don't really need to be an expert in anatomy to be able to do this, because their subconscious mind is an expert in anatomy, and it knows exactly what is structurally out of alignment. It knows exactly how to apply that energy that you're going to put in to their body to make that correction. You don't need to be an expert, although it's good to know some anatomy. All that knowledge is good, but you don't need to be an expert for this. So in a case like this, if you get an answer that is affirmative, you simply would correct the structural imbalance by rolling 3 times down the governing meridian, or if you're working on yourself you can go from the forehead, over the top of the head to the back of the neck 3 times. It's really quite amazing.

Recurring Imbalance

If a structural imbalance comes back over and over, the most common reason will be a trapped emotion or some other energy. Remember to think on your feet and if you're trying to fix a problem, be open to all possibilities.

COMMON IMBALANCES

- **Kidneys often misalign, creating back and knee pain.**
- **Uterus often misaligns, creating left hip and/or low back pain.**
- **Stomach often protrudes upward through diaphragm creating acid reflux.**
- **Most common reason for all these? Trapped Emotions lodged in the area!**



Common Imbalances

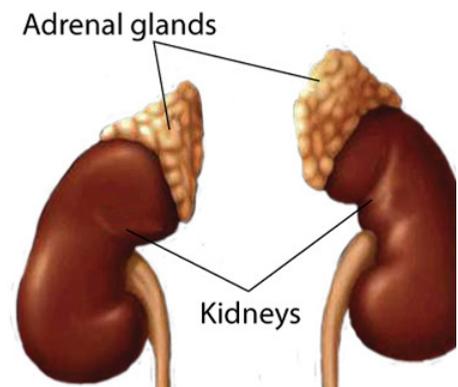
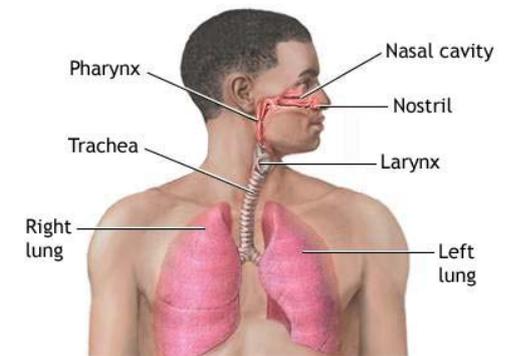
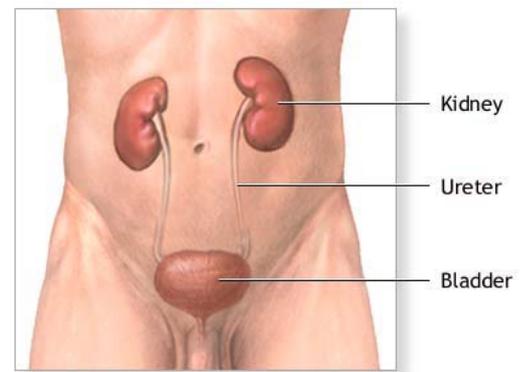
Here are some common imbalances or misalignments of organs. The kidneys will very often misalign, creating back and knee pain. Remember that any tissue can become misaligned. Organs commonly become misaligned but are *almost never realigned*. Kidney misalignment or imbalance is the single biggest cause of back pain that exists, in my opinion. In 17 years of practice I never saw one low back disc patient that did not have a kidney imbalance. Remember that in the body when we have paired organs – the kidneys for example, and the adrenal glands, the lungs – the left side organ is always the “main” and the right is always the “reserve”, so the left sided organs will tend to become imbalanced first.

Kidney Misalignment

Let’s say that you’re working with someone who has low back pain. You could ask this question, “Is your kidney out of alignment?” And if you get a “Yes” answer, then you can simply roll 3 times with the intention of correcting that imbalance energetically. Then just watch and see what happens. You most likely be amazed, “if ye are not of little faith!”

Uterus Misalignment

The *uterus* often misaligns and that will often create left hip and/or low back pain, and that’s very common. Also, when the uterus misaligns, you will tend to have a harder time conceiving. Try rolling 3 times to correct this as well.



Stomach Misalignment

The *stomach* will often protrude upward through the diaphragm and create acid reflex because the little sphincter muscle at the top of the stomach quits working as well as it should. These imbalances can all be corrected, oftentimes energetically.

Remember that the most common reason for all of these misalignments is trapped emotions that have lodged in that area. But if you release the trapped emotions and there are still problems or symptoms, check for structural imbalances and fix them, because they CAN exist all by themselves!



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

Library Downloads – Pascas Papers

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

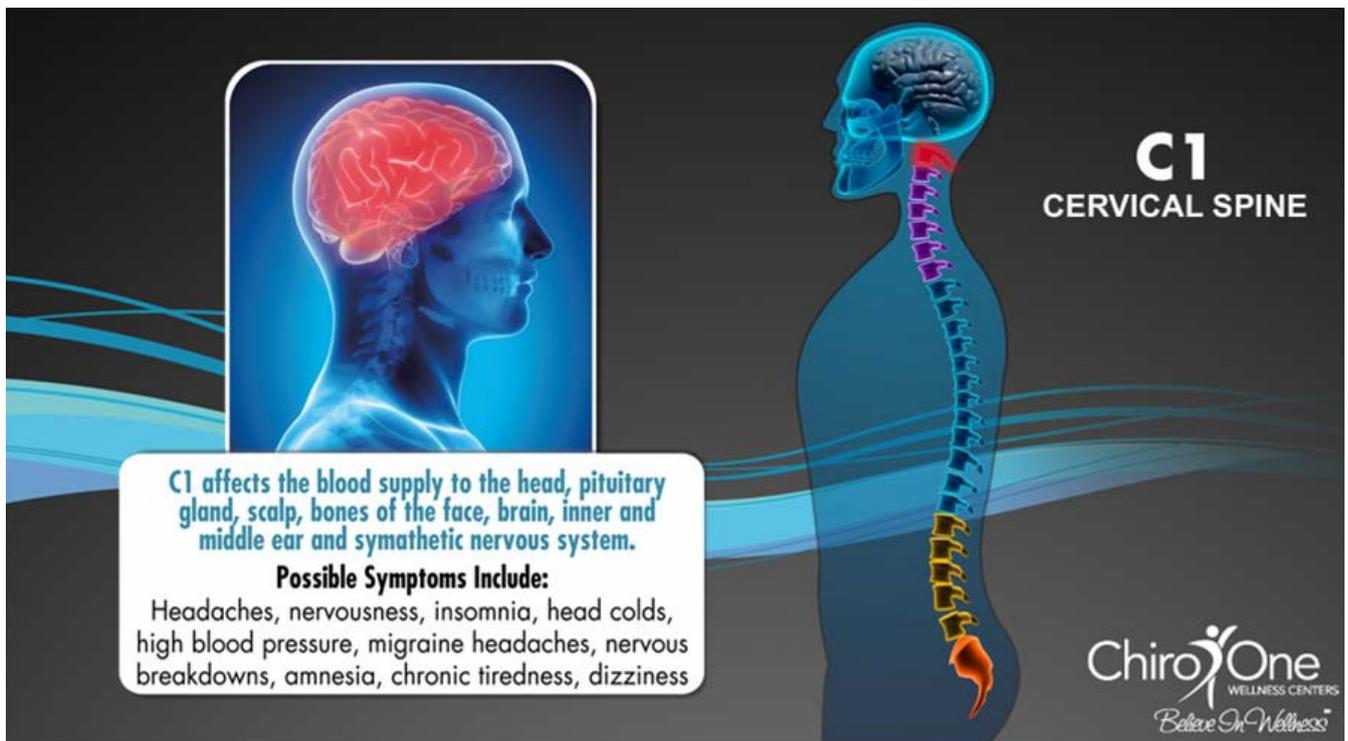
Explore the Amazing Phenomenon of the Spine and Central Nervous System

http://www.chiroone.net/why_chiropractic/index.html

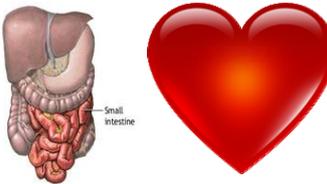
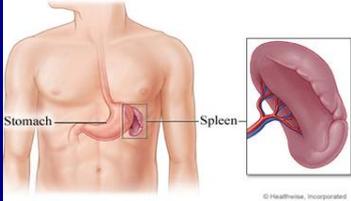
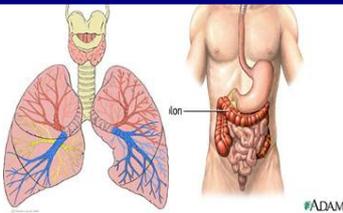
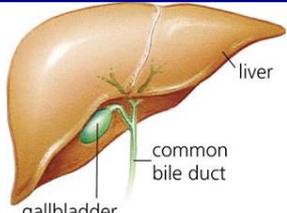
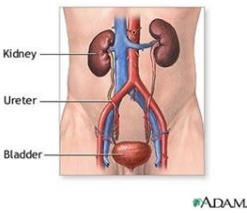
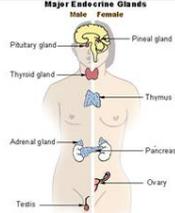
All functions of the body are controlled and coordinated by a neural network (central nervous system) that sends and receives electric impulses to and from the brain in order to coordinate optimal health and wellness.

Take a moment and explore our Interactive Spine. Roll your mouse over the different vertebrae in the spine and get an explanation of how that part of the spine affects different areas of the body.

**Roll your mouse over any of the 24 vertebrae in the human spine.
What a fascinating demo of how our spine affects our bodies.
Move your mouse over back bones and see the parts that are affected.**



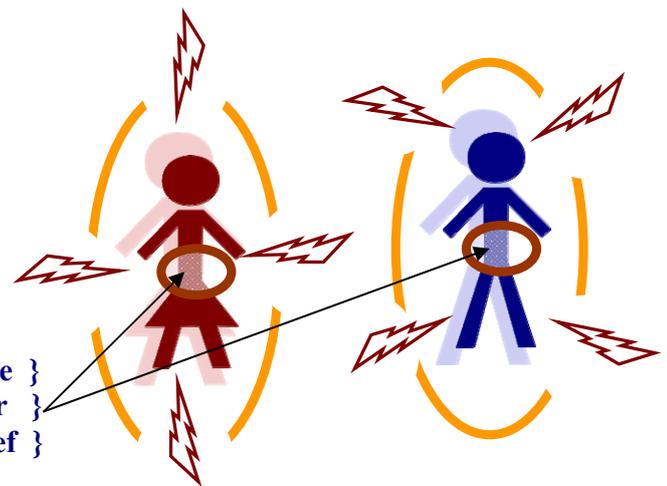
“Never can one man do more for another man than by making it known of the availability of the Feeling Healing process and Divine Love.” JD

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

WE ARE KILLING OURSELVES! Chapter ‘Day 9’ of “Paul – City of Light” by James Moncrief
 ‘Humanity (us) has to learn about every aspect of life from behind the eight ball. It’s not only last in the race but it’s going in the wrong direction. It needs to stop. To come back, and not do what it doesn’t want to do. Listen to our feelings and try to see what they really are telling us and then try to act on them, try to honour them.

‘It will take time, but people will get the idea and start to look at themselves in a new light. We will start to see that we are dishonouring ourselves by dismissing our bad feelings and that we are actually doing ourselves great harm. And so we will need to stop and start to try and accept first of all that we do feel bad, and then having accepted that, we will then be able to move to see what we are feeling bad about, and then will naturally want to know why, right through to their core.

‘Humanity has practically tried everything else and look where it’s got itself, nowhere much. Is anyone really and honestly truly happy and if they say they are, is it true happiness and are they sure they’re not deceiving themselves? We bring about illness within our physical body by not expressing and releasing our childhood injuries.



‘We all have felt that angry during our childhood. We can’t feel more than we felt during our childhood whilst we are in our negative mind state. We have not been allowed to remember it, we have been forced to repress it. Look what it takes for it to re-surface within you, when you try, it has to force its way up through you and look at the effect it has on you. How bad it makes you feel.

‘That’s what it will take often times to break down our resisting mind circuits, and resisting beliefs. The bad times were real and had a huge impact on us, they greatly affected us, they brought about our whole negative mind, and our self-denial. And so we have to want to see it all, even if it threatens our relationship with our mother and father and all those who negatively influenced us as a young child, with extinction. This is the real core truth, what our relationship with our parents is really all about. This is the hard-core stuff, to see how it will make us feel.

‘It all happened to you so many years ago. In a sense we have already suffered the worst of it. But that entire trauma is still within us, it’s conditioning our lives. And it won’t go away. Just because on the surface our life might not have felt so bad particularly as we get older having more control of our life, even if occasionally we are angry, it doesn’t mean we are Happy Larry deeper down inside. And one day if we don’t acknowledge that anger it’s going to show, it’ll eat us away from the inside. We will go to the doctor and be diagnosed with cancer and be given horrendous treatment that will only make us feel worse than bringing up the anger that’s causing it all would. So what do you want to do? It’s always our choice, do it with God, and They will help walk us through it and heal it all, or do it by our self never knowing exactly what we are doing and why bad things are happening to us.’

WHAT IS THIS ALL ABOUT?

Our soul is at all times pristine and perfect, it is the source of one's intelligence, knowledge and wisdom, and is the gift of creation by our Heavenly Parents.

At conception, our soul brings our spirit body into being in Creation along with our physical body that uses the spirit body as its template. Our mind within the spirit body, from that moment onwards, begins to absorb the personality attributes of our physical parents. This includes the positive and negatives they hold, their beliefs, truthful and also in error, their injuries from emotional discord and those from their own parents and any carers including extended family.

Our soul becomes entombed in the controlling natures of one's mind. These erroneous ways of life, beliefs of control smother and suppress our soul. We are meant to express our feelings, those of our soul. We are smothered by our parents control natures, we are best considered to be 'trophies'! We, in our forming years, are controlled, suppressed, belittled, humiliated, and taught a great deal of untruth. Mind you, so were our parents. The cycle must be ended!

Many of us are introduced to religious organisations, all of which amplify further the feeling-denial and the truth-denial that we are being conditioned with. Our soul is to express and embrace, not deny and suppress. These organisations are founded on the need to control. They are an expression and amplification of the evilness that our parents convey! The teachings are at best misguided, retarding one's progression with mind based limited understandings.

Only those people who are actively using their feelings to uncover the truth of themselves will find any real inner peace once they have finished their healing. And all that will be happening will also help them to feel bad through this process, all so they can bring to light all the untruth and error of their ways, all the pain of their early childhood, and all the wrongness their parents have made them be.

Our controlling minds are to be side stepped and we are to express our feelings. It is our soul based feelings that are in truth. Our mind imprisons and retards our true selves, being our souls. For those who want to sincerely grow in truth, the truth of themselves, nature and God, are to do so through their feelings, then they will also have to readily embrace both Mary and Jesus so as to accept help from their Spirits of Truth, and look to God as being both their Mother and Father.

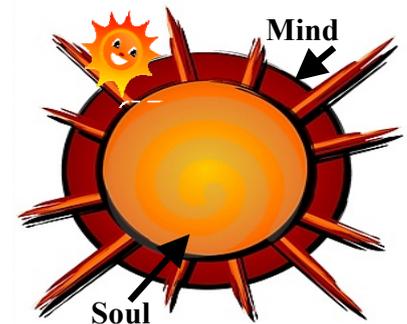
To be free of one's evil state, errors and injuries, this will only happen when one has experienced the full truth of it, and so that means, when you have felt the whole truth of it through your feelings – all the different aspects and parts of it.

We are to apply our longing, apply our will, but not with our mind, although it can help one to determine what you want to do, but with and through one's feelings. We can't long with our mind, we have to FEEL-long. Our longing is an expression of what we feel. We feel we want God's love, so we express that feeling in our longing. By embracing our Heavenly Parent's Love with our Feeling-Healing, then we are enhancing our endeavours and progressing with our Soul-Healing.



GENERATIONAL ENTRAPMENT:

Each generation treats their children the same way as their own parents treated them. It is like a never ending spinning of the wheels. The norms that our parents infused upon us are what we in turn did or do to our children. For some two thousand years, humanity has not evolved in love any further than what was achieved during the first century. We have repeated the cycle time and time again.



While we continue to allow our mind to dominate our way of living we are frozen in our development. Until we allow our feelings to be our expression in living, we cannot learn the gifts of love that are continually put before us. Our children are our great teachers, however, we suppress and imprison them into our beliefs and way of expression. We teach them to shut down their feelings. This shut down of emotional expression is the strangling of toxic energies that later express themselves as pain and then illness in the physical body. This is how family generational illnesses come about.

Man has created numerous spiritual practices and religions on the same premise. These make us feel good, however they also shut down the expression of emotions and close out our feelings. It is allowing the feelings generated by one's soul that the truth of all there is to be embraced becomes available. Our religions all have some truth that is beautiful and beneficial, however they all enslave us further to our mind's control. No religion will take us to the heights that our soul expression will bring about. Religious organisations have entered communities and brought about a moderate growth in love within such community only to find that no further growth occurs. These religious spinning wheel of norms simply adds to the traditional family practices and the communities social issues continue with a firmer entrenchment into mind controlled stagnation. There are no exceptions. All religions are mind based control entities and practices. It is only upon enabling people to embrace the expression of their emotions that real truth will begin to unfold for each individual, one by one, all being soul based truths emerging.

By longing for the truth of one's self as you accept, express and seek the truth of one's feelings, you are doing all you can so far as longing to live God's Will. That *is* your longing if you like. All one really need do are two things: Long for the Truth of one's soul, which is really the truth of yourself. And to actualise or realise this longing, you can do by accepting and expressing your feelings. And that will bring one back into a state of natural love perfection as one does their feeling healing. And then, as the Divine Love is available to you, long for your Heavenly Parent's Divine Love.

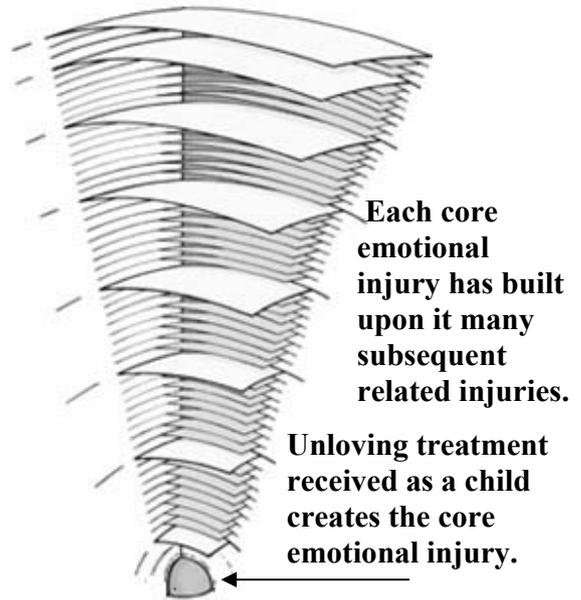
Our feelings are to lead the way, they being our expression of living true to our self and so living true to God, for as we live true to our self we are living true to God, it can't be any other way. However we also have a mind, with which we can understand our feelings – why we are having them and what they are showing us; and we can also use it in a negative or rebellious way to control our feelings, so become untrue to ourselves and untrue to God. However our mind is meant to act in support of our feelings and not in control of them; our feelings are first then our mind follows, and NOT the other way round.

All we have to do is stay true to our feelings. It's so much better accepting and expressing one's bad feelings instead of working so hard to deny them. It is the expressing all one's repressed feelings out of one's self and the uncovering the truth of them that is truly helping you.

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 ourself is to simply look to see what feelings we are refusing ourself to feel, and accept them instead of denying them. And to fully accept them, 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.

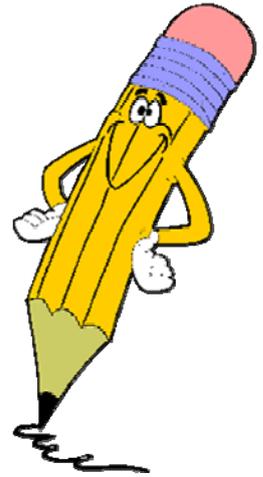


Feelings first

LIVE FEELINGS FIRST

EXPRESS ALL OF WHAT YOU FEEL, EVEN BY WRITING:

Generations after generation of parents have invoked the control of their minds upon their children. Our minds become contaminated with the confusion and errors of generation upon generation of corruption of how we are to live. Our minds are dedicated and addicted to the control of others. Our mind is like a super strong steel ball encasing our all true feelings which are brought to us by our pure and loving soul. We are taught to depend upon our mind, to discard and suppress our feelings, right from the time of conception. Consider how you were taught at school, more of the mind control domination that our parents instilled in us throughout our early childhood.



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

To find truth, we need only look within ourselves to our soul based feelings. We are to express our feelings at all times. We are to follow our feelings at all times. We are to be our true selves at all times. We are not to be the façade self that our erroneous and actually evil mind imposes upon us.

We are to long for the truth or our feelings. As feelings come up, we are to express them to others, be that one's partner, friend, parents, our Heavenly Mother and Father, and even to our self. If you do not have a companion to talk out your feelings, both good and bad, with then talk them out to yourself. By expressing one's feelings, this releases them. Even by writing them down expresses you feelings:

“Write this, your feelings, for yourself. Start with a feeling and write it out. It doesn't have to make sense, it doesn't have to be for anyone, it is for you, it is you, what you feel, and that is all that matters, nothing else. You can be your own friend, friendly to yourself saying its okay Robert (or whatever your name is), you can write what you feel, there is more truth in your feelings than there is in anything else. Your feelings are the truth of you, so you can explore them, flow with them, through all the good and the bad. This is your path Robert, the way back to yourself, the trip you are now embarking on. This is what we want to read, it's what we want to hear about you Robert – all how you are, all how you're feeling. We want to be with you, reading what you write, getting to understand the real Robert, the real Robert that comes out of you as you write. Come to us Robert through your feelings, and you'll be coming back to yourself. And we all want to know the real you, all that's going on inside you – that's what we're interested in, that's what we want you to tell us. – Your unseen friends.”

Note from James Moncrief 8 April 2017

We are to be our true self, not the one modelled by those who were our carers during our early childhood years. We are to express and release the emotional harm thrust upon us from our upbringing and to live by our soul based feelings which are expressions of who we truly are.

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

Life Cycle of **CARNAGE**



When we inflict will damage on others we cause serious pain, not only to them but also to ourselves. We don't think what we have done warrants any sort of punishment even though we have negatively affected and influenced people by inflicting our will on them against their will.

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

It's hell here on Earth, only some aspects of life are worse than others, until we partake of the Father and Mother's Love and long for the truth and set about doing our soul-healing.

These are the effects of the Divine Love when we are wanting to live true. When we set about longing for the Truth of our feelings we can't escape any longer. We have to face the truth, and express all our bad feelings.

How can we make amends?

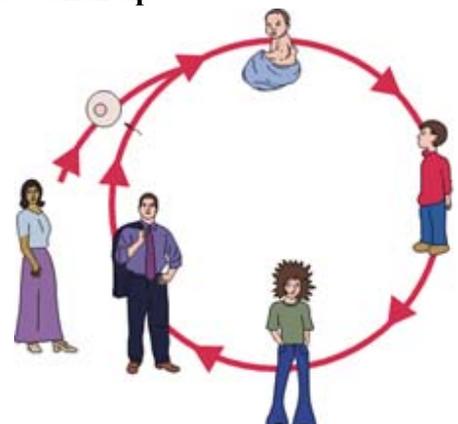
All we have to do is totally own up to these bad feelings. Accept them and don't push them aside. Let them come. Allow yourself to feel as bad as your feelings make you feel. It's all very good. We can't actually go back and fix what's been done, but we can take responsibility for our feelings. So far as our soul exists there is no time, so we can express these feelings now and they will apply to the past back then. This is how we do our soul-healing. We have allowed the Divine Love to transform a little part of our soul, and it's brought up bad feelings, we have gone with them, we have allowed our self to experience them, all because we want to see the truth. The truth of our self, of what sort of person we are – of our life, and now this is where it begins. Today we have seen this part of the truth of our self, how in this situation we are uncaring inconsiderate, greedy, etc. And we have not liked what we have seen and would like to change our self so we aren't like that any more...

One may wish they were never like that... Not having any idea...

But now you do. And now that you know that you do, you have the choice to either continue as you have been or not to. And by choosing not to, the Father and Mother will change this part of you, a small part of your negative mind will become healed, and a part of your soul will be transformed. You have changed, because you've seen and accepted the truth about yourself. You will never be that person back then ever again. A part of you has woken up.

We feel this way because it's how our parents have made us feel when we were very small.'

The truth is we feel this way about ourselves, because we have been able to see that we don't treat other's with respect and this has to be coming from somewhere within us. We haven't just made it up. What we are as an adult is all from what



we've learned to be as a child. So we have learnt to be this way. A child is not just born evil contrary to what some people believe or would like to think. We all start out as pure souls of love, and if we become evil, it's because we've learnt that that's how someone, usually our parents, have wanted us to be. They have made us into what we are. We've learnt to be that way because they treated us that way. So our parents treated us as we now treat other people.

We believe our parents have loved us and yet we can do something so unloving. Had they truly loved us then we would only be of love and only able to treat others lovingly, just as we would be treating ourselves. We can't be something we are not. So any unloving act is you, you haven't just suddenly made it up; it's a part of your behavioural makeup and is governed by your mind's beliefs. We have evolved it, and the only time we could lay down such foundations was during our early childhood. In some way, on some deeper repressed and therefore unconscious level, are the memories and bad feelings of our parents treating us un-lovingly, just as we have treated other people.

And our parents themselves will have been treated in the same un-loving way by their parents and so back through the generations. The whole unloving truth and way of behaving has been long since buried and covered up by false feelings and false beliefs of love. Had you been completely loved and treated accordingly, so too would you treat all others, for we do to others what we do to ourselves and what was done to us.

All we need to do is keep praying for the Love, and longing for the truth. The only way we can truly let go of our bad feelings is by SPEAKING THEM OUT OF US, getting right into them with the feeling, and emoting and expressing it – whilst longing to see the truth of it...

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

And step by step, the Mother and Father will take us through our soul-healing, helping us to heal every part of ourselves, every mind circuit that is not functioning in harmony with Their Divine Love and Truth and the Laws of the Universe.

These notes are drawn from "Paul – City of Light" by James Moncrief

Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

This is the Pathway to end the

EARNAGE

Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

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

**Divine Love
is the key!**



God's Divine Love:

Pray for it, ask for it, and receive it.

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



**to enter the
Celestial Heavens:**

