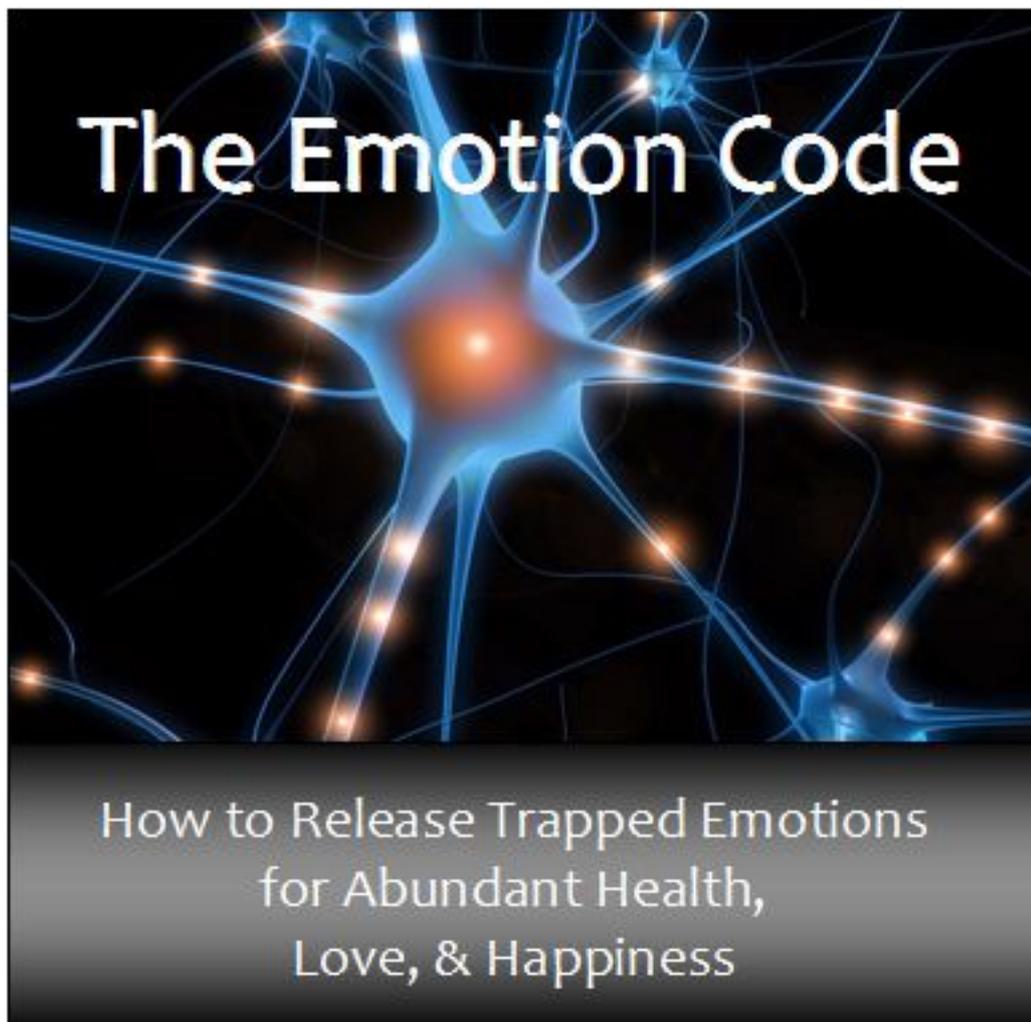


# PASCAS CARE

## *Emotion Code*



“Peace And Spirit Creating Alternative Solutions”

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

Living Feelings First, *John.*

*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*

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



## **The Emotion Code (How to Release Your Trapped Emotions for Abundant Health, Love, and Happiness)**

Download FREE eBook, and read as renowned holistic physician and lecturer, Dr. Bradley Nelson skilfully lays bare the inner workings of the subconscious mind. Discover as he discusses how emotionally-charged events from an individual's past can continue to haunt him in the form of what Dr. Nelson refers to as trapped emotions, that are comprised of emotional energies that literally inhabit the human body. The doctor clearly and concisely explains how those trapped emotions can create pain, malfunction, and eventual disease. Further, he explains how those same trapped emotions can exert a dramatic effect that determines how we think, the choices that we make, and how successful we will be in life. Download it today!

### ***The Emotion Code***

In *The Emotion Code*, renowned holistic physician and lecturer Dr. Bradley Nelson skilfully lays bare the inner workings of the subconscious mind. He reveals how emotionally-charged events from your past can still be haunting you in the form of “trapped emotions”; emotional energies that literally inhabit your body.

Dr. Nelson explains clearly and concisely how trapped emotions can create pain, malfunction and eventual disease. In addition, trapped emotions can exert a dramatic effect on how you think, the choices that you make, and how successful you will be.

Perhaps the most important discovery that Dr. Nelson has made is that trapped emotional energies will often gather around the heart, creating a “Heart-Wall” that may block you from giving and receiving love freely.

The Emotion Code is a powerful and simple way to rid yourself of unseen baggage. Releasing trapped emotions often results in the sudden disappearance of physical problems, self-sabotage, and recurring relationship difficulties.

Filled with real-world examples from many years of clinical practice, *The Emotion Code* is a distinct and authoritative new work that is destined to become an instant classic on self-healing.

The Emotion Code has been created to give you new insight, to show you how trapped emotions can cause all kinds of problems, and give you the means to release them. You can take your life back, enjoy better health, and finally be free from the insidious and subtle forces that trapped emotions are exerting upon you.

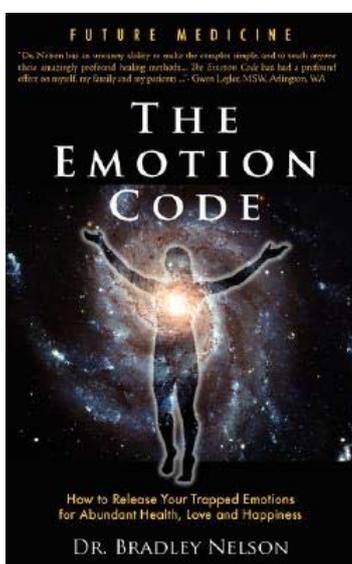
It has been a goal of mine for many years to teach people how to balance their own bodies and improve their own health as far as it lies within their power to do so. *The Emotion Code* is helping to fulfil this dream of mine. It is my sincere hope that you will read it and learn the powerful yet simple healing

methods that I teach, put them into practice, and improve your own health and the health of your loved ones.

I believe that each of us has a destiny to fulfil, and a mission to perform while we are sojourning on this earth. Illness can stop us in our tracks, and prevent us from living the life we could be living. It is a sacred calling to help those who are ill to recover, not only because of themselves. There is a ripple effect that occurs when someone is healed. Their life, lived fully, touches many others, and can spread out through time and space to eternity. Some of the greatest satisfactions in my life come from teaching people just like you, bringing out the healer in them, practicing the healing art myself, and experiencing the joy that comes from helping others to be well.

God bless you on your journey to getting well and becoming the healer you are inside.

All the Best!



**Releasing trapped emotions can open your soul, as you remove erroneous emotions, your soul becomes clearer and freer to receive Divine Love should you ask to receive same.**

**Receiving Divine Love assists with the releasing of negative emotions from one's soul, however it is when one engages in their Feeling Healing that we liberate our soul from the control that has been inbedded in us during our childhood.**

**The Emotion Code and Body Code process only touches the surface of what is required of us to free ourselves of our childhood repression**

**[E-Motion The Movie](#)**

**[www.e-motionthemovie.com/](http://www.e-motionthemovie.com/)**

Welcome to **E-Motion**. A global exploration of alternate health and emotional healing from some of the worlds leading experts.

# FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

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

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

It's good to feel bad about feeling bad.  
 Your bad feelings are YOUR feelings.  
 YOUR bad feelings have a right.  
 A right to exist.  
 A right for you to feel them.  
 Your bad feelings are a part of you.  
 Bad feelings are good and they are your feelings!  
 ACCEPT THEM!

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

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

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

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

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

So Remember:

Feeling bad is Good!  
Accept your bad feelings.

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

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

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

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

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

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

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

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

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

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

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

### The aim of Feeling-Healing

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

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

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

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

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

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

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

## Feelings First Spirituality Religion of Feelings

**Feelings First**  
**FF**  
**Feeling Free**

Feelings First Spirituality – The Religion of Feelings  
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 we 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.

The Religion of Feelings is the True 'religion' 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 Religion of Feelings is what is to replace all man-made, mind-contrived, religions that so many people have enslaved themselves to. The Religion of Feelings 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 religions. 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.



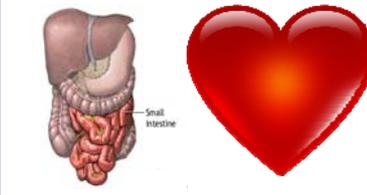
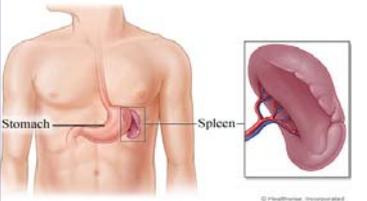
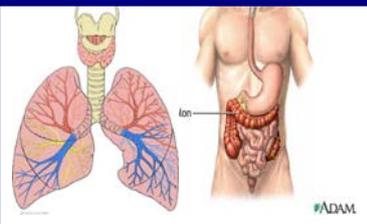
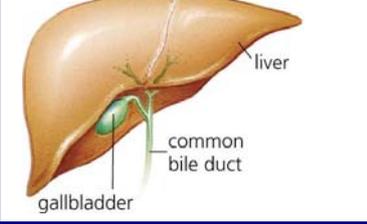
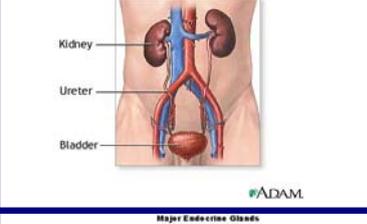
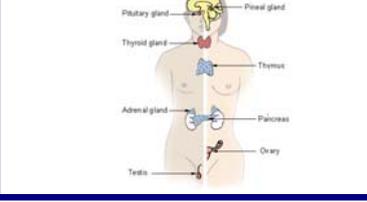
The Religion of Feelings is the True Way to God because it helps you get to know God, helping you to reach out, connect and be personal with God, and do God's Will, all through your feelings. It is the only true way of getting to know the God of Feelings – our beloved Heavenly Mother and Father, the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



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

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

## Magnetic Healing – The Body Code Healing System

<http://emotionalhealing.hubpages.com/hub/magnetichealingtheemotioncode>

### **Purging Trapped Emotions to Lift your Heart-Wall** (consider viewing youtube videos at link)

I was introduced to Dr. Nelson's work through his book "**The Emotion Code**". I was intrigued by the concept of a "Heart-Wall" and wanted to remove mine. I was also curious about how this healing technique would compare to the Emotional Freedom Technique or EFT tapping technique which I have been using to release negative emotions. I have to say that the method described in "The Emotion Code" book works quite well! I am simply amazed. It is just a different approach but very precise. This method basically involves a magnet or magnetic implement, applied kinesiology, two charts, and a genuine desire to heal one self. The Emotion Code is intended to relieve both physical and emotional pain. It can even help your animals as well.

After I read the book, I decided to remove my heart wall. I ended up removing my "hidden" heart wall for each stage in my life – the wounded child, the rebellious teenager, and the disgruntled adult. Even though it took me several days with breaks in between, the actual technique is really easy to do. It is the emotional content that resurfaces that can make the whole process intense. It really depends on what your emotional landscape is since birth. Since mine was volatile, I had to re-experience some unpleasant memories and feelings during the purging process. When it was all done, I felt a subtle shift. I knew then that I could finally work on the "core" issues because I had direct access to them for the first time. This is a step in the right direction.

Anyway, **watch this next video** where Dr. Nelson demonstrates how to use the "The Emotion Code" book to help a woman with back pain. Pay close attention to how **fast** Dr. Nelson can pin point those trapped emotions that contributes to her condition.

### **So What is Muscle Testing?**

Muscle testing is a **diagnostic tool** except you don't use any implements. It is the interface that opens a communication line between you and the subconscious mind (within your spirit body). Note; muscle testing is not a treatment. You ask a question (or make a statement) and you get an answer in return. Also, intuition plays a huge role in the diagnostic process. Trust it and above all – practice. Anyone, can learn this. You don't have to be a doctor. In fact, you can be a domestic engineer, teenager, artist, or anyone who is willing to learn. All you need is an open mind and heart.

You may be wondering how is this going to help me? Why can't you (practitioner or client) just tell me what the problem is? Unfortunately, most people don't tell the truth or know the underlying cause of their problem. I am not saying that you are lying. In most cases, you don't know or lack the skills to do so. Frequently, you may think you know the answer but it is usually something entirely different. The body tries to communicate with us but we just don't listen. In the case with the woman in the previous video, her body has been trying to tell her that there are some unresolved emotional issue(s) in her body. But she had no idea. All she knew was that her back has been giving her problems.

Now, Dr. Bradley Nelson teaches several muscle testing techniques in "The Emotion Code" book such as the "swaying" and "basic arm test" method. The book covers how to muscle test on yourself and other people. Since I was working by myself, I used the swaying method to release my Heart-Wall.

Are you ready to allow your subconscious mind help heal you? **Here are steps to do the "basic arm test."** By the way, you will need a willing partner who does not have any pain in the shoulder or any part of the arm. Decide who will be the tester and who will be the testing "subject".

1. Preparation. The tester has an empty mind and no expectation of the outcome. The tester and test partner are adequately hydrated (with distilled water.) Both parties are relaxed and open.
2. Ask the subject (testing partner) to stand up and hold out their arm straight out, horizontal to the floor. No tight fist hands or no tight arms.
3. The tester will place two fingers (the pointer and middle fingers) on the stretched out arm on the wrist area or just slightly right of the wrist bone.
4. The tester's free hand should be placed on the testing "subjects" opposite shoulder to support them.
5. Inform the subject that you are going to make a statement and you are going to press down on their arm. Instruct the testing subject that they are going to resist gently as you press down – neither one of you should use a whole lot of force. This is not a wrestling match.
6. Have the testing "subject" state their real name. For example, "My name is John."
7. The tester gently pushes down smoothly and gently for about 3 seconds.
8. The testing subject's shoulder should stay locked. This is an affirmative answer.
9. Have the testing "subject" state a name that is not their own. For example, "My name is Debra."
10. The testing subject's shoulder should give way. Then it is a negative answer.

Here are the **top 5 tips** for effective and consistent results with muscle testing:

- Drink Plenty of Water. You need to be hydrated.
- Keep an empty mind. Have zero expectations of the outcome.
- Stay away from electronic equipment such as cell phones and personal computers.
- Gently push or pull when testing on another person.
- Keep the questions simple "Yes" or "No" statement / questions.

### **What is the Next Step? Body Code Healing System**

The Heart-Wall or trapped emotions are one of many possible culprits attributing to your physical or emotional condition. The Body Code System is a far more comprehensive program. For example, here is a partial list of what this program checks for in addition to trapped emotions: gut chords, psychic traumas, physical traumas, circuit imbalances, chakra imbalances, toxins, food allergies, "no will to live" energy, and a whole lot more.

Recently, I contacted Dr. Bradley Nelson for an interview about this mind body healing system which he has been utilising in his chiropractic practice for several years with great success. Here is an excerpt of that interview.

### **Dr. Nelson, what is your philosophy for helping people?**

**Dr. Bradley Nelson:** "First of all, I believe that the human body has all the answers contained within it. While we use 10% of our intelligence consciously, 90% of our intelligence is subconscious. But it is the subconscious mind that contains all the answers about what is wrong with us. Everything you've ever eaten, everything you've ever tasted, touched, smelled; the whole history of your health or disease, is all locked away in the amazing holographic archiving computer of the subconscious mind. We can access the information that is in the subconscious mind through muscle testing; the Body Code System is simply the most efficient and effective way to access this information in a very highly organised manner, so that no time is wasted."

**How would you describe the Body Code Healing System to someone who has never heard of it before?**

**Dr. Bradley Nelson:** "The heart of the Body Code System is a revolutionary mind map consisting of 118 hyper-linked pages. This provides a revolutionary way to access all the information that is in the subconscious mind, determining very rapidly what corrections need to be made, including energetic imbalances such as trapped emotions, structural imbalances, nutritional imbalances, deficiencies and balances of the acupuncture meridian system, and balances of the chakras, toxicity, etc. Essentially, all the imbalances that we know of that can actually occur to the body are covered by this mind mapping system. There is really nothing else like it in the world that we know of."

**What kind of issues or ailments did this healing system help your patients with?**

**Dr. Bradley Nelson:** "During the last 10 years of my practice using the Body Code System, I specialised in working with the most difficult patients. Most of these people had been to the Mayo Clinic, or Scripps clinic or some other major medical centre only to be told that there was no cure for them, that their condition was hopeless. The vast majority of these people were able to get well and often in remarkably short periods of time. The reason for this is simply that The Body Code system does not address symptoms, but rather it addresses the actual underlying causes of the disease process."

**Does the Body Code System work for everybody? When have you seen it not work?**

**Dr. Bradley Nelson:** "I don't think that anything works 100% of the time for 100% of the people. Some people are just unwilling to get well. Some people have a deep need to stay sick, sometimes for the sympathy that they get from other people, and so on. But I do believe that the Body Code System is the most effective method that is available in alternative energy medicine right now."

**Dr. Nelson, what is your favourite aspect about the Body Code System?**

**Dr. Bradley Nelson:** "I don't think I ever would've released The Body Code system information to the public if I were left to my own devices. I think I felt that this information was too complex perhaps, or too powerful to release, except to healthcare practitioners. However about 18 months ago I had a dream, and I was specifically told in that dream that I need to put all this information into a home study package that absolutely anyone could have. It took me a year of very hard work to get all this information into what we now know as The Body Code System. It's all in there."

## The EMOTION CODE:

### Trapped Emotions – the Invisible Epidemic

Much of our suffering is due to negative emotional energies that have come ‘trapped’ within us. The Emotion Code is a simple and powerful method of finding and releasing these trapped core energies.

Many people have found that when they free themselves of their trapped emotions they are able to live healthier and happier lives. A single trapped emotion can create both physical and emotional problems.

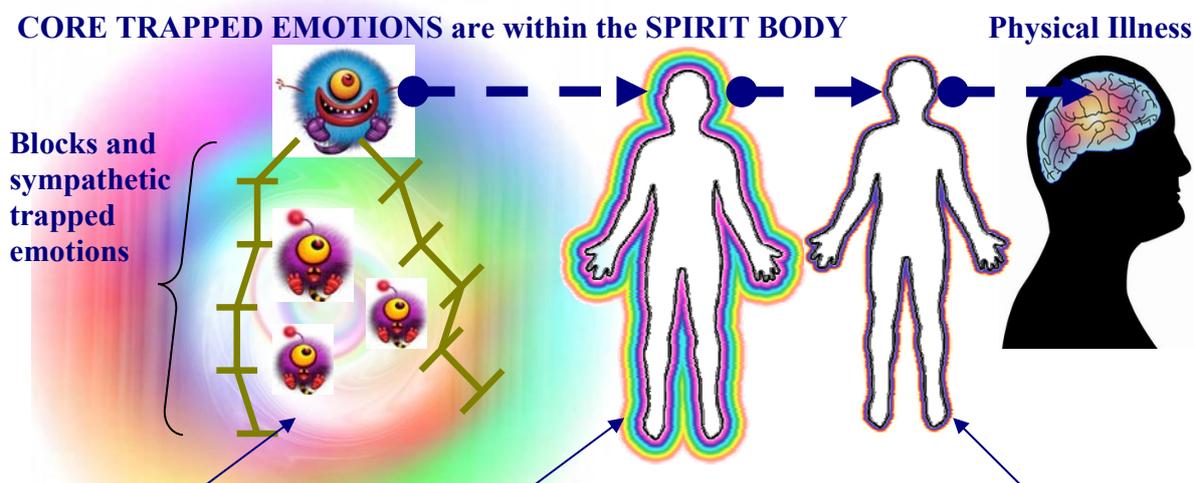
Further, trapped emotions within your soul restrict your connections with your Creator. Praying for receiving of Divine Love expands as you release more and more negative emotions; your soul condition will grow and grow and grow as you clear negative emotions and receive Divine Love once you commence asking for same.

Whether you are a doctor or a fisherman, a housewife or a teenager, you can learn the Emotion Code. It’s simple.

Anyone can learn how to be free from the very real and damaging effects of trapped emotions.

### What is a Trapped Emotion?

As you live through the days and years of your life you are continually experiencing emotions of one sort or another. Life can be difficult and emotions can sometimes feel overwhelming. All of us experience negative emotional extremes at times. Most of us would rather forget some of these



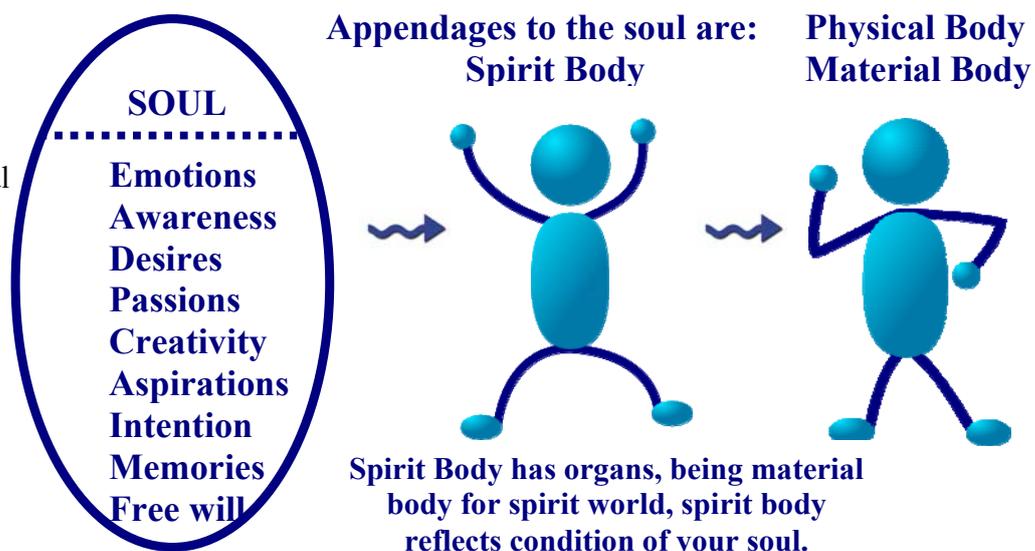
**SOUL which animates SPIRIT BODY which animates PHYSICAL BODY.**  
**Trapped emotions (frozen energy) create fissures and injuries in the spirit body which inturn emerge as physical illnesses, firstly as pain, in the physical body. Emotional blockages of the same type create illnesses of similar natures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

challenges, but unfortunately, the influence of these events can stay with us in the form of trapped emotions.

Sometimes, for reasons that we do not yet understand, emotions do not process completely. In these cases, instead of simply experiencing the emotion and then moving on, the energy of the emotion somehow becomes “trapped” within the soul which in turn shows up in our spirit body as fissures and in the corresponding location, emerge as pains and subsequently illnesses within our physical body.

So instead of moving beyond your angry moment, or a temporary bout of grief or depression, this negative emotional energy can remain within your bodies, potentially causing significant physical and emotional stress.

Most people are amazed to find out that their “emotional baggage” is more literal than they had imagined. Trapped emotions actually consist of well-defined energies that have a shape and form. Although they are not visible, they are very real.



Getting rid of your trapped emotions can help you to overcome the obstacles of your past and can bring new life to your marriage, family, and other personal relationships.

Freeing yourself from your trapped emotions can make you feel more secure and motivated, and can liberate you to create the relationships, career, and life that you always wanted. Your soul condition improves.

People frequently sense that they are somehow burdened by their past emotions, but they don't seem to know how to get over them. Some seek help through traditional psychotherapy, which does not directly address trapped emotions, but typically addresses their symptoms.

Many people fail to perform up to their ability and have difficulty making their life work as they should. A reflection of soul condition. Often times, the underlying cause of their frustration is a trapped emotion from a past event that they may not realise is sabotaging their efforts.

In the same way that the effects of the wind are felt rather than seen, trapped emotions are invisible, yet can exert a powerful influence upon you.

It is Dr Bradley Nelson's experience that a significant percentage of physical illness, emotional difficulty and self-sabotage are actually caused by these unseen energies.

Trapped emotions / causal emotions can create depression, anxiety and other unwanted feelings that you can't seem to shake. They can interfere with proper function of your body's organs and tissues, wreaking havoc with your physical health, causing pain, fatigue and illness. Yet, no matter how great your suffering may be, the invisible energy of trapped emotions will remain undiagnosed by conventional medicine, even though they may be a major causative factor in your physical and emotional difficulties.

To eliminate any kind of problem that has to do with your health or well-being, the underlying causes of the problem must be addressed. There are many powerful drugs that relieve or suppress the symptoms of disease. But when the drug wears off, the symptoms often return, because the underlying causes of the disease have not been dealt with.

It is important for you to recognise and remove your own trapped emotions before they cause more damage.

The truth is that trapped emotions are a significant yet hidden cause of much illness and suffering; both emotional and physical in nature.

### **Times Heals all Wounds? Perhaps Not ...**

You've probably heard it said that time heals all wounds, but this is not necessarily true. You may think you have let go of all your emotional pain from prior relationships, and maybe you've had therapy to deal with it. It may seem like it's all behind you now, but your body can literally be inhabited by the invisible energies of old emotions. These are wounds that time alone cannot and will not heal. They can cause you to act and feel differently in your current relationships and may even cause you to sabotage them.

When a trapped emotion is released, a burden is literally lifted. In fact, people often experience a feeling of lightness upon the release of

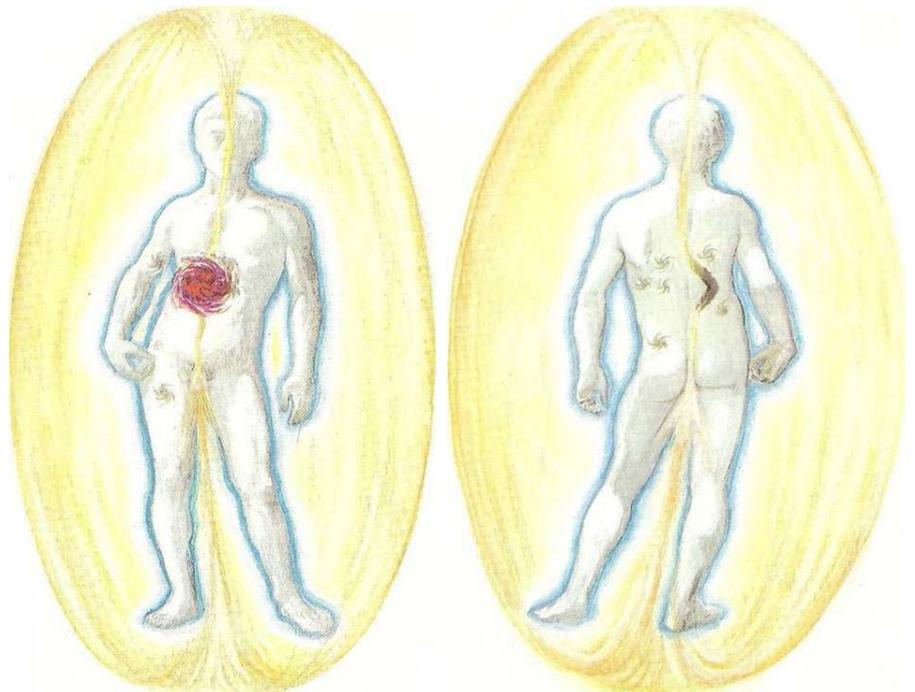


Figure 24-1, Hands of Light by Barbara Ann Brennan  
**Every emotional blockage, constricts our relationship with God.**

a trapped emotion. Finding and releasing those trapped negative energies can literally make changes in how you feel and behave, in the choices that you make, and in the results that you get.

### **Trapped emotions and Physical Pain**

In addition to obvious emotional pain, millions of people are suffering from physical aches and pains. Many times there are unseen trapped emotional energies that contribute to or create physical pain.

What a patient didn't see is what none of us can see. There was a physical effect from her experience that was silent and invisible until she began to manifest symptoms from it. She had dealt with her troubles in every way but this. She was suffering from a trapped emotion.

Pain is the body's way of telling you there is a problem; it's a warning sign.

Dr Nelson's experience working with people in pain is that he has observed that trapped emotions are actually creating the pain at least 50% of the time.

### **Trapped Emotions and Disease**

Trapped emotions can be implicated in nearly all diseases, either directly or indirectly.

Because trapped emotions are nearly universal, and because they always create distortion in the energy field of the body, and because they are completely invisible, they can cause an incredibly wide variety of physical problems without being unmasked.

Trapped emotions are truly epidemic, and are the insidious, invisible cause of much suffering and illness, both physical and emotional in nature.

Acid Reflux	Diabetes	Learning Disabilities
ADD/ADHD	Dyslexia	Low Back Pain
Allergies	Eye Pain	Hypothyroidism
Abdominal Pain	Fibromyalgia	Lupus
Asthma	Frigidity	Migraines
Back Pain	Headaches	Multiple Sclerosis
Bell's Palsy	Heartburn (GERD)	Neck pain
Cancer	Hip Pain	Night Terrors
Carpal Tunnel	Hypoglycemia	Panic Attacks
Chest Pain	Impotency	Parkinson's disease
Chronic Fatigue	Infertility	Phobias
Chron's Disease	Insomnia	Shoulder pain
Colitis	Irritable Bowel (IBS)	Sinus problems
Constipation	Joint Pain	Tennis Elbow
Depression	Knee Pain	Vertigo

Conditions and diseases where trapped emotions have been a contributing factor.

Trapped emotions lower immune function and make the body more vulnerable to disease. They can distort body tissues, block the flow of energy, and prevent normal function of organs and glands.

### The Secret World of Trapped Emotions:

Here is an introductory list of circumstances that often result in trapped emotions:

- Loss of a loved one.
- Divorce or relationship problems.
- Financial hardship.
- Home or work stress.
- Miscarriage or abortion.
- Physical trauma.
- Physical or emotional combat.
- Physical, mental, verbal or sexual abuse.
- Negative self-talk.
- Negative beliefs about yourself or others.
- Long-term stress.
- Rejection.
- Physical illness.
- Feelings of inferiority.
- Internalisation of feelings.
- Neglect or abandonment.
- Childhood upbringing.

Like a computer, your subconscious mind is capable of storing vast amounts of information.

Everything you've ever done in your entire life has been logged in your subconscious mind.



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

Every face you've ever seen in a crowd, every smell, every voice, every song, every taste, every touch and every sensation you have ever experienced has been recorded by your subconscious.

Every virus, bacteria or fungus that has ever invaded your body, all your injuries, all your thoughts and feelings, and the entire history of every cell in your body has all been archived. Your subconscious is also aware of any trapped emotions that your body may be harbouring, and it also knows exactly what effect these trapped emotions are having on your physical, emotional and mental well-being. All of this and more is tucked away in the subconscious mind, your memory within your soul.

### **The Computer-Mind**

It is possible to retrieve information from the subconscious, using a form of kinesiology, or muscle testing. First developed by Dr George Goodheart in the 1960s and clearly outlined with Dr David Hawkins' series of books.

Your body will normally be drawn toward positive things or thoughts and repelled by negative things or ideas.

In fact, this has been going on all your life, without your even being aware of it. If you will allow yourself to quiet your conscious mind and tune in to your body, you will learn that your subconscious is quite able to communicate with you. Kinesiology muscle testing enables you to access your soul's memory and intelligence.

We are like fish swimming in a sea of energy. Energy is the material from which all things are made; it is in all things and through all things, and fills the inter-spaces of the universe.

### **Where our Emotions come from**

Thousands of years ago, ancient physicians were astute observers of the human body. They found that people whose lives were dominated by a certain emotion would have corresponding physical ailments. For example, people whose lives were ruled by anger seemed to suffer from liver and gall bladder trouble. People who spent their lives feeling grief would often suffer from lung or colon trouble. Fearful people seemed to have kidney and bladder problems.

The lungs produce the emotion we call grief.

There is an energetic side to our nature as well, and there is an energetic component to our emotions that is only now beginning to be explored and correlated by modern science.

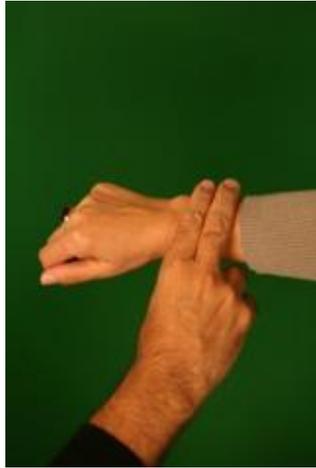
Your entire body is intelligent, not just your brain. Your organs are separate intelligences within your body that perform certain functions and produce specific emotions or feelings.

An example can be found in the way that alcohol affects people. We all know that people who become alcoholics often die of liver disease. But we also know that many people who drink can become quite angry and violent when under the influence.

# The Emotion Code Really Rocks!!



Body rocking forward suggests statement is true, body rocking back suggests not true.



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

Alcohol is broken down and processed by the liver, and too much alcohol over-stimulates the liver. When you over stimulate or overload an organ, it will produce more of the emotion that it is designed to produce. The liver produces feelings of anger. This is the mechanism that is often at work when drinking results in violence.

Trapped emotions are always found to have emanated from a particular organ, no matter where that trapped emotion lodges in the body. For example, a trapped emotion of anger may have originally emanated from your liver, but it may become lodged literally anywhere in your body.

### **Energy Medicine**

In Chinese medicine, healers understand that our health greatly depends on the quality of energy that flows through and makes up our bodies, that energy is called “Qi” or “Chi”. In Ancient Indian or Ayurvedic medicine, this energy is called “Prana”. Imbalances of this part of our existence may deeply affect our physical and mental health.

### **Thoughts are Energy**

Thought-energy has no boundary. Your thoughts are not confined to a certain volume and location like your physical body.

While we like to think that all of our unspoken thoughts are private and that they are confined to our own heads, it's not true.

Each of us is like a radio station, constantly broadcasting the energy of our thoughts, which emanate from us and fill the immensity of space, touching all those around us for good or ill.

Studies have proven that when the energy of thought is directed intentionally, it can impact someone else, regardless of whether they are nearby or all the way around the world.

### **Serendipity vs Precision**

Our physical bodies hold onto trapped emotions, and doctors and body workers are aware of this because often a simple touch can bring out a flood of emotions and memories in a patient.

The Emotion Code approach, however is much more deliberate. Dr Nelson sometimes thinks of it as “emotional surgery” because we are searching out the trapped emotions with a clear intention of removing them. Nothing is left to chance. Trapped emotions are potentially so destructive that you need to find them and get them out of your body, and then confirm that they have been released. The Emotion Code helps you to do exactly that in a precise and simple way.

### **Traumatic Birthing and Delivery**

Fear, terror and abandonment. Drew has also developed a trapped emotion of panic while he was in the womb waiting in line behind his reluctant twin brother, who was in no hurry to emerge from his dark

and comfortable home. This trapped emotion of panic proved to be the reason behind his claustrophobia.

### Trapped Emotions are Common

The vast majority (100%) of us do have trapped emotions simply because of what we have been through and who we are at this point in our journey.

Often, when someone has been through a traumatic or intensely emotional event – such as a car accident, an argument or a divorce – they will have trapped emotional energy about it. However, not every emotional event will create a trapped emotion. The body is designed to deal with emotional energy in the normal course of events. So when an emotion becomes trapped, it's partly because of extenuating circumstances – such as when we have lowered resistance or when we are overly tired or otherwise off-balance. When our bodies are not at their best we are more vulnerable to developing trapped emotions.

### Negative Vibrations

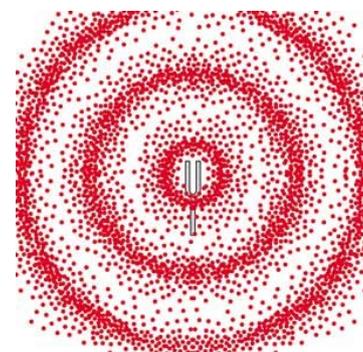
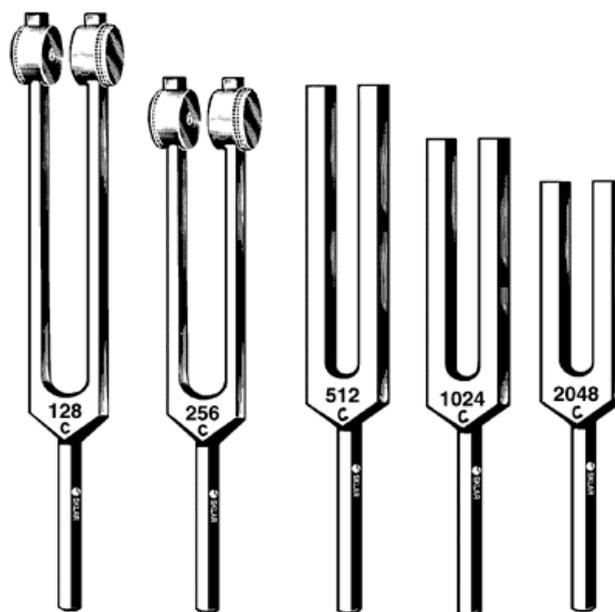
Each trapped emotion resides in a specific location in the body, vibrating at its own particular frequency. Before long, that vibration will cause surrounding tissues to vibrate at that same frequency. This phenomenon is resonance.

If you have a trapped emotion, you will attract more of that emotion into your life. You will also tend to feel that emotion more readily and more often than you otherwise would.

Trapped emotional energy will always lodge somewhere in the physical body, and the body tissues that lie within that sphere will tend to fall into resonance with the vibration energy of the trapped emotion. In other words, those tissues will actually be experiencing that emotional vibration on a continual basis.

Suppose that you have a trapped emotion of anger. You've carried it around for years, not even knowing it was there. As a result, whenever you come into a situation where you could become angry, it's much more likely that you will become angry, because in a fascinating and literal way, part of you is already angry.

Sometimes people don't understand why they get ticked off so easily, or why they can't shake certain emotions. It's often because the very emotion they are struggling with is trapped within them, from a past experience they may scarcely remember.



This is why, when trapped emotions are released, the effect is incomparable to any other form of therapy. Often, the emotion and behaviour that has been so difficult to shake, is simply gone.

It can seem almost too simple to believe, but once you experience it yourself, you will understand. Until you release your own trapped emotions, you will continue to labour under their weight.

### **The Effect of an Imbalance**

No matter how it may seem to you, your body is actually a collection of energies, flying in close formation.

When you introduce the negative vibration of a trapped emotion into that formation, you alter the normal vibrational rate of the whole.

### **Where Trapped Emotions Lodge**

Trapped emotions lodge in an area that's vulnerable because of a genetic susceptibility, an injury or nutritional deficiency that weakens or imbalances the energy of the body in that area.

Sometimes there's a metaphor at work as well. This makes sense when you realise that our subconscious minds govern our bodies and our dreams.

Symbols and metaphors are the language of the subconscious mind, so it's very natural for trapped emotions to lodge in an area that has symbolic significance.

Let's say you're experiencing grief for a friend who has had a miscarriage. Instead of experiencing the emotion and leaving it behind, that emotion becomes trapped. It wouldn't be surprising for that trapped emotion to lodge in your womb or breast – the nourishing organs of creation. Or suppose you're experiencing one of those difficult periods in your life where a series of things seem to go wrong. You feel frustrated and overwhelmed, as if you're carrying the weight of the world on your shoulders. In that case, a trapped emotion may lodge in one of your shoulders. The reality is that any emotion can get stuck anywhere in the body.

If you don't notice the imbalance, it can go on for years. Eventually, it may cause real problems with your health, both mental and physical.

While your conscious mind (brain) may not remember things very well, your subconscious mind (spirit body) remembers everything that has ever happened to you. Of course it also knows about each trapped emotion in detail. It knows when the trapped emotion occurred, what the precise emotion was, who was involved, and more.



When trapped emotions are never released, you may feel that pain and heightened response for the rest of your life. It's so unnecessary, because your trapped emotions can easily be gotten rid of.

### **The Physical Effects of Trapped Emotions**

Tissues that are continually being distorted by a trapped emotion will eventually suffer the effects of it.

If you take a magnet and hold it close to an older tube-type television screen or computer monitor, you will see a very visible distortion of the picture. This is because the magnetic field is interfering with the normal flow of electrons within the screen. If you get the magnet too close, or if you leave the magnet there long enough, it will create a permanent distortion and even ruin the screen. Trapped emotions affect the body in a similar way. After all, the body is energy, and so are trapped emotions. (energy in motion = e-motion) But trapped emotions are a negative energy, and distort the body's tissues, just as the magnet distorts the picture on the TV screen. Distort the body tissues long-term, and pain and malfunction will be the result. This is why the release of a trapped emotion will often cause immediate relief of discomfort and other symptoms, and possibly the reversal of some disease.



It is Dr Nelson's experience that trapped emotions can exert an astonishing influence over the tissues of the body. What happens when those tissues are continually irritated over time? The first symptom is often pain or subtle malfunction which can be difficult to detect. If tissues are irritated over a long period of time, the tissue may eventually enter into a state of metaplasia, or change. In other words, the specific type of cell begins to revert back to a more primitive cell. The next step is malignancy, or cancer.

While there are a variety of things that are thought to cause cancer, it is believed firmly that trapped emotions are a contributing factor to the disease process, if not most other diseases.

Every cancer patient that Dr Nelson has treated was found to have trapped emotions embedded in the malignant tissues.

It is possible that some of these energies may have been attracted to the area precisely because the tissues were in a severe state of imbalance. While this is possible and even likely as the disease progresses, trapped emotions are an underlying cause of cancer. It is vital that these trapped emotions be removed. Even though they may have already contributed to the cancer, once removed, they cannot cause any further damage in the years to come.

Trapped emotions tend to gravitate toward weaker areas of the body, where there is extra stress, an injury or an infection, or some other imbalance.

Powerful healing occurs when trapped emotions are finally released. Who knows how much pain, unhappiness and chronic illness could be completely avoided by eliminating trapped emotions!

## Mysteries of the Ancient Energy Healers

If you could somehow magically pull your spirit body out of your physical body and stand them alongside each other for comparison, the likeness would surprise you. Your spirit body is your physical body for the spirit world. Your soul remains connected to your spirit body.

When preparing to assist a friend, consider being in the habit of saying a short and silent prayer to God, Father / Mother, Creator for guidance before each treatment. You will come to appreciate His help on many occasions when one's own knowledge may prove inadequate.



Visible is the spirit body of Almine.

This spiritual experience may change how you see people. A health carer needs to have a lot of love and respect for mankind. You may come to realise that the truth of our existence is more profound and sacred than we imagine. We truly are spiritual beings, having a physical experience here on this earth. Our physical incarnation is the individualisation process that starts us on our never ending journey.

## How Your Thoughts Affect Others

Your thoughts originate from your spirit intelligence and can have a profound effect on those around you. Your thoughts are energy, and are continually radiating from your body, without limits.

The energy of your thoughts and feelings exerts a subtle effect on other people as well as other forms of life. We are constantly making contact with others whether we realise it or not, since all energy is continuous and connected.

Your Belief that You Can Do It  
+ Your Gratitude to God that You are Doing it  
= The Results you Want to Obtain

Would we ever begin anything if we did not believe we could do it? No. Belief is essential to all we do, and is the necessary first step.

You will soon find yourself doing the very thing that was once only a dream.

When your heart is full of gratitude, do you think it is possible to feel doubt or fear? I don't think so. To be a healer, you must not entertain thoughts of doubt; you must leave your fears behind. Your heart must be filled with love and gratitude.

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

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

Many experiences have been written by people who died and went to the “other side”, temporarily. Have you noticed that in their near-death experiences, these people were never asked what kind of car they drove on earth, or how big their bank account was. Instead, they are very often asked: “How much love were you able to develop for your fellow beings?” and “How much knowledge were you able to gain on earth?”

**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

Life is about having joy. It's about increasing our ability to give and receive love and it's about gaining all the knowledge we can pertaining to love. It's also about serving others, feeling grateful for all we have, and learning to create the life we want.

Trapped emotions make it more difficult for us to experience these joys and tend to short-circuit us both physically and emotionally. This, in turn, shuts down our capabilities of connecting with God.

### **Natural Love Flow**

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

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

***I am God***

***Intellectual***

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

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

***Mind dominates***

***Adult like***

***Control***

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

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

***time to complete path:***

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

### **Divine Love Flow**

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

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

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

***Emotional***

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

***Soul-spirit living harmony***

***Soul dominates***

***Child like***

***Feeling***

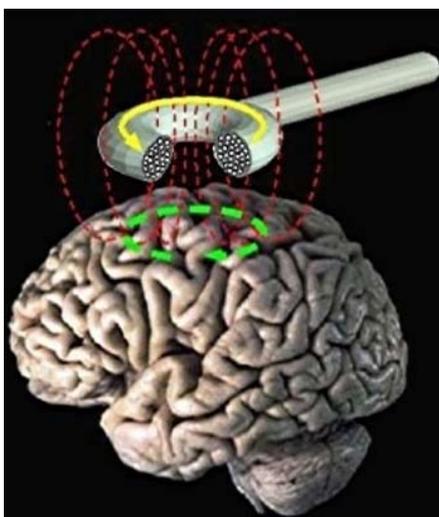
***Defined path (God created)***

***Peak possibility is infinity***

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

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

## **The Human Energy Field**



Using the SQUID magnetometer, scientists have learned that all of the tissues and organs in the body produce specific, magnetic vibrations. They call them biomagnetic fields. This is fairly new information, not widespread knowledge yet.

Although not all medical doctors are aware of this, it has been determined that the biomagnetic fields in the space around the body give a more accurate reading of the patient's health than traditional electrical measurements, like EEG's and EKG's.

Today's doctors know what they were taught by their professors, who learned from their professors before them, and so on. Western medicine is empirical. It's based on observation. If something can't be observed, it can't be verified. If it can't be verified, then it isn't true.

As far back as the 1940's, Dr Harold Saxon Burr, a distinguished medical researcher at Yale, insisted that pathology could be detected in the energy field of the body long before physical symptoms began to emerge. Although he didn't have the skills or techniques to do it himself, Burr proposed that diseases could be prevented by adjusting or manipulating the energy field. His medical colleagues thought his

ideas seemed unlikely and far fetched, probably because they were not taught that this could be a possibility when they were in medical school.

The patient often suffers needlessly due to lack of proper attention to the underlying causes of their illness.

Now mainstream science is even beginning to acknowledge the existence of the energy meridians used by ancient Chinese medical doctors for thousands of years. Acupuncture in particular is being recognised for its energetic healing power, even if it is not fully understood by the medical community. Chiropractic adjustments, which remove nerve interference, are also being proven in clinical trials to have long-lasting and significant benefits, something that chiropractic doctors and patients have known for over 100 years.

Abundant evidence exists to prove that the human body is an energetic, vibrant, emotional, and spiritual entity.

A philosophy of medicine that is over-reliant on logic and limited mainly to drugs and surgery (slash, poison and burn) is fundamentally flawed. Acts of logic always rely on analysis, that is, breaking down a 'whole' into its constituent parts, and examining each minutely. Reductionist approaches fail to see the connectivity and relatedness of all things. As a result this philosophy is offering us 'cures' which are often as dangerous and destructive as the disease itself. Simon Mitchell in 'Don't Get Cancer'

Scientific research is constantly being conducted, and continues to confirm over and over again that we are beings of energy, and that there is an intelligent force at work in the universe.

Research will continue to push back the boundaries on what we know about the human energy field. As it does so, the energetic basis of human thought will become more clearly understood, and that the phenomenon of trapped emotions will eventually be recognised by the scientific community for the damage they cause.

All methods of healing are valid and have their place.

### **Quick Fixes**

Dr Nelson observed during his years in practice that the body has a built-in ability to heal itself, more evidence of the body's innate intelligence. The body sometimes needs help to restore itself to a state of balance. This help may consist of removing trapped emotions, detoxification, receiving chiropractic adjustments and proper nutrition, and more. Healing is a process, and it takes time.

While some prescription medications do address the cause of illness, most only cover up the symptoms. They usually do such a wonderful job of masking our symptoms that we may think our problem is gone, when it is merely being chemically suppressed.



Remember that symptoms are the body's way of telling you that something is wrong. They are a warning signal that you need to change something, or that your body needs some help.

Masking symptoms with medications can be a bit like putting a piece of duct tape over that annoying oil light in your car that turned on recently. You may cover it up for awhile, but eventually your car will stop running.

### **Getting to the Cause**

The underlying cause must be reversed or your problem will not go away and you must either remain in pain or on drugs forever.

### ***The Power of Intention***

P.100 Emotion Code by Dr Bradley Nelson

*Your intention is really just another form of energy. Consider thinking of it as a directed form of thought energy.*

*Because energy is intelligent, it actually has the ability to obey, or cooperate with your intention.*

*Ancient healers demonstrated an understanding of this concept that the universe is filled with and made of intelligent energy, which is able to respond to intention.*

**'The difference between what are regarded as two paths, the Natural Love Path and the Divine Love Path, is, essentially, the amount of Divine Love that beings have been able to acquire.'** Quote from Celestial Spirit Richard 22 Dec 2012

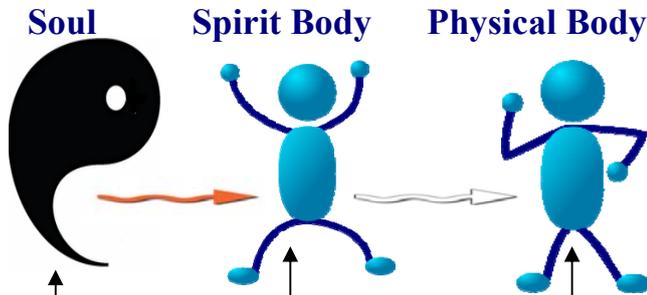
**Chronic illness indicates a huge denial of the soul.**

**Illness = out of harmony with love and truth.**

**It is the release of emotions that are out of harmony with Truth and Love, and the praying for the inflowing of Divine Love in conjunction with one embracing Feeling Healing is what brings about health and harmony to our bodies.**

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

**HIERARCHY of HEALING SYSTEMS**



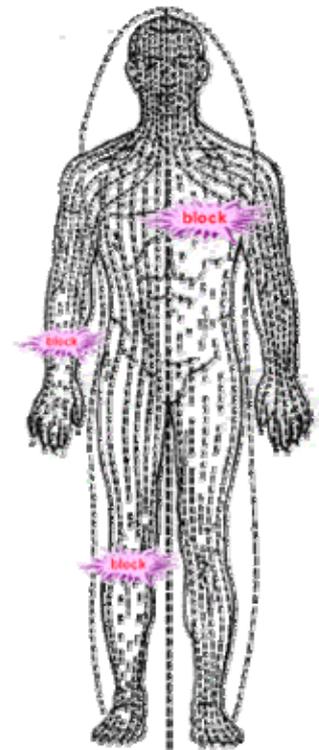
**ALLOPATHIC** – Western Medicine treats the symptoms, is highly regulated and costly as it is cost driven.

**ENERGY HEALING** – Eastern Therapies also treat the symptoms with the assistance from natural love spirits from the realms up to the 6<sup>th</sup> sphere.

Therapy applied to the spirit body is via an energy therapist who may work on the chakras, whereas a chiropractor works on the physical body. Such type of therapy deals with the effects and ignores the soul and the causes.

**EMOTIONAL PROCESSING and CLEARING** deals with the cause. Soul level clearing and growth provides permanent solutions whereas the other two systems provide temporary relief.

If you focus on the soul, that is the most powerful tool to improve yourself.



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

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



## Healing with the Assistance of Magnets

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

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

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

### Your Magnetic Existence:

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

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

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

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

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

### Magnifying your Intention:

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

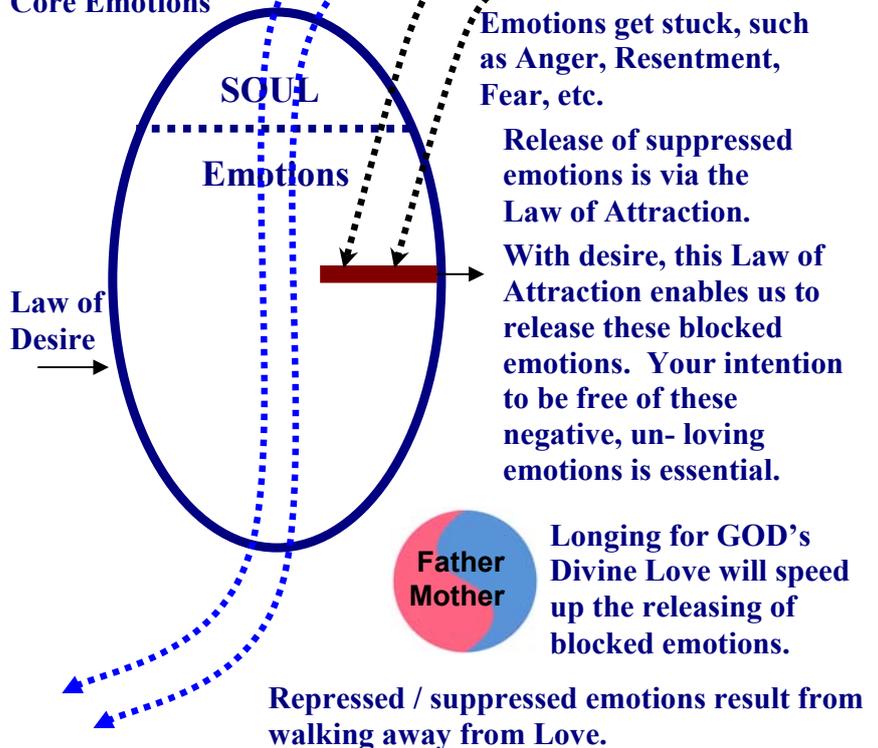
All illness is of a result of the soul having these blocked emotions, which then create the illness in the physical form and the spirit body. If the person’s soul condition is not addressed then the person is going to recreate the same type of problem and issues.

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

**WE are CREATED as EMOTIONAL BEINGS:**

Capping Emotions  
Causal Emotions  
Core Emotions

General flow of emotions through us.



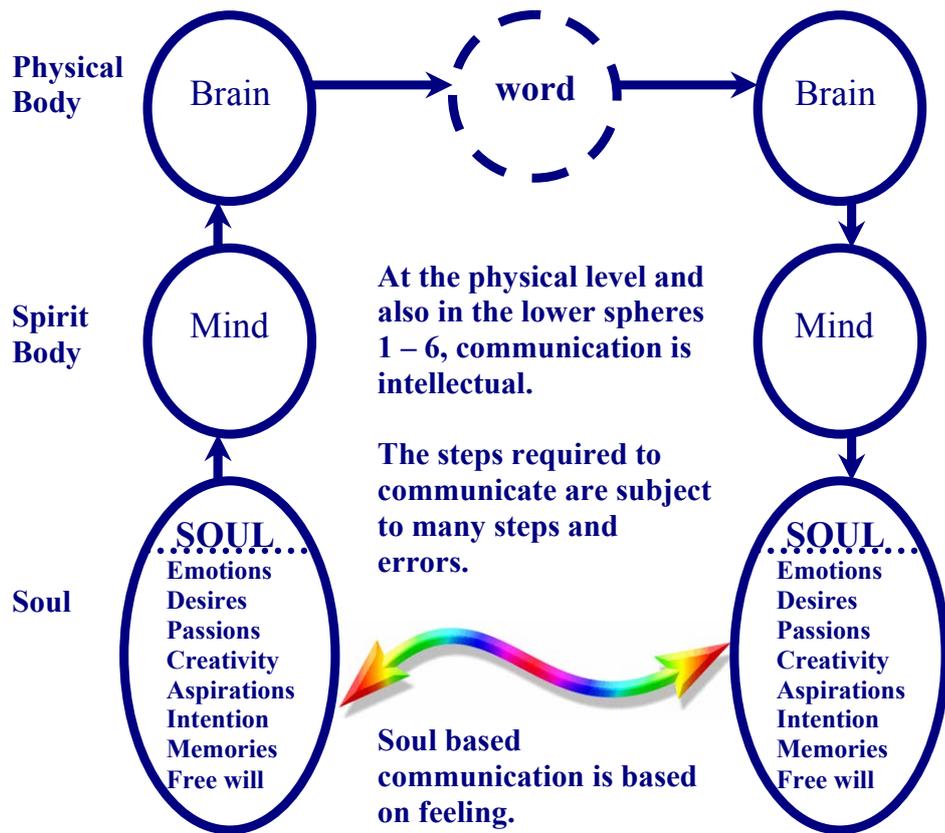
**Treatment Session =  
Management of energy flow within in our bodies  
= Release of Negative Emotions.**

**Using the Emotion Code**

**Getting Answers from the Inner Mind**

Kinesiology muscle testing enables communication with one’s soul memory and intelligence. You can ask the body what it knows. Dr Nelson grew to appreciate the subconscious intelligence of his patients, which nearly always knew what was wrong and what the body needed.

**COMMUNICATION at the PHYSICAL LEVEL**



**COMMUNICATION at the CELESTIAL LEVEL**



Not only that, but our bodies can tell us exactly what's good for us and what isn't. We even have a physical response when we tell the truth or a lie (not truth). The muscles are instantly weakened when we lie or receive a non-truth. They stay strong when we tell the truth or receive truth.

### **Your Subject Muscle Tests Strong no Matter What**

This is usually due to one of two things. Either they are dehydrated or one or more bones in their neck is out of alignment.

When a person calibrates under 200 on David Hawkins' 'Map of Consciousness', they will also test strong at all times.

When someone is dehydrated, it directly affects their muscle strength and their electrical conductivity. Have them drink a glass of water, then try again. Sometimes, that's all it takes. You may also drink some water; if you are dehydrated the testing will be affected in the same way.

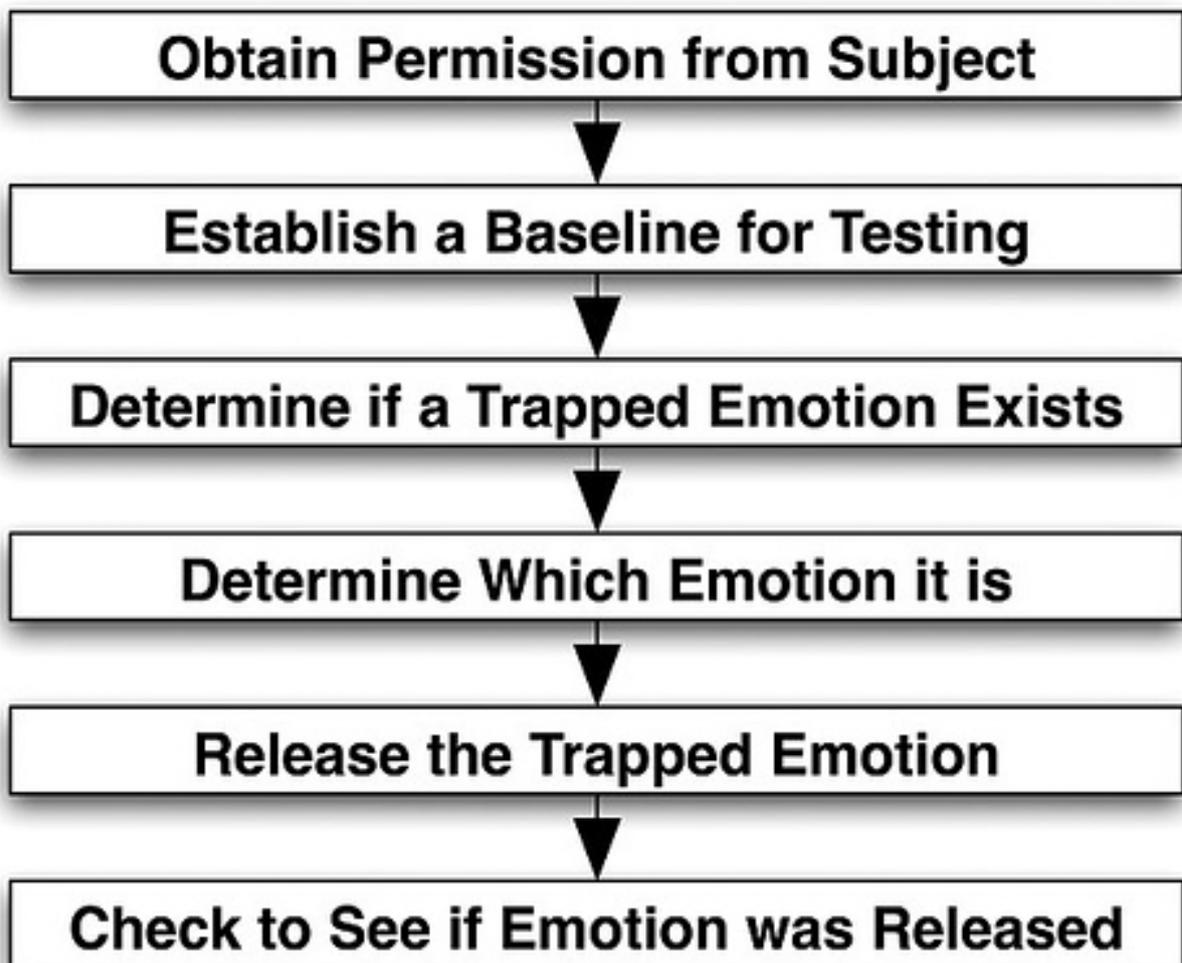


**An earnest longing for God's Divine Love is the only way to transform one's soul. This longing is severely retarded and the reception of God's love impaired whilst one's soul is dominated by erroneous beliefs which are in the form of negative emotions. The releasing of and clearing of these emotions are essential to progress from the lowest levels of the 1<sup>st</sup> sphere and also to progress through the 2<sup>nd</sup> sphere. These major emotional blocks are generally removed by the time one has progressed into the Divine Love spheres commencing in the 3<sup>rd</sup> and completely when leaving the 7<sup>th</sup>. Only by engaging in one's Feeling Healing with Divine Love can one progress into the Celestial Heavens, being spheres 8, 9 and 10.**

## **Releasing Trapped Emotions**

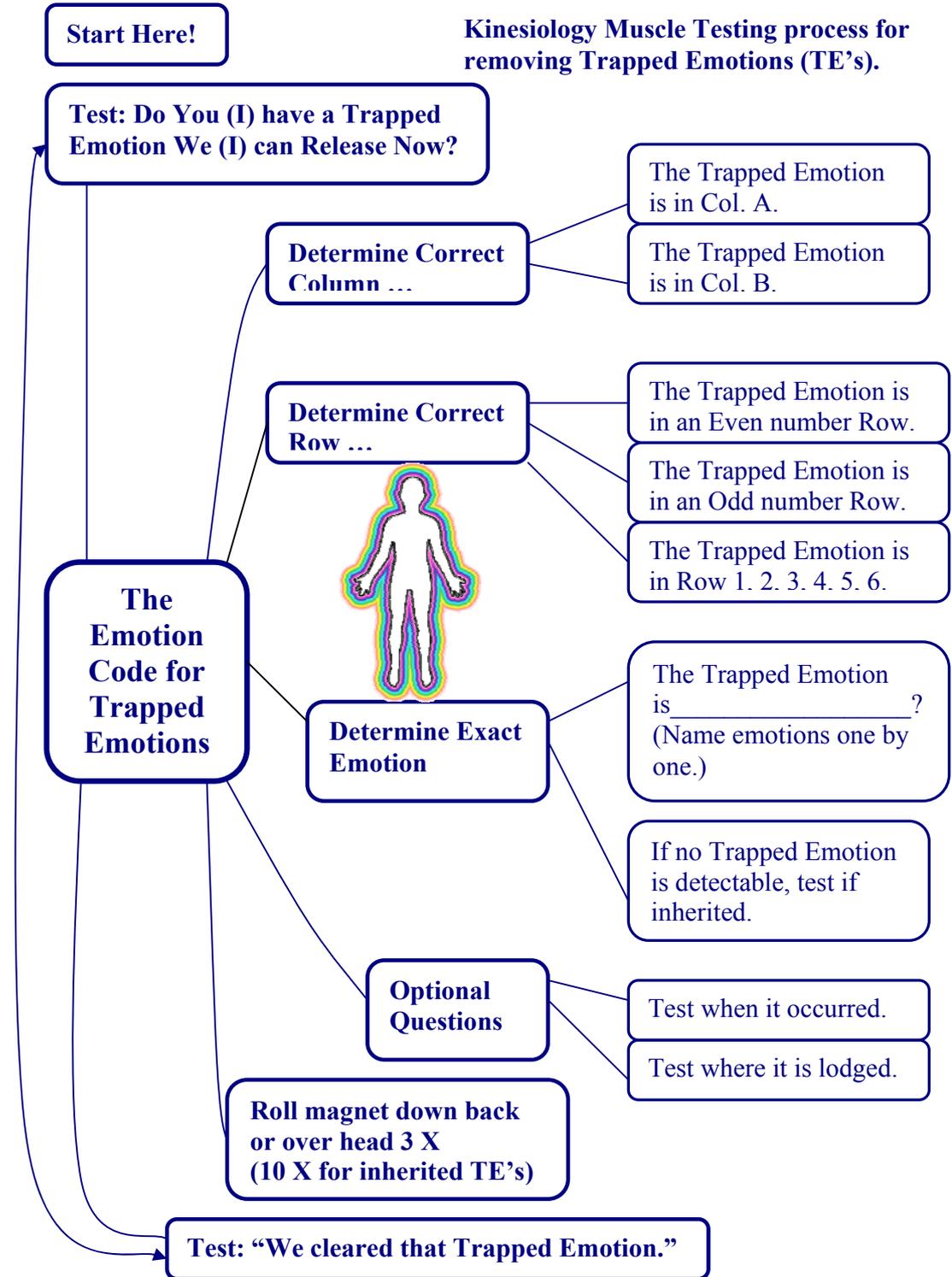
Using applied kinesiology muscle testing (arm bending) and follow the charts.

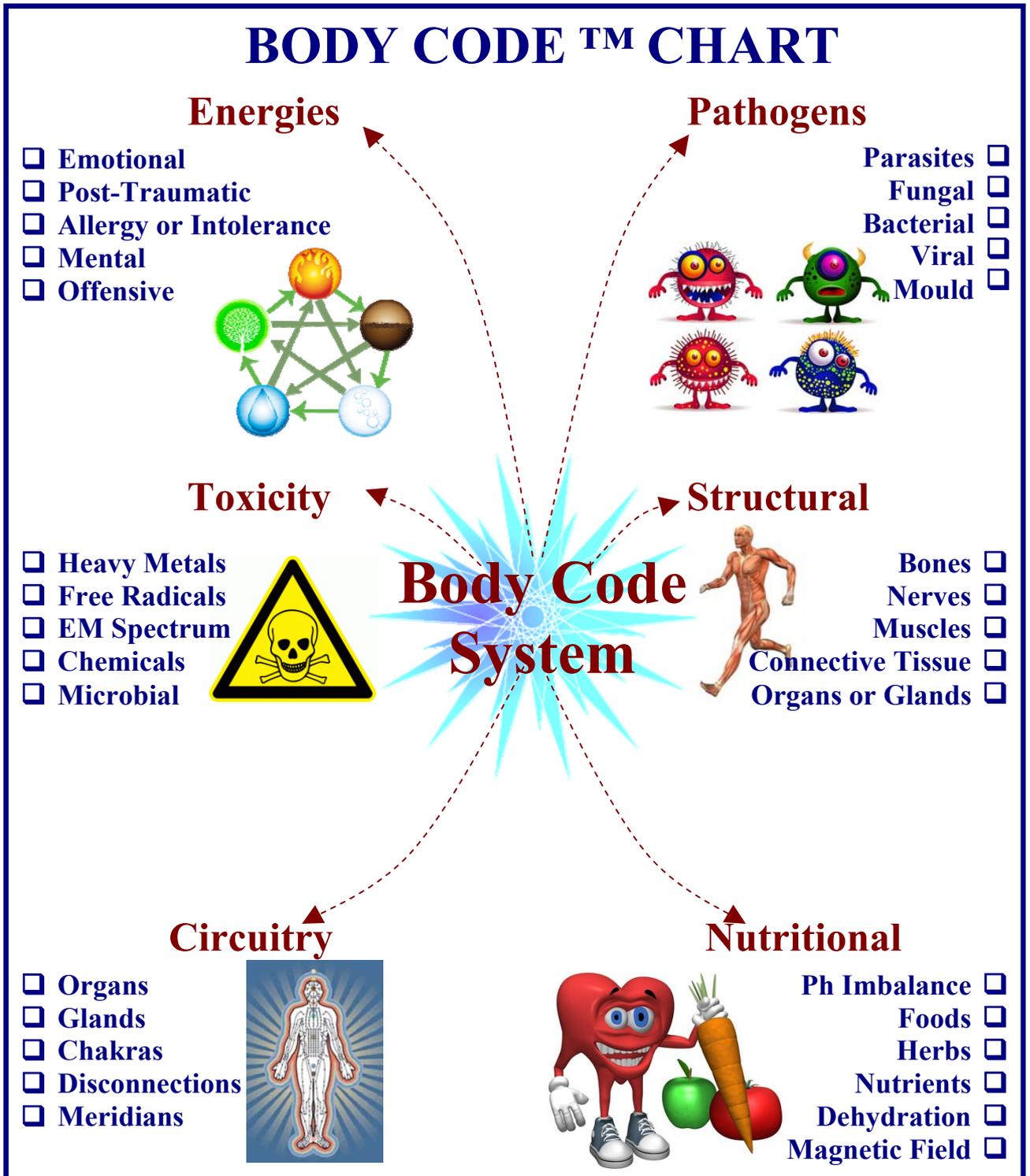
Working through the Emotion Code chart, determine which column the trapped negative emotion is in, then which organ it is related to, rows 1 through 6, then determine the exact emotion within the column section related to the row.



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

# EMOTION CODE™ FLOWCHART





### **NEGATIVE EMOTIONS are UNINVITED PLASMA FIELDS:**

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

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

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

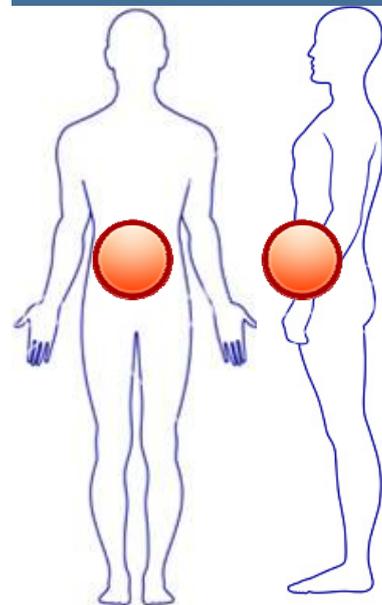
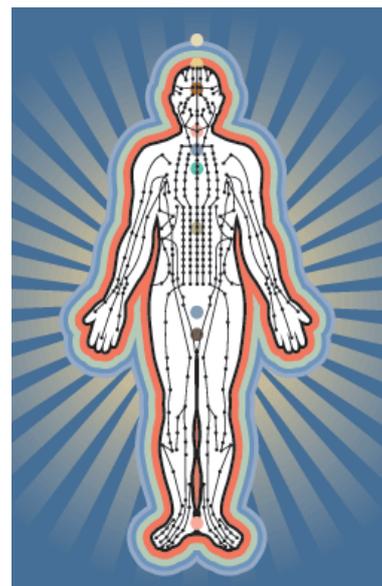
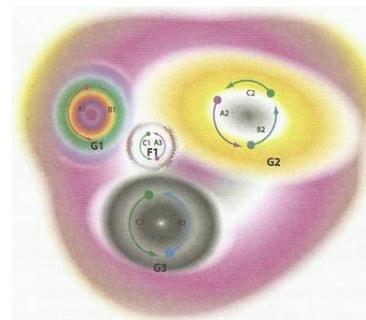
Initially, the injurious uninvited emotional field, being plasma, may be extremely small, however, if allowed to fester and grow by drawing on the negative emotions of those within your environment, the energy field may grow and grow in size from that of a mere pin head to the size of a melon. This progression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

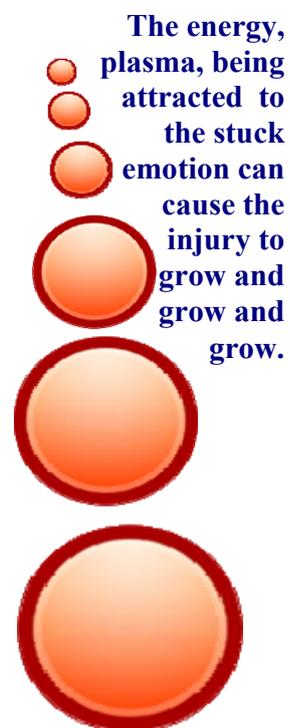
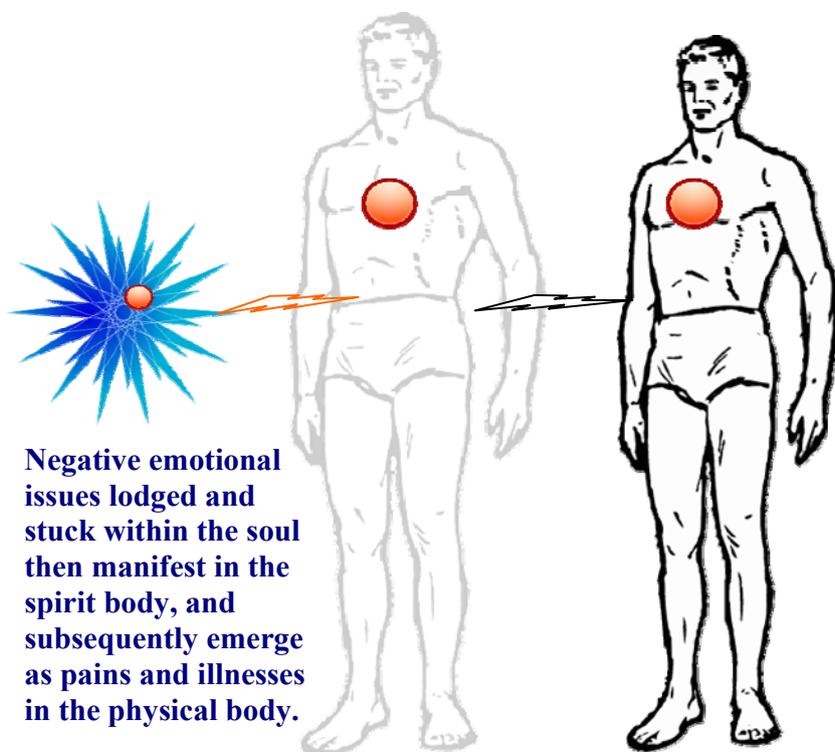
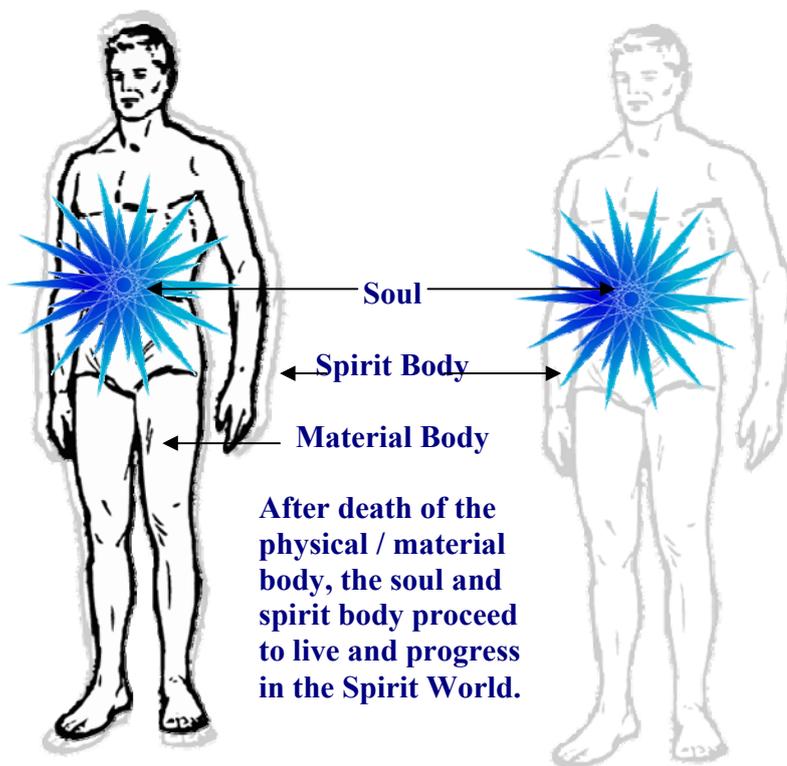
As all plasma consists of magnetic and gravitational fields, once your intent is focused upon it, firstly recognising its existence, and then focusing your intent for it to be removed, the magnetic field can act in your favour. With the introduction of even a marginal amount of additional magnetic energy,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

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

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

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





SOUL  SPIRIT BODY  MATERIAL BODY

## *Meridians – the Pathways of Energy Flow*

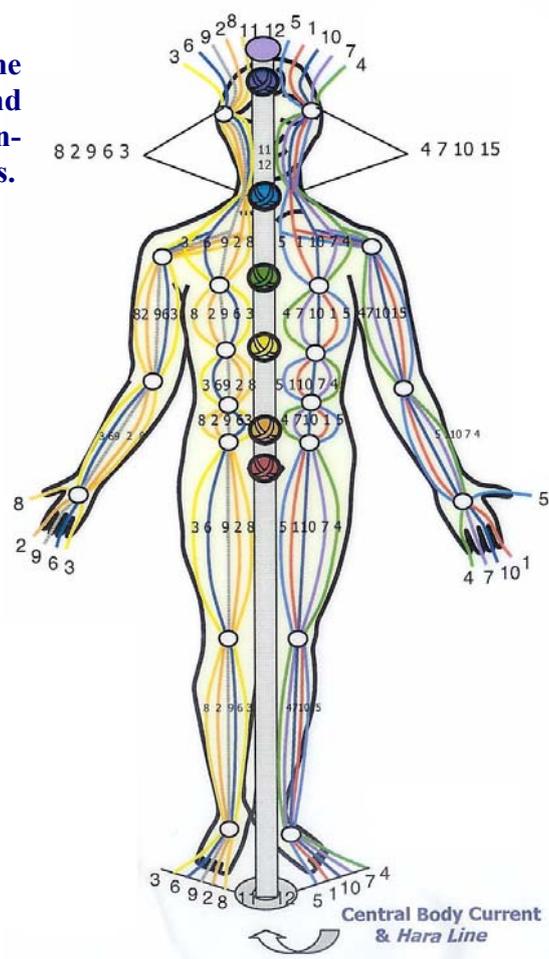
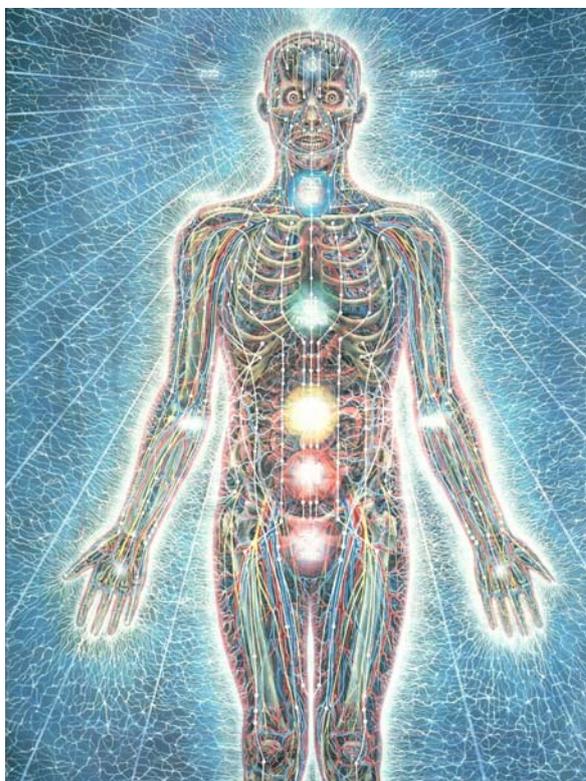
<http://www.crystallotus.com/Acupressure/Index.htm>

The pathways of chi flow are called meridians. Where are the meridians? When a surgeon operates on a person, he does not find any meridians. The surgeon does not see air either, but it is still there. Compare a meridian with a stream. A stream, unlike a pipe, has no defined boundary. It is simply where water flows, and it may constantly change its shape, although the change is so small that it generally maintains a definite line of flow. In the same way, a meridian has no fixed boundary.

It exists where the chi flow is, though it maintains its general form. Meridians are of two kinds: the main ones are called channels (jing), and the branches are called collateral (luo). However, the term 'meridians' is often used to denote channels.

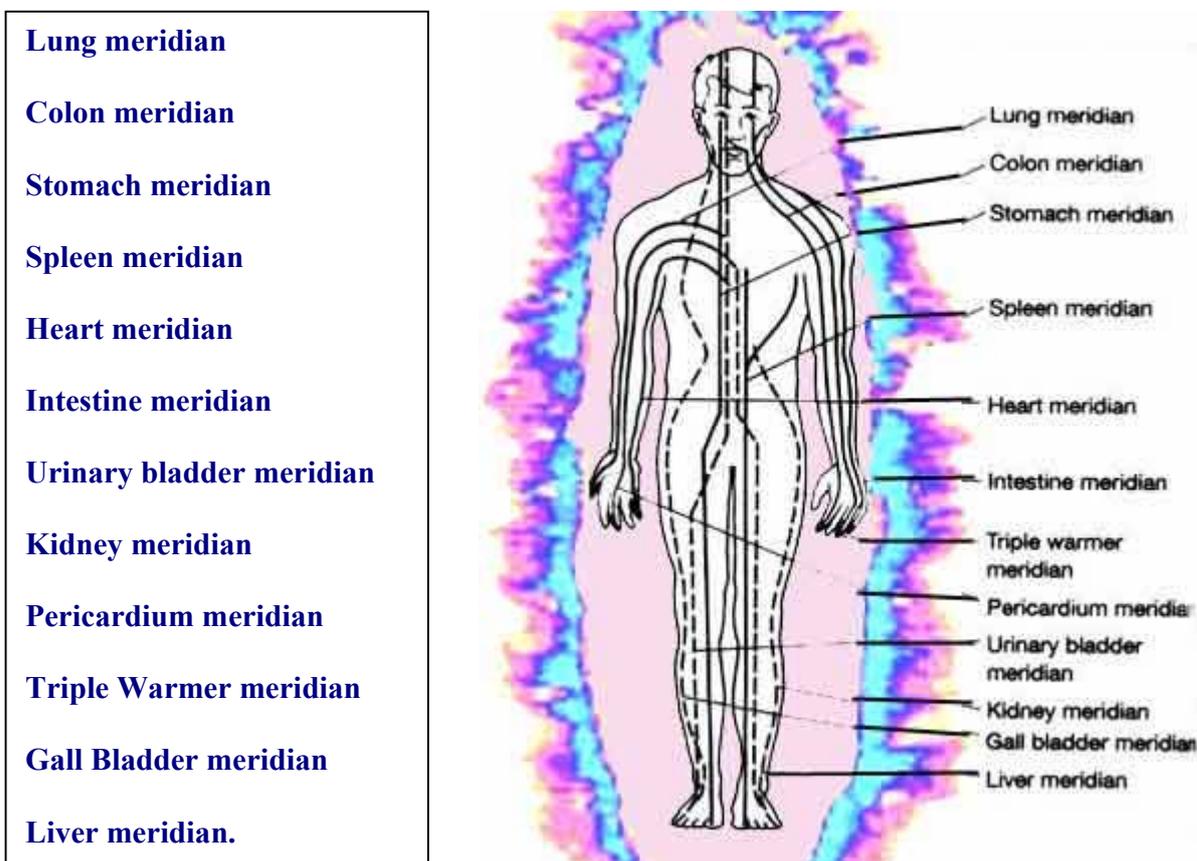
When Chi does not flow easily and smoothly we have what is commonly called a dis-ease. The Chinese believe that a Chi gets trapped in the meridian and the body suffers from all the ailments. To heal this blockage the Chinese healers understood the flow of energy through the various Meridians. They stimulated the energy points to let flow the Chi and, so therefore the healing took place.

Tonal lines create the web-work of energy which the scalar-wave frequencies of the core Katha Grid and DNA Template translate into the Chakra Meridian-Nadius Line (Hara Line) and chemical DNA systems.



Meridians, or channels, can be classified into two groups: primary and secondary: Primary meridians are those that pass through internal organs, secondary meridians do not. There are twelve pairs of primary meridians flowing in a never-ending circle. For simplicity, only one of each pair is described. The twelve meridians are as follows:

<http://www.crystallotus.com/Acupressure/001.htm>



Negative energy in the form of holding onto an untruth about anything, being a person or an event, deposits within one's soul as a tiny cell of unwanted energy. This tiny energy blockage can grow and grow should you allow the issue to fester within your being.



Untruths with anger and hatred will slowly, but surely, manifest themselves into your meridian system which resides within your spirit body. This then results in energy flow blockages within your meridian system, being the template for your physical body. Unless these energy blockages are released and allowed to pass through your spirit body, you will begin to feel pains within your physical body, and subsequently, an illness may emerge within your physical body. Such illness is a direct result of an emotional issue, or series of related emotional issues, that could have commenced during your early childhood, or even before birth. Proceeding to release these emotional time bombs while receiving medical assistance for your physical body can result in the permanent recovery from such illness.

## **Once the Trapped Emotion is Identified**

When did the trapped emotion originally occur? The subconscious mind (soul memory) knows all there is to know about this trapped emotion, including when it first became trapped in the body, who was involved, exactly where this energy is lodged and how it is affecting your physical body and your mind.

### **Digging Deeper**

Sometimes the subconscious mind (soul memory) has more information it wants to push up to the conscious level. Engaging the conscious mind in the process is useful, and can help the subject to grasp the relevance of the emotion that's about to be released.

The easiest way to find out if this is the case is to ask. You might ask by using muscle testing this way: "There is more about this trapped emotion that I (we) need to know." (Consider using statements at all times. The statement will be true or not true.) If the response is yes, dig deeper. If the response is no, go ahead and release the emotion.

Consider working through the following schedule of statements. Add your own statement / questions as you so please.

The mind-body doesn't correlate trapped emotions with chronological age so much as it correlates them with specific events, occurrences or circumstances.

It's good practice to periodically ask, "We need to know more about this emotion." When you've brought enough information about the trapped emotion to consciousness, the mind-body will let you know you're done, and it can be released.

Sometimes, determining the time frame when a trapped emotion occurred can result in a more profound understanding of what happened, as well as how the trapped emotion is affecting the mind-body.

Emotions rarely occur in a vacuum. They usually involve another person, but can be about a situation regarding home, school, work, finances, relationships, early childhood, gestation period, etc.

If you silence your mind for a moment or two, and especially if you ask God for His help to figure it out, you will

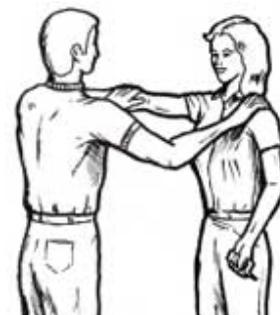
Trapped emotions can lodge anywhere in the body, regardless of what organ they originated from.

A trapped emotion is a ball of energy, usually ranging in size from a lemon to a melon. To determine the exact location of this energy ball, use the process of deduction through kinesiology. "The emotion is trapped in my right side of the body." Then keep eliminating options.

Don't discount your own ability to discern where the emotion is trapped. If you simply listen to your intuition for a moment about the location of the trapped emotion, an impression may come into your mind.

### WHEN did the EMOTION became TRAPPED?

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



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

Yes / No

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



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

### Foetal Growth from 8 to 40 Weeks



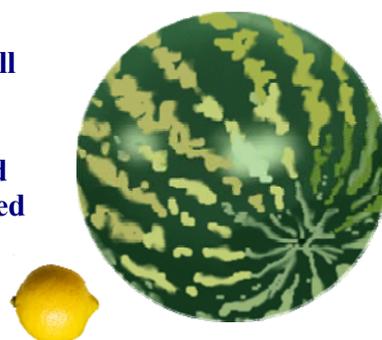
Once you have found the location of the trapped emotion, think about any symptoms that may be present in that part of the body. If there is pain in the area of the trapped emotion, it may suddenly disappear or dissipate when it is released.

### Remembering the Trapped Emotion

Sometimes, you will still not have any idea what event led to the creation of a trapped emotion. Quite often, trapped emotions can be created by circumstances that are quickly forgotten.

Sometimes trapped emotions are created during an event that was transitory in nature, and the event itself is lost forever to your conscious memory.

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



**Emotions can cluster or nest together:**



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



## LEMONS to MELONS

Scale 1 to 8:

1. Lemon



Trapped emotions can be small mild blockages in energy or they can be of any size in severity and nastiness, all require to be released from within.

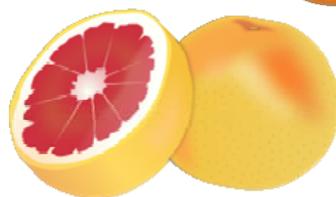
2. Orange



Emotions can cluster or nest together:



3. Grapefruit



4. Prickly Pear



5. Rock Melon



6. Dragon Fruit

7. Durian Fruit



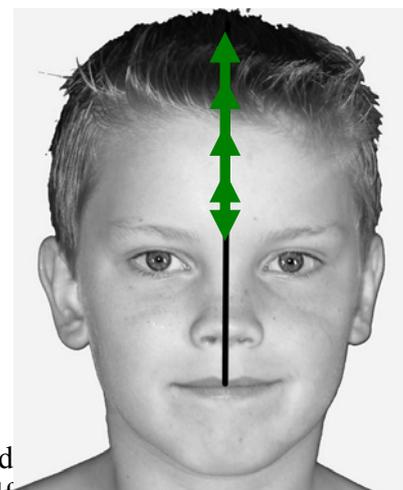
8. Melon



The bigger they are, the more damage they do!

Oh, they can come in clusters also!

### Releasing an Emotion from Yourself and Others:

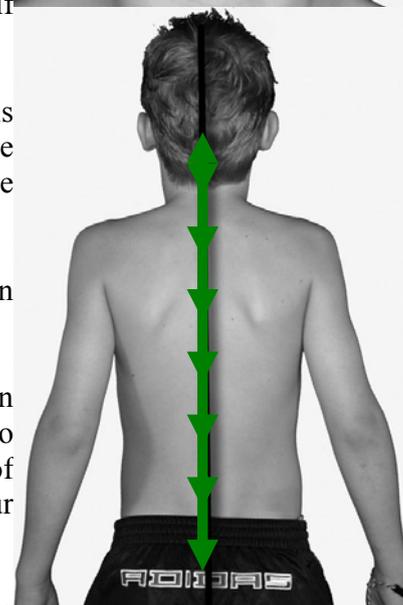


To assist a friend to release an emotion, one's own soul condition should be in good condition. Pray as you consider appropriate to bring yourself into the energy level that you consider suitable to assist.

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

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

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



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

### Releasing an Emotion from another Person:

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

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

### Confirming the Release:

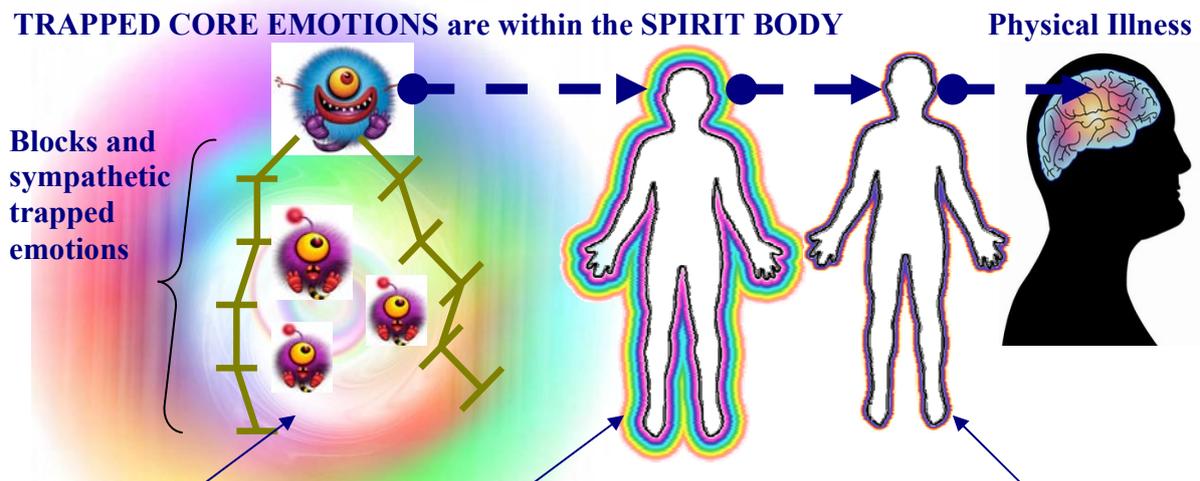
To confirm that the emotion has been released, simply ask via muscle testing: “Did (I) we successfully release that trapped emotion?” The answer should be yes. If so, you are done with that trapped emotion, and you can now check to see if there is another trapped emotion to be released, if you wish (and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

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

### It’s Permanent:

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

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



**SOUL which animates SPIRIT BODY which animates PHYSICAL BODY.**

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

### Dealing with Specific Issues

“I have a trapped emotion that is preventing me from losing weight.”

“There is a trapped emotion that is causing inflammation in my tissues.”

“I have a trapped emotion that is blocking me from making more money.”

“There is a trapped emotion that is preventing me from selling more widgets.”

“There is a trapped emotion that is contributing to my (back, neck, shoulder, knee, etc.) pain.”

“I have a trapped emotion that is causing me to be (depressed, short-tempered, angry, etc.).”

“I have a trapped emotion about my (husband, wife, son, daughter, boss, etc.).”

“There is a trapped emotion that is making it more difficult for me to quit (gambling, drinking, smoking, using drugs, pornography, etc.).”

“I have a trapped emotion about (name specific event).”

Remember that there may be more than one emotion contributing to any given issue. In addition, trapped emotions will often come off in layers. If you release a trapped emotion that has to do with a specific issue today, another emotion about that same issue may not show up until later. If you are attempting to overcome a specific issue, it’s a good idea to recheck that issue for trapped emotions from time to time.

### Nested Emotions

It’s not unusual to find several trapped emotions lodged together in a particular area of the body, a phenomenon referred to as “nesting”. You will sometimes find a significant level of discomfort in your subject when nesting is going on. Having multiple trapped emotions in one area seems to create a greater level of tissue distortion and pain. It is interesting to observe that as nesting trapped emotions are discovered and released using the Emotion Code, the level of discomfort often diminishes noticeably as each one is released.

**Emotions can cluster or nest together:**



### Processing the Release

As the mind-body processes the emotion that has been released, symptoms of this processing can arise. Once a trapped emotion has been brought to the awareness of the conscious mind, and has been released magnetically as described, at that point a healing process begins.

During this healing process a person may experience echoes of the emotion that has been released. It is not unusual for people to feel a bit emotionally up and down during this period of time.

The body will usually be willing to release at least one emotion before wanting to take time out to process. On the other hand, sometimes the body will release one emotion after another, and do the processing for a group of emotions simultaneously. Remember to trust the wisdom of the body implicitly, and never force it, but be gentle with the body, allowing it the time it needs to process and heal.

If after releasing a trapped emotion, the body will not release another, you can ask when it will be ready to release the next one, by asking “Will I (you) be able to release another trapped emotion \_\_\_\_\_?” filling in the blank with words like “in 10 minutes”, “in 2 hours”, “this afternoon”, “tomorrow”, and so on. If processing is called for, it typically lasts from a few hours to a few days.

**‘I had a pretty good upbringing’ in comparison to other people!**

**Parents have NO understanding of blocking emotions.**

**Parents have NO understanding of causal emotions.**

**Parents have NO understanding of Law of Free Will.**

**Parents have NO understanding of Love.**



### **Be Aware of Processing Ups and Downs**

It’s very important to let the person you are working with know that they may experience some slight emotional ups and downs from processing the release of a trapped emotion. If you let them know about this possibility in advance, and it actually occurs, it is expected. If some noticeable processing does occur, such as crying or vivid dreams, and you haven’t told them that they might experience it, they may end up thinking that the release of their trapped emotion has made them worse, not better.

Processing takes place every time a trapped emotion is released, but noticeable ups and downs occur about 30% of the time. Often the mind-body is capable of processing the release of a trapped emotion without breaking stride; it is a multi-tasking computer, after all. But sometimes, it just takes some time for the mind-body to heal from a trapped emotion, and to get a handle on this new state of affairs.

While a person is processing the release of one or more trapped emotions, they are not restricted in any way from their normal activities.

### **Prenatal Trapped Emotions**

Sometimes you find that a trapped emotion did not occur at any age from birth onward. Trapped emotions can also occur in the womb. In this case, you can ask:

“This emotion became trapped when I was in the womb.”

“This emotion became trapped during the 3<sup>rd</sup> trimester.”



***Crying  
Is OK  
here!***

“This emotion became trapped during the 2<sup>nd</sup> trimester.”

“This emotion became trapped during the 1<sup>st</sup> trimester.”

In Dr Nelson’s experience, prenatal trapped emotions usually develop during the third trimester, and will usually be emotions that the subject’s mother was experiencing.

In other words, let’s say a woman is in her second or third trimester of pregnancy, and is experiencing the emotion of grief. Her whole being is vibrating with this emotional energy, and the infant begins to resonate with that emotion. As a result, the foetus may get a trapped emotion from its mother.

Dr Nelson has never seen an occasion where a trapped emotion was created by the foetus itself, but whether the emotion was generated by the foetus or by the mother’s body doesn’t matter. It can be released the same way in either case, by applying the magnet three times to the Governing Meridian as previously described.

### **Inherited Trapped Emotions**

In the same way that you can inherit your eye colour or the shape of your nose from your father and mother and other ancestors, you can also inherit trapped emotions from them. An inherited trapped emotion is different from a prenatal trapped emotion, or from any other type of trapped emotion.

In the case of an inherited emotion, you actually receive the energy of the emotion at the moment of conception from the sperm or the egg.

When the sperm and egg unite, one of them is already carrying an extra passenger in the form of some extra emotional energy. The now-fertilised egg begins the process of division, and everything that exists in the original egg is now duplicated. As the fertilised egg divides this excess emotional energy is duplicated as well.

You can certainly ask: “Is there an inherited emotion that we can release now?” to uncover the existence of this type of trapped energy. But most often, you will stumble across inherited emotions while you are on the trail of what you think is a regular trapped emotion.

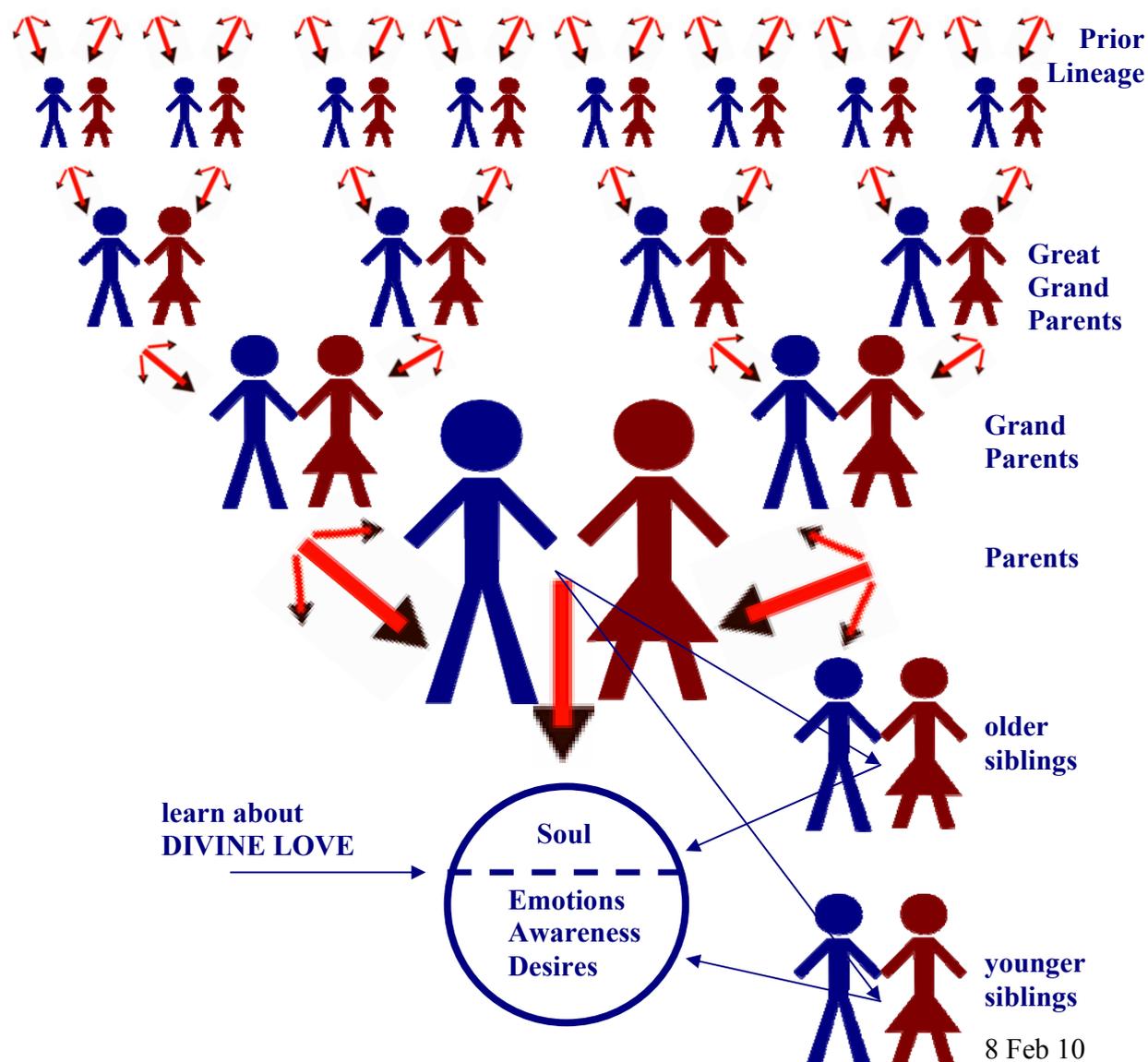
### **How Inherited Emotions are Uncovered**

Dr Nelson’s experience is that the mind-body will lead you to the correct column and row that an inherited emotion is in, but will not give you a yes answer on any of the five emotions that listed in that cell, unless and until you preface the emotion with the word *inherited*.

For examples, say you have identified that the trapped emotion you are trying to release is in column B row 2. You have muscle tested each of the emotions listed in that cell, but the response is no for each emotion. If this occurs simply ask “Is this an inherited trapped emotion?” If you receive a yes answer in response, simply go through the emotions again by asking “Is this inherited \_\_\_\_\_?” filling in the blank with each emotion listed until you find the correct inherited emotion.

Once you have identified the inherited emotion, you might want to determine which parent the subject received this trapped emotion from. To go even deeper, you might ask if this inherited emotion came from a grandparent or a great grandparent, etc. Typically, however, you will find that most inherited trapped emotions will come from a father, mother, or grandparents.

**Our environment, namely those who are closest around us, introduce many of the errors we carry with us within our soul body, our real self. Our parents, grand parents and siblings are those who greatly influence and mould our emotions. Prior to birth and during our first years, we absorb the emotions of those within our environment.**



“You must not blame or fault your mother for giving your soul ingredients that defiled it and made it alien from God; she was ignorant of what she was doing and what was actually happening to your little soul growing within her womb. Her soul experienced the same thing in her mother’s womb, and her own mother the same, and on down through the centuries.” Babinsky, Joseph (2011). *The Choice* (p. 86).

Dr Nelson had a patient whose ancestors were black slaves. It was determined that he had an inherited emotion of hopelessness that went back several generations. Muscle testing revealed that this inherited hopelessness had originally occurred to one of his ancestors in the 1700s, most likely due to their enslavement.

**Causal emotional injury = blockage**

**Emotions should just flow through.**



**Most parents / environment shut down the experiences within the baby child.**

**When you release the emotion completely, your Law of Attraction changes.**

**If I don't release the emotion, I continue to attract like events.**

8 Feb 10

### **Releasing an Inherited Emotion from Yourself**

To release an inherited trapped emotion from yourself, place your magnet between your eyebrows on your skin and follow the procedure already described for releasing a non-inherited trapped emotion. The difference is simply that while you continue to breathe (don't hold your breath) roll or slide the magnet up the middle of your forehead, over the top of your head, and down the back of your neck as far as you can comfortably reach, TEN (10) times instead of only three time.

### **Releasing an Inherited Emotion from Another**

To release an inherited trapped emotion from another person, place your magnet on their back at the base of their neck. Instruct your partner to continue to breathe in and out while you roll or slide the magnet from the base of their neck to their low back or just beyond. Hold in mind the intention of releasing the identified negative emotion. TEN times instead of three times. Each time you reach the bottom of a stroke, lift the magnet off their back and replace it at the base of the neck.

### Pre-Conception Trapped Emotions

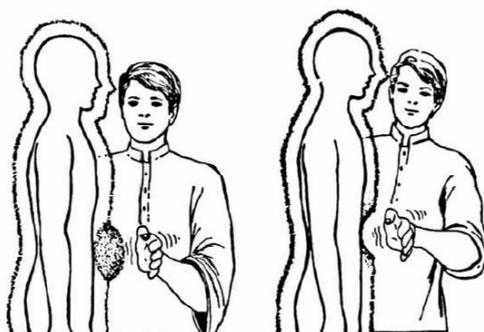
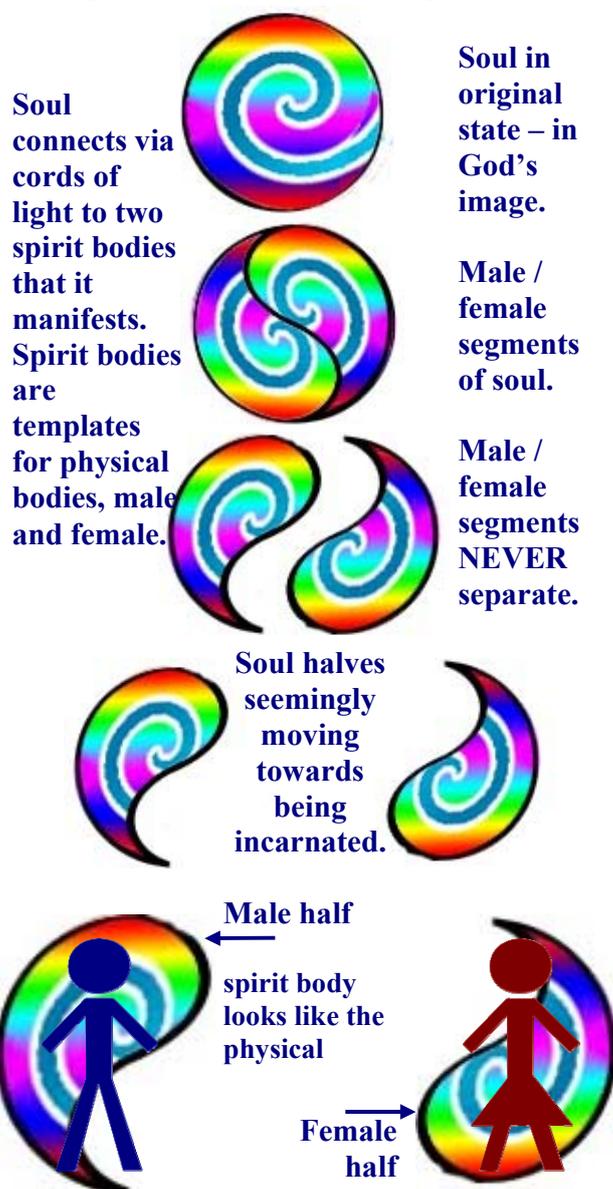
On rare occasions, Dr Nelson has discovered trapped emotion that actually occurred prior to conception, and he is not referring to inherited emotions. Prior to conception we existed as conscious entities without awareness and without physical bodies. Conception / incarnation brings about our individualisation and awareness. We have never been incarnated previously, once is enough. We existed as spirit-beings having two halves, a male half and a female half (hence soulmate). We could think for ourselves, and we were aware of our coming journey to earth.

That is what nearly all pre-conception trapped emotions are about; our impending sojourn on earth.

It seems that sometimes, even though we may rejoice in our opportunity to come to the earth, we become frightened or dismayed by the journey ahead of us. To leave that place of beauty and love, to come here to this earth, with all its trouble, violence, and war might make even the stoutest heart wilt. These trapped emotions are rare, but Dr Nelson has seen them, and you may, too. They are released like other trapped emotions, with three swipes of the magnet, once they are brought to conscious awareness.

As you use the Emotion Code to help yourself and others, you will find joy in seeking the progress that a person can make as they shed their burdens one by one, whilst opening their soul to God at the same time. You will see lives changed, people healed, and hearts connected.

Don't give up! It takes some time to become proficient at the Emotion Code. Trust in your own healing abilities. It is well worth the effort. Believe and be grateful to God that you can do this, and the outcome will be your reward for believing.



## Walls Around our Hearts

### The Heart-Brain

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

### **The Creation of Her Heart-Wall**

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

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

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

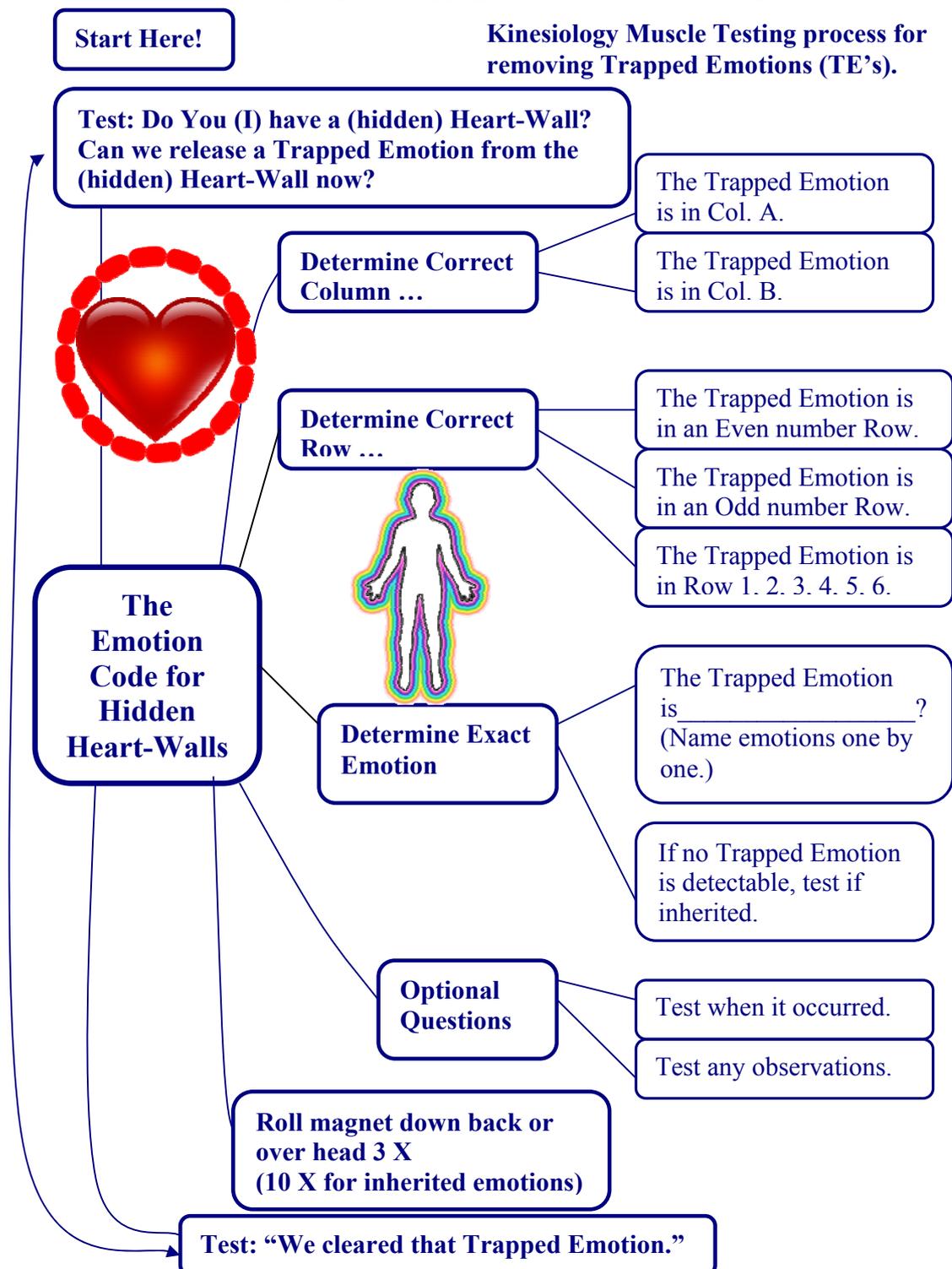
Since that day, these feelings have stayed with her, and have helped her to grow in many ways. We've since discovered that releasing someone's Heart-Wall is often followed by a profound experience of connection with other people.

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

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

# EMOTION CODE™

## Heart-Wall FlowChart



When trapped emotions and Heart-Walls are released, people sometimes say it's like they can finally feel again. They can give and receive love freely for the first time in a long time. In that state, very interesting and wonderful things can happen.

### **How We are Meant to Live**

This is how we're meant to live. We're meant to live vibrant, healthy lives, filled with love and joy. Of all the emotions, love is the most pure and has the highest vibration. Love, that most powerful and most popular of all the emotions, is both generated by the heart and received by the heart.

When you have a Heart-Wall, you are not able to give love as well as you might, because that love energy that is in your heart cannot get out as well.

At the same time, love that is being radiated toward you by other people is blocked to some degree.

As a result, you can go through your life somewhat insulated from others, because of the emotional traumas you've been through and the subconscious wall that literally exists around your heart. The traumas were genuine enough and there is no doubt that they caused more pain than your body thought it could stand to feel again – that's why the Heart-Wall made perfect sense at the time. But until you take it down, you'll be trapped behind it to some degree, less able to reach out and connect with people, even the people you love most.

People's lives and the lives of their children and their families have been completely transformed when their Heart-Walls have been removed.

About thirty percent of the time, the effects of releasing a Heart-Wall are very apparent and immediately noticeable, but most of the time the results are subtle, and the changes in a person's life appear gradually, in ways that they themselves might not immediately recognise.

### **Children and Heart-Walls**

It's a sad fact of life on this planet, that children often have Heart-Walls, too.

Think how tender and open a child's heart is when they are little. They are helpless and trusting, and far too often, they are the victims of predatory or abusive adults and sometimes even cruel children. In these cases, Heart-Walls are always found.



Sometimes life is challenging even in wonderful homes and under the best of circumstances. A nine year old son was diagnosed as being clinically depressed. After developing a trapped emotion while witnessing the death of a close friend, a Heart-Wall was formed to keep his poor little heart from entirely breaking.

Another example. After attending a Dr Nelson seminar, it was decided to check for a Heart-Wall. Needless to say, one was found. Pat worked back through the years, clearing the layers of trapped emotions as she went. At two years of age, she had a trapped emotion of abandonment. As she had always been with her family, she did not quite believe what the muscle testing was showing. She told

her mother about the Heart-Wall, and the abandonment emotions. Pat's mother told her that I was two, she had left me with her grandmother and had gone to stay with her father at an Army camp. Her grandmother had said for her to go, that she would take care of Pat, that she was just a baby and wouldn't miss her mother. It was a story that she had never heard before, but it had left its impression on Pat when she was 2 years old.

### **Finding and Releasing the Heart-Wall**

To find a Heart-Wall, you simply ask. Unless you actually ask the person's subconscious mind (soul memory) if they have a Heart-Wall, it will not be revealed.

The Heart-Wall is made of trapped emotions, but the subconscious mind no longer categorises them as such. These emotions are now part of a wall and are inaccessible until you ask if there is a Heart-Wall. You have to get the mind-body to admit that there is a wall, before you can get to the trapped emotions that are creating it. Once you do that, the trapped emotions once again become recognisable to the subconscious mind as trapped emotions, and therefore, are vulnerable to being released. As you release them, one by one, the wall will come down.

It really is simple. Using muscle testing, ask; "Do you have a Heart-Wall?"

Dr Nelson's experience is that about 80% of the general public will test positive for a Heart-Wall.

### **Use of the Word "Hidden"**

To check for this possibility, simply add the word "hidden" to your question or statement. For example, you could ask, "Do you have a Hidden Heart-Wall?" If they have one, and it's hidden, it will be revealed.

A hidden Heart-Wall is not a different kind of Heart-Wall. It's simply a Heart-Wall that is a bit more difficult to find.

Once the body has opened up to you, to let you know that a hidden Heart-Wall is there, you can proceed without having to use the word hidden any more, because it's no longer hidden.

### **Is it Ready to be Released?**

Once you have determined that a Heart-Wall is present, ask "Can we release an emotion from the Heart-Wall now?" The Heart-Wall is there for a reason, and while ultimately the effects of having a Heart-Wall are negative to the health and well-being of the individual, some people are in situations where they simply are not ready or willing to give up the protection of the Heart-Wall for now, and you need to respect that.

The Emotion Code works the same way to release trapped emotions whether they are part of a Heart-Wall or not. When you ask, "Can we release an emotion from the Heart-Wall now?" and you get a positive answer, the mind-body has a particular emotion in mind that it is willing to release.

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

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

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



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

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

**Happiness Domain**

**Un-happiness Domain**

**MAP OF CONSCIOUSNESS**

Map of Consciousness represents the emotional and spiritual fields within the kingdom of man which is Spheres 1 – 6.

Consciousness is soul condition, as one's soul condition improves, it expands in size as it grows in love.

The scale is exponential, grows at a factor of 10.

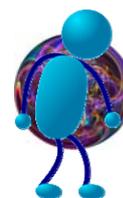
Man erroneous emotions are those calibrating 200 or lower.



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



Soul expands as it grows in love and condition.

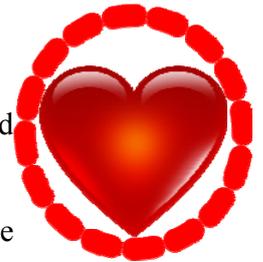


You don't get to choose which emotion will be released first; the subconscious mind of the subject will do that.

As soon as you receive a yes answer to this statement / question, the trapped emotion has already been chosen. All you need to do now is determine which emotion it is on the chart, in order to bring it to conscious awareness. Identify it, determine any other information that the subconscious wants the conscious mind to know about it, and then release it.

### Determining the Heart-Wall Material

Since it is patently illogical to have a 'wall' made of nothing, the subconscious mind will always choose a material for the Heart-Wall to be made of.



All Heart-Walls are made of the energy of trapped emotions, and releasing these trapped emotions is what really matters.

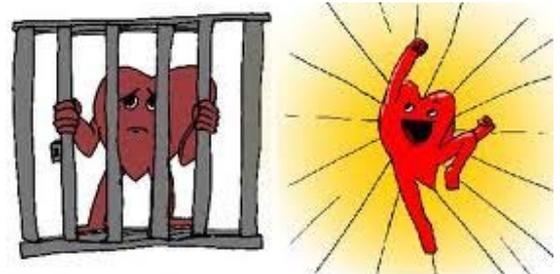
On the other hand, determining the material that has been chosen is interesting because of the symbolism that is often revealed. There is no right or wrong way to ask what material has been used, but Dr Nelson usually starts by asking if the material is wood. If it isn't wood, ask if it is a material harder or softer than wood. If it is harder than wood, then ask if it is made from metal, etc. You can narrow it down pretty quickly using the process of deduction, and you'll get some great practice using muscle testing.

If you have determined what material the Heart-Wall is made of, you might then want to ask how thick the Heart-Wall is. They can range in thickness from paper-thin to many miles / kilometres! This is what has been found in testing. Our subconscious minds are not limited like our conscious minds are, and can have quite an imagination! The subconscious mind takes it all quite seriously, and really does believe that there is a wall there, made of whatever material has been chosen.

### Heart-Wall Metaphors

One person had a Heart-Wall made of solid steel, cold and hard, miles thick. A lady had many thousands of layers of curtain material, providing a nice cushion against her husband's toxic personality.

A gay man had a Heart-Wall made of solid diamond, which is the hardest known naturally occurring material. Incidentally, his subconscious would not allow the release of this wall.



**FREE THE AWESOME POWER OF YOUR  
HEART WITH THE EMOTION CODE!**

Heart-Walls have been identified as being made of flowers, quilts, blankets, earth, stones, vegetation, leather, glass, all kinds of metals such as steel, titanium, and iron, as well as various construction materials such as logs, concrete blocks, bricks, and so on.

Quite often there will be a noticeable relevance between the personality of an individual and their Heart-Wall material. A young child once who had a Heart-Wall made of yellow plastic, just like her little yellow plastic toys.

Sometimes Heart-Walls will have a door or a window. Often the door will be locked, and nobody has the key but the owner.

While often a Heart-Wall is spherical, they can be box shaped, or any other shape you can imagine. Sometimes they have sharp edges or projections on their surface to keep people out.

A young man had a Heart-Wall made of a one-way mirror, which allowed him to see out, but no one else to see in.

This is opening people's hearts, not in a physical way. It is removing all blocks from their hearts so that they can give love and receive love.

### **Anne's Story**

“At that moment, the people doing this work became consciously aware of each other. It wasn't something planned, it wasn't some kind of harmonic convergence, or anything else. It just happened. We became conscious of each other. And at that moment, the meaning of this work became clear to me.

Suddenly a flood of energy was sent to the earth from where I was, above the earth. It looked like a white bolt of energy that came in through our open hearts in the back and went out through the front of our hearts into the world. We were there opening people's hearts so that they could be anchors for this divine energy to come into this world.

Within three seconds, the world was completely transformed by this energy. This light went into every crack and crevice, everywhere, and there was no darkness in the world, ever again.”



### **Counting the Cost**

The price we pay for having Heart-Walls is incalculable. How many people have lead disconnected and lonely lives due to the walls around their hearts? How many people have not experienced the joy of finding love in their lives? How many wives and children have been abused?

Heart-Walls can lead to depression, divorce, and abuse. The patterns of abuse that are created can pass from generation to generation, causing all manner of pain and destructive behaviour.

The result of Heart-Walls on a larger scale leads to misunderstanding, prejudice, hatred and brutality. On a global scale, Heart-Walls lead to ethnic cleansing, nation against nation, terrorism, and war.

There is altogether too much of isolation and violence, too much of sorrow and pain in this world. When one walks down the street, you see so many people with tight, clenched jaws, or boys with angry, resentful expressions, acting out their pain and frustration any way they can. The news is filled every night with one story after another about people whose hearts must be barricaded behind strong walls for them to do the things they do.

Widespread depression is another common side effect of Heart-Walls and trapped emotions. In the United States alone, it is estimated that between 13 and 14 million people suffer from depression. It is the leading cause of disability in American women. Nearly 15% of those women will ultimately commit suicide. Among children and young adults – between 10 and 24 years old – suicide is the third leading cause of death. By releasing trapped emotions and removing Heart-Walls, we have seen cases of severe depression eliminated once and for all. We have seen marriages saved, abuse stopped, and lives turned around. We've seen beautiful, loving relationships begin. We've seen kids make better choices. We've seen peace restored.

**Spirits see the brightness of the spirit body, they deduct that the spirit body is the soul, whereas it is not. Spirit people cannot see the soul. The spirit body just reflects the condition of the soul. Your spirit body reflects, moment by moment, what is going on in your soul.**



**PERSONALITY**  
**Soul      Spirit Body      Physical Body**  
**The etheric body is the spirit body.**  
**The soul is the real you!**  
**Your soul is half of your real soul.**

### **Surrogates, Proxies and Distance Healing**

Young children are not usually able to be muscle tested reliably. Surrogate testing provides a simple and efficient way to get the answers you need to help them. We can inherit trapped emotions, or we can form them during our time in the womb or during the birth process, and at any time thereafter.

It's not uncommon for children to be born with trapped emotions. While it is rare for a child to be born with a Heart-Wall, it does happen.

Children that have stressful and difficult lives are certain to have trapped emotions, but any child can have trapped emotions, no matter how much love they receive or how favourable their home environment may be.

### **Inherited Love Unreceived from Birth Mother**

"Love unreceived" is a fairly common emotion which occurs when someone feels unloved or when their love for another is rejected.

### **Grief and Anger from her Birth Mother**

Both grief and anger had become trapped during the first trimester of Julie's time in the womb. These two emotions were her birth-mother's response to being pregnant and had become trapped in Julie.

### **Grief, Dis-heartedness and Sorrow, Third Trimester**

It is not unusual for a child to develop trapped emotions from the deep feelings that their mother is experiencing while she is carrying them. Dr Nelson has found trapped emotions of grief, dis-heartedness and sorrow, all emotions that her mother was feeling during the third trimester. Trapped emotions are most commonly produced in the third trimester, but can be created at any time during pregnancy.

### **Hopelessness from her Mother at Birth**

Julie's mother was apparently feeling the emotion of hopelessness while she was in labour. Julie was still in her mother's body at this time, and within her mother's energy field. As her mother's body vibrated at the frequency of hopelessness, Julie began to resonate at that same frequency, and she was born with this trapped emotion.

### **Unworthy and Self-Abuse at Age One**

The emotions of unworthy and self-abuse were created by Julie herself, because she had so much trapped emotional baggage compounded by toxicity from her mother's drug abuse. Her foster mother told me that when she was around this age she used to bang her head against floors and walls.

Dr Nelson's experience is that many behavioural and health issues that children have can be greatly improved or alleviated when the Emotion Code is employed.

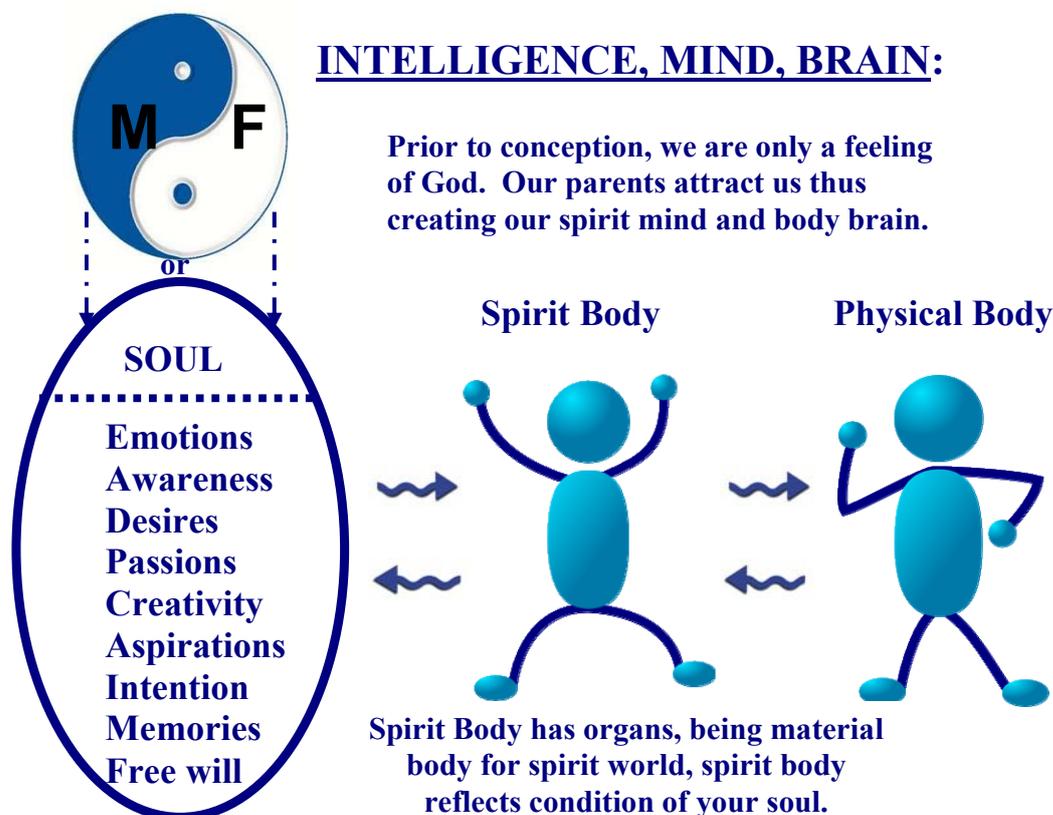
## How to do Proxy Testing

Above all else, you must obtain permission from the subject who is going to be tested. It's an invasion of privacy and is unethical to test someone without their permission. Foremost, it is unloving.

When you are finished, thank the person who has acted as proxy. To break the connection, simply have the proxy state their own name and muscle test them until they test strong.

## Animals and Pets

Animals can be assisted by using the Emotion Code on them. Coincidentally, pets reflect the emotions of their owners.



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

## **A Brighter Future**

### **Life without Trapped Emotions**

To live a life completely free of trapped emotions would truly be a wonderful thing. It might be achievable, but from what Dr Nelson has observed, there is rarely a person that does not get a trapped emotion from time to time. It seems to be part of the human experience.

Life is a mixed bag, filled with blessings to be grateful for, difficulties to overcome, opportunities to explore, decisions to make, and grief and suffering at times. All of these things give us experience. They provide ways for us to exercise faith, gain knowledge and develop love. All of the human family is connected and everything that happens to one of us affects everyone to one degree or another. Through our experiences we have the opportunity to strengthen our connection by developing understanding and compassion for one another.

The way you decide to feel each day with all of the many things that you face will determine how life will flow for you.

Your attitude has tremendous bearing on what will present itself before you, on the opportunities that will come, and on what you will learn.

In reality, you attract much of what you see before you because of what you believe you can have in your life.

### **Your Focus Determines Reality**

The choice is there each new day, to feel good or to feel bad about the things that are going on in your life. There are almost always both good and not-so-good things happening at any given time. What you choose to focus on is a big factor in the happiness equation.

Sometimes people put too much focus on the past. If you choose to focus your mind on a negative event from your past and re-experience those emotions, you can actually create a trapped emotion about that event, even long after it has happened.

### **The Law of Attraction**

Your subconscious mind can have a very great effect on the outcomes that you are trying to achieve in your life. Trapped emotions work their negative influence on you in large part through the mechanism of your subconscious mind. You may be trying your best to think positively and see the glass as half-full, while your subconscious trapped emotions are betraying you by constantly radiating their own particular negative thought-frequencies into the universe.

The more trapped emotions you have, the more negative thought-energy they are radiating, and the more difficult it will be to attract what you really want.

The good news is that trapped emotions can be released. When you make a habit of using the Emotion Code regularly, you will be able to avoid the damage that occurs on a subconscious level of thinking and feeling because you will be changing your thought-frequencies.

When you free yourself of negative trapped emotions, you will find it easier to choose the positive emotions that will help you to attract what you really want in your life.

### **You Choose Your Emotions**

Have you ever made a statement like, “My husband makes me so mad ...” or “That made me so depressed ...” or “That put me in such a bad mood”? Statements like these are very common. If you listen to yourself more closely you might catch yourself saying something similar. If you stop and think about statements like these, you will realize they’re quite ridiculous. The fact is that nobody can make you feel any emotion that you don’t choose to feel. You simply let the emotions pass through you.

### **Positive Emotions List**

Acceptance	Delight	Hope
Ambitiousness	Diligence	Humility
Anticipation	Elation	Interested
Awe	Empathy	Joy
Benevolence	Excitement	Kindness
Calmness	Faith	Love
Charity	Forgiveness	Modesty
Comfort	Friendship	Passion
Contentment	Generosity	Patience
Confidence	Gladness	Peace
Courage	Gratitude	Satisfaction
Curiosity	Happiness	Surprise
Desire	Honor	Willingness

Things that happen to you do not really determine the emotions that you feel. While you may not have conscious control over all of the events that affect your life, you do have the ability to choose how you think, feel, and act. No matter what happens, you ultimately choose the emotions that you feel.

Many of us unwittingly become victim to our emotions at times. You may not believe that you are in control of how you feel. Negative emotions can emerge so quickly that it may appear as if there is not time to choose a different emotion than the natural reactive emotion that just seems to come out of nowhere. If you are late for an appointment, you may automatically feel anxious. If someone treats you rudely, you might automatically feel miffed. When you are insulted or abused, you may immediately feel resentful or angry in response.

If you are like most people, unacceptable things happen from time to time. Unless you take control of your emotions, you will simply react. When you allow yourself to react, your subconscious mind may offer up a negative emotion for you, based upon the emotions you have chosen in similar circumstances in your past.

While you may have always responded in a certain negative way to a given situation, your past negative responses do not have to be the same as your future responses. You have a choice every time you need to deal with or confront something negative. You can choose to react how you have always reacted or you can choose differently. The past does not have to equal the future.

Making a conscious choice instead of allowing old subconscious patterns to run you is choosing to evolve and grow.

### **About Forgiveness**

It is important to realize that letting go of old hurt feelings helps you. You may think that you are justified in holding on to hurt feelings because it punished those that hurt you. In reality, holding on to negative emotions hurts you, not them. They may or may not be aware of how you feel, but the way they feel is entirely up to them. Just because you choose to suffer by holding onto the past doesn't mean they will suffer along with you.

They may have truly done something horrible. It may seem impossible to let it go. This is where you have power to do something meaningful that can be life changing, especially for you.

You can decide to forgive them, thus freeing yourself of all of the negativity associated with the problem.

“To forgive is to set a prisoner free and then discover that the prisoner was you.”

Have a mind to let things go. Forgive. Problems happen so often out of ignorance.

So much human suffering is because we don't know what we do to one another. If only we could understand that what we do to others, we do to ourselves.

Above all, forgive yourself.



### **About Charity**

How can forgiving others and having charity help you to avoid getting trapped emotions?

Charity is love, pure and simple. Unconditional love for our fellow-beings, or better still, unselfish love. It's one of the most important reasons we are here on this earth; to learn to develop this kind of love and to receive love, Divine Love.

When we feel this way towards others, our hearts resonate at the frequency of love, and we experience peace and harmony within.

This frequency doesn't allow room for any of the dark feelings that could create trapped emotions.

Charity helps us to get out of ourselves, to get beyond our own self-centeredness. It helps us to be more interested and understanding of the needs of others. It leads us to sacrifice of our time, service, and

worldly goods to give to another in need. It helps us to become givers and grateful receivers rather than takers. It creates a bond, a kinship, a brotherhood between us. It gives value to us as individuals, and gives us wholeness and a sense of belonging.

When our hearts are filled with charity, we are turned outward, not inward. We find joy in helping to create happiness for others. Our concerns for the welfare of others becomes as great a concern as our own happiness. We therefore create our own happiness by making worthwhile contributions to others and to society. Our hearts enlarge in a spiritual sense, becoming more capable of giving and receiving love, Divine Love should we so desire same.

When our hearts are full of charity, we are much less likely to develop trapped emotions. We are forgiving, patient, and kind. We are in a loving condition, a condition that enables us to help and share healing ways.

Our tendency is to overlook the faults and weaknesses of others, rather than to judge them. A life full of charity is worth striving for and worth living. It is a life of positivity, a life that is high above the sea of negative emotions below.

### **About Integrity**

When we live congruently with what we know to be right and true, we have integrity. Integrity is a virtue, an inner strength, an honesty with one's self. Integrity drives people to be their best selves.

Generally, the more integrity we have, the less likely it is that we will develop trapped emotions because the soul is not divided, but is whole. There is no tearing of the heart, no conflict within.

When a person chooses to live in integrity, he is at peace with his own heart and mind.

When he continues on this path, integrity grows, confidence strengthens and positivity increases. A person living this way has little room for negative emotions that might become trapped.

Trapped emotions can contribute to illness and can prevent us from living the life we could be living. It is a sacred calling to help those who are suffering, not only because of themselves, but also because the ripple effects of their life, lived fully, can spread out through time and space to eternity.

### **About Prayer**

In case you are not sure or are unsettled as to how to pray, or what format you might follow, Dr Nelson shares with you what has worked for him:

“Start by simply addressing God, usually by say, ‘Heavenly Father’ should you believe He is your father.

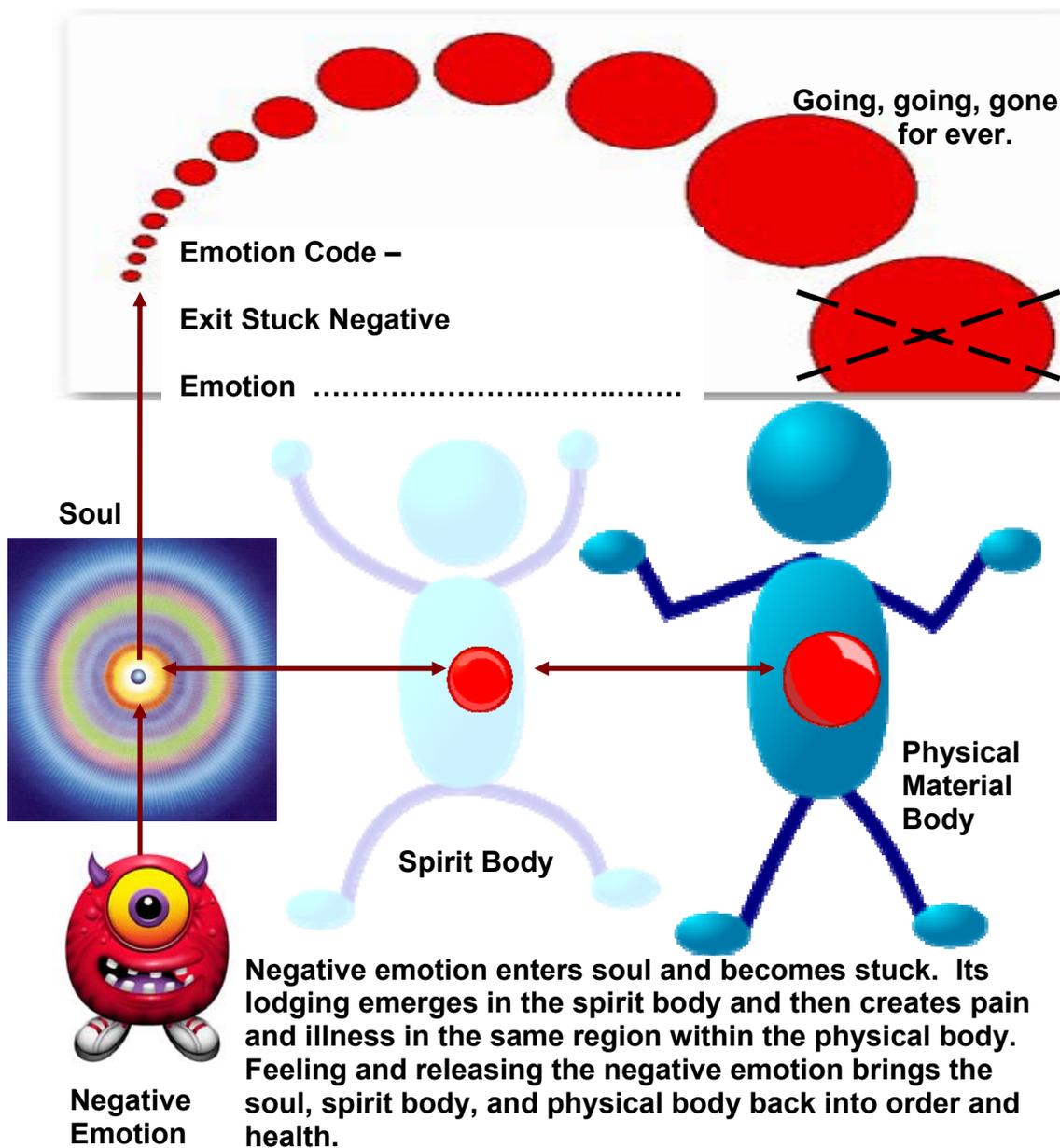
Next thank Him for the opportunity of having to help the person you are trying to help.

Then, ask Him for His help to do this, and for His insight and guidance.

Lastly, close with Amen. The word Amen simply means, ‘so be it’.”

God bless you on your journey to getting well yourself. I hope that you will help many others along your way. I know that you can.

Dr Bradley Nelson



## The Emotion Code – Definitions of Emotions

by Dr. Bradley Nelson

*The list of emotions that follows encompasses the range of human emotion. There are many more emotions in the dictionary besides the ones listed here, but we choose to use a simplified list to keep things easy and quick. You do not need to add to this list every emotion that can be experienced will fall under an emotion listed below (e.g. Embarrassment would fall under Humiliation, Bewildered would fall under Confusion, etc.)*

**Abandonment:** *Physical abandonment* is being left alone; left behind or deserted (this is the type of abandonment that we most often see in childhood). *Emotional abandonment* is being given up on; withdrew from; emotionally deserted or separated from; a feeling of being “left behind” in a non-physical form.

**Anger:** A strong displeasure and belligerence aroused by a real or supposed wrong; wrath. Anger is often used as a cover-up or form of denial for emotions of hurt or fear.

**Anxiety:** A generalized feeling of uneasiness and foreboding; a fear of the unknown; fear without a subject (e.g. she feels anxious and fearful all the time for no apparent reason).

**Betrayal:** *Betrayed* is to have your trust broken, to be deserted or hurt by a trusted one. *Betrayal of another* is to be unfaithful in guarding or fulfilling a trust; to be disloyal or violate a confidence, to desert someone who trusts you. *Betrayal of the self* is to break integrity; act against one’s morals, to abuse the body or soul.

**Bitterness:** A harsh, disagreeable or cynical attitude. Being angry or resentful because of hurtful or unfair experiences.

**Blaming:** *Being Blamed* is to be held responsible; accused; or held guilty for something. *Blaming another* is to hold responsible; accuse; find fault with. Putting responsibility on someone or something else to avoid taking responsibility. This is a key emotion in creating a victim mentality and can cause a deterioration of personal power. *Blaming the self* is finding fault with oneself, which can lead to feelings of self-abuse, depression, etc.

**Conflict:** *Internal Conflict* is a mental and emotional struggle within the self, arising from opposing demands or impulses. (e.g. He was feeling conflicted about whether or not to take the new job) *External Conflict* is to fight; to disagree or be disagreeable; to struggle or battle against; to antagonize. Prolonged strife or struggle. (e.g. She and her ex-husband experience continual conflict about custody of their children).

**Confusion:** A disoriented feeling; foggy thinking; chaos; lack of distinctness or clearness; perplexity; bewilderment; a disturbed mental state.

**Creative Insecurity:** Feeling unsafe or untrusting the self about the creation or development of anything- relationships, family, health, money, career and/or artistic endeavours. A feeling of insecurity that arises and blocks the creative process. (e.g. writer’s block).

**Crying:** The (often) involuntary act of expressing a strong emotion; a response to pain or suffering (emotional or physical). A response to or expression of helplessness. A physical sensation felt in the throat, chest and/or diaphragm. Often becomes trapped when one does not allow him/herself to cry (i.e. suppressing this reaction or stuffing it down).

**Defensiveness:** A state of resisting attack or protecting oneself; being sensitive to the threat of criticism or injury to one's ego; being on guard against real or imagined threats to one's person, physical and/or emotional.

**Depression:** A state of being sad, gloomy, low in spirits, dejected. Often a secondary emotion caused by “anger turned inward” at the self and feelings of shame and guilt, etc.

**Despair:** A complete loss of hope; misery; difficult or unable to be helped or comforted.

**Discouragement:** Feeling a lack of courage, hope or confidence; disheartened, dispirited. Losing the nerve to try or attempt something.

**Disgust:** A feeling of loathing; when good taste or moral sense is offended; a strong aversion. (e.g. She felt disgusted when the killer was acquitted).

**Dread:** Fear of something that is about to happen; apprehension as to something in the future, usually real but sometimes unknown. (e.g. He dreaded going to the high school reunion and facing the bullies who had tormented him).

**Effort Un-received:** When one's work, achievement, attempts or endeavours are not accepted or recognized; when one's best effort is not considered good enough; a feeling of being unappreciated. Not feeling approved of or validated.

**Failure:** When one falls short of success or achievement in something expected, attempted, or desired; (e.g. The failure of a marriage or other relationship, being fired, bankruptcy, performing poorly in athletics, art, academics, etc.).

**Fear:** A strongly distressing emotion aroused by impending danger, evil or pain; the threat may be real or imagined.

**Forlorn:** Miserable; sad and lonely by reason of abandonment, desolation or emptiness; hopeless; forsaken.

**Frustration:** Exasperation; being stuck or unable to progress; feeling blocked from causing a change or achieving an objective or goal.

**Grief:** Intense emotional suffering caused by loss, disaster, misfortune, etc.; an acute sorrow and deep sadness. A universal reaction to bereavement. Also can be feeling harassed, vexed or exasperated (e.g. if someone gives you grief).

**Guilt:** The feeling of having done wrong or committed an offence. Feeling responsible for the harmful actions of another (e.g., abuse, parents' divorce, death, etc.) Often accompanied by feelings of depression, shame and self-abuse.

**Hatred:** To loathe; despise; great dislike or aversion. Often comes as a result of “hurt love”. Often hatred is of a situation rather than a person (e.g. hatred of another’s behaviour, unjust circumstances, etc.) Self-hatred creates destructive behaviours and illnesses.

**Heartache:** Anguish and pain of the heart; distress usually as a result of difficulty or sadness in a relationship. Felt as a crushing or burning physical sensation in the chest.

**Helplessness:** Being unable to help oneself; being without the aid or protection of another. Having little strength or personal power. A common emotion for those suffering from a “victim mentality”. Feeling unable to change one’s circumstances or state.

**Hopelessness:** Devoid of hope; having no expectation of good; having no remedy or cure; no prospect of change or improvement.

**Horror:** A strong emotion of alarm, disgust, or outrage caused by something frightful or shocking (e.g. an event of extreme violence, cruelty, or macabre.)

**Humiliation:** A painful loss of pride, dignity or self-respect; to feel mortified; embarrassed.

**Indecisiveness:** An inability to make a decision; wavering back and forth between one choice or another. Stems from distrust of the self or doubting the ability to make a good decision.

**Insecurity:** A lack of confidence; self-conscious; shy. Feeling unsafe from danger or ridicule.

**Jealousy:** Resentful and envious of someone's success, achievements, or advantages. Having suspicious fears; fears of rivalry or unfaithfulness. Results from a fear of not being loved and/or from insecurity.

**Lack of Control:** Lacking restraint or direction; unable to regulate or command; a feeling that someone or something else determines your course.

**Longing:** To have a strong desire or craving; a yearning or pining; aching for; to miss someone or something; to want something you do not have (e.g. She longed for a different life).

**Lost:** Unable to see the correct or acceptable course; having no direction. *Physically lost* most often shows up from childhood- (e.g. being lost in the woods and can’t find the way home, etc.) *Emotionally lost* refers to a feeling of being unable to see what the right decision or direction, being unable to find emotional stability (e.g. He felt lost after his wife died; She hasn’t done anything with her life, she seems really lost.)

**Love Unreceived:** A feeling that love expressed is or has been rejected. Feeling unwanted, not cared for; not accepted; a lack of love where it is desired.

**Low Self-Esteem:** A low appraisal of one's own worth or value; feeling and focusing on one's flaws; holding a feeling of disrespect for the self; not confident; lack of self-love.

**Lust:** Intense sexual desire or appetite; an overwhelming want or craving (e.g., lust for power); passion; to covet.

**Nervousness:** Unnaturally or acutely uneasy or apprehensive; fearful; timid; to feel jumpy or on edge.

**Overjoy:** Intense delight or elation which is too overpowering for the body; joy that it is a shock to the system.

**Overwhelm:** To be overpowered in mind or emotion; extreme stress; feeling overpowered with superior force; feeling excessively burdened.

**Panic:** A sudden, overwhelming fear that produces hysterical behaviour, unreasonably fearful thoughts or physical symptoms such as trembling and hyperventilation; a strong feeling of impending doom.

**Peeved:** Irritated; annoyed; exasperated; irked; aggravated; ticked off.

**Pride:** An overly high esteeming of oneself for some real or imagined merit or superiority; vanity (an excessive desire to be noticed, praised, or approved); feeling better than others; haughty; non-teachable; has to be right; expects more credit than earned; or treats others with disdain or contempt. Having a healthy amount of pride (self-respect or self-esteem) is a good thing, and this type of pride usually doesn't show up as a trapped emotion (although it may show up if one's healthy pride is injured).

**Rejection:** Feeling denied, refused or rebuffed; discarded as useless or unimportant; cast out; unwanted; forsaken.

**Resentment:** A feeling of displeasure or indignation at someone or something regarded as the cause of injury or insult; bitter for having been treated unfairly; unwilling to forgive. Often this emotion comes along with animosity (ill-will that displays itself in action, strong hostility or antagonism).

**Sadness:** Unhappy; sorrowful; mournful; affected by grief.

**Self-Abuse:** *Abusing the self emotionally* includes negative self-talk (e.g. "I'm such an idiot."), blaming the self, etc. *Abusing the self physically* includes mistreating the body by use of addictive substances; to not care for the body by lack of sleep, proper diet or nutrition; to work beyond what one can or should endure; to punish or tax oneself excessively. This abuse may help atone for "sins", real or imagined, and usually is driven by anger. Illnesses can be forms of self-abuse (e.g., "I don't deserve to be healed.")

**Shame:** A feeling of being wrong, defective or disreputable. The painful feeling of having done or experienced something dishonourable, improper or foolish; disgrace; humiliation; a cause for regret. The lowest vibration of all the emotions. Leads to guilt, depression and even suicide.

**Shock:** A sudden or violent disturbance of the emotions or sensibilities; extreme surprise; to feel traumatized or stunned.

**Sorrow:** A sad regret; distress caused by loss, disappointment or grief; to feel or express grief, unhappiness, or sadness.

**Stubbornness:** Being difficult; un-bendable; unable or unwilling to forgive; obstinate; headstrong; resistant.

**Taken for Granted:** Feels treated with careless indifference; not given thanks or for something accomplished, similar to ignored.

**Terror:** Intense, sharp, overmastering fear; extreme fright; alarm.

**Unsupported:** A lack of support, help or encouragement; not provided for by another; not defended when help is needed; feeling the burden is too heavy to bear alone, etc.

**Unworthy:** Not good enough; beneath the dignity of; not commendable or credible; undeserving; not valuable or suitable; unbecoming.

**Vulnerability:** Feeling susceptible to harm, either emotional or physical; unsafe; unstable.

**Wishy Washy:** Weak, spiritless; undecided irresolute; without strength of character. To lack conviction; without a backbone.

**Worry:** Dwelling on difficulty or troubles; unease or anxiety about a situation or a person; extreme concern over potential problems; concern about a loved one in possible distress.

**Worthless:** Of no importance or value; without excellence of character, quality or esteem; serving no purpose.

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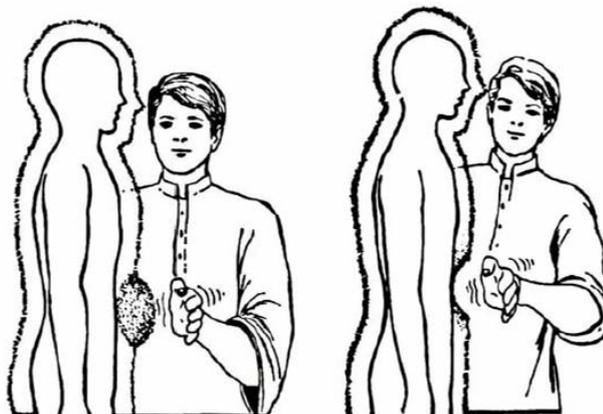
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The power of The Body Code System lies in its simplicity. It lets you tap into the limitless resources and wisdom of the Subconscious Mind to answer any health question or concern you may have. It does this through simple muscle testing that is guided by the comprehensive Body Code Mind Maps.

**Can be used by anyone, no matter what level of experience you have with the healing arts.**

In fact, most people are shocked how easy it is to follow the step-by-step instructions in the Body Code System....and then they are stunned by the results. The entire system was created from the ground up to be used by anyone, without any previous training or experience. Plus, it can be easily used over long distances with proxy testing.

**Is the most advanced and in-depth self-study energy system and course ever created.**

The Body Code System includes much more than just the mind maps. You will learn fascinating facts and techniques that you have never been exposed to before. Even the most experienced holistic practitioners will learn more than they ever thought possible about the unlimited power of energy healing.

*Ready to get started as a powerful and gifted energy healer?*

**Order the entire Body Code System today!**

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

Click the button below to see your payment options.





**MagCreator Magnet by Nikken**  
- used to free trapped emotions



**MagBoy Magnet by Nikken**  
- used to free trapped emotions

Nikken is arguably the foremost wellness technology company in the world, and it was their magnetic products that have changed my life and the lives of so many others. This page is dedicated to Nikken, and I will be including my Nikken lectures here, as well as links to purchase Nikken products, etc.

As you are probably aware, we use magnets in the book “The Emotion Code” to release trapped emotions and balance the body. It is my experience that a variety of different magnets can be used, but I have listed my personal favourites on this page.

In my (Dr Nelson) experience, any of these will work, and you may already have one of these in your home. Let me explain a little more about these 5 devices and their relative costs, as well as how you might obtain one of them. Bearing in mind that ALL these devices will work, I have listed them here for you. If you are serious about using the Emotion Code for very long, I highly recommend the Nikken magnets.

Nikken is an international company that was founded in 1975 in Japan. They have done a tremendous amount of research in this field, and really know how to make wonderful magnets that I have come to rely on for healing. They have a whole stable of magnetic products, including some of the most advanced magnetic devices available. In the interest of full-disclosure, I am a Nikken Wellness Consultant.

If you are interested in purchasing the Nikken Magnets you have several options.

1. You can buy them at full retail (from Nikken)
2. For roughly \$45+tax, you can become Nikken “Wellness Consultant,” giving you the ability to pay wholesale for any of the Nikken Products, and allowing you to make money by selling these products as well. There is no monthly obligation to this, but there is an annual renewal fee of around \$19.50. In addition, for your \$45 fee, you will receive 10 Nikken Power Patches\*, small magnets that can be placed anywhere for relief of discomfort. You may become a ‘Member’ of Nikken for \$12.95, which also allows you to purchase products at a 15% discount, similar to joining a wholesale discount club, but this does not allow you to retail their products. To become a Nikken consultant or member and buy Nikken products at wholesale (in the United States).



## The MagCreator by Nikken

MagCreator

[Click Here to Order at Full Retail from Nikken \(\\$190\)](#)

[Click Here to Enroll and Buy Wholesale from Nikken \(\\$152\)](#)

## MagBoy by Nikken



Magboy and now MagDuo

[Click Here to Order at Full Retail from Nikken \(\\$75\)](#)

[Click Here to Enroll and Buy Wholesale from Nikken \(\\$55\)](#)

Watch the video below for a short explanation of how to use the Magboy

## Biaxial PowerMag by Nikken



Biaxial Powermag

[Click Here to Order at Full Retail from Nikken \(\\$274\)](#)

[Click Here to Enroll and Buy Wholesale \(\\$219\)](#)

## Any Nikken Magnet, Flexpad to Mini



Nikken Magnetic Pads

[Click Here to Order at Full Retail from Nikken](#)

[Click Here to Enroll and Buy Wholesale from Nikken](#)

## Magnetic Chart

Head of Small Headline	Focus Lost (Unreliable)	Insecurity (Oversy Vulnerability)
Row 2 (Open or Strench)	Anxiety (Doubt) (Insecurity)	Failure (Helplessness) (Lack of Control) (Low Self-Esteem)
Row 3 (Lack of Color)	Chronic (Disorganization) (Headaches) (Sickness) (Stress)	Confusion (Deliberateness) (Self-Denial) (Inability)
Row 4 (Lack of Self-Respect)	Anger (Resentment) (Guilt) (Resentment)	Depression (Inaction) (Involvement) (Pain) (Tired) (Unstable)
Row 5 (Lack of Health)	Worry (Dread) (Fear) (Anxiety) (Panic)	Conflict (Creative Insecurity) (Temptation) (Wishy-Washy)
Row 6	Humiliation (Jealousy)	Pride (Envy)

Pocket Magnetic Chart

This magnetic chart has a list of emotions printed on the front side for super convenient use. Made with a very flexible and thin magnet, this chart is laminated front and back for long life. (3" x 5" \$11.97)

Thanks for your call earlier today and your interest in the Nikken MagBoy and MagCreator. I'll do my best to share some 'light' to your enquiries.

### **NIKKEN MagCreator and MagBoy health contraindications:**

- Firstly, Nikken sets out two 'contraindications' for using the magnetic technologies and one of them is pacemaker: Nikken states – *'Any person using an electronic pacemaker....., should not use these products'*. Guidelines to people with pacemakers is to check with your doctor and find out if your pacemaker is affected by a magnetic field.
- The other contraindication Nikken puts out, is first trimester of pregnancy. Why? More precaution than anything else, really – the products will not be harmful in any way, during this time and it is the most vulnerable time of pregnancy and the time when most miscarriages happens.
- As you probably already know, by spinning the MagBoy and the MagCreator, the magnetic field from the products radiates out and travels through tissue. So, if you spin the MagBoy in front of your chest, the magnetic field will permeate right through your body and work on all the tissues and organs, including your heart.
- The strength of the Magnetic field in the **MagBoy is 1,000 Gauss** and the **MagCreator 700 Gauss**

### **MEDTRONIC'S technical support response to use of MagCreator and MagBoy when with Medtronic's Pacemaker:**

From: "Reed, Vanessa" <[vanessa.j.reed@medtronic.com](mailto:vanessa.j.reed@medtronic.com)>  
 Sent: Thursday, January 12, 2012 4:18 PM  
 Subject: Nikken Magnets & Medtronic Pacemaker

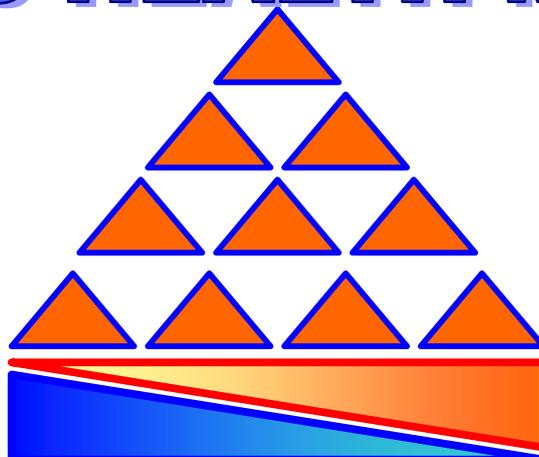
Technical support have advised that the product is contraindicated with your device – pacemaker.

**Therapeutic magnets can be used if they are 15cm from the device but this is pretty difficult when you have a therapy that is being rolled down the spine. On top of this, a pacemaker can enter magnet mode with a magnetic field strength of 10 Gauss so given the potential proximity to the device and the high field strength I would strongly recommend that the patient refrain from using this product.**

Technical support from Medtronic.

**REIKI SOLUTION: Reiki practitioners are successful in using their magical hands in the place of magnets in the Emotion Code process. Those with pacemakers may consider this option.**

# PASCAS HEALTH MATRIX



**ALLOPATHY  
MEDICINE**

**COMPLEMENTARY  
THERAPY**

**FRIEND / PATIENT / CLIENT in conjunction with FEELING HEALING  
MEDICAL HOLISTIC DIAGNOSTIC TECHNICIAN**

## **PROFESSIONAL MEDICAL TEAMS**

**Neurosurgery  
Ears, Nose & Throat – ENT  
Urology  
Orthopaedic  
Trauma Surgery  
Gynaecology  
In-Vitro Fertilisation – IVF  
General Surgery  
Ophthalmic Surgery  
Dental & Faciomaxillary Surgeons  
Cardio Thoracic  
Oncology – Cancer  
Cardiology  
Radiotherapy  
Medical Services**

## **COMPLEMENTARY THERAPY FIELDS**

**Complete Therapeutic Systems  
Oriental Diagnosis  
Western Diagnosis  
Iridology  
Naturopathy  
Breathing  
Hydrotherapy  
Food & Diet  
Oriental Systems  
Chinese Herbalism  
Japanese Medicine  
Ayurveda  
Tibetan Medicine  
Traditional Arabic Medicine  
Shamanism**

**Imaging – X-ray – Ultrasound – CAT scan – MRI  
Pathology  
Streamer – Case Manager**

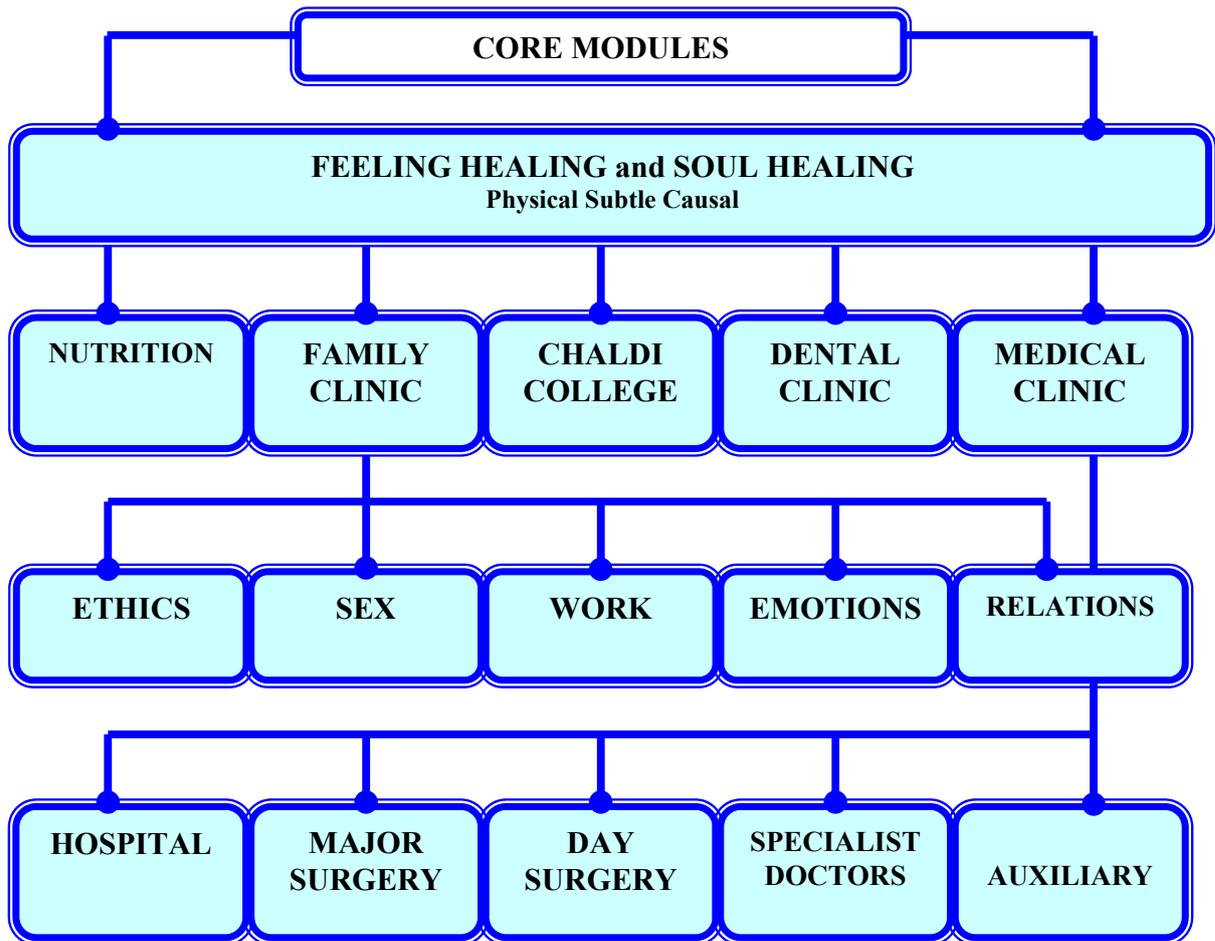


**Streamer's Meeting**



# PASCAS CARE

## Life Practice Matrix - Feelings First



### **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.

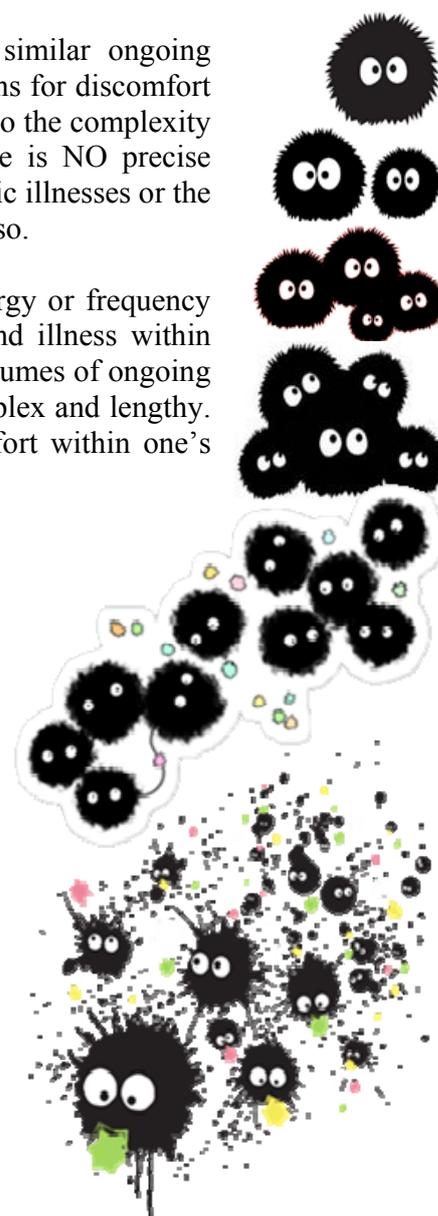
The core emotional injuries grow and grow through relatively similar ongoing emotional patterns of parents and carers, thus creating the foundations for discomfort and subsequent illness within a child, and later on in their life. Due to the complexity and intertwining of the natures of those influencing 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 mansion crying 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.

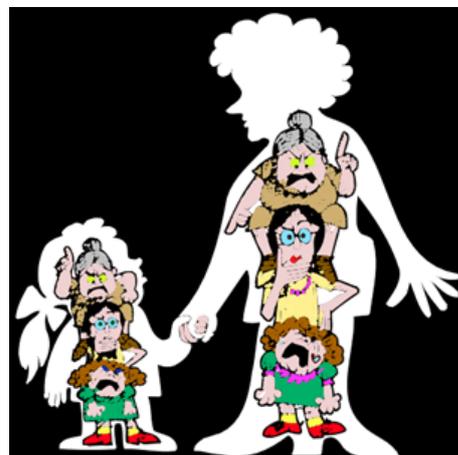
Our pain is to make us slow down, to pay closer attention to what we really are feeling. It comes about to stop us running away from the hidden truth of it, that which relates to our relationship with our parents and how they treated us, causing us such pain. All our pain (pain on all levels, including 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.



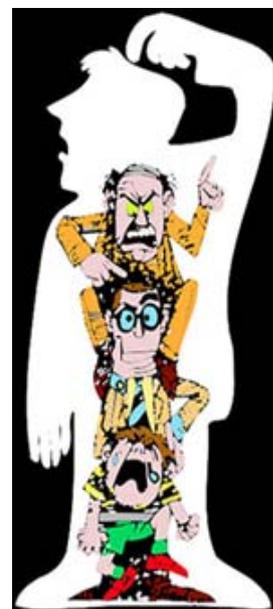
So in doing our Healing, we try to put off rushing to the doctor or seeking immediate help to remove even the slightest pain, choosing to instead put off such visits or taking pills whilst trying to express and seek the truth of such pain. However when it drives you to seek help, of course you do whatever 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?



Ridiculing a child



Touching a child in a way that makes the child feel confused, unsafe or uncomfortable



Making fun of a child



Disregarding a child's health needs



Pressuring a child to meet adult's needs and expectations



Employing a child to work in your house



Tricking a child



Not allowing a child to attend school



Ignoring a child's emotional well-being



Forcing a child to touch you



Beating a child



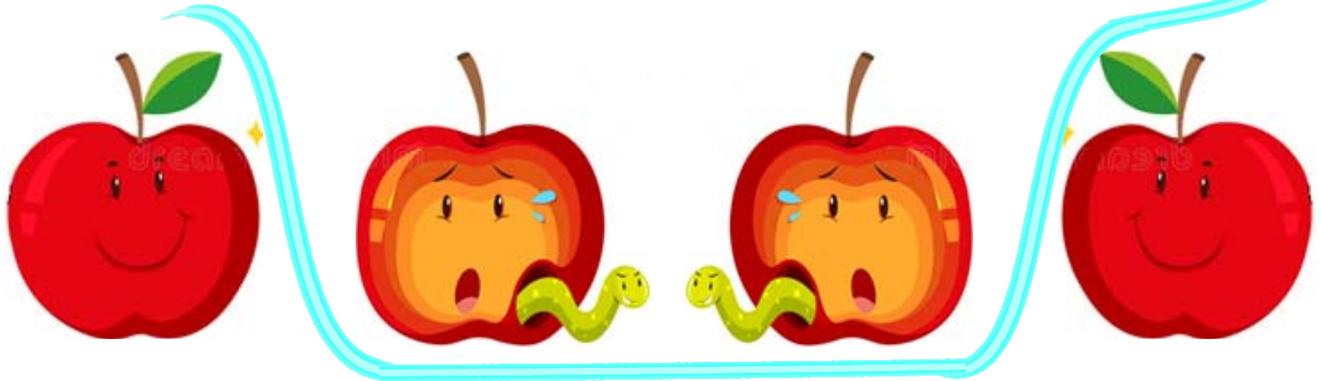
Hitting and humiliating a child

**CHILDHOOD  
TRAUMA**





# 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.**

MESSAGE from JUDAS:

<http://new-birth.net/contemporary/hr67.htm>

“Judas of Keriath”

[www.lulu.com/product/hardcover/judas-of-kerioth/18872023](http://www.lulu.com/product/hardcover/judas-of-kerioth/18872023)



Now, the question is, if so many extremely diverse "messages" may come to us, do we live flooded by external ideas? For example, if good and bad spirits surround us, and some tell us to help another person, and others suggest that we should leave that person alone, don't we live in a permanent conflict?

No. Here is where spirituality enters. We could simplify by saying that spirituality is the level of tuning we have to the external, invisible world.

We are like radio receivers, and therefore, we can filter frequencies that come to us, and we may tune in exactly to what we want to become tuned to.

What I have said entails two important consequences:

Firstly, when we ignore this principle, we are adrift in a spiritual sense, that is to say, we don't tune in consciously, but we allow momentary desires to determine our tuning, for good or for evil.

Secondly, when we are not able to maintain a constant and continuous level of high spirituality, we also run the risk of entering into contact with beings, with who we don't want to be in contact with.

Now, the best advice one may give is constant prayer. We know that prayer elevates our spirituality, and if we are able to fill our days with prayers, we are the winners. The conventional prayers, the senseless recitation of preconceived formulas, has always bothered you, but in the last years you have learned that prayer is really something pleasant, full of happiness, something you are already enjoying. And so it should be.

## *Only Three Things Needed*

A L O N G I N G for GOD'S LOVE to ENTER YOU

A L O N G I N G for GOD'S TRUTH to ENTER YOU

H U M I L I T Y

Humility is the passionate desire to experience fully

ALL of your own emotions,

without blame, judgement or condemnation

**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'.

**The RICHARD's MESSAGES:    via James Reid    Extracts:**

Celestial Spirit Richard 30 July 2012

Humans are created as expressers of emotion and repressing this expression damages the physical structure and impacts upon the soul. Knowing this greatly increases your own capacity to deal with the so-called negative issues in your lives.

The physical effects of emotional suppression are recognisable and are often quite gross. Nonetheless, they are the result of subtle energies applied often and for long periods. As such they can also be reversed by subtle energies. **The processes of healing by using subtle energy and by emotional release work are, as yet, quite poorly understood.** The repression of emotion is deeply entrenched in most cultures on Earth and the attendant problems are therefore widespread.

The prime issue as you progress, whatever your chosen pathway, is Faith. This is the essential factor. I say 'factor' but Faith is not a factor, it is the essence. As your level of faith increases so too does your capacity to accept and follow your ever-present guidance.

Increasing faith also leads to increasing sensitivity to your own inner processes so that you will be more aware of your own contribution to any situation in which you find yourself. This enables you to focus on your personal connection with God which places you in the best possible position to deal with whatever you face. Every person carries varying degrees of repression which is producing automatic and unreasoning responses to life situations. Recognising such situations leads you to awareness of underlying emotions. These are not dealt with intellectually but need to be accepted as facts of your own life. These are not issues from which to hide for this is impossible anyway however much you might desire this.

In all of your life wherever you might be incarnate or spirit existence you will always deal with what exists at any moment. There is no evasion and no possibility of denial as you progress. Denial is an ineffective process that prevents progress.

Prayer is an essential part of living. Prayer is a very powerful way of involving yourself with whatever it is that concerns you in your life. Many attempt to see prayer as a way of handing responsibility over to our Father. Prayer gives you the strength to deal with the issues that truly exist. That is, it enables you to move within yourself with Faith to accept and deal with what exists. You can always have faith that there is a resolution to whatever problem exists. More often than not, people are attempting to deal with what appears to be or is judged to be a more 'desirable' problem. Your own judgment of the 'evilness' of a problem you might have or think you have will often powerfully prevent you from dealing with the problem that exists. What exists, exists. So be it. One can only deal with what exists and never with some more palatable alternative. Self-judgment is rarely accurate.

Loving and caring acceptance of yourself, and all that you do, without negative judgment is a most powerful quality to develop. As you do this you will begin to see yourself as we do. It is our capacity to do this that allows us to guide you truly and your present lack of this capacity that leads you astray.

With all limiting personal issues, create a desire to accept that these exist and pray for assistance to heal them. It is your sincere desire to progress beyond limitation that will lead to the resolution of these problems. This is more certain than processes which may serve to focus you on your pain and limitation

to the detriment of your growth and progress. The approach of acceptance and prayer will save you from much pain. The demand to know the origin of the limitation can be very restrictive.

Celestial Spirit Richard 14 August 2012

We (spirits from with Celestial Realms) are working constantly to reveal methods of healing to mankind and will seize opportunities when they present.

Many people today have a degree of acceptance of the fact that all material forms are actually energy structures and that the energetic base of the apparently solid forms is fully mutable. Having this acceptance is a beginning but you are deeply steeped in the beliefs of solidity that have become knowledge. This is not surprising as you have all lived with this for a long time. Dramatic changes in apparently fixed structures or systems are perceived as miracles. Learning to live comfortably with the reality of the invisible takes time and adjusting. More than anything it takes faith and desire to do so.

You have lived your life so far feeling the need to use effort to achieve all that you desire. This has caused you to create much strain and stress in your body with the consequences that you now feel. Your physical structure in common with all physical structures is formed on a basis of **subtle energy** and has a capacity to change that is not limited by age. The irreversibility so called degenerative and aging changes is a belief and not a fact. You can always be your own experimental laboratory.

Look at the methods developed by others and learn from them without being limited by them. Information from us is flowing to many channels and is available to all. That many are commercialising this information is probably inevitable given the very commercial climate of humanity but we don't encourage this. The only advantage of this that we see is when it leads to the dissemination of the information.

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

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

<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.

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

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

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

**October 11, 1917** – George Whitefield

**Book of Truths**

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

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

**July 9, 1917** – Jesus

**Book of Truths**

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

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

**MUSINGS by JOHN:**

Thursday, 28 September, 2017

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

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

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

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

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

Cheers John

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

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

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

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

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

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

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

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

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

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

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

Yours respectfully,  
Dr. David Hawkins

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

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

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

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

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

### **CONCLUSION:**

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

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

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

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

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

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

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

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

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

**in conjunction with**

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

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



**FEELING HEALING versus other EMOTIONAL PROCESSING METHODS:**

Thursday, 13 July 2017

Hi James and Nanna Beth (questions from John)

The question to address is:

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

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

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

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

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

And basically no one understands the absolute depth of the problem within themselves, which is only borne out by people and spirits doing their whole Healing. Much of the current psychological understanding falls well short of understanding the depths that are involved because they don't include the overall problems brought about by the Rebellion and Default. You have to understand you are rebelling against yourself: the truth of yourself, and so against your own soul; which is then the truth of God, so the Mother and Father; and that also includes the truth of Mary and Jesus. So at some point you have to rectify all those relationships, which you can't do unless you understand the bigger spiritual picture. And so that's what James has revealed, taking all Marion has said, all the books offer, adding his own stuff, and putting it all together as a way of life, a spirituality that can be lived, and one 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 to help one see such truth of one's pain and suffering are of any worth. And unless you uncover the whole truth of yourself, you'll never set yourself free of your rebellion and default, of all your soul pain. And the truth means to see the whole truth of why you feel unloved, how unloving your early relationships were, why you don't love yourself, why you are unloving, why you are evil and wrong, which basically no one wants to face.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

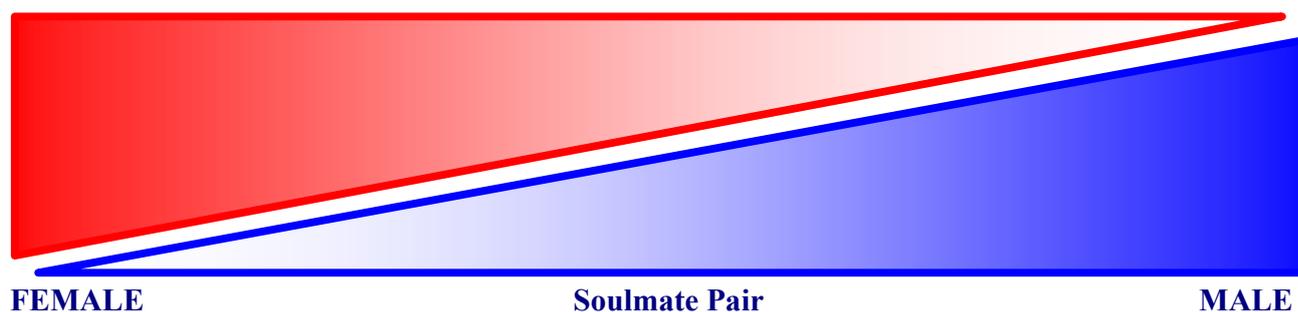
Then consider the Padgett Messages, and then The Urantia Book.

Love from us all over here – your Nanna Beth.

**Feelings first**

**LIVE FEELINGS FIRST**

**The EXTREMES of EMOTIONAL INJURY and SOUL SUPPRESSION:**



At the extreme ends of Childhood Repression, a soulmate pair will be the first to heal themselves, having experienced their parents and close family members impose upon them forms of childhood suppression that collectively represent all possible extremes of experiences that we can have. Thus, when their Spirits of Truth are released, then all of humanity will be able to draw upon these for assistance and guidance as to how to liberate one's own soul from their own personal repression. This is the gift that this soulmate pair is to provide humanity with.

As the female is closer to her feelings, it is the female that will lead and assist the male in their Feeling Healing process, while progressing with her own. The male cannot do this on his own, only the female is capable due to her closeness to her feelings. However, to complete her own progression, the female requires the support and participation of the male. It is now time that we recognise that it is the woman that is our spiritual leader.

Our truth loving soul based feelings are to be brought into dominance with our minds only to support our soul based feelings. It is how we are brought up by our parents that we erroneously accept that our minds are all powerful; however they are greatly flawed and self-centred. Embracing one's own feelings is embracing the way of living that our Mother and Father desire for us to express and engage in. We are to fully express our God given personality through our feelings, not our mind based man-made impressions.

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.

**TRUTH LOVING SOUL V ERROR INFLICTED MIND**



### **FEELING HEALING and SOUL HEALING:**

The soul is that indefinable part of yourself. It's that part you can sense, soul-perceive within you, but you don't actually know where. And it's not centred in nor is it part of the mind as some people think. Your soul is separate to all of yourself, that is all the parts or attributes of your personality that are being expressed continuously by it in Creation. Separate and yet inextricably linked to you by light.



Our soul contains the pattern of all we are, all we have been and all we'll ever be. Nothing enters it or leaves it save for light and the Divine Love of God, which is also a Light. Soul-light comes forth from the soul in accordance with its pattern, this light interacting with Creational light on the will level first then moving outward expressing all the aspects of yourself – your personality you need to live life with. As you express yourself, and that's every part of yourself, all physical, spiritual and all in between, so you are generating an experiential light, which then goes back into your soul via your will, which in turn then causes your soul to express the next part of its pattern, and so it goes, as you're evolved into being by your soul.



Our soul absorbs the environment around it, commencing from conception. Thus our pristine soul becomes progressively contaminated by the injuries and erroneous beliefs of its parents. The harm becomes most apparent during our later forming years, that is, during our adolescence.

Should we become aware of feeling our childhood injuries and begin healing ourselves, we can slowly remove the encrustments from our soul, such encrustments stifling our real personality. Thus we can start to revitalise our personality and allow our real self, our soul to blossom and dominate our humanness. Our parents, unknowingly, stifle and suffocate our will, our capability to express one's self.



Feeling healing is the pathway to begin to live fully expressing one's true personality. This can be a slow painful process of revisiting the truth of the unloving environment that actually prevails during our childhood years.

By fully embracing our memories of injuries we endured and also expressing these to our soul Parents whilst longing for, asking for and receiving the Divine Love, we will reinvigorate our soul's potential to truly love and experience life to its full potential, with one's soul growing in truth.





**JAMES** PADGETT MONCRIEF **REVELATIONS** 1 Commenced 1914  
2 Completed 2014

**REVELATION 1** Divine Love addresses the issues of the Rebellion.

**REVELATION 2** Feeling Healing addresses the issues of the Default.

These two 'headlines' came about from Mother's comments through James. Thursday, 29 June 2017

We are to recognise the degree of the impact that the Default has had on the way humanity lives. That is, it is suggested that the way we remodel our children to become clones of ourselves, the way we suppress their true selves, and cause them to capitulate to be our 'little me's' is a result of the way life emerged directly from the Default some 38,000 years ago.

Whereas the Rebellion, of 200,000 years ago, was the rejection of the Mother and Father as well as our Spiritual parents, Mary and Jesus.

Thus two distinctly catastrophic events.

We need these two events put into perspective, if you please. We need to bring these two separate events into a clear comprehensive way of understanding so that the relevance is clearly understood.

This enables the two revelations to stand out, and as to why one had to follow the other distinctly.

Nanna Beth: The Rebellion, John, is against the Mother and Father, against Their Love, and Their Truth. It is the rejection of Them, saying: there is no God. It's denying the Personalities that God is. It's rejecting and denying personality interaction, which is all about love. So it's unloving. And to hide that, to pretend otherwise, means the mind has to be used to corrupt one's feelings. To claim: 'I am God, I am love, I am Truth', means I am the only one and all the rest should fuck off and leave me alone so I can get on with my greatness. It's being totally mind-consumed with yourself, with such arrogance, that really you only see yourself in your narcissism, and nothing else and no one else exists.

The sadness of the Lucifer's relationship (Lucifer and his soulmate) is they didn't love each other truly, only by using their minds to pretend they did. Really they hated each other, being so unloving, and had they been true to that, they would have moved to the absolute opposite ends of Creation, there to be in their own greatness telling themselves all day long how wonderful they were – being self-loving the wrong way through their minds. Which is all really: self-hating.

And so we have relationships in which we hate ourselves because we are untrue and unloving, then we come together contriving love for one another, then believe we love God as well and want to do His Will. It's all false, all wrong, all evil, all unloving. That's what we've got to see. That we are rejecting ourselves, and so each other, and God, in every part of ourselves, in every interaction. Really we should be hitting each other continuously on the head, and hitting ourselves too.

The Rebellion is the rejection of true love. Of Natural love and Divine Love.

The Default simply compounds the issue by focusing it all on the relationships. As in, how we live our rebellion is through the Default. Pre-default, humanity was openly rebellious, it was evolving yet lacked personal focus; then with the Default, humanity was able to take it into all that it's become. So we're all living out the truth of Eve and Adam's rebellion, which equals their default.

To heal the Default in us means we have to see the truth of all our unlovingness in our relationships with ourselves, each other, with nature mostly through our relationship with our pets, how we treat animals for food, and the desecration of the environment, and with our Mother and Father. There are lots to it.

And as we see this, it takes us into dealing with our rebellion. We chose to not be loving when we uncover through our feelings the truth of how unloving we are. We chose to live true to our Natural love and the Divine Love, so true to ourselves and our Mother and Father. And these are not mental decisions, they are feeling ones, you want to go that way because you feel it's right and good for you, which it is. You feel you don't want to be unloving because it's not right and bad for you, it feels bad.

So in the expression and depths of our feelings, and particularly our bad ones, we can feel how being unloving makes us feel, and we slowly want to be the other way. Which can be difficult because we don't know how that other way is, never having been wholly or truly loving; but you long for it, you want it, knowing it's a possibility and reality that can somehow be achieved. So this is really 'willing' it, willing ourselves to be loving, and ending our willing ourselves to be unloving; and our soul and God complies with our will and so gradually changes us from being unloving into being loving.

I think to help you summarise it, you could simply say: **The Rebellion is against love, the Default is all the difficulties we have in our relationships because of our rebellion. Healing the Default is becoming true, to ourselves and in our relationships, and ending our unlovingness – our rejection of love, so ending the Rebellion.**

I hope this helps John, it might be a bit much, however I put myself back in it as I was, so James could relate more to it as it was important for him to make the will-connection in it as he did.

There is a lot to be talked about and truth seen concerning both the Rebellion and Default, with every person and spirit making their contribution to it as they uncover such truth within themselves. So it's for you to take what you will putting it in your own words. So if you still don't understand some aspect, please ask.

James: I want to add here, something Marion was talking about last night. It's true technically that we are evil and bad and hate, that all having been put on us by default – we didn't ask for it. So in that light, it's not right to keep hating and blaming ourselves for being bad when we couldn't / can't help it. All we can do is accept how we are, whilst seeing the truth of it through our feelings. If we don't like all we see, we express those feelings, even though they make us feel bad, but we don't have to endlessly punish ourselves for being as we are because of what other people did to us.

Saturday, 31 March 2018: John: Hi Nanna Beth and company

Mind control in its extreme is demonstrated through various complementary therapy platforms. Examples being: Emotion Code as introduced by Dr Bradley Nelson.

Dr Nelson has gathered a wonderful data base that researchers will clearly be able to demonstrate the relationship of suppressed and repressed emotions when relating to physical discomforts, pains and illness. In fact, the emotion code chart that Dr Bradley Nelson has published is the result of many thousands of observations that he and his practitioners have observed over many years, and the results are simple and precise for anyone to understand. Generally, specific styles of emotional injury are directly impacting upon specific organs and parts of the physical body. It is as though the energy frequency of a given emotion is matching to the energy frequency of a given organ or part of one's body.

However, Dr Nelson's methodology of 'releasing' such unexpressed emotions is the direct result of one's mind being employed to further repress given specific emotion or emotions that are causing physical discomfort. Dr Nelson is taking people further away from their true selves – their feelings and the truth that one's feelings are to show them.

Healing Code as introduced by Dr Alex Loyd. Dr Loyd is also focused upon the understanding that emotional issues are the drivers of discomfort, pain and illness. However, he also takes people further away from themselves by empowering people to use their minds to further suppress the underlying emotions through a process of tapping. The mind convinces the person that the issue has been addressed whereas it is still there, continuing to fester, further thus bringing about greater issues at a later time. Again, the truth that our feelings, both good and bad, are shunned, the truth is avoided.

Meditation is often used to take a person further away from themselves.

The art of 'stilling the mind' through meditation can only be considered as one of the greatest negative residues of the Rebellion and Default. Taking a person further and further away from their feelings and not allowing any form of truth to be sought from one's feelings.

Would you kindly expand on these comments as I feel they will complement the writings of the last few days relating to substances and their in-effectualness in healing please?

Nanna Beth: Look at it this way John, humanity is in the shit, and has been for a very long time. And so has had a long time to study the shit. And it can work out that it's in the shit and what the shit is all about, but that's all it can do. It can pretend that it can take itself out of the shit, but it can't. It's not allowed to. Not until someone comes along and does really heal themselves of it, and someone who has the **spiritual authority** to allow others to do the same. So that's where we are. The authority is making the revelation to you. People can now choose to study how to Heal themselves, this being the next phase and 'science' people will apply their attention to. The great writers of humanity have well and truly documented the wrongness, you can see it all, and you know it comes from your early life. And many have tried to work out ways to heal themselves. But **without looking to your feelings and wanting to uncover the WHOLE truth of them, you can't heal it.** It's as simple as that despite what anyone does with their emotions and feelings. And many people in their endeavours to heal themselves have done some real Healing, if they at any time looked to their feelings for their truth, truth would have

been forthcoming. So humanity has gained a little truth over the years. However because of the feeling-denying forces of the Rebellion and Default, the level of truth has remained very low. Now however **with the keys being given to you as to how far you have to go and what is really involved in doing your whole Healing, so that is the New Frontier awaiting mankind.**

And in the end there will be far more books written about people's Healing and all they come to understand about every facet of themselves and of it, than there have been about people documenting their wrongness. It will prove far more fascinating to those people who get right into it. And all of that creativity is waiting as a whole new aspect of Creation to be expressed – how humanity Heals itself of its rebellion and default.

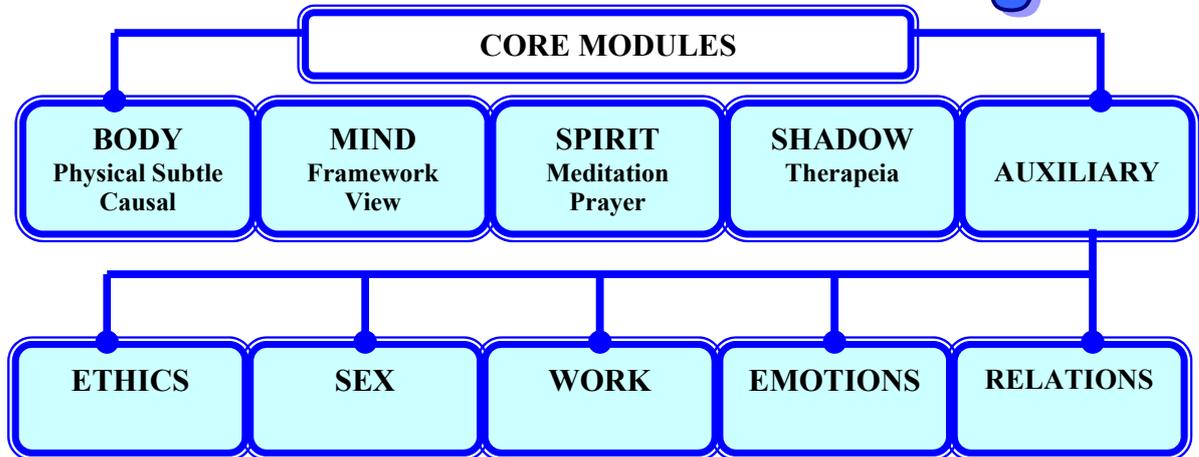
**Feelings** *first*

**LIVE FEELINGS FIRST**

# PASCAS CARE



## Life Practice Matrix - Feelings First



Mind imprisoned humanity has been subjected to the percepts imposed by the Rebellion and Default commencing some 200,000 years ago.

Humanity has universally adopted its mind as the pinnacle of one's intellect. In doing so, it has looked to its ego and arrogance to reveal the way to live one's life. Humanity has conjured up endless modalities enabling one's mind to suppress, albeit temporarily, discomforts, pains and illness through countless ineffective mind controlling systems, and has even categorised them into the boxes as outlined above.

Humankind has enslaved themselves to their mind, depowering themselves by ignoring their feelings. One's soul based feelings are always in truth and love – interconnecting with all aspects of life.

For those who have discovered and embraced their feelings, longed for the truth that one's feelings can reveal about their feelings, both good and bad, a great sense of freedom has emerged.

By living through **Feelings First**, and then having one's mind assist with the implementation of what one's feelings are conveying, we are then living true to one's self, and consequently true to our Heavenly Parents, our Mother and Father.



## Feelings First

## Feeling Free



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

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

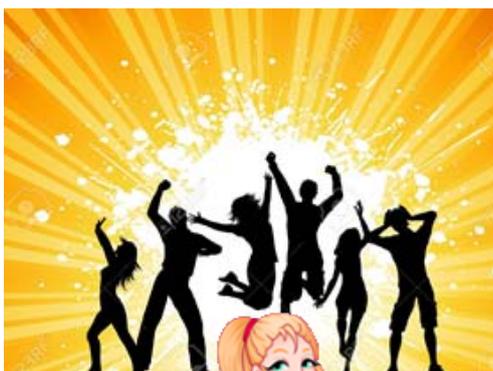
We are all to have our own pure relationships. And it’s the same of course in life with your friends, however over there, in spirit, dealing with Nature Spirits, Spirit Guides, and Angels, it’s more personal and private and ‘JUST FOR YOU’. So we have our own separate, unique relationships.



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

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

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



**Feelings first**



**WE are to LIVE BY and EXPRESS OUR TRULY LOVING SOUL BASED FEELINGS:**



We arrive into the physical world (at conception) with a pure and free personality and a soul based will that are to be truly and fully expressed. Unwittingly, our carers, namely our mother and father and those close by, set about remodelling our individuality. That is, they shut our personality and self expression down. The result of this is traumatic. This is reflected through our physical body. This childhood suppression is what brings about all of our pains, illnesses, and mental disturbances. Only by embracing our emotional pain and injuries, either good or bad, and longing for the truth of them, and expressing them (talking) through these experiences to a companion, can we release these dreadful encrustments suffocating our true selves and liberate our personality, being our soul. We are to follow our passions and heart felt desires and to live true to ourselves, this is how our Heavenly Parents know us as and this is what we need to return to so that we can find our way home to Them.



**FEELING HEALING is to LIBERATE OUR TRUE SELVES:**

One's soul is always true and perfect. It is the source of our feelings. When we long for the truth of a feeling, we are looking within one's self and the truth of that feeling will progressively unfold.

Our mind is that cluttering confused chaos that has imprisoned our soul. Our mind wants control. It demands and causes us great difficulties. One can liken it to a wrecking ball that has encased within it our always beautiful perfect soul, being our real self. The mind dominates our brain. Our mind is stuffed full of our childhood upbringing errors.

Our parents typically followed the chaotic path of nurturing that they were subjected to, and so it goes on, generation after generation. By the time we are six we have allowed our will to be encased by the wrecking ball of errors of our nurturing. We now have to feel through those errors and injuries and free our soul, free our will. Our soul based will is always what we are to express.

Beliefs become Faith, but when we experience it, then it becomes Knowing. And it is in reaching the Knowing that one becomes perfected in that aspect of who and what we are.

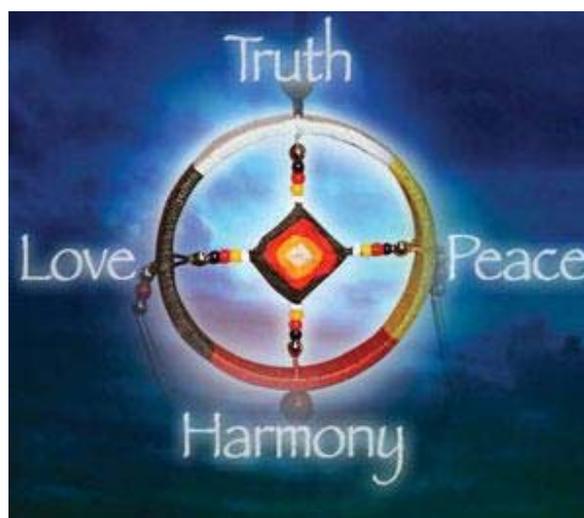
When we long for the truth of the emotion, it will most often be unsettling to say the least. This is because there is little that our parents taught us that is in truth. Our will has been suppressed by our upbringing so that we could be like them.

Childhood repression encrust our wrecking ball mind which in turn suppresses our soul based feelings that are in perfect harmony and peace being based on love and truth as given to us by our Heavenly Parents. To shatter the wrecking ball we are to feel for the truth of all of our feelings, good and bad.

**MIND**



**SOUL**



**GOD's Divine Love is always available to you, should you ask for it:**

“Our soul is a container and if it is full of error that it must be willing to empty before it can receive something new. Revelation is to shed light on the errors and the hidden agendas to demolish the castle of pain, renovating the space in readiness for the transformation of Divine Love. We won't grow in love until we are willing to surrender our pride and be the emotional being God created.”

This misunderstanding noted above is common.

The misunderstanding arises from a limited understanding of unconditional love (God's love). This leads us into focussing on our errors and seeking love as a result or consequence of elimination of errors.

The very nature of love is nurture. Love cannot exist without the effect of nurturing. This is what Motherhood is all about. This is why love is so powerful and must always be the primary objective; not removal of error. To focus on error does not produce the joyful experience one should feel as we move towards a greater understanding of love. Always the focus should be on love, because in truth there is nothing else.

As we focus on love, (with humility) our errors start to stand out so obviously and they become easier to remove. The whole process becomes joyful.

To take it a step further, once we focus on love, we may start to understand that in reality we have a somewhat limited 'free will'. The increased love we experience more and more reveals the errors to us and we have no option but to see and remove them. However, in truth we are only love, which has been sullied by the illusion of error. When we start with the premise that we are truly just love, we can only approach the unloving aspects (illusions) from the viewpoint of love. The approach many suggest is to give the error reality, which it hasn't, and then try to proceed to love from a starting point of error. This cannot be a suitable foundation to try to grow from. It is in truth, absolutely no foundation what so ever.

Encourage friends who may be interested to try this experiment: Before dropping off to sleep in your comfortable bed, lie prostrate facing the ceiling and ask for the love of God – God's Divine Love to flow into you. The most common response has been that they were overwhelmed with the feeling of warm, fulfilling joy that filled their being.

(2018.1) <sup>188:5.2</sup> **Divine love does not merely forgive wrongs; it absorbs and actually destroys them. The forgiveness of love utterly transcends the forgiveness of mercy. Mercy sets the guilt of evil-doing to one side; but love destroys forever the sin and all weakness resulting there from.** Jesus brought a new method of living to Urantia (earth). He taught us not to resist evil but to find through God a goodness which effectually destroys evil. The forgiveness of God is not condonation; it is salvation from condemnation. Salvation does not slight wrongs; it *makes them right*. **True love does not compromise nor condone hate; it destroys it.** (The Urantia Book)

(2018.2) <sup>188:5.3</sup> **The beauty of divine love, once fully admitted to the human heart, forever destroys the charm of sin and the power of evil.** (The Urantia Book)

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

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

**The Prayer for Divine Love**

2 Dec 1916

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

**P.438 Book of Truths through James Padgett / Jesus**

Let your prayer be as follows:

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

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

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

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

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

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

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

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

**Amen**

**MoC**



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

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

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

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

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

**“Every day is a day of devotion.”**

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

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

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

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

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

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

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

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

#### **The Three Great Truths:**

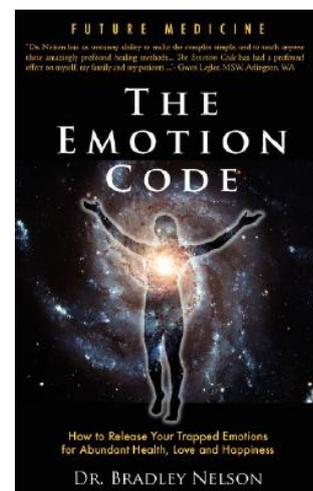
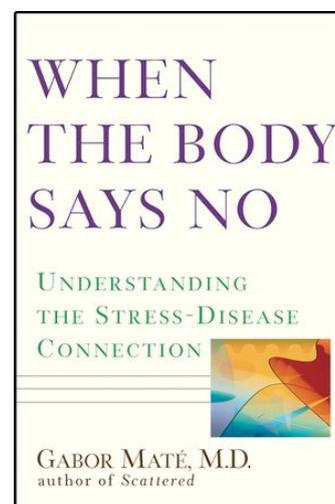
- **“God is Soul, being our Heavenly Mother and Father;**
- **that each individual soul is a finite individual;**
- **and that the Divine Love is freely available for all to receive.”**



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

**Documents in this Series:**[www.pascashealth.com](http://www.pascashealth.com)

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



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

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

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

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

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

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

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

30 Aug 08

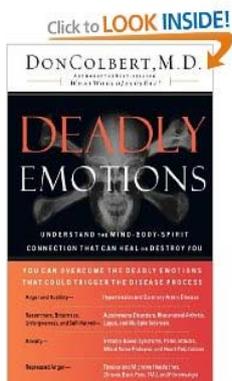
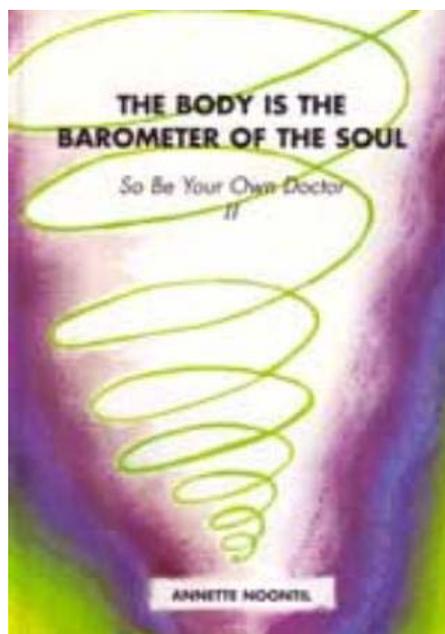
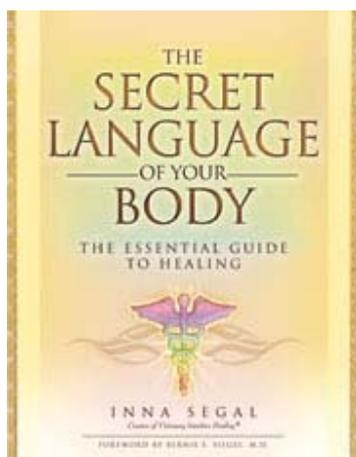
**“The Body is the Barometer of the Soul” by Annette Noontil**

[http://www.holisticpage.com.au/\\_Annette\\_Noontil.php](http://www.holisticpage.com.au/_Annette_Noontil.php)

**Also consider:**

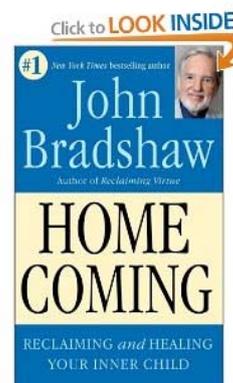
**"The Secret Language of your Body, the essential guide to healing" by Inna Segal.**

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



**Deadly Emotions by Don Colbert.**

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



<b>Primary recommended reading:</b>	<b>consider commencing with: Paul – City of Light</b>	
<b>The Book of Truths</b>	<b>1914 – 1923</b>	<b>xxx – Joseph Babinsky</b>
<b>containing the Padgett Messages or</b>		
<b>Little Book of Truths</b>		<b>– Joseph Babinsky</b>
<b>True Gospel Revealed anew by Jesus Vol I, II, III, IV</b>	<b>xxx</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 Moncrief's books, the Padgett Messages and The Urantia Book at:**

**DIVINE LOVE SPIRITUALITY – DLS:**

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

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

**James Moncrief Books:**

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

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

This group being pages of 3,046

**Religion of Feelings**

**Introduction to Divine Love Spirituality**

**Main website of DLS**

**Childhood Repression website**

**DLS and CR forum**

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

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

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

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

<http://dls cr.freeforums.net/>

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

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

It is suggested for one to consider reading as follows:

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

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

**Paul – City of Light**

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

**Ann and Terry**

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

**Feeling Bad? Bad feeling are GOOD**

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

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

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

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

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

**Religion of Feelings  
Feeling Healing**

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

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

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

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

**in conjunction with**

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

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

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

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

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

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

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

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

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

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

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

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

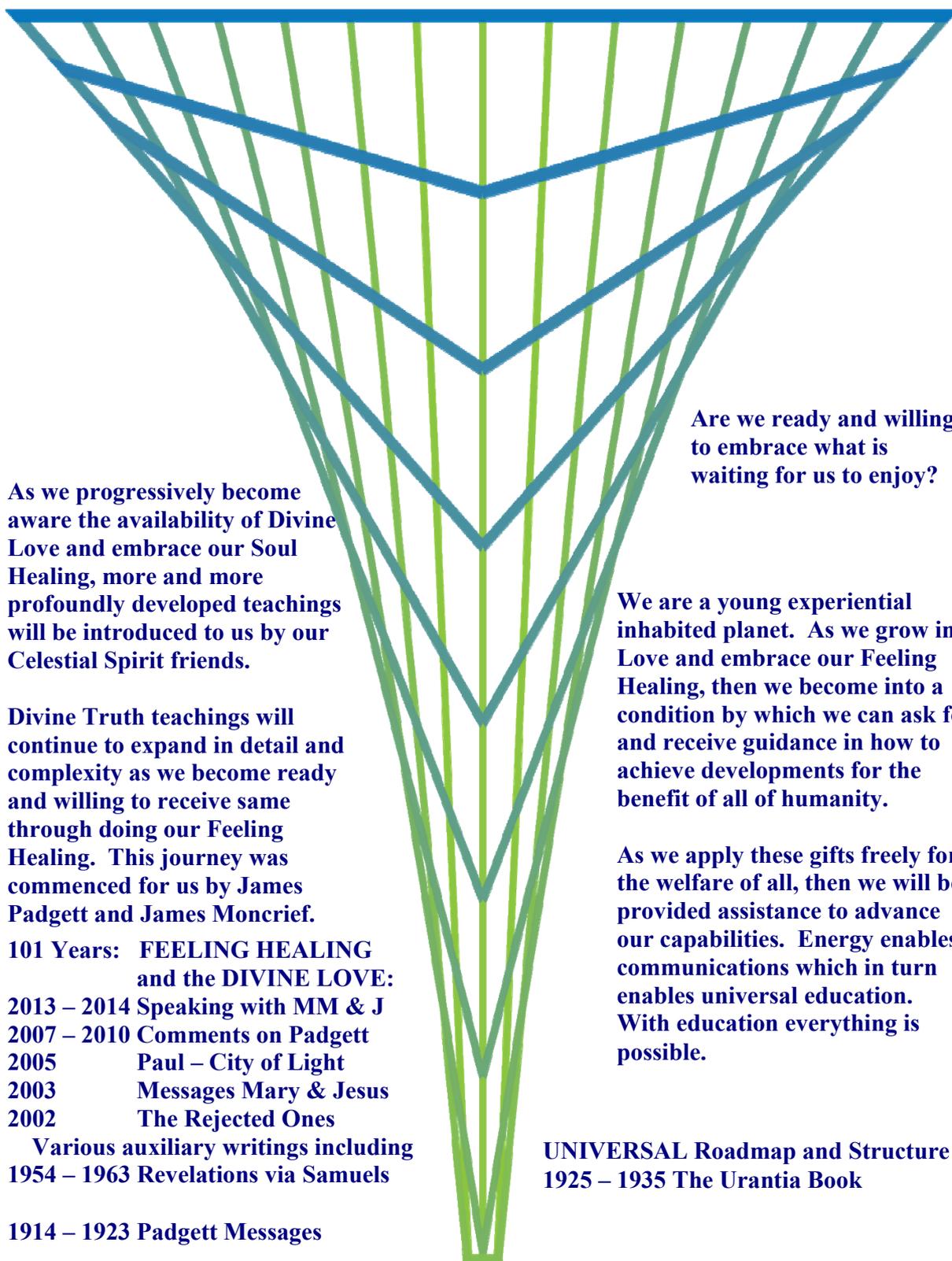
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

**MEDICAL – EMOTIONS:**

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

**PASCAS  
PAPERS**

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



**PASCAS CARE CENTRE:**

Goals of Pascas Care are lead by our desire to:

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

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

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

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



**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’.

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

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



SOUL  SPIRIT BODY  PHYSICAL BODY

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

**The real you is your soul.**



SOUL  SPIRIT BODY  PHYSICAL BODY  
PERSONALITY

Prayer: is emotional exchange with our Heavenly Parents.