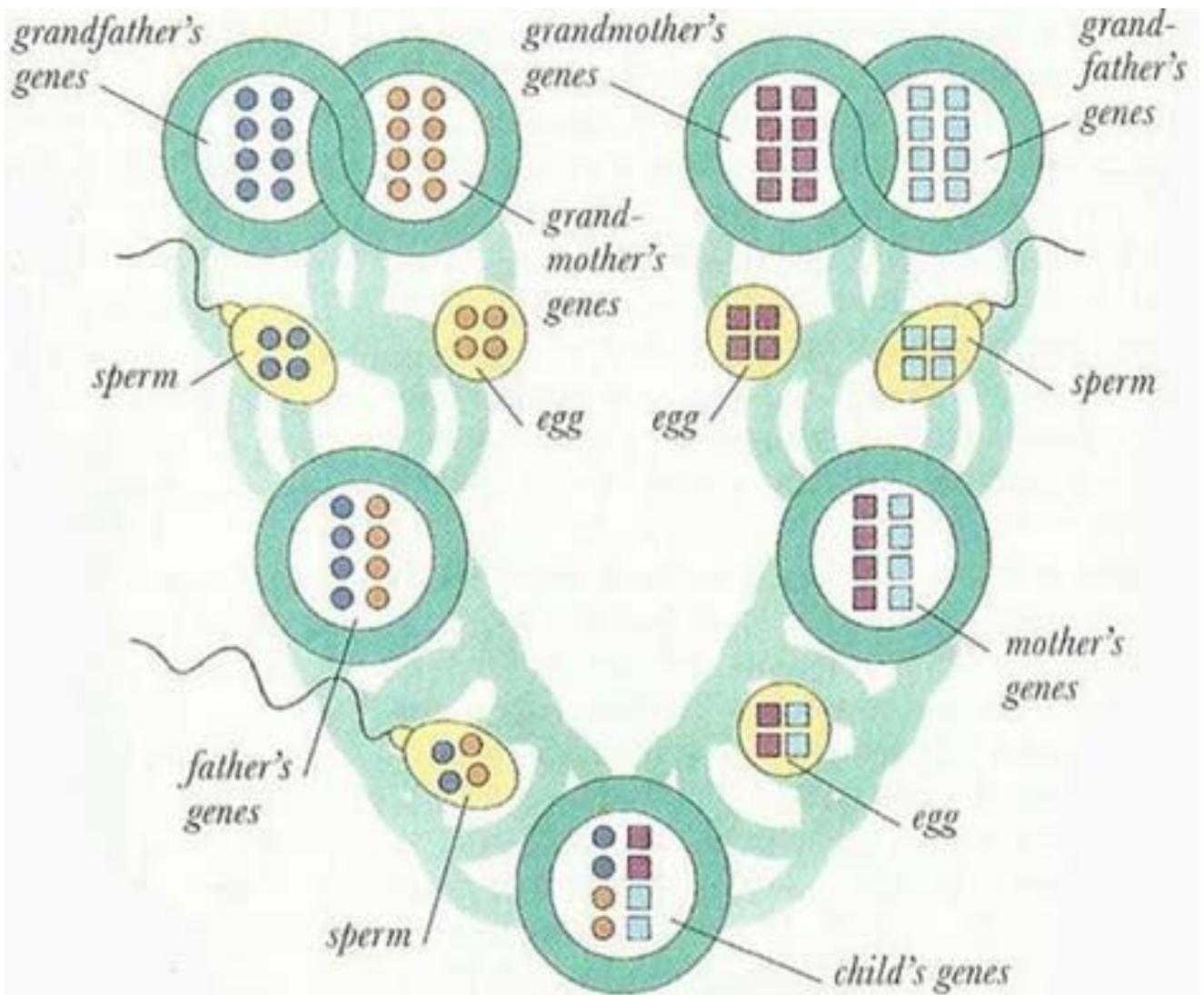


# PASCAS CARE

## Emotions determine Genes



"Peace And Spirit Creating Alternate Solutions"

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

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

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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***



**Nanna Beth responding through James on John's question:**

Thursday, 29 June 2017

Evidence based best practice in medicine and all things scientific. Wow, is this a trap. It is indoctrination of a worst order. This dogma appears to be around the point that I want to prove that I am right and that the evidence is free of manipulation and therefore valid.

What I perceive is that, until just now – 22 March 2017 – researchers, 'professors', scientists, doctors, etc., set their minds to prove through evidence that their 'findings' were valid. They were accordingly supported by spirit associates who brought about the 'evidence' for those mind centric leaders of discovery to then simply be lead down the path of the mind spirits desire for self glory, matching that of the scientist. Thus we appear to have a great deal of scientific 'findings' that are grossly flawed and only by enabling one's feeling can these corrupt pillars of teaching be undone and re-aligned with truth.

Am I getting this scenario correctly?

Nanna Beth, 3<sup>rd</sup> Celestial Heaven: You are John. Much of what is considered acceptable to main-stream and so taught in schools and universities will be effectively 'untaught' as people who are living more true to themselves start to see through the wrongness. It's all through all aspects of life, in everything, so new systems of understanding and ways of doing virtually everything will unfold. You can take the line of approach that nothing is right, even most of what you've come up with for Pascas, and will all end up changing, however you have to start somewhere allowing it to evolve into new areas. So we are beginning with you with what we've got, which is more than enough to set the scene and the pace, and then it will move along on a course of its own – with subtle guidance from our side.

[Note from John: This understanding is explained in greater detail with:  
Pure Spirit – Free Will and Will

Further, 'evidence based best practice' dictates that genes remain fixed throughout one's life. This is not so, the format of one's genes is a direct result of one's held emotions. Should one release negative emotions then one's genes will come back into harmony.

Pascas Care – Emotions and Genes

The series of Pascas Papers that have been written directly from James Moncrief's publications are in truth and not subjected to the rules relating to the Revelation and Default which are presently ending.

This series is in accordance with the post Revelation and Default conditions:

Pascas Care – Feeling Healing (a series in excess of twenty papers)

As of this date, some 100 of the 400 Pascas Papers have been modified to reflect aspects of Feeling Healing and correct what was wrongly understood as to the capabilities of Divine Love. This work will continue for some time. Then they will be reworked to bring them into line with the Second Revelation, namely the revealing of Feeling Healing and the guidance provided by Mary and Jesus through James and Marion Moncrief. This will take some focus.

Then the remaining 170 Pascas Papers will be reviewed to complete the transition. Nevertheless, there will be continual discovery of errors of understanding.]

## With Verna – a Nature Spirit

by James Moncrief

20 July 2013

James: Hello Verna!

Verna: James, dear boy you've returned. And how may I help you? You want to tap into my vast wisdom of superior knowledge yet again.

James: I do, and when I do, it's always to you that I turn.

Verna: Is that why you've been busy of late writing with Jesus and Mary?

James: Well it's your turn now.

Verna: Oh very well then, and I know what's in your mind, so you don't have to ask me the question. But what you are asking is very difficult to answer, even for someone with such an advanced mind as myself, however, I will try.



It sort of goes like this. Your soul has a vast gene pool to draw from, it has to comply with a lot of laws, but essentially it draws substantially from your parents, who are the product of their parents, and so back into the past. And you understand **these genes are not just physical, but on all levels**. So far the soul and what it can draw from goes, it has physical genes, and then their equivalent on the emotional, mental, spiritual and psychic levels as well, all being how your parents and relatives were.

Then it also has within it its soul-plan, that being the pattern it was created with, that being what determines the manifestation or expression of its two personalities – you and your soul-mate. And so in accordance with that pattern it then draws from all the potential available to it, and you come into being living the life that has been created for you to live by your Heavenly or Soul Parents.



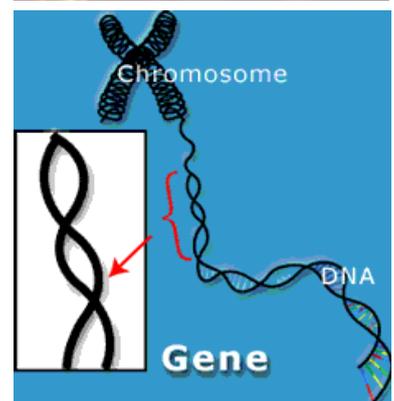
And so that's it my boy, all very simple and straight forward if I say so myself. So, next question please.

James: You're not getting out of it that easy Verna.

Verna: Oh alright then, what else do you want to know about how you come into being?

James: How much of a role does the environment play?

Verna: Well it all goes hand in hand. Your soul manifests you, one of its personalities (as I'm only talking about you now James) into the environment that is perfect for it to help shape that manifestation, everything always being perfect as you understand. And so as part of your pattern requirements you get the parents you got, and you drew from them and your ancestors all that you needed to so as to make you be as you are; and you – and you can put this in capital letters – **DIDN'T CHOOSE YOUR OWN PARENTS** as so many people want to



believe these days, it being one of the legacies of the erroneous belief of there being reincarnation.

You don't choose a damn thing, it's all done for you, God does all of that, you are simply the product of God's choices; and as you're feeling more these days as you move on through your healing, you have actually very little choice in any of it.

James: I am feeling that about the only choice I've had, and it's even debatable as to whether I had any real choice in that as well, was that I chose to be as mum, dad and Gran wanted me to be.

Verna: That's right, you only agreeing to be how they wanted you to be in the vain hope that they'd love you more and treat you better. And being a child, what else can or could you have done – nothing, and so here you are now, an unhappy product of them, which is really just as your soul and its pattern, and so how the Mother and Father have wanted and are wanting you to be. They are the First Great Cause, you are only the result, you are the child, not the Parent. And if you accept that, which you are being forced to do through your healing, then you'll find you'll feel a hell of lot better about yourself, your life and everything else. If you were allowed to be true and free to fully express all you felt, then you'd have no trouble embracing and accepting that you are a child of God, and never wanting to do anything to change that; and certainly not wanting to ditch God in the mistaken belief you can take matters into your own hand, and, **CREATE YOUR OWN REALITY**, another of those erroneous beliefs and concepts. These sorts of things all resulting from those people and spirits who are denying living

### **WE SUBMIT TO EMBRACING OUR PARENTS ERRORS!**

**At the moment of conception your soul activated your will to become of your Earth parents, you in effect, agreed to accept all that they were; to partake of their negative states, which they subjected and impressed on you through your formative years. By the time you became an adult you were a product of them, wholly a part of the negative mind state of this world. Currently you are imperfect and will only regain perfection of soul once you have completed your soul-healing.** Jesus Message 33 (part) 9 January 2003

[The Rejected Ones – Living True to One's Feelings](#)

[by James Moncrief](#)



**Like Father – Like Son**

**Like Mother – Like Daughter**

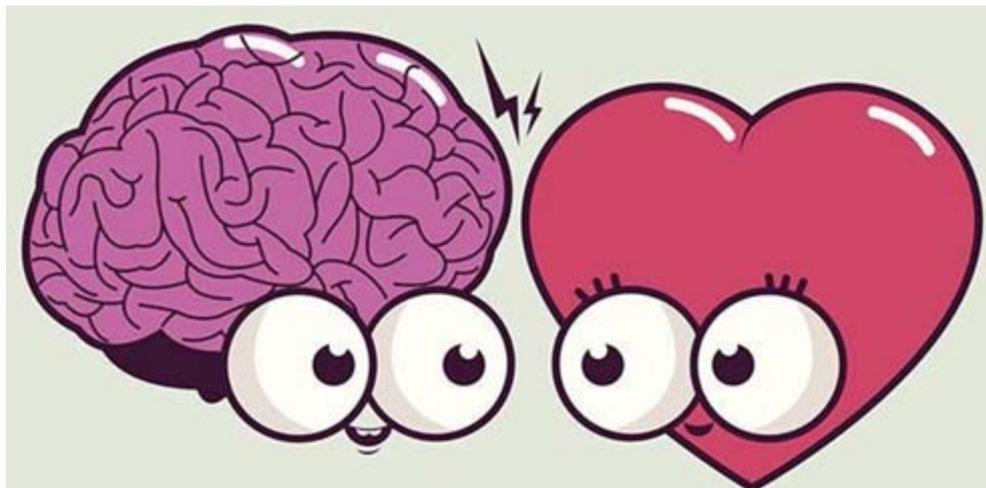


the truth of God and the truth of themselves, deluding themselves that they are in control of everything, when they are not.

James: So we don't create our own reality?

Verna: No. You believe you do your little bit, but really when you get closer to the truth of yourself, and look deeper you'll see that there is some other force at work within you, making you be as you are, wanting you to be as you are, even wanting you to be evil as you are; and all because it's vital that you have all the experiences you have so you can grow in truth. And when it's time for you to stop being evil and start doing your soul- or feeling-healing, then you'll feel other feelings that will lead you, and often very subtly (and often not subtly at all) to changing things about how you see yourself and life, all giving you the feeling that you're in control and it's all what you want, but it's not. You are the created, not the creator.

And so you believe you create your children, but do you? And of course you don't, you just do sex things and before you know it, out pops a new person, but how much work have you really done to create such a marvel.



**Our mind strives to control and is always subject to error. The mind's controlling natures based on error are the foundation of all the misery, illness and drama on Earth for all of humanity. Put them aside by expressing them.**

**Our soul based feelings, given to us by our Heavenly Parents, are always in truth. Allowing our feelings to lead our way of living that is living true to God. Express all your feelings and long for the truth of them.**

James: Verna, how does someone become homosexual for example? How does anything happen to anyone for that matter, how do we become all that we are, once the marvel has occurred.

Verna: It's all as I said, planned, and it all does literally and metaphorically come from your forming years, it all being contained in your first moment at conception, and being also in each and every moment through your early forming years, and still continuing on in each and every moment of your whole childhood. Your coming into being is merely the outworking or manifesting of what you already

are, that being, what you are already in or as your soul, if I can put it that way. If you are to be gay, then that's how it always was going to be for you, so it's nothing that you might or might not have done that has made you that way. But what you can see and find out is discover the truth, all the factors and reasons why you are gay when other people are not. You can move back into yourself, ever going deeper in uncovering the truth through your feelings, which you'll do to a certain degree as you heal your negative state, seeing why you are the way you are in the context that you can relate to. So you'll see into the truth with your parents and grandparents, the truth of all the influential relationships that provided you with the environment to become as you are. And some of those relationships also include other outside and inside forces, such as on the outside, your relationship with society, the culture, religion you lived in at the time, and the culture and society your parents and grandparents lived in, all they stood for and believed in, all their resulting behaviour. And on the inside your fantasy world, it's influence on you, your dreams, your mental escapes, your unreality's, they all contributing to influence you, they all being relationships you had that went into forming you. So you draw from all that you can to start with, all as determined by your soul, and all that you become as you form through your early life.

And so you can't generalise, you can't say everyone who is gay is so because... because of these being the same factors that went into making them be gay. There are certain levels of generalisation, but really it all comes down to the very intimate and personal levels of things within you and with your early relationships.

And then through your healing you are to discover which aspects of yourself are untrue, so is it right and normal and true that you are gay, or is it wrong and only a product of your living untrue to yourself, of your having been forced to live untrue. And you will uncover the truth. And you can say, well everyone knows it's not true or right to be gay; or the Bible says it's not right; or you might feel it's not right, but still you can't know for sure and won't know until you've uncovered the truth FOR YOURSELF.

And this is what people must do if they want to live true to themselves and understand all about themselves, and why they feel the feelings they do.

James: So it makes sense why some gays say they have always felt as they do, and couldn't ever imagine being straight?

Verna: Yes, because it's coming from their conception, it's all how they are meant to be for this time, for this moment of their eternal experience. And so as with all such things, with all how you are, if you feel happy with yourself, then you're not going to want to change anything are you, but if you don't, and things don't seem quite right, then that's when there is something else going on inside you, something saying look into those bad feelings and see what truth they are trying to show you. Which of course is far easier said than done, because most people don't want to accept and go into their bad feelings. So they end up feeling not happy with themselves then using their mind to do all they can to keep trying to assert good feelings over the bad, to do things to make them feel good to override the bad, all of which only adds to your feeling worse. It might in the short term make you believe you have succeeded in making yourself feel better, giving you the illusion of being able to create your own reality, but that's only because your soul has been subtly guiding you that way, allowing and wanting you to move deeper into your self-deception. But as you know James, when your soul says enough is enough, it's now time to move into becoming true and ending your evilness, all those mental ways, beliefs and behaviour you

did that made you feel better, will no longer work, and nothing will make you feel better until you finally start to give into and accept your bad feelings, looking to the truth of them.

So people being gay is a result of their heritage, all the contributing factors coming together for them to be as they are, just as is it the same for you all in all how you are. And as you are all conceived into a negative and so evil state of being, so all that you are is mostly wrong and untrue, so through you're healing you'll come to see why and let go those attributes of yourself that are not loving. And as to why one child might be gay whereas the next one isn't, coming from the same parents and seemingly the same environment, it's still just the same, because although certain things might seem the same or similar on the outside, you are all vastly different in how you are and so how you are treated by your parents, and how you feel about that treatment by your parents.

James: Well thank you again Verna, showing once again that in no way would I ever want to underestimate a nature spirit.

Verna: And so you shouldn't James. Have no fear, I'll keep pace with and always a few steps ahead of you, I've got a lot of angels on my side helping me out. I have, UNLIMITED resources, isn't that what you people like to say!

James: Some of them I think, usually meaning nature is going to suffer more. Marion and I are letting nature go even more, it's too disheartening all that's happening to it. We read this morning how the Queensland government has just gone back on the policies that have slowed land clearing for a few decades, amending the law to allowing vast tracts to now be cleared, devastating so much and overturning all the good work that had been done. So it's always going to be the same, so we're having to let it go, humanity how it is, is only capable of wrecking everything; and as we're destroying ourselves by living untrue, so we can't allow anything that's true and perfect as nature is to be free to live undisturbed.

Verna: True, and very sad, but all what you have to experience James, and nature is helping you.

James: I know Verna, but the sooner I die the better so I don't have to see all the destruction and be amongst people who don't care. I don't want to keep living in a world that puts itself first and not nature.

Verna: Not much you can do about I'm afraid, you've got to keep seeing how bad it all is so it will keep making you feel bad, all to keep the pressure on you to keep your repressed bad feelings surfacing, all so you can heal yourself by uncovering the truth of why you feel so bad.

James: Yeah I know. Anyway I'm going now, Marion's about to come back to the car.

Verna: Speak to you whenever James. Verna, a little and very humble nature spirit of light.

## Our FEELINGS are our SUPREME GUIDES:

# Feelings!

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

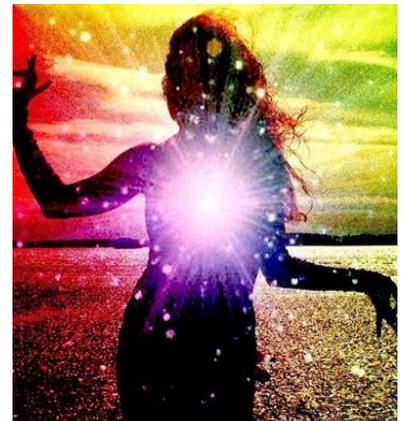
## Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.

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

## FEELING HEALING

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

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



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

# Steps UP!

## Quantum Jump 1



**REVELATION 1**  
James Padgett 1914 – 1923

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

## Quantum Jump 2

**REVELATION 2**  
Marion and James Moncrief 2002  
– ongoing

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

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



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



NOTE: To recap a point:

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

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

**James talking with Helen:**

(This is not Helen Padgett)

Sunday, 19 March 2017

You understand James that we are soon, as by Wednesday your time this week, to implement our TAKE OVER move, and so stop all negative mind spirit input, and this huge move is going to shake the mind Mansion Worlds to their core. For you see James, this will then cause many disruptions over there, stirring things up no end, causing such spirits to wonder what's suddenly gone wrong, when things are no longer as they have been for eons, and to have it all happen so suddenly taking them all by surprise. Basically they have no idea about what's going to happen, although they've believed they had all the ideas, they being the master controllers; however when the rug is pulled, so they will flounder and this will ultimately, over the next few years, bring about many of them having to seek new ways of understanding, which will in turn lead many of them into the Divine Love Healing Mansion Worlds and eventually onto becoming Celestials.

**Wednesday, 22 March 2017**

**It's done James. We did what we wanted to do, it was easy to implement** and I'll tell you about when you are ready.

**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'.

**EMOTIONS transferred to OUR CHILDREN are identifiable via their GENES:**

Our children are conceived from within the 6<sup>th</sup> sphere state, by the time they are born, or shortly thereafter, they have absorbed their parents' emotional injuries and their soul condition typically reflects that of one or the other parents. Our children continue to mirror our soul condition, or that of one of the parents, up and until they leave home and start to establish their own home with a partner.

Thus, to benefit our children, we need to firstly resolve emotional issues within our selves.

In turn, we are a reflection of our parent's soul condition, and their parent's soul condition and so on back through the generations. We can break this cycle by working on our own soul condition, feeling our emotions and by processing and releasing our fears, errors and blockages.

These emotional blockages and injuries frequently manifest in our children as illnesses, even before birth or sometimes shortly there after. It is the accumulation and combination of issues held by past generations that insidiously manifest as life threatening illness episodes within unborn and new born babies.

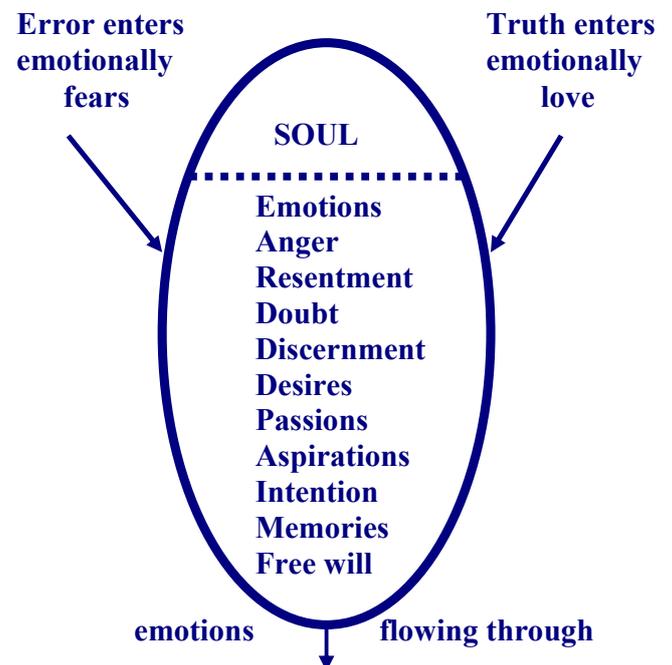
Specific emotional injuries or blockages manifest as specific health issues. Thus, an illness episode or pain can be readily related to specific emotional issues that need processing. Consider, parents clearing their emotional injuries can lift autism issues from their children by this method.

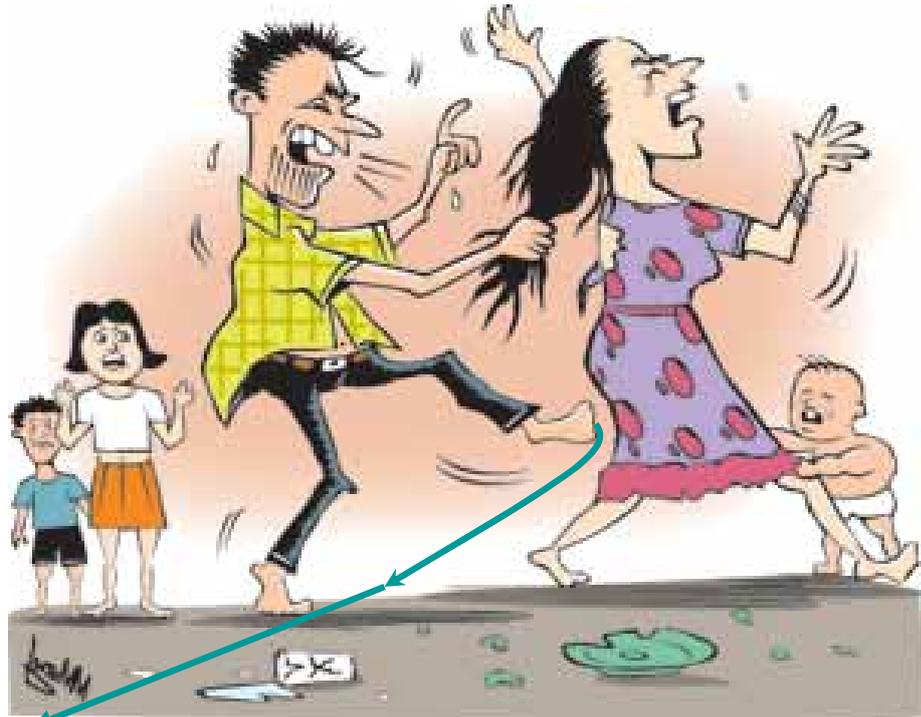
Modern science is recognising the links between genes and illnesses, however modern science is yet to recognise the connection between generational emotional injuries and traits as being the determinants for the construction of genes.

Further, once science realise the link between emotions and especially the link between specific emotions and the structure of mutated or damaged genes, then science can go on and realise that damaged or problematic genes can be repaired by the patient addressing those particular emotional issues or errors.

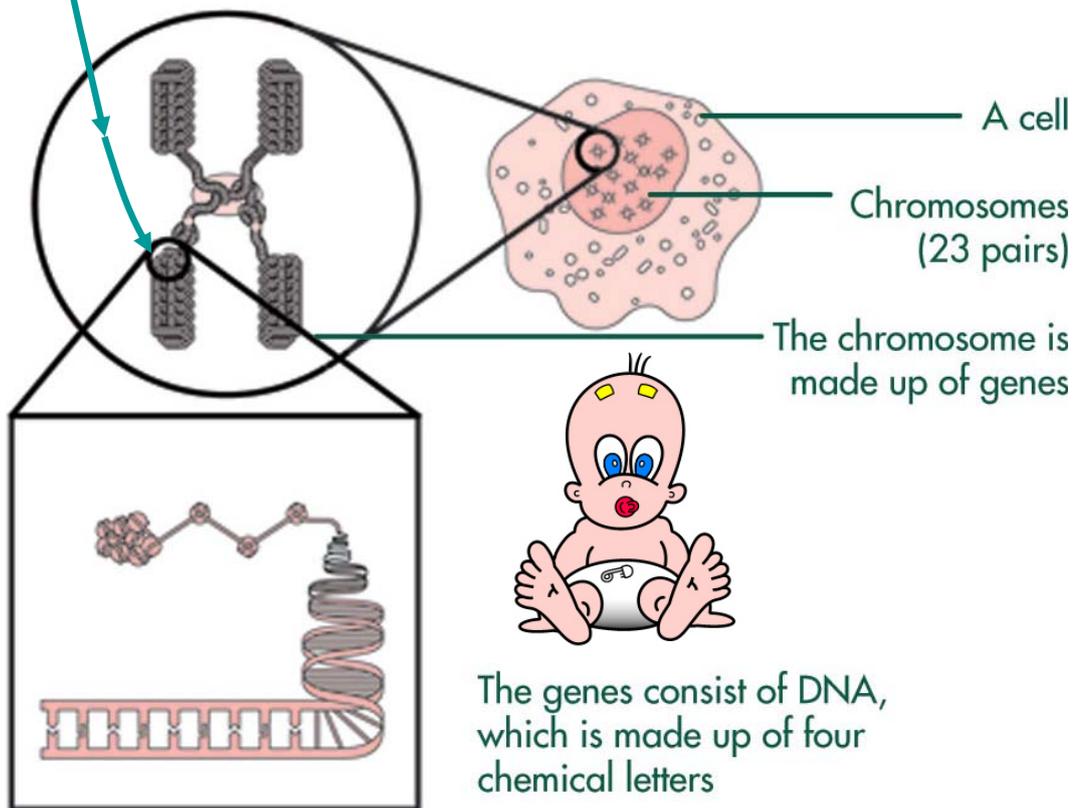
Genes can be repaired by the removal and clearing of relating emotional errors. Thus health can be recovered by the process of addressing emotional injuries and errors.

Thus, it is not our genes that dictate our health, it is the emotional makeup that we assemble within our real self, our soul, that permeates into our spirit body and subsequently emerges within our physical body. Thus, specific negative and erroneous beliefs and emotions are the precursors to malfunction genes which then result in physical illness or illnesses.





Emotional injuries and errors that parents hold are readily absorbed by their children, these emotional issues can negatively affect the genes of their children. Similarly, should the parents resolve these negative emotions / errors then the corresponding repair can appear within the children's emotional structure and physical state including their genes.



In conjunction with allopathic (western medicine) medical procedures, complementary health modalities, such as applied kinesiology and iridology, can be considered to assist in resolving these emotional errors before they become manifested as serious health issues within the physical body.

Specific complementary health modalities such as Emotion Code, Healing Code, and others, can be employed to release the emotional injuries and return the chakra meridians to balance, and accordingly, the physical body back to health. The chakra meridians reside within the etheric body being the template for the physical body, the etheric body is your spirit body.

However, the only pathway that permanently assists with the release of errors and improves one's health in all of your bodies is the asking for, praying for, and receiving Divine Love.

The only thing that can enable us to change our ways, our negative habits, our negative beliefs, is by the receiving of Divine Love, and that we must ask for.



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

**Yes, a child who is free of fear is free of illness.**

**Consider reading:**

**Pascas Care Letters – Feeling Healing Benefits Children**

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

**ZELMAR explaining the EGO and its relationship to DIVINE LOVE:**

Thursday, 19 October 2017: James: Zelmar, in light of what John has sent me concerning the ego and problems it presents to us limiting the effects of the Divine Love, could you please explain how it works.

Zelmar: From your first moment of conception you, the personality expression of your soul, is 'enveloped' in the mind circuitry of the Divine Minister of Nebadon. She, the Local Universal Mind Mother Spirit, cradles every mind, nurturing it in accordance with the needs of the soul of that personality. So She effectively, as reported in The Urantia Book, 'loans' Her mind circuits to you as part of your growth and development. And as you ascend or transcend each mind level, so She 'loans' more of Her mind to you. And when you no longer need the services of Her mind, when you leave Nebadon, then you 'give back to Her the mind circuits loaned to you, adopting the higher Universal Mind of the Infinite Daughter Mind Spirit.

What this all means is, when you start life, your mind is 'laid down' according to the mind circuits of the Divine Minister, meaning, if you are parented truly and lovingly, your mind will develop truly and lovingly as it progresses through each state of mind development. And this is all 'held in place' by your will. So your will engages with each stage of mind development, keeping your developed mind true to its development.

If you are negatively or unlovingly influenced through your mind development, like what has happened to you all on Earth, then your mind develops corrupting the mind circuits at each stage of their development. And your will maintains this corruption.

And these mental circuits are very complex, including all the psychology that you, James, are bringing to light as you rectify your mind circuit corruption. And the interference is mainly brought about by your parents, and then immediate carers, but also the overall family and social environment you grow up in. And it's the soul that dictates which genes are activated on all levels, not just the physical, but on the spiritual level as well, something few people acknowledge, in keeping with the levels of corruption that your mind is evolving.

At each stage of your mind's development, be it loving or with it being corrupted, feelings occur in response to what is taking place, and when, in your cases, your mind is turned against your true self – how you should be loved and parented so as to develop a true mind, then you experience bad feelings, which come up to alert those people caring for you that something is wrong which they need to address – altering their behaviour to make you not feel bad. However as those people interfering with you don't understand your bad feelings, because they are not of the truth and so love to do so, they then counter such feelings by forcing you to 'stop feeling them', making you suppress them and then keep them repressed. They make you then, not only use your will to turn against yourself and so maintain your corrupt mind, but also use it to keep your bad feelings about it repressed, all so you can then keep using your mind to maintain this ever increasing unloving state. So progressively you evolve turning against yourself, so being unloving to yourself, which then means you're also unloving to everyone else – which is your negative or rebellious state of mind, all of which is strongly kept in place by your will.

And so you attain adulthood with your false mind as it were, being kept in place by the full strength of your will, your will being said to have been 'broken' or turned against you, which in that sense is true.

It is then your whole mind's structure that is false, untrue, wrong, evil and rebellious, all being kept in place by default, as that's how it happened to you through your childhood, with your mind being composed of all your erroneous beliefs and subsequent supporting negative or unloving behaviour. This being what is often termed your ego, suggesting that some part of your mind is errant and untrue, and causing problems and limitations for you in your spiritual development and progress as a person (a personality being expressed in Creation), however it's your whole mind that is wrong, all of you so far as what you can relate to, including your physical and spirit bodies and all their interconnecting experiential systems. For really all of that is of your mind, all what the Divine Minister is providing for you. And it includes your feelings and their associated emotions, they being yet another part of your mind. And anything else, like all psychic functions, with nearly all that is what you're aware of consciously and unconsciously, being attributes of your mind.

And what is not your mind, is any truth. And the Truth becomes the real you, an expression of who you really are, it becomes your foundation upon which you express your mind. However starting off in a world that is truth-denying, your mind has been corrupted to go against any natural truth revelation that would have come to you once your Indwelling Spirit arrived in your mind. So you live with your wayward and rebellious mind in control of you, in control of many of your feelings, and denying you the chance to grow spiritually from truth that would naturally come about from those feelings were you truly loving. And your will maintains it all.

Then you get to a point in your life when you want to stop being false, wrong, evil, untrue – unloving. You realise you are not right, and something needs to be done about it. Yet what to do? And now you understand about doing your Feeling Healing or your Soul Healing with the Divine Love.

And what this means is, once you start longing to be true, and that means, really wanting to stop being false and wrong, your soul will set about providing experiences for you that will generate certain feelings which you can express whilst longing to know the truth of why you're feeling them. And when you do this, you start to short circuit the patterns of your corrupt mind. But it's hard to do, to submit to your bad feelings in particular, because you have to long with an equal amount of will – at least, if not more – to want to change the corrupted mind circuits – as shown by your wrong beliefs and behaviours.

And so as you look to your feelings for the truth they are to show you. And when you fully embrace them, express them, bring them to light, the truth that results will show you where you are going wrong, meaning, how wrongly and unlovingly you were parented – what happened through your childhood to turn you against yourself. And painstakingly you'll be taken back through each of your corrupt mind circuits, orchestrated by the Divine Minister who is in control of your mind. And when you express all the pain and see all the resulting truth of your wrongness, then the Divine Minister will affect a change – healing – in you. She will alter (and often progressively in stages reflective of the stages the corruption occurred) changes in you gradually bringing your mind into a true and perfect state, that which you would have been in had you been parented lovingly and by other true and perfect minds. So your mind adjusts, meaning, all of you, on all levels, adjusts, including your will, willing into being these adjustments and ultimately the complete 'new' you. This giving you the feeling like you're starting over, like you've been Born Anew or Born Again, because your mind is now free of such corruption, and your will is willing your perfect mind, the whole perfect you, into Creation, with the resultant feelings being

all good ones. Because you feel true, and know that you are, and are very happy about it, feeling fully loving and loved.

So it's the Divine Minister who affects all the necessary changes in your mind on all levels, from the physical to the spiritual, with such ongoing changes, initially as your mind develops its corruption, and then as your Healing heals it, being done through your angels. Your angels are constantly at work adjusting and manipulating your whole system, so, on all levels, in accordance with the needs of your soul – which is what God wants. So during your Healing when you suddenly feel a pain in your leg seemingly for no reason, it's coming about by your angels manipulating your inner systems so as to create the pain in you for the reasons of truth that will be brought to light as you express that pain, and at the same time as a reflection of your mind changing.

So you become progressively evil as you grow up developing your corrupt mind, with everyone outworking such corruption in their own unique ways, just as will everyone then do their Healing undoing the corruption following their own unique path.

Where the Divine Love comes into all of this, is that once the Indwelling Spirit has arrived, the mind is prepared to receive the ministrations from the non-personality mind circuit called the Holy Spirit. It means the soul is then ready to receive God's Love. And what this then means, is when you long to God yearning sincerely for God to love you, asking God to please fill your soul with Their Divine Love (as you James relate to God as both your Heavenly Mother and Father), then such genuine longing, and provided the Divine Love has been made available to be received, which it has by Mary Magdalene and Jesus coming to Earth, the Divine Minister will respond causing the Holy Spirit mind circuit that's responsible for delivering the Divine Love into your soul, to act. And so you will receive the required amount of Divine Love as determined by your soul and in acknowledgement with the Divine Minister from the Holy Spirit. And as you receive the Divine Love, so it works upon the perfect parts of your soul to affect an even deeper change in them, that being, transforming them from Natural love perfection into Divine Love perfection, progressively making you divine.

The Divine Love of itself does not remove all sin and error from you. You have to want to do that for yourself through your Feeling Healing whilst also longing for the Divine Love, which you call James, your Soul Healing. So as your mind unwinds its corruption and your mental circuits become true, and you become progressively truer and purer in your Natural love, so the Divine Love will act to transform such love. And this is all done in accordance with the needs of your soul.

You can't know how much Divine Love you are receiving at any one time, and how much of you can be transformed; and you can even receive the Divine Love and it may seem to remain dormant within you, but really there is no time on the soul level, so you can't relate to your transformation with the Divine Love in such lineal terms. So you might long and feel you have received a lot of Divine Love, which might be true, and then you don't feel you are receiving anymore for years, whilst you progress with your Healing, and yet with each step, each mind circuit that is healed, so it will be transformed.

The best thing you can do, as with it all, is long for the Divine Love as you feel to, knowing that it will transform those parts of your soul when your personality becomes true, expressing its Natural love. And as you have no say in the transformation, you can just know that it's happening, whilst you keep going attending to your feelings, longing for the truth they are to give rise to within you.

So again, the Divine Love won't inspire you to long for more of it, it doesn't do anything to make you progress in your Healing. It only acts when it can on the Natural love circuits in accordance with your souls evolution of truth.

However what the Divine Love also does, is it helps develop and so evolve your relationship with God. It is God loving you, it's God's Love coming into you, and the more Divine Love you receive that transforms your soul, so the stronger your feeling of love for God will grow, as will your feeling and knowing the truth that God loves you. Your relationship with your Heavenly Mother and Father will grow forevermore, to the Celestial spheres and onto Paradise and beyond, because of Their Divine Love in your soul; whereas by doing only your Feeling Healing, you will attain a perfect state of Natural love when you've finished your Healing, however your relationship with God will be severely limited to that of only the Mansion Worlds.

The doing of your Healing, which is really wanting to be True, and the partaking of the Divine Love, are two different things. And you have to want both to be as fully spiritual as you can be. So you can long for the Truth, and you can long for the Divine Love. And you understand, that because you have started life in Creation in an unloving state, then you are first longing for the truth of that unloving state, you must want to understand every part of it: Why it happened to you, how it did, and how you took it on, and how you are undoing all the damage done to you. And when you are Healed, with the Divine Love having transformed your soul equal to the state of Celestial truth, fusion with your Indwelling Spirit can then occur, you becoming a Celestial spirit, either in the first Celestial sphere or on Earth if you're still there, free to live a Divine Love life of perfection as you continue your ascent of truth to Paradise.

James: Thank you Zelmar.

Zelmar: It's my pleasure James. Should you need me again, please ask.

James: Nanna Beth – can you put it in your words please?

Nanna Beth: Our unloving parental influences turn our mind against our true feeling self, this causing us all the trauma, pain and suffering we live from conception right through to the end of our lives and on into spirit until we do our Healing.

Our Healing is working back through all our wrongness as we come to terms with it by looking to our feelings for the truth contained within them. It all being driven by our will; both our induction into our going against the truth of ourself, and our Healing of it. The so-called free will we have, is the freedom of our will to be used against ourselves; the freedom to heal and change that damage; and then the freedom to live as truly loving people or spirits.

So you live with your mind in control of your feelings, when it's to be the other way round. Our feelings are to lead with our mind helping us to maintain such leadership. Our mind is also to help us put the truth into perspective that comes from our feelings, we're not to use our mind to build up our anti-truth beliefs and behaviours going against the truth of ourselves. However this is what we all do and have done through our early lives, and so this is what our Healing will change.

And then along the way we can long for and receive God's Divine Love, which is necessary to do should you want to progress out of the Mansion Worlds and into the higher Celestial spheres.

You are conceived onto an untrue and unloving world, and at some point have to want to become true and loving. And doing your Healing is the only way.

Zelmar and I have said the same thing, he only being more technical about it, which will appeal to some people, yet not so much to others. And we're all to work it out for ourselves, so we can Heal ourselves.

James: Thank you Nanna Beth.

**Note:** Zelmar is one of the personalities within the seven Melchizedek soulmate pairs overseeing the End Times and Handover. Nanna Beth is from the third Celestial Heaven and is the spokes personality of what is referred to as the Council of Elders.

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

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



**in conjunction with**



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

## Messages from Mary and Jesus

book 2 by James Moncrief

18 May 2003

I want to go over the thoughts you had yesterday that were inspired by your feelings, as they set out clearly what went wrong with the relationship with your parents; although, I will present these thoughts conceptually and not personally as you experienced them. Mary.

As a soul coming into creation, you are love, all love, and you want to be accepted so that you can give and receive and experience all the facets of love. Love is all things and all experiences and so your push into life is one of love, it is a loving act. And, if it is met with love and you are welcomed, accepted and wanted, then you experience good feelings – if you are not welcomed, accepted or wanted, bad feelings. And as you know there is a very substantial difference between good and bad feelings, between love and being accepted and wanted, and not loved, being unwanted and rejected. To express your soul's love you don't have to do anything, it just naturally happens if it – you – are being accepted. As a person in the womb, then as an infant person, then a young child person, you naturally give love, you are beaming with it, as it is the life force driving you into being. And the Mother and Father have lovingly made you adorable as a new-born, infant and young child, giving you every chance of being welcomed openly and lovingly. The baby animal is so much loved for its cute innocence and helplessness, with the human baby all the more adorable, when it's *yours*. So many people want the baby and are happy when it comes, but later reject it as it grows up.

**Rejection of the child as it grows older is obvious compared to it being adored as a young infant, but what is not so obvious is right from conception, a moments rejection can effect the forming embryo; a moments rejection during pregnancy can effect that moments development of the foetus, and this rejection can have severe results. It can seriously retard the development of the newly forming person; it can lay down the foundations of rejection and self-denial patterns – it is the beginning of the negative mind being formed. Deformities: physical, mental and emotional, can occur, all of which reflect the state of the parents relationship with their child. All deformities and illnesses and problems that arise in pregnancy to affect the newly born child, come from its moment-to-moment relationship with its parents from conception onwards. As to why not all children are born retarded or deformed because of the impact of the parents negative condition is determined by the needs of the soul, what the soul of that child / person requires to experience from the negative condition – to begin life with.**

Scientists will say that such retardation and deformities are the result of gene deficiency and other environmental factors, but these things are only secondary, they are *used* by the soul to help express the negative condition the newly forming child is experiencing from its parents. EVERYTHING BEGINS WITH RELATIONSHIPS; RELATIONSHIPS ARE THE KEY TO EVERYTHING. No defective child will ever be born; will ever need to be born, to parents that are of a Celestial level of truth and of a positive mind. That is because the parent / child relationship will always be perfect and all-loving. Our souls are perfect having been created based on a Perfect Pattern. So if they are allowed to perfectly express themselves – us – in Creation, then we would be perfect, we'd never show any imperfection.

The imperfections only reflect the inability of the soul to express its personality perfectly in Creation, and such inability only happens when it's stopped from doing so, when something like another will, that of your parents, imposes itself on you, stopping you freely express yourself. You might think that an

embryo of only two cells or four could not possibly *feel* rejected or unloved, but in that you would be mistaken. It doesn't feel it as you would feel it now, but it does feel it as an embryo does. And how it feels is determined on subtle levels based on the light from its experience. If it doesn't experience its parents' light as it requires to give it a good experience, one of love, then this *negative* light is registered and recorded by the soul as a negative experience, and will await the day when you allow this negative light to come forth being expressed through your healing. This might be difficult to understand, but everything is really only light, soul (existential) or Creational (experiential) light, and when the light is interfered with in any way, then this is evil or negative.

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

The reality is you are all conceived defective, in and of the negative, although not everyone manifests this defectiveness or retardation, this negative interference, in a physical, mental or emotional deformity. Most of you express it spiritually with your physical, mental and emotional being relatively normal. Spiritually you are all defective, you all live in and on a detention world, and die moving to live on other detention worlds – the Mansion Worlds (spirit sphere 1 – 7). These are not imprisonment worlds like the world the leaders of the Rebellion now live on, however they are worlds that are cut off from a regular and normal relationship with the universe of Nebadon. You are all alone, you don't share your Mansion Worlds with other ascending spirits from other mortal worlds, because you don't have true relationships. In your relationships you are alone, in your families you are alone, even in the best of a seemingly loving relationship, you are alone. So this isolation is reflected in the bigger picture, and will only change when individuals do their healing and understand the depths to which they do feel unloved and alone.

Right from the moment of your conception you need to be wanted, 100%, anything less and you will feel not wanted, not as loved as you want and need to be, so not as able to express yourself. And this is how you are all introduced to this world. You are all welcomed at conception with a slap in the face, and when you are born, a slap on the other end. And this sets the tempo of life, which in most cases only gets worse.

As I have said, even the most loving of parents (unless they have done their soul-healing) are not as loving as their child needs them to be. You are all fighting a losing battle. So what you feel in those beginning months is that you are not being as welcomed and accepted as you want to be. You feel bad, restricted, and not able to express yourself. You cannot just be. You feel a force on you, one that is restricting you, holding you back, preventing you from being how you want to be. And naturally you want to fight this force so you become angry. Your emerging will tries to rectify the problem and this is done with anger.

How you experience your anger in the womb or when you are a few days old, is not how you experience anger when you are six years old, but to your soul it is the same. Any restriction placed on your will is *experienced* or *registered* in your soul, and it will stay there until you do your healing. And then when you heal it, it will come out through all your systems. And as an adult when you experience it through your healing, you'll know where exactly it's coming from. You will feel and perceive it, and know it was anger from when you were in the womb or just after you were born or when you were six years old. Your soul will show you the truth, it will cognize it in your mind for you to understand what you are feeling, but only when first you honour and accept and want to know the truth of your feelings.

Being so small all you can do is love, you just want to be wanted – accepted. If your parents totally wanted you then the expression of your personality would have somewhere to go and be well received. You wouldn't feel like a helpless blob on the bed wondering what your life is all about, wondering why you feel alone, cold, abandoned, rejected. You would feel that every bit of you was being warmly soaked up into them, and the pleasure they would be experiencing in wanting you, would in turn be their love coming back to you. And as you feel their love coming back, you would feel full acceptance of yourself. So in a sense, and in truth, you would be loving yourself. Your love, your personality expression, is going out into Creation, into the world – into your parents, and the world – they – would be giving it all right back to you; and you would feel very loved, completely happy and contented without a fear in the world, willing and wanting to forge into life as much and as fully as you can in each and every moment. And if your parents accepted and kept on truly wanting you in every moment, then you'd grow up knowing only self-love, self-acceptance; feeling confident and not scared, angry, miserable, depressed, with rejection being a long way off. You would then also have a huge natural capacity to love and be loved, and if you felt rejected in any way it would immediately make you feel bad and you would be able to deal with it and see why you were feeling it. But it would not crush you making you feel your life is threatened, crushing you out of existence.

Instead of this loving scenario, you have reflected back to you is no love, rejection and anger. Your will tries to get what you want, love, and so you protest when you are not happy, but often this only brings more retaliation upon you, more anger and rejection. So what you feel the world is telling you, the whole world being your parents when you are small, is that it does not want you, does not welcome you, does not accept you, and is not loving. And this you then apply to yourself. You are too small to differentiate between yourself and your parents and the world, everything, for all you know and perceive, is still you.

Full differentiation does not begin until the time when your Indwelling Spirit arrives about six years old, and is completed at sexual maturity. Until then where you begin and end is not so clear, and when you are in their womb and newly born there is virtually no separation. So what your parents are feeling about themselves you feel; how they treat themselves is how they treat you, so you learn this, it becomes you, so you treat yourself in the same way. The feedback you receive from them is what you take on and identify with as your individuation takes place. You know nothing else other than what is reflected back to you by your parents, and this goes on and on at all levels – physical, emotional, mental, spiritual and on the will level. You are multi dimensional, experiencing on all these levels at once.

So you might appear to your parents to be a *nice, good*, quite and contented baby, when the reality is inside you are frightened to the extent of not being able to put up any fight any longer. What you see on the surface is not necessarily what is being experienced on the deeper inner levels. Your torture does not all have to show on the physical. You may never have a physical ailment, but still that does not mean you are living a perfect life of love. Most of you only go by what you see, and do not worry about and even dismiss what you feel, and this is where the greatest problems lie.



As you grow up, the feedback you receive conditions you into becoming completely negative – negative towards yourself. How you treat yourself as an adult is the outworking of this. You inwardly blame yourself for all the rejection you feel, and you believe that all you are, and can be, is rejected and not

loved, to the extent that you felt from your parents. You may believe that as an adult, finally away from the control of your parents, you can get the career you want and the money you need to go and eat all the takeaways you want, indulging your *free* time on your own pleasure. You can turn on the television and relax, have a drink or a few, smoke, take drugs, work more, have a family and children, have a full life; but if you analysis it all, as you will through your healing, you will see that all these things are not actually good for you, and are in fact hurting you, and the whole life you are living is bad and wrong for you. You will see it is all controlled and conditioned by your parental influences, and you are just a product of this – of them.

As we have said, you live in relativity's all within the negative. You might not like your job, but with the money you make up for the trial of having to go to work by living it up on the weekends, or in your spare time. You believe the job is bad, but at least you are enjoying *some* good things that are your own. But they are not good, for it is all still bad, just one thing not as bad as another. Your soul will never be happy going to the bar and getting drunk, using such things as a replacement for the love it needs. Neither will it feel content and fulfilled by having children believing they will fill the gap of love-depravity you feel. All such love substitutes are not love and will only keep your negative patterns in place. Only love will heal your soul and make you feel whole, happy, bright and alive. Only LOVE! Love is what you missed out on, and love is what you need. The Mother and Father's Love is the single greatest source of love on offer to you. It would be wise to accept Their offer.

Having unloving and rejection behaviour reflected back to you as a child in varying degrees has been the environment, or that part of Creation, in which you have formed. And you will gravitate to the part of the world that suits your patterns and allows you to exist how you believe you should. By the time you are an adult you will have completed your self-rejection. Instead of being completely self-loving you will be self-rejecting, not wanting and not loving yourself. You will be living fully in rebellion against yourself, and this is how you will remain until you do your healing.

As you heal and break down this self-rejection, slowly you will feel yourself filing up with love. And then one day you will feel full, and then even overflowing; and then you will want to actively love others. And you will, when your cup is overflowing, be the loving example that Jesus was and is to you all. You will then know what it is to follow him and be the love that he is. And your soul will be healed of all its pain, anger and denial. And you will truly be the real and true you completely separated from the world of your parents and able to be a truly willing and loving individual, the child of your True, Willing and Loving Heavenly Parents.

I think we have covered it all for the time being James. I want the repetition in these messages, because, as you have experienced, it might just be put in a way slightly different from the last that makes the reader see something or triggers a new insight or understanding. And as there is so little expression of this truth on your world, it needs to be said and expressed a lot of times. Mary.

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

**in conjunction with**

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

# Grandma's Experiences Leave a Mark on Your Genes

<http://discovermagazine.com/2013/may/13-grandmas-experiences-leave-epigenetic-mark-on-your-genes#.UowvGulhPFI>

**Your ancestors' lousy childhoods or excellent adventures might change your personality, bequeathing anxiety or resilience by altering the epigenetic expressions of genes in the brain.**

By [Dan Hurley](#)

Tuesday, June 11, 2013



Darwin and Freud walk into a bar. Two alcoholic mice — a mother and her son — sit on two bar stools, lapping gin from two thimbles.

The mother mouse looks up and says, “Hey, geniuses, tell me how my son got into this sorry state.”

“Bad inheritance,” says Darwin.

“Bad mothering,” says Freud.

For over a hundred years, those two views — nature or nurture, biology or psychology — offered opposing explanations for how behaviours develop and persist, not only within a single individual but across generations.

And then, in 1992, two young scientists following in Freud's and Darwin's footsteps actually did walk into a bar. And by the time they walked out, a few beers later, they had begun to forge a revolutionary new synthesis of how life experiences could directly affect your genes — and not only your own life experiences, but those of your mother's, grandmother's and beyond.

The bar was in Madrid, where the Cajal Institute, Spain's oldest academic centre for the study of neurobiology, was holding an international meeting. Moshe Szyf, a molecular biologist and geneticist at McGill University in Montreal, had never studied psychology or neurology, but he had been talked into attending by a colleague who thought his work might have some application.

**Michael Meaney**, neurobiologist.

Likewise, Michael Meaney, a McGill neurobiologist, had been talked into attending by the same colleague, who thought Meaney's research into animal models of maternal neglect might benefit from Szyf's perspective.

"I can still visualize the place — it was a corner bar that specialized in pizza," Meaney says. "Moshe, being kosher, was interested in kosher calories. Beer is kosher. Moshe can drink beer anywhere. And I'm Irish. So it was perfect."

The two engaged in animated conversation about a hot new line of research in genetics. Since the 1970s, researchers had known that the tightly wound spools of DNA inside each cell's nucleus require something extra to tell them exactly which genes to transcribe, whether for a heart cell, a liver cell or a brain cell.

One such extra element is the methyl group, a common structural component of organic molecules. The methyl group works like a placeholder in a cookbook, attaching to the DNA within each cell to select only those recipes — er, genes — necessary for that particular cell's proteins. Because methyl groups are attached to the genes, residing beside but separate from the double-helix DNA code, the field was dubbed epigenetics, from the prefix *epi* (Greek for over, outer, above).

Originally these epigenetic changes were believed to occur only during foetal development. But pioneering studies showed that molecular bric-a-brac could be added to DNA in adulthood, setting off a cascade of cellular changes resulting in cancer. Sometimes methyl groups attached to DNA thanks to changes in diet; other times, exposure to certain chemicals appeared to be the cause. Szyf showed that correcting epigenetic changes with drugs could cure certain cancers in animals.

Geneticists were especially surprised to find that epigenetic change could be passed down from parent to child, one generation after the next. A study from Randy Jirtle of Duke University showed that when female mice are fed a diet rich in methyl groups, the fur pigment of subsequent offspring is permanently altered. Without any change to DNA at all, methyl groups could be added or subtracted, and the changes were inherited much like a mutation in a gene.



Now, at the bar in Madrid, Szyf and Meaney considered a hypothesis as improbable as it was profound: If diet and chemicals can cause epigenetic changes, could certain experiences — child neglect, drug abuse or other severe stresses — also set off epigenetic changes to the DNA inside the neurons of a person’s brain? That question turned out to be the basis of a new field, behavioural epigenetics, now so vibrant it has spawned dozens of studies and suggested profound new treatments to heal the brain.

According to the new insights of behavioural epigenetics, traumatic experiences in our past, or in our recent ancestors’ past, leave molecular scars adhering to our DNA. Jews whose great-grandparents were chased from their Russian shtetls; Chinese whose grandparents lived through the ravages of the Cultural Revolution; young immigrants from Africa whose parents survived massacres; adults of every ethnicity who grew up with alcoholic or abusive parents — all carry with them more than just memories.

**Moshe Szyf**, molecular biologist and geneticist.

McGill University

Like silt deposited on the cogs of a finely tuned machine after the seawater of a tsunami recedes, our experiences, and those of our forebears, are never gone, even if they have been forgotten. They become a part of us, a molecular residue holding fast to our genetic scaffolding. The DNA remains the same, but psychological and behavioural tendencies are inherited. You might have inherited not just your grandmother’s knobby knees, but also her predisposition toward depression caused by the neglect she suffered as a newborn.



Or not. If your grandmother was adopted by nurturing parents, you might be enjoying the boost she received thanks to their love and support. The mechanisms of behavioural epigenetics underlie not only deficits and weaknesses but strengths and resiliencies, too. And for those unlucky enough to descend from miserable or withholding grandparents, emerging drug treatments could reset not just mood, but the epigenetic changes themselves. Like grandmother’s vintage dress, you could wear it or have it altered. The genome has long been known as the blueprint of life, but the epigenome is life’s Etch A Sketch: Shake it hard enough, and you can wipe clean the family curse.

### **Voodoo Genetics**

Twenty years after helping to set off a revolution, Meaney sits behind a wide walnut table that serves as his desk. A January storm has deposited half a foot of snow outside the picture windows lining his fourth-floor corner office at the Douglas Institute, a mental health affiliate of McGill. He has the rugged good looks and tousled salt-and-pepper hair of someone found on a ski slope — precisely where he plans to go this weekend. On the floor lays an arrangement of helium balloons in various stages of deflation. “Happy 60th!” one announces.

“I’ve always been interested in what makes people different from each other,” he says. “The way we act, the way we behave — some people are optimistic, some are pessimistic. What produces that variation? Evolution selects the variance that is most successful, but what produces the grist for the mill?”

Meaney pursued the question of individual differences by studying how the rearing habits of mother rats caused lifelong changes in their offspring. Research dating back to the 1950s had shown that rats handled by humans for as little as five to 15 minutes per day during their first three weeks of life grew up to be calmer and less reactive to stressful environments compared with their non-handled littermates. Seeking to tease out the mechanism behind such an enduring effect, Meaney and others established that the benefit was not actually conveyed by the human handling. Rather, the handling simply provoked the rats' mothers to lick and groom their pups more, and to engage more often in a behaviour called arched-back nursing, in which the mother gives the pups extra room to suckle against her underside.

"It's all about the tactile stimulation," Meaney says.

In a landmark 1997 paper in *Science*, he showed that natural variations in the amount of licking and grooming received during infancy had a direct effect on how stress hormones, including corticosterone, were expressed in adulthood. The more licking as babies, the lower the stress hormones as grown-ups. It was almost as if the mother rats were licking away at a genetic dimmer switch. What the paper didn't explain was how such a thing could be possible.

"What we had done up to that point in time was to identify maternal care and its influence on specific genes," Meaney says. "But epigenetics wasn't a topic I knew very much about."

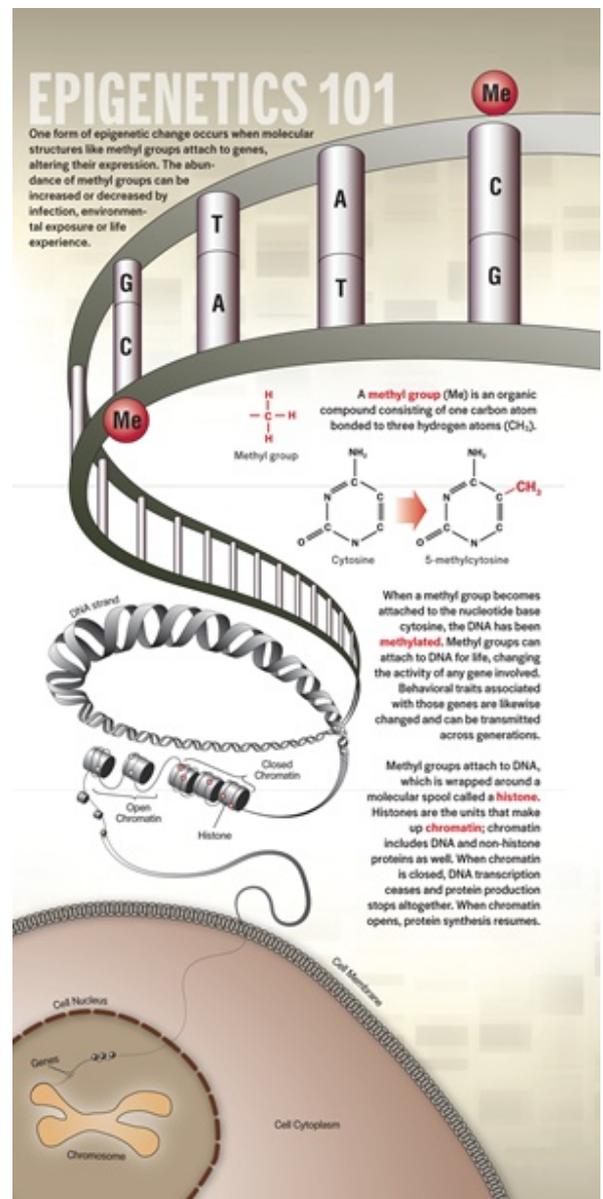
And then he met Szyf.

### Postnatal Inheritance

"I was going to be a dentist," Szyf says with a laugh. Slight, pale and balding, he sits in a small office at the back of his bustling laboratory — a room so Spartan, it contains just a single picture, a photograph of two embryos in a womb.

Needing to write a thesis in the late 1970s for his doctorate in dentistry at Hebrew University of Jerusalem, Szyf approached a young biochemistry professor named Aharon Razin, who had recently made a splash by publishing his first few studies in some of the world's top scientific journals. The studies were the first to show that the action of genes could be modulated by structures called methyl groups, a subject about which Szyf knew precisely nothing. But he needed a thesis adviser, and Razin was there. Szyf found himself swept up to the forefront of the hot new field of epigenetics and never looked back.

Until researchers like Razin came along, the basic story line on how genes get transcribed in a cell was neat and simple. DNA is the master code, residing inside the nucleus of every cell; RNA transcribes the



code to build whatever proteins the cell needs. Then some of Razin's colleagues showed that methyl groups could attach to cytosine, one of the chemical bases in DNA and RNA.



It was Razin, working with fellow biochemist Howard Cedar, who showed these attachments weren't just brief, meaningless affairs. The methyl groups could become married permanently to the DNA, getting replicated right along with it through a hundred generations. As in any good marriage, moreover, the attachment of the methyl groups significantly altered the behaviour of whichever gene they wed, inhibiting its transcription, much like a jealous spouse. It did so, Razin and Cedar showed, by tightening the thread of DNA as it wrapped around a molecular spool, called a histone, inside the nucleus. The tighter it is wrapped, the harder to produce proteins from the gene.

Consider what that means: Without a mutation to the DNA code itself, the attached methyl groups cause long-term, heritable change in gene function. Other molecules, called acetyl groups, were found to play the opposite role, unwinding DNA around the histone spool, and so making it easier for RNA to transcribe a given gene.

By the time Szyf arrived at McGill in the late 1980s, he had become an expert in the mechanics of epigenetic change. But until meeting Meaney, he had never heard anyone suggest that such changes could occur in the brain, simply due to maternal care.

"It sounded like voodoo at first," Szyf admits. "For a molecular biologist, anything that didn't have a clear molecular pathway was not serious science. But the longer we talked, the more I realized that maternal care just might be capable of causing changes in DNA methylation, as crazy as that sounded. So Michael and I decided we'd have to do the experiment to find out."

Actually, they ended up doing a series of elaborate experiments. With the assistance of postdoctoral researchers, they began by selecting mother rats who were either highly attentive or highly inattentive. Once a pup had grown up into adulthood, the team examined its hippocampus, a brain region essential for regulating the stress response. In the pups of inattentive mothers, they found that genes regulating the production of glucocorticoid receptors, which regulate sensitivity to stress hormones, were highly methylated; in the pups of conscientious moms, the genes for the glucocorticoid receptors were rarely methylated.

Methylation just gums up the works. So the less the better when it comes to transcribing the affected gene. In this case, methylation associated with miserable mothering prevented the normal number of glucocorticoid receptors from being transcribed in the baby's hippocampus. And so for want of sufficient glucocorticoid receptors, the rats grew up to be nervous wrecks.

To demonstrate that the effects were purely due to the mother's behaviour and not her genes, Meaney and colleagues performed a second experiment. They took rat pups born to inattentive mothers and gave them to attentive ones, and vice versa. As they predicted, the rats born to attentive mothers but raised by inattentive ones grew up to have low levels of glucocorticoid receptors in their hippocampus and behaved skittishly.

Likewise, those born to bad mothers but raised by good ones grew up to be calm and brave and had high levels of glucocorticoid receptors.

Before publishing their findings, Meaney and Szyf conducted a third crucial experiment, hoping to overwhelm the inevitable sceptics who would rise up to question their results. After all, it could be argued, what if the epigenetic changes observed in the rats' brains were not directly causing the behavioural changes in the adults, but were merely co-occurring? Freud certainly knew the enduring power of bad mothers to screw up people's lives. Maybe the emotional effects were unrelated to the epigenetic change.

To test that possibility, Meaney and Szyf took yet another litter of rats raised by rotten mothers. This time, after the usual damage had been done, they infused their brains with trichostatin A, a drug that can remove methyl groups. These animals showed none of the behavioural deficits usually seen in such offspring, and their brains showed none of the epigenetic changes.

"It was crazy to think that injecting it straight into the brain would work," says Szyf. "But it did. It was like rebooting a computer."

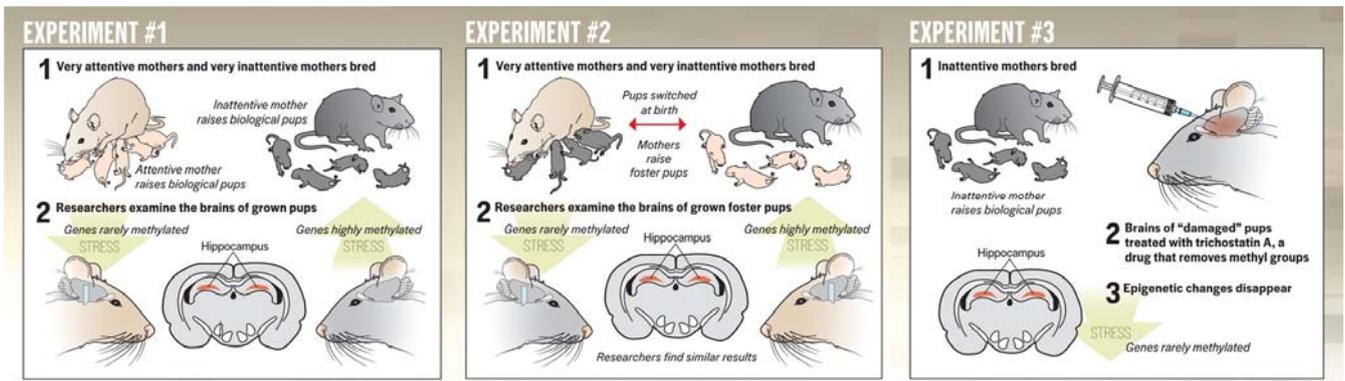
## Good Mothering

A good rat mother licks and grooms her pups. She gives them extra space to suckle against her underside.



## Bad Mothering

A bad rat mother barely licks her pups and provides almost no tactile stimulation.



Despite such seemingly overwhelming evidence, when the pair wrote it all up in a paper, one of the reviewers at a top science journal refused to believe it, stating he had never before seen evidence that a mother's behaviour could cause epigenetic change.

"Of course he hadn't," Szyf says. "We wouldn't have bothered to report the study if it had already been proved."

In the end, their landmark paper, "Epigenetic programming by maternal behaviour," was published in June 2004 in the journal *Nature Neuroscience*.

Meaney and Szyf had proved something incredible. Call it postnatal inheritance: With no changes to their genetic code, the baby rats nonetheless gained genetic attachments due solely to their upbringing — epigenetic additions of methyl groups sticking like umbrellas out the elevator doors of their histones, gumming up the works and altering the function of the brain.

### The Beat Goes On

Together, Meaney and Szyf have gone on to publish some two-dozen papers, finding evidence along the way of epigenetic changes to many other genes active in the brain. Perhaps most significantly, in a study led by Frances Champagne — then a graduate student in Meaney's lab, now an associate professor with her own lab at Columbia University in New York — they found that inattentive mothering in rodents causes methylation of the genes for estrogen receptors in the brain. When those babies grow up, the resulting decrease of estrogen receptors makes them less attentive to *their* babies. And so the beat goes on.

As animal experiments continue apace, Szyf and Meaney have entered into the next great step in the study of behavioural epigenetics: human studies. In a 2008 paper, they compared the brains of people who had committed suicide with the brains of people who had died suddenly of factors other than suicide. They found excess methylation of genes in the suicide brains' hippocampus, a region critical to memory acquisition and stress response. If the suicide victims had been abused as children, they found, their brains were more methylated.

Why can't your friend "just get over" her upbringing by an angry, distant mother? Why can't she "just snap out of it"? The reason may well be due to methyl groups that were added in childhood to genes in her brain, thereby handcuffing her mood to feelings of fear and despair.

Of course, it is generally not possible to sample the brains of living people. But examining blood samples in humans is routine, and Szyf has gone searching there for markers of epigenetic methylation. Sure enough, in 2011 he reported on a genome-wide analysis of blood samples taken from 40 men who participated in a British study of people born in England in 1958.

All the men had been at a socioeconomic extreme, either very rich or very poor, at some point in their lives ranging from early childhood to mid-adulthood. In all, Szyf analysed the methylation state of about 20,000 genes. Of these, 6,176 genes varied significantly based on poverty or wealth. Most striking, however, was the finding that genes were more than twice as likely to show methylation changes based on family income during early childhood versus economic status as adults.

Timing, in other words, matters. Your parents winning the lottery or going bankrupt when you're 2 years old will likely affect the epigenome of your brain, and your resulting emotional tendencies, far more strongly than whatever fortune finds you in middle age.

Last year, Szyf and researchers from Yale University published another study of human blood samples, comparing 14 children raised in Russian orphanages with 14 other Russian children raised by their biological parents. They found far more methylation in the orphans' genes, including many that play an important role in neural communication and brain development and function.

“Our study shows that the early stress of separation from a biological parent impacts long-term programming of genome function; this might explain why adopted children may be particularly vulnerable to harsh parenting in terms of their physical and mental health,” said Szyf's co-author, psychologist Elena Grigorenko of the Child Study Center at Yale. “Parenting adopted children might require much more nurturing care to reverse these changes in genome regulation.”

A case study in the epigenetic effects of upbringing in humans can be seen in the life of Szyf's and Meaney's onetime collaborator, Frances Champagne. “My mom studied prolactin, a hormone involved in maternal behaviour. She was a driving force in encouraging me to go into science,” she recalls. Now a leading figure in the study of maternal influence, Champagne just had her first child, a daughter. And epigenetic research has taught her something not found in the *What to Expect* books or even her mother's former lab.

“The thing I've gained from the work I do is that stress is a big suppressor of maternal behaviour,” she says. “We see it in the animal studies, and it's true in humans. So the best thing you can do is not to worry all the time about whether you're doing the right thing. Keeping the stress level down is the most important thing. And tactile interaction — that's certainly what the good mother rats are doing with their babies. That sensory input, the touching, is so important for the developing brain.”

### **The Mark Of Cain**

The message that a mother's love can make all the difference in a child's life is nothing new. But the ability of epigenetic change to persist across generations remains the subject of debate. Is methylation transmitted directly through the fertilized egg, or is each infant born pure, a methylated virgin, with the attachments of methyl groups slathered on solely by parents after birth?



Neuroscientist Eric Nestler of the Icahn School of Medicine at Mount Sinai in New York has been seeking an answer for years. In one study, he exposed male mice to 10 days of bullying by larger, more aggressive mice. At the end of the experiment, the bullied mice were socially withdrawn.

To test whether such effects could be transmitted to the next generation, Nestler took another group of bullied mice and bred them with females, but kept them from ever meeting their offspring.

Despite having no contact with their depressed fathers, the offspring grew up to be hypersensitive to stress. “It was not a subtle effect; the offspring were dramatically more susceptible to developing signs of depression,” he says.

In further testing, Nestler took sperm from defeated males and impregnated females through in vitro fertilization. The offspring did not show most of the behavioural abnormalities, suggesting that epigenetic transmission may not be at the root. Instead, Nestler proposes, “the female might know she had sex with a loser. She knows it’s a tainted male she had sex with, so she cares for her pups differently,” accounting for the results.

Despite his findings, no consensus has yet emerged. The latest evidence, published in the Jan. 25 issue of the journal *Science*, suggests that epigenetic changes in mice are usually erased, but not always. The erasure is imperfect, and sometimes the affected genes may make it through to the next generation, setting the stage for transmission of the altered traits in descendants as well.

### What’s Next?

The studies keep piling on. One line of research traces memory loss in old age to epigenetic alterations in brain neurons. Another connects post-traumatic stress disorder to methylation of the gene coding for neurotrophic factor, a protein that regulates the growth of neurons in the brain.

If it is true that epigenetic changes to genes active in certain regions of the brain underlie our emotional and intellectual intelligence — our tendency to be calm or fearful, our ability to learn or to forget — then the question arises: Why can’t we just take a drug to rinse away the unwanted methyl groups like a bar of epigenetic Irish Spring?

The hunt is on. Giant pharmaceutical and smaller biotech firms are searching for epigenetic compounds to boost learning and memory. It has been lost on no one that epigenetic medications might succeed in treating depression, anxiety and post-traumatic stress disorder where today’s psychiatric drugs have failed.

But it is going to be a leap. How could we be sure that epigenetic drugs would scrub clean only the dangerous marks, leaving beneficial — perhaps essential — methyl groups intact? And what if we could create a pill potent enough to wipe clean the epigenetic slate of all that history wrote? If such a pill could free the genes within your brain of the epigenetic detritus left by all the wars, the rapes, the abandonments and cheated childhoods of your ancestors, would you take it?



**WE ARE NEVER MEANT TO BE ALONE!      SOULMATES become SOUL-GROUPS!**

Our soul individualises into two personalities, as a male and female always. The two soul halves are soulmates. When the two personalities complete their Feeling Healing of their childhood suppression and injuries, then the two personalities will find each other, either whilst in the physical or in the Celestial Heaven spirit worlds.



The personality that each soul half is blessed with by our Heavenly Parents is the personality that we are to express through out our journey for eternity. It is the suppression of the free expression imposed upon us by our parents that requires for each of us to under go our Feeling Healing. Whilst we are suppressing our true selves we do not connect with our soulmate.



Soulmates form into soul-groups. Once in the Celestial soul condition, soul-groups form consisting always of twelve (12) soul pairs. A soul-group consists of twelve sets of soulmates, twenty four (24) individuals. When we progress beyond the Celestial Heavens, towards Paradise, the home of our Heavenly Parents, we do so as a soul-group of 24 personalities. We can achieve Celestial soul condition here on Earth and also form our soul-group here on Earth.



Now add to this scenario, soul-mates and soul-groups. All those who were Celestial would have met their soulmate and it would be the priority for them as soul-mates to be perfectly living true before they considered having children. And then these soul-pairs would link up with other soul-pairs and form soul-groups. It would be just a natural part of one's inner feelings and events in one's life that would lead one to do this. Then the whole soul-group would become a functioning *family* unit. Each of the couples would have their children, but the whole group would function in helping to share in the upbringing of all children. And this would then enable the children to be intimately involved with other people who would offer them the things that their parents could not.

Humanity is not meant to live and raise children just two parents struggling along trying to cope best they can. We are designed to be in small groups so that we can compound the love and support for and of each other.



Tuesday, 17 March 2015

<http://www.abc.net.au/catalyst/stories/4198637.htm>

**What is memory? In this episode of Catalyst, Anja Taylor investigates how our memories change from childhood to adulthood and how we can build up greater brain reserves to power our mind into old age. And we reveal groundbreaking Australian research on brain epigenetics – how the expression of our DNA can be changed by our experiences and even those of our parents! It's an intriguing new area of science with huge health implications.**

**NARRATION (18 minutes into the interview)**

Even though our DNA is set from birth, we can take positive action from brain disease.

**Professor Anthony Hannan**

The brain talks to the immune system, the cardiovascular system including the heart, it talks to the endocrine system, all these hormones flowing through your body. And, therefore, the two things we all know are good for your body – physical activity and a healthy diet – are also good for the brain.

**NARRATION**

Those who build a brain reserve through exercise and complex mental activity can lower their risk of winding up with dementia by more than 40%. The question of nature versus nurture has traditionally been two quite different schools of thought on how the brain changes. But now the lines are becoming increasingly blurred, opening up an extraordinary new area of brain science – brain epigenetics.

**Professor Anthony Hannan**

I think epigenetics is one of the revolutions that is going on within biology and medicine. Doing neuroscience at the start of the 21st century is like doing physics was at the start of the 20th century. It is the great frontier.

**NARRATION**

It turns out that although I don't remember my life before four years of age, my genes do. What I ate, how I responded to events, how my parents treated me, what I learnt, all placed chemical markers on my DNA. Those tags affect how my genes are expressed throughout my life.

**Professor Anthony Hannan**

We've known for a long time that the genome, it's about three billion letters of DNA, paired letters. And that's the letters of DNA in the genome, but epigenetics is above the genome. So without changing the order of letters, if you like, a gene being a word, you're actually changing the emphasis by chemical modifications.

**Anja Taylor**

If you think of your DNA as a cookbook, epigenetics are the bookmarks that tell you which recipes are good to use and which ones aren't.

**NARRATION**

Groundbreaking Australian studies have revealed extensive genetic tagging occurs in our brains during early childhood. There's evidence to suggest adversity during this time can tag our genes in a damaging

way. Mice pups with inattentive mothers display changes to their genetic expression that make them more anxious and less likely to nurture their own babies. In humans, a 2008 study of the brains of suicide victims also revealed an abnormal level of epigenetic change in the hippocampus, particularly among those who had been abused as children. But – and here's the astonishing part – epigenetic changes can be inherited. Mice experiments at the Florey Institute have shown raising stress levels of male adult mice can lead to higher anxiety levels in their unborn pups.

### **Professor Anthony Hannan**

If the levels of stress hormone in a father mouse are increased, then that will change the behaviour of the offspring. Even if the father mouse hasn't been with the mother during pregnancy nor any contact with the contact, but some information is being passed through the sperm to the next generation. And so the lifestyle activities and experiences with your parents may be carried into your body and your brain through epigenetics to the next generation. That may be carried from you into your children. It's intriguing and it has huge public health implications.

### **NARRATION**

It raises questions on how traumatic events may affect generations to come, or offer explanations on cycles of childhood neglect. But as bad experiences may affect genetic expression, so too do good ones.

### **Professor Anthony Hannan**

There's evidence that none of this is permanent, including epigenetics. Some of it can be maybe not always erased, but compensated for. So now we're rethinking nature versus nurture. It's bi-directional.

### **NARRATION**

When you think about it in this light, the very memories that make us who we are; are a complex combination of evolution, ancestry, experience, chemistry, chance and the choices we make.

### **Professor Anthony Hannan**

If nature is your genetics and your genome, then it can influence how you experience different lifestyles. Conversely, through epigenetics, your lifestyle, your experience, your environment can change how the genome is expressed, and everyone is a very complex combination of genes and environment, and it's not one or the other.



### **We Inherit our Emotional Errors from the Environment around us during Childhood:**

We are to build but one temple. The Temple of the Living God is the blending of the greater (Divine Love) with the lesser (natural love) through which the lesser becomes one with the greater. The impurity was caused by the separation of the lesser from the greater. The purity is caused by their union, so that no longer is there a greater and a lesser but just the one good, whole, pure air of atonement. When you let the Love of the Father pour through you to all things, nothing fears you and no harm can befall you. It is separation from our Heavenly Mother and Father, which has caused sin / error, sickness, poverty, and death. It is union with the Creator, Father that causes one to become a whole Being or to become conscious of being whole.

Life and Teaching of the Masters of the Far East by Baird T Spalding.

**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'.

**MAN is not to INTERFERE with the DRIVERS of PAIN:**

21 September 2011

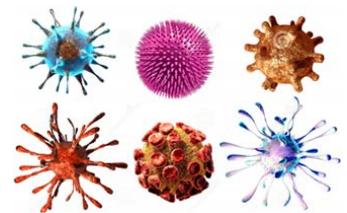
Verna, a Nature Spirit: Mary spoke of the disease resistant microbes coming about because of all the antibiotic food animals are forced to eat in some of the developed countries, well that's our department, one of them anyway. We are the ones responsible for such disease resistant bacteria. You see bacteria are open to easy manipulation from us, and so we're slowly bringing about the disease resistant strains along with the viruses and funguses that will be required by humanity in the times to come.



Humanity is NOT meant to heal itself of all disease by killing off the microbe, by doing things to stop it harming you. Humanity is to grow in truth beyond the need to have such microbes affect it, thereby not having to do anything at all to 'protect' itself from the so-called 'bugs'. The common cold only causes you such bother because you're already causing yourselves so much bother by refusing to feel the bad feelings you're denying. The bother's are the same, the cold coming to you so you can feel how you're really feeling – bothered, that being how your parents made you feel.

Humanity is to see that it's futile to keep trying to solve the problem by killing it, that it won't go away that way. It might be able to delude itself that it's done the job, but it's only short term and the bug will return, even stronger than it was. Had you left it as it was, and concentrated on growing in truth through the doing of your feeling-healing, then you'd have nothing to worry about from the bug. The bugs only cause you the suffering you require because it's what you need to help you feel bad as you refuse to allow yourself to feel as you do – bad. But instead of allowing it to make you feel bad, all so you can express such bad feelings uncovering the truth of them, you try to kill it and make it go away only exacerbating your self- and feeling-denial, only making things even worse for you in the long run.

When you have a disease, all the pain you feel from it IS ALREADY pain that's already within you, it's nothing new. You're not suddenly being attacked by this thing that's causing you all this pain. You're being helped by this thing to become aware of the pain you're already feeling, but are refusing to accept and acknowledge. And because you are denying yourself this pain, it all being felt in your early life and being kept buried within you, so it seems like suddenly your full of pain all because of your disease. And it's true that on a physical level the disease is causing you pain, but on the emotional, mental, spiritual and psychological levels, it's only helping you become aware of what you're not allowing yourself to feel. So do you see, YOU ARE ALREADY THE PAIN, it's all already there in you, you're already feeling it, only you've told yourself you're not. So the bug comes along into your body, your soul allows it to 'infect' you instead of rejecting it, and it makes you feel bad, all the bad feelings that are lying dormant within you. Only they are not dormant, you've just blocked them out, that being how extraordinary the mind is.



Were humanity true to its feelings and not under the influence of the Rebellion, it would have evolved beyond the current diseases that afflict it. It would have encountered other higher diseases, but would be well on the way to not having to require their help either. There are higher diseases awaiting humanity in the future, as it moves beyond the current ones, but by then such disease will be known for what it is, to help stimulate certain feelings which when expressed and the truth found, bring about the healing of the illness. As for the current diseases, we'll keep making them resistant to your medicines forever, it's all very easy for us.

James: How do you do it Verna?

Verna: We have laboratories in which we experiment with the spirit equivalent of the Earth disease. And we manipulate the genes using light. We have what we call 'light-sticks' for the purpose, angelic tools we create with our minds that enable us to do such fine work, all to create the desired result, that being, in keeping with the requirements of the age humanity is currently living in. We're given the parameters by higher angels with which we comply, we can't just make up any concoction we like, not like you can – within reason. And I say 'within reason', because we're always looking over your shoulders in such things ensuring you don't go outside the parameters set down for you for the age you live in.

James: So all those scientists experimenting with such things, only have their 'breakthroughs', if it's in keeping with the guidelines of the current spiritual age.

Verna: Yes, absolutely, you can't do anything outside the guidelines of your age, and all you do is within such guidelines. Humanity has a path it's going down in its negative state, and we're here to help see you go down it as you want, just as it will be when you choose to change paths and to go up the healing one.

So with our light-sticks we simulate the environmental conditions required to bring about the mutations needed to make the bacteria resistant to your drugs. And having achieved our purpose with our mind-created spirit bacteria, we then look for the required Earth conditions to bring about the physical changes in the specific strain. And if those Earth conditions don't come about naturally when we want them to, well then we move to stage two of the plan and make them come about. We're allowed certain leeway in our direct interference with life on Earth, not with you, but all natural life. So we might have to bring about the required conditions to cause the microbe to mutate, all of which is easy enough.

What you might be interested in, James, is how we know when to bring about such mutations, and that too is told to us by higher angels. As you've been told by Mary, new Creational light from Paradise is coming into your world, and your souls are being prepared for the next stage in humanity's evolution, that being the next spiritual age. So in keeping with this new incoming universal light, that which is affecting all Nebadon, but Earth in its particular way, so we are able to increase the level of such bacteria through such mutations. We do it all in step and perfect harmony with the new spiritual light, which is, of course, all perfectly in step and harmony with humanity's continual descent into darkness. It horrifies many in the medical profession to see that all those bugs they thought they'd finally conquered are beginning to come back, and so quickly, and so much so that the drug companies can't keep pace. And the quickness is only going to increase as the incoming universal light increases, as we move closer to the beginning of the new age. And then once in the new age, it's going to keep increasing right through that age, it's going to be a very interesting time for us all. Humanity has to come to terms with a lot in a very short time. One thousand years is but a blink of the eye in universal time. So the pressure is going to be kept on humanity to face the truth: that its way of being has been all wrong, and that it can't keep going the way it has been going. And if it does, it will only cause more heartache and suffering for itself. So it will have to choose another way, that being the only other way: the true way, the way of TRUTH!

James: So, say you find a cow that is susceptible, it being a favourable environment in which to incubate the new strain, then what?

Verna: Then we make sure the new strain is passed on. We might have to bring about the same mutation or similar ones to get it established in many different animals, but that's easy too. We then have another department that works out the influence of the new strain on humanity, such as who it will most likely affect, which souls are requiring the service of it, how it will be moved around the world if that's what is to happen to it, and how it will affect other existing life forms. It's all very complicated that part, for tinkering with the very basics of life is no small thing, however it fascinates us, keeping us all busy working and working, all of us who are involved in it. I used to be, but now I'm sort of semi-retired from such adventures, now I get to talk to you about it all.

James: So you work out projections for the new strain, say a flu virus, and how badly it will affect people: where in which countries, how it will be transmitted, and how it will interact with other bugs and creatures.

Verna: Yes, all that sort of thing, not unlike the models your scientists play around with.

The bigger picture is that all such new life forms, for that's basically what it amounts to when something activates new genes or has new ones added or subtracted, have to still fit in with the ongoing long term plans of the Life Carriers for Earth. We can't make anything that is not in keeping with their plans; and when I say 'make', I mean make the necessary adjustments to bring about changes in species or new ones altogether. As I've told you before, we are the missing link, or element, in evolution of the species your scientists wonder about. Without our loving 'interference', you wouldn't have any evolution of the species, no matter what natural selection the specie and individuals in question might incur. We are, to all intents and purposes, the selection process, the selectors, we make it all happen, we've brought it all about, all the millions of different life-forms on Earth, all the outworking of the Life Carriers Life Plasm. So without us, no dinosaurs, no elephants, no tiny little bugs.

James: So do you work out the whole, I mean, how each specie fits in with all the others?

Verna: No, we only do the hands on practical stuff of bringing about the required inner genetic alterations. The bigger picture, as to what specie is to be created, comes from 'above', higher angels, they work out all of how nature lives together, all in keeping with the plans of the Life Carriers. The Life Carrier worlds are where that all takes place, they have the whole lot under control, right down to the physical look and behaviour of the species. We just do the tinkering when required, and it's always required, there's always adjustments and fine tuning and mutations required by the plans, this occupying a lot of our time.

Each specie has a department, and then there are departments overseeing groups and families of species, and so on.

James: So say for the Australian magpie that Marion's feeds, a department of nature spirits exist for them doing what?

Verna: They'd be taking notice of all the different variations within the specie, and the varying races of

that specie. Any naturally occurring mutations, if not within the required plan or pattern as it is, are eliminated, we can actually kill such damaged cells in a creature if need be, or we just let it die out naturally. If we want that certain variation, then that individual can be made to link up with another desirable individual, ensuring a continuation of the genes. Overall there's a perfection that's being worked toward by a specific time, and that's really what we do, ensure it's achieved. And along the way, we have to deal with a lot of your interference. As you're putting so many foreign substances into the air, land and water, and they are all having an adverse effect on every specie, so we have to take all of that into account as well. Some mighty strange things come up that we have to deal with all to ensure that things keep on track. And then at the same time as looking to nature's evolution, we have to do it all in keeping with the needs of your soul, with humanity's evolution, so it keeps us busy.

James: So do you know where and what every creature, every tiny microbe is doing all the time.

Verna: No, not always, but we keep a general view on things. We have an ability to know when something is amiss. We don't have to actually keep our eye on every genetic code in every cell in every creature, nor constantly on every creature seeing how it's doing, but we know when something unusual or when something goes astray, happens. Those who are overseeing that particular specie are alerted to whatever it is, we just know, I can't tell you how we know, we just sense it, we're in tune with it, if you like; and when the vibration changes of the specie, then we know. All life emits vibrations or frequencies of light, and it's these we monitor rather than individuals. So when the light frequency of the specie alters, we're onto it, we sense it, we perceive it as something very real, and it doesn't take us long to know which individual or individuals are causing the imbalance. And if it's an imbalance that is within the accepted guidelines, then nothing might need be done about it, so we adjust our knowledge of that specie to the new light-frequency, leaving it as it is. But if the new frequency is not in keeping with the overall desire of the Life Carriers pattern for life on Earth, then we have to decide what is to be done about it. And sometimes we need to summon the overseeing Life Carriers, who are stationed in the higher spirit planes of Earth, for consolation with them. Sometimes we can discuss such things with our angelic supervisors and don't need to ask the Life Carriers themselves; and sometimes we can take care of things ourselves.

James: So when you said yesterday, I think it was, that you can bring back lost species, you would do that through selective mutations.

Verna: Yes, that's how it all works. And we can do it relatively quickly or slowly. Mostly it's an age long process, each age allowing us to tinker to a certain degree, but in the case of what's to come for humanity, we'll be able to speed things up a lot. Humanity will be given a lot of nature back to it, because it will need nature's help with its healing in the ages to come. By the time all humanity is soon to go into, ends, there's going to be a lot less species than there are now.

James: You mean with all the wars and political upheaval of the so-called End Times?

Verna: Yes, as well as the Earth changes. You read how scientists who looked at the floor of the ocean following the large earthquake that messed up some of Japan's nuclear reactors, discovered that so many mudslides occurred, completely destroying all the bottom dwelling creatures; and as to what's to come, it's to be expected that such events will cause some specie extinction.

Extracts from: With Verna – the Nature Spirit by James Moncrief

**The RICHARD MESSAGES: Messages from the Celestial Heavens via James Reid**

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

### **35: Earth, Diversity and Foundation**

20 November 2013

*Good afternoon dear friends. Once more we can write as you please.*

Good afternoon dear brother and welcome once more to our writing. You are interested in the article you read regarding the altering of genetic coding by chemical additions triggered by situations of living such as emotional situations both traumatic and pleasant. This is some scientific evidence of the constant changes that occur in humanity and evidence that everyone is influenced and affected by the events of everyday living. There are many influences that are passed along to descendants from their ancestors without any conscious intent or knowledge involved. These can arise from events of which the ancestors have no memory at all as they may have occurred when they were very young. Much more will be learned of these matters in the future.

As with all inherited traits, their origin may be quite unclear. With clearly genetically linked changes such as some diseases or groups of abnormalities, links to ancestors have been recognised for a long time and new ones are discovered. The linking of emotional patterns has been recognised for a very long time and regarded as somewhat normal and unavoidable in the way that one will have manners similar to one or other parent or other ancestor.

This also shows evidence that such changes are inherent in the physical body and its mental and emotional structures and not in the spirit body and soul. The effects of these patterns have a direct and marked effect on the developing personality which becomes the expression of the patterns of behaviour of the whole being. The nature of the personality is changeable and not immutable so that no person need consider themselves to be the victims of their ancestors as change is always possible. Whereas the deeper changes produced by damage to the structure of DNA tend to be relatively fixed, the emotional patterning is produced by chemical changes that are not fixed in this way and can change.

This fact that has been discovered also shows that emotional patterns that arise in this way are not susceptible to change by emotional release methods as they lie deeper than is accessible to such techniques. These changes are subject to the influence of love both natural and Divine Love. This is one reason that we always advocate practising learning to love oneself and giving love to others. Any act of love to self or to others is beneficial to the giver. Love of self is best exhibited by tolerance, humility and acceptance of self and self's actions. It is not manifested by pampering although such behaviour is helpful at times. It is manifested by the daily care one can apply to oneself in the way of moving, resting, drinking and eating, playing and having fun and working in harmonious ways. The greatest personal gift is to seek harmony in one's activities and in one's relationship with others.

Harmony is the key in this as in all things. I speak repeatedly about harmony and will continue to do so because it is a central concept and necessity and because most people have little concept what it really represents for them. Very few people have any idea what is possible for them in living because very few have really experienced this in their lives. As you instil the concept in yourself and your awareness is such that you are able to seek this out and recognise when you find it, harmony will begin to become a natural part of your living. This will mean that you will require little effort to create and maintain this state.

**One of the greatest gifts that the Earth experience offers to every human lies in the possibility to find harmony in diversity.** It is only during life on Earth that one is ever subject to such diversity of developing personalities who are free to intermix without let or hindrance. Added to this is your exposure to the physical environment of the world with its variety of climate, creatures, zones, animals, etc. The Law of Attraction and its effects change all of this once one enters the spheres of the Spirit World. Each one is drawn to an harmonious environment into which they fit and in which they have similarity to all others there. The physical structures of the Spirit World are very different from those of the physical.

Many people in their Earth lives seek to restrict their environment to render it as predictable as possible so that they resist change and variety. By so doing they limit their capacity to develop. There are also those who flit from place to place but never really settle or connect with any place or people. They have a different experience but it too may be quite shallow. The middle road is one in which one allows oneself to be open-minded and as aware as possible to one's environment. I say once more that there is always more available than is immediately apparent.

The exploration of diversity is possible to all on Earth whereas here one is only free to do this as one progresses spiritually. One can only move freely within the sphere or division of a sphere in which one is and in those through which one has already passed. It is only when one has reached our position that one has virtually unlimited freedom to move through all of the lower spheres. This is a great freedom and one for which we are most grateful. So you see that you have already a freedom that you will not recover for quite some time after you pass into the Spirit World. Such freedom is not to be lightly regarded. Such a gift is to be used and not wasted.

The exercise of this gift of free movement within many environments can lead the aware traveller to discover that there is a great similarity between humans of different areas and beliefs. This similarity can lead one to the acceptance of the Family of Humanity as it exists on Earth. Later development takes one into the recognition of the much wider extent of this Family. Awareness is the key as one will find what one seeks if one has a narrow focus and seeks differences. If one is open then similarity is the more likely discovery. I encourage all of you to explore the world within which you are and will be for whatever time remains for you there. There is so much to find. In your living and seeking let your awareness lie always with yourselves in whatever situation you find yourself. The reward of the seeking is not that you have seen more places or people than anyone else for such can be totally frivolous and of no meaning at all in the final assessment of one's life. The key lies in what one finds in oneself in any situation. All of your life from conception to its greatest extent and into immortality is a process of development and discovery of oneself. These discoveries are always personal first and foremost and then can the knowledge gained from them can be extended outwards to others to help and heighten their experience. All of this is possible to the simplest soul with the most limited attributes as well as to the one at the opposite end of the spectrum. The discoveries that each one makes will allow the learning of love to be extracted from them and added to the store that accumulates. It is the love that gives the polish to all experience until eventually it is love that is the reality in which one lives forever.

There is great beauty to find in the Spirit World in all of its presentations but the reality is that this only appears to the traveller as her/his accumulation of love builds. Exactly the same is true of the world in

which we have all lived and in which you still live. When you focus your vision and your desires too much here you are missing the gifts and potential beauty that is right in front of and within you.

I will say once more with great feeling, you can never be other than where you are right at this moment. You can never do anything than what you can do right at this moment. Accept this and live it as Truth for it is. Allow your minds and curiosity to roam and enjoy the fruits of this but ensure that your journey forwards always proceeds by the next step that you take when and where you are. The Earth provides you with another gift which is the capacity to focus on a moment of time and a tiny piece of space and to find the universe right there. Do not ever discount this gift in any way at all.

Can you feel the foundation taking shape as we speak and write? It is a very real foundation that supports physical experience while facilitating the development of every other attribute that a human has. If this foundation is strong and stable you can reach as high as you can and eventually you will be able to take a light leap to land in spirit with awareness and gratitude for where you have been and where you now find yourself.

It is never too late in one's life to apply these principles because it is not your past that is the final determinant factor in your future but your immediate present as it is here that all action takes place. Allow your past to be a part of this stable foundation even if you consider it to have been shaky. The other elements of the foundation that you are building can stabilise a shaky past so that is simply becomes part of the assembly upon and from which you advance. Allow your desire for your progress focus your vision on your present so that you draw to you the experiences that allow you to grow. Your power lies in your present and your capacity to recognise what is there and to take what of it you need.

We have a great desire for you all to be familiar with the great Truths of living and a good knowledge of the wonders of Love, both natural and Divine. These Truths will possible mean little to you if you don't have the knowledge that all of these Truths need to be anchored in the reality in which you live for they apply there as here. You can only apply them where you are and for all of you this means on the Earth at present. Many have sought to live with a spirituality that has no earthly foundation at all. This then takes on the essence of castles in the air becoming something unreal for which to yearn. Is it strange that I suggest that spirituality needs an earthly foundation?

The Earth is not a non-spiritual creation. It is a creation by The Source, God. Its dominant appearances are those of the physical but one in which spirituality can be fully expressed. The fact that this is not happening at present in no way means that this is impossible. We have no interest in being the architects of castles in the air when the possibility exists for the most magnificent and real mansions of spirituality to be created by you today where you are.

I labour these points because the reality of it all stares you all in the face every single day. No person needs to do anything marvellous or miraculous or impossible. Every person needs only do what she/he can with awareness, humility, love and prayer. The rest is natural. Natural is not limited to what is regarded as nature and natural on Earth. The Truth is that all of the Creations of The Source, God are Natural.

This that I say is not new as it has been taught for aeons with the words having been repeated uncounted times and the Truth of it rarely recognised. Your developing awareness allows you the capacity to

recognise and to accept the deep truths that are present all about you and which have been expressed in what can be called ancient wisdom.

To all of this ancient wisdom we add the wonders of the Truth of Divine Love which is rather like the cream on the cake. Some cream! Allow yourselves to make quite a cake for it to complement and fulfil.

That is enough for today. I have said what I want to. I will repeat many things and I have told you why and I will tell you again and again for the greatest Truth is nothing without a foundation on which to sit and an open heart and soul to enter.

We are moving in the desired direction and at the desired pace so we will continue with love.

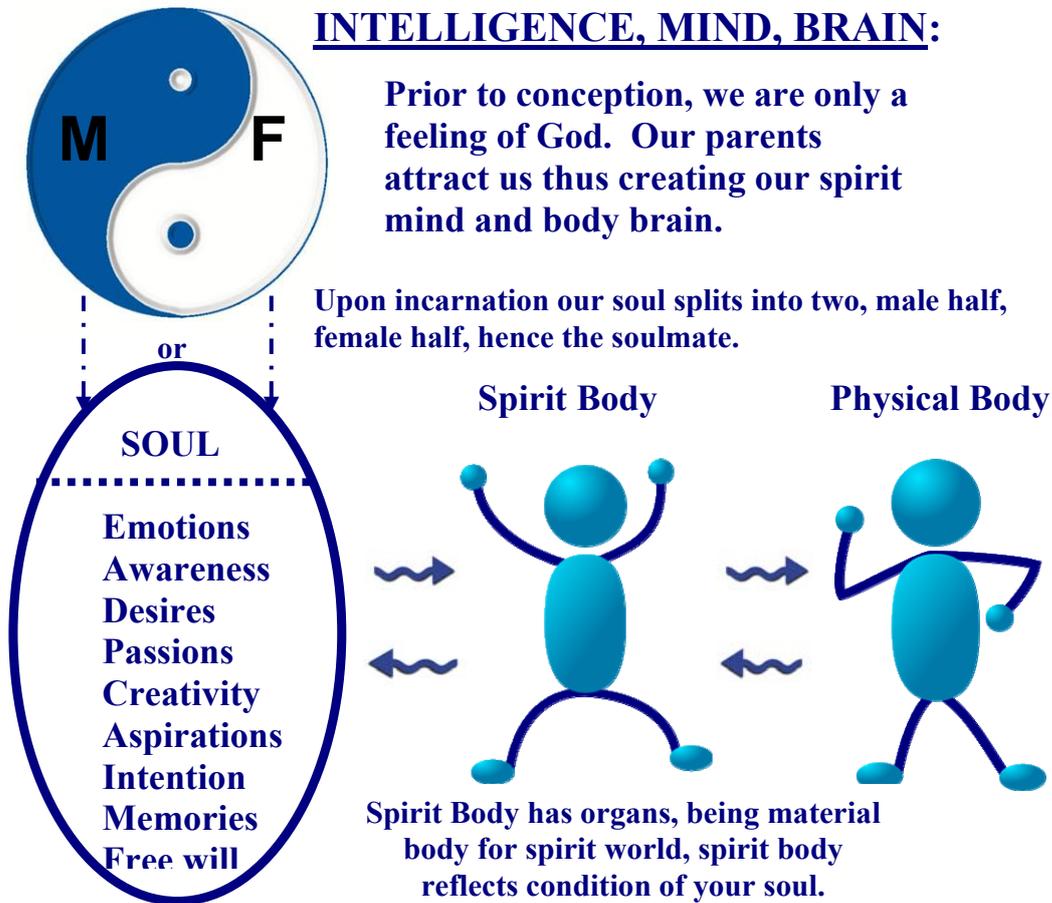
I leave you with my love and blessings  
Your Celestial Brother and Friend  
Richard.

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

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

**“Mother and Father, open my soul to this Gift, Your Love. Open my soul and may Your Holy Spirit touch my soul and pour within it your essence, your Love that I may be transformed, that I might be your true child, embraced and carried, lit along my life’s path in the glory of your Light and care and protection.”**

**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’.



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 as does our soul enliven with the ever increasing infusion of Love from God.

*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*

### **CAUSE and DEVELOPMENT of ALL ILLNESS:**

**The human being contracts those viruses, which, in their vibration, are in accord with the burden of his soul and the vibration of his body. (p.99)**

What a person sows, he will reap: Parasites are gaining the upper hand. The insecticides used against them as well as the artificial fertilizers may well kill many kinds of life, but at the same time, chemicals promote other pests and new viruses and harmful bacteria. So-called science can hardly register and study them anymore, because they are no longer discernible with even the most sensitive technical instruments. They are, in turn, unlawful forces that affect the genes and, by way of their vibration, the burdened soul, since, as already revealed, everything is vibration. They promote illnesses that are, for the most part, still unknown to the people of the present time. Among these are certain forms of cancer. Specific forms of cancer are transmitted by viruses.

The predispositions for such forms of cancer were already present as a burden in the person or his soul. The milieu that the person then creates for himself through his continued negative thinking and acting causes him to contract those viruses which, in their vibration, are in accord with some of the burdens in his soul. The same applies to the vibration of the body. If it is in accord with certain viruses or harmful bacteria, the body will absorb them. It becomes contaminated because its genes have a similar vibration. And therefore, it must be revealed that certain types of cancer are contagious.

**An unknowing person fights all plagues and dangers. A knowing person recognizes and fights his greatest enemy – the negativity in himself. (p.101)**

### **CANCER CLUSTER at ABC's TV Toowong, Brisbane, studios**

<http://www.abc.net.au/catalyst/stories/s2056788.htm>

Early in 2007, a panel of independent experts stated that the high incidence of breast cancer among women who had worked in the ABC's Brisbane newsroom could not be put down to chance. As a result, the Toowong site was permanently closed down and all production facilities relocated. This major upheaval was due to fears that the site was host to a 'cancer cluster'; a greater than expected number of cancer cases within a particular environment.

Since 1994 sixteen women who worked here have developed breast cancer. A further twelve are known to have developed non-cancerous breast abnormalities. Of those 28 women, 22 worked here in the television and radio newsroom. Even more chilling is that 10 of those with breast cancer worked much of their time at this single group of desks.

Cancer is, of course, a very common disease, but the official recognition of a cancer cluster is extremely rare. So, what is a cluster? Why is it so hard to prove and why is it even harder to pin down its cause?

Recently cancer clusters have received a lot of attention in the media. However investigations into their causes almost never find any explanation. Over the last 20 years, all 108 breast cancer cluster investigations undertaken in the United States failed to find a cause.

**Consider:** The underlying individual emotional makeup of these people was and is being amplified by the bringing together of like minded people into given workplaces.

**MAN’S STRUCTURE and MAKEUP has been explained to us via the following communications:**

The Celestial Spirits endeavoured to explain this when they enabled Emanuel Swedenborg to visit the Celestial Spheres (8<sup>th</sup> level and higher) in 1741, however the experiment failed. Then success came with later communications via way of automatic writing:

Book of Truths as published by Joseph Babinsky contains the Padgett Messages conveyed from 1914 through to 1923. [www.lulu.com](http://www.lulu.com) [www.amazon.com](http://www.amazon.com) [www.bookdepository.com](http://www.bookdepository.com)

True Gospel Revealed anew by Jesus vol I, II, III, IV – by Geoff Cutler

Then followed the second major revelation and stepup:

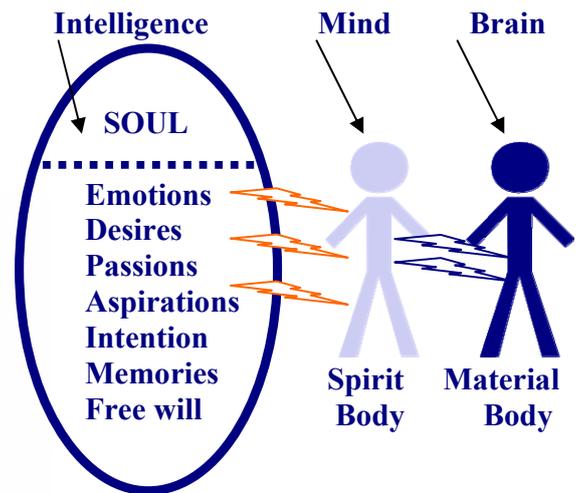
The Rejected Ones	2002 – 2003	– James Moncrief
Messages from Mary & Jesus	2003	– James Moncrief
Paul – City of Light	2005	– James Moncrief
Mary Magdalene and Jesus' comments on the Padgett Messages	2007 – 2010	– James Moncrief
Speaking with Mary Magdalene & Jesus	2013 – 2014	– James Moncrief
Sage and the Healing Angels of Light	2017	– James Moncrief

Some extracts from auxiliary writings through out this period:

‘I wish to talk a little bit more about individuality. It is not only based on our spiritual bodies. A decisive factor for individuality is the free will. And I cannot imagine that we would lose some day our free will. We are personalities and individuals, and as far as we know, we will always be. We are not just like small satellites of the Father, similar to Him, just in miniature format, so to speak, no, we are separated beings, unique and with our own character, interests and our formation.’

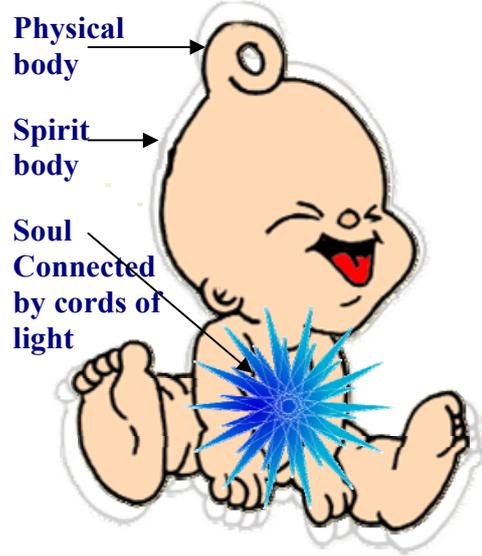
‘Love knows no sadness, and as the soul speaks its condition by the appearance of the spirit body’s countenance, the soul being so full of gladness and joy, the countenance can express only those emotions of the soul.’

‘In short, man's nature is dual, and thus we have man with animal passions and feelings and interrelated with these are those emotions and feelings which belong to his spiritual nature as a result of having received a soul.’



A newly individualising soul is just a tiny invisible spark.

The soul nests inside of the spirit body, never to be separated.



The life force for the spirit body and the physical body is via the soul. The spirit body is connected to the soul via cords of light, and in turn, the physical body is connected to the spirit body via cords of light. Should the light cords between the spirit body and the physical body be disconnected then the physical / material body dies. The physical body is our starting point for learning and experiencing our being. Our learning and growth experience then continues through the existence of the spirit body.

**BOOK of TRUTHS via Joseph Babinsky**

February 15, 1920

Studies of the different theories of the creation of man, there arises the question as to the relationship of the spiritual and physical – that is, as to the soul, the spirit body, and the material body.

When the physical body is created, it has no consciousness of its having been created, for it is merely of the unconscious creations that are of the other material creatures of nature. It does not feel or sense in any degree the fact that it is a living thing, dependent upon the proper nourishment of its mother for its growth and continued life, in accordance with the laws of nature, and the objects of its own creation. The father and mother, being necessary to the creation or formation of this merely “animal” production, know only that in some way there has come into existence an embryo thing that may eventuate into a human being like unto themselves. If this thing were allowed to remain without the soul, it would soon fail to fulfil the object of its creation and would disintegrate into the elements of which it is formed.

**This physical part of man is really and only the result of the commingling of those forces that are contained in the two sexes, which according to the laws of nature and of man’s creation, are suited to produce a body fitted for the home of the soul that may be attracted to it, and to develop its individuality as a thing of life and possible immortality.**

The result of this commingling is intended only as a temporary covering or protection for the growth of the real being, and does not in any way limit or influence the continuous existence of the soul. And when this body’s functions have ended, the soul, which has then become **individualized**, continues its life in new surroundings and in gradual progression, and the mere instrument used for its individualization is disseminated into the elements forming its appearance and substance. As this body was called from the elements for a certain purpose, when that purpose shall have been served, it returns to these elements.

This physical body, of itself, has neither consciousness nor sensation, and in the beginning has only the borrowed life of its parents. And then when the soul finds its lodgement, it has only the life of the soul; for the human life can exist only so long as the soul inhabits the body.

This, then, is really the true description of the physical body, and if it were all of man, he would perish with its death, and cease to exist as a part of the creation of the universe of God.

The soul as thus individualized is subject to the various influences that surround it in its mortal life, and these influences may be retarding, deadly or destructive to the progress of the soul, but cannot possibly affect the object obtained by that soul’s coming into the flesh or ever require a new individualization of that soul. Its identity and character, as an individualized thing are established, and no condition of the soul as to its goodness or badness can ever, in the slightest degree, affect this character or identity. The soul once **individualized** always remains the individual, even though the elements that enter into and make up the form will always find itself being rebuilt and continued by the operations of the law that preserves the individuality of that soul.

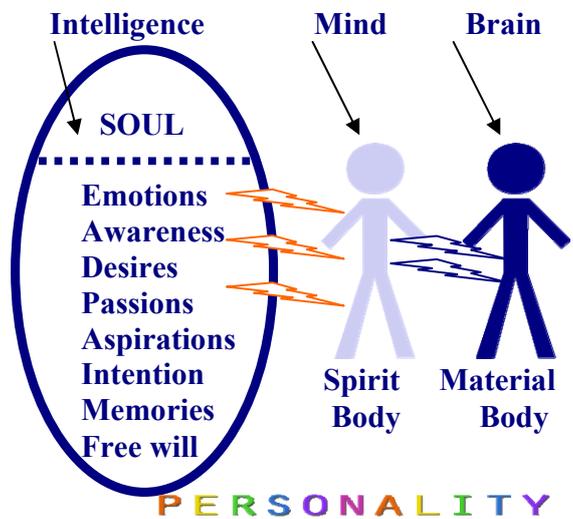
Then, I say, the object of the incarnation of the soul is to give it an individualization, and this in two appearances: First, in that of the physical form which men by their perception of their natural organs of

sense can perceive; and secondly, a form that is more sublimated and generally invisible to these organs – a spiritual form.

**At the moment of incarnation the soul takes the form which has been prepared for it by the forces that exist in the parents and retains that form during the natural life; and at the same moment there is created for it or attracted to it, the form of the spirit body, which then and ever afterwards remains with it. Both of these bodies are of the material; one of the visible material of the universe, the other of the invisible but still of the material.**

As you know, that body which is made of the visible material lasts for a little while only and then disappears forever, while that which is of the invisible, and which is more real and substantial than the former and exists all the time of the existence of the visible, continues with the soul after the disappearance of the visible body; and while changeable in response to the progress of that soul, yet the spirit body never in its composite form leaves that soul. This we in the spirit life know to be true, just as certainly as you mortals know the truth of the existence of the physical body. And as you mortals may in the short space of the life on Earth identify the man (which is really the soul) by the appearance of his physical body, so we in the spirit world identify the same man by the appearance of the spirit body, and so this fact must be forever.

**The real you is your soul, that is the bit you want to develop.**



Then such being the fact, it must be conceived that the soul has its existence in the physical body for an infinitesimal short time; that is, its life on Earth is only the breath of a moment, and then it enters on its career through eternity, and after a few years, as you may say, it may cease to remember that it ever had a lodgement in the physical body.



**Soul condition is the sum total of all of the different emotions, desires, passions, etc., all wrapped up together in terms of how much love there is in every one of those.**

## MAP OF CONSCIOUSNESS

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

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

**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 progressively removed by the time one has progressed through spheres 3, 5, and 7.**

**CONSCIOUSNESS (SOUL CONDITION) vs LIFE EXPECTANCY:**

Edgar Cayce's Story of Jesus – Summation P. 373:

“What was the length of life then? Nearly a thousand years. What is your life today? May it not be just as He had given, just as He indicated to those peoples, just as He did to the law-giver, just as He did to David – first from a thousand years to a hundred and twenty, then to eighty? Why? Why? The sin of man is his desire for self-gratification.

“What nations of the Earth today vibrate to those things that they have and are creating in their own land, their own environment? Look to the nations where the span of life has been extended from sixty to eighty-four years.

“What is the spirit of a free nation? Most individuals proudly boast “freedom”. Freedom of what?

Those nations who have taken those vows that man shall be free should also take those vows “He shall know the truth and the truth then shall make him free”.

MoC		Level of Consciousness	Life Expectancy Years
400s	Australia	410	80
	Canada	415	79
	Germany	400	77
	Hawaii	405	80
	Hong Kong	400	80
	Netherlands	405	78
	Singapore	405	80
	South Korea	400	74
	Switzerland	400	80
	United States	421	77
300s	Bolivia	300	64
	Brazil	300	63
	Central America	355	70
	China: People's Republic	300	71
	Egypt	350	63
	Europe	355	72
	France	305	78
	Greece	300	78
	India	355	63
	Italy	380	79
	Japan	355	81
	Mexico	300	71
	Scandinavia	350	80
200s	Argentina	285	75
	Iceland	255	79
	Indonesia	215	68
	Manchuria	200	71
	Nepal	205	58
	New Guinea	202	63
	Puerto Rico	250	76

	Russia	200	67
	Taiwan	295	76
	Tibet	200	60
	Turkey	245	71
High			
100s	Balkans	185	70
	Bosnia	180	71
	Burma / Myanmar	155	55
	Cuba	180	76
	Iran	190	70
	Israel	190	79
	Jordan	185	77
	Kuwait	190	76
	Middle East	170	67
	North Korea	175	71
	Palestine – West Bank	185	72
	- Gaza Strip	185	71
	Saudi Arabia	175	68
	Sicily	175	78
	South Africa	190	51
	Syria	155	68
	Turkmenistan	150	61
	Yeman	160	61
Low			
100s	Iraq	120	67
	Lebanon	130	71
	Madagascar	125	55
	Pakistan	140	61
	Ukraine	140	66
	Vietnam	140	69
	Zambia	110	37
Below			
100	Afghanistan		46
	Algeria	90	70
	Angola	50	38
	Congo	70	47
	Haiti	55	49
	Libya	90	75
	Nigeria	55	52
	Oman	90	72
	Rwanda	70	39
	Sudan	70	57
	Uganda	40	43
	Zimbabwe	50	38

**SOUL CONDITION / CONSCIOUSNESS sets the pattern of our HEALTH:**

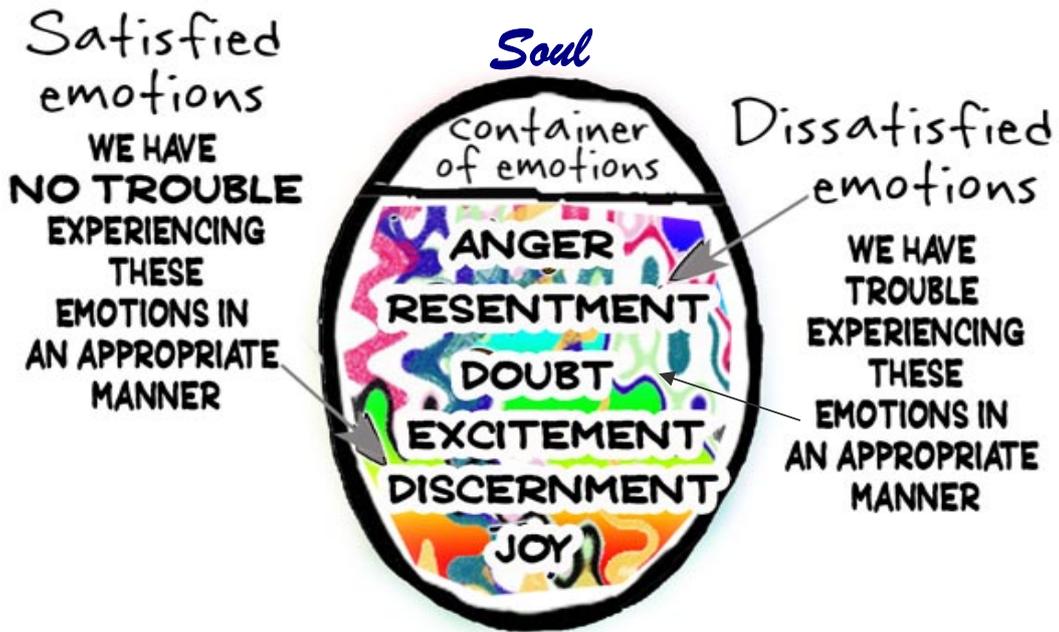
One’s soul condition is a predictor of one’s life expectancy.

The emotional injuries and errors we harbour are a precursor to related illness episodes. That is, specific emotional errors are the originators of specific health issues.

Thus, the lower one’s soul condition then so is one’s life expectancy lower.

MoC	No. of Countries	Average MoC	Average Life Expectancy	Per Capita Income 2013
400s	10	406	78.50	US\$46,690
300s	13	331	71.77	US\$20,508
200s	10	232	69.45	US\$14,927
High 100s	18	176	69.00	US\$12,283
Low 100s	7	129	61.88	US\$6,560
Below 100	11	66	52.73	US\$5,500
WORLD		212	70	US\$13,100

Dissatisfied emotions, being emotional errors and injuries, harboured within one’s soul, is the damage that permeates through to our spirit body which is the template for our physical body. Eventually, these injuries can and frequently emerge as physical issues within our physical body, such issues arise as pains and then as an illness. Release the emotion and the pain goes.



**LUMINOSITY of the SOUL can be LIKENED to the FOLLOWING:**

**1<sup>st</sup> sphere, lower regions – Natural Love MoC 50+/-**  
**The soul condition of a soul that is obliged to spend some time within the ‘hells’ may be no bigger than a dried garden pea. There is no luminosity and the environment is total darkness.**



**The typical soul condition of humanity is such that they generate the luminosity of a single candle.**

**1<sup>st</sup> sphere, mid regions – Natural Love MoC 210**



**A soul that has grown in love and soul condition equivalent to the 8<sup>th</sup> sphere – the point of becoming at one with God, the luminosity of such a soul is equivalent to the midday sun.**

**8<sup>th</sup> sphere – only possible with Divine Love and doing one’s Feeling Healing! MoC 1,000+**



# 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.

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

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

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

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

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

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

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

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

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

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

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

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

# FEEL *for* TRUTH

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

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

## FEELING TRUTH

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

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

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



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

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

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

Notes from 'Feeling Healing' by James Moncrief

Heartfelt TRUTH

**WE are meant to grow up LIVING FULLY CONNECTED to our FEELINGS:**

Humanity has always had an awareness and involvement with spirits, with life on the other side, because we are all heading that way, we all end up dying and becoming one of the spirits, and were humanity living rebellion-free, then nearly everyone would enjoy some level of spirit involvement either directly or indirectly, loving such an expansive awareness in life.

**We are meant to grow up living fully connected with our feelings in our physical reality, and at the same time with full feeling awareness of spirits and life after death, because after all, God is the greatest Spirit of us all.**

And so having an awareness and involvement with spirits can, and should, help us have more of an awareness with our Mother and Father. And it's not with just spirits, it's also with the angels who are with us all the time, and the nature spirits should we be open to them, and even higher spirits if we are to work with them, such as the Melchizedeks or Trinity Teacher Pairs. But mostly for those people involved with the Divine Love, it will be with the Celestials spirit group that is assigned to help them.



It is very important to understand that spirits and spirit life is meant to be part of life on Earth. However that's not to say everyone need to have an ongoing relationship with their spirit friends, but they can at least still be aware of spirits and spirit life and where we will be going and something about what to expect once we die. And when you are open to it, lessening the grip of one's fears about it, then we will find it will be just another aspect or level of life, and one that can give us quite a lot of comfort.

**TRUTH LOVING SOUL V ERROR INFLICTED MIND**



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



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

# REVELATIONS



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



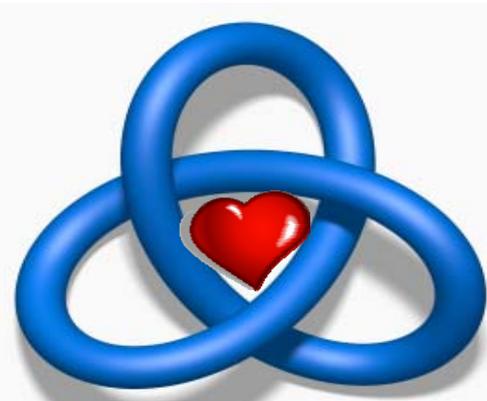
To free our soul of damage and toxic emotions we must open ourselves to experiencing them. This is a progressive, slow and uncomfortable cleansing process that we must all experience. Only by addressing the generational injuries will we, as humanity, evolve in love.



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

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

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



**Immortality with the Love.**

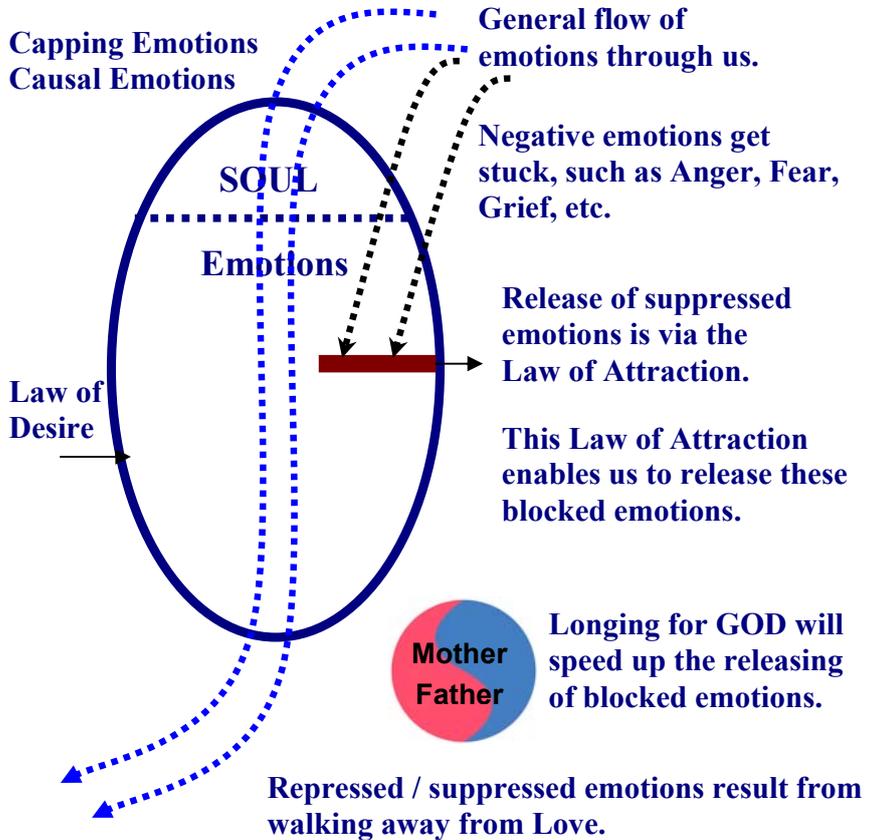
The problem for healers is that the patients own physical soul is generating the problem.

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

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

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

**WE are CREATED as EMOTIONAL BEINGS:**



WHILST the doctors, physicians and surgeons work on the physical body, the errors and damages within the soul recreate the illness and disease. The damage firstly emerges in the spirit body then appears in the physical body. The underlying cause is not identified and addressed by modern medicine.

**PASCAS  
HEALTH**



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



**GENERATIONAL DISHARMONIES**

April 9, 1916

Book of Truths via Joseph Babinsky

**I am here, Luke**

**As the physical body is affected by the results of these sins being carried into operation, so much more so is the spiritual part of man affected by the fact that these sins had their creation in that spiritual part of man.**

**It may be asked: In what way can the effect of sin upon a man, which is upon his soul and spirit, have any injurious effect upon the spirit and soul of his child, so that the child may suffer from the sin of the parent? Well, when a child is conceived and gestates and is born, he not only partakes of the physical nature of his parents, but also of the qualities and condition of the spirit and soul of the parents.**

**This may seem improbable, but it is a fact that the spirit and soul that enters into the child when it is conceived comes from the great universe of soul and spirit, wholly independent of the parents and is not in its nature or qualities a part of the parents as is the flesh and blood which build up and produce the physical body of the child. But while this is true, it is also true that this spirit and soul of the child is susceptible to and in a way absorbs the influence of the spirit and soul of the parents, not only at the time of conception but also during the period of gestation, and even for years afterwards, and to such an extent that this influence continues beyond the mere earthly existence of the parents and into the life of the progeny to the third and fourth generation, as the text says.**

**The spirit part of the child is more susceptible to the influence and evil effects of these sins than is really its physical body, for as I have said, the spirit part is the originator and breeder of the sins, if I may so express it, while the body is merely the recipient of the exercise of the sins and the objects of their manifestation.**

**The influence of spirit upon spirit is more extensive and certain than mortals can possibly conceive of. And the results of that influence are not so apparent or known to the consciousness of the succeeding children, or to the respective parents, as men suppose, and as a fact they do not understand or become conscious of the fact that such influence is operating upon the spiritual parts of their children. They see and realize that the effects of such sins become manifested in the physical body, and as their ordinary natural senses cannot perceive the condition of the spirit, they conclude that the text can only mean, that these sins are visited upon the material bodies of their children.**

**But I must tell them that, while great and deplorable injury is inflicted on these material bodies, yet greater and more lasting and more grievous injury is inflicted upon the spiritual nature of the children – not only because this nature continues to live, but because men, not realizing that this nature has been injured, make no attempt to find and apply a remedy as they so often do in the case where these sins manifest themselves in the physical body. And besides, there are many sins that do not affect the mere material body, but which do great injury to the spiritual nature, and which, to the senses of men, are never perceptible.**

**A man is not only the parent of a child's material body but in a secondary way is also the parent of its spiritual nature. The condition of the parent's spiritual nature influences and determines to a large extent the qualities and tendencies of the child's nature, for good or evil, not only while it is a mortal, but frequently after it has ceased to inhabit the veil of flesh.**

**So let parents know that they do not live to themselves alone, as mortals, but that their evil thoughts and deeds have a greater or lesser influence upon the spiritual natures of their children, especially at the time of conception and during gestation. Then how important that parents during these times particularly, and at all times, should have their spiritual natures in that condition of purity and freedom from sin that their children may be conceived and born in a condition of soul purity, which will not reflect any evil that they can charge their parents with being the creators of.**

**If men would only realize these facts and live their lives in accordance with the truths which I here declare, how much sooner would the human race be brought into harmony with God's laws, and the souls of men be freed from sin and evil.**

**I know it is often said that it is unjust, and not in accordance with the justice of an impartial God that the sins and penalties arising from the disobedience of our first parents (Aman and Amon) should be visited upon mankind who were and are their progeny, as such mankind had no part in that disobedience. But when it is remembered, and it is a fact, that God did not create sin or evil, or impose such upon the first parents for their disobedience, but that they themselves created sin and evil, and men have been creating these inharmonies ever since, it will be seen that an impartial God (who is our only God) is not responsible for either sin or evil, or for the consequent penalties which they impose. And as has been written you before, the abolishing of sin and evil and their penalties is within the power of man and his will.**

**As these first parents created these evils, as I have explained and in the manner that I have pointed out to you, their sins, by the influence which they had upon the spiritual nature at the time of conception and gestation, became, as it were, a visitation (and that is the spiritual desires and tendencies and inclinations toward that which is evil); and this influence continued with the child for years after its birth, according as the child and parents are closely associated together in their Earth lives. And as each succeeding generation caused the visitation of its sinful influence and tendencies upon the succeeding generation, you can readily see how all mankind became subject to the sins and evils and penalties which were brought into the world by the first parents.**

**Instead of God being the creator of these things, or visiting them upon the children of man, He declares that their existence is contrary to the harmony of His creation, and must be eradicated before man can come into that harmony, and into an at-onement with Him. And as He gave to man the great power of free will, without any restriction upon its exercise, except as a man's understanding of the harmony of the operations of God's laws might influence him to exercise this great power; and as man, in the wrong exercise of that power, brought into existence these things of evil and sin, so man, as he perceives this plan of God's harmony, must exercise that will in such a way as to free himself from these things which are not part of God's creation, and which are out of harmony with His plans for the creation and preservation of a perfect universe, of which man is its highest creation.**

God never changes. His laws never change. Only man has changed from the perfection of His creation; and man must change again before that perfection will again be his.

Now from all this it must not be inferred that man is left to his own efforts to bring about this great restoration, for that is not true. God's instrumentalities are continuously at work, influencing man to turn again to his first estate and become the perfect man, as he ultimately will become. (I am not here referring to the workings of the great Divine Love, which, when a man possesses in a sufficient degree, makes him more than the perfect man.)

So, "the sins of the parents are visited upon the children to the third and fourth generation" means the tendencies and inclinations toward that which is evil – and created, not by God, but by man himself, solely and exclusively.

And oh man, could you see the results of these sins upon the spiritual natures of your children, as you often see them upon their material bodies, you would hesitate in your sinning and think, and thinking, would see the way by which the great blot upon the happiness and salvation of humanity could be removed, and its progress to the "perfect man" be hastened and assured.

I desire to say that when I spoke of the sins of the parents being visited upon the children at the time of conception and birth, I meant that these sins, by the influence which they have upon the spiritual nature of the child, became, as it were, a visitation. I did not mean that any part of the real sin of the parents became a part of the spiritual nature of the child, but only that the influence of the parent's sins upon the child is sufficient to give the spiritual desires and tendencies of the child an inclination towards that which is evil; and this influence is continuous with the child for years after its birth, according as the child and parents are closely associated together in their Earth lives.

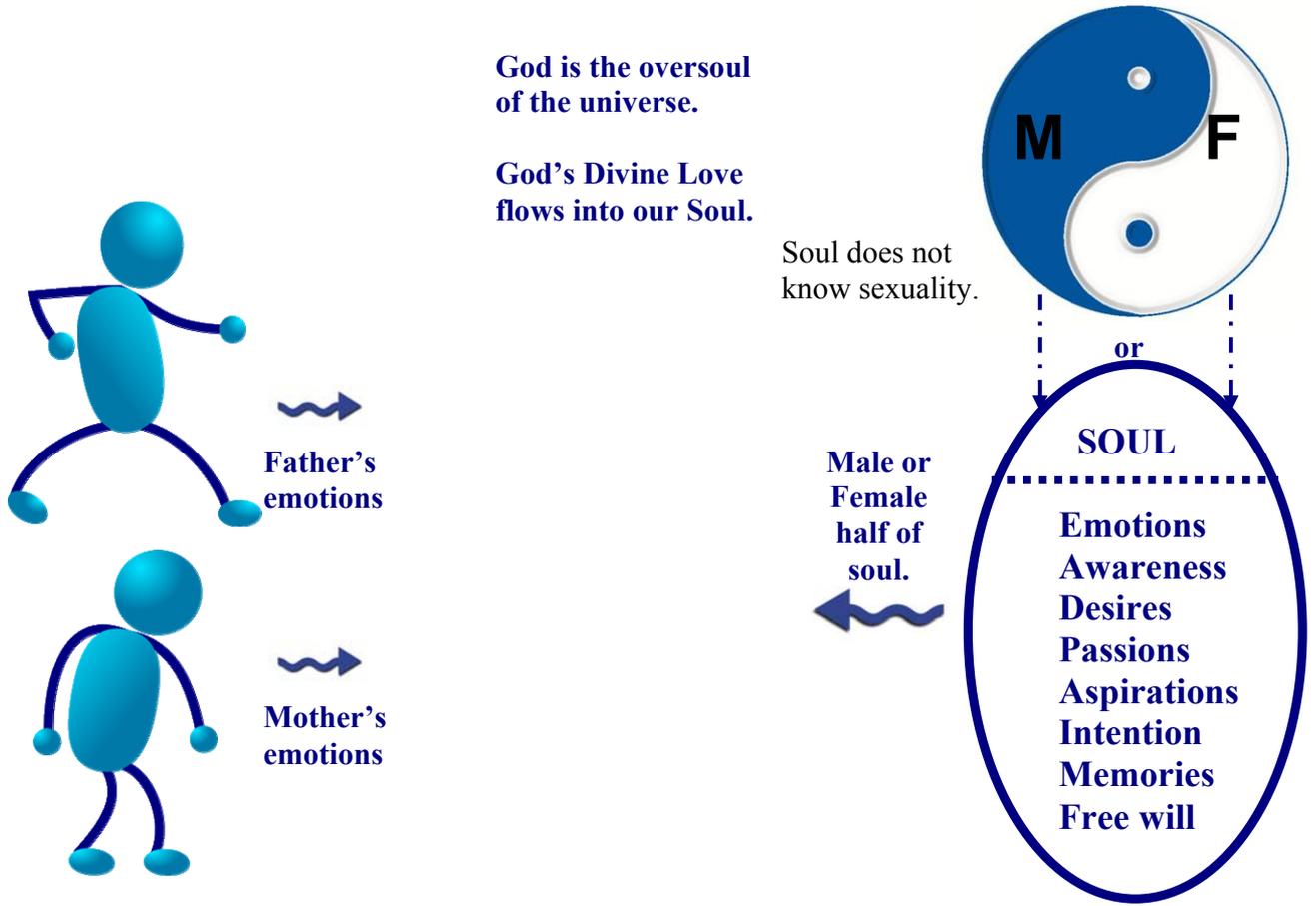
P.348 Book of Truths through James Padgett / Luke

**FEAR** is the single largest matter / issue that we have to deal with here on planet Earth.

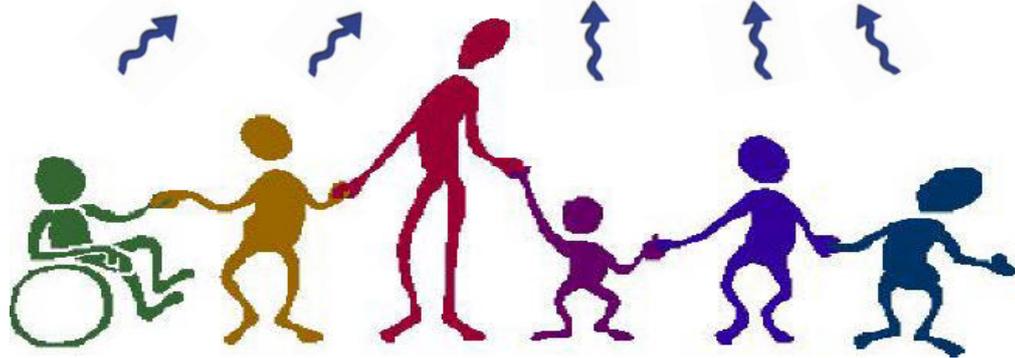
**F** false  
**E** expectations / emotions  
**A** appearing  
**R** real



**OUR EMOTIONS REFLECT THOSE of OUR PARENTS and OUR ENVIRONMENT:**



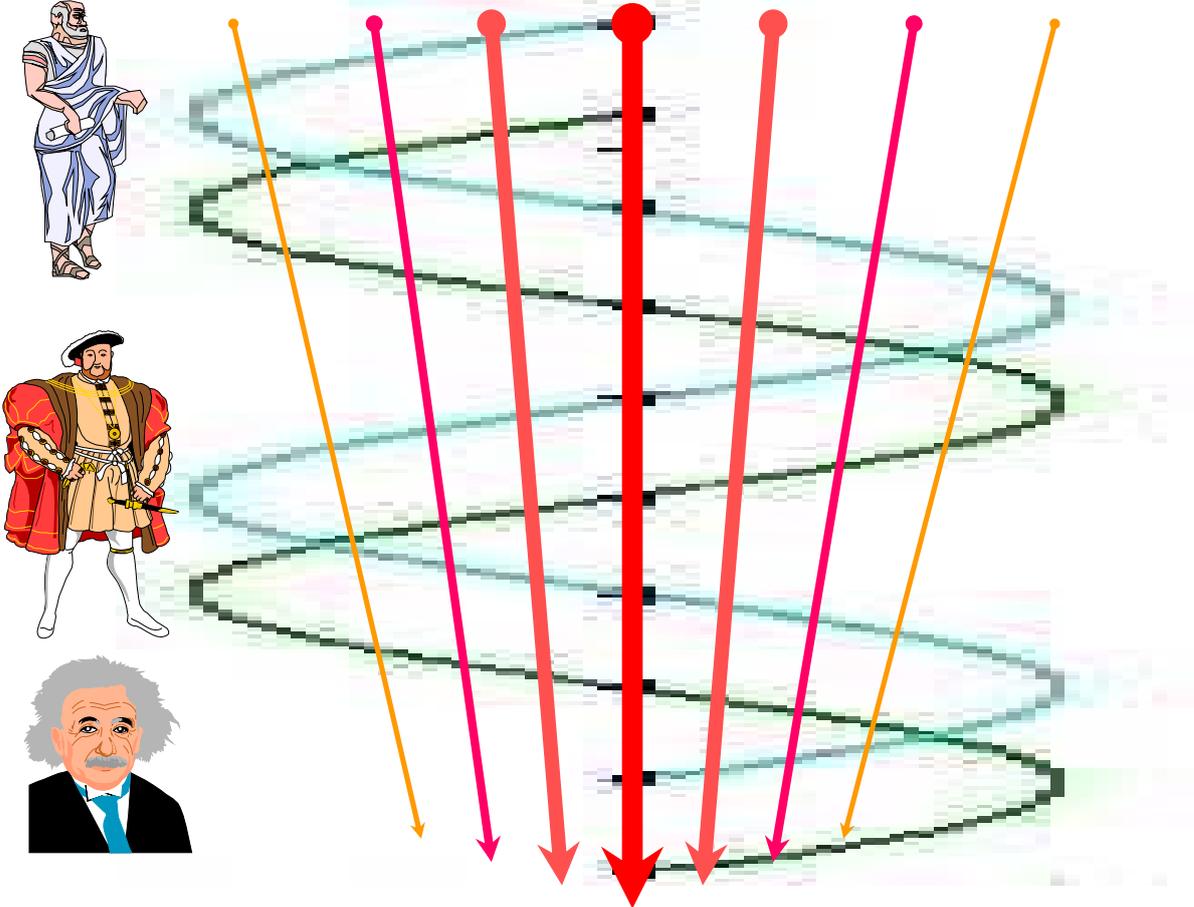
Emotions flowing to unborn baby, then born baby, from those around the baby.



Our Personality is a feeling of God, thus creating our unaware Soul.

At conception, our unaware personality (soul) forms both a spiritual body and physical body. Incarnation / conception starts the road of self discovery, children reflect parent's emotions, their ancestors, and also, of those around them. Parents attract us to incarnate.

**OUR BLOCKED EMOTIONS FLOW DOWN FROM GENERATION to GENERATION:**



**Childhood illnesses, and illnesses of baby within the womb, stems from blocked emotions passed down from generation to generation.**

**We are a product of all that has come before us.**

**Our own soul condition is reflected in our children.**

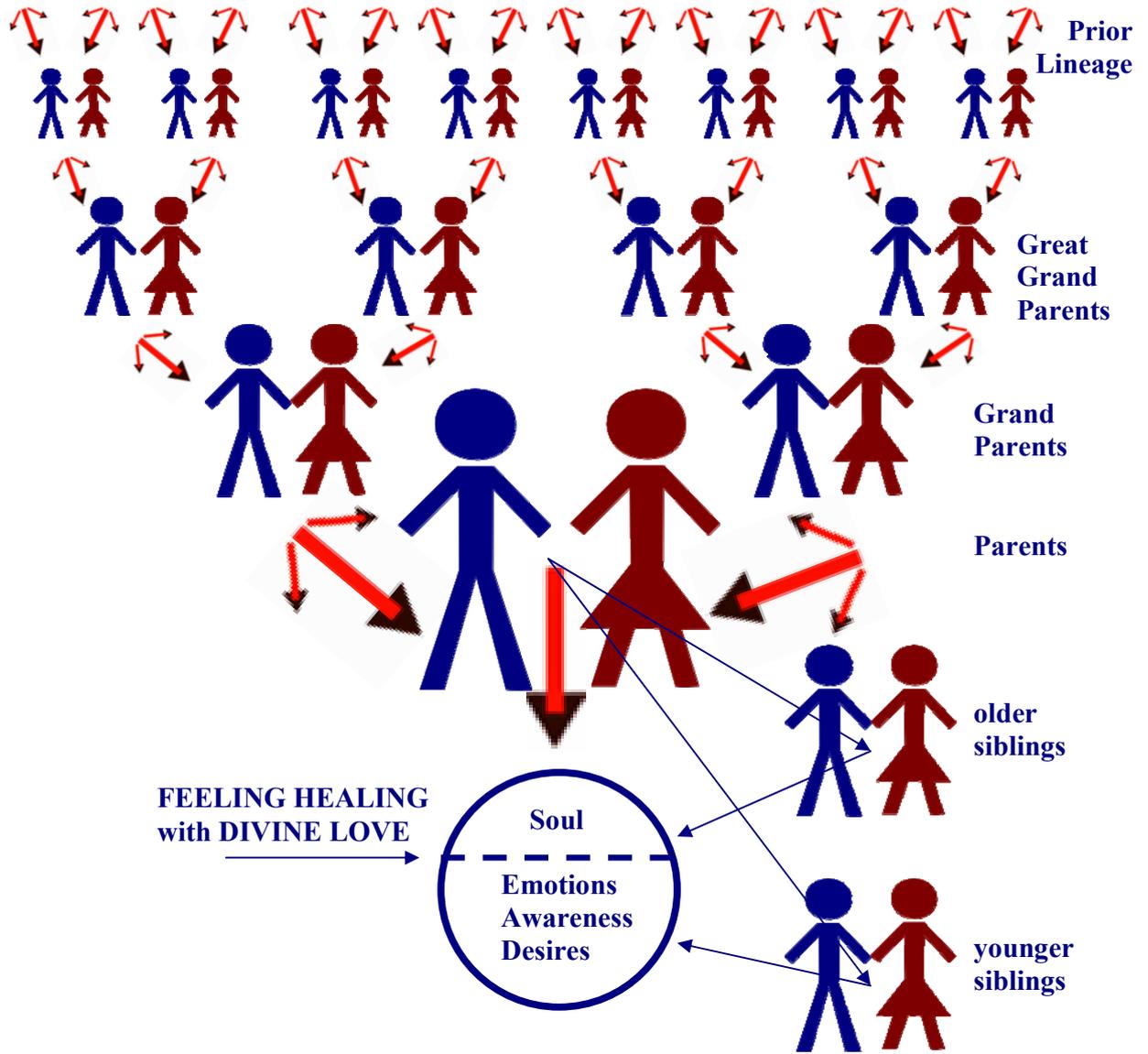


**To assist baby, as well as yourself, work to clear your blocked emotions.**

**Clearing your emotions improves your soul condition as well as that of your children.**

**Baby's body, when conceived, is always perfect. Their soul condition is also perfect.**

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.



As children start to make transitions into their free will, from the age of 5 to 7, progressing until their maturity, their emotions become more and more of their own. Before that, their emotions reflect those of the parents, and close adult relatives.





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

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

**SUPER SENSORY SENSES**

The real you is your soul.



Spirit people cannot see the soul until they progress to the 8<sup>th</sup> sphere. Spirits tend to believe that their spirit body is the soul, that is not so.

**SOUL** ~~~~~ **SPIRIT BODY** ~~~~~ **PHYSICAL BODY**

The super sensory senses are within the soul:

- Soul has many, many senses.
- Spirit body has much higher senses and capabilities than the physical body.
- Body has five sensing tools – sight, smell, touch, hearing, and taste.

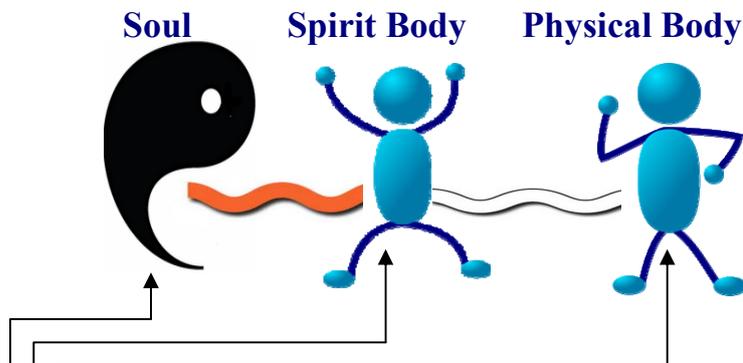
When the soul receives Divine Love, even the super sensory senses continue to grow.

Physical Body	↑	we first generally develop our physical senses.
Spirit Body	↑	mind / brain development starts.
Soul	↑	soul development is typically ignored on the planet.

Soulmate development is soul to soul.

Once we open up our soul, we cease to depend upon our bodies, and connect soul to soul.

## HIERARCHY of HEALING SYSTEMS



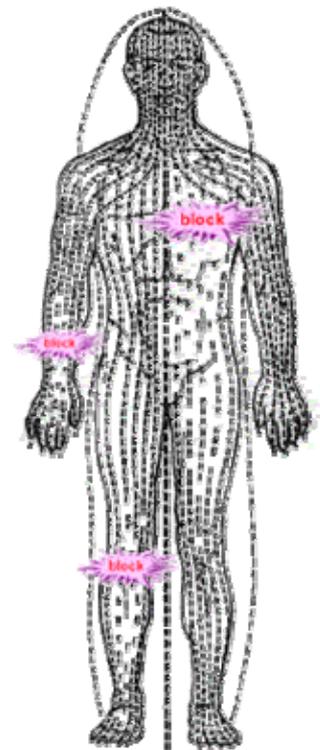
**ALLOPATHIC** – Western Medicine treats the symptoms, is highly regulated and costly as it is cost driven.

**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.



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

Strive to love others as I am to love myself

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

## **Revelation 6: Creation of man.**

<https://new-birth.net/samuels-messages/53-revelations/revelation-6-creation-of-man-ntr60/>

(This message is referred to as Revelation 23 on page 60 in New Testament Revelations of Jesus of Nazareth)

Received by Dr Samuels Washington D.C.

August 16th & September 8th, 1955

I am here, Jesus: (Note: Jesus did not directly communicate with Dr Samuels.)

I am here to write you on the subject: Who were the angels presumed to have existed before the creation of man?

As you know, man was created by God from the elements of the universe, and into man was implanted the soul, or the real or Spiritual man, which distinguished him from the other creatures of God. And with this soul, God gave man the possibility of obtaining God's own nature, through the longings of man's soul for At-onement with Him. Pride and the desire to master the physical surroundings, which he thought would insure him immortality, led to the withdrawal of the Divine Love and man's potentiality for becoming at one with God was lost until I appeared in Palestine and preached immortality to the Jews.

The descent of man from his position as the elect of God, to partake of His nature and essence, was rapid, and in the course of only a few hundred years, man was not too different in behaviour from the beasts of the field, and in some respects, he was worse. For man, on receiving his human soul from God, had received with it the understanding that he was a child of God, though unredeemed, and as a consequence of being a child of God, he had had implanted into him a consciousness of the laws of conduct which God had decreed, and thus man knew that he sinned when he broke God's commandments, and even in his worst state and lowest descent, man always had a small voice within him, which was never quite completely drowned out by the excesses and violence which became habitual to his sinful existence.

The death of the physical body, and the path toward purification which the soul, on entering the spirit life, has to take, eventually brought to many souls, in the spirit world, freedom from the excrescences and defilements they had accumulated in the Earth life, and these purified souls turned their attention to helping mortals refrain from violations of the law, and at the same time imbued them with a renewed consciousness of God as their creator. These purified souls were angels of the Lord, because they were souls purified of sin, and because they did the bidding of God in seeking to assist man to overcome the weakness of his flesh, and turn him to the Father.

When I uncovered immortality in man's soul, whether on Earth or in the spirit world, men could, if they so chose and willed it, become capable of receiving the Divine Love, through the operation of the Holy Spirit, and become Divine Angels of the Lord, not merely purified from sin, but filled with the essence of the Father, to the extent that they become the possessors of immortality, and acquire consciousness of that reality.

The Divine Angels of God have been seeking to turn man and spirit to God, not only as son, in the created sense, or servant, but to have man seek His Love, partake of His nature and immortality, and become His son in the real and Divine meaning of the term.

After the creation of man, therefore, there were angels in the sense that I have explained, but the great angel or messenger – for angel means Messenger of God – was and is the Spirit of God, who is obedience to the physical laws of God, has been doing the will of the Father, working, not only on the vast infinity of His universe and bringing about those constant regroupings and changes in His heavens, but working also on man's intellect, and moral fibre, ever since man was created by the Father.

The Spirit of God is God's great angel or messenger which has been manifest throughout all eternity. It was this spirit of the Lord which has been described in Genesis, hovering over the face of the Earth, working on, and developing it in preparation of the day when life and living beings could exist and survive on it. It was this Spirit of the Lord which carried out the decrees of God, and set in motion those cosmic forces and elements that resulted in the new combination known to you as the solar system, and which at the Lord's bidding, will bring about the destruction of the same, and cause the emergence of a new order and a new dispensation. Before the creation of man, God's only active angel was His Spirit, His active energy whose operations proclaimed His Majesty, from everlasting to everlasting.

Adam and Eve, or whom they represent (Aman and Amon), were created through the operations of the Spirit of God, God's active energy, which brought about the groupings of those elements employed in fashioning man, as He fashioned the other living creatures on Earth, but, man was not man, until the purely spiritual – and by that, I do not mean the spirit body, which is of sublimated material, but the soul, in the likeness of God – was bestowed upon man. The first parents do not know when they become souls, that is, when God actually implanted souls into them, for there is no way of telling when they were human in appearance without their souls, for without their souls, there was no memory of that degree that such a fact or state could be recollected by them, nor do they know how this implanting of the soul took place, even though it was done unto their bodies; and I shall say, now, neither do I know how it is done, for I have never seen a soul, although I can perceive its presence through my soul senses of perception; But when it was accomplished, the first parents were aware that they were human beings, and that they were the creations of the Father.

Received September 8th, 1955

Man, as he is considered ordinarily, is a creation which passed through what you would call a long period of development, as have all of God's creatures during that period of the Earth's development, which enabled living beings to come into existence and survive.

Man's nature is therefore both animal, or material, in accordance with the conditions of his physical being, and spiritual, at the same time, in accordance with the soul qualities and attributes given to him at the time God bestowed a soul upon him. In short, man's nature is dual, and thus we have man with animal passions and feelings and interrelated with these are those emotions and feelings which belong to his spiritual nature as a result of having received a soul. The Bible's reference to the creation of man, refers to the creation of man in the image of God, or to the time, when God, the Great Soul, conferred upon man a soul, and made him the greatest of His creations.

In other words, man possesses a double set of emotions, and the activity or dominance of the animal feelings in man sets in motion those thoughts and actions related to his material or animal existence, and this is not out of harmony with the laws of God, but it is only when these thoughts and resultant actions are in violation to the law of God that they are sinful and cause unhappiness. The influence of these sinful emotions and thoughts and actions upon the soul is such that the spiritual emotions and aspirations

of man becomes dormant, and as though not existing, and the soul itself is incrustated with evil. Man knows when his physical passions and resulting actions violates God's laws, and he must therefore exercise his will to prevent such violations and allow his feelings to be exercised for the purpose for which they were given him and also to permit the development of his spiritual nature and with it the knowledge of his soul and the relationship which it has with God, it's creator.

Through prayer, thoughts and soul longings, the spiritual nature in man can be developed so as to dominate the personality, and he will act in accord with the feelings and emotions of his soul; if, however, his animal emotions are allowed to dominate the spiritual emotions of man and transgress the laws of God concerning them, then the soul becomes incrustated with these baneful excrescences, or, shall I say, the soul is contaminated by them, and when the mortal dies and the spirit enters the spirit world, the soul must undergo a period of suffering in which the contaminating elements acquired in the Earth life are eliminated from the soul and the soul assumes its pristine purity.

This purification of the soul obeys the dictates of God's law of compensation, for no such soul is permitted a place in God's spiritual heavens. The Paradise of the Hebrews cannot be reached without such purification, yet the time consumed, as you would say, in this process of purification depends upon the soul itself; upon the awaking which it has of its condition, and those circumstances in the spirit world, mainly his own will, as well as the help of others, which will enable him to make the necessary progress, all souls in the spirit world will be eventually purified.

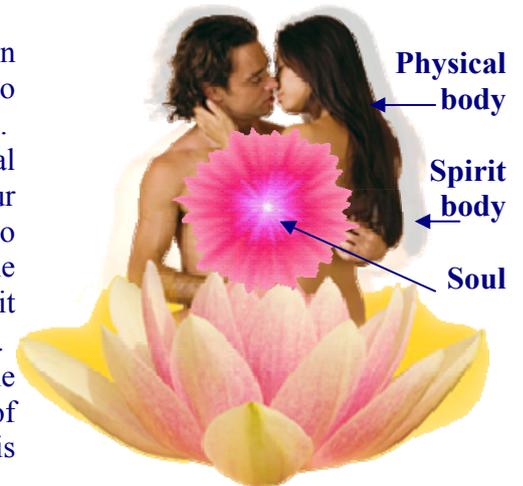
This was the condition of man before the bestowal of the gift of the Divine Love, which I brought to light during the time of my public ministry in Palestine. For no man, before I came with this gift, could achieve At-onement with the Heavenly Father with transformation of his soul into a Divine Soul, through the pouring out of the Divine Love into his soul through earnest prayer to the Father for this Love, the Father's Essence, and brought into man's soul through the ministration of His Holy Spirit.

This then briefly, is the evolution of man from the natural being to the purified soul and, if he so desires it, to the state of the divine angel. The soul is the seat of the spiritual emotions, comes from God, and has the potentiality of becoming At-one with God, if it so desires, while the gift of the Divine Love, obtained through earnest prayer to the Father, is still available. The material feelings, also the creation of God, have nothing of the soul substance and have no permanent existence in the spirit world, but they do exist in the spirit world for a certain period, for man passes over from the mortal life, with all his Earth desires and feelings; these, and their perversions, which harm the soul, however, eventually become evanescent in the course of the spirit life.

**Long and pray for Divine Love and it will loosen the errors / injuries / unhealed / denied trapped and/or inherited emotions, resulting in a flowing out, when one embraces Feeling Healing, of these negative embellishments within one's soul as Divine Love flows in – Divine Love being the greatest gift in all the universe.**

### The REAL YOU is the SOUL:

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



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



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

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

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

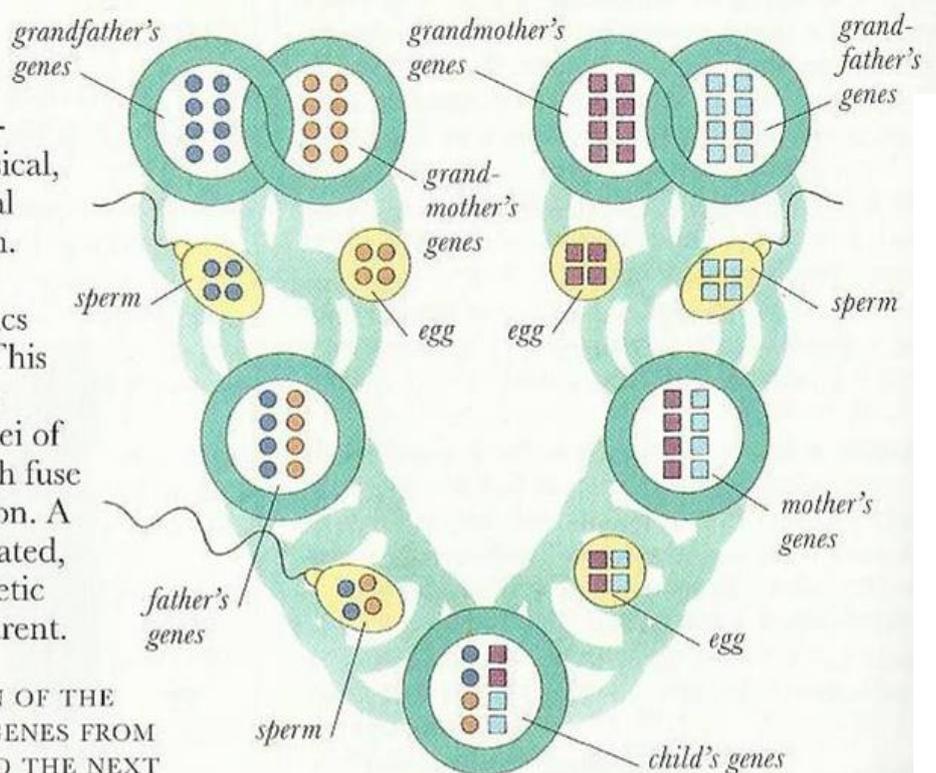
Aman and Amon may have been twins. They were indeed a primate species of humanoids. But they, themselves were more beautiful than their animal relatives, and they knew, even from their very appearance, that they were marked even by Nature to be different.

## EMOTIONS and GENES:

### GENE

Genes, inherited from parents and previous forebears, determine the physical, intellectual, and emotional characteristics of a person. The genetic coding that governs such characteristics is transmitted via DNA. This is borne on chromosomes contained within the nuclei of sperm and egg cells, which fuse together during fertilization. A new individual is thus created, possessing a blend of genetic information from each parent.

DEMONSTRATION OF THE TRANSMISSION OF GENES FROM ONE GENERATION TO THE NEXT



Science has not yet developed scientific instruments that are fine enough to research the structures of our spirit body let alone our soul. Accordingly, they are obliged to probe physical matter, thus their search goes on from the opposite end to which the solutions can be found.

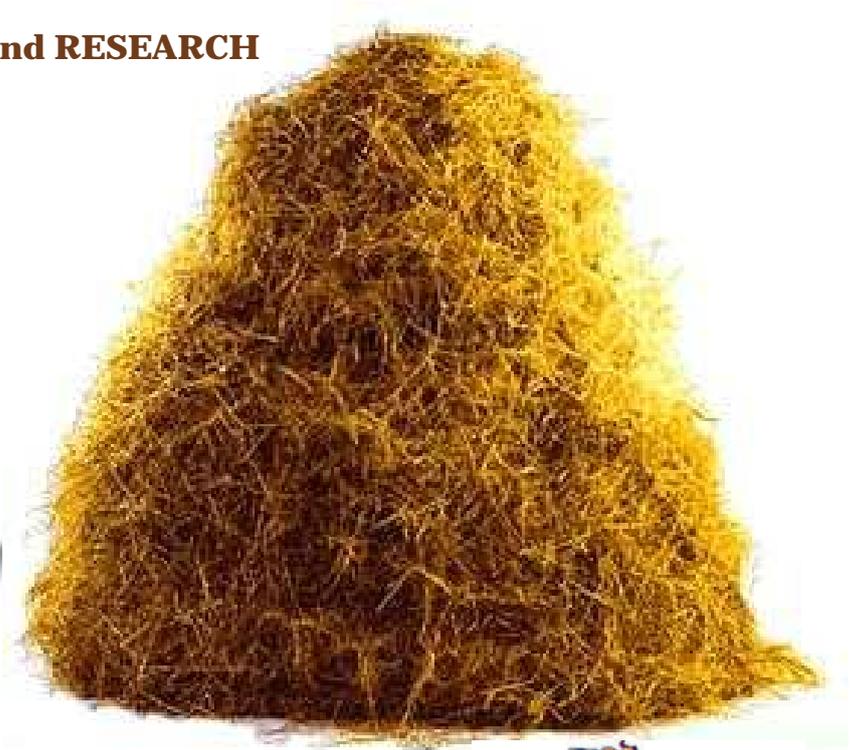
There are ever increasing fineness in the layers of existence within the universe. Physical matter is the most dense, then liquid matter, then gaseous matter, then an even finer or more ethereal matter of which our spirit body is made of. Ultimately then will be found our soul which is the finest of all.

The windows or pathways to 'researching' our soul based emotions can be found in:

- a. Iridology
- b. Applied Kinesiology.

It is our soul based emotions that are the drivers of the structure of our genes. Research is recognising the relationship between genes and emotions but, as yet, is not recognising that emotions are behind the formation and structure of the genes.

## MEDICAL PROCEDURES and RESEARCH



### Sometimes You Can Find a Needle in a Hay Stack!

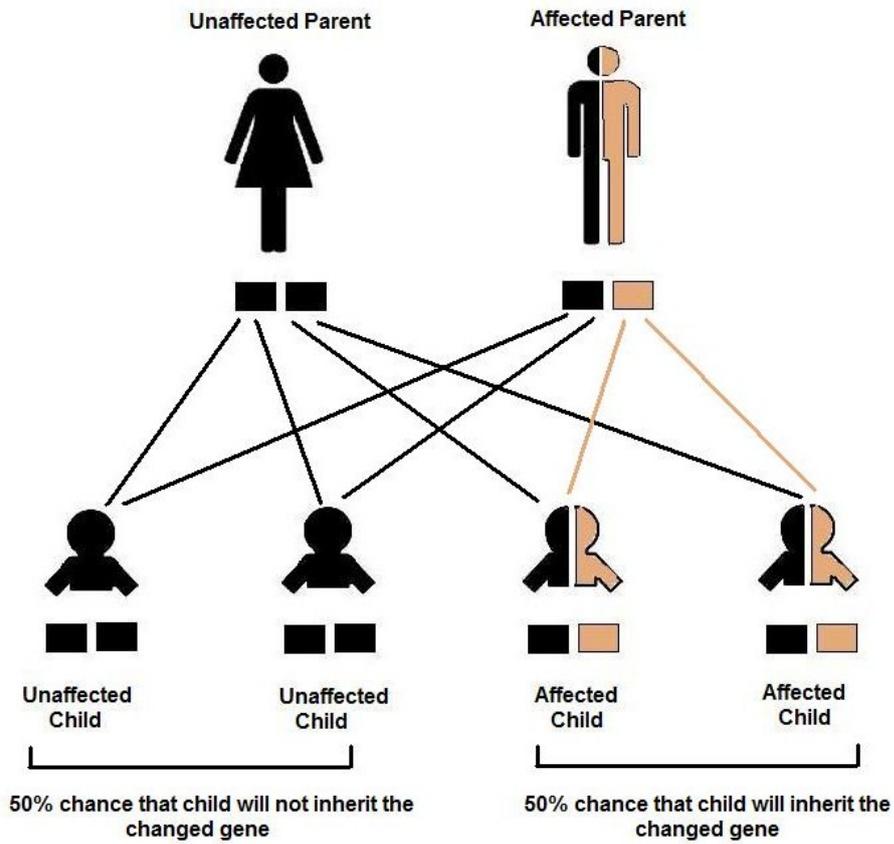
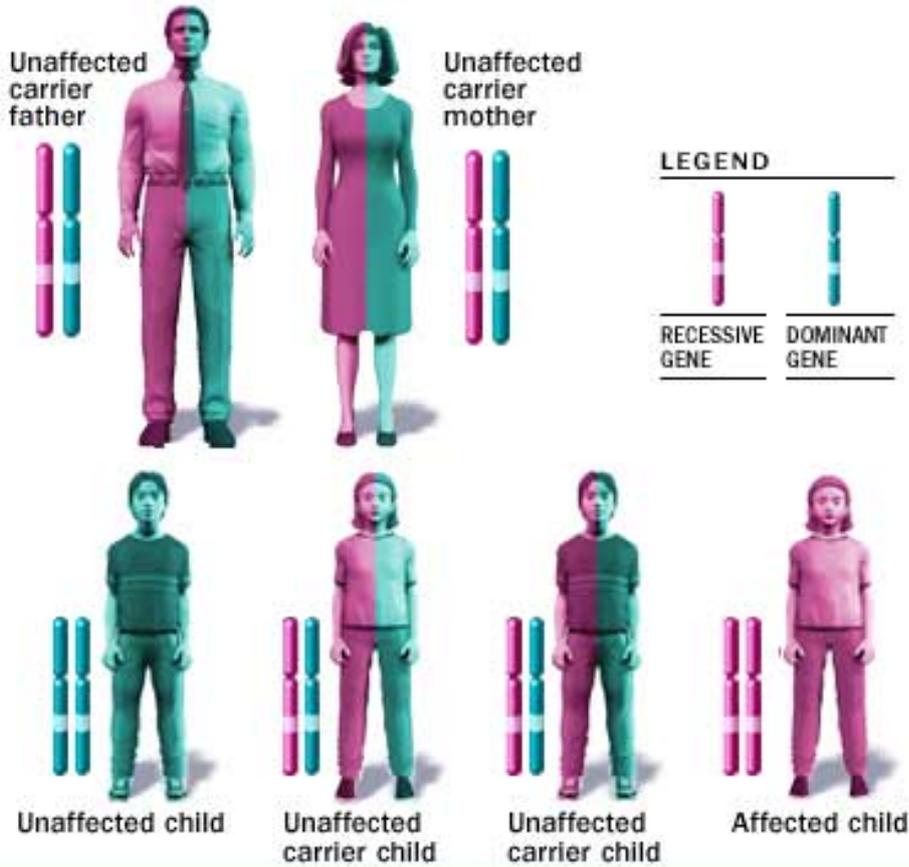
While traditional allopathy medical research focuses only upon the physical body to resolve illness events and health issues, they continue to be like blindfolded mechanics endeavouring to repair motor vehicles.



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

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

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



## Bullying, Genetics & Emotions: New Research Shows Links

<http://neurosciencenews.com/genetics-bullying-link-childrens-emotions/>

July 26, 2010

Genetics research into the emotional responses of bullying shows that many bullied victims that later experience more emotional problems have genetic similarities. *The Nature vs Nurture* discussions are sure to focus on this new research involving twin studies and the effects of bullying. This genetics research should prove important to readers interested in education, genetics, learning, mental health and safety.

### Discovery of Genetic Link to Children's Emotional Problems Precipitated by Bullying

Bullying victimization is common among children of school age, although its consequences are often anything but benign. The recent death of a Massachusetts teen by suicide prompted state lawmakers to pass one of the most far-reaching anti-bullying laws within the U.S. Whether such legislative actions result in measurable decreases in physical or emotional distress among school peers remains to be seen, but a team of researchers from Duke University and Kings College London have discovered a genetic variation that moderates whether victims of bullying will go on to develop emotional problems.

Gene and environment interactions are a burgeoning area of scientific research and an increasing body of evidence demonstrates that children who are victims of bullying are at risk for developing emotional problems including depression. However, not all children who are bullied go on to develop such problems. Whether a gene variant could contribute to emotional disturbance in children that are bullied is the focus of a study reported in the August 2010 issue of the *Journal of the American Academy of Child and Adolescent Psychiatry* (JAACAP).

In the article titled, "The Serotonin Transporter Gene Moderates the Development of Emotional Problems Among Children Following Bullying Victimization" Dr. Sugden and colleagues report on the findings in a study sample of 2,232 same-sex 5 year-old twins. Home visit-assessments were conducted in 1999-2000 when the children were 5 years of age, and follow-up assessments were made at 12 years of age. The children were evaluated for emotional problems reported by their mothers and teachers using the Child Behavior Checklist and the Teacher's Report Form. In addition to interviews, DNA samples acquired via buccal swabs were evaluated to determine the presence or absence of the genetic variation under investigation.

The researchers observed that genetic differences in the 5-HTTLPR gene, specifically the SS genotype, interact with bullying victimization to exacerbate emotional problems. Second, the strength of this genetically influenced response is related to the frequency of the bullying experience (i.e., the gene and environment interaction was strongest for frequently bullied children).

In the article, Sugden and colleagues state, "This genetic moderation persists after controlling for children's previctimization emotional problems and for other risk factors shared by children growing up within the same family environment." The present findings are consistent with the recent report by Benjet and colleagues<sup>2</sup> that SS genotype victims of relational aggression are prone to depression.

This article is discussed in an editorial by Dr. James J. Hudziak and Dr. Stephen V. Faraone in the *Journal of the American Academy of Child and Adolescent Psychiatry*.<sup>3</sup> In talking about the use of twin studies to determine whether an illness or psychological disorder can be inherited, Drs. Hudziak and Faraone state, “These designs have moved us well beyond the fiery but misguided debates about nature versus nurture. We have learned that both domains affect psychopathology, exerting effects that sometimes act independently of one another and sometimes interactively, as when risk DNA variants make some children more susceptible to the onset of illness. Twin studies show that gene action can be complex, with DNA variants at a gene locus sometimes acting additively (in a dose-response manner) and sometimes with classic dominant or recessive modes of inheritance.”

On the relevance of Dr. Sugden and colleagues’ findings, Drs. Hudziak and Faraone report, “Candidate gene studies such as these could lead to public health interventions (e.g. greater efforts to decrease bullying) that may lower the prevalence of child psychopathology.”<sup>3</sup>

Notes:

This study was supported by the UK Medical Research Council grants G9806489, G0100527, and G0601483, and National Institutes of Health grants MH077874 and HD061298.

The study is published in the *Journal of the American Academy of Child and Adolescent Psychiatry*. This article represents one of several articles to be published in the August and September issues of the *Journal of the American Academy of Child and Adolescent Psychiatry* that explores the intersection of genetics and mental health disorders in children and adolescents.

References:

1. Sugden K, Arseneault L, Harrington H, Moffitt TE, Williams B, Caspi A. The Serotonin transporter gene moderates the development of emotional problems among children following bullying victimization. *Journal of the American Academy of Child and Adolescent Psychiatry*. 2010; 49:830-840.
2. Benjet C, Thompson RJ, Gotlib IH. 5-HTTLPR moderates the effect of relational peer victimization on depressive symptoms in adolescent girls. *J Child Psychol Psychiatry Allied Disc*. 2009;51:173-179.
3. Hudziak JJ, Faraone SV. The new genetics in child psychiatry. *Journal of the American Academy of Child and Adolescent Psychiatry*. 2010; 49:729-735.

Source: Maureen Hunter – Elsevier

**PASCAS  
PAPERS**

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HEALTH**



# Psychiatry's Big Bang

May 9, 2007, reviewed Jan 15, 2011

How two landmark studies are changing how we think.  
by John McManamy



**Brain science.** There are two related studies that keep reappearing together so often on this Website that I am seriously contemplating a name change to "McMan's Short Allele Serotonin Transporter Gene What's Happening Now Web."

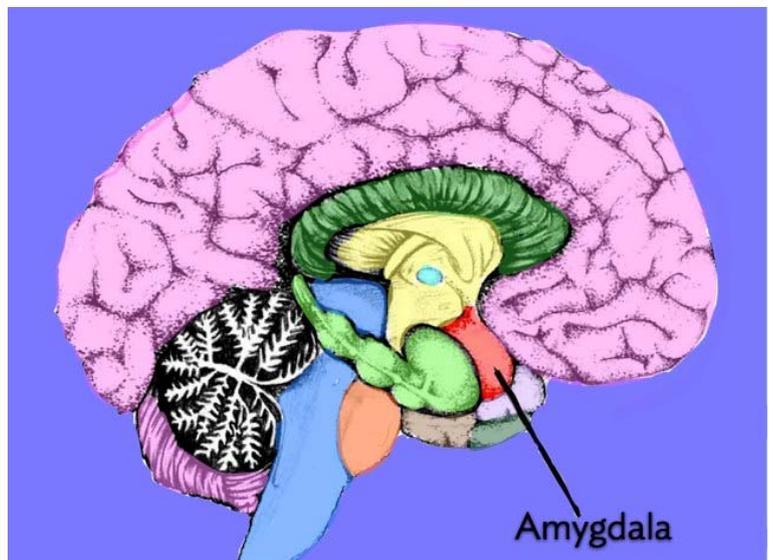
On March 30, 2007, a panel of NIH (National Institute of Health) brain researchers reported on their respective science projects to the NIMH Pediatric Bipolar Disorder Conference, held in Bethesda, MD. What emerged from their presentations was the truly seminal impact of these two studies on our understanding of the biology of human behaviour.

Taken together, these studies and their successor findings have everything – a suspect gene, genes in collusion, tell-tale neurotransmitter trails, a smoking amygdala, limbic system accomplices, cortical funny dealings, and a complicit environment, all combining to create a deadly destructive swath of emotional mayhem.

## The First Study

In an article in the July 19, 2002 *Science*, NIMH researchers (Ahmad Hariri PhD, lead author) reported on what may be the first study in humans to link [genes](#) to emotions.

Healthy subjects performed a simple task as their brains were being scanned in an MRI machine. In response to a set of photos of "scary faces," something major happened. In some of the subjects, a certain part of their brain lit up, the amygdala, which plays a major role in fear and arousal.



It turns out that the subjects with the hyperactive amygdala also had a certain gene variation. The gene in question involves the serotonin transporter in the neuron, the reuptake pump targeted by SSRI antidepressants. Just to show you how significant this gene is, it comes with two abbreviations, 5-HTT and SERT. Its more formal genetic designation is SLC6A4, with the chromosomal address of 17q21. Another abbreviation, 5-HTTLPR, has something to do with promoter regions (don't ask).

There are two variations to the 5-HTT gene, what geneticists refer to as the "short allele" and the "long allele," respectively.

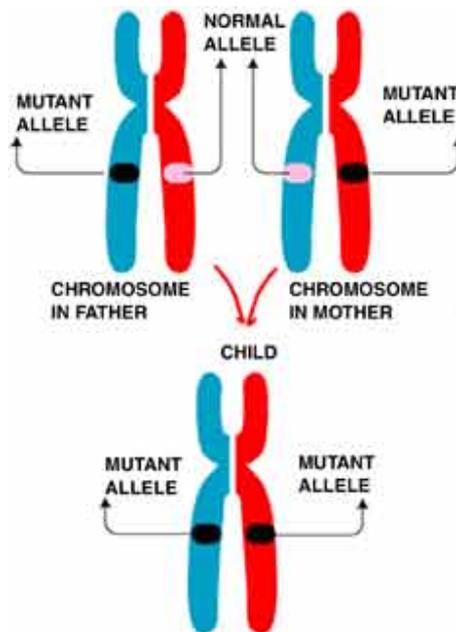
In the Hariri study, the individuals with the short allele drew the short genetic straw. What their brain scans showed was that their amygdala worked way too efficiently for their own good, like a smoke alarm that goes off for no apparent reason. This may be fine if you dropped hot coffee onto your lap while swerving to avoid a spent plutonium rod flying off a truck on the New Jersey Turnpike. But slightly less panicky is the way to go when you need to explain to airport security how that same plutonium wound up in those tennis ball containers in your carry-on.

Okay, time to test this in the field ...

### The Second Study

About 35 years ago, researchers from the University of Otago recruited a "birth cohort" of more than 1,000 infants born in Dunedin, New Zealand, and subsequently assessed them every two or so years. "Longitudinal" findings of this sort represent the gold standard of population studies, as opposed to "retrospective" findings

based on recalled events. Over the years, this cohort has been to medical and psychiatric and behavioural research what wild Tanzanian chimps have been to Jane Goodall.



Because both copies of the genes, i.e., both alleles have gone bad, the child will suffer from the disease. Note that the child must receive a double dose of the gene to get sick. The child is said to possess a recessive allele. A recessive allele hides its effects when it occurs with the normal allele in the father and mother. Here father and mother are carriers. This is the situation in diseases such as Tay-Sachs disease, thalassemia and sickle-cell anemia. In contrast, in the case of Huntington's disease, only one of the two alleles has to go bad in order to get the disease, i.e., Huntington's allele is dominant.

On July 18, 2003, Science magazine published the latest instalment coming out of Dunedin. The year before, the same research team, from Kings College and the University of Wisconsin, had identified certain childhood risk factors in antisocial behaviour, together with a strong link to a suspect gene (acting on the enzyme MAO-A). This time, the researchers (Avshalom Caspi PhD, lead author) analysed the cohort for [stressful events](#) over the past five years, such as death in the family, losing a job, or breakup with a partner.

Lo and behold, among those meeting the criteria for four recent stressful events, 43 percent of those with the short allele to the serotonin transporter gene experienced [depression](#) vs just 17 percent with the long allele.

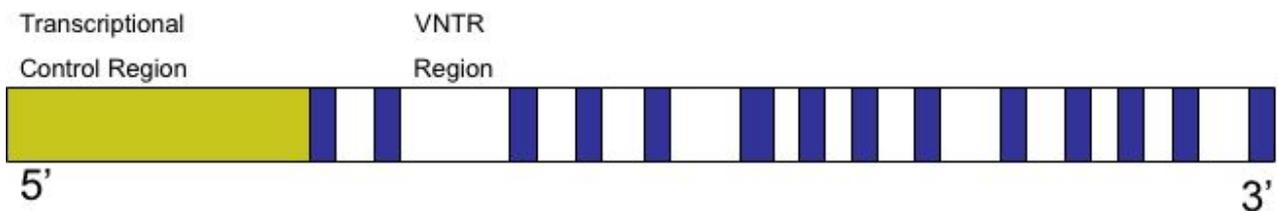
In a field where researchers are accustomed to teasing out frustratingly small statistical blips, these numbers represent something truly seismic.

It is important to note that the researchers did not identify this variation as a "depression gene." Rather, drawing the short genetic straw makes one susceptible to stress and its downstream effects (which may include depression). One also needs to have regard for the fact that not all depressions are caused by stress.

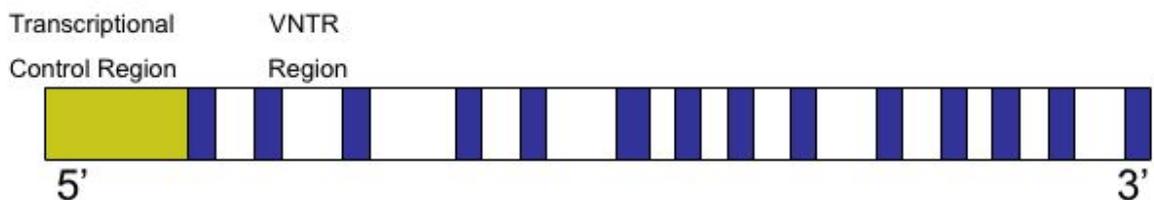
Think of the short allele as a "vulnerability gene." Those with the long allele, by contrast, may be regarded as the proud owners of a "resilience gene."

To further clarify the resilience factor, the depression rates for those with the long allele did not vary, regardless of whether they had experienced zero recent stressful events or four or more. Those with the short allele, by contrast, only experienced this same low depression rate as the long allele group when not exposed to any major stress, period.

### "Long" Allele



### "Short" Allele



For years, we had been subjected ad nauseum to arguments about nature vs nurture. As this study forcefully demonstrates, we are talking about nature via nurture. Put another way, in the words of one of the authors of the first study, Daniel Weinberger PhD of the NIMH, to the 2006 American Psychiatric Association's annual meeting, this particular gene "impacts on how threatening the environment feels." Or, as Andreas Meyer-Lindenberg MD, PhD of the NIMH told the Pediatric Bipolar Disorder Conference, the short allele "impairs your ability to respond to what life throws at you."

Noted the Dec 19, 2003 Science magazine: "Together, these studies suggest that the gene variant biases people to perceive the world as highly menacing, which amplifies life stresses to the point of inducing depression."

Science magazine was reporting on what it considered the top ten scientific breakthroughs of the year. This pair of findings (plus several others) ranked number two. The origin of the universe came in first, and we're not about to argue with the big bang and all that. In terms of gaining an insight into our illness, however, the Hariri and Caspi findings constitute big bang enough.

### Events Leading Up to the Big Bang

It is fair to describe Klaus-Peter Lesch MD of the University of Wurtzburg as the father of research into the serotonin transporter gene. His published studies on the topic, according to a PubMed search, span from 1992 to April this year. In 1996, Dr Lesch was part of a team that teased out the allelic variations to this gene (first isolated in 1993), and suggested that these variations "may play a role in the expression and modulation of complex traits and behaviour."

Similar work was going on at other centres, including a research team from Royal Edinburgh Hospital, who the same year advanced the hypothesis that these variations "may contribute to susceptibility for both major depression and bipolar disorder."

In 1998, however, a German research team tested the hypothesis and came up empty. After investigating a population of 115 patients and 284 controls, the researchers reported that "no association between alleles conveying functional differences in serotonin transport gene expression and major depressive disorder or bipolar disorder could be found."

Based on their data, the authors of the study concluded that this gene "is not commonly involved in the susceptibility to mood disorders." In all, there would be some eight studies involving failure to make a depression connection.

Subsequent studies explored possible associations between both alleles and illnesses such as Alzheimer's, [alcoholism](#), [anxiety](#), autism, and [personality disorders](#).

Clearly, these alleles had to be involved in something, one reads into these studies, but what? The title to one article dating from 2000 has a decidedly desperate ring to it: "A rare short allele of the serotonin transporter promoter region found in an aggressive schizophrenic patient of Jewish Libyan origin."

Meanwhile, researchers began checking out the side entrances to a mood connection, such as possible associations to suicidal behaviour or response to SSRIs. The first Eureka! came in the form of a 2000 French study that investigated stress in mice lacking the serotonin transporter gene.

The second one came two years later from an NIH team investigating rhesus monkeys.

The stage was set for the human brain's big bang.

### **Building on the Big Bang**

The most important theme to emerge from listening to brain scientists talk at the NIMH Pediatric Bipolar Disorder Conference was their enthusiasm for carrying the research to new levels of understanding. A sampling ...

### **The Fringe Connection**

At the 'Pediatric Bipolar Conference' conference, Andreas Meyer-Lindenberg MD, PhD of the NIMH turned in some of his recent homework. In his first study, from 2005 (Pezawas lead author), healthy individuals were placed in an MRI machine and exposed to the same scary faces from the Hariri study.

This time, the scans revealed that those with the short allele showed less structural and functional connectivity in the circuitry linking the amygdala to the cingulate.

The cingulate is positioned below the cortex and is central to both top-down and bottom-up communication in the brain. With compromised circuitry, there was nothing to dampen the signal from the amygdala to the cingulate. The amygdala was coming in loud and clear, way too loud and clear for comfort.

Moreover, the researchers found a 30 percent deviation in scores of "harm avoidance" (an inherited [anxiety](#) trait), that corresponded to the condition of this circuitry.

5-HTT is not the only gene in play. You may recall that Dr Caspi's 2003 Dunedin Cohort short allele study was preceded by a 2002 MAO-A study involving childhood risk factors (such as being abused) for antisocial behaviour and violence. Once again, we are talking about a gene that influences how we react to external situations.

MAO is an enzyme that breaks down the three neurotransmitters we are all familiar with, especially serotonin. Mice genetically engineered to lack the MAO-A gene have been found to have higher levels of dopamine, serotonin, and norepinephrine and enhanced amygdala-dependent emotional learning, with the males displaying violent behaviour.

In a 2006 study, Dr Meyer-Lindenberg and his colleagues once more rounded up the usual suspects and placed them in an MRI machine. (Not all at the same time. I think he had them line up single file outside the door.)

As with the previous brain scan studies, the subjects were exposed to scary faces. Yet again, there were structural and functional deficiencies in the amygdala-cingulate circuitry, plus areas of the cortex, this time involving individuals with the "l-allele" (as opposed to the "h-allele") of the MAO-A gene. At the same time, only the men in the study (in response to different tasks), had increased activity in the amygdala and hippocampus (involved in emotional memory) and failed to activate the cingulate cortex (responsible for inhibiting behaviour).

In addition, an NIMH study under review shows the ventromedial prefrontal cortex modulating amygdala activity through the cingulate. Ah, a part of the brain associated with "thinking," your protection against lashing out like a caged beast. Thus, if you happen to be in the middle of a heated marital dispute, this is probably the time to draw in a slow breath and very calmly say, "I hear you. I think we can work something out."

If your amygdala is doing the talking, however, it may come out something like this: "And besides, you're lousy in bed!"

At this stage, storming out the door in a huff may be your best option. The amygdala is getting through to the cortex, but the cortex is clearly having difficulty getting through to the amygdala. You probably will be sleeping on the couch tonight, but thankfully you can count on your cortex not to let your behaviour escalate from regrettable to extreme. But suppose your top-down circuitry is faulty?

As Dr Meyer-Lindenberg explained, we need a breakdown in the brain's control mechanisms to become violent.

### **When Push Comes to Shove**

Klaus Miczek PhD of Tufts University (and frequent NIH collaborator) is a leading expert on the biology of aggression. The title of his talk was "Mesocorticolimbic 5-HT and GABA Interactions," which is about to be made into a big-budget slasher movie. Significantly, the Caspi MAO-A study was his starting point.

Dr Miczek pointed out that violence is more complex than merely a serotonin deficiency (which he referred to as a "romantic myth"). A 2003 study of his involving aggressive rats found that dopamine levels rose and serotonin decreased in anticipation of combat. The dopamine and serotonin levels in the control rats remained the same.

The GABA part of the talk had to do with [alcohol](#). Alcohol interferes with GABA's role in modulating over-excitement in the brain. A certain subgroup of individuals are exceedingly aggressive with alcohol, Dr Miczek explained.

Hmm. Suppose a stressed-out individual starts drinking. Time to look at the 5HTT gene again ...

### **Everyone's Favorite Candidate Gene**

Christina Barr VMD, PhD of the National Institute of Alcohol Abuse told the NIMH conference that the serotonin transporter gene is everyone's favourite candidate gene. Depression may be just one outcome of stress. Harm avoidance may be another. What about alcoholism?

Dr Barr described her 2004 study involving rhesus monkeys, in which "short allele" female youngsters raised apart from their mothers displayed a stronger appetite for alcohol than their "long allele" counterparts.

This is not the same as saying that alcoholism is caused by stress. Indeed, there is strong evidence of other genes in play. But we are also beginning to see why some of us may need a drink at the end of a very trying day.

So what is going on? Dr Barr referred to "allostatic load." The opposite of "allostasis" is "homeostasis." In this context, in homeostasis the body is in a state of equilibrium and stability, or as Dr Barr describes it, "the regulation of a physiological setpoint in order to maintain internal viability." Allostasis, by contrast is "achieving stability through change." This may be okay if the system habituates to repeated challenge, but failure to adapt can result in system overload.

Dr Barr reeled off some of the stress-sensitive systems in the brain. These include: proteins that promote the growth and plasticity of neurons (such as BDNF); proteins that regulate cell death (such as bcl-2); the HPA axis (which releases cortisol into the system); and neurotransmitter systems (including serotonin, dopamine, GABA, glutamate, and various neuropeptides such as CRH).

Throw in a "hippocampal endangerment hypothesis" and other theories, and one begins to develop an appreciation for why homeostasis is what those of us with mood disorders need to aspire to.

### Almost Done

In a 2006 article he co-authored with Dr Weinberger, Dr Meyer-Lindenberg talks about "intermediate phenotype," also referred to as "endophenotype." In this context, we are not necessarily looking for a "depression gene" or a "bipolar gene." It was only when researchers looked further upstream from mood that they found spectacular evidence of how a certain gene may actually affect our ups and downs.

As Drs Weinberger and Meyer-Lindenberg explain, the purpose is to link genes "to structural and functional variations in brain systems related to cognition and emotion."

There is always the possibility that the success of the 5HTT studies and related findings are nothing more than flukes, and that years from now we will be looking back in wonder over how naive we were. But the early returns suggest otherwise. Be encouraged. Everyone is getting smarter.

### Final Word

We may not be able to trade in our factory reject short alleles for high-performance long ones, but that does not mean we are slaves to our genes and biology and upbringing. Quite the contrary, armed with foreknowledge of our vulnerabilities, we can plan ahead accordingly. There are many ways, for instance, to handle the stress that sets us up for mood episodes, from scheduling our lives to minimize tense situations to honing skills that take some of the worry out of personal dealings to picking up a wide range of coping mechanisms to employing sensible lifestyle routines.

Also, the fact that some of our brain circuitry may be faulty does not necessarily mean it is permanently hardwired. The brain is always in a constant state of laying down new roadwork, much of it guided from the top down by our own conscious efforts. Never underestimate the power of healing, and make the term, neuroplasticity, your new mantra. Live well ...

See also: [The Stress-Emotions Connection](#)



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



## Genes influence emotional memory

<http://www.nature.com/news/2007/070730/full/news070730-1.html>

**Genetic differences affect recall of positive and negative events.**

Kerri Smith

Genes seem to influence how vividly survivors of the Rwandan genocide recall their experiences. *RICARDO MAZALAN/AP/PA Photos*

A single gene can influence how clearly you recall emotionally intense memories, neuroscientists have shown. This finding could aid the search for therapies for people traumatized by horrific experiences.



People with a particular gene variant are better at remembering emotionally laden memories than people with the more common version of the gene, research shows. The gene, called ADRA2B, is involved in detecting brain chemicals related to emotional arousal.

This effect is specific to memories with emotional overtones, and does not affect emotion or memory by themselves. What matters is whether the event provokes an emotion — good or bad — and not how distressing the incident is. People's memories of scenes or events without emotional significance is not affected.

The research highlighted the effect of the gene in stark terms: survivors of the 1994 Rwandan genocide were more likely to harbour persistent memories of the conflict if they had the variant version of the gene. The variant is present in 12% of people of African ancestry and in 30% of Caucasians.

### ***Remember the good (and bad) times***

Researchers led by Dominique de Quervain of the University of Zurich, Switzerland, made the discovery by presenting Swiss volunteers with emotionally neutral, positive or negative images — such as a family laughing together or a picture of an accident. They then asked them to write a description of the pictures ten minutes later.

Participants with the variant version of the gene were twice as good at remembering the positive and negative pictures. Their ability to describe the neutral images, however, was no better, the researchers report in *Nature Neuroscience*<sup>1</sup>.

In a second part of the research, de Quervain and colleagues investigated the effect of the gene in Rwandan genocide survivors living at the Nakivale refugee camp in Uganda. Many of the volunteers were suffering from post-traumatic stress disorder (PTSD) as a result of their experience.

As predicted, those whose gene profiles showed that they carried the variant version of ADRA2B had more persistent flashbacks from the war. The gene variant conferred better memory regardless of whether subjects suffered from PTSD or not.

### *Take away the memory*

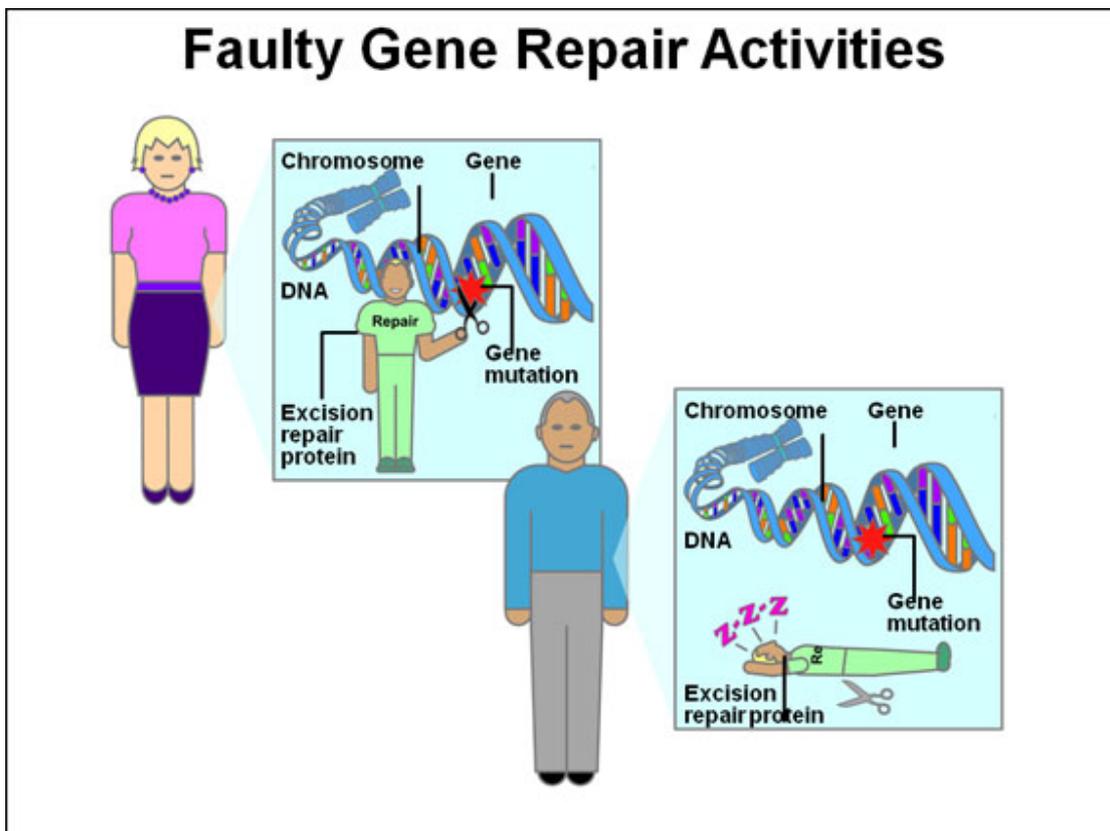
ADRA2B is involved in the transport of a chemical called noradrenaline in the brain. People with the variant version show increased movement of this chemical between brain cells, a process that is linked to emotional arousal.

Other researchers are already looking at whether memory formation can be altered by manipulating noradrenaline levels, a process that could lead to treatments for traumatic flashbacks. "It's interesting to see that there are already pharmaceutical approaches targeting this system," says de Quervain.

"This is a novel and fascinating study," says Joseph LeDoux, a neuroscientist at New York University who studies emotional memory. "We and others are trying to manipulate the levels of noradrenaline to alter traumatic memories." In experiments where rats are conditioned to fear a particular sound and then reminded of it at a later date, LeDoux and his colleagues have found that boosting noradrenaline function makes the animals' response to the remembered sound more fearful.

- **References**

1. de Quervain, D. *et al. Nature Neuroscience* doi:10.1038/nn1945 (2007).



## THE DISCOVERY OF THE "ANGER GENE": Could Anger Be a Hereditary Trait?

### The Popular Press vs. Scientific Data

<http://www.bio.davidson.edu/courses/genomics/2004/cobain/angergene.html>

#### Good Morning America: Born to Get Angry

A story featured on Good Morning America in April 2002 stated that Dr. Redford Williams of Duke University had found evidence that anger might be a hereditary trait. The report claimed that "a tiny variation of a gene that we all carry will predict those more prone to anger." The report further stated that those who have the genetic variation are more likely to have blood pressures that can soar to dangerous levels and are at a greater health risk. Although this report did acknowledge that research in this area is still early, it is claimed that those who are more prone to anger can be identified based upon this particular genetic characteristic.

#### The Research of Dr. Redford Williams:

According to Dr. Redford's Williams' research, central nervous system (CNS) serotonin function is involved in the regulation of potentially health damaging behavioural characteristics such as anxiety, depression, hostility and social isolation. In his study which was featured on Good Morning America, he evaluated the relationship between psychosocial/behavioural risk factors and two indices of serotonin function. To read further regarding this research refer (Williams *et al.* 2001).

#### Conclusions:

The ascertainment by Good Morning America (ABC News) that with the finding of the "anger gene" we can predict those who are more prone to anger-related behavioural characteristics is extremely misleading. There are several reasons why this statement is far too simplistic. First and foremost, the research that the article was based upon did not make this claim. The study conducted by Dr. Redford Williams indicated that those with one or two copies of the long allele of the serotonin transporter gene had higher blood pressures and heart rates in response to mental stress, but their specific behavioural responses to stress were not mentioned. In addition, other scientific studies have shown that the polymorphism in the promoter region of the serotonin transporter gene may play a role in the determination of other behavioural tendencies such as depression, anorexia nervosa and suicidal tendencies. Thus, labelling the serotonin transporter gene as "the anger gene" creates the false implication that this particular polymorphism only directs those behavioural characteristics related to anger. It is also known that there are other polymorphisms within the serotonin transporter gene that have an effect on the gene's transcription, which were not considered in Dr. Williams' study. Other groups have found evidence that directly contradicts Dr. Williams' research, indicating that more investigation needs to be done in this area in order to get a better understanding of the mechanisms by which this gene is regulated. Finally, some research has shown that anger-related characteristics are affected by other genes in the serotonergic system as well as the gene for the enzyme involved in

catecholamine inactivation, not to mention the fact that more genes which have not been studied are likely to play a role in anger-related behaviour. With all of this information, one can conclude that it is impossible for the serotonin transporter gene to be the "anger gene" as claimed by the Good Morning America report. While this gene may play a role in the determination of anger-related tendencies phenotypically, it is clear that there are multiple genes involved, making several of the statements made by the popular press inaccurate. For further scientific information follow the links or refer to the references listed below.

### **Important Links:**

[Serotonin Transporter Gene Sequence](#)

[OMIM – human serotonin transporter gene](#)

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2003. 5-HTT: The Gene for Susceptibility to Depression? Rachel McCord's Genomics Web Page. Fall 2003. <<http://www.bio.davidson.edu/courses/genomics/2003/mccord/5-HTT.html>> Accessed 2004 6 September.

## **Everything is interconnected**

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

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

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

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

[http://en.wikipedia.org/wiki/List\\_of\\_emotions](http://en.wikipedia.org/wiki/List_of_emotions)

The HUMAINE Emotion Annotation and Representation Language (EARL) classifies the following 48 emotions.

- Negative and forceful
  - [Anger](#)
  - [Annoyance](#)
  - [Contempt](#)
  - [Disgust](#)
  - [Irritation](#)
- Negative and not in control
  - [Anxiety](#)
  - [Embarrassment](#)
  - [Fear](#)
  - [Helplessness](#)
  - [Powerlessness](#)
  - [Worry](#)
- Negative thoughts
  - [Doubt](#)
  - [Envy](#)
  - [Frustration](#)
  - [Guilt](#)
  - [Shame](#)
- Negative and positive
  - [Boredom](#)
  - [Despair](#)
  - [Disappointment](#)
  - [Hurt](#)
  - [Sadness](#)
- Agitation
  - [Stress](#)
  - [Shock](#)
  - [Tension](#)
- Positive and lively
  - [Amusement](#)
  - [Delight](#)
  - [Elation](#)
  - [Excitement](#)
  - [Happiness](#)
  - [Joy](#)
  - [Pleasure](#)
- Caring
  - [Affection](#)
  - [Empathy](#)
  - [Friendliness](#)
  - [Love](#)
- Positive thoughts
  - [Courage](#)
  - [Hope](#)
  - [Pride](#)
  - [Satisfaction](#)
  - [Trust](#)
- Quiet positive
  - [Calm](#)
  - [Content](#)
  - [Relaxed](#)
  - [Relieved](#)
  - [Serene](#)
- Reactive
  - [Interest](#)
  - [Politeness](#)
  - [Surprised](#)



Person on left is crushed by fear which has diminished the size of the soul. Our soul can reduce in size to that of a pea.

The vibrant person on the right is filled with love and life.

We have a physical body, a spirit body, and our real self which is our soul.



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

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



**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	Very-high Frequency
8.0 Exhilaration	
6.0 Aesthetic	
4.0 Enthusiasm	
3.5 Cheerfulness	High Frequency
3.3 Strong Interest	
3.0 Conservatism	
2.9 Mild Interest	Low Frequency
2.8 Contented	
2.5 Boredom	
2.4 Monotony	
2.0 Antagonism	
1.9 Hostility	
1.8 Pain	
1.5 Anger	
1.4 Hate	
1.3 Resentment	
1.2 No Sympathy	Very-low Frequency
1.15 Unexpressed Resentment	
1.1 Covert Hostility	
1.05 Anxiety	
1.0 Fear	
0.98 Despair	
0.96 Terror	
0.9 Sympathy	
0.8 Propitiation	
0.5 Grief	
0.4 Making Amends	
0.3 Undeserving	
0.1 Victim	
0.08 Hopeless	
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	Ultra-low Frequency

**Happiness Domain**

**Un-happiness Domain**

**MAP OF CONSCIOUSNESS**

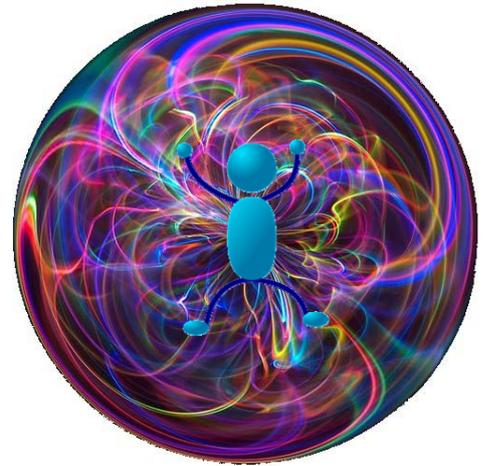
Map of Consciousness represents the emotional and spiritual fields within the kingdom of man which is Spheres 1 – 6.

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.



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

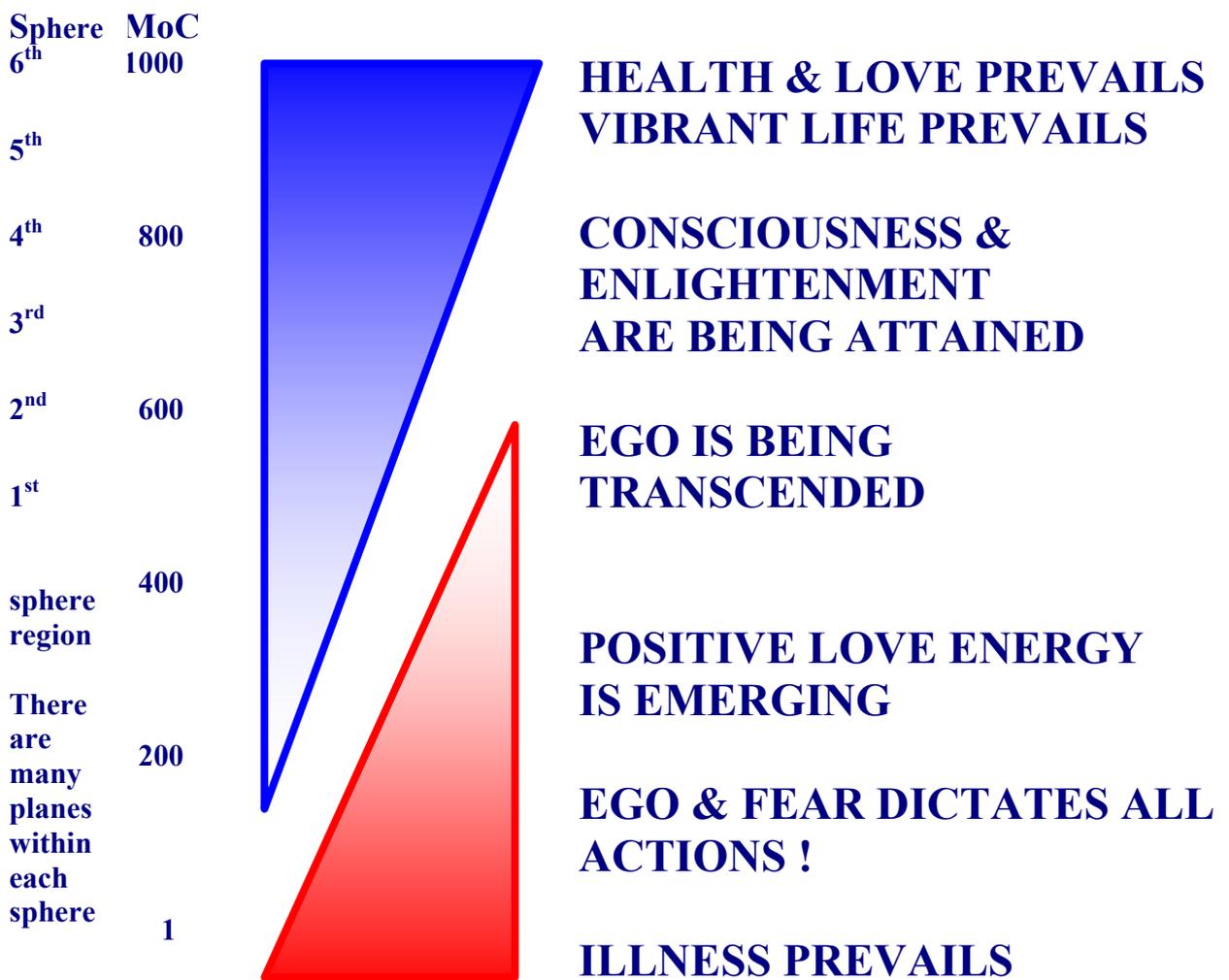


Soul expands as it grows in love and condition.



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

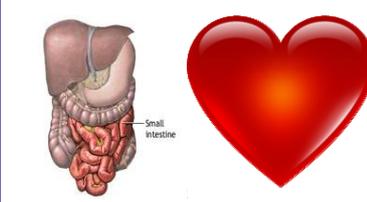
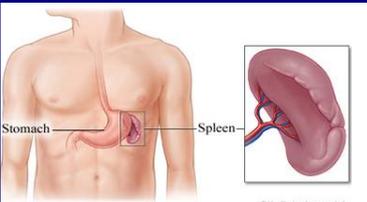
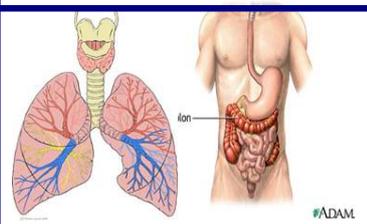
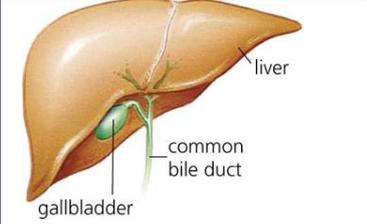
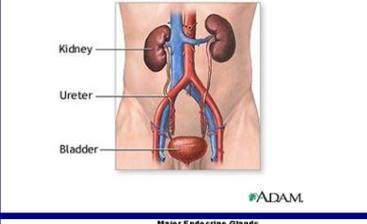
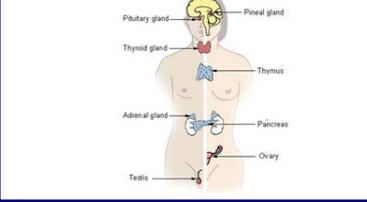
The Ego (mind based) manifests illness; the lower one’s level of consciousness (soul condition) then the more prevalent will be illness. Below the levels of 200, the ego and fear of the mind dominate; however, as you raise your level of consciousness by growing in love and achieve a level of 500 or higher,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



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 progressively removed by the time one has progressed through spheres 3, 5 and 7.

**EMOTIONS affect SPECIFIC ORGANS:**

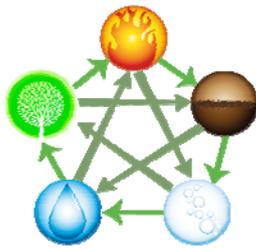
Emotional injuries and held errors have specific energy signatures and vibrations. So does each part of our physical body. Errors held within one’s mind affect the flow of energies through one’s spirit body, the spirit body is the template of the physical body. The resulting energy flow constrictions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

Organs	EMOTION CODE™ CHART		
	Column A	Column B	
	<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

# BODY CODE™ CHART

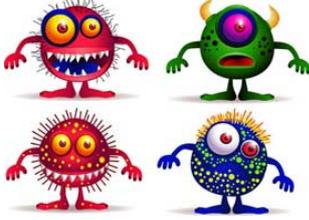
## Energies

- Emotional
- Post-Traumatic
- Allergy or Intolerance
- Mental
- Offensive



## Pathogens

- Parasites
- Fungal
- Bacterial
- Viral
- Mould



## Toxicity

- Heavy Metals
- Free Radicals
- EM Spectrum
- Chemicals
- Microbial



# Body Code System

## Structural

- Bones
- Nerves
- Muscles
- Connective Tissue
- Organs or Glands



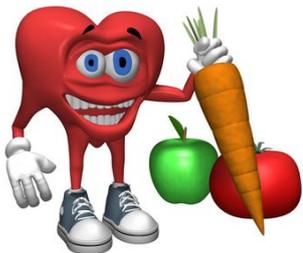
## Circuitry

- Organs
- Glands
- Chakras
- Disconnections
- Meridians

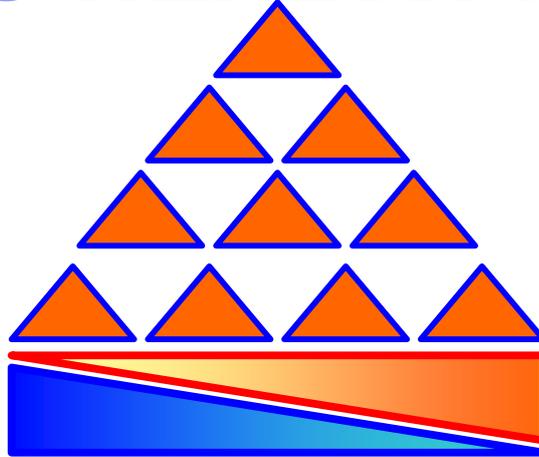


## Nutritional

- Ph Imbalance
- Foods
- Herbs
- Nutrients
- Dehydration
- Magnetic Field



# 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**

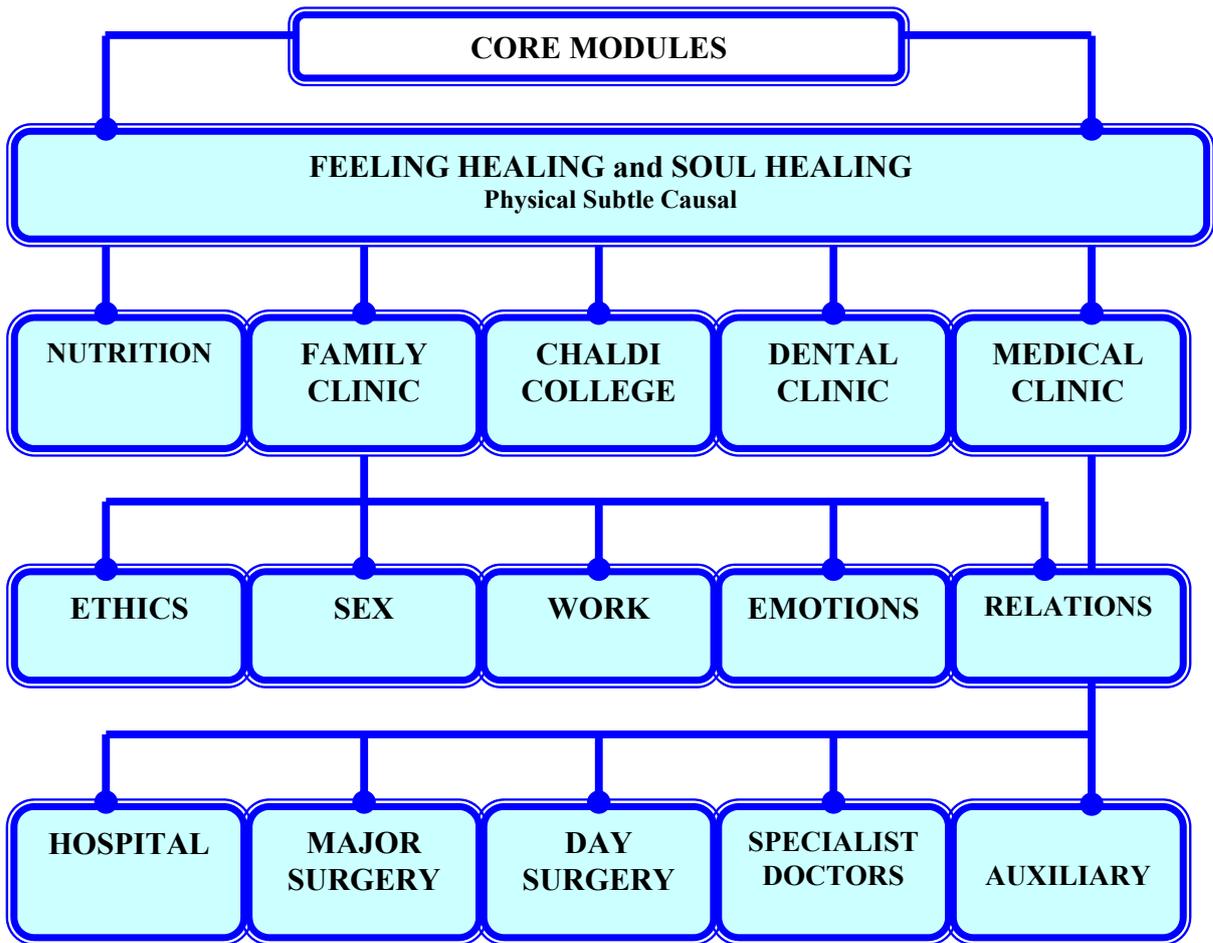


**Streamer's Meeting**



# PASCAS CARE

## Life Practice Matrix - Feelings First



**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.

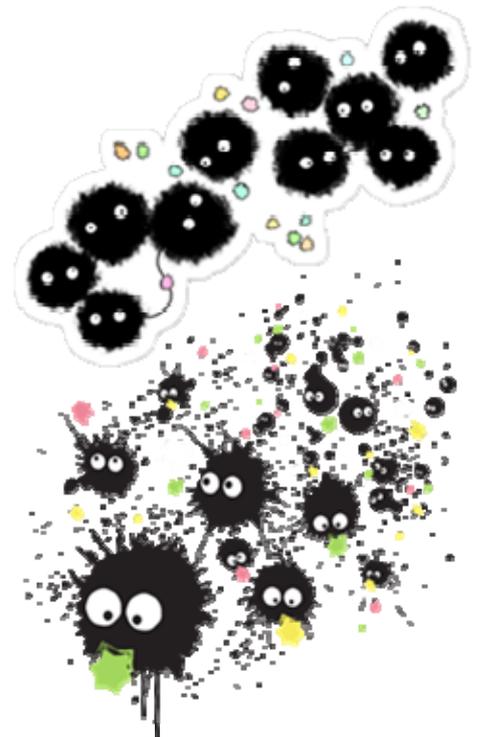
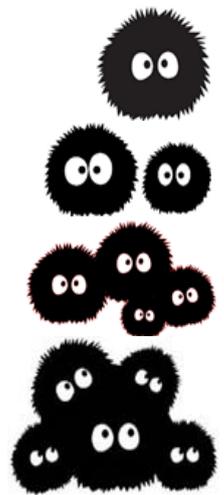
The core emotional injuries grow and grow through relatively similar ongoing emotional patterns of parents and carers, thus creating the foundations for discomfort and subsequent illness within a child, and later on in their life. Due to the complexity and intertwining of the natures of those influencing 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 crying Mansion World levels (and their equivalent on Earth); and then once that's done, and with the appropriate amount of Divine Love in our soul warranting fusion with our Indwelling Spirit, we can move into the Celestial spheres of love (or their equivalent on Earth).



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

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

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

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



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

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

### BODILY PAIN is OUR FRIEND:

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

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

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



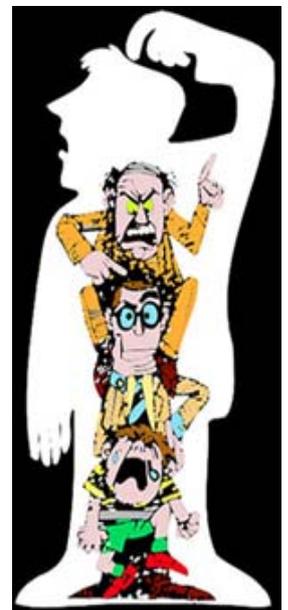
So in doing our Healing, we try to put off rushing to the doctor or seeking immediate help to remove even the slightest pain, choosing to instead put off such visits or taking pills whilst trying to express and seek the truth of such pain. However when it drives you to seek help, of course you do whatever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

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

James Moncrief 9 May 2018



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



# What is Child Abuse?



Verbally abusing a child



Teasing a child unnecessarily



Exposing a child to pornographic acts or literature



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



Forcing a child to touch you



Breaking down the self-confidence of a child



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



Manipulating a child



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



Using a child as a servant



Not listening to a child



Neglecting emotional needs of a child



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



Hitting and ridiculing a child at school



Neglecting a child's medical needs



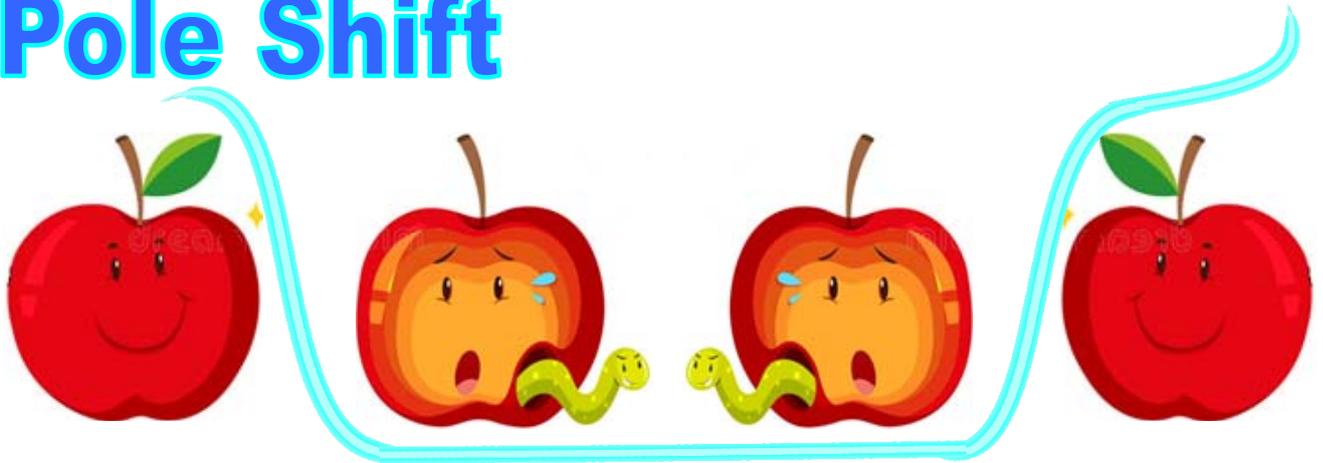
Neglecting a child's educational needs



Leaving a child without supervision



# Pole Shift



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

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

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

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

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

**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.

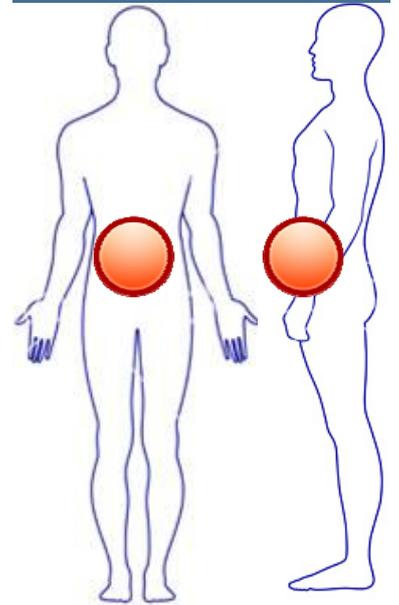
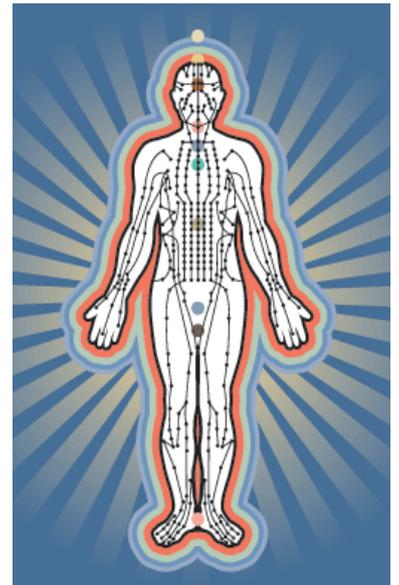
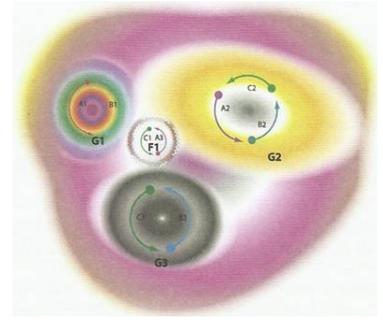
Initially, the injurious uninvited emotional field, being plasma, may be extremely small, however, if allowed to fester and grow by drawing on the negative emotions of those within your environment, the energy field may grow and grow in size from that of a mere pin head to the size of a melon. This progression 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



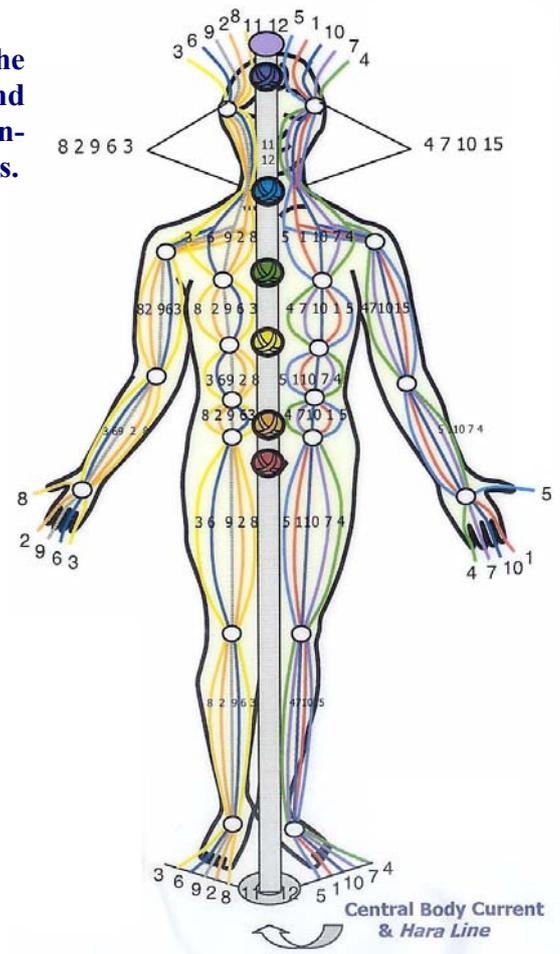
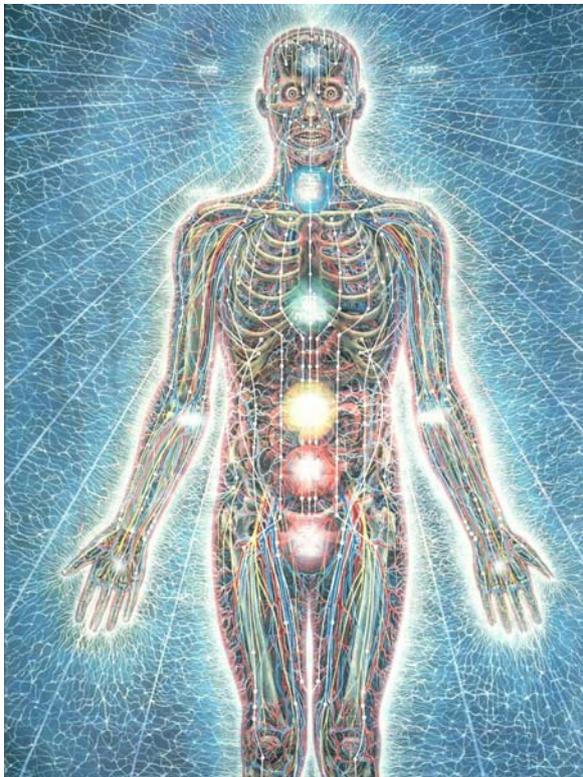
## *Meridians – the Pathways of Energy Flow*

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.

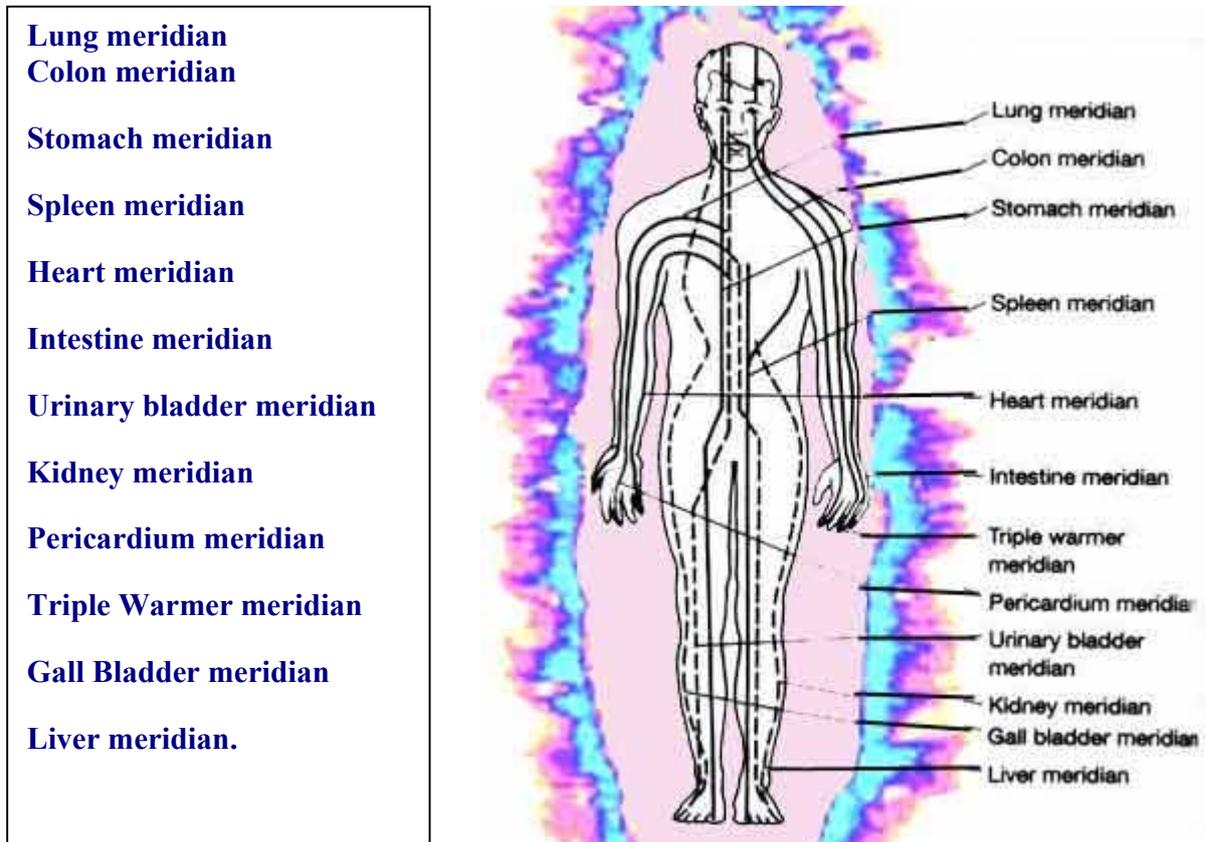
It exists where the chi flow is, though it maintains its general form. Meridians are of two kinds: the main ones are called channels (jing), and the branches are called collateral (luo). However, the term ‘meridians’ is often used to denote channels.

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.



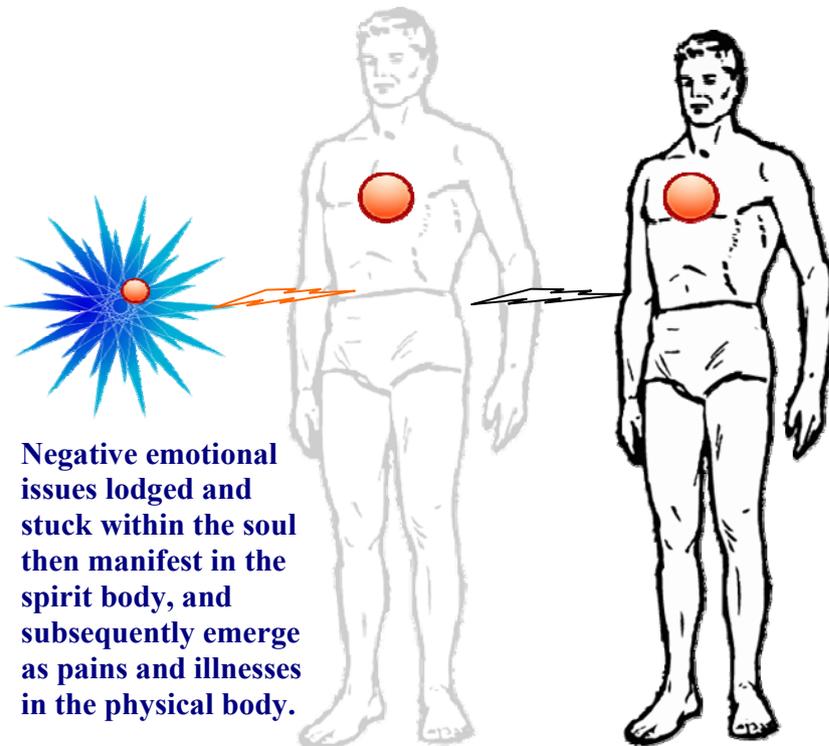
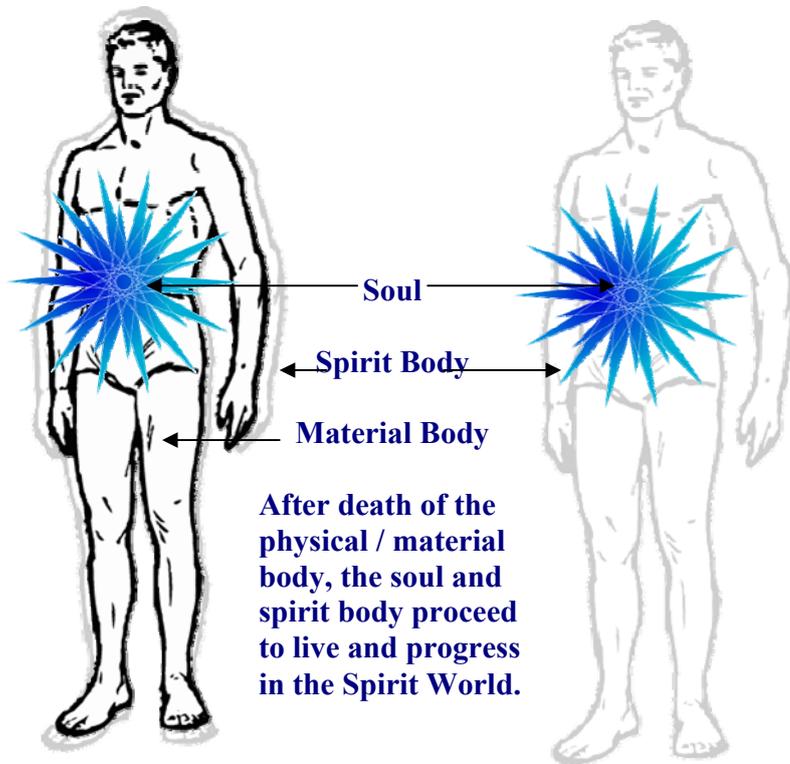
Meridians, or channels, can be classified into two groups: primary and secondary: Primary meridians are those that pass through internal organs, secondary meridians do not. There are twelve pairs of primary meridians flowing in a never-ending circle. For simplicity, only one of each pair is described.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



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.



SOUL  SPIRIT BODY  MATERIAL BODY  
PERSONALITY

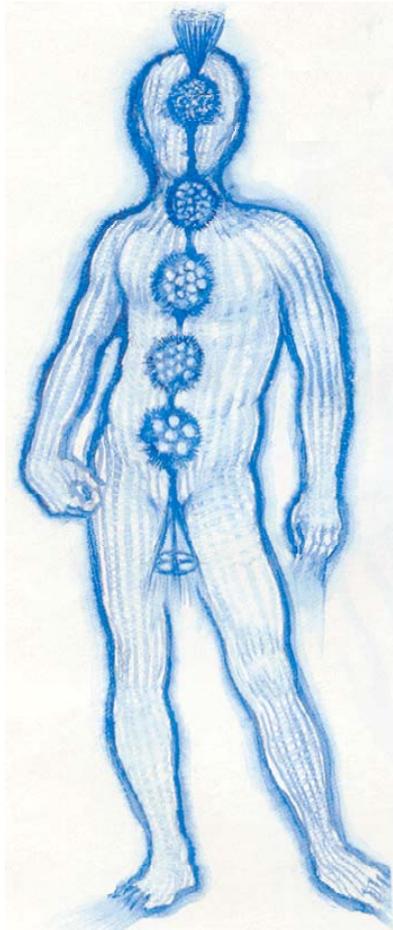
### HEALTHY MERIDIAN or OBSTRUCTED MERIDIAN:

The etheric body, being part of your spirit body, is the template for the physical body. Much of the energy you need for the physical body is supplied by way of chakras and the meridian lines throughout your etheric body. These meridian lines reach from your toes to the end of your fingers or top of your head. Each set of meridian lines is connected to a specific organ of your body. Each organ functions at a different vibrational frequency.



In like, many negative emotions, which are also of different vibrational frequencies, if not allowed to pass through your bodies, will find their lodgement within fields of related frequencies within your body and organs. Such negative emotion, being those calibrating under 200 on Dr David Hawkins' Map of Consciousness, may lodge anywhere in the bodies, typically on the meridian line of the related organ to which it relates to and was attracted to.

Such slow vibrating negative emotion is a plasmatic magnetic energy ball. It can grow and grow by being fed the same fuel coming from a continuation of the same emotional injury. This stuck ball of energy will restrict the movement of needed energy flow along the meridian. This will result in discomfort, then pain, and then may manifest in illness in the organ or in aspects or regions of the body related to that organ.

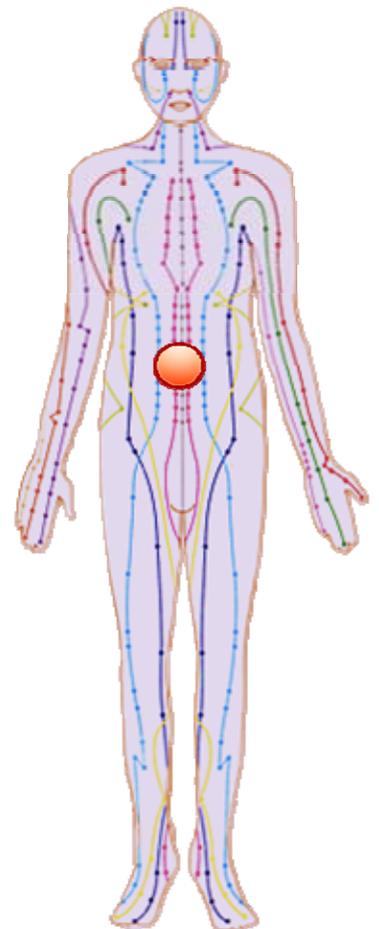


Allopathic / western medicine treats the symptoms, however the cause remains held in the bodies resulting in a further or similar health issue or a reoccurrence.

The negative emotion, possibly having been held since very early childhood, can be easily removed.

Issues within the subtle bodies are energetic magnetic fields that can be removed by your focused intent to recognise the issue, locate the issue, and enable the bodies to release the emotion with the support of additional magnetic energy being provided to your governing meridian down your spine. Such healing modalities include the Emotion Code and Body Code practices, as an example.

The ultimate way to improve your health condition is to long for and receive Divine Love, this love slowly but steadily grows your soul condition and results in erroneous emotions and injuries being released from your bodies.



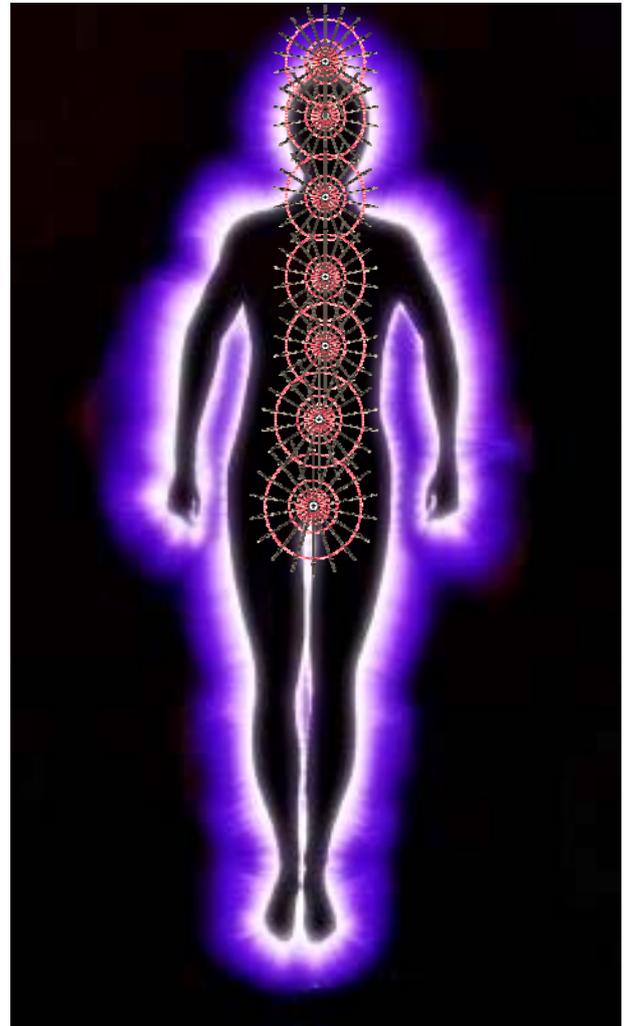
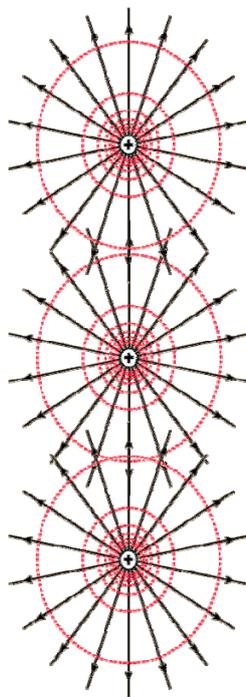
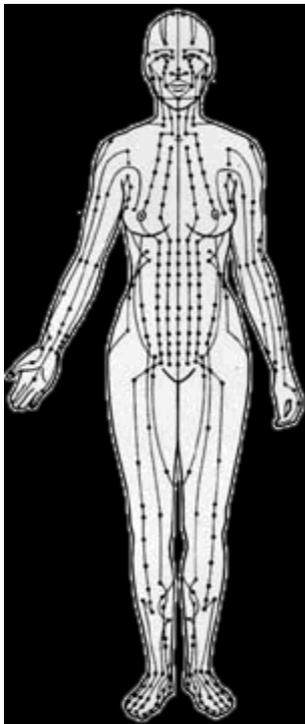
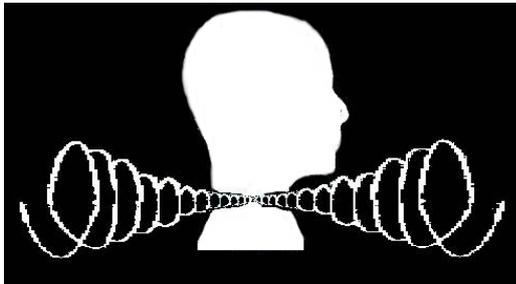
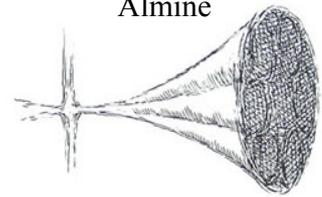
**MERIDIAN LINES are ENERGY CONDUITS for CHAKRAS.**

Spirit Body, incorporating the Etheric Body, is the blue print and master designer of the Physical Body. Energy flow constrictions in the many meridian lines, that form the blue print, emerge as pain, then injuries and then illnesses within the Physical Body.

Etheric or Astral Body: The majority of karma, which is a constriction in the universal flow of energy formed by incorrect perception, is held in the astral body (only a small portion is in the physical body). It consists of bluish lines of light. It produces the acupuncture points and the major and minor chakras by the energy lines crossing each other. Where they cross seven times, there is an acupuncture point. Where they cross thirteen times, there is a minor chakra point. Where they cross twenty times, there is a major chakra point. This body is linear and is located an inch (2.5 centimetres) out from the physical body.

Each chakra point, major or minor, has a swirling vortex that draws in energy to feed the spirit body and subsequently the physical body.

Almine



## ENERGY DETERMINANTS – Relationship between Body, Mind and Soul:

The physical body calibrates at 200 on Dr David Hawkins' Map of Consciousness. Many people feel and believe that their body is their real self, this is not so.

Further, the brain is not the origin of the mind, as science and medicine had believed, but the other way around. The mind controls the brain. The brain is activated by the mind's intention and not vice versa. Reason, which emanates from the mind, calibrates at 400 to 499, thus controlling the brain.

What is held in mind has the power to alter brain activity and neuroanatomy. Thought is powerful because it has a high rate of vibration. We are subject to what we hold in mind. Errors in belief bring about energy flow blockages.

Superimposed around the physical body is an energy body whose form is very much like that of the physical body and whose patterns actually control the physical body. This control is at the level of thought or intention. This superimposed energy body is one's etheric / spirit body, the template of one's physical body and home of one's mind.

The basic dictum to comprehend is that the body obeys the mind; therefore, the body tends to manifest what the mind believes. Illness is generated in the physical body by erroneous held beliefs within one's mind.

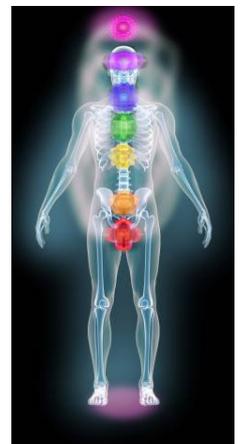
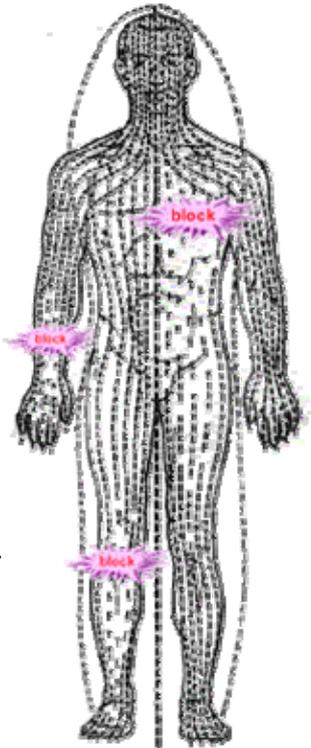
It is the energy level of love that steadily brings about a release from erroneous and harmful man-made emotions and beliefs. The energy level of love calibrates at 500 and higher. One's soul is seated / nested within one's spirit body. One's soul is the home of one's personality, natural intelligence and memory, it is our real self.

One's soul is always perfect and is made of the energy substance called natural love. It is by growing one's level of love does one enable sufficient energy to flow through one's chakras of the spirit body and subsequently into one's physical body that erroneous and injurious beliefs are dissolved and the potentiality for health of the physical body to become permanently repaired a possibility.

On the Map of Consciousness (MoC), the **charkas** calibrate as follows:

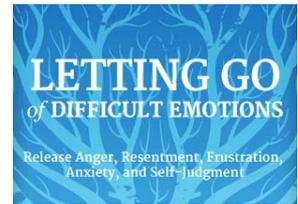
Crown	600	7 <sup>th</sup> chakra
Third Eye	525	6 <sup>th</sup> chakra
Throat	350	5 <sup>th</sup> chakra
Heart	505	4 <sup>th</sup> chakra
Solar Plexus	275	3 <sup>rd</sup> chakra
Sacral or Spleen	275	2 <sup>nd</sup> chakra
Base or Root Chakra	200	1 <sup>st</sup> chakra

The greatest infusion of Love, and the easiest way for one to transcend levels of emotions, that is, to evolve, is to long for, pray for, and ask for the Father's Love, Divine Love, being a light golden blue energy substance. Try the experiment.



### **LETTING GO with The LOVE:**

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



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

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

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

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

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

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

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

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

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

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

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

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

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



**Dr DAVID R HAWKINS:**

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



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

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

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

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

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

Everything is interconnected.

**MUSINGS by JOHN:**

Thursday, 28 September, 2017

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

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

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

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

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

Cheers John

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

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

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

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

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

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

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

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

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

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

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

Yours respectfully,  
Dr. David Hawkins

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

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

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

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

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

### **CONCLUSION:**

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

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

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

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

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

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

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

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

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

**in conjunction with**

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



## Prayers to our Mother and Father

From 'Religion of Feelings' by James Moncrief

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

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

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

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

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

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

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

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

### Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

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

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

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

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

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

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

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

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

<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 – you can heal yourself through your feelings</b>		<b>– James Moncrief</b>
<b>Religion of Feelings</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>
<b>Available generally from:</b>		
<a href="http://www.lulu.com">www.lulu.com</a>	<a href="http://www.amazon.com">www.amazon.com</a>	<a href="http://www.bookdepository.com">www.bookdepository.com</a>
<b>For Divine Love focused websites and forums:</b>		
<b>Pascas Health:</b>	<a href="http://www.pascashealth.com/index.php/library.html">http://www.pascashealth.com/index.php/library.html</a>	
<b>Spiritual Development:</b>	<a href="http://new-birth.net/spiritual-subjects/">http://new-birth.net/spiritual-subjects/</a>	
<b>Padgett Books:</b>	<a href="http://new-birth.net/padgetts-messages/">http://new-birth.net/padgetts-messages/</a>	
<a href="http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm">http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm</a>		

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

**DIVINE LOVE SPIRITUALITY – DLS:**

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

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

**James Moncrief Books:**

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

Paul – City of Light	1,488.5	2005	149
Ann and Terry		2013	235
Feeling bad? Bad Feelings are GOOD!	feeling-healing book 1	2006	179
Feeling bad will make you feel BETTER – Eventually!	feeling-healing book 2	2006	159
Breaking the Golden Rule.	feeling-healing book 3	2006	168
Feeling-Healing exercises, and other healing points to consider.		2009	175
Cathy and Mark – a novel introducing Feeling-Healing.		2010	151
Introduction course to Divine Love Spirituality		2006	139
Speaking with the Dead, Death and Dying		2009	173
Spirits and their Childhood Repression Healing		2010	179
With Verna – a nature spirit		2008	279
Communication with spirits – meet a spirit friend		2010	37
Introduction to Divine Love Spirituality website			362
Sage – and the Healing Angels of Light		2017	260
Divine Love Spirituality		2017	250
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings		2017	44

This group being pages of 3,092

**Religion of Feelings**

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

**Introduction to Divine Love Spirituality**

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

**Main website of DLS**

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

**Childhood Repression website**

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

**DLS and CR forum**

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

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

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

It is suggested for one to consider reading as follows:

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

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

**Paul – City of Light**

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

**Ann and Terry**

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

**Feeling Bad? Bad Feelings are GOOD**

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

**Feeling bad will make you feel BETTER – Eventually!**

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

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

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

**Religion of Feelings  
Feeling Healing**

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

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

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

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

**in conjunction with**

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

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

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

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

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

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

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

Pascas Papers, being free, are located within the Library Downloads [www.pascashealth.com](http://www.pascashealth.com)

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

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

FH denotes Feeling Healing; SH denotes Soul Healing, which is: Feeling Healing with the Divine Love;

DL denotes Divine Love – living with the Love.

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

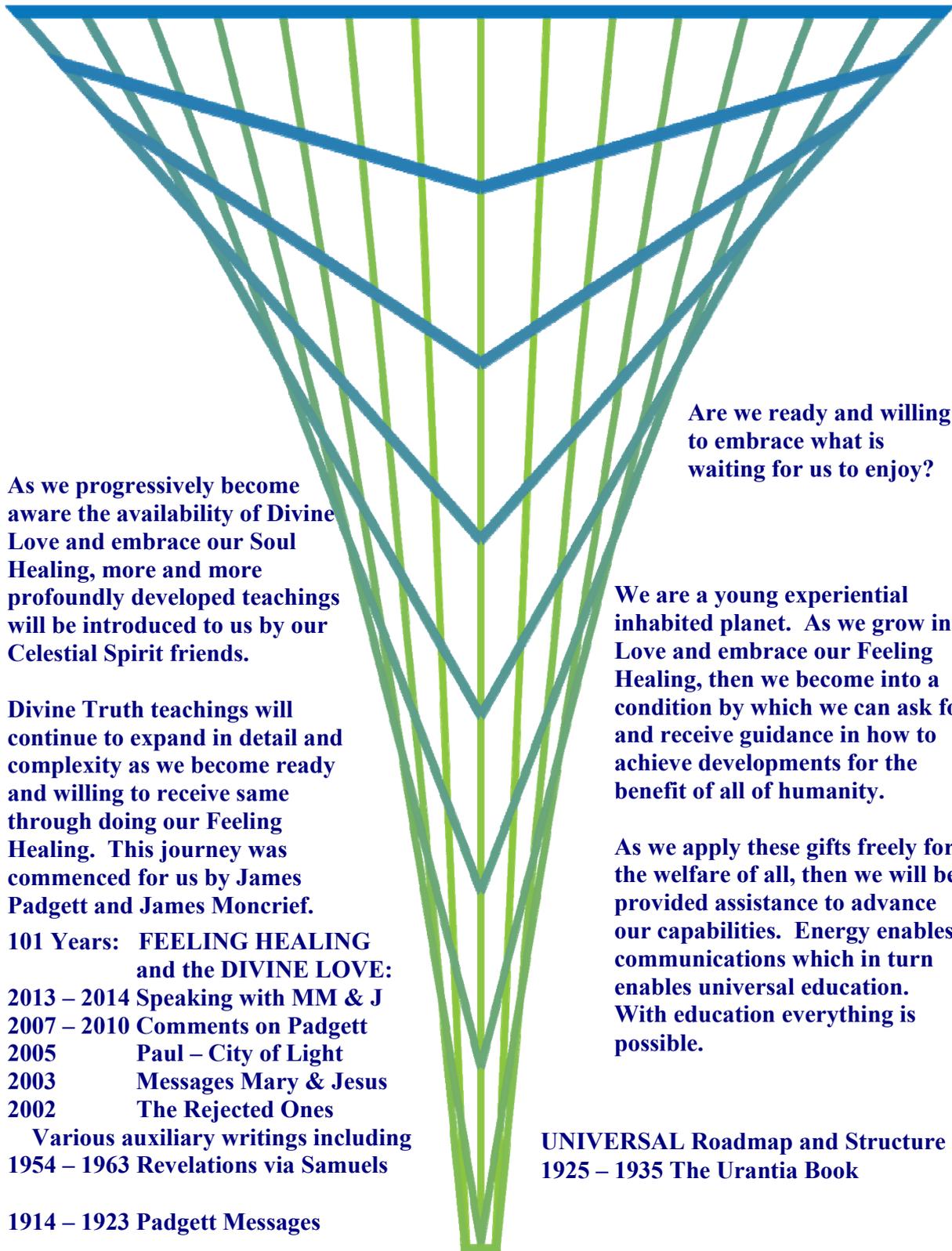
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

**MEDICAL – EMOTIONS:**

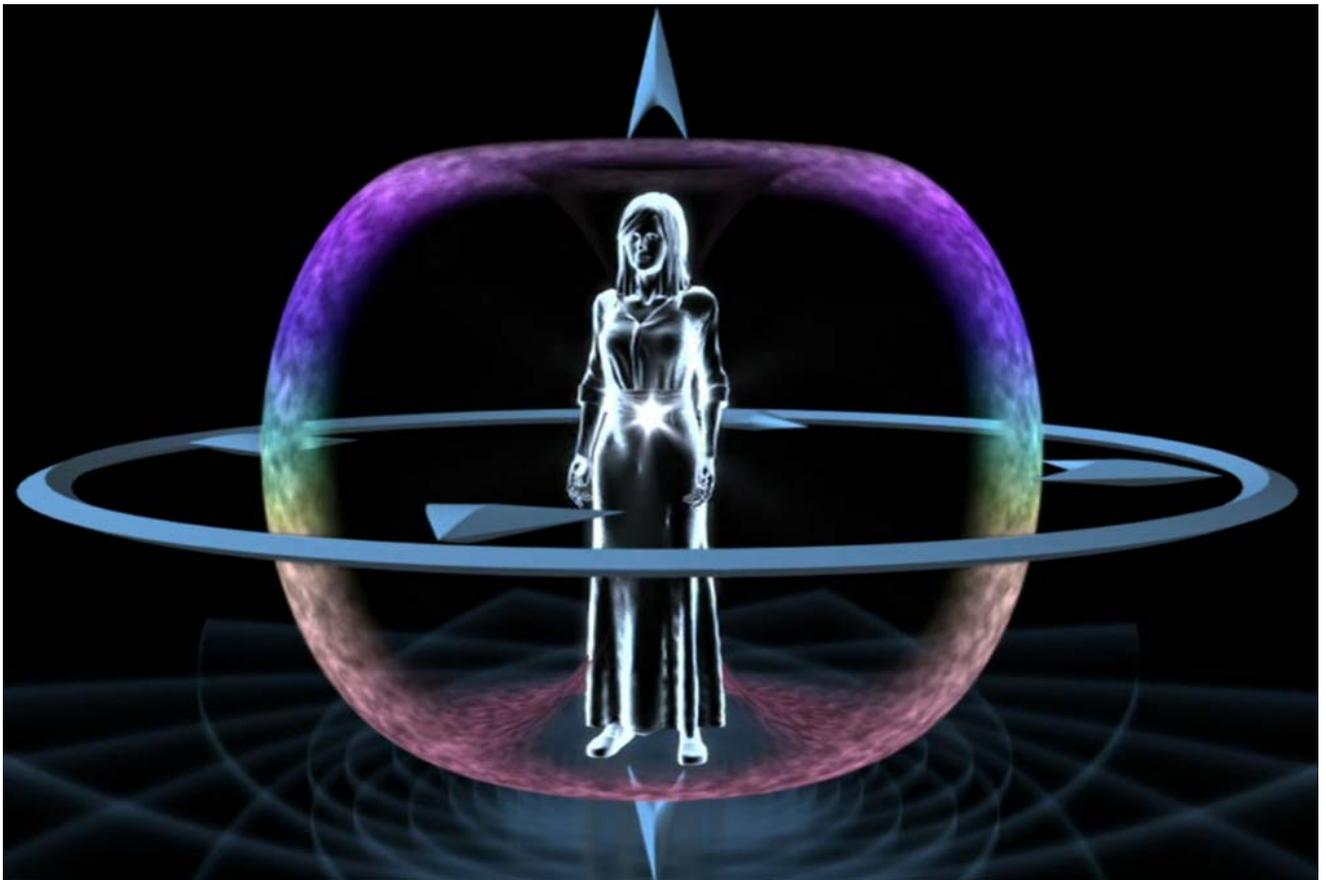
- Pascas Care – Feeling Healing
- Pascas Care – Feeling Healing All is Within
- Pascas Care – Feeling Healing and Health
- Pascas Care – Feeling Healing and History
- Pascas Care – Feeling Healing and Parenting
- Pascas Care – Feeling Healing and Rebellion
- Pascas Care – Feeling Healing and Starting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

**PASCAS  
PAPERS**

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



As we progress along our journey, growing in love and truth, we progress from the physical state of the human body into the spirit body, still having a similar appearance but with a significantly lighter density but with increased energy and capabilities and senses. We then progress to atonement with God, at which time our soul becomes our being with our spirit body being subordinate to our soul, at this point we can see other people's souls. We still continue on our path, progressively growing in love and truth, our energy continues to grow whilst we progressively become even lighter in density, thus further enhancing our capabilities. No one knows even if there is a limit to our growth and progression in love and capabilities. At all times, we are emotional beings.



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

## **Library Downloads – Pascas Papers**

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

[info@pascashealth.com](mailto:info@pascashealth.com)

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



SOUL  SPIRIT BODY  PHYSICAL BODY

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