

PASCAS CARE

Feeling vs Emotion



“Peace And Spirit Creating Alternative Solutions”

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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 in 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

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



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



FEELING HEALING is to LIBERATE OUR TRUE SELVES:

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

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

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

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

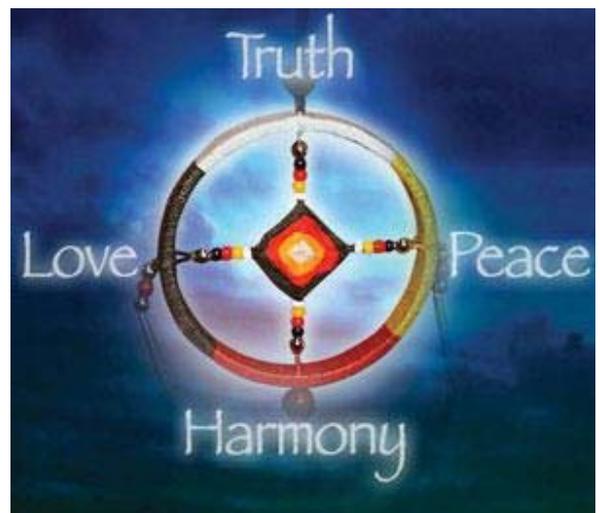
When we long for the truth of the emotion, it will most often be unsettling to say the least. This is because there is little that our parents taught us that is in truth. Our will has been suppressed by our upbringing so that we could be like them.

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

MIND



SOUL



WE ARE NOT MEANT TO BE ALONE:

Feeling bad will make you feel BETTER – Eventually! by James Moncrief

‘We are not meant to be alone, particularly during the hard times. We need to learn that it’s better to come straight out, to start accepting and speaking about how bad we feel. It’s okay to just cry and tell other people how bad you feel. It’s okay to feel bad. If we could all help each other to express our bad feelings allowing ourselves to feel as bad as we need to feel and for as long as we need to feel that way, wouldn’t life be more caring and loving?’

‘The childhood suppression of our bad feelings has been so severe that we have to shut ourselves away during our crisis times, the very times when we should do the exact opposite and come out the most. Doing this because this was all we did during our early childhood when our parents rejected us, making us feel unloved, unwelcome and unwanted.

‘Wouldn’t it be nice if when you felt bad and someone asked you if you were okay and did you want to speak about it, you could say: Yes I do feel bad, and yes thank you, I do want to speak about it, and they were there for you all the way along. And you could speak and cry and be as miserable or angry or however you felt for as long as you wanted to. And they didn’t judge, criticise, or try and tell you how to get over it and how to make yourself feel better. And they just allowed you to go for it, to slobber and blubber and grieve and go through all the natural releasing and healing stages without getting in the way; just being there for you, wanting you to tell them all about yourself – all you’re feeling. And when you were ready, you could long for the truth and try to understand why the pain is so bad, why you are feeling all the bad feelings you are feeling, all in the loving supportive trusting presence of your friend.



‘Wouldn’t it be nice if we allowed ourselves and each other to fully express all we felt and didn’t feel like we had to deny anything; didn’t have to reject ourselves when we felt the most in need. That we could seek help, love, care and attention when we felt we needed it, that we could even ask each other for it, if that’s how we felt, and it was willingly there and given for us to receive.

‘Wouldn’t it be nice if we could allow ourselves to feel and express our pain? And if we could, I’m sure we wouldn’t feel the pain for as long as we do (and in many instance may not even feel the pain to begin with). And we would be able to deal with it, to keep accepting it for as long as it was there, thereby allowing ourselves to move on, to mend, to heal, to come back to ourselves.’

ACCEPT YOUR FEELINGS, SEE THE TRUTH, ACCEPT YOUR FEELINGS:

Feeling bad will make you feel BETTER – Eventually! by James Moncrief

We are to follow our soul based feeling which are always true and loving, not our mind which is tainted by our childhood upbringing.

“My parents stopped me and I to ok over from them. Well I don’t want that way of life – their way – to be my way any longer.

“Saving yourself comes from the full and true liberation of all your denied feelings. Saving yourself comes from the full and true acceptance of yourself. Saving yourself comes from wanting to find the whole truth of yourself through your feelings, both good and bad. Saving yourself is re-connecting with your feelings and your heart of truth, thereby allowing your soul to freely express its personality – all that you are – in Creation.

Saving yourself is learning how to unconditionally love yourself by freely, fully and unconditionally accepting all that you feel.



“By denying any part of ourself we are denying ourself life. We are sending ourself off into the nothing, shutting ourself away in a cupboard, not wanting to hear.

“There is a right way to express oneself. There are universal laws that determine how you do it. And when you do, then you function properly from your inner most levels, from your soul out to the physical. Everything flows and works properly for you, and you are able to express and communicate yourself properly to another person all the while honouring your will and there’s. Anything that isn’t right is a will-infringement and so rebelling against the universal laws having a detrimental affect on you and the other person. And it will one day have to be fixed, because if we want to live truly in Creation then we need to live within, and so true to, the laws of Creation. And as you’ll discover, the laws are the truth, meaning the laws are expressed as truth, so as you grow in truth then naturally you’ll become more perfect, existing correctly within the laws of Creation.

“So if you want to express all you feel truly now with whomever you are relating to, as well as all nature and God, then you will have to heal all that’s untrue within you, hence the need to look back into your early childhood to see where you’ve transgressed the universal laws because of the negative, unloving parenting you received.”

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’.

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

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.

FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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.

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

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.

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.



God is God, who is our Heavenly Mother and Father, being SoulMates. There is only one Soul that is God's Soul, that being the Soul of our Mother and Father. Our Heavenly Parents are the First Soulmates; The Two Who Are One who have brought us all into being.

Jesus and Mary are a son and daughter of God.



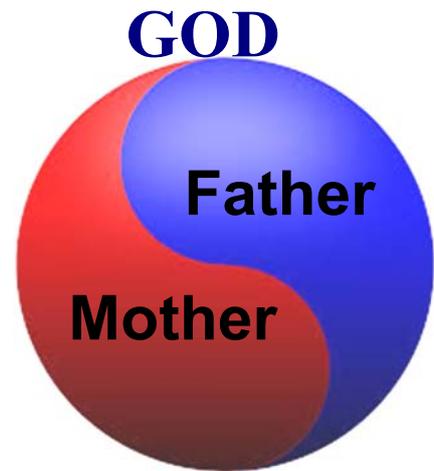
Jesus of Nazareth and Mary of Magdalene, being soulmates, were both free of sin. Jesus and Mary, combined in their love for us, are our teachers and guidance for us to find our way home to our Heavenly Parents. To start this journey we are to liberate our souls from being entombed within our suppressive minds, through feeling and longing for the truth of our feelings via our soul and peel away our injuries incurred since conception.

Give yourself time to consolidate your relationship with the Mother and Father through the partaking of Their Love. And whilst you are doing this, you can learn about your healing, all that's involved with it, as there are many willing spirits to share their healing experiences with you.

When you are ready it will start happening simply because you will want it to, it all being orchestrated by your soul. And when that time comes you will have developed a strong foundation in your relationship with the Mother and Father for you to work from. 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.

It is to make longing for God's Love the priority, and then do one's healing; should one want to include God and the Divine Love in one's feeling healing. This is doing your soul-healing as you are seeking to heal your soul of all evilness – of that which made you become evil, and release all the hurt and pain of not being fully and truly loved.

WE ARE Children of God



WE ALL ARE BEING GUIDED HOME:

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

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

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

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

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

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

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

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

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

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



M&F



J&M



AVO

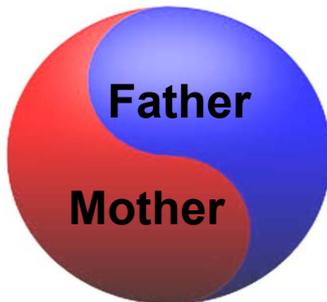


HUM



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

GOD



M&F

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

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

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



J&M

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

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

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

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



AVO



HUM

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

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

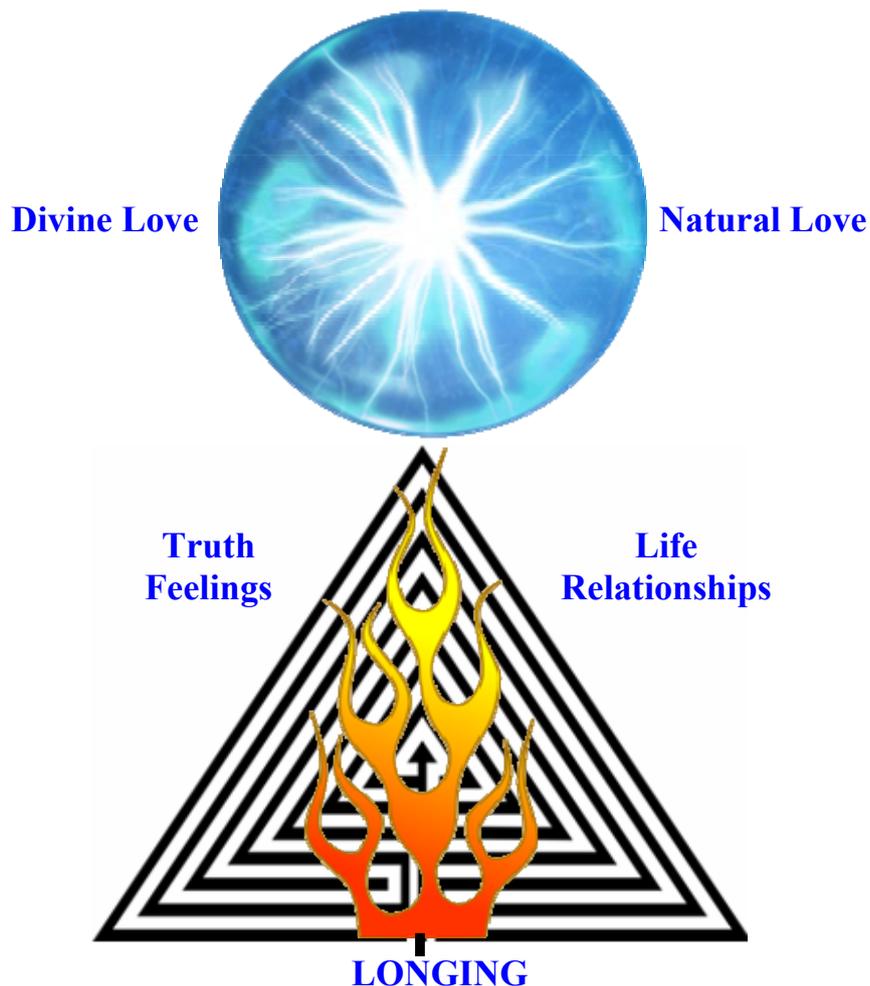
Collectively, should we embrace them all, as we are to, then our pathway home is a journey in the hands of the Spirits of Truth of the Avonal and Paradise Pairs overseen by our Heavenly Parents.

WE ARE Children of God

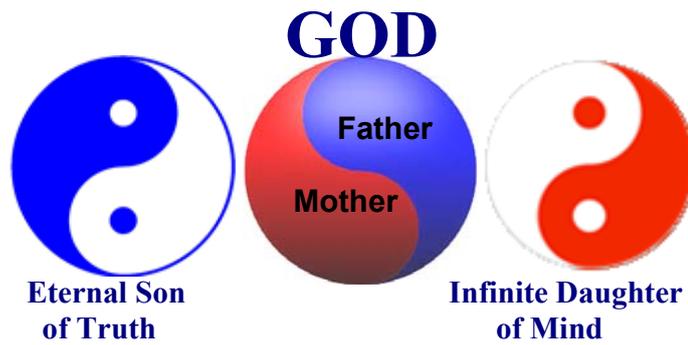
HOW TO GET TO PARADISE:

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

The Key



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



PARADISE TRINITY:

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

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

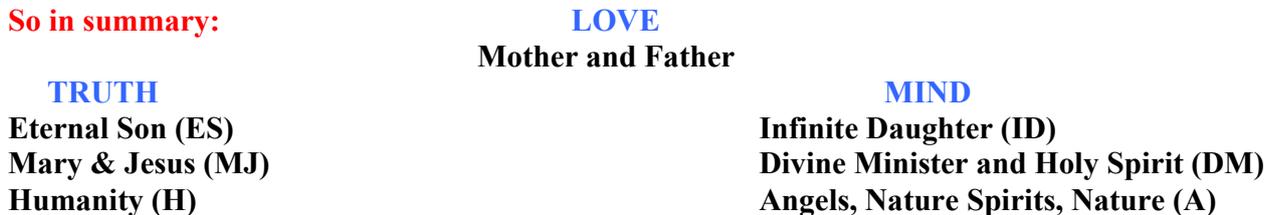
The LOCAL UNIVERSE TRINITY:

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

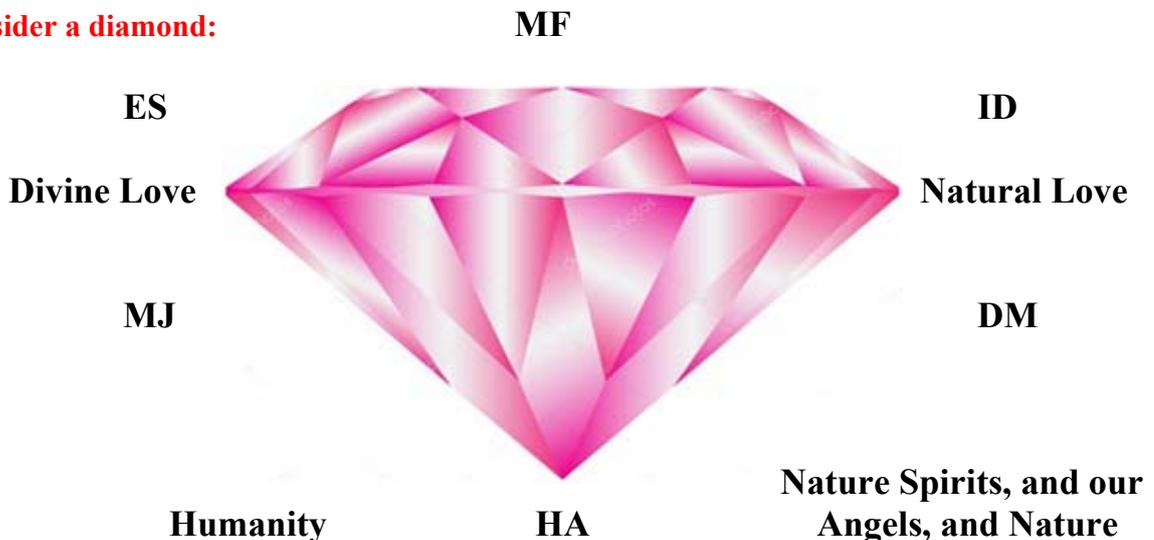
PLANETS that engage in REBELLION:

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

So in summary:



Consider a diamond:



Mother and Father Heavenly Parents

Creator Son & Daughter
Jesus and Mary

Avonals
as soulmate pairs

Trinity Teachers
as soulmate pairs

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

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

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

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

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

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

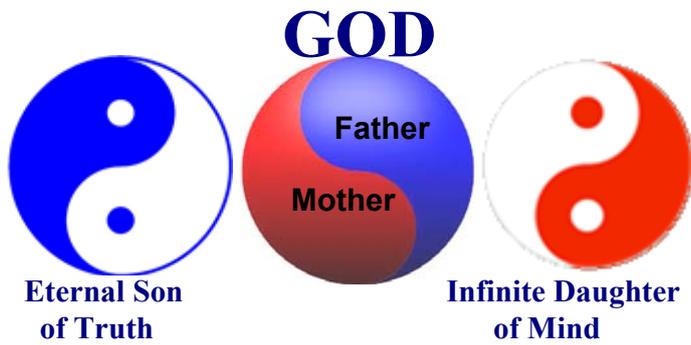
The Local universal Sons and Daughters are all about the running of the worlds under their jurisdiction, and ensuring the higher spiritual elements can be employed, or sent astray, as in our cases through the Rebellion and Default.

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

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

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

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



CREATION of SOUL and SPIRIT:

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

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

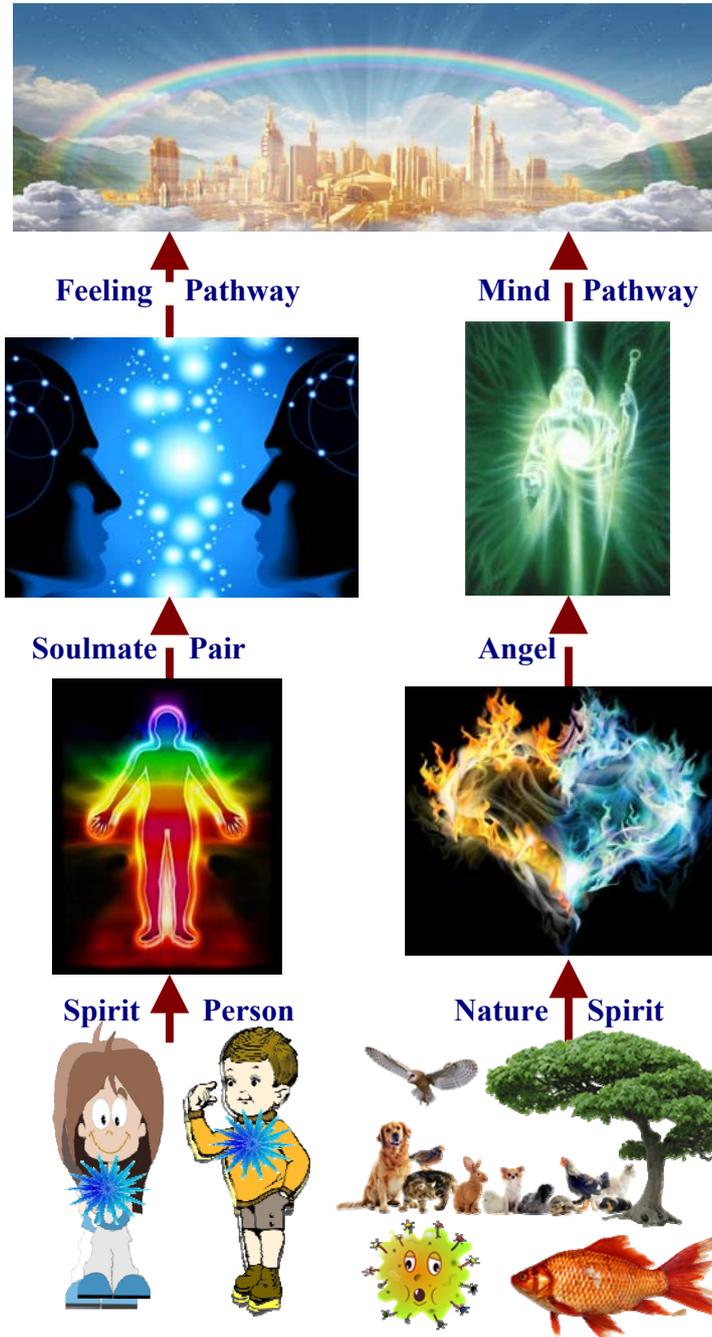
The soul of angels is experiential, evolving through their experience by continually progressing in mind development. Angels are to attain the Infinite Daughter (Spirit) of Mind. Angels are a creation of Mind. Our soul is duplex (we have a soulmate) and is created by our Heavenly Parents. Through our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

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

Neither we nor animals reincarnate. We never die; upon death, we move into the spirit Mansion Worlds on our journey to Paradise. When animals and plants die, be they the tiny microbe to the mighty elephants of the land and the whales of the ocean, their spirit energy returns to the Spirit Collective

Energy. And from this energy are drawn other animals and the nature spirits, who then in turn move onto becoming angels through increasing mind experience.

A nature spirit is an angel in waiting.



WHAT is LOVE?

Notes taken from Tantric Love – Feeling vs Emotion
By Diana Richardson and Michael Richardson

Love is overflowing joy. Love is when you have seen who you are; then there is nothing left except to share your being with others. Love is when you have seen that you are not separate from existence. Love is when you have felt an organic, orgasmic unity with all that is. Love is not a relationship. Love is a state of being; it has nothing to do with anybody else. One is not in love, one is love. And of course when one is love, one is in love – but that is an outcome, a by-product, that is not the source. The source is that one is love.

Osho, transcribed teachings,
The Guest, Vol. 6

Remember, love is born with you; it is your intrinsic quality. All that is needed is to give it way – to make a passage for it, to let it flow, to allow it to happen. We are all blocking it, holding it back. We are so miserly about love, for the simple reason that we have been taught a certain economics. That economics is perfectly right about the outside world: if you have so much money and you go on giving that money to people, soon you will be a beggar; soon you will have to beg yourself. By giving money you will lose it. This economics, this arithmetic has entered into our blood, bones and marrow. It is true about the outside world – nothing is wrong in it – but it is not true about the inner journey. There, a totally different arithmetic functions: the more you give, the more you have; the less you give, the less you have. If you don't give at all you will lose your natural qualities. They will become stagnant, closed; they will go under-ground. Finding no expression they shrink and die.

Osho, transcribed teachings, Come, Come, Yet again come, Vol 10

Love is not to be a part of your emotions. Ordinarily that's what people think and experience, but anything overwhelming is very unstable. It comes like a wind and passes by, leaving you behind, empty, shattered, in sadness and in sorrow.

According to those who know man's whole being – his mind, his heart and his being – love has to be an expression of your being, not an emotion. Emotion is very fragile, very changing. One moment it seems that is all. Another moment you are simply empty. So the first thing to do is to take love out of this crowd of overwhelming emotions. Love is not overwhelming. On the contrary, love is a tremendous insight, clarity, sensitivity, awareness. But that kind of love rarely exists, because very few people ever reach to their being.

Osho, transcribed teachings, Om Shanti, Shanti, 17

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

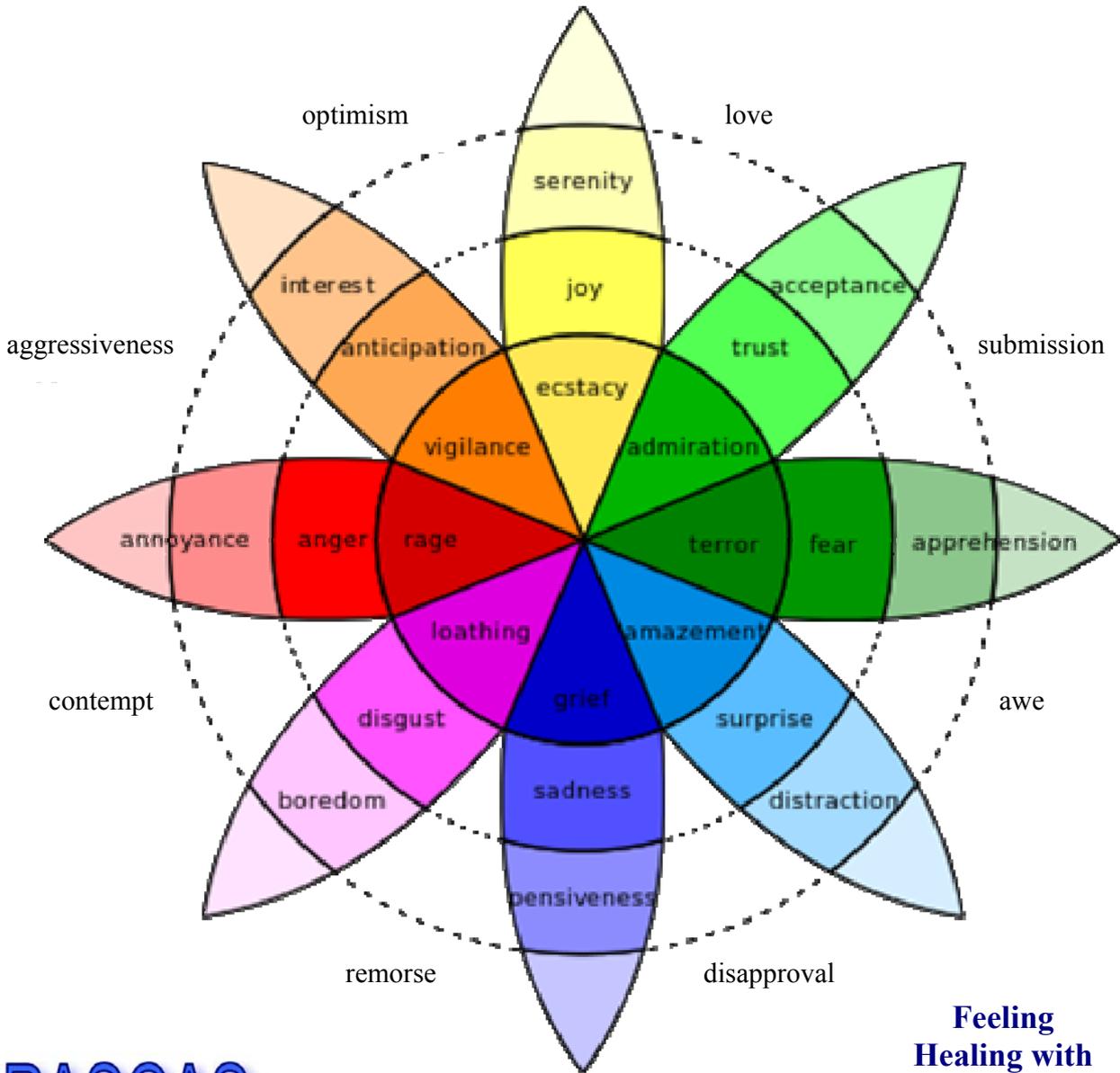
EMOTION PAST and FEELING PRESENT:

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.*

Below is a list which describes the experience when suddenly the level of emotion rises and love, equally as suddenly, evaporates. Emotion is easily and immediately recognisable in the following experiences. These can be called the ‘symptoms of emotion’:

1. The sensation of separation or disconnection from the other person, as if a wall comes down between you, or you feel paralysed.
2. It is difficult to meet the eyes of the other person; you avoid eye contact, or they appear to be far away in the distance.
3. You blame the other person for the situation or for your unhappiness.
4. You use the words ‘you never ... do such and such’ or ‘you always ... do such and such’; you talk about the other person not yourself.
5. You become withdrawn and closed.
6. Your body is contracted, paralysed, numb, sometimes with pains.
7. Your vision becomes narrow and cloudy.
8. You are exhausted, low in energy and wish to sleep.
9. You are protective and defensive.
10. You experience abandonment and rejection.
11. You experience loneliness and a sense of being incomplete.
12. You are self-righteous, with the attitude that ‘I am right’ and you refuse to give up until the other person admits you are right.
13. You experience yourself as being misunderstood or taken for granted.
14. You like to argue, discuss, fight and challenge the other.
15. Your mind is very active, full of negative thoughts and doubts.
16. The themes occur in repeating patterns, same issue again and again.
17. You experience helplessness and you are a victim of your situation.
18. Your outlook on life is hopeless and depressing.
19. You get tense and prickly (like a hedgehog) and the other person cannot do or say anything right.
20. The emotional state of separation/disconnection continues for hours or days before a return to harmony.
21. You try to change the other person.
22. You want to get revenge by saying or doing unkind, unloving things to them.
23. You react from ego, pride.
24. It is an unconscious pattern – you don’t realise why you are reacting in that way.
25. The reaction relates to some incident/experience lying in the past.





**PASCAS
HEALTH**



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



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>Jubilant</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>Sadness</u>	<u>Depression</u> · <u>Despair</u> · <u>Gloom</u> · <u>Glumness</u> · <u>Unhappy</u> · <u>Grief</u> · <u>Sorrow</u> · <u>Woe</u> · <u>Misery</u> · <u>Melancholy</u>
	<u>Disappointment</u>	<u>Dismay</u> · <u>Displeasure</u>
	<u>Shame</u>	<u>Guilt</u> · <u>Regret</u> · <u>Remorse</u>
	<u>Neglect</u>	<u>Alienation</u> · <u>Defeatism</u> · <u>Dejection</u> · <u>Embarrassment</u> · <u>Homesickness</u> · <u>Humiliation</u> · <u>Insecurity</u> · <u>Insult</u> · <u>Isolation</u> · <u>Loneliness</u> · <u>Rejection</u>
	<u>Sympathy</u>	<u>Pity</u>
	<u>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>Fear</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

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.



MAP of CONSCIOUSNESS – Dr David R Hawkins:

Though the Map of Consciousness scale goes up to 1,000, the calibration levels actually progress on upwards to infinity. It has been found that Divine Love teachings calibrate above 1,000, typically between 1,300 and 1,500. All teachings below 1,000 are an amalgam of natural love and Divine Love teachings.

	Level	Scale (Log of)	Emotion	Process	Life-View
P O W E R	Enlightenment	700- 1,000	Ineffable	Pure Consciousness	Is
	Peace	600	Bliss	Illumination	Perfect
	Joy	540	Serenity	Transfiguration	Complete
	Love	500	Reverence	Revelation	Benign
	Reason	400	Understanding	Abstraction	Meaningful
	Acceptance	350	Forgiveness	Transcendence	Harmonious
	Willingness	310	Optimism	Intention	Hopeful
	Neutrality	250	Trust	Release	Satisfactory
	Courage	200	Affirmation	Empowerment	Feasible
F E A R	Pride	175	Dignity (Scorn)	Inflation	Demanding
	Anger	150	Hate	Aggression	Antagonistic
	Desire	125	Craving	Enslavement	Disappointing
	Fear	100	Anxiety	Withdrawal	Frightening
	Grief	75	Regret	Despondency	Tragic
	Apathy	50	Despire	Abdication	Hopeless
	Guilt	30	Blame	Destruction	Condemnation (Evil)
	Shame	20	Humiliation	Elimination	Miserable

Possible relationship of Map of Consciousness (MoC) with Mansion World Spheres:

8th Sphere	1,081 – 1,251+	Achievement of at-onement on reaching 1,081
7th Sphere	921 – 1,080	Divine love only, transmission to at-onement and Celestial spheres
6th Sphere	841 – 1,000	Natural love mind world – perfect Natural love
5th Sphere	781 – 920	Divine love Mansion World
4th Sphere	651 – 840	Natural love mind Mansion World
3rd Sphere	500 – 780	Divine love Mansion World
2nd Sphere	500 – 650	Natural love mind Mansion World
1st Sphere	1 – 499	Natural love mind world predominantly

World 1 embraces the regions of disharmony as well as introduction to Divine Love. All humanity awakes in spirit in the first Mansion World. Then they move, if required, upwards to higher mind levels or lower into the hell planes or over into the Divine Love healing worlds. Humanity, overall, calibrates around 212 on the Map of Consciousness.

Your appearance in the Spirit world:
6th sphere age 25 equivalent
5th sphere age 25 equivalent
4th sphere age late 20's equivalent
3rd sphere age 30's equivalent
2nd sphere age 40 – 50 equivalent
1st sphere fissures and blemishes.

Correlation of Levels of Consciousness and Societal Problems

<u>Level of Consciousness</u>	<u>Rate of Unemployment</u>	<u>Rate of Poverty</u>	<u>Happiness Rate "Life is OK"</u>	<u>Rate of Criminality</u>
600+	0%	0.0%	100%	0.0%
500-600	0%	0.0%	98%	0.5%
400-500	2%	0.5%	70%	2.0%
300-400	7%	1.0%	50%	5.0%
200-300	8%	1.5%	40%	9.0%
100-200	50%	22.0%	15%	50.0%
50-100	75%	40.0%	2%	91.0%
<50	97%	65.0%	0%	98.0%

NATURAL LOVE and DIVINE LOVE SPHERES and FEELING HEALING PLANES:

After the HAND OVER!

Divine Love progress is to infinity

Peak of 7th sphere is where one becomes at one with our Heavenly Parents.

These calibrations are an approximation utilising Dr David Hawkins' 'Map of Consciousness' table:

Natural Love peak is 1,000 on MoC

Natural Love
6th Sphere
Mansion / Mind
Worlds with
Feeling Healing
MoC 840 – 1,000

Natural Love
4th Sphere
Mansion / Mind
Worlds with
Feeling Healing
MoC 650 – 840

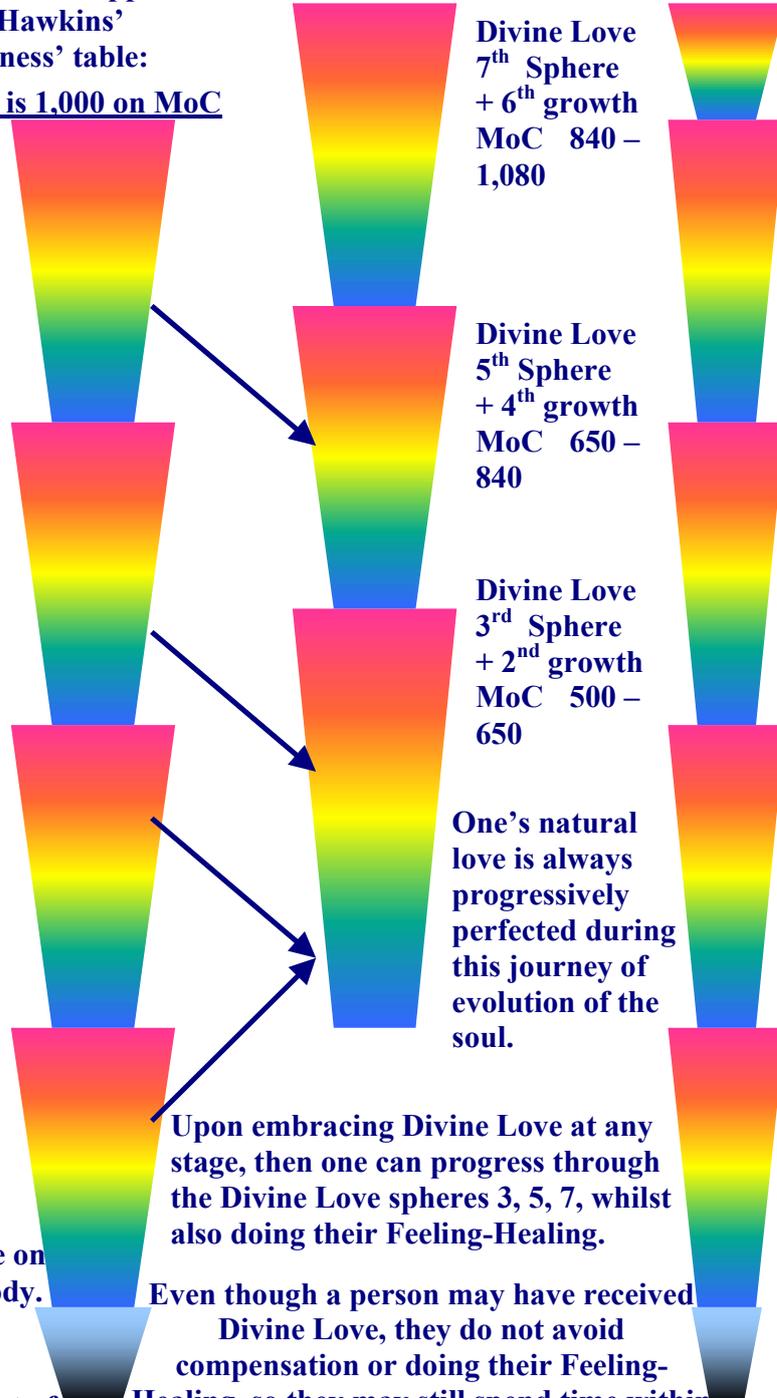
Natural Love
2nd Sphere
Mansion / Minds
Worlds with
Feeling Healing
MoC 500 – 650

Natural Love
1st Sphere

MoC 200 – 500

We all enter the 1st natural love sphere on the death of our body.

HELL planes:
MoC 1 – 200
Hells being a sub-set of 2 Spheres of Disharmony.



Divine Love
7th Sphere
+ 6th growth
MoC 840 – 1,080

Divine Love
5th Sphere
+ 4th growth
MoC 650 – 840

Divine Love
3rd Sphere
+ 2nd growth
MoC 500 – 650

One's natural love is always progressively perfected during this journey of evolution of the soul.

Upon embracing Divine Love at any stage, then one can progress through the Divine Love spheres 3, 5, 7, whilst also doing their Feeling-Healing.

Even though a person may have received Divine Love, they do not avoid compensation or doing their Feeling-Healing, so they may still spend time within the spheres of disharmony.

Natural Love sectors for those doing their Feeling-Healing, without the Love, are within the Natural Love Mansion Worlds:

Progressing through the natural love worlds, within Feeling-Healing sectors, while doing one's feeling healing, upon reaching the 6th Sphere having completed Feeling-Healing, one can then embrace the Divine Love and proceed directly to the 5th Divine Love Sphere.

Then they may prepare to enter the Celestial Heaven Spheres from there.

This pathway is when the Divine Love is unavailable before perfecting one's soul.

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

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



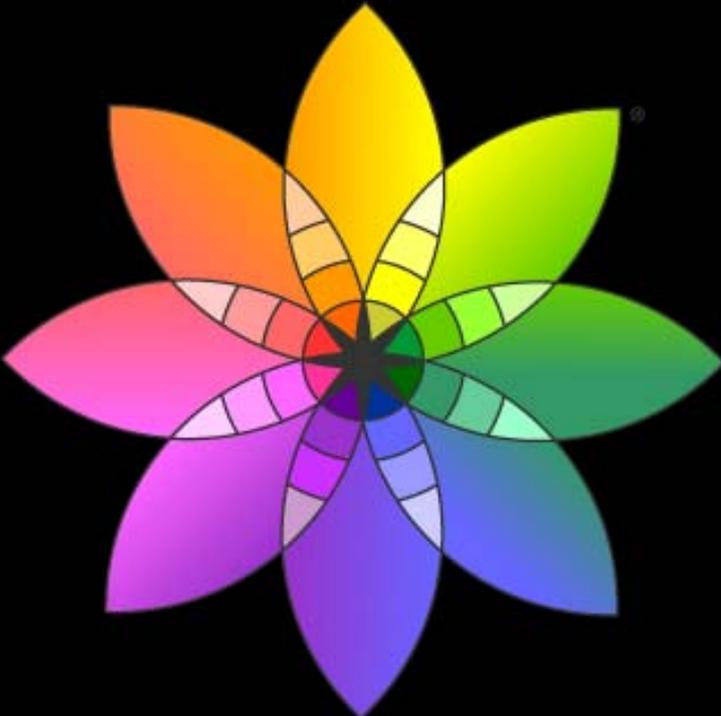
Core Emotions
 Anger covers over Fear which covers over Grief, these three emotions are the predominant capping emotions.

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

today i am feeling



- | | | | | |
|------------|--------------|-------------|--------------|-------------|
| serenity | apprehension | pensiveness | annoyance | love |
| joy | fear | sadness | anger | submission |
| ecstasy | terror | grief | rage | awe |
| hedonism | phobia | suicide | murder | disapproval |
| acceptance | distraction | boredom | interest | remorse |
| trust | surprise | disgust | anticipation | contempt |
| admiration | amazement | loathing | vigilance | aggression |
| idolism | obsession | hate | lust | optimism |

“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.”

Jesus 11 May 2016

From now on, when one or some of these symptoms are present in you, you will begin to have the insight that you are in an emotion; that something from the past has come into play here and now and taken over the show. In a way you were taken hostage by the emotions temporarily. It is helpful to remind yourself repeatedly that when you are emotional, the situation has little to do with the present. The emotion is resurfacing in the present of course, but you feel disconnected from the present. There has been a dramatic shift in your perception as a by-product of the accumulated and unresolved past which we all carry around with us, to a lesser or greater degree.

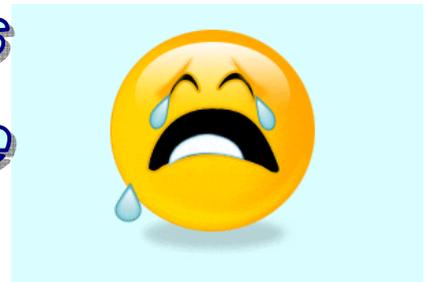
One can make a practice of encouraging pure feelings such as friendliness, compassion, cheerfulness and gratefulness.

Love is existential; fear is only the absence of love. And the problem with any absence is that you cannot do anything directly about it.

Awareness of Triggers

Emotion is the outcome of not expressing feelings in the past when the feeling was actually happening; not saying what you felt when you felt it. Emotion is the by-product of repressing feelings, pushing everything down, bottling them up inside. Our inner, unresolved feelings begin to resonate when there is a suitable outer trigger. As soon as the button is pushed the un-lived feelings become active inside us again, just like a tape recorder with a replay button.

***Crying is
welcome
here***



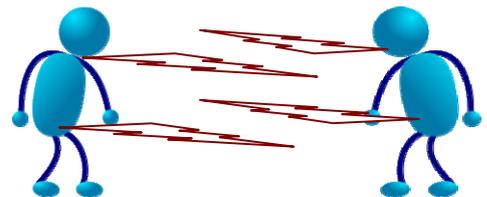
Emotions are Toxic

An indicator of emotion is that the overwhelming reaction a person experiences is usually disproportional to the trigger. A slight provocation can cause a huge eruption of emotion. This indicates that unexpressed feelings stored within us are under some pressure, and the emotion finds ways to vent itself and so relieve the inner pressure and tension. Unexpressed feelings turn sour in the system, which explains why, when we are 'in emotion', we like to take revenge and hurt the other person, trying desperately to get back at them. When we do not express our feelings in the present, the tension stays inside and slowly festers like a wound and in time it becomes poisonous and as a result we suffer and someone else suffers too.

Emotions, our toxins from unexpressed feelings, are determined to be discharged or released sooner or later. Sadly, it is frequently the person or people closest to us that we regularly deposit our poison on! The toxins that are part and parcel of emotion can in time gradually destroy love.

Unconscious Leaking of Emotion

Emotion is commonly leaked unconsciously in nagging, chronic complaining about all sorts of things, arguing about meaningless details, contradicting as a matter of habit, being defensive, brittle and irritable. When we are emotional it is not easy for others to



do the right thing by us, everything they say or do is wrong. If we do not find fault with our partner but get impatient with the cashier in the supermarket and ruin her day, we are being emotional! If we get angry while driving the car or we get repeatedly exasperated with the children, we are being emotional.

If you have these types of experiences often it is helpful to realise that you are in all likelihood somewhat emotional and now is perhaps the time to do something about it. Avoid spreading unhappiness as you move through life. If you spread unhappiness you will receive unhappiness in return. If you give love and spread love around you, you will receive love in return and in abundance.

Awareness as a Transformational Tool

Awareness is basic to self transformation and we can develop ‘awareness’ on three different levels – of the body, of the mind and of the emotions. Emotion, of the three, is the most subtle level and not so easy to detect.

Our brain resides within our physical body, our mind resides within our spirit body, and our soul is the home of our emotions. We are emotional beings. Our soul is our real self.

Awareness on Emotion Level

Emotion – it truly is who we are.

Some people delight in proudly claiming that they are very emotional, as they perceive ‘emotion’ as a positive quality. They view their ranting and ravings as an authentic expression of themselves, whereas in reality often they are in contact with accumulated unexpressed feelings from the past that are not really associate with the present.

Emotion is Felt in Connective Tissue

On a physical level, emotion, when it is activated, can be felt as a swirling sensation spiralling through the numerous layers of connective tissue (fascia) in the body. Fascia has the remarkable function of binding the body together to form one integrated whole. Circuits of fascia weave through the body circling from top to toe about five times, connecting and binding the deepest layers with the most superficial layers.



If you are alert, next time you get emotional, observe your body and feel what is happening inside of you. In the first few seconds you are likely to detect some kind of substance with density whirling or spiralling through your body. The sensations are due to the previously mentioned toxicity of emotion that enters the system. The toxins, all the poison stored in repressed feelings, are responsible for the dramatic shift in reality from heaven to hell.

Emotions and Solar Plexus

During your life in general become aware of your solar plexus. In particular, if you observe your body when you are emotional, you may become aware of a contraction, tension or pain in the solar plexus. For many the solar plexus and stomach area is an ongoing source of discomfort. The solar plexus is formed by a huge network of nerves and is a significant energy centre. If you push gently with your fingertips into the area between your navel and the tip of the breastbone (the area of the diaphragm) you will be touching the solar plexus area.

Our emotions, our unexpressed feelings, can cause tensions in the solar plexus. Perhaps you have noticed an immediate 'knot' in the solar plexus when someone makes a remark that 'gets to you', provokes you, and triggers your emotions. When a person gets emotional sometimes the smell of the breath can become putrid for the period they are emotional which shows the stomach and solar plexus area is definitely disturbed by the emotions.

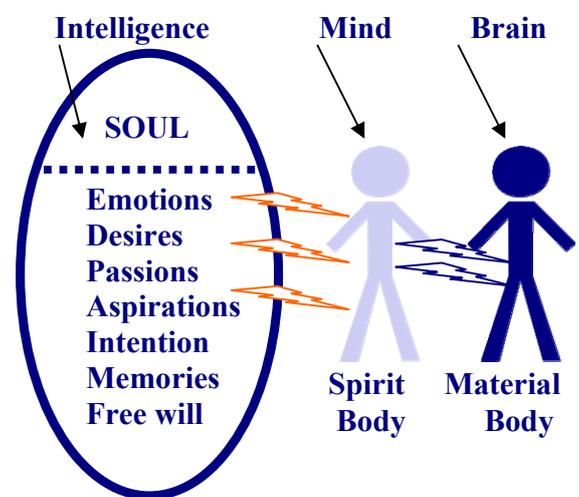
Solar plexus can be a useful monitor for your emotions. Maintain awareness in the solar plexus during your daily activities and use it as an indicator to inform you of what is going on in your life. Sometimes you may not feel emotional as such, in separation and so on, but you may feel uncomfortable sensations in the solar plexus which are having a disturbing effect on your immediate reality. In such cases it is really useful to begin to go through your interactions of the day, consecutively, and attempt to identify precisely when the strange sensations began. At what moment did things change? When did you suddenly experience a disturbance in the solar plexus? What did someone say or do that made you react on an emotional level?

The simple step of identifying when the disturbance entered your system can help you dissolve some of the inner discomfort the emotion provoked. Pinning down the moment the disturbance was set in motion is helpful because then you know precisely what trigger from the outside had an impact on you. If you do not isolate the event and take responsibility, then there is the possibility that you'll continue for the rest of the day feeling ill at ease, a bit negative and complaining, without really realising exactly what is going on with you. When we fail to dissolve inner tensions consciously, all too easily we leak them out indirectly, in subtle or not so subtle ways, further down the track. Later in the day suddenly we will feel overwhelmed with irritation in different situations or find ourselves being cynical or sarcastic as we speak with our partner.

Time to Mature

In the beginning there is a challenge in confronting one's own emotional side but the outcome is worth the effort. Soon one appreciates how much lighter life is, how you gradually cease to become entangled in difficulties with others. If you do find yourself in emotional situations, now you will have more

The real you is your soul. That is the bit you want to develop.



insight into what is going on; life is not a disaster, instead a wave of emotional past has flooded into the present. And to have the awareness of what is happening can act as a tremendous relief, because you suddenly take some distance from the situation. You are able to be more of an observer and less of a participator.

Taking responsibility for one's emotions, which means one's individual past, represents a great step in maturity. When we are emotional we are basically behaving like a five year old in an adult body. And for sure, because of our emotional habits, it is 'easier' to slide into unhappiness and blame everyone else than to consciously work on finding happiness within ourselves. This may sound contrary but it is much easier to be unhappy than it is to be happy. Bringing old, unconscious patterns to the surface and transforming them demands effort and commitment. To create happiness and love requires the effort of awareness which, in the beginning, can be more challenging than choosing the old option of replaying an emotional pattern or drama for the umpteenth time. With awareness we have the possibility to rise above ourselves and establish alternative forms of communication and expression that support and nourish love.

Emotions Potentially Dangerous, not Intrinsically

Emotion that is brought from the darkness into the light can give rise to profound healing.

Emotion which is not recognised and operates unconsciously can cause tremendous damage and destruction.

Indeed, if we look around the world today we can see that what we have before us is a huge, extravagant celebration of emotionality. War and fighting prevail all over the place. Everybody is emotional with everybody else: lovers, colleagues, family, friends, nations, religions. One just has to watch the news or a few television soap operas to see that our reality is a glorious gateau saturated with overwhelming emotions.

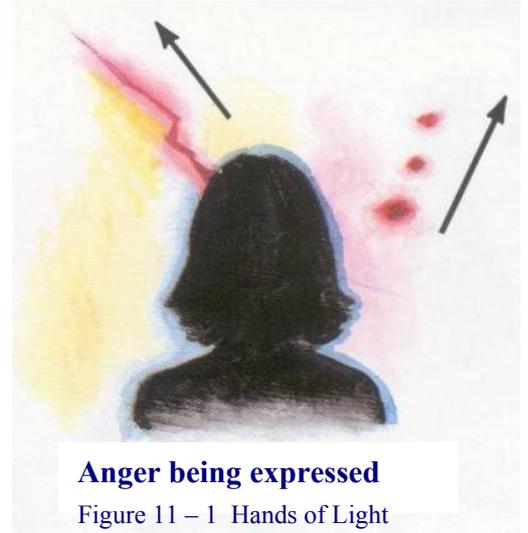
People say the most awful things to each other, storming out of rooms half way through conversations and banging doors behind them. People hit and hurt each other and most of what we see is abusive, violent and uncaring behaviour. Our films and broadcasts are reflecting the way we relate to each other as human beings. Tragically though, as we view television night after night, we receive the endorsement of, plus the education that, emotional behaviour is totally acceptable. We come to believe that it is okay for human beings to have absolute disregard for each other. To carry on in war, fear and abuse is normal, expected



and accepted. Basically what we condone, unsuspectingly saying yes to, is that it is perfectly fine for humans to spend their lives unconsciously spreading inner toxins and slowly poisoning the environment around us.

Not to Know You are Emotional is ‘Wrong’

Emotions themselves are not wrong. We are all carrying wounds (and the unexpressed feelings connected to them) that have been inflicted on us through the unconsciousness of other people, usually parents and people closer to us. And they themselves did not know any better. It is not our fault that we live in a society where it is not appropriate to actually express or share our deeper inner feelings, so from time to time getting emotional cannot be wrong! To be full of unexpressed feelings is a sad situation, a potentially explosive situation, but it is not wrong. How can it be wrong? The ‘wrongness’ of the situation comes from our not recognising our emotional condition for what it is worth. From being unconscious about how our emotional side functions, and how emotions dominate our lives and many of our relationships. We need to acknowledge the reality – that we have many unexpressed feelings stored inside us – and to be aware of the negative role they can play in life. If we do not recognise what is going on inside of us, we leak the tension out indirectly through getting into emotional situations with others. And then we may start to wonder why we fight with so many people, and the whole world appears to be set against us.



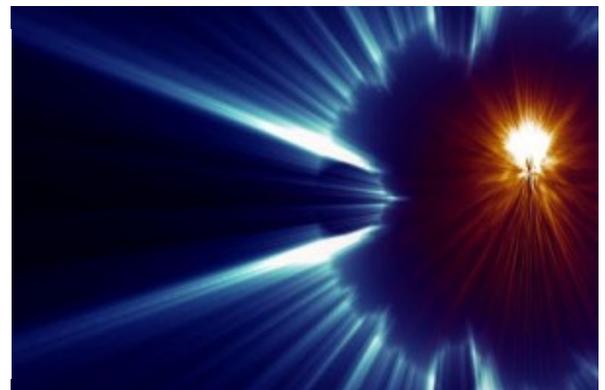
Anger being expressed

Figure 11 – 1 Hands of Light
Barbara Ann Brennan

Unconscious Projection of Inner Pain

When we do not recognise our emotions, we unconsciously project our inner pain and unresolved issues onto a person or a situation outside of us. This event is called ‘projection’. The charge, the poison of feelings gone sour that we hold inside ourselves, is displaced outward and put on another person. They are at fault and not us, so we think at the time. We do not reflect on our own selves when we are emotional but instead our immediate reaction is to blame another person for the wrong things they have said and done. We make them responsible. We get spiteful and deliberately hurtful, saying unkind, unloving words that thirty minutes later, we can begin to regret for a lifetime.

Our soul has many cracks in its outer layers through which emotional projections from others can enter. Until we heal our own emotional errors and injuries, we are open to receiving such projections from others.



Mind Clings to Negativity

The problem with hurtful, toxic words spoken during a spate of emotion between two people is that the mind finds it hard to forget the emotional statements; the mind clings to them and turns them over and over asking: is it really so? In fact our memory is within our soul and the full detail of every event is retained within one's memory for ever – completely and fully. Did he/she really mean this? Am I really like this or that? Mind clings to negativity. While mind very easily forgets positive, uplifting moments, it rarely renounces the negative episodes. There is no pain associated with truth, however, an error is always painful until the emotion attached to it is released.

One helpful step is to avoid making 'emotional' or charged comments from the sidelines. In a partnership and all dealings with people, we need to be acutely aware of what we say and think, and how we say it. Listen to the tone of voice you are using and check that your words are not emotionally charged – that through your tone of voice the deliberate intention is to say more than the words themselves.



Woman defending herself

Figure 11 – 5 Hands of Light
Barbara Ann Brennan

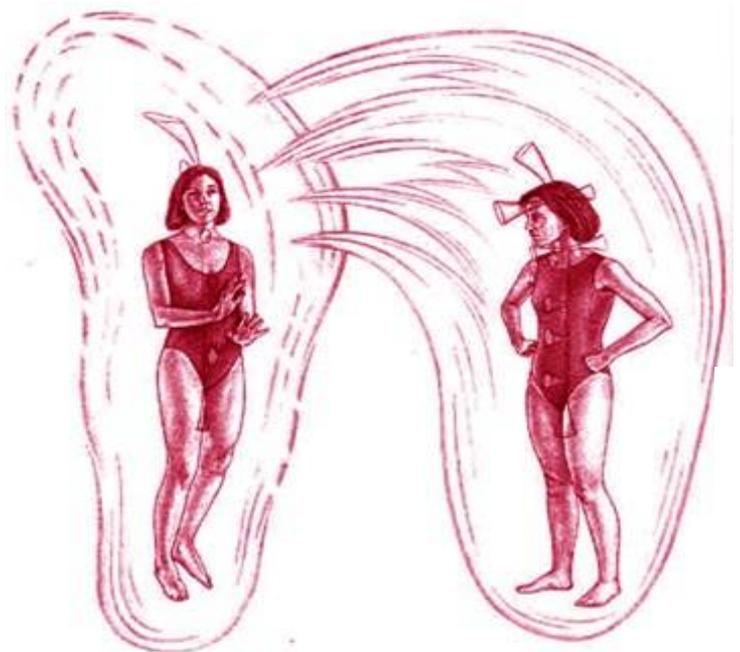
Learn to recognise when you are leaking emotion through your voice. Learn to resist the temptation of sending comments with a deliberately hurtful sting in them. These act like 'emotional darts' that can trigger your partner's emotions. Avoid making remarks that you know, in advance, are bound to upset or hurt someone. Emotion always comes with a charge so it is easy for you to detect it in your voice and in your body. The other person will 'catch' the negative vibration transmitted from you to them which resonates with their own unexpressed feelings, and stimulates emotion into life.

Do not Take Others Emotion Personally

If your partner gets emotional, it can be helpful to remember that basically their emotion is not to do with you. This recognition does not necessarily make dealing with another's emotion any easier, but it can help you to get some inner distance to the situation; you are not so 'identified', and you can therefore be more understanding and compassionate.

Miguel Ruiz says:

"Nothing other people do is because of you. It is all because of themselves. All of us live in our own worlds. When we take something personally we make the assumption that the others know what is in our world, and we try to impose our world on their world. If someone gives you

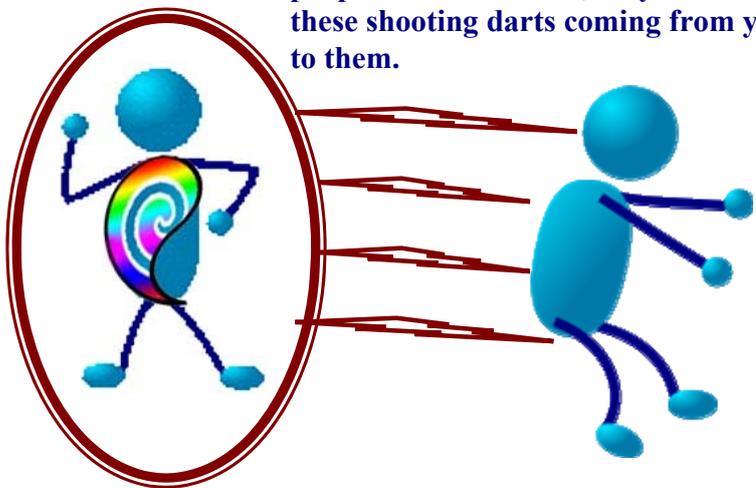


an opinion, don't take it personally, because the truth is that this person is dealing with his or her own feelings, beliefs and opinions. That person tried to send poison and it becomes yours. But if you do not take it personally, you are immune in the middle of hell. Immunity to poison is the gift of understanding emotion. When you take things personally; then you feel offended, and your reaction is to defend your beliefs and create conflicts. You make something big out of something so little, because you have the need to be right and make everybody else wrong. You also try too hard to be right by giving them your opinions."

Do not Tell Others They are Emotional

Do not tell your partner that they are emotional. This is a golden rule 'no no' which will be repeated again. Accusing someone of being emotional can really cause a blow up. When you observe your partner is emotional, it is helpful instead to recognise that whatever is happening is in all likelihood connected to their past, and as lovingly as possible step out of their picture for the moment. Put your entire awareness into your body and make every effort not to get emotional yourself. Avoid getting drawn into the drama with them. Whatever they say or do, remember emotion and ego are speaking, not the heart or being. Feel empathy instead of hostility because we all have an emotional aspect that shows up from time to time.

If you hold onto resentment to other people in the universe, they will feel these shooting darts coming from you to them.



Observer of Emotional Patterns

When we are emotional, in essence we are temporarily 'out of love', a bit out of order as it were. However there is no reason to doubt love itself. Love is ever-present when our heart is in the right place. When we are emotional, but do not know it, unfortunate consequences can easily follow. When emotional we are driven by forces over which we have no conscious control, and without an awareness of our own emotional aspect, we easily become emotional with other people. And this pattern can work against our own better interests in the long run. The more you are able to be the observer, the witness of your experience and get distance from your emotional patterns, the happier you will be. More able to enjoy life and love in the present. You have to build on that awareness. There is no easy solution; ridding oneself of emotion is an ongoing process of observation using the awareness. Remember not to make yourself wrong, or blame or judge yourself for being emotional. Rather you congratulate yourself for catching yourself in the act and turning the situation around in a positive way.

Be positive; it is much easier to step out of a positive affirming mind than a negative critical mind. You see that emotion is active and you take responsibility. When you see emotion for what it is, you are taking a step back, and instead of getting identified you are taking the power of the event into the being.

You experience greater life force as the past is left behind in the distance. The more you can give your power to the being and the body in the present, the less momentum the unconscious emotional patterns will have. You do not deny your emotions, your unconscious part, but you transform unconsciousness into consciousness using the power of the awareness.

Sources of Emotion

Since earliest childhood we have had to control and manage our real feelings and keep them to ourselves. Gradually, as we grow up, we become conditioned not to express our feelings, not to say what we truly feel. Instead we begin to say what is correct or polite or appropriate in the situation. By the time we are adults we have accumulated unexpressed feelings from several different sources that can later contribute to our emotional states.

Childhood Repression of Feelings

During the formative five years of life we are rarely encouraged to express our true feelings, to be authentic to our inner realities. Instead our parents, schools, and the society teach and instruct us what to do and

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

Parents have NO understanding of blocking emotions.

Parents have NO understanding of causal/core emotions.

Parents have NO understanding of Law of Free Will.

Parents have NO understanding of Love.

say, what not to do and say, when to say or do it, when not to say or do it. Basically we are taught how to behave and conduct ourselves so as to cause least disturbance, how to be as invisible as possible. Countless times we had to pretend that we were not feeling something, repress our tears of sadness or happiness and swallow our shouts of anger or joy. We end up pleasing others, lose courage, spontaneity and the art of self expression.

As children we require the love and affection of our parents as urgently as we need their food and shelter for our survival. To guarantee continued love, the child ends up becoming a politician from very early on, pushing down true feelings, smiling in the right places, saying please and thank you, pleasing everybody in order to receive love. The pains and wounds caused through not expressing childhood feelings are usually stored as memories in the body of an individual. For instance, the experience of inner distress suffered as a result of an absence of parental love or conditional parental love will leave its mark. The tension caused through fear owing to a lack of loving vibrations between parents themselves, or the pain of parental rejection and subjective feelings of desperate ‘abandonment’ will leave scars.

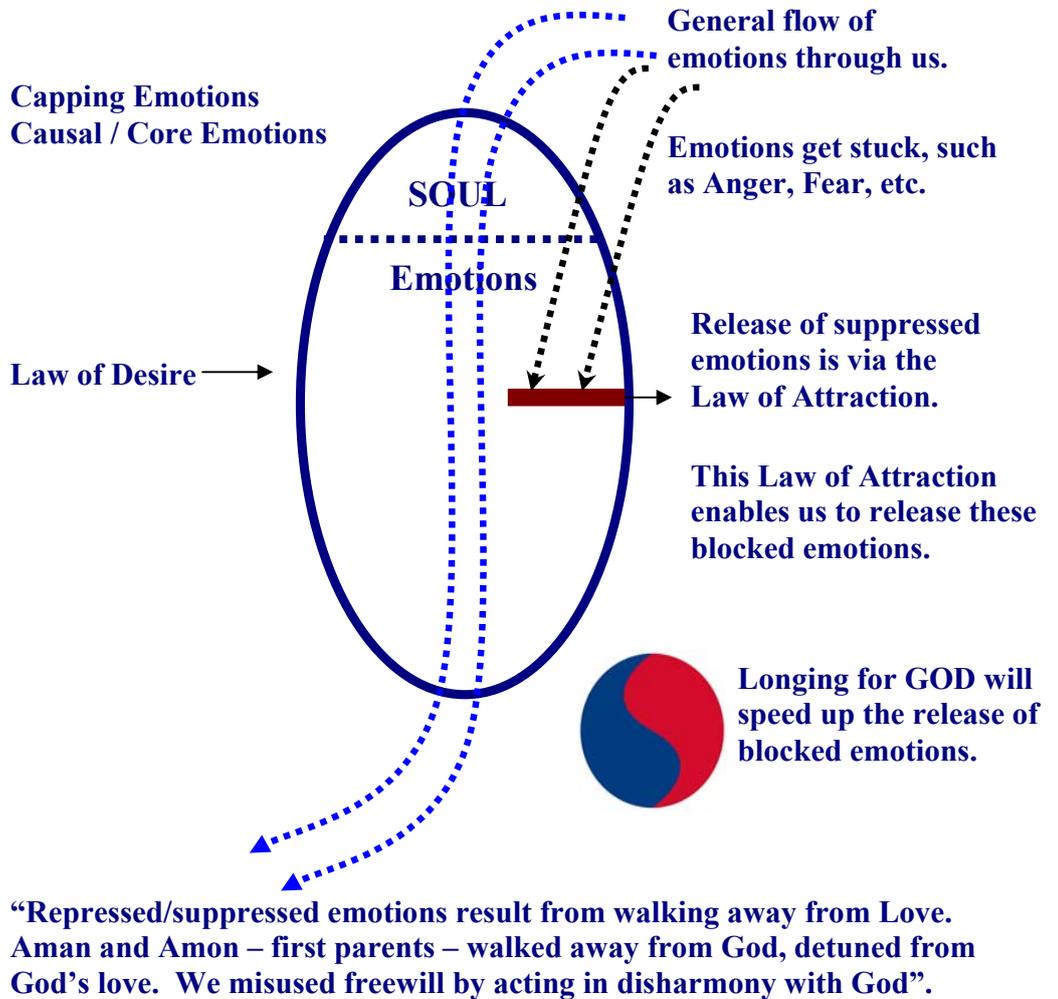
In time our unexpressed feelings and the wounds associated with them grow to form our ‘emotional body’ or ‘pain body’ (see Eckhart Tolle, ‘The Power of Now’). Our pain body represents all the pains that have accumulated through not giving free range to our feelings. Expressing feelings allows them to flow through and out of our systems. Instead we hold onto and store the feelings and carry the past around with us as if we are travelling with some invisible, yet heavy baggage.

The childhood conditioning of repressing real feelings becomes a habit, and so continues into adulthood; we become political by not saying what we really feel and need and want. Everyone usually walks around saying superficially ‘I am fine!’ and doing the right thing by others, while underneath carrying a

load of unexpressed pain. Effectively, many of us walk around like little time bombs ticking away waiting to blow up at the ‘right’ touch or trigger, which can come in different forms; for example, the tone of voice of a person, or what they say or how they say it, that stimulates childhood memories and the unhappiness associated with it.

Our senses are very connected to our memories. Smell, taste, touch and sound can act as powerful triggers for our memory bank and in an instant we can find ourselves catapulted way back into the past. We retrieve all the intricate details associated with particular episodes in our lives. The smell of a certain perfume or taste of a certain food, a particular sound, like church bells or a piece of music, a particular quality of touch or a touch in a particular place with which you have associations in the past. Our sensory memories can have positive or negative undertones.

WE are CREATED as EMOTIONAL BEINGS:



For most individuals the family is usually a great source of emotion during childhood. Sibling rivalry and competition for love, plus parental preferences, can cause scars that end up being a source of painful emotions in the future. In adult life the family often continues to be an ongoing source of emotion because too easily guilt is provoked and we get manipulated into doing the ‘right thing by the other’ in order to get their approval and love, or to prove our value and worth.

Physical Abuse, Sexual Abuse, Sexual Violation

The body stores and ‘holds’ the memories of every psychologically and physically traumatic event that takes place in the life of an individual. The body stores the fear and the memories plus the unexpressed feelings connected to the subjective experience, as a vibration or frequency in the cells. Every trauma

from our first day on Earth is recorded by the body (from conception). Traumas can also occur during birth or in the womb.

When the feelings associated with any traumatic experience are released and expressed at the time of the trauma, the long term influence or 'damage' will usually be substantially less. In cases of sexually abused/violated children, rarely do they say anything to anyone, instead bottle up and repress a tornado of conflicting feelings. If a child is able to express or say something, often the words will not be accepted. It has been known to happen that a mother will 'side' with her husband or family member before 'believing' the child, because the implications of accepting the truth are beyond belief.

A woman who has been sexually abused in her childhood is unable to express her confusion openly because more often than not the culprit of the sexual interference is a close family member/friend. And to admit or speak of the traumatic experience to another person

Anger creates more unloving things – not less.



becomes impossible. Often a relative will swear the child to secrecy, extract a promise (offering gifts in exchange) or make a threat to keep the young child silent, forcing them not to acknowledge the whirlwind of emotions and feelings swirling within. Interference does not have to be blatant, personal boundaries can be trespassed through innuendoes in the voice, certain sexually 'charged' vibrations or comments or through greedy, sexually invasive looks.

Traumas pass as far as linear time goes, but the memory remains stored and a growing girl/boy enters sexual life carrying a painful wound that can be a potential source of emotion. In many cases women are known to erase the memory, and superficially completely forget about the episode/s as a survival strategy. Filled with unexpressed feelings a woman then is forced to 'harden' and protect herself in the future. Any man coming close to her, or wishing to make love with her, can easily be a trigger for the buried, unresolved past. She might suddenly and unexpectedly feel repulsion, disgust or nausea arise in the here and now, and experience what actually relates to the past where previously unexpressed feelings lie. Rage, sadness and pain continue to exist beneath the surface. Due to her recorded cellular memory, a woman can easily find herself unexpectedly in a state of contraction and disconnection. When we are in emotion our experience of love and happiness in the present is lost. If and when emotion arises in circumstances of previous sexual abuse, it is crucial to be able to recognise the situation and understand what is actually occurring.

Accumulated, unexpressed feelings will have the tendency to repeatedly surface indirectly as emotion during adulthood, again and again causing bouts of unhappiness. Which gives the impression that love is going up and down, whereas in reality it is the level of emotion that changes. Remember emotions

represent our unconscious aspect and are potentially destructive when we allow them to control us and get the upper hand. Instead, with recognition of our emotion, we can turn the situation around and experience it as a healing or empowering one. There is tremendous value in getting in touch with old, unexpressed feelings, and releasing them from the system by giving expression to them.

Conventional Sex as a Source of Emotion

Most people do not think that sex is really sex, unless it is accompanied by orgasm. High levels of sensation and excitement and physical tension are built up to reach the peak, which is followed by a discharge and release of ‘tension’ downward in a pleasurable, local genital orgasm.

Mind as a Source of Emotion

Mind itself can be a powerful source of emotions. Many people get themselves into obsessive thinking and worrying so as to produce a state of ongoing anxiety and suffering. Obsessive dwelling on a subject or situation can cause a person to become extremely emotional and unhappy. Perhaps you have had experiences where you were feeling happily contented

WE NEED to FEEL CAPPING and CORE EMOTIONS:



EMOTIONS of SELF DECEPTION



TOOLS of DENIAL



DENIAL of EXPERIENCE



CAPPING / BLOCKING EMOTION



CORE EMOTION – Childhood Enacted

Underlying causal/core emotion.

Every child is reflecting its parents suppressed emotions, denial reflected in suppressed anger – emotion reflects the causal event/emotion/grief. Get through the anger then into grief.

The more we are away from core emotions, the further we are away from our true selves.

We are made to feel emotions.

We shut down our emotions instead of nurturing and processing our emotions. We blame ourselves or blame others.

We need to feel our capping and core emotions.

when suddenly you fall into remembering a disturbing incident from the past. It is most likely that your happiness evaporates in an instant! Or if you think obsessively about a certain problem you may have with a person, you can heat yourself to boiling point in a handful of minutes. Or repeatedly, you upset yourself by telling the same story or drama to your friends again and again. Each time you do this you are recycling those old emotions through your system; every time you are a little bit angry or sad many years after the event itself. Past becomes difficult to leave in the past.

Many of us are ‘identified’ with the past and the emotion it carries, so we also begin to define ourselves by our unhappiness, which can make it very difficult to step into the present where life is actually taking place – here and now. Some people are continually harping on about their sad, unhappy childhood which messed up their lives, but the fact is there is nothing that can be done to change the past now. One’s past has to be accepted, and dealt with in a constructive way. Complaining for the next fifty years

is not going to help the quality of life at all. Past and future always involve our minds which are endlessly caught up in thoughts, something that does not exist in the now. Some people can at times appear to be ‘addicted’ to the emotional state, regularly thinking themselves into states of doubt and fear.

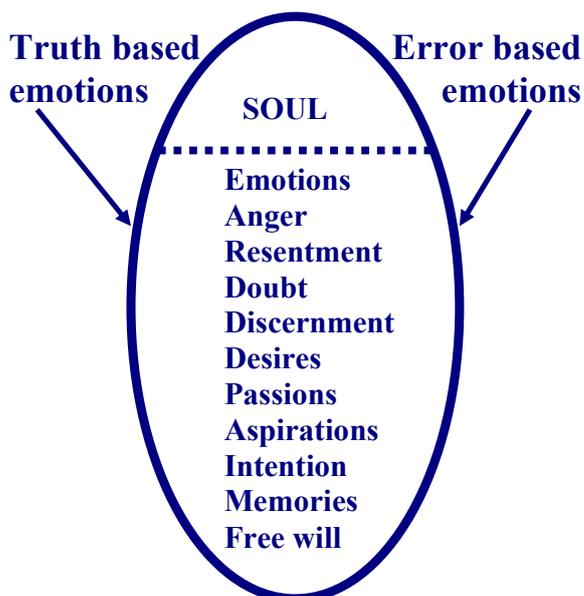
Collective Pains and Emotions

Eckhart Tolle, in his book, ‘The Power of Now’, chapter 8, says emotions usually have a collective aspect as well as a personal aspect. The collective aspect is the pain accumulated in the collective human psyche over thousands of years through disease, torture, war, murder, cruelty and madness. The emotional body or pain body also partakes of the collective emotions. Women also inherit prenatal tensions and traumas from the mother as well as adopting her attitudes toward men in later life.

“Every woman has her share in what could be described as the collective female pain body, unless she is very conscious. This consists of accumulated pain suffered by women partly through subjugation of the female, slavery, exploitation, rape, childbirth, child loss and so on over thousands of years. The emotional or physical pain that for many women precedes and coincides with the menstrual flow is the pain body in its collective aspect that awakens from its dormancy at that time, although it can be triggered at other times too. It restricts the free flow of life energy through the body, of which menstruation is a physical expression. Often a woman is ‘taken over’ by the pain body at that time. It has an extremely powerful energetic charge that can easily pull you into unconscious identification with it. You are then actively possessed by an energy field that occupies your inner space and pretends to be you – but of course, it is not you at all. It speaks through you, acts through you, and thinks through you. It will create negative situations so that it can feed on the energy. It wants more pain, in whatever form.”

Eckhart Tolle

TRUTH NEVER HURTS



A basic misunderstanding is that you can hurt someone with truth. That is never true.

You can never hurt someone with truth.

The way you can hurt someone is by with-holding – that is a lie.

It is error leaving the person that hurts them, not the truth entering them.

If that error was never within you then it would never hurt you to hear the truth.

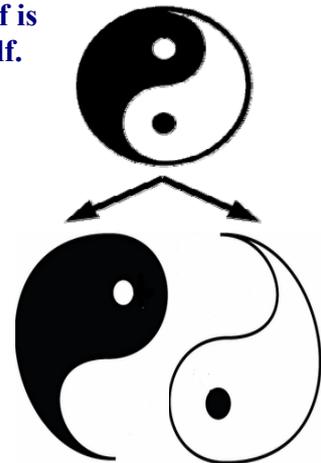
The SOUL CONDITION of BABY at CONCEPTION is PRISTINE:

A feeling of God creates our soul personality, the soul then splits into male and female elements. At the time of creation of the soul, the state of the soul is that of natural love as of the 6th sphere. The location of the soul at that time is not of the 6th sphere. The soul halves are then attracted to different parents.



Baby at 8 weeks

Our true self, our soul is a duplex, each half is complete within itself. Our two soul halves make up our soul.



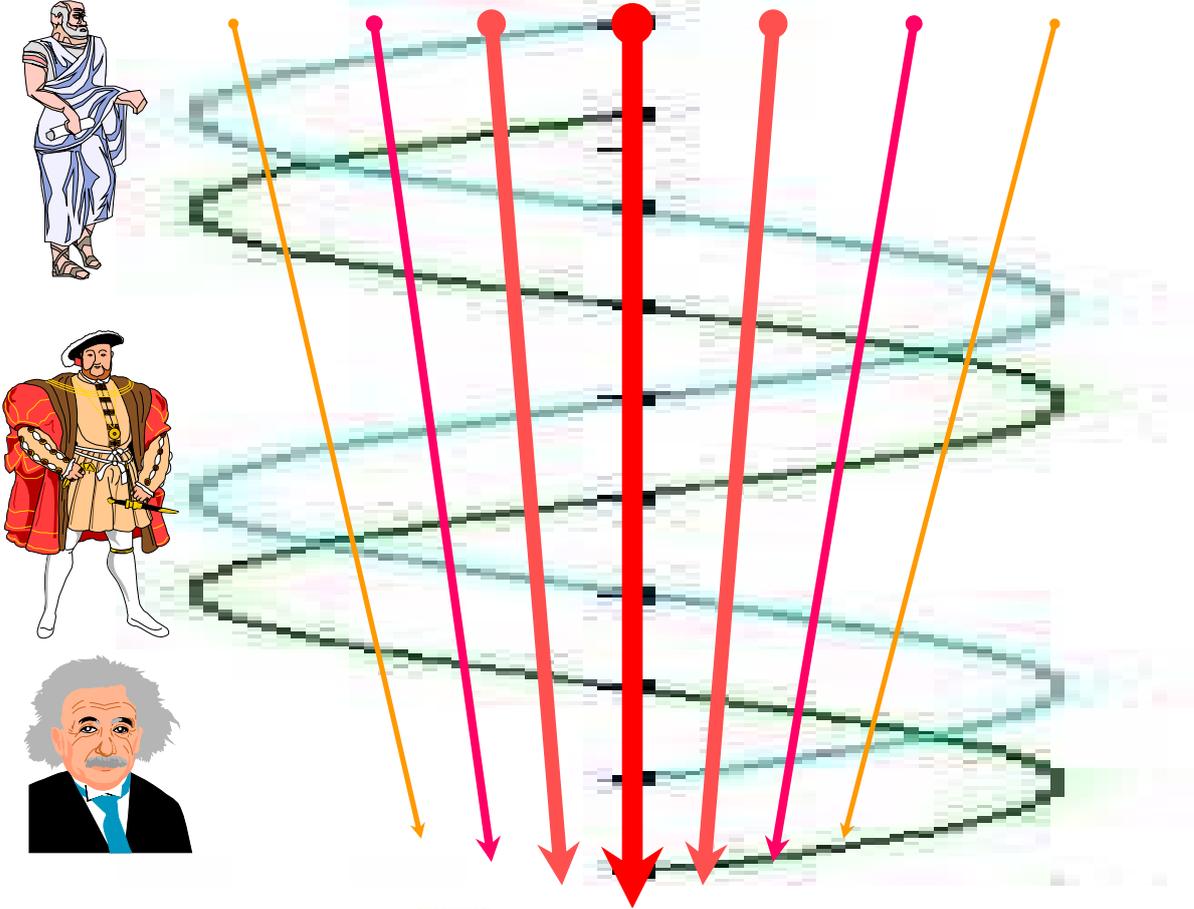
The two soul halves may be incarnated up to 20 – 30 years apart, male and female halves are never in the same family.



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

During gestation and early years after birth, the soul condition of the baby drops from the 6th sphere state to the level reflecting that of the parents and of those in frequent contact with the baby. Kinesiology testing repeatedly shows that the consciousness level, soul condition, of the child reflects that of one or the other parents all the way through their childhood until such times as to when they leave home and commence their independent life and establish their own environment.

OUR BLOCKED EMOTIONS FLOW DOWN FROM GENERATION to GENERATION:



Childhood illnesses, and illnesses of baby within the womb, stem 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.

Five Necessary Steps to Transforming Emotion

There are five essential steps to be taken to dissolve the emotion so that you can extract yourself from the conflict/situation with your partner.

1. Recognise you are emotional – an emotional being.
2. Admit out loud in three simple alchemical words, “I am emotional”.
3. Say, “I am going now because I need some time to myself. I will return later”.
4. Actively move your body for a substantial period of time.
5. Return to your partner.

Get Physical Consciously

Move your body! Consciously, with awareness and with intention. Not mechanically and automatically. Actively move your body for a good period of time. Get breathing! When we are in emotion we need to encourage the toxins moving through the connective tissue (fascia) out of the body. Being physically active is crucial to burning up and transforming emotions. It is important to understand that when we are emotional we have effectively departed from the body, even though we also experience the emotion intensely on a body level. In reality we are caught up in an old movie. Our identification with the past removes us from the physical body in the present, where good inner sensations prevail.

Movement of the body is necessary to shift the poisons of unexpressed feelings out of the system. Strong, energetic, conscious, all consuming movement is recommended, for a sustained period of time, not just a few minutes. You will know when your emotion is burned up because you will begin to feel more like your normal self. Making a sound using the voice, combined with active movement, is also good. At times the presence of children or neighbours can be an inhibiting factor, but they should not prevent you from expressing yourself. Find a way that works for you without disturbing all those around you! Place a pillow over your mouth as you scream to dampen the sound. If it is not possible to make sound, moving the body only will have equally beneficial effects.

How to be physical:

Stamp your feet.

Dance wildly to music using your legs and arms.

Shake your body, arms, hands and head erratically.

Start speaking gibberish (unintelligible meaningless talk).

Jump up and down with your arms held up in the air. Shout hoo! each time your two heels hit the ground.

Pummel a thick pillow or mattress with your fists and have a good belly scream.

Jog vigorously for a few kilometres or miles.

Any physical work, provided you use your body in a powerful way.

Active Dynamic Meditation designed by Osho available on CD.

Absolutely avoid lying down when you are emotional even though it may be tempting. When we are emotional we tend to collapse, feel weak, and the more inviting solution to dealing with our emotions is

to curl up in bed or watch TV, read a book or have a smoke or drink. The drive for smoking is to avoid emotions. Basically when we do so, we continue along in an emotional state, feel sorry for ourselves and nurse our emotions for a few hours and suppress them. Because of the contracted weakened state it is a challenge to find the motivation to move an inch, let alone to move the body strongly for an hour or so. However the step has to be done and the sooner one gets moving, the sooner the experience of well-being returns.

The more you move your body, the more rapidly the toxins burn up and leave your system. Occasionally it can happen that while you are beating a cushion, for instance, you come in contact with a layer of powerful feelings many layers deeper than your more superficial emotional reaction. Suddenly you start weeping from a central core place in yourself as you connect with old pains/wounds from much earlier years. In other words a flood of previously unexpressed feelings come to the surface for release. And in reality this is precisely what we wish for. We want to get down to the layer of feelings that have been stored inside, unexpressed and poisoning the system causing emotions in life.

If tears and sadness take possession of you stay with the unfolding process. Allow the tears; don't hold anything back. And do not try to understand the source or root of the emotion. Thinking and analysing brings you into your mind and thoughts and distracts from the experience that is actually happening. Surrender to what is emerging from a cellular level in your system. **Healing follows as a by-product of releasing old and buried feelings.** Stored memories can be released from the body, in the here and now, by a person getting into contact with the original feelings hiding at the core of the emotion.

Transforming old emotions into true original feelings can heal wounds of the past (in the present) on a cellular level. When we consciously turn old emotions into genuine feelings and release them by 'living' them we become whole and healthy again (physically as well). An old wound in our psyche is healed; the 'poison' of the unexpressed feelings has been discharged; un-lived feelings have been expressed, and the system is revitalised. Expressing pent up feelings consciously is a powerful healing experience.

Returning to Your Partner

After a period of body movement you are likely to notice that you begin to feel a great deal better, and you can view your situation with more lightness and distance. The negativity, and with it the identity, has been burned up through physical expression, and you are able to return to life in the here and now. And to love as well.

The process takes as long as it takes. The more you follow the Golden Rules, step by step, the process will get shorter and shorter, and more easily you find yourself returning to inner equilibrium, and to love.

Aim of the Golden Rules

Remember: See, Say, Separate, Move, Return!

As emotion is transformed into feeling, through getting physical or actually expressing true feelings (for example tears expressed from the heart, and not tears of self pity), the 'negative' charge is gradually

taken out of the wound. This represents a positive step because we gradually cease to identify with childhood events that previously may have haunted us. When we allow our withheld feelings there is a 'sweet pain': the pleasure of relief as we let go of tensions and inner pressures we have been carrying for years.

FEAR:

**In reality, our whole life is governed by fear.
When you become one with God, all our fears will be gone.
It is our fears which cause all of our physical pain.**

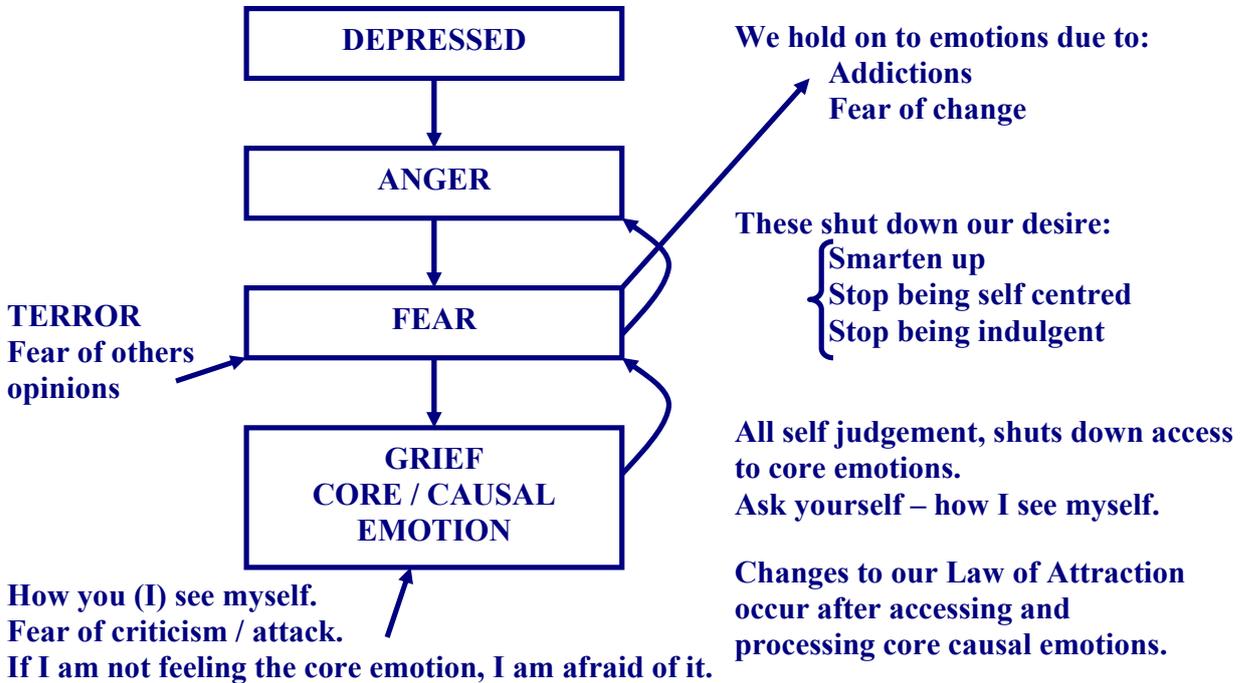


All depression is our desire to suppress our anger.



**Anger - 1 – expectation that is not getting met
- 2 – anger tells you when you are afraid but ignoring it
Fear of pain results in anger suppression.
Fear is the cause of all of our pain.**

LOVE	ANGER
Intent to create. Emotionally create. In a state of love, feel grief. A state of love and truth.	Want to destroy. Emotionally crush, destroy, harm others. You get angry. Hate – a state of hatred.



One Partner gets Emotional, the Other does Not

As part of the healing process it can happen (but it shouldn't be expected) that a very clear memory of an actual childhood event flashes through you. In the depth of sadness and pain there can be vivid images relating to a specific happening in childhood. For example, the very first occasion you had a subjective experience of abandonment in your childhood where you were unable to express your fears and feelings related to your parent not ever coming home again. Abandonment is a very common emotion triggered between couples, and feelings of abandonment can recur as a theme throughout a person's life. When the earliest feelings connect to the initial abandonment experience are released and healed through expression, then an individual will begin to be free from the recurring emotional issues around abandonment.

When we contact the root/core of the injury in a spontaneous way, and allow the pain and tears to flow, we are healed on a mind, body and heart level. Through cleansing the past out of the system, we will discover that the very same issue, when it next arises, will not have the same hold. There is a feeling of detachment. You no longer hold the old pain inside; it has been discharged from the system and is no longer available for reactivation in the form of emotion.

You think your Partner is Emotional

In emotion we move into a state of fear, and fear reflects the absence of love.

A Person (also other than partner) gets Emotional

Withdraw yourself. If someone gets emotional with you, or you with another person, it is best to leave their company. Remove yourself as politely and as gracefully as possible, and with haste. Avoid getting into discussion, justification or arguments. You can simply acknowledge that you are emotional, and that anything you say in this moment is unreliable. And that you need some time alone!

Wait to speak to the person concerned only when you no longer feel emotional. Give yourself time to get over the emotions. Hopefully, by the time you meet the other person will also have cooled down. Without emotion and our unconscious reactions, constructive communication is more likely to take place. The fight only stays alive if two people are involved. So if you keep an eye on your emotionality, and keep the level down, you will probably be able to solve difficulties more easily and have fewer conflicts with people.

Violence is never Justified

Getting Straight to the Core of the Matter

How long do we want to cling to our childhood, and the pain of it all? We have to move on and become adults so that we can create a more harmonious loving environment for ourselves in the present. For years we may find the same inner child issue replayed, yet there is no resolution. As long as we give the inner child the thumbs up, our okay, we give our unconscious emotions free range.

Recognising the inner child is an important step on the way to growing up but it is not the whole picture. The hurt inner child has to begin to take responsibility for the past, and resolve the emotions accumulated there, and to see how past wounds repeatedly destroy the present. The child is now an adult. The next step is to accept that the inner child exists, and at the same time to avoid using the inner child concept when you go into emotion. Begin to view the phenomenon on the level of emotion and emotionality. View it as past and present, and the attempt to keep the past out of the present. Intentionally separate love from unconscious emotion and deal with any unexpressed feelings as a conscious side issue. Taking direct responsibility for emotions represents a step in maturity as a human being.

The information on emotion and feelings is very dangerous information because now we know the route to happiness.

We cannot blame others or circumstances anymore; we have instead to resolve the past and unexpressed feelings lying there. If we begin to deal with emotions as emotions they begin to burn up and gradually our identification with them reduces. In time you discover situations that used to trigger emotion in you produce no disturbance now, you can smile and move on in love. From inner child who can be emotional, demanding, needy or self-righteous, we have to return to the innocent child, who is adorable, irresistible and charming.

Begin to Express Feelings

Express feelings as you feel them. Recognising and working through old emotions is only half of the solution to our emotionality. The other half is equally important which is to begin to express feelings – in the here and now! Learn to express feelings in the very moment they arise. We must express our feelings in order to avoid accumulating more emotion which we now realise will backfire on us sooner or later. We are not encouraged to express our feelings since childhood so we have to learn the art of it, and get to the heart of it. We need the courage to look into ourselves, to be honest and to show our vulnerable side, our weaknesses, our insecurities, our sadness. When feelings are expressed in the moment to which they belong they are ‘pure’ and do not have the weight and toxic charge of emotion lying behind them. Feelings can be expressed in a light, playful and innocent way without hurting anyone else.



***Crying
is OK
here!***

Acknowledge by Saying ‘I Feel’

Remember, on the level of feelings we talk about our inner selves, in contrast to emotion where usually we talk about the other person.

Use Words or Body

To keep life and love free of emotion we must begin to express feelings as they arise through words or through the body. Often verbal communication about what you feel may be sufficient. But at other times you might need to move your body. It is great to follow any urges of the body, to jump and leap

around. Use your body to express the inner feeling. Just move! Don't sit still and repress any impulses to move. Get the feeling through and out of your body as soon as possible. Do not hang onto your feelings for an instant, unless you are in a hopelessly inappropriate situation. Move with the rising feeling and don't let your mind talk you out of it. Allow the tears to flow; the roar to express itself; jump up and down; do something fast.

When you express what you feel from the heart, without any blame or underlying emotion, then your words speak directly to the heart of the other person. Anything expressed from the heart resonates in the heart of the other, and they will suddenly become receptive and responsive to you.

Express Feelings as They Rise

When we are able to catch feelings of anger, sadness, despair or frustration at their very root, in the exact moment when they arise within us, they do not have a long life span – eight seconds or so. Anger, when caught in the very instant it flares up, can completely dissolve with one deep long roar. Sadness or pain arising from the depths of the being, if allowed, will flow through you simply, gently and quickly, with refreshing and uplifting effects.

Hard and Fast Rules about Expressing Anger

If you feel anger, do not direct it on your partner, even if on the surface your emotions are convincing you that he or she is at fault. Do not touch your partner or do anything to physically hurt their body – do not even face them. Turn and face in the opposite direction with your back to them, and allow a deep roar to emerge from your belly.



Love never expects anything from anyone.

Source of all Anger is Sexual Frustration

If you observe that you are a person who gets angry easily, this is perhaps a signal that indicates the need to consciously begin to express accumulated unexpressed anger. To do this, take some time with yourself in a room alone and get your body moving by beating on a big pillow or mattress. Go with your body, movement, and sound for an hour or so.

Express sadness; allow the tears. Sometimes it is possible to transform anger into its opposite of underlying sadness. Sadness when expressed from its root is not a prolonged 'sorry for myself' weep, but instead a profound heart rending expression of sadness. The tears and pain pass on quickly, leaving you feeling refreshed and alive. Sometimes, though, several hours are absolutely necessary to unburden yourself of tears and sadness, perhaps with the feeling that you are weeping for the whole of humanity. It is possible that you may have to go through this a few times before you feel completely emptied out of

unexpressed sadness and sorrow. After such experiences you will always feel lighter, expanded and fresh, more connected to people around you. Emotions bring darkness and separation. When you honour and express your feelings you create light and love.

Express Your Love, Share Your Love

Not expressing feelings, even of love and appreciation, also quickly turns sour when repressed! After not saying how you feel you may observe that you feel a bit disconnected or depressed some minutes or hours later. Say, I love you, share your love, don't be miserly with love. Love is an intrinsic quality that we are born with. And what we need to do is create a passage for our love to flow – to all people that we meet along life's journey, not only to the people nearest and dearest to us. When we walk down the street we should be radiating love to the whole universe, and not holding ourselves small, in contraction and fear of others. When we are in fear, we slowly lose touch with our essence – which is love.

Make sure you are not feeling sorry for yourself! If while you are crying or expressing yourself you also feel a victim of your situation, like 'poor me!' this is a sign that you are still basically emotional: not really in touch with the core of your unexpressed feelings. Sometimes, the mind will go over the sad story again and again and floods of tears will accompany each excursion into the painful past. But this kind of release is not necessarily a deep cleansing or healing experience. It is still on the level of emotion and afterwards a sure sign will be that the person does not feel refreshed or any better at all. Often they will be swollen-eyed and exhausted after hours and hours of crying. When tears are expressed from the core level of the being, the eyes are usually shining and the person is softly radiant in their vulnerability.

Only Three Things Needed

A L O N G I N G for GOD'S LOVE to ENTER YOU
 A L O N G I N G for GOD'S TRUTH to ENTER YOU
 H U M I L I T Y
 Humility is the passionate desire to experience fully
 ALL of your own emotions,
 without blame, judgement or condemnation

Dealing with Jealousy

Common emotional experiences are anger, frustration, impatience, sadness, jealousy, abandonment, unworthiness, feeling the victim of a situation, sensitivity to criticism or feedback and constantly seeking affirmation. Jealousy, however, is perhaps the most debilitating and excruciating of emotions, experienced by men and women alike. Jealousy is not an expression of love for that person as we so easily assume. Jealousy comes out of a fear of losing a person. Jealousy is concerned with possessing and controlling another person, and not granting them the right to live their life. Jealousy has its roots in comparison, and women in particular are taught to compare themselves with each other, with special focus on beauty, body and sexual attractiveness. Comparison is a useless activity of the mind because

each individual is unique and incomparable. When we are jealous we do and say extremely unconscious things that can have negative consequences. When jealous, try to physically burn up the toxic jealousy that has overtaken you. Once the understanding that love resides within you settles into an experience jealousy can begin to dissolve, but it is like a virulent weed that needs quite some extracting before it finally loses power.

Person in the Present has 'Hurt' You in the Past

When there is an accumulation of emotion the charge gets more toxic and forceful. Whenever there is a conscious release of emotion, the load and the internal pressure is reduced. Your triggers become less active and the past is left in the past as you become available to the unfolding present moment.

Prayer is a feeling or desire within you directed to God.

Feelings are the prayer. God hears sincere prayers.

God wants a soul to soul connection, not an intellectual connection.



Men have Learnt not to Show their Feelings

Perhaps men are using sex in order to release emotions because they have been conditioned and taught not to show their feelings – resulting in a high emotional stress level. Men have as much heart and feelings as women have. Nevertheless there is a tendency to regard tears and vulnerability in a man as a weakness, and those who show their real feelings are viewed as unmanly. The result of this attitude is that men are forced to disregard and repress their true feelings, and to be indifferent with regard to their actual needs and sensitivities. (hmmm – men, on average, live five years less than women!)



CHILD SOS

Children and Emotions

Keep Emotion Away from Children

It is highly recommended that parents do not display their emotionality in front of their children. This is perhaps the worst education they can receive. Don't argue and fight when you are in their company, be it driving or eating or whatever activity you are involved in. Resolve the emotional situation with your partner before, if possible, and definitely do not do have an emotional confrontation in front of the children. If it is not possible to clear your emotional state before you meet your children be acutely aware that you do not discharge or leak your emotion indirectly on to them. Leaking emotion can happen through displays of irritation and impatience and saying words that have a charge or a sting hidden in them.

Every suppressed and denied emotion that you, as a parent, have is experienced by the child in full.

Absence of Love Causes Fear

Love is essential nourishment for a child and ranks alongside real food in significance, as mentioned earlier. When there are negative toxic vibrations of emotion between the parents instead of a loving ambience, a child will contract and shrink in fear. The child experiences home as a 'dangerous place'. There will be an inner tension and a loss of relaxation and connection to their innermost essence of love. The child then creates defences to protect itself and will develop certain strategies to get love or to test love. The process of doing so will usually involve repressing the real feelings, behaving correctly and pleasing others in order to survive, not living a life of spontaneity and joy. The end result can be that the child is needy, time consuming, demanding, and often unhappy. Eventual the child is likely to grow up to be an emotional human being.

Children Imitate Parents' Emotion

Many of us are emotional as adults simply because as children we witnessed and absorbed the negative vibrations of our parents being emotional with each other. We imitate our parents' behaviours, just in the way children tend to imitate how father or mother stands, sits or walks.

Emotion Passed Down the Generations

Through inheriting emotionality from our parents, we unconsciously pass emotional behaviour on to the next generations. A child growing up with negative imprints from either parent can be influenced for the rest of their lives. All relationships, especially intimate relationships, will become difficult to sustain.

Children have Positive Response to Less Emotion

As far as emotion is concerned, it is never too late to start bringing the situation into balance. As soon as parents start to take responsibility for their emotions, the level of harmony and love in the home increases. The children feel immediately that 'love is in the air', that there is an absence of tension or

emotional charge between the parents. A child is infinitely sensitive and able to detect the harmony and love between the parents, and relaxes as a consequence of the parents' relaxation. A child is able to recognise love in the eyes of parents.

When love is flowering between them as a couple they shower the children with love and contentment. There is a natural overflow into the rest of life.

Childhood Feelings of Abandonment

A very common issue that most of us carry with us from childhood into adult life is a painful wound of abandonment. At some time during our first five to seven years of life most of us had the feeling that our parents had abandoned us, had forgotten us, did not love us, and were not ever coming home again. Even if we had the security of shelter and food three times a day, most people have felt that their parents did not have enough time for them, did not love them enough. They were often left alone or passed on to other people to take care of them. From this subjective childhood experience (and therefore one hundred per cent real) many people end up as a rejected, wounded being carrying pain from the past.

It is rare that a person declares they felt truly welcomed and loved by their parents; it is rare to find a child conceived with clarity and intention. The unexpressed feelings relating to abandonment and rejection will become obstacles for the rest of our lives. We will feel abandoned by our lover for the smallest of reasons, and the pattern will continue even if we change partners. The feeling of abandonment will continue to surface until we get down to the level of expressing the original pains experienced in childhood.

Feeling vs Emotion

The difference between feelings and emotions. For example, the conflict in former Yugoslavia gets its energy partly from the lost fight of the Serbians with the Muslims 600 years ago on the 'Amselfeld'. It is still in mind of the Serbians, that they lost it. I think everything related to this is more an emotion than a feeling. And on the other hand, every day there are new wounds, which give rise to feelings.



***Before you are about to do something,
ask yourself: Is this action loving?***

‘Beloved Osho, what is Love?’ asked Tallis

Love is the radiance, the fragrance of knowing oneself, of being oneself. Tallis is very young – he is only nine – but he is far ahead of his age. His mental age must be almost double that, near about eighteen, hence the question.

Love is overflowing joy. Love is when you have seen who you are; then there is nothing left except to share your being with others. Love is when you have seen that you are not separate from existence. Love is when you have felt an organic, orgasmic unity with all that is. Love is not a relationship, Tallis. Love is a state of being; it has nothing to do with anybody else. One is not in love, one is love. And of course when one is love, one is in love – but that is an outcome, a by-product, that is not the source. The source is that one is love. And who can be love?

Certainly, if you are not aware of who you are, you cannot be love. You will be fear. Fear is just the opposite of love. Remember, hate is not the opposite of love, as people think; hate is love standing upside down, it is not the opposite of love. The real opposite of love is fear. In love one expands, in fear one shrinks. In fear one becomes closed, in love one opens. In fear one doubts, in love one trusts. In fear one is left lonely, in love one disappears; hence there is no question of loneliness at all. When one is not, how can one be lonely? Then these trees and the birds and the clouds and the sun and the stars are still within you. Love is when you have known your inner sky.

And Tallis, this is the right moment, the right age, to enter into the world of love. This is the time when parents, the society, the state and the church go on poisoning children and making them afraid. This is the time when fear is created by the exploiters. This is the time when society reduces small children to slaves; and one can be reduced to a slave only if great fear is created. This is the time also –if the society is sane and is not pathological – when the society will help the children to become more and more loving, will help the children to know more about beauty, about music, about poetry, about dance, about meditation. This is the time when the child can simply take a plunge without and difficulties.

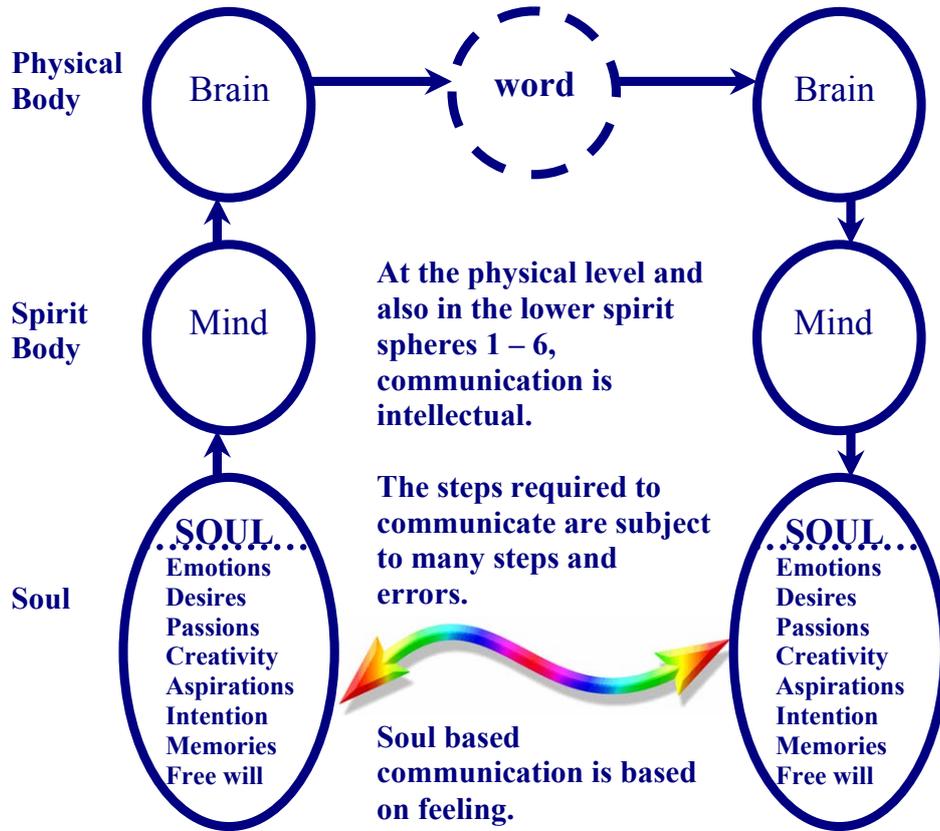
Later on it will become more and more difficult, because as you grow old, fears also grow older and stronger. As you grow old the ego becomes more strengthened. As you grow old your capacity to learn decreases. As you grow old you become more and more cowardly, afraid of the unknown. The young child is free of fear; children are born without any fear. If the society can help and support them to remain without fear, can help them to climb the trees and the mountains, and swim the oceans and the rivers, if the society can help them in every possible way to become adventurers, adventurers of the unknown, and if the society can create a great enquiry instead of giving them dead beliefs, then the children will turn into great lovers, lovers of life – and that is true religion. There is no higher religion than love.

Osho, transcribed teachings, the Guest chapter 6

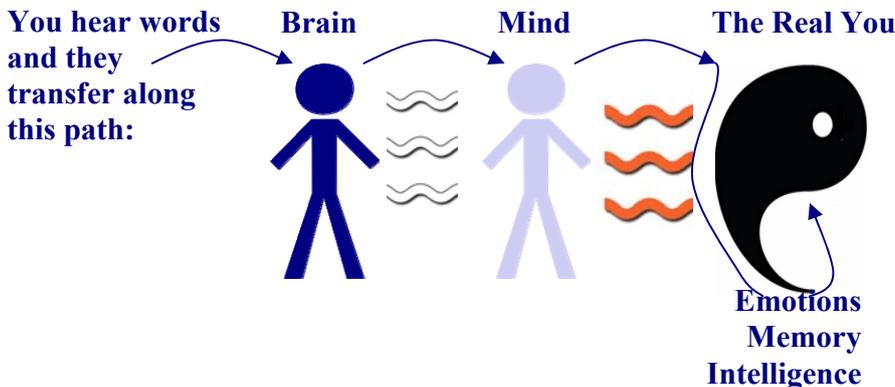
Cause No Harm < to OTHERS
to MYSELF
Strive to love others as I am to love myself

PASCALPERS

COMMUNICATION at the PHYSICAL LEVEL



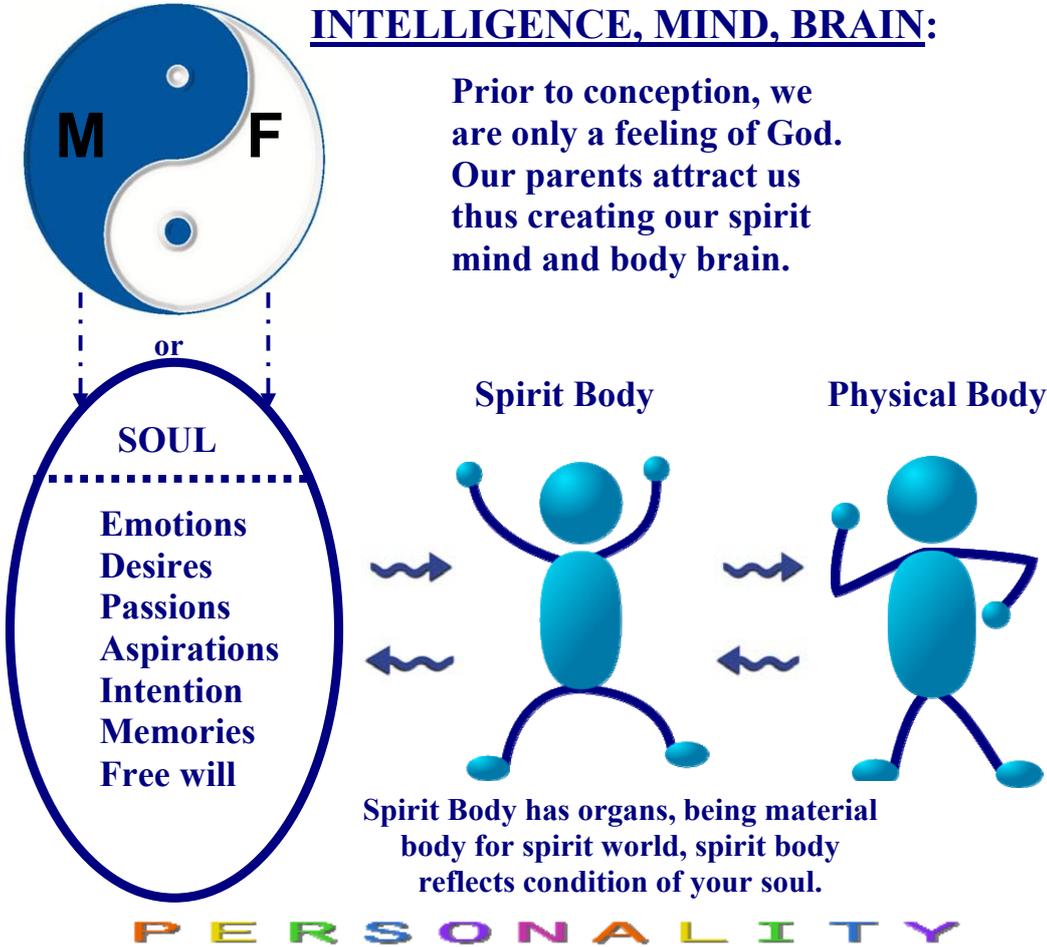
COMMUNICATION at the CELESTIAL LEVEL



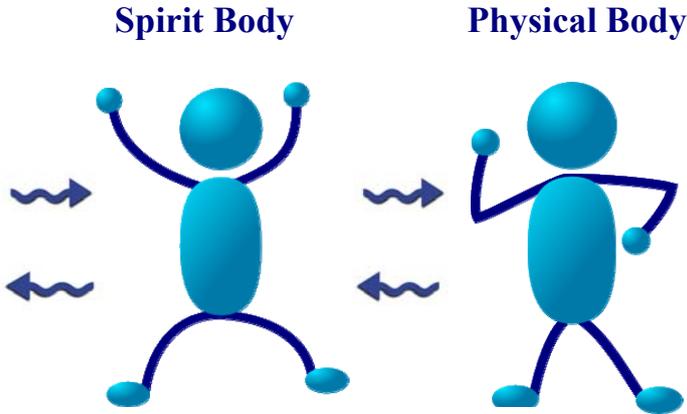
Spirits that are on the Divine Love path will communicate with you directly soul to soul, with your feelings.

God communicates with you directly with your feelings, not with thought. Those feelings will generate thoughts within you.

INTELLIGENCE, MIND, BRAIN:



Prior to conception, we are only a feeling of God. Our parents attract us thus creating our spirit mind and body brain.



Spirit Body has organs, being material body for spirit world, spirit body reflects condition of your soul.

PERSONALITY

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 7th sphere into the 8th sphere at which point we are ‘born again’, one with God, entering the Celestial Realms, and the mind is no longer. Our soul intelligence grows and our soul expands with the ever increasing infusion of Love from God.



Natural Love Flow

Natural love is Creation's love;

One can swap back and forwards between paths

I am God

Intellectual

Self reliant (trust myself)

Self-determination way of life

Mind dominates

Thinking = Mechanistic

- rational
- analysis
- reductionist
- linear

Values = Mechanistic

- expansion
- competition
- quantity
- domination

Adult like

Control

Millions of paths (man created)

Peak possibility is 6th sphere

time to complete path:

100 years to over 1,000 years

Divine Love Flow

Divine Love is Soul's love.

One can swap back and forwards between paths

I am God's son/daughter/child

Emotional

God reliant (God relationship)

Soul-spirit living harmony

Soul dominates

Thinking = Holistic

- intuitive
- synthesis
- integrative
- non-linear

Values = Holistic

- conservation
- co-operation
- quality
- partnership

Child like

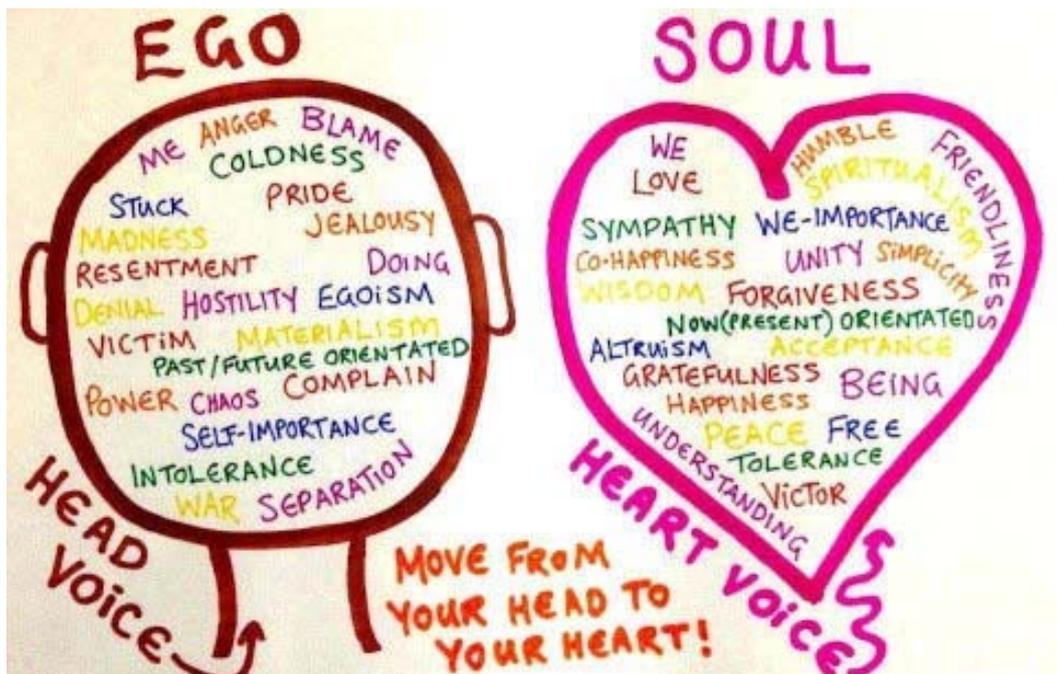
Feeling

Defined path (God created)

Peak possibility is infinity

(sphere / mansion world are same)

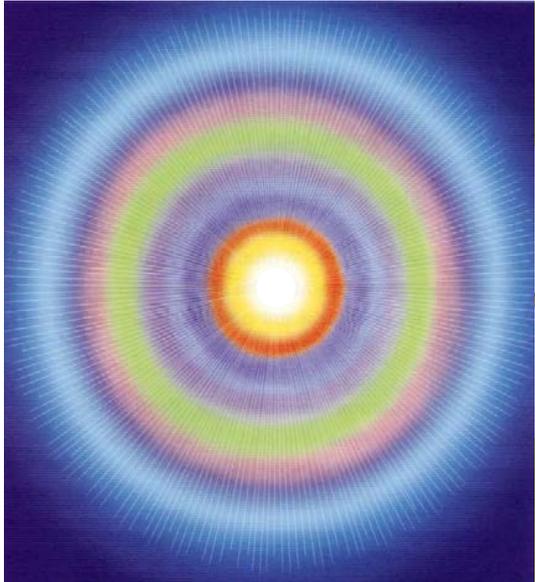
5 years to over 10 years to at-onement



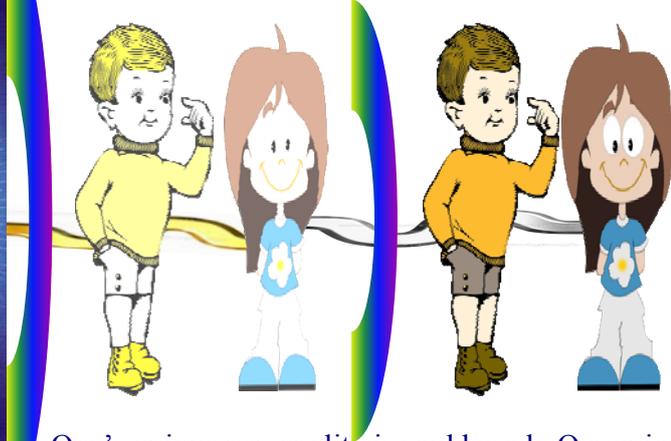
DIMENSIONS of ONE'S EXISTENCE:

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

SOUL exists existentially



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



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

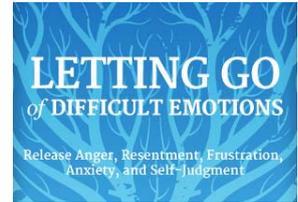
PERSONALITY



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

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.



PASCAS WORLDCARE:

Dr David R Hawkins in ‘Healing and Recovery’, p.11, states that: “healing is the result of not just clinical processes, but also of overall biological potentialities that often do not materialize without the unseen power of spiritual alignment. Health recovery is greatly facilitated by the unseen power of the spiritual dimensions of intentionality of consciousness itself. The clinical power and influential impact of spiritual context is overwhelmingly displayed by the millions of recoveries from medically hopeless illnesses.”

Pascas Care is based on allopathy/western medicine plus three halves, complementary and energy medicine, nutrition, and emotional processing.

Pascas WorldCare is based on care plus three halves, education, nutrition, and emotional release.

Goals of Pascas Care are lead by our desire to:

Treat the cause rather than the symptoms, this is the focus of Pascas Care.

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

Further stated policy, Pascas Care – Kids of the World:

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



<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

PHYSICIAN, HEAL THYSELF:

The basic principles that facilitate the process of self-healing:

- A thought is a “thing”. It has energy and form.
- The mind with its thoughts and feelings controls the body; therefore, to heal the body, thoughts and feelings need to be changed.
- What is held in mind tends to express itself through the body. What one holds in mind tends to manifest.
- The body is not the real self; it is like a puppet controlled by the mind.
- Worries are chronic fears. Paranoia is its extreme. Sustained and chronic fear gradually suppresses the body’s immune system. Fear is healed by love. Love is the ultimate energy.
- It is fear and guilt that bring about disease and failure in every area of one’s life. We can take the same protective actions out of love, the most of all beneficial energies, rather than out of fear.
- Beliefs that are unconscious can manifest as illness, even though there is no memory of the underlying beliefs.
- An illness tends to result from suppressed and repressed negative emotions, plus a thought that gives it a specific form (i.e., consciously or unconsciously, one particular illness is chosen rather than another).
- It is possible to reverse the disease process by removing the internal stress factors.
- Chronic stress weakens the body’s immune system by blocking the body’s immune system.
- A negative thought or feeling instantly weakens the body and creates an imbalance of the body’s energy flow.
- The price we pay for chronic anger and resentment is sickness and premature death. Is this worth the small satisfaction of being right?
- Forgiveness heals the heart – literally. This also encapsulates self-forgiveness.
- Elimination of guilt accompanies release of all judgments against others and one’s selves.
- Every mistake we make is based on an opinion.
- Love facilitates healing. It transforms life. Love is the energy that silently transfigures every situation.
- The brain is not the origin of the mind, but the other way around. The mind controls the brain. The brain is activated by the mind’s intention and not vice versa. One’s mind is within the spirit body, generally recognised as the auric field or etheric body.
- Thoughts are caused by suppressed repressed feelings. When a feeling is let go, thousands or even millions of thoughts that were activated by that feeling disappear.
- Although a specific belief can be cancelled and energy to it can be refused, it is generally a waste of time to try to change thinking itself.
- We surrender a feeling by allowing it be there without condemning, judging, or resisting it. We simply look at it, observe it, and allow it to be felt without trying to modify it. With the willingness to relinquish a feeling, it will run out in due time.
- Laughing is a method of letting go.
- A strong feeling may recur, which means there is more of it to be recognised and surrendered.
- In order to surrender a feeling, sometimes it is necessary to start by relinquishing the feeling that is there about the particular emotion (e.g., guilt that “I shouldn’t have this feeling”).
- In order to relinquish a feeling, sometimes it is necessary to acknowledge and let go of the underlying payoff of it (e.g., the “thrill” of anger and the “juice” of sympathy from being a helpless victim).

- Feelings are not the real self. Whereas feelings are programs that come and go, the real inner Self always stays the same; therefore, it is necessary to stop identifying transient feelings as yourself.
- Ignore thoughts. They are merely endless rationalisations of inner feelings.
- No matter what is going on in life, keep the steadfast intention to surrender negative feelings as they arise.
- Make a decision that freedom is more desirable than having a negative feeling.
- Choose to surrender negative feelings rather than express them.
- Surrender resistance to and scepticism about positive feelings.
- Relinquish negative feelings but share positive ones.
- Notice that letting go is accompanied by a subtle, overall lighter feeling within yourself.
- Relinquishing a desire does not mean that you won't get what you want. It merely clears the way for it to happen.
- Get it by "osmosis". Put yourself in the aura of those who have what you want.
- "Like goes to like." Associate with people who are using the same or similar motivation and who have the intention to expand their consciousness and to heal.
- Be aware that your inner state is known and transmitted. The people around you will intuit what you are feeling and thinking, even if you don't verbalise it.
- Persistence pays off. Some symptoms or illnesses may disappear promptly; others may take months or years if the condition is very chronic.
- Let go of resisting the technique. Start the day with it. At the end of the day, take time out to relinquish any negative feelings left over from the day's activities.
- Don't look for answers; instead, let go of the feelings behind the question.
- You are only subject to what you hold in mind. You are only subject to a negative thought or belief if you consciously or unconsciously say that applies to you.
- Stop giving the physical disorder a name; do not label it. A label is a whole program. Surrender what is actually felt, which are the sensations themselves. ***We cannot feel a disease.*** A disease is an abstract concept held in the mind. We cannot, for instance, feel "asthma". It is helpful to ask, "What am I actually feeling?" Simply observe the physical sensations, such as, "Tightness in the chest, wheezing, a cough". It is not possible, for example, to experience the thought, "I'm not getting enough air". That is a fearful thought in the mind. It is a concept, a whole program called "asthma". What is actually being experienced is a tension or a constriction in the throat or chest. The same principle goes for "ulcers" or any other disorder. We cannot feel "ulcers". We feel a burning or piercing sensation. The word "ulcer" is a label and a program, and as soon as we use that word to label our experience, we identify ourselves with the whole "ulcer" program. Even the word "pain" is a program. In reality, we are feeling a specific body sensation. The process of self-healing goes more quickly when we let go of labelling or giving a name to the various physical sensations.
- The same is true with our feelings. Instead of putting labels and names on feelings, we can simply feel the feelings and let go of the energy behind them. It is not necessary to label a feeling "fear" in order to be aware of its energy and relinquish that energy.
- Using the mechanism of letting go, allow yourself to go into all the negative emotions that you may feel you have and allow the feelings to come up one by one, and let them go.
- With courage we can let go: I can look at my feelings. I don't have to be afraid of my feelings anymore. I can handle them. I can take responsibility for them. I can learn how to accept them and be free from them. I am willing to take risks, to let go of old points of view and explore new

ones. I am willing to be joyous and share my experience with others. I experience myself as well and able.

- Disease-prone beliefs, we can look at the following questions:
 - Do I worry about my health, holding fear thoughts in mind about what might happen to me?
 - Do I get a secret feeling of fear, excitement, and danger when I hear about a new disease that is currently being reported and in vogue?
 - Do I spend time on constant checkups, reading about diseases, getting frightened by TV stories about them?
 - Am I interested in hearing about the diseases of famous people?
 - Do I believe that the environment and foods are full of hidden dangers, or that foods contain additives which are poisonous and will cause disease?
 - Do I believe that certain diseases “run in our family”?
 - Do I stop or want to stop (but don’t dare) to witness auto accident victims?
 - Do I like hospital TV programs?
 - Do I like TV programs that include hitting, shouting, fist fights, killing, torture, crime and other forms of violence? (Such programs insult the immune system, on average, 113 times!)
 - Am I a guilt-ridden person?
 - Am I holding a lot of anger?
 - Do I condemn other peoples’ behaviour? Am I prone to be judgmental?
 - Do I hold resentments and grudges?
 - Do I feel trapped and hopeless?
 - Do I say of myself, “Whatever is going around, I’ll probably catch it”?
 - Am I concerned with acquisitions and status symbols instead of the quality of relationships?
 - Do I carry a lot of insurance and still worry that it’s not enough?
- The mechanism of letting go is concerned with the emotional “what” from moment to moment, without involving the intellect. The “why” becomes apparent of itself once the “what” has been relinquished. Its one thing to analyse the causal basis of depression and quite another to enter fully into the depth of hopelessness by letting go of your resistance to the feeling. By allowing the full feeling of it and by letting go of every sensation, every thought, and every little payoff you are getting from it, you are free. It’s not necessary to probe the “why” of depression to become free from the “what” of it.
- The objective of letting go is the elimination of limiting mental and emotional programs.
- With the mechanism of letting go, there is no patient role and no dependency on another person or theory. The very wellsprings of neurotic patterns automatically unfold as they are acknowledged, relinquished, and disappear.
- The way to change our bodies is to change our thoughts and feelings.
- One’s letting go of the lower energies of guilt, fear, anger, and pride alleviates the weight of the past and clears the clouds of the future. One then can face today with optimism and be grateful to be alive. One can see that yesterday is gone, tomorrow has not yet come, and we have only today.
- Without a change of consciousness, there is no real reduction of stress.
- A state of peace about the situation is reached when all three aspects of illness – physical, mental, and spiritual – have been addressed and the final outcome or wished-for recovery has been surrendered. Peace comes with total inner surrender to *what is*.
- The goal of letting go is the elimination of the very source of all suffering and pain.
- The power of self-healing is now available.

FEELINGS as per Nanna Beth, Kathaleen and Kevin:

Tuesday, 26 September 2017: James: I briefly read through Pascas Care Feeling verses Emotion. I think it's all good, helping to increase one's awareness of feelings and emotions. Quite a bit of it is about using your mind to control your emotions, which is appropriate out and about in life not wanting to piss everyone off, however not appropriate if you are doing your Feeling Healing.

Hi Nanna Beth, Kathaleen, Kevin and James (note from John)

The question is – Feelings.

Kathaleen and Kevin talked about feelings within numerous contexts. In fact, there is a great deal of focus on feelings. Friend Graham asked, what feelings? What are they?

Heck, it is the foundation of what we are to enable people around the globe and, all of a sudden, I do not know what I am talking about!

There appears to be layers or separate interpretations as to what the term feelings is about.

Maybe, please, can we address this most important item?

Nanna Beth: The truth as to what feelings are, John, really is for everyone to find out for themselves through their relationship with their own feelings. What is love, what is truth, what are feelings? What is the soul, what is personality, what is mind? These all being the different aspects of ourselves that come to light through our Healing.

As you embark upon your Healing, your soul systematically brings feelings up within you resulting from your experiences, so you can identify them, gradually coming to understand the different feelings and all the subtle nuances of them. And as you work to embrace them, 'feel them', accepting you are feeling them, and then expressing them, so over time you come to see how you express yourself in life. Including: Do you express all your feelings, or only some; and if some, why them and not the others? And what does expressing those feelings make you feel – how you feel about them themselves, how do you feel as you are expressing them, how do you feel once you've expressed them. It all helping you get to know about these aspects of yourself – your feelings, through your feelings.

Your emotions are more superficial expressions of what you are feeling. You can have multiple feelings being expressed at the same time, which can include increased emotion, making you feel very emotional – good or bad.

I don't think you need to concern yourself too much with such philosophical questions John, by all means think and discuss them, however for what you'll be doing it's not really that important. Other people will be focused on trying to get to the depths of such things, and unless you do your Healing connecting with the truth of all you're feeling, it's only just a mental exercise anyway.

Like, further understanding of how to:

“Our Feelings are our Supreme Guides.”

Kevin: Hi John, glad to see you’ve got the ‘upstairs’ functioning, thinking away – ha, ha, and there’s so much to think about!

Feelings are what guide us through our ascension of truth. So they are really our Supreme Guides. As you know, so 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.**

“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.**

“Longing to know the truth of ourselves within ourselves.”

Kevin: And as you know, **it is wanting to know the truth of ourselves that is all important. Wanting to know why you are the way you are, is what needs to come first. Then you can look to your feelings to help you find out. So if you are striving to be true, then really that means, or should mean, you are wanting to uncover the truth of why you’re not true, because if you were true, then you’d not need to strive to be true. Once you are true, everything changes, and you keep longing for the Divine Love, and as you receive it, as you desire to live true to and be with your Mother and Father, then your feelings are stimulated which you truly express and the truth keeps coming to you, it all happening naturally as it’s meant to. But for you who are denying yourselves love and truth, so you have to work hard at trying to push against that denial by longing for the truth and wanting to work with your feelings so as to uncover it.**

“Understanding that feelings were the key and way to ascend in truth.”

Kathaleen: My turn John: **It takes time for it to sink in, well it did for me anyway. You can be told it, understand it intellectually, however when you start to work with your feelings to release the truth from your soul, and the truth comes because of your feeling expression, then you feel how it all works. You feel yourself ascending – growing in truth. It all being feelings again – you just know you are.**

“We were schooled in what each feeling felt like, and it was amazing to realise that our knowledge of feelings is so limited, but the further you went the more acute and defined they became, the whole experience being one that was overwhelming.”

Kathaleen: Yes we were taught about our different feelings. **Some people and spirits already have a good understanding of their feelings, living feeling many feelings all the time and being highly aware and sensitive to them. Other people, like how Kevin was, were still feeling all the feelings, because they are always going on within you, but had learnt to ‘not feel them’ to shut himself off to them using his mind, to all but believe he didn’t feel much – feeling only a limited number and range of them.**

And as you grow in truth, so your soul-perceptions awaken, as you understand, which is your ability to ‘see through your truth’, so you sort of use the truth that you are to know where another person is coming from, you can sort of sense it, like someone who is very experienced in life, someone who has paid attention to such details. So you start off with your anger for example being kinda raw and animalistic – primitive, working your way deeper into yourself and your feeling awareness, so as your truth grows so you become more aware of the subtler feelings of anger, and all the different aspects of your anger.

And I say ‘your’ anger, because it’s all you getting to know your own feelings and how you feel and relate to them. And even though we all might feel and so know what anger is, still we all have to get to know for ourselves and through our own anger, why we feel angry, what happens when we are angry, how we express it, the varying intensities and situations in life, all that is getting to know yourself through your feelings.

So it’s very involved, with our feelings always taking us deeper and deeper into ourselves. You might feel miserable one day, you express it and truth comes as to why you feel it. So you have changed, you’ve grown in truth, you are no longer the same person you were when you felt miserable – you’ve moved on within yourself. Then you feel miserable again, and superficially the misery feels the same as what you felt the other day. But if you look more closely at it, it’s not, it’s slightly different, even though it might have a lot of the same about it. And as you express that misery and the truth comes up within you showing you why you feel it, so you have moved on again, and when the next miserable feeling comes up, again it just feels like misery again, yet as you embrace it, express it, you’ll see it has a slightly different flavour or edge to it. So you’re getting to know the truth of your misery – what it feels like to you when you are feeling miserable.

Struth Kevin and Kathaleen, you did a mighty job in this marathon communication.

That being said, I can see how this global program can role out into every community in every country. It is a cracker of a budget. Nothing like it ever in history.
cheers John

Kathaleen: The marathon was in our Healing, that was like a non-stop event. **You get on the Healing treadmill, submitting to your soul, and away you go, the feelings keep coming, you want them to, you are focused on them, you work with them, they show you all you are to see about yourself and how you are in life, the truth of all your relationships.**

And yes John, from all Kevin and I have been told, it's going to affect a lot of people, and also a lot of the mind spirits. It will start out small and build upon itself. The truth will be picked up by people who want to understand the right way to live – how life should be lived, and why one should live that way.

And it will make people feel – ah, that's it, that's what I feel; and it's so simple, I knew that all along. That will be the Spirits of Truth engaging with them. They are ready to know, they've got right to the edge themselves, and then the truth comes up within them through their feelings, and it gives you that wonderful feeling of – That's it! That's what I want, that's what I know is true!

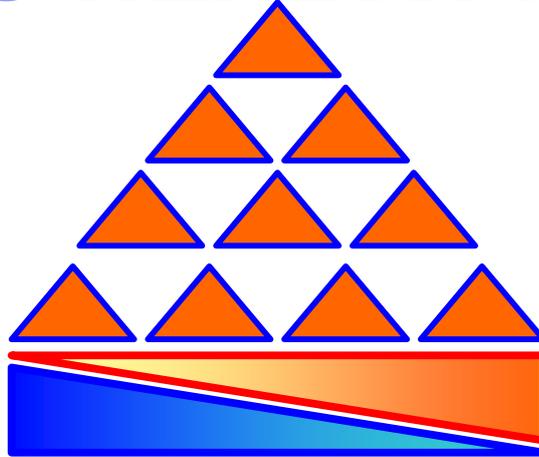
It's all out there, as if all the pieces have been lying around in the junkyard, and now they are coming together, being assembled so people can finally understand.

Kevin and I will speak to you soon. Bye John.

The New Way: learning how to live true to ourselves by living true to our feelings.

Feelings first

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**



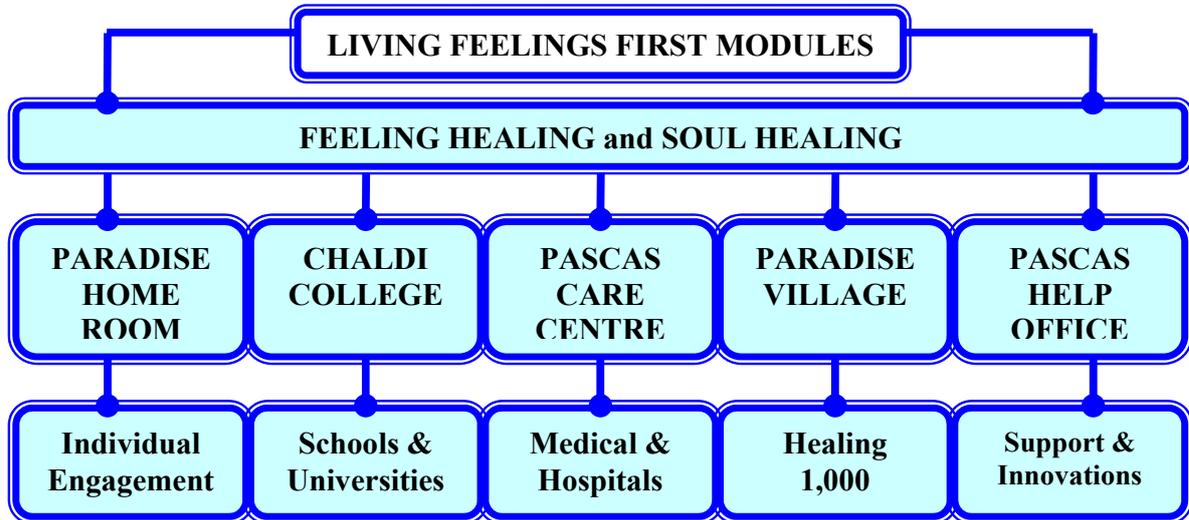
Streamer's Meeting



PASCAS CARE



Life Practice Matrix - Feelings First



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

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

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

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

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



Feelings First

Feeling Free



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.

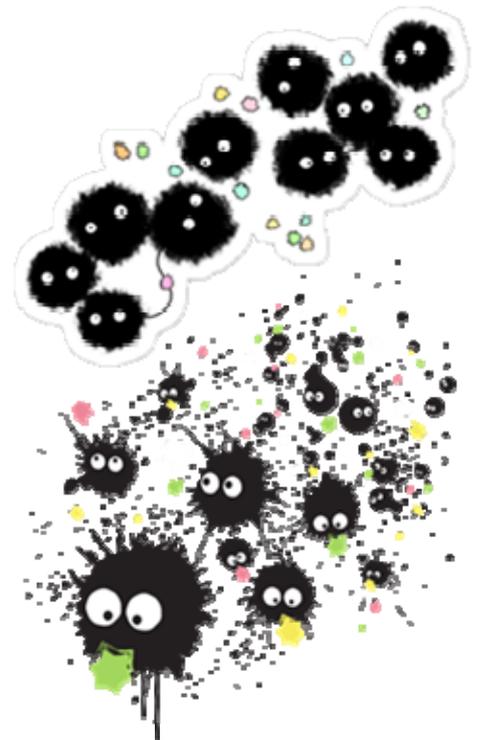
It is a generalisation that a range of emotions within a similar energy or frequency band find their manifestation by expressing themselves as pain and illness within one's body in predictable locations. Further, due to clustering of volumes of ongoing emotional injuries around the core issue, the healing 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



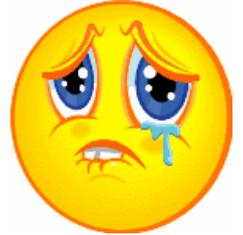
Thus, it can be considered that Feeling Healing is the pinnacle of all healing modalities and that all health care systems (Allopathic, Ayurvedic, Traditional Chinese Medicine, etc.) are complementary when they do not shut one down from simply FEELING.



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 throughout 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

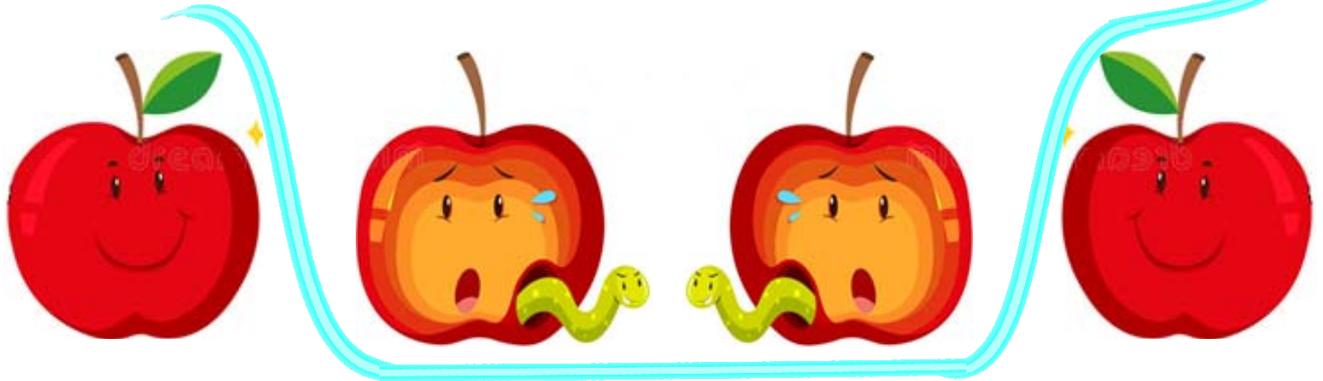


Neglecting a child's educational needs



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.

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

WE ARE TO BE OUR TRUE SELF – OUR SOUL BASED FEELINGS!

We are to use our feelings to uncover the truth of ourselves. Just how important are each of our feelings? Well really, they are ALL as important; as in, nothing else in life even matters other than what we are feeling.

We are all so conditioned and used to living with our mind in control of ourselves, that many of our feelings, and mostly so many of our bad feelings, we dismiss or shut out and refuse to deal with. We should go the other way in life, so instead of denying so many of our feelings, trying to acknowledge them all, to bring them all out, every last bad one, even if means stopping everything else and attending to them; and by attending to them is to make sure we express them, speak about them, the whole idea being not to keep suppressing them, to make sure they come up and out of us as we feel them.

Along with this: we are to long for the truth of our feelings; as in, the truth they are wanting us to see about ourselves, because apparently hidden or behind or within each feeling, is something it's trying to tell us about ourselves. And that is how God wants us to live – it is to live a true spiritual life.

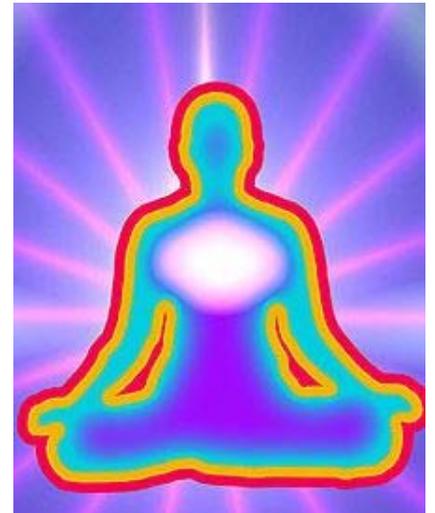
We are not meant to be alone, we are to have someone with whom we can share our whole self with, telling them all we think and feel. If you do not have a companion, talk it out loud to your Heavenly Parents.

If you feel a bad feeling, you don't let it pass, you stop with it, focus on it fully accepting it; and with the emotions of it, express it the best you can; and then at the same time, long for the truth of it – want to see what it's all about – why you're feeling it.

There are hidden deeper underlying causes in us that will come to light as to why we're really feeling bad. So we might, for example, be angry with something that's happening in our life now, but as we express that anger, longing for the truth of it, it will lead us back into our earlier life connecting with the same anger we felt about other things; and then back even deeper into connecting, or it should be reconnecting, with anger we felt with our parents when our parents treated us badly.

That means there will be a lot for us to deal with if the bad feelings we're feeling now are also going to lead us back into buried bad feelings from our past.

Sage and the Healing Angels of Light by James Moncrief



LIVE TRUE to YOUR FEELINGS:

A massive insight and realisation, which became my platform for living life, it was really quite simple; all I could do was honour and be true to my feelings. I had to *obey* myself first – my feelings; I was the important one, not my parents and family, not even the Mother and Father. With this truth I learnt the importance of living true, always honouring my feelings. And I realised that if the Father wanted me to do anything He could show or guide me through my feelings.

It is through our feelings that we know – feel – how to live the Will of God.

You will come to see why the doing of your soul-healing is so important, to give up your mind's control over you in favour of **allowing your feelings to dictate and dominate your life**. And when you do, then you will **lovingly obey yourself, your feelings, and no one else**. This is all the Mother and Father ask of you, because **when you are living true, then you will be completely honouring Their Laws, Their Way, Their Love**.

Your bad feelings are real and true. They are not evil; they only make you feel bad. They can make you feel sick but this is what they are meant to do, because how you are functioning is wrong – you are sick. And **until you have no more repressed bad feelings within you, you are living untrue to your soul, to yourself, and to the Father and Mother**.

Jesus

message 32, 8 January 2003

The Rejected Ones – Living True to One's Feelings

by James Moncrief

ALWAYS BE TRUE TO YOUR FEELINGS



Feelings First Spirituality

The New Way

Feelings First
FF
Feeling Free

The New Way, Feelings First Spirituality
 Learn to live with God through your Feelings

Accept, express and long for the truth of your feelings

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



Live true to yourself by living true to your feelings.
 Long for the truth of your feelings.

Accept / Express / Bring out ALL of your good, and most importantly,
 BAD feelings.
 Want to understand why you're feeling them.
 Use your surface feelings to take you deeper into your repressed and
 hidden feelings.



The Feeling Way is the True Way.
Your feelings are your spiritual guide.
Your feelings will take you to God.



Your feelings will show you the truth of your relationships, including your relationship with God; and if anything is wrong, untrue and unloving, then why it is.

Our feelings are sacrosanct and we should respect them accordingly. And we should NEVER block them out, ignore, override, banish, deny or reject them, because if we do, we're only doing that to ourselves, as Our Feelings Are Our Self.

Our feelings are the gateway to our soul. Our feelings are the closest we can get to our soul. Knowing the truth of our feelings is knowing the truth of our soul, and knowing the truth of God.

Feelings First Spirituality is the True 'religion' for humanity.
It embraces all people.
It completely unifies the world.



Everyone can relate to everyone else through their feelings.
And we can all live the truth that comes from our feelings, all sharing the same truths as we express and have the same feelings.
No one need be left out; no one is more special than anyone else – we are all united in Truth through our feelings.
So with and through our truth we live our lives, therefore without the need of any man-made mind-laws, rules and restrictions that limit self-expression as inspired by our feelings.

The New Way, Feelings First Spirituality is what is to replace all man-made, mind-contrived religions that so many people have enslaved themselves to. The New Way, Feelings First Spirituality will set us free of all that control, ending the Rebellion and Default within ourselves as we do our Feeling-Healing, and ending such control and spiritual stagnation in the world.

Bring on the End Times – get it over and done with! Let's all see that Jesus is not going to come again, that Prophecy has failed all the mind-controlled religions. Allow such false systems of belief to die their long-awaited natural death, they've overstayed their welcome, it's now time they fade away. So let us show such antiquated, erroneous systems of belief the exit and bring on the fresh liberation of discovering the truth of how we are to live for ourselves, each of us personally in our lives, and all by

looking to our own feelings for it. Self-revelation through our feelings is the way to go.

The Way of the Mind is ending, and is really the End Times – the End of our mind control, and **it's about time!** With the Way of our Feelings replacing it.

The End Times means the end and therefore a New Beginning. And that new beginning is a whole new Spiritual Age – an age based on self-revelation of truth through one's feelings, coupled with and supported by higher revelations from the Celestial spirits, angels and nature spirits.



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

Love comes through our feelings and not our mind, as we've all been wrongly led to believe.

Feelings First; then comes The Truth; then comes Love.

LOVE is the Religion of Feelings, being:

Feelings First Spirituality, The New Way



The Only Prayer That Man Need Offer to the Father:

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

The Prayer for Divine Love

2 Dec 1916

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

P.438 Book of Truths through James Padgett / Jesus

Let your prayer be as follows:

Our Father, who art in heaven, we recognize that You are all Holy and loving and merciful, and that we are Your children, and not the subservient, sinful and depraved creatures that our teachers of old would have us believe. That we are the greatest of Your creation, and the most wonderful of all Your handiworks, and the objects of Your great soul's love and Tenderest care.

That Your will is that we become at one with You, and partake of Your great love which You have bestowed upon us through Your mercy and desire that we become, in truth, Your children, through love, and not through the sacrifice and death of any one of Your creatures.

We pray that You will open up our souls to the inflowing of Your love, and that then may come Your Holy Spirit to bring into our souls this, Your love in great abundance, until our souls shall be transformed into the very essence of Yourself; and that there may come to us faith--such faith as will cause us to realize that we are truly Your children and one with You in very substance and not in image only.

Let us have such faith as will cause us to know that You are our Father, and the bestower of every good and perfect gift, and that only we, ourselves, can prevent Your love changing us from the mortal to the immortal.

Let us never cease to realize that Your love is waiting for each and all of us, and that when we come to You, in faith and earnest aspiration, Your love will never be with-held from us.

Keep us in the shadow of Your love every hour and moment of our lives, and help us to overcome all temptations of the flesh, and the influence of the powers of the evil ones, which so constantly surround us and endeavour to turn our thoughts away from You to the pleasures and allurements of this world.

We thank You for Your love and the privilege of receiving it, and we believe that You are our Father --the loving Father who smiles upon us in our weakness, and is always ready to help us and take us to Your arms of love.

We pray this with all the earnestness and longings of our souls, and trusting in Your love, give You all the glory and honour and love that our finite souls can give.

Amen

MoC



Note: The 'false teachers' are our parents, as they are also the 'evil ones'. Also, the evil ones, being those parts of one's mind, that are controlling you.

Every physical ailment that you have is a total reflection of soul condition emotion that you are holding onto, and each soul condition emotion affects a certain part of the body.

Those who concentrate on the emotion rather than the mind/intellect are more accurate.

A pain in the lower back reflects unworthiness issues with self love.

A bit of chest pain, asthma type issues – grief – you need to cry.

Stomach, spleen, liver – all to do with fear.

Eyes – short sighted – not willing to see the big picture.

A lot of anger based emotions come out in your skin.

30 Aug 08

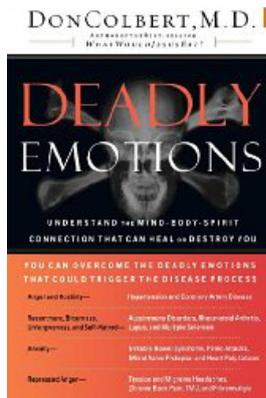
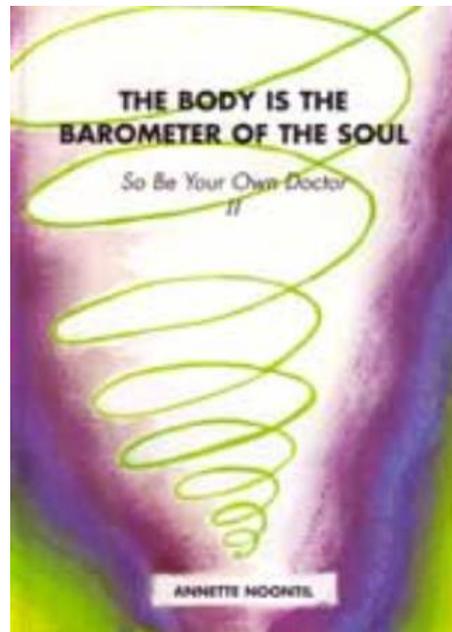
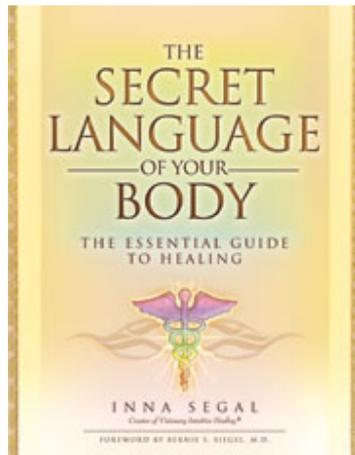
“The Body is the Barometer of the Soul” by Annette Noontil

[http://www.holisticpage.com.au/ Annette Noontil.php](http://www.holisticpage.com.au/Annette_Noontil.php)

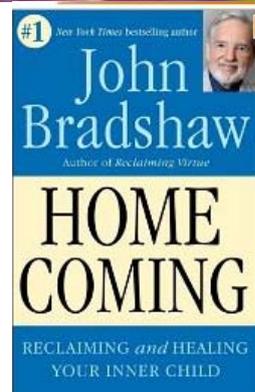
Also consider:

"The Secret Language of your Body, the essential guide to healing" by Inna Segal.

www.innasegal.com/

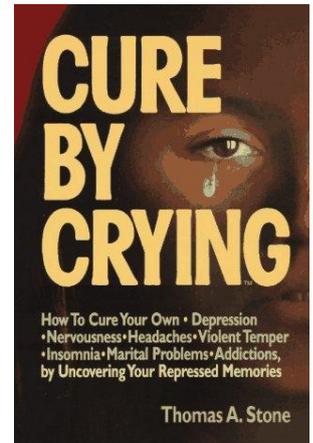


Deadly Emotions by Don Colbert.



Home Coming: Reclaiming & Championing Your Inner Child by John Bradshaw

In **Cure By Crying**, Thomas A. Stone tells an interesting story of how he was able to eliminate or greatly reduce many of his physical and mental symptoms. He had been bothered by a facial rash, by insomnia, headaches, nightmares, nervousness, depression, lack of energy, procrastination, violent temper, among a number of other health problems.



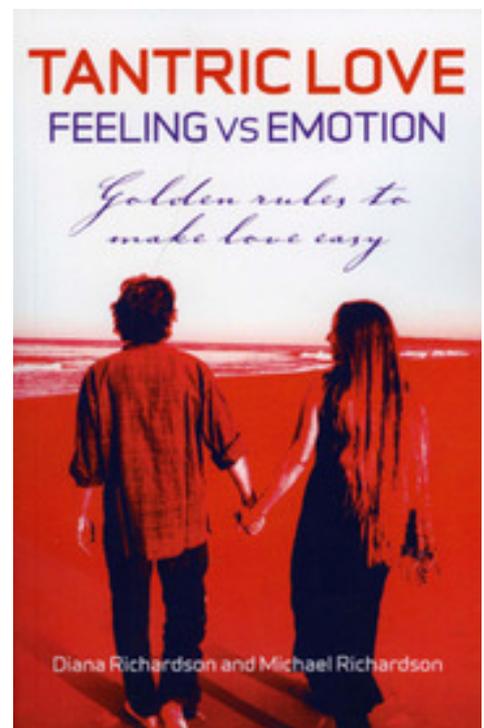
The notes herein have been predominantly drawn from the book;

Tantric Love – Feelings vs Emotions by
Diana Richardson and Michael Richardson.

Other books by these authors include:

Tantric Sex for Men
The Heart of Tantric Sex

The word Tantra translates to **LOOM** - a weaving loom - which is to interweave your divine essence with the mundane, whether that is chopping wood, carting water, etc. In it's origins it is not about sex, this has been focussed on in the west, not in it's origins in Kashmiri Shaivism.



Feeling Healing – Healing yourself through your feelings.

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

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

Available generally from:

www.lulu.com

www.amazon.com

www.bookdepository.com

For Divine Love focused websites and forums:

Pascas Health:

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

Spiritual Development:

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

Padgett Books:

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

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

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

DIVINE LOVE SPIRITUALITY – DLS:

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

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

James Moncrief Books:

	MoC		
The Rejected Ones – the Feminine Aspect of God	1,490	Nov 2002 – Jan 2003	228
Messages from Mary and Jesus book 1	1,485	Feb – Apr 2003	189
Messages from Mary and Jesus book 2	1,485	Apr – Oct 2003	170
Mary Magdalene and Jesus' comments on the Padgett Messages – book 1		Aug 2007	164
Messages from 31 May 1914 – 12 January 1915	1,495		
Mary Magdalene and Jesus' comments on the Padgett Messages – book 2		Sep 2010	177
Messages from 13 January 1915 – 29 August 1915	1,494		
Speaking with Mary Magdalene and Jesus blog – book 1	1,490	Jan – Apr 2013	206
Speaking with Mary Magdalene and Jesus blog – book 2	1,489	Apr – May 2013	229
Speaking with Mary Magdalene and Jesus blog – book 3	1,490	Oct – Jan 2014	187
Speaking with Mary Magdalene and Jesus blog – book 4	1,491	Jan – May 2014	191
Mary Magdalene comments on Revelation from the Bible KJV	1,485	Dec 2013 – Jan 2014	84
		This group being pages of	1,825
Paul – City of Light	1,488.5	2005	149
Ann and Terry		2013	235
Feeling bad? Bad Feelings are GOOD!	feeling-healing book 1	2006	179
Feeling bad will make you feel BETTER – Eventually!	feeling-healing book 2	2006	159
Breaking the Golden Rule.	feeling-healing book 3	2006	168
Feeling-Healing exercises, and other healing points to consider.		2009	175
Cathy and Mark – a novel introducing Feeling-Healing.		2010	151
Introduction course to Divine Love Spirituality		2006	139
Speaking with the Dead, Death and Dying		2009	173
Spirits and their Childhood Repression Healing		2010	179
With Verna – a nature spirit		2008	279
Communication with spirits – meet a spirit friend		2010	37
Introduction to Divine Love Spirituality website			362
Sage – and the Healing Angels of Light		2017	260
Divine Love Spirituality		2017	250
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings		2017	44

This group being pages of 3,092

Religion of Feelings

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

Introduction to Divine Love Spirituality

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

Main website of DLS

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

Childhood Repression website

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

DLS and CR forum

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

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

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Paul – City of Light

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

Ann and Terry

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

Feeling Bad? Bad Feelings are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

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

Sage – and the Healing Angels of Light

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

**Religion of Feelings
Feeling Healing**

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

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

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

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

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

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

Pascas Papers, being free, are located within the Library Downloads www.pascashealth.com

<http://www.pascashealth.com/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..*

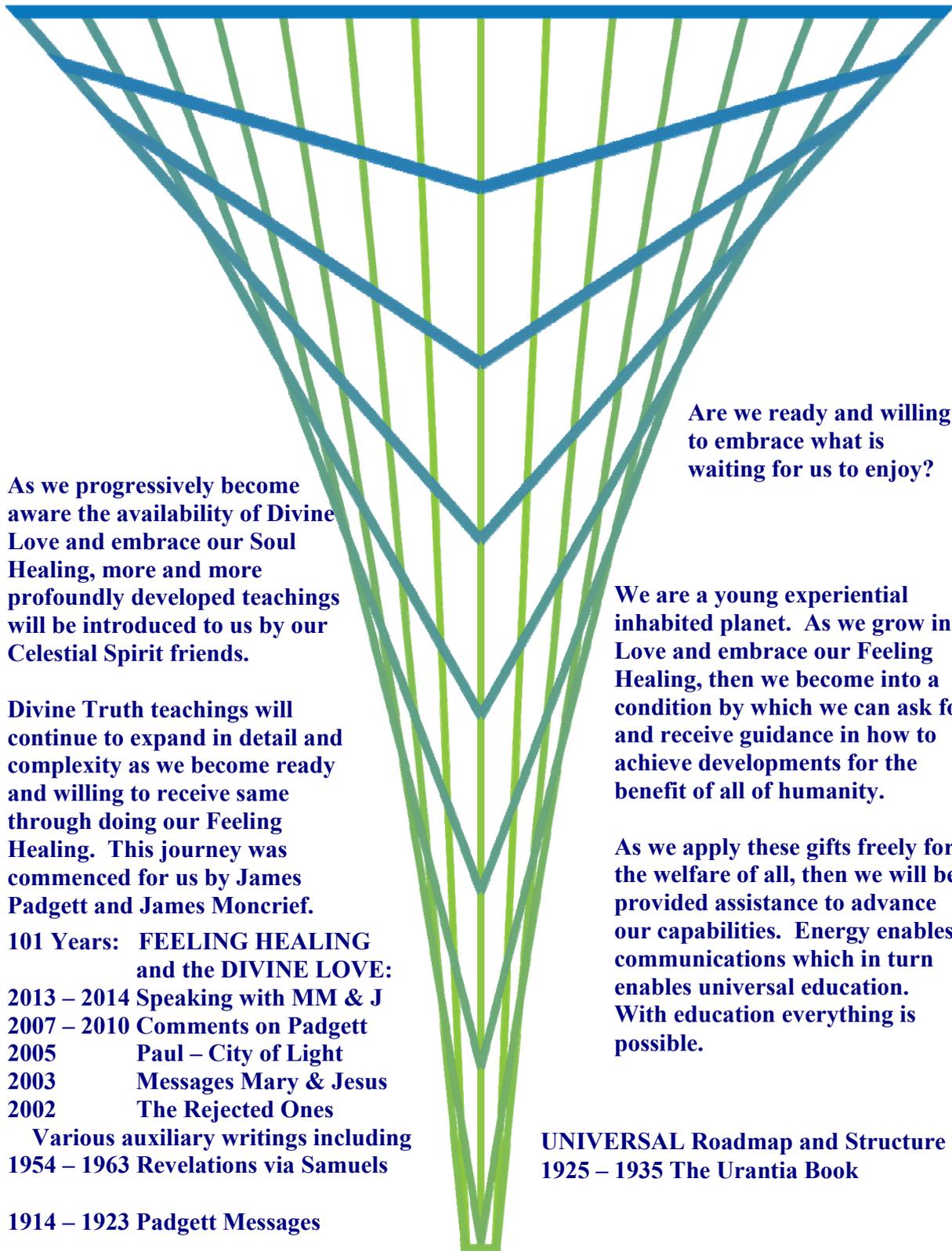
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

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:



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



Your soul is the real you!

Visibility: **Body** - **limited sight of colour.**
 Spirit - **expanded visibility.**
 Soul - **complete spectrum of colour.**



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

Prayer: is emotional exchange with God