

PASCAS CARE

HEALING CODE



“Peace And Spirit Creating Alternative Solutions”

PASCAS FOUNDATION (Aust) Ltd
ABN 23 133 271 593

Queensland, Australia

Em: info@pascasworldcare.com
Em: info@pascashealth.com

Pascas Foundation is a not for profit organisation

www.pascasworldcare.com www.pascashealth.com

PASCAS INTRODUCTION:

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

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

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

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

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

Living Feelings First, *John.*

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



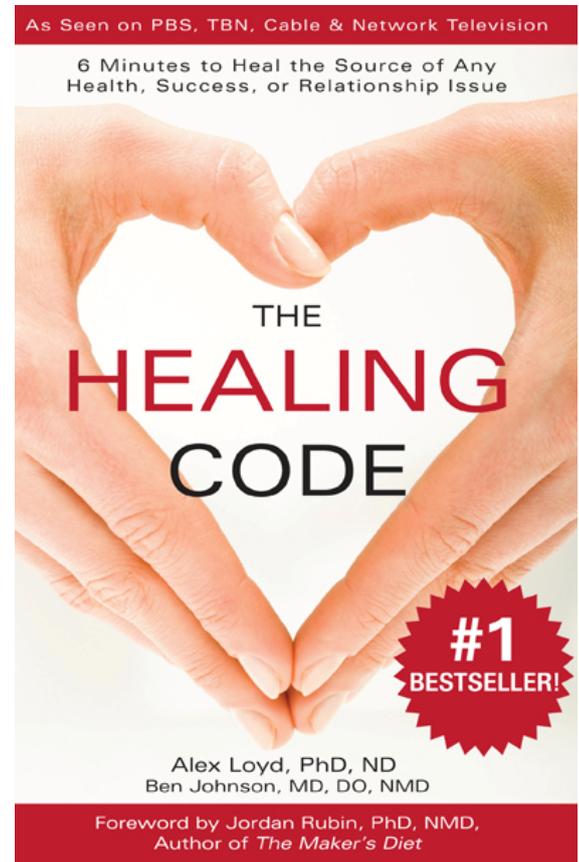
THE HEALING CODES™

Unlocking the Cellular Sequence of Life



HEALING CODE:

The Healing Code is your healing kit for life – to heal the issues you know about, and the ones you don't. In 2001, while trying to cure his wife of her long term depression, Dr. Alex Loyd discovered how to activate a physical function built into the body that consistently and predictably removes the source of 95% of all illness and disease, so that the neuro-immune system takes over its job of healing whatever is wrong with the body. He also discovered that there is a Universal Healing Code that will heal most issues for most people – physical, emotional and relational, as well as enabling breakthroughs in success and well being. The Healing Code has been subjected to numerous tests which have validated its success, as do the testimonies of the thousands of people for whom it has worked. In this book you will discover for yourself The Healing Code process. It's easy to learn, can be used just about anywhere and takes only six minutes to complete. This life changing book also includes the Seven Secrets of life, health and prosperity, the 10-second Instant Impact technique for defusing everyday stress and the Heart Issues Finder – a simple test that identifies quickly your own personal source issues and imbalances. In just six minutes, lower stress, turn the immune and healing systems back on and discover the life changing effects of The Healing Code.



Alex Loyd the Healing Code

<http://www.youtube.com/watch?v=gQM00mQZZpU>

Stress wreaks havoc on our health. Author of The Healing Code, Dr. Alex Loyd, a psychologist and counsellor, discovered The Healing Code system during his quest to cure his wife's clinical depression. He claims that it can heal virtually any physical, emotional or relational issue.

What are The Healing Codes?

The Healing Codes are a simple and powerful self-healing system that was discovered in 2001 by Alex Loyd, PhD, ND. Every time you use a Healing Code, it activates a physical function built into the body that consistently and predictably removes the #1 cause of illness and disease from the body . . . stress.

Our bodies are designed to maintain optimal health! But not all of us are healthy. Every time we have a health problem, we should be asking, “What stress / emotion is causing this problem and how can I eliminate it?”

Numerous health experts say that the number one killer on the planet is stress. Most physical and non-physical health problems have long-term, physiological stress as their origin. In fact, the Centres for Disease Control estimate that 80% of all health care dollars are spent on illnesses related to stress.

Further research has demonstrated that if the body stays in a state of physiological stress long enough, illness and disease are likely to follow, creating as much as 95% of disease and illness. Our stressful lifestyles are the reason we are getting sicker as a population. (Blocked negative emotions held within our soul emerge as fissures and blemishes in our spirit body and then emerge in our physical body as illnesses.)

The Healing Codes activate powerful healing centres that can allow the body to heal itself of almost anything. They do this by removing the stress from the body, thus allowing the neuro-immune system to take over its job of healing whatever is wrong in the body. (This is only successful long term should we address the underlying emotions behind the stress / fear.)



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



The Healing Codes In A Nut Shell...

<http://www.electrical-sensitivity.info/HealingCodesReport.pdf>

Stress IS created from our incorrect beliefs and our misinterpretations resulting in emotional damage within our soul – blocked emotions of energy!

Because of these false beliefs and misinterpretations, we then view our lives, our personal circumstances and the world around us, as being dangerous and threatening to us – an escalation of fear from held errors and untruths.

And, when we feel threatened, the cells in our body are then constantly forced into a stress filled "defensive mode", as opposed to a normal, healthy, "growth mode" associated with truth.

When that continually happens – day in and day out – our bodies become so stressed, that they begin to break down, and we are no longer able to repair ourselves.

However, by using The Healing Codes, we are able to correct these false beliefs, and misinterpretations. When we do that, we stop viewing all our circumstances as threatening. We replace false beliefs with truths.

We then, stop creating the constant stress within our bodies. This allows our cells to move out of their defensive mode and into their growth mode.

Our immune system then becomes "supercharged" and we rid ourselves of illnesses, and protect ourselves from creating new ones. Truth and error cannot reside together on the same subject.

The body is the world's most perfect healing machine, when our cells are not forced into a defensive position, brought on by stress / error / falsehoods.

Now you can use our easy to follow, step by step techniques, (we call them Protocols) to help your body completely heal itself from whatever you are dealing with and all it takes is 2 or 3, eight minute sessions a day.

That's about 15 – 30 minutes a day, to be free of pain, stress, worry and disease!

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



About Us

The Healing Codes is a company founded by Dr. Alex Loyd, ND and PhD candidate and Dr. Ben Johnson, MD, DO, NMD.

Dr. Alex Loyd

Alex and his wife Tracey discovered she was clinically depressed after they got married. In a quest to find a cure for her depression, Alex went back to school to study psychology.

Over the next twelve years Alex travelled all over the country and to other parts of the world looking for a permanent cure for her depression. He prayed every day for twelve years for a cure. He found many treatments that provided many people excellent relief. But, a cure eluded him.

As he was ready to board a plane to home from Los Angeles, his cell phone rang and he could tell from his wife's voice, she was very upset again. He had been introduced to therapies he knew he could use to help her, but only if he was there.

After boarding the plane, he prayed again. All of a sudden, he felt like a massive amount of information on an undiscovered healing map within the body was being downloaded into his brain.

He grabbed a notepad and began to write as fast as he could. His hand was cramping. At one point, he said, "God, you're going to have to slow down or help me remember. I can't keep up." He then looked around to see if anyone had heard him.

He wasn't certain if he had spoken out loud or not.

He began to use this information on his wife and with those he counselled. The focus was on relieving self-sabotage programs. Suddenly his clients discovered that physical issues were dissolving along with the mental problems they wanted to change.

Dr. Ben Johnson

Dr. Ben Johnson had founded an international cancer research and treatment facility just outside of Atlanta.

Ben was extremely low on energy and his muscles had begun twitching. He assumed this was caused from an accident and surgery and that it would heal.

After the conditions continued to worsen, he went to a friend of his for a medical workup. The doctor came back and told him he had Lou Gehrig's Disease. He went for a second opinion and was told the same thing by a doctor with no knowledge of the first doctor's diagnosis.

He went to the Internet and discovered; 80% of the people diagnosed with Lou Gehrig's Disease were dead within five years. He could find no evidence of any ten year survivors.

He had been introduced to Alex's work and decided to make it a top priority to find out more. When there are no known mainstream cures nor treatments; it's time to start looking other places.

Ben went to one of Alex's seminars and purchased some of Alex's time. After eight weeks, he went back for another medical workup. He had no physical symptoms and no clinical traces of Lou Gehrig's Disease.

This is a company that love is building.

Almost all of the participants who are helping to get this company launched have personal stories that have caused them to invest their time, money and contacts.

Almost no one is getting paid (as of this writing) and those who are being paid anything are not being paid their worth.

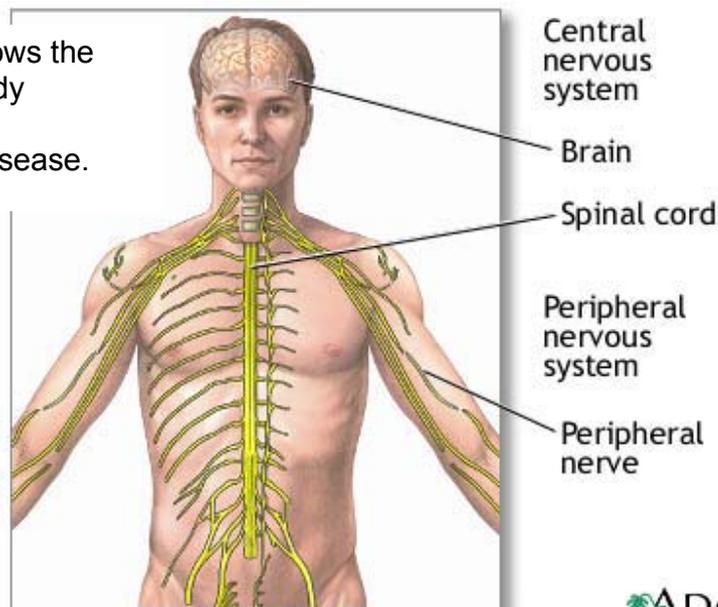
We are evangelists for new and better ways to create and maintain health.

We believe, and have a lot of evidence to base our beliefs on; this will be of help to everyone who will take the time to use these discoveries for themselves, families and friends.

We encourage you to take the time to find out what this system can do; because, when you need it, you don't want to start from scratch. So start today.

If you haven't already, sign up for a free audio interview by Bill McGrane of the McGrane Institute with Dr. Alex Loyd and Dr. Ben Johnson:

This picture shows the areas of the body affected by Lou Gehrig's Disease.



ADAM.



The Healing Codes – How Does It Work?

Have you ever wondered: Why is there still no cure for diabetes, or migraines, or arthritis? Why do people still have to hear, "you've got cancer," "looks like Fibromyalgia," or "your heart is diseased?"

Why do people still struggle with depression, or anxiety or, uncontrollable anger? And why, in our advanced and educated society, do we still struggle with the common cold?

Are these issues? Absolutely.

There are hundreds of issues, physical and non-physical, that are still being medicated and talked through daily, but the problems still remain. Why aren't our issues changing and getting better?

None of those issues are THE problem...

Where Do Our Problems Come From?

If we knew a person was going to develop a tumour in seven days, we might contact a hospital to perform an experiment. The experiment would be to perform a MRI daily, to pinpoint exactly when a person goes from being cancer-free to having a tumour. Day's one through six, the MRI reports a clear scan. On day seven, abnormal cells representing a tumour are seen.

QUESTION: Where did the tumour come from? The one place we know it did not come from is from physical things seen and measured by the MRI. So, the tumour had to come from somewhere undetectable by the test.

Stanford researcher and cellular biologist, Bruce Lipton, Ph.D. released landmark research in 1998 that proves the unseen is the cause of the tumour in our example 95% of the time. Dr. Lipton built upon Albert Einstein's $e = mc^2$ (**every problem is an energy problem**) to scientifically prove the unseen cause of our hypothetical tumour.

According to Dr. Lipton's research, **the unseen cause is always a wrong belief (emotional error).**

In other words, a **wrong belief creates a destructive energy frequency that manifests itself as disease, physical illness, mental or emotional disorder, stress, or one of a hundred other problems.**

It sounds great, but there's something missing...

Psychology, psychotherapy, spirituality, self-help, friendly and not-so-friendly advice all have been touting for hundreds of years the secret to fixing the critical beliefs that dictate our health. If wrong beliefs were the problem, then fixing them would result in healing the issue.

Despite all these efforts, things are getting worse:

- According to the CDC, there is more heart disease than ever before.
- Everyone knows someone with cancer.

- Suicide rates are increasing, especially among teenagers and senior citizens.
- Obesity is at epidemic proportions.
- Autoimmune disease has created the largest hopeless and helpless community in America.
- Mental health patients are weary of the treadmill of medication band-aids.

The healthcare nightmare is a daily headline news story. WHY?



Your soul errors, emotional injuries, create the fissures and damages within your spirit body, these emerge as illnesses within your physical / material body. Accessing and processing your childhood causal / core emotions remedies all of your three bodies. We need to consider the underlying emotions at a childhood causal level.

Imagine A Picture...

Envision a picture that conveys something beyond words. It may be a vacation picture at a place of incredible beauty. It may be a painful picture of a challenging time in your life. It may be a prized picture that exudes love and is a constant source of strength.

Pierce Howard, Ph.D., in his recent book, *The Owner's Manual for the Brain*, shows that all data is encoded in the form of pictures proving that pictures are the primary source that everything else flows from – they are the language of our lives.

In recalling the pictures of your life, what feelings, thoughts, and beliefs are stirred?

Did you experience anger and fear at recalling a major trauma? Pure joy in re-experiencing an innocent child playing on the beach? Affection at a first love's gaze? Inspiration, imagining life that is to come?

Every feeling of sadness, anger, fear, or shame; every belief about yourself, others, and the world; every thought about the best course of action in a given situation – all of these exist because of, and are anchored to a picture.

- A belief is an interpretation of something.
- A thought is a rational reasoning about something.

- A feeling is an experience of something.
- The picture is THE something!

These Images Are The Real Problem!

Since the dawn of time, an unknown force has been causing and maintaining our wrong beliefs.

Pierce Howard's research concludes that all information is stored in the form of images (our memory is within our soul). These images are the real problem. It is almost impossible to heal any problem, long-term, without fixing the underlying picture (emotional error). If this picture is not healed, then fixing the cell, belief, or feeling is usually a band-aid, allowing either the same problem to recur, or a new problem to manifest.

In 2001, Dr. Alex Loyd discovered the mechanism in the body that fixes the destructive underlying pictures, quickly, effortlessly, and completely. This mechanism is the hidden fuse box in the body that heals the pictures when the correct switches are flipped.

Your body needs the vitamins and minerals available in whole foods, it needs exercise, it needs plentiful water, and maybe even vitamin supplements. The Healing Codes techniques are another mechanism to add to your healthful practices.

Since this discovery, people from around the world, using The Healing Codes self treatments, are fixing underlying pictures, which automatically heal wrong beliefs, which instantly heal destructive energies, which consistently heal... everything.

HOW UNHEALED PICTURES AFFECT YOUR BODY

The autonomic nervous system is the body's control centre for stress.

When the HPA-axis (Hypothalamus Pituitary Adrenal) is stimulated, the autonomic nervous system activates the "fight or flight" mechanism and shifts cells from growth mode to self-protection. The response is immediate, mobilizing the body's resources for immediate physical activity. The alarm / stress reaction brings huge amounts of glucose and oxygen to the organs most active in warding off danger.

This results in increased circulation, and a decrease in non-essential activities.

Building Up a Health Crisis...

During the alarm / stress reaction, immune, digestive, cardiovascular, neurological, and reproductive activities are inhibited. When the threat is over, the body automatically shifts your cells back into growth mode.

When the hypothalamus in the brain senses the energy frequency of fear, it activates the body's emergency response system and sends a signal to the pituitary, or master gland, that there is an

emergency. The pituitary then sends a signal to the adrenal glands, which send out the adrenal hormone that puts the entire body into "fight or flight" mode.

"Fight or flight" is healthy when it allows the body to react to avoid a dangerous situation, and then returns to rest. It is *not* healthy however, for the body to activate "fight or flight" when the phone rings and then remain in that state chronically.

When the body is chronically in a "fight or flight" place, healing resources are diverted from the major organs, the immune system, and higher neurological functioning. If the body stays in this state for an extended period, illness, disease, and disorder are likely to follow...

Dr. Lipton's research concludes that the energy frequency of fear and wrong beliefs will cause the nervous system to go into "fight or flight." Every wrong belief is an interpretation of fear pictures.

The above process that activates "fight or flight" can lead to a health crisis – one cell at a time.

Remove Negative Energy from Unhealed Pictures

Dr. Lipton proved that every cell is either in growth mode or self-protection mode at any given time. A cell in growth mode is healthy and impervious to disease. A cell in self-protect mode is closed to needed resources of the body and is vulnerable to dysfunction and disease.

Cells switch from growth to self-protect mode when the HPA axis (fight or flight) is activated. The HPA axis is wrongfully activated by the mistaken perception of danger! A destructive picture leading to a wrong belief always causes this mistaken perception of danger.

The purpose of The Healing Codes is:

- to remove negative energy from unhealed pictures,
- to reduce or completely eliminate stress in the body.

Everyone wants abundant life filled with love, joy and peace. Unhealed pictures are what block us from this life. We all know of people with money, accomplishments, and fame who do not have love, joy, or peace and are miserable.

Is this a loving choice for me?

On the other hand, everyone with love, joy and peace, whether or not they have anything else, has abundant life. The Healing Codes Techniques help heal the unhealed pictures that block abundant life.

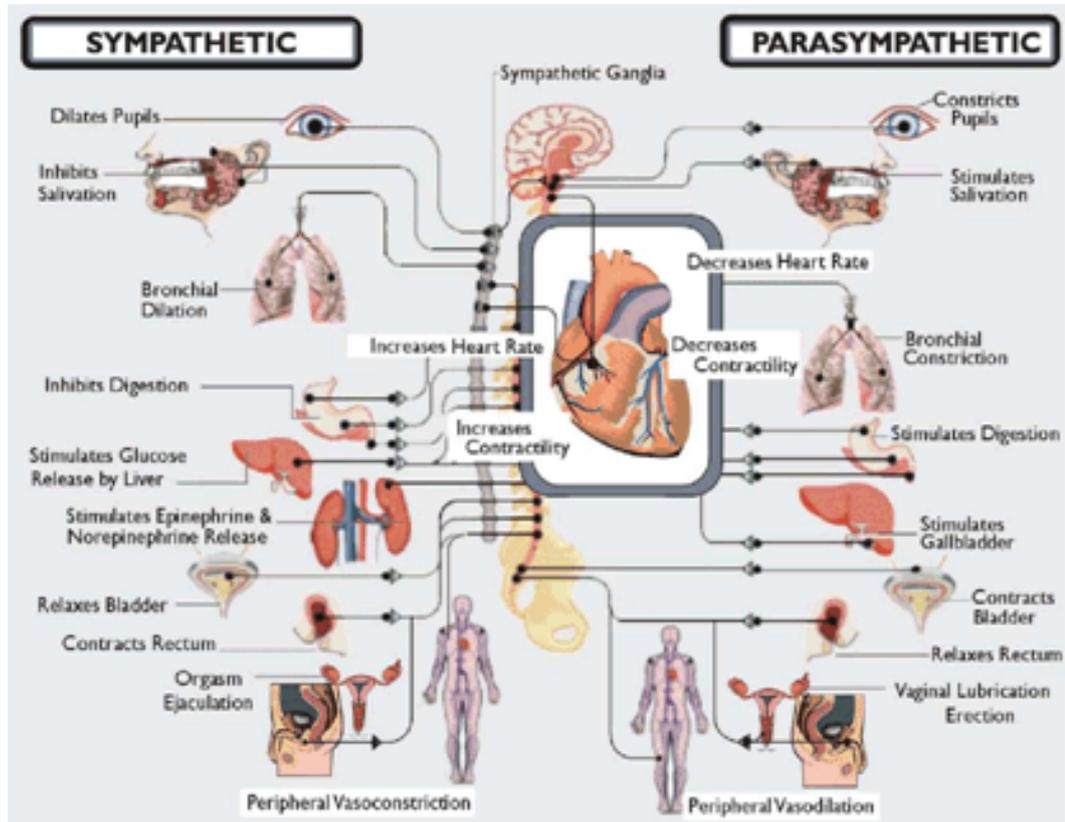
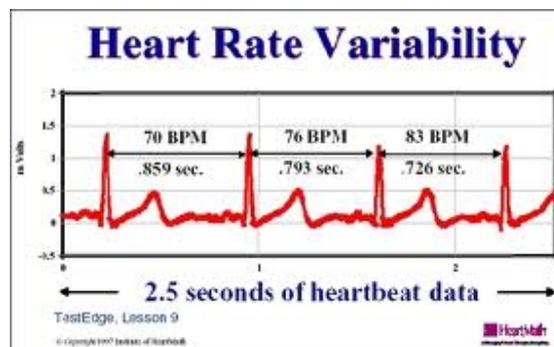
Summed Up

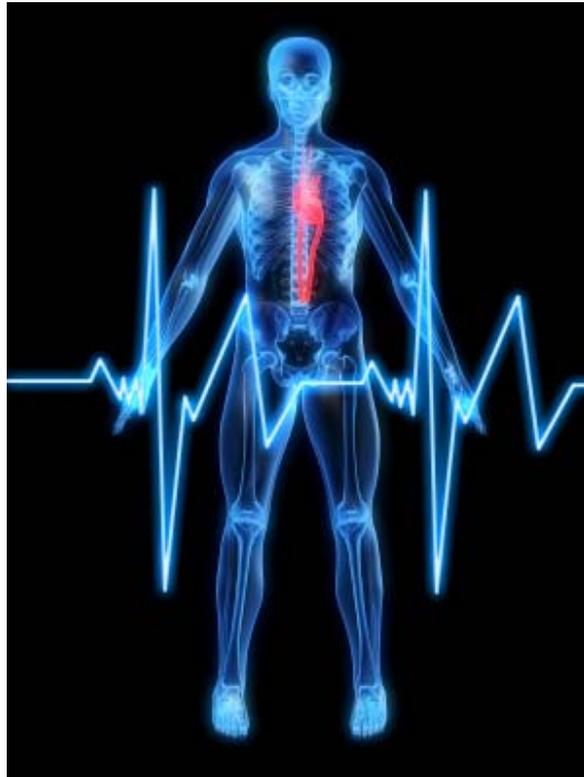
- According to Pierce Howard, Ph.D., and other researchers, the picture is first.
- If you change everything but the picture, you still have the problem.
- If you heal the picture, and nothing else, all of the problems heal.

Our Experience...

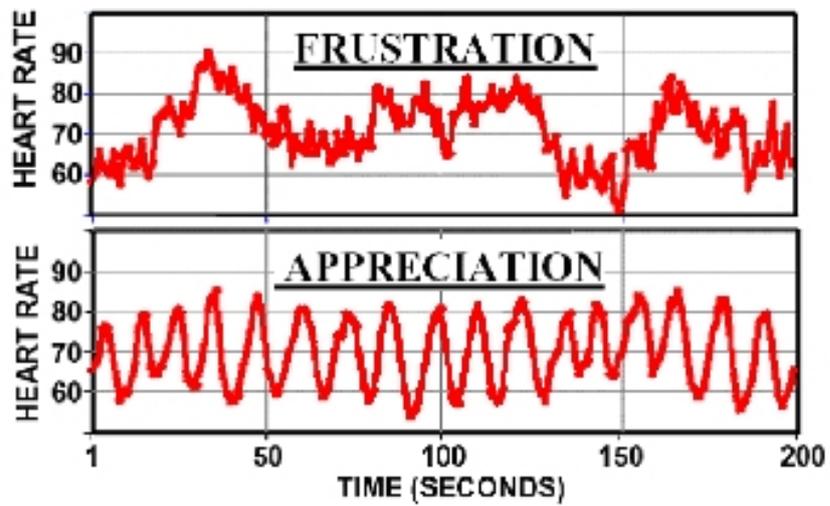
- Of the thousands of people who have used The Healing Codes self-treatments as prescribed, 99.5% have healed completely or dramatically?
- To our knowledge no one who has done The Healing Codes self-treatments, as prescribed, has developed a major disease?
- Unprecedented in 30 years, HRV (Heart Rate Variability) results show immediate balancing of the autonomic nervous system?

(Our conclusions are amongst others based on reported failures and reported results and in 84% of cases tested.)





Heart Rhythms Reflect How In Sync We Are



© Copyright 1977 Institute for HeartMath

TestEdge, Lesson 9



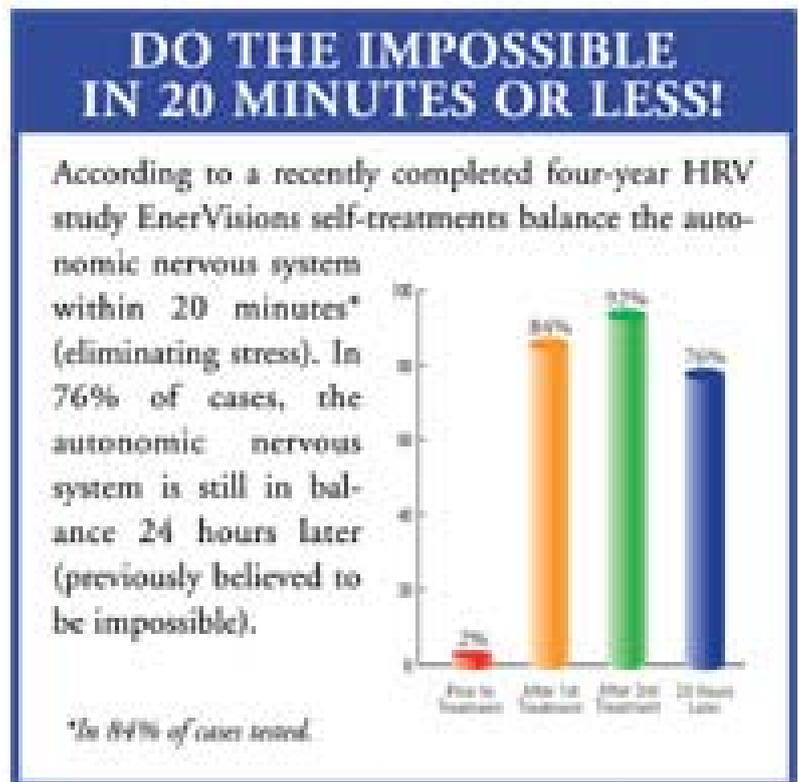
Heart Rate Variability & Stress

The best way to measure stress is by examining the current state of the autonomic nervous system (the stress control system). For the last 30 years, the best known way of measuring the nervous system is by looking at the Heart Rate Variability (HRV).

HRV is part of an elite category of tests, including CT scans and MRI's, which does not respond, even one percent, to placebo. In his most recent book, Dr. Roger Callahan reviews the 30 years of literature on HRV, and finds only two treatments that have ever been found to balance the autonomic nervous system. Both treatments took a minimum of six weeks.

As the autonomic nervous system goes, so goes our health.

According to Stanford cellular biologist Dr. Bruce Lipton, the autonomic nervous system is shifted out of balance by a wrong belief, or a belief based on a lie (emotional error). When this occurs, very often the cells don't shift back into balance the way they are supposed to.



On the other hand, our healthy beliefs, the ones that are filled with truth, lead to wellness, peace, happiness, and true abundant life.

“Depressed HRV (defined in terms of the standard deviation of the means of all "normal" intervals between two sequential beats without contained ectopic beats) has been shown to be associated with subsequent "cardiac events" such as angina, myocardial infarction, coronary heart disease, death, or congestive heart failure.”

- Framingham Heart Study Group

“Low HRV may be a more powerful predictor of mortality than such standard determinants as left ventricular ejection fraction, wall motion abnormalities, frequency and complexity of ventricular ectopy, standard ECG indices, exercises capacity, and the signal averaged ECGT”

- Fallen and Kamath, 1995

"According to 30 years of medical research, Heart Rate Variability is the best test in existence of the state of the body's autonomic nervous system and is not even 1% susceptible to placebo."

- Peter Julian, Director, Advanced Cardiologics

"The Heart Rate Variability test gives an incredibly accurate view of the autonomic nervous system (ANS) as well as the variability of the heart. It is extremely difficult to change the ANS because it is a stable characteristic. There is no placebo effect with the ANS."

- Fuller Royal, MD, Medical Director, The Nevada Clinic

"Analysis of HRV has become a standard tool for the evaluation of cardiac mortality with the general 'rule of thumb' that a reduced variability is a signature for disease and enhanced risk."

- Schmidt and Morfill, 1995

"In my opinion, within the near future all psychotherapies will necessarily be tested with this objective measure. This objective instrument is known to be free of placebo influence and, as more psychotherapists begin to use HRV, we will see an end to testing psychotherapies with a control group and statistical tests in an attempt to demonstrate that the miniscule effects of most feeble conventional approaches are greater than chance."

- Roger Callahan, PhD

Genetics or Stress?

We've been told, and we believe, that the medical history of our family directly affects our health. Their cancers will be our cancers. Their weaknesses become our burdens.

We believe we are helpless against inherited genetic issues or the stress of our everyday life.

What makes the difference?

Almost every expert says it is either genetic tendency, or stress. Research from the Institute of Heart Math and Stanford University shows that **stress produces genetic change**. Yet two people exposed to the same stressful situation are affected differently.

So what is it – genetics or stress? What is the truth?

**PASCAS
PAPERS**

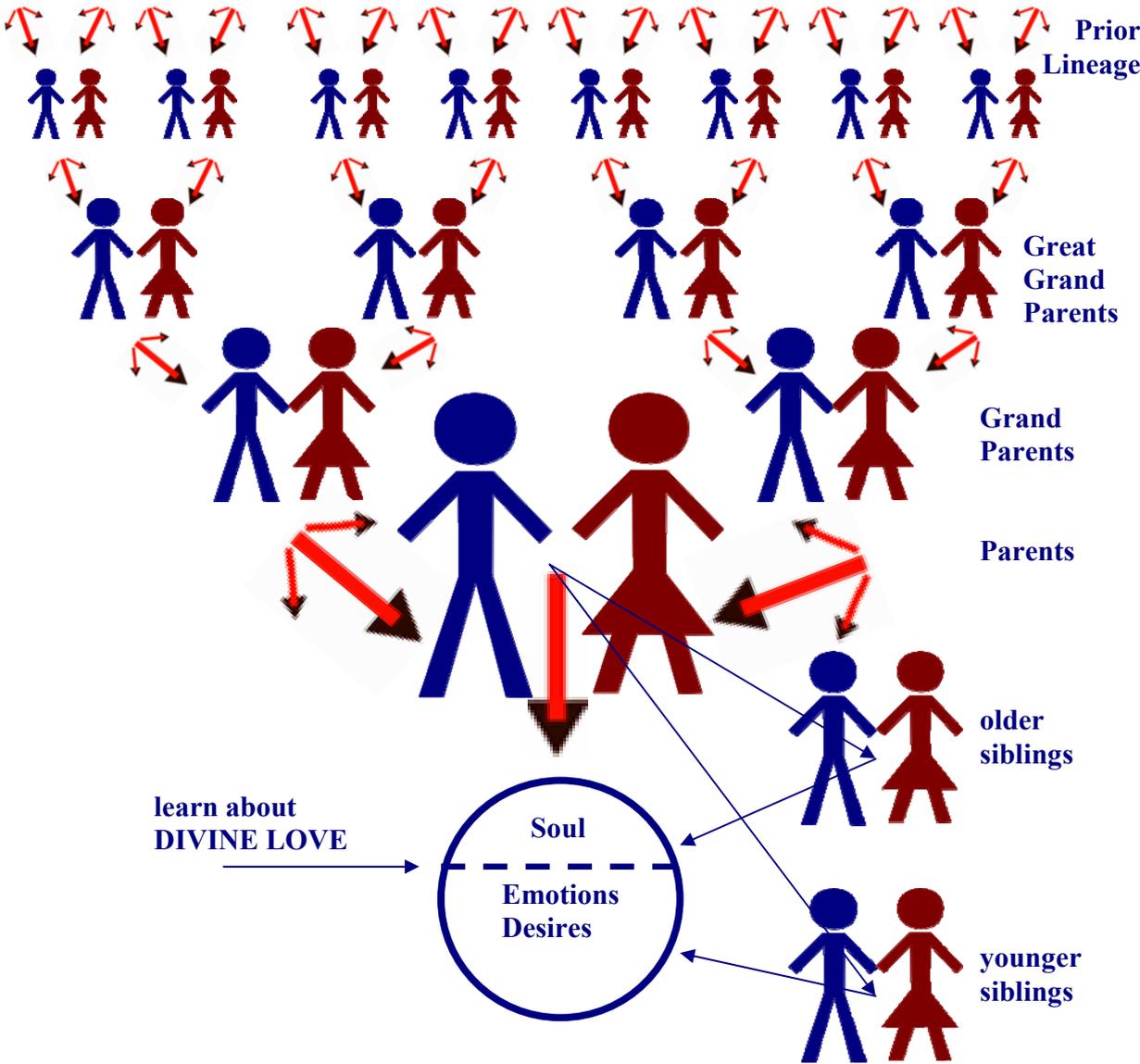
Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

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

Emotional injuries are fed down to the child, essentially during gestation and then throughout the first five to seven years of childhood, by the generations preceding our parents, and including our parents and siblings. The greatest transfer of emotional issues comes from those closest to us.

Everyone within our living environment will have an impact upon our emotional makeup.



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

Recent research shows that **all problems are caused by the same source.**

Multiple studies reveal that 75% – 90% of all patients visit their doctor for illnesses and diseases that stem from a single origin. In 1998, Dr. Bruce Lipton, a cellular biologist at Stanford University Medical School, clinically proved that 95% of all problems arise from one thing: **stress (emotionally based stress).**

A recent web search found over 250,000 sites dedicated to the world's number 1 killer. These sites included information on:

ADD/ADHD	Grief
Addictions	Guilt
Allergies	Meniere's Disease
Amourophobia	Migraine Headaches
Anger	Panic/Anxiety
Anxiety	Phobias
Autoimmune Disorders	Public Speaking
Cancers	Rape/Trauma
Cardiovascular Problems	Rejection
Child Abuse Victims	Sexual Issues
Chronic Pain	Stress
Dental Problems	Stuttering
Depression	Surgical/Medical Fears
Diabetes	Tinnitus
Eating Disorders	War / Other Trauma
Environmental Illnesses	Weight Issues
Fears	Obsessive Compulsive

This is only a sampling of the issues proven to result from stress...

How Stress Affects Us

We are misinformed about how stress affects us. Stress affects us internally, which can manifest itself externally. What may be stressful to one individual may not stimulate stress at all in another. Why is stress such a culprit of peace for some, while not a concern for others?

The perceived problem is never the problem. The mysterious killer is stress. But, we have been lied to about what stress is!

It's not external; what affects one person has no effect on another.

It's internal – but it's not genetic.

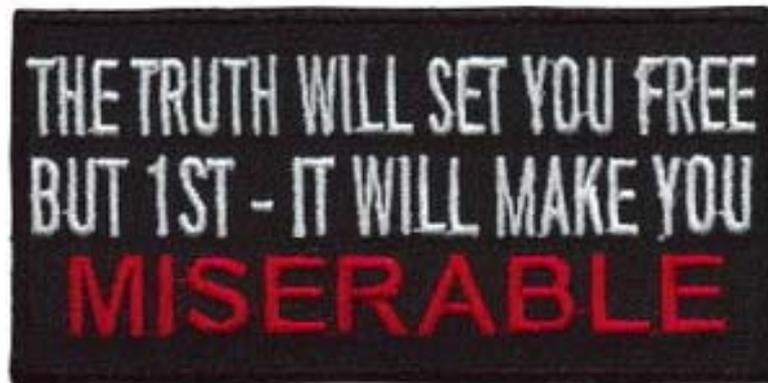
We have 100 million receptors directed to sensing our external environment, but we have 10 thousand billion brain receptors assessing our internal state. These receptors power **the television screen of the heart** that our autonomic nervous system constantly monitors.

In the previous chapter we spoke about how...

- The autonomic nervous system is the body's control centre for stress.
- When the HPA-axis (Hypothalamus Pituitary Adrenal) is stimulated, the autonomic nervous system activates the "fight or flight" mechanism and shifts cells from growth mode to self-protection.
- The response is immediate, mobilizing the body's resources for immediate physical activity.
- The alarm / stress reaction brings huge amounts of glucose, oxygen, and blood to the areas most active in warding off danger.
- This results in increased energy to large muscles, and a decrease in non-emergency activities.
- During the alarm / stress reaction, immune, digestive, cardiovascular, neurological, reproductive and other non-essential activities are inhibited.
- When the threat is over, the body should automatically shift your cells back into balance, or growth mode.

We become sick *when the body doesn't return to a state of rest* after an emergency, or when the body's emergency response system is *activated for non life-threatening reasons* (because the phone rings, or we look at our check book, or we have to wait in traffic).

This creates the stress that kills!



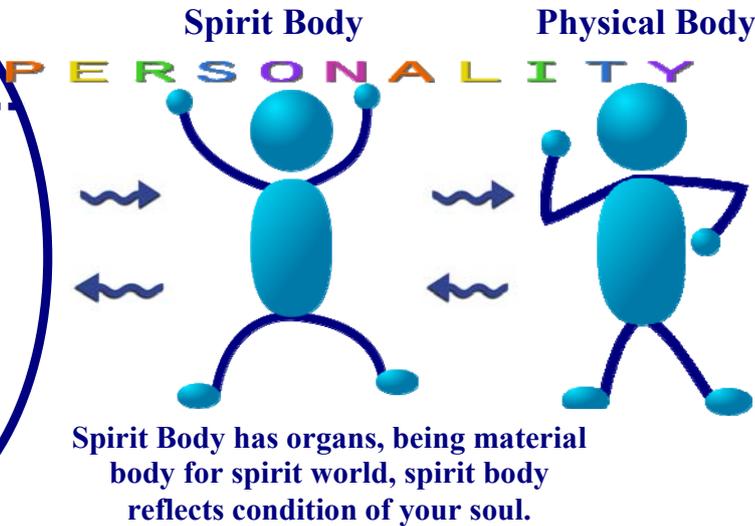
Whilst we are receiving our Heavenly Parents' Divine Love, and that this Love is causing change within our soul and spirit attributes, the greatest Truth known to man and spirit is that this is the way our Mother and Father are actually loving us! When we progress, it is God's way of loving us into love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



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.

Soul does not know sexuality.



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

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

WHICH PERSON IN YOUR FAMILY WILL DIE 20 YEARS TOO EARLY?

- Will your mom's breast cancer kill you?
- Will your grandmother's clinical depression cause your son to be on Ritalin at age 5?
- Will your great-grandmother's anxiety cause your grandson's migraine headaches?
- Will your parent's divorce cause your sister's alcoholism?
- Will your brother's weight problem cause your heart attack?
- Will your father's diabetes result in your niece experiencing chronic earaches?
- Will your grandfather's rage ruin your marriage?
- Will someone you love die twenty years earlier than necessary?



WHAT YOU BELIEVE, AND DON'T EVEN KNOW IT, IS KILLING YOU!

What is a belief?

It's an interpretation of something expressed as feelings, thoughts and actions.

What is a belief an interpretation of?

A BELIEF IS ALWAYS, 100% OF THE TIME, THE INTERPRETATION OF A PICTURE.

There are two kinds of pictures: a memory or a picture created through imagination.

Recall a painful memory or a worry you have about something. Can you see it? Feel it? Taste it? Touch it? Hear it? Experience it?

If you dwell on it long enough don't you start to feel bad? If you are like 98% of people, your answer to these questions is "yes."

According to Pierce Howard, Ph.D. in *The Owner's Manual for the Brain*, **all incoming data is encoded in the brain as pictures.**"

When you recall or re-experience information, you recall it in the form of pictures.

When pictures are activated, whether from memories or through imagination, they can activate the *stress fire alarm*, which compromises our nervous system, and, if unchecked, leads to illness.

The threat is not "out there," but inside of us. We experience a threat when the internal activation of the autonomic nervous system is triggered by an unhealed picture.

On the other hand, when you heal the picture, everything else heals. In fact, unhealed pictures are the *only* thing we treat with The Healing Codes...

Energy Medicine

Sir Arthur Edington once said, *"Verily it is easier for a camel to pass through the eye of a needle than for a scientific man to pass through a door, and whether the door be a barn door or a church door, it might be wiser that he should consent to be an ordinary man and walk in rather than wait till all the difficulties involved in a really scientific method are resolved."*

Albert Einstein stated, *"It is possible there exist human emanations that are still unknown to us. Do you remember how electrical currents and 'unseen waves' were laughed at? The knowledge about man is still in its infancy."*

Albert Einstein proved that all matter is controlled by energy ($e=mc^2$).

All energy has a measurable frequency. In current medical technology, energy frequencies are measured with MRI's, CAT scans, PET scans, EEG's, and others.

A current kidney stone removal therapy works by raising the frequency of the kidney stone, causing it to explode internally.

The Healing Codes treatments also use energy to heal the body. The Healing Codes protocols heal the destructive pictures that are causing the wrong beliefs, which in turn are causing the energy frequencies of illness and disease.

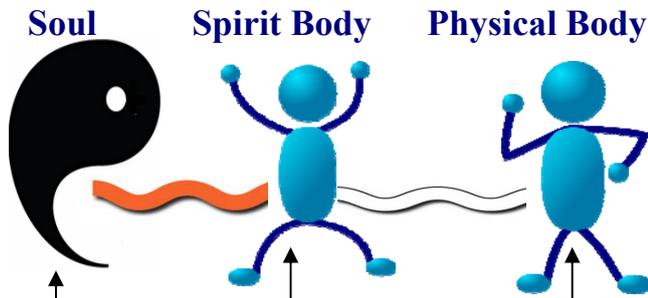
WHAT IS IT?

Energetic medicine, or bio-energetic consultation, is the practice of assessing and correcting health issues by way of the body's energy system, which allows the body's own immune system to do its normal healing work. The body's energy system has been a fundamental part of traditional and alternative medicine for many, many years.

An EEG measures the electrical activity of the brain in a similar way as the ECG measures electrical properties of the heart. When the paddles are used to revive someone in cardiac arrest, it is with the accepted knowledge that the body and heart run on electricity.

Over the past 50 years, the alternative / complementary health community has also effectively used various electrical methods, such as electronic acupuncture machines to assess various illnesses through the energy system of the person. In fact, without the use of the body's energy system for assessment purposes, modern traditional medicine would be set back 50 years or more. Energetic medicine takes an additional step by using the energy system for correction purposes as well as for assessment.

HIERARCHY of HEALING SYSTEMS



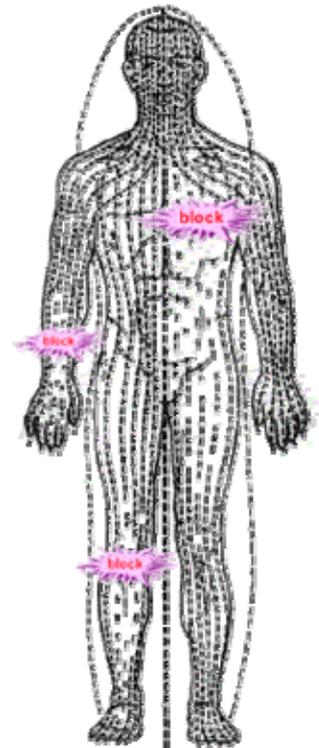
ALLOPATHIC – Western Medicine treats the symptoms, is highly regulated and costly as it is cost driven.

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

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

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

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



**PASCAS
HEALTH**



Why Work with the Body's Energy System?

Atoms are made up of electrons, protons, and neutrons. They are electrical particles.

All herbs, vitamins, medications, and healing products are made up of atoms.

Therefore, they are all electrical and **each produces its own *unique* frequency**.

(Everything electrical must have an electrical frequency!)

Therefore, all healing of any kind involves energy.

What's more, the energy seems to be the primary issue.

String Theory, the newest hope for a unified theory of matter, states that everything (rocks, air, or body tissue) is made of tiny strings of energy, each with its own unique frequency. Every cell in our body must have energy or it dies, even if the tissue, bones, blood, and chemicals are all fine.

Savely Yurkovsky, MD, founder of Field Control Therapy (FCT), stated that the energetic domain is the most fundamental in the regulation of homeostasis and is the true source of health and disease.

Emotions = Energy in Motion = E-motions.

He notes that we cannot have disease without having first an *energetic disturbance in the cells and organs*, rendering the energy flow ineffective. He further points out that there are three predominant regulating domains in the human body, all of which are energetic in nature:

- 1) Electro-Magnetic,
- 2) Electric, and
- 3) Bio-Chemical.

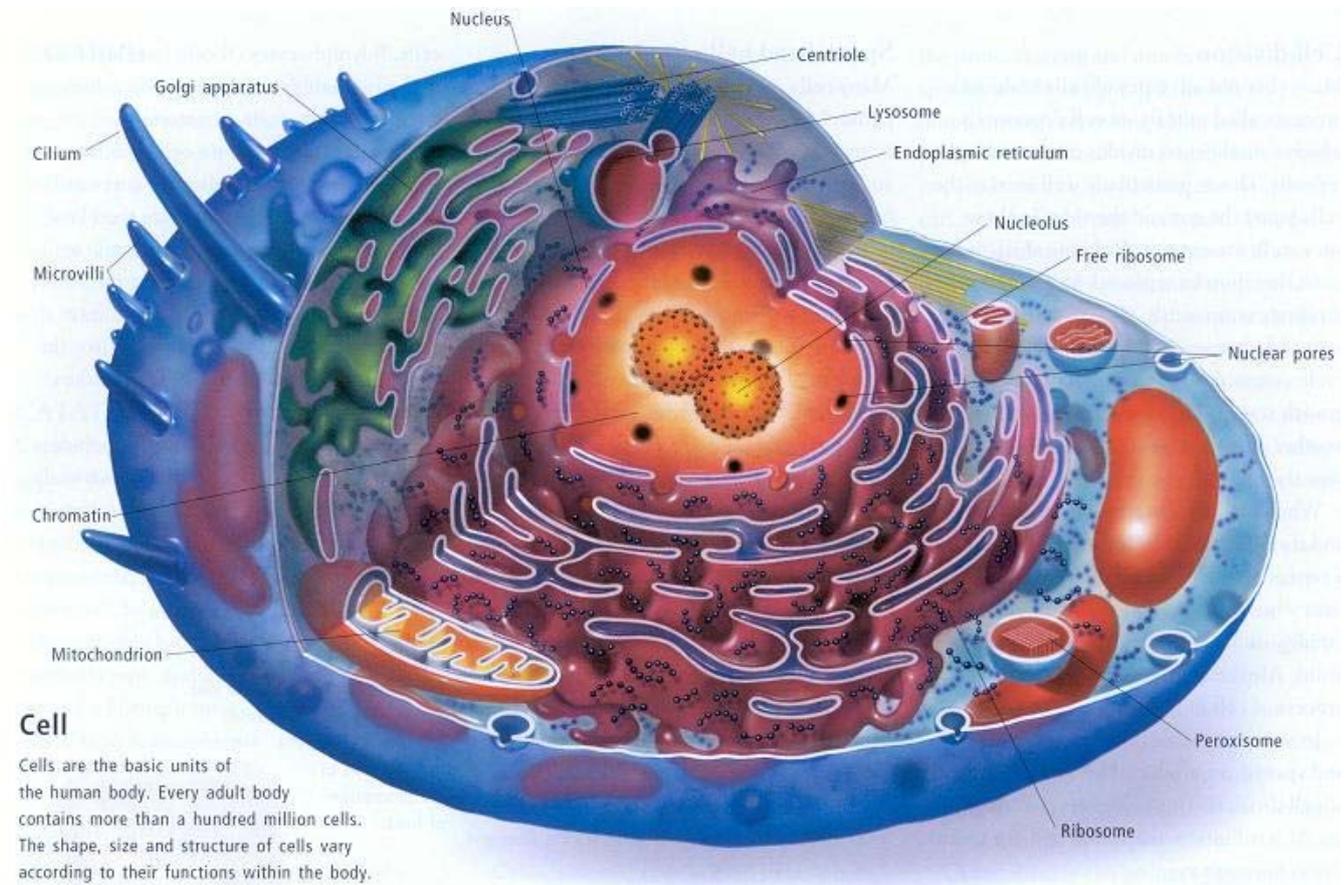
Every cell in the body has electro-magnetic fields (EMF), electricity, and bio-chemical make-up.

Electrical fields carry information data. Each cell contains field data. Each thought field contains data.

There are data fields that are passed on through generations by a phenomenon called *isomorphic resonance*. In people, some energy forces are easily measured with instrumentation, while other energy fields are very subtle, requiring the body itself to be the resonant measuring instrument.

LIVE FEELINGS FIRST

Human Cell:



“The molecules of emotion run every system in our body, and this communication system is in effect a demonstration of the bodymind’s intelligence, an intelligence wise enough to seek wellness, and one that can potentially keep us healthy and disease-free without the modern high-tech medical intervention we now rely on.”

Bio-Energetic Testing

How do we assess the roots of our problems? Most tests just identify and quantify the symptoms of the real problem.

The answer is found in bio-energetic testing, which identifies the body's stress reactions to various domains.

Although Dr. Savely Yurkovsky uses a resonant bio-energetic testing method different than The Healing Codes Technologies, he states, "Bio-energetic testing is, in my opinion, the most sensitive single diagnostic tool that exists in the world today."

He further states:

"I must tell from my own personal experience in reviewing the great body of literature that exists in the world today in various countries on the subject of bio-energetic testing, that when properly performed, it is far superior to any diagnostic modality that exists today in the world. It is far superior to any blood, laboratory, or imaging techniques in the sense of the depth of the penetration that these tests are capable of and able to register even minute deviation in bio-cellular fields that take place on the cellular, sub-cellular, and intracellular structures, in my opinion, including the DNA."

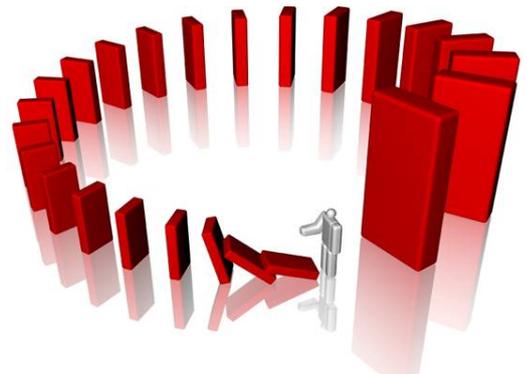
One might have the correct combination of chemicals, vitamins, minerals, water, protein, carbohydrates, fats, etc., but none of this functions properly when the information fields are disrupted.

Dr. Yurkovsky points out in his training that, "the normal energy flow in a person's body carries a primary role for his or her proper maintenance of physiology and homeostasis."

This has been taught for the last 5,000 years in Chinese medicine, and is confirmed daily by the latest discoveries of science.

All health issues follow energy like a row of dominoes follows the first domino. When non-toxic and non-invasive corrections of the energy system are used to heal, the absolute bottom line root cause of the problem can be corrected – the first "domino."

When working with the body's energy system, one is simply removing barriers to the body healing itself as it was designed to do with miraculous efficiency.



All health problems arise from toxins or aberrant frequencies in the involved cells.

A healthy liver cell has a different frequency than a diseased liver cell in the same person. If the unhealthy frequency can be changed to a healthy frequency and maintained, the cell will heal and become a positive force to all surrounding cells.

This is the goal of energy medicine.

Energy Medicine vs. Traditional Medicine

Reductionistic (traditional / allopathic) Medicine takes a complex set of components and reduces them to simple terms. This leads to the development of a synthetic chemical reduced from a complex natural source, down to its key ingredients, with the hope of achieving pharmacological success. In doing so, the support structure which is built into the natural source is not taken into account.

For example, Valerianaccae, from which Valerian tea is made from, is a naturally occurring part of a plant, which has been used for thousands of years to induce sleep and decrease stress. The reductionistic (traditional) medicine sought the key ingredient from the plant creating the synthetically derived Valium.



Millions of people depend on Valium to relax muscles and reduce tension. Valium was later altered, adding another synthetic form. The development of the synthetic Valium resulted in serious side effects that society has had to deal with in the form of Valium toxicity cases.



This process robs the Valerian tea of synergistic components such as vitamins, minerals, and trace elements which are needed to balance the naturally occurring reaction in the body.

The synthetic reductionistic process was thought to be a solution, but it caused a significant social problem. Over 30 clinics have been established in America to deal with Valium addictions. Valium toxicity has developed into one of the greatest chemically induced diseases known.

To date, there are no Valerian tea clinics anywhere in the world. In fact, there are no medical records of any Valerian tea toxicity or overdose ever...

In the same way, Quantum energy corrects health problems synergistically. The process of The Healing Codes simply seeks to identify and eliminate problems in the body's energy system that are preventing the body from healing itself as it was designed by God to do.

We receive all of our information from the body (not a standardized manual) and we do nothing invasive. Reductionistic (traditional) methods seek to find the malfunction and force the desired symptom reduction. This is usually accomplished through cutting, burning, or poisoning.

An Unhealthy Trend

In 1986, one million people were dying of heart disease and 870,000 were getting cancer. In 1991, one million were still dying of heart disease, and 1.2 million were getting cancer, of which 435,000 died from cancer alone. In 1993, one million were still dying with heart disease, and 1.2 million were getting cancer, with 720,000 dying from cancer alone.

Taking the low average of the two years, 4,713 men, women, and children die every day with cancer or heart disease. That is 141,390 persons every month on an ongoing basis. This is equivalent to the destruction, in lives, of more than two atomic bombs every month, which is more than 24 atomic bombs every year in the United States alone.

As far as human casualties, this makes any war that we have ever had almost insignificant in comparison! And it gets worse every year...

Why is this happening?

Individuals today have over five hundred different insecticides and herbicides in their cells. There is five times more DDT in the cells of every person in America than what we thought was safe ten years ago. There is over ten times more strontium 90 in the bones of every person in America than what was considered safe ten years ago.

Environmental toxicity is now becoming a new area of study due to its pervasiveness in the world today. Petro-chemical toxins, vinyl plastic toxins, heavy metal toxins and the like put the body under more biochemical stress than was thought to be survivable in the recent past.

Today many sufferers of environmental illness are written off as psychological cases and their suffering is discounted in traditional medicine. We believe these sufferers of environmental illness are the "canaries" of our society. (In olden days, miners would keep canaries in the tunnels to warn them when the air was toxic. The birds would die first, giving the miners a chance to escape with their lives.)

Today those individuals with environmental illness are indicating that our environment is becoming too toxic for us to live in and remain healthy unless we take steps to safe guard our energy systems.

Many diseases are not the result of just one factor, but often are a dysfunction of the body as the result of multiple variables affecting the body. The new science of Energetic Medicine is based on chaos, wholeness, and fractal mathematics – all manifesting first in the body's energy system. This holistic therapy operates with the approach of balancing the body as a whole, chemically and energetically.

Recent research indicates that Energy Medicine is the fastest growing area within the entire health field, and among the fastest growing professions in all fields. There is only one reason for this – IT WORKS!

The Healing Codes is a brand new modality in the exciting field of Energy Medicine.

It addresses the energetic cause of the dysfunction. The Healing Codes is fast, effective and non-invasive. In the long run it is much more cost effective than modalities that never address the root cause...

The Quantum Connection

The Healing Codes unifies several established theories of physics and biology and adds a newly discovered and validated mechanism for healing.

In 1993, David Bohm proposed Super Quantum Theory (quantum potential), theorizing that there is an unseen energy that pilots every cell and particle of the universe. These pilots (Q) are beyond the fourth dimension geometry of space-time.

Because Q acts beyond space-time, it can and does establish non-local connections.

In other words, the super quantum of each cell is in instantaneous contact with all other super quantum throughout the universe (Undivided Universe, 1993).

In 1994, the Einstein, Padowski, Rosen experiment was conducted. This landmark study and experiment was called, "The paradox in the brain: Transferred potential."

In this experiment, two strangers were given a few minutes to meet each other. They were separated into two electromagnetic cages, 50 feet apart, so they were unable to see each other. Both participants were hooked up to neurological probes.

A penlight was shined into one subject's eyes, which caused neurological activity to peak. At the same instant, the other subject registered the exact same neurological activity, even though he was resting comfortably with no light in his eyes. The experiment was repeated at greater distances with the same results.

The conclusion of the experiment:

It didn't matter how far the subjects were separated – the super quantum transfer of information would still occur instantly.

In 1993, under the direction of the United States Army Intelligence and Security Command, white blood cells, known as leukocytes, scraped from the mouths of volunteers were centrifuged and placed in a test tube. Probes from a recording polygraph were then inserted into the tube.

The donor of the cheek cells was seated in a room separate from his donated cells and was shown a television program with many violent scenes. When the volunteer watched scenes of fighting and killing, the probe from the polygraph detected extreme excitation in the mouth cells, even though they were in a room down the hall.

Subsequent repeats of the experiment produced the same results, even when donor cells were separated up to fifty miles apart, two days after the donation. The donated cells remained energetically and non-locally connected with their donor and seemed to "remember" where they came from.

The Healing Codes discovered a mechanism in the body that allows the "Super Quantum," described by Paul Pearsall, PhD in his book *The Heart's Code*, to be stimulated for the remote gathering of information, and to stimulate healing. It transfers the **conscious intent** of the person as an instruction to the "Super Quantum" pilot of each cell in the body, which then enacts a healing response in that cell.

The Healing Codes coaches individuals so they can treat themselves by healing wrong, destructive pictures that develop into beliefs. Clients are coached in self treatment mechanisms that are a new and original system of hand placements and positions on the body.

This system yields unprecedented results in two areas:

- (1) Clients' reports of healing
- (2) Heart Rate Variability (HRV) pre- and post-tests

We Are Movin' and Improvin'

These are just some of the components of The Healing Codes. We continue to learn new and exciting ways of healing.

We do not intend to remain fixated on the understanding we have today, as that would disallow growth.

As our awareness of paths to healing deepens, we want to extend our findings to you.

Therefore, more components may be added to The Healing Codes as they are learned and tested. We desire that our methods always be dramatically helpful, never doing harm to anyone.



Feelings *first*

LIVE FEELINGS FIRST

TESTIMONIALS

How The Healing Codes Affected Them...

“Dr. Alex Loyd has the defining healing technology in the world today – it will revolutionize health. It is the easiest way to get well and stay well fast. Dr. Loyd may very well be the Albert Schweitzer of our time.”

- **Mark Victor Hansen, co-author of Chicken Soup for the Soul.**

As breath is the substance of life, stress is the substance of death. It brings about death little by little. The Healing Codes brings Quantum change in the stress paradigm. It changes stress in a matter of minutes in a scientifically provable and reproducible way, thus eliminating the cause of illness and disease in the body. I HAVE NEVER SEEN THIS BEFORE!

- **Dr. Ben Johnson, M.D.**

This is the most profound body of knowledge I have ever experienced. Anyone serious about being their best will want to be touched by this experience. Knowing Dr. Loyd is like being with Einstein before Einstein was known as Einstein.

- **Bill McGrane, President – McGrane Inst.**

"My highest commendation goes to Dr. Alex Loyd. Alex and Dr. Ben Johnson have developed an incredible methodology for diagnosis and treatment. The Healing Codes exercises are Alex's brainchild and represent the most powerful treatment techniques in the energy field today. It was with Alex's help that the issues behind my own circumstances have dramatically changed. There's hardly an area of my life that has not been touched by his skilful and discerning gifts. Without apology, I affirm that his insights into The Healing Codes exercises have been divinely inspired."

- **Dr. Richard Glenn, Ph.D.**

"The Healing Codes is truly a Nobel Prize-worthy discovery!"

- **Dr. Steve Robertson, D.C.**

There are many more testimonials within the source document.

How to Melt Away Stress and Sickness

<http://www.mindpowernews.com/MeltAwayStress.htm>

By Dr. Alex Loyd / Source: [The Healing Codes](#)

The Healing Codes are a revolutionary healing technology that utilizes the body's healing energy to eliminate destructive energy patterns residing in cellular memories, thereby enabling the body to remove the root cause of disease. Thus, it restores the body's immune system to its normal functioning.

Most medical doctors agree that the immune system is capable of healing just about anything if it is not suppressed by stress. And it is a widely accepted belief that when your immune system is working correctly, it's impossible to get sick.

Although The Healing Codes are designed to eliminate internal stress, they can ALSO be used to eliminate stress caused by external conditions such as ...

- ... a job you hate
- ... a demanding boss
- ... messy relationships
- ... stacks of unpaid bills
- ... tight deadlines
- ...or a downturn in the economy

It's hard to turn on the TV or radio these days without getting bombarded with depressing news about the economic recession, double-digit unemployment, the escalating numbers of foreclosures and bank failures. Even if we wanted to remain detached from such news, the stress has a way of occupying our waking moments -- and consequently threatening our health.

In recent years, stress has become so commonplace and people have begun to regard it as a necessary evil inherent in modern life. Furthermore, people have begun to ignore the potentially deadly effects of stress, and assume an indifferent, or even complacent attitude -- as though there's nothing they could possibly do about it, so why bother?

But the fact is, you do NEED to bother because stress wreaks infinite havoc on your health. For example, scientists have discovered that everyday stress is a factor for the growth of cancerous tumours. This recent discovery, published in Nature, a science journal, shows that the conditions for developing cancer can be affected by your emotional environment -- including everyday work and family stress.



And that's just for starters. Stress is associated with your physical, emotional and mental health, and also causes serious behavioural effects. It is a well-established fact that [stress is a major cause of heart disease](#). Stress induces the fight-or-flight response that can become lethal when it is allowed to become a way of life.

Perhaps the most deleterious effect of **stress** is this: **It shuts down the immune system.** And when the immune system shuts down, your body becomes susceptible to any and all diseases! No matter how you look at it, stress kills!

When they are "stressed out" some people tend to drink heavily, smoke or take over-the-counter or recreational drugs as a way of getting immediate chemical relief from stress (avoidance of negative stuck emotions). Some turn to excessive food consumption -- and others seek the temporary respite of sleep. In the midst of severe stress, most people find themselves too anxious or jittery to turn to meditation or prayer.

In an effort to prevent stress from destroying your health, your sanity, and your ability to function during the day or to sleep at night, I've designed a Healing Code which I call [The 6-Minute Antidote to Stress](#).

The 6-Minute Antidote to Stress is your opportunity to experience the powerful effects that The Healing Codes has on the body. You can use this 6-minute getaway when you feel depressed or overwhelmed by the stress of daily living -- or when you need to energize yourself, feel renewed and revitalized. It's like a "virtual spa" or a mini-vacation that's more than just a brief escape from life's stressors. It also rejuvenates you so you can function more effectively throughout the day, have a better outlook on life, have more restful sleep at night, and enjoy better health as a result.

The 4 Healing Centres of the Body

The Healing Codes involve the use of the fingertips of both hands pointing towards one or more of the **4 different healing centres in the body.** The healing centres are located as follows:

==> **Bridge:** In between the bridge of the nose and the middle of the eyebrow, if the eyebrows were grown together.

==> **Adam's Apple:** Directly over the Adam's apple.

==> **Jaw:** On the bottom back corner of the jawbone, on both sides of the head.

==> **Temples:** One half inch above the temple, and one half inch toward the back of the head, on both sides of the head.

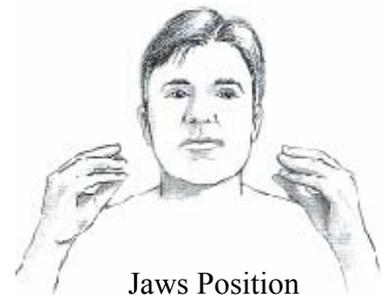
The 6-Minute Antidote to Stress neutralizes the underlying reason for your specific reaction to external stress. No two people process the same stressor the same way. What causes fear and overwhelm for your neighbour may not affect you the same way. Your neighbour could be calm, cool and collected even though he had a stack of unpaid



Main Bridge Position



Adam's Apple



Jaws Position



Temples

bills -- while you, on the other hand, might become anxious or have palpitations if you missed paying a single bill by its due date.

The difference in the way you and your neighbour react to external stress has to do with your respective programming, which goes back to cellular memories. The 6-Minute Antidote to Stress is a Healing Code that is specifically designed to eliminate the destructive energy patterns of your cellular memories which govern your adverse reaction to external stress. The code is very easy to do while you're sitting on your desk chair at work, from the comfort of your bed, a recliner or anywhere you happen to be. It's called a "code" because the procedure involves activating the healing centres with your fingers in a specific coded sequence.

Here's how to perform the Healing Code for neutralizing external stress:

Always perform the Healing Code in a quiet, private, place where you can relax without distractions or interruptions. Aim all five fingers of both hands at the healing centres listed below for the amount of time indicated. The fingers need to be 2 to 3 inches (5cm – 8cm) away from the healing centre they're aiming at (as shown on the diagrams).

Here's the sequence:

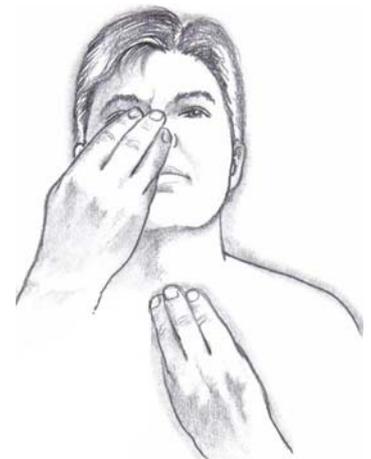
- Fingers of both hands pointing towards bridge -- 20 seconds
- Fingers of both hands pointing towards the Adam's apple -- 20 seconds
- Fingers of both hands pointing towards the jaws -- 20 seconds
- Fingers of both hands pointing towards the temples -- 20 seconds

Continue to rotate through the positions in the specified order for 6 minutes. Do this 3 times per day. You can start with as little as 1 per day, and increase frequency as needed.

And that's all there is to The 6-Minute Antidote to Stress.

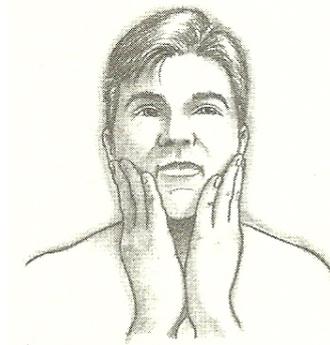
Go ahead and try this Healing Code and FEEL what happens. Once you've demonstrated the power of The Healing Codes and proven to yourself that it works, you'll begin to realize the tremendous impact it will have on your health. You can then confidently [download the entire Healing Codes package](#) because you've had already experienced its power firsthand. You'll then be ready to start using The Healing Codes to melt away virtually any illness, pain or disease from your body -- or help your loved ones do the same.

There's a specific Healing Code for the underlying cause of every disease (including cancer) -- and it effectively clears the destructive cellular memories from your body. In doing so, you turn your immune system back on. Even if you're already sick, once you remove the internal stress caused by those destructive cellular memories, your immune system will begin to function the way it's supposed to -- and there's nothing the body is not capable of healing.

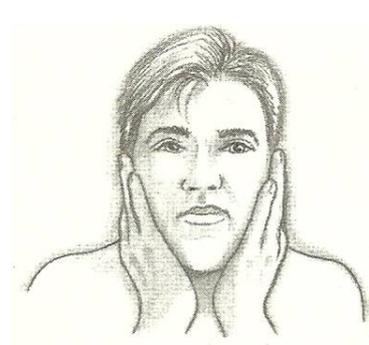




Resting
for Bridge



Resting
Jaws



Resting
Temples

When you download the Healing Codes manual, which is a component of your Healing Codes package, you can turn to the Problem Reference Chart in the back of the manual which lists dozens of symptoms and problems – including diabetes, arthritis, asthma, cancer, AIDS, hypertension, Alzheimer's Disease, hepatitis and emphysema, to name a few. Right next to the symptom or problem is the page number where you can find the Healing Code that addresses the underlying cause of your particular condition.

Simply perform 6 minutes of that specific Healing Code in order to remove the destructive energy pattern caused by cellular memories. Once you remove that destructive energy pattern, the cause of any illness or disease melts away every single time.

Dr. Alex Loyd is a Naturopathic Doctor with a PhD in Psychology. In 2001, while searching for a cure for his wife's clinical depression, he discovered The Healing Codes, which has been hailed as the most "profoundly effective and fundamentally timeless" do-it-yourself healing modality in existence. This revolutionary healing technology, which uses nothing more than one's fingertips, removes destructive energy patterns caused by cellular memories, thereby melting away the cause of disease (including cancer). [Click here to read the article titled "Melt Away Cancer Using Nothing More Than Your Fingertips?"](#)



**PASCAS
PAPERS**



The Healing Codes – Heart Issues Finder

<http://thehealingcodes.com/>



Unforgiveness / Forgiveness

Unforgiveness and forgiveness may be the most critical issues in anyone's life. Dr. Alex Loyd, the founder of the Healing Codes, says that in all the years that he was lecturing and counseling he had never seen a significant health issue where there was not an unforgiveness problem. Then he met Dr. Ben Johnson, who had been lecturing all over the world on cancer, and Dr. Ben said that he'd never seen cancer where there was not an unforgiveness problem. Dr. Alex and Dr. Ben note that they have talked to ministers, doctors, therapists, and Practitioners of all types who also shared that they have seen unforgiveness at the root of just about every problem they've ever experienced.

Now here's a secret about unforgiveness: it often hides behind anger, fear, sadness, and other things like that. So if you think you don't have unforgiveness issues ask yourself, "Who do I feel some anger related to, or sadness, or fear?"

You'll usually find unforgiveness at the bottom of those things. Unforgiveness issues can be toward self.

They can be toward other people. They can be toward God. Or, they can be in reverse of that. They can be feeling like God has not or will not forgive me. Feeling like other people have not forgiven me whether they have or not. Any of those can be the crucial cellular memory that blocks our health or blocks our success. This unforgiveness and the memories that contain this unforgiveness block our healing. They block our success. Why? Because they are destructive memories that are not truth and love. They are lies and selfishness.

It's interesting too, that the actual word "forgiveness" if you look back to the original language means to "cut the rope" or "untie the rope." So unforgiveness means we are literally tied to the thing that we refuse to forgive or to the person. Even if the person is not willing to forgive us, we can cut that rope. The Unforgiveness Category can be absolutely huge.

The foundation for an abundant life of love, joy and peace is forgiveness. Healing unforgiveness is absolutely essential for healing and for success.

Harmful / Healthy Actions

Harmful Actions are desires and behaviors we continue to repeat even though they take us further away from what we want in life. This is the primary habit-buster category. This is where people come who are

on drugs and want to get off, who can't change their eating habits, or exercise, or all sorts of bad habits and addictions. But it's not just big huge stuff; it's also little stuff. And all of these things can be divided into two categories.

Category one: self-gratification, which includes three things: harmful desires of the five senses: (eating, drugs, unhealthy sex, addiction to television, etc.); harmful desires for stuff, or being money and possessions focused; and harmful, prideful desires, feeling like I need for everybody to see me in certain way in order for me to be ok, so I'm really acting a lot of the time. So those are the three parts of category one: self-gratification.

Category two is self-protection. This involves doing something to distract yourself from emotional pain, or to control your circumstances to keep pain from happening again. This can be work-a-holism, staying busy, figuring out ways to be alone, extreme shyness, trying to be perfect. In other words, painstaking attempts to control your circumstances to guard against painful circumstances happening again.

But, this category and the issues in it are not the source of your problems. They're the results of your problems. It's the memories and the beliefs resulting from those memories that cause us to do everything that we do. Inaction is also an action. Not doing something is an action, and very often the problem is that you're not doing something that you need to be doing.

You can change, you can let go of the harmful beliefs and actions that keep you from your dreams, your visions for your life. You can choose to turn off or heal images that are rooted in selfishness or deception. They are love substitutes that achieve only temporary positive feelings. You can live your life in truth and love and act from the truth in your heart.

Unhealthy / Transforming beliefs.

Dr. Bruce Lipton, cellular biologist at Stanford University said in his research that the thing that causes illness and disease is stress. And the thing that always causes stress is a wrong belief. Now those wrong beliefs are embedded in our cellular memories. Dr. Lipton goes on to say that if you can heal that wrong belief, the stress goes away and the immune system in the body can heal everything even genetic illnesses and disease.

When you heal the wrong belief you also heal the thing that is blocking the success and prosperity in life. Why? Because stress drains your energy and it dumbs you down and it causes you to come at everything from a negative perspective. Well, how in the world are you going to be successful when you can't think straight, you don't have any energy and you're coming at everything from a negative perspective? Every negative thing flows from fear.

And the wrong belief, according to Dr. Lipton's research, causes us to be afraid when we should not be afraid. So what comes from fear? Anger, sadness, depression, manipulation, dishonesty, every crime that is ever committed., as well as fear of success, fear of failure, fear of other things. So this category can absolutely change your life.

Some of the unhealthy beliefs are: "I'm unlovable. I'm insignificant. I'm flawed. I'm hopeless. I'm worthless. Something bad is going to happen. Something must change right now for me to be okay.

People are going to take advantage of me. I am bad. I'm not good enough. I'm unforgivable. People are out to get me. I must be in control. It's not fair. People must think well of me for me to be okay. I can't do it. I'm not capable. Others should do it for me."

Those are the unhealthy beliefs that block us from living the life we want to live. And that, when they are healed, can change our lives forever. Because those wrong beliefs create stress that causes every problem that we have: illness and disease, failure, lack of finances, poor relationships, you name it.

Let's look at some of the positive beliefs. I am lovable. I am significant. I'm whole. I'm a person of worth regardless of my circumstances or what anybody else thinks. I have unbounded hope for the future. Wonderful things are in store for me. My future is not tied to the past. I am free. I am always okay. Even though I'm always learning, growing and getting better, I am satisfied and content right now. I love everyone. Everyone is different, but all have worth and value. I will receive all good things by surrendering to love and truth. I can lay down control. I don't have to try to be someone I'm not in order to be loved. I will believe and live the truth of who I am. I am capable. I can do it. I don't have to get others to do it for me. I have a say over my life.

Which of these beliefs would you rather hold? How would you rather live? Well, that is why we want to heal those destructive beliefs, and to infuse the healthy ones. We promise you, if you do that in just this category, you will never, ever, ever be the same.

Core Healing and Success Systems

The first three categories we call the inhibitor categories because they inhibit everything: life, health, success. Those are Unforgiveness, Harmful Actions, and Unhealthy Beliefs.

The Core Healing System categories are a little bit different in that you will find both positive and negative issues in each of these categories. The Healing Codes refer to body systems with each of these categories. It is possible to determine from The Healing Codes Problem Reference Chart which category pertains to which negative emotions and their connection to a particular body system. The Healing Codes are a way to find the source and heal it.

Love

Love is the first category in what we call the Core Healing System. This may be the most important category there is. We think The Beatles had it right, "All you need is love." That's also what Jesus said when asked if there is one thing that it all boils down to. And he said, "Love. If you love you've done everything." And we believe that's right. We believe that love will heal anything and maybe the only thing on planet Earth that will heal anything. So this is a very important category.

The virtue in this category is love.

The negative emotions are: unforgiveness, a feeling of insignificance and resentment.
The positive emotions are: forgiveness, significance, compassion and empathy.

The unhealthy beliefs are: I am unlovable. I am insignificant. I am flawed.

The transforming beliefs are: I am lovable. I am significant. I am whole.

The harmful action is: selfishness.

The healthy actions are: Loving myself and others, and being committed to the truth.

We want to get rid of the negatives and infuse the positives so that we can live lives filled with love, and truth.

Joy

Tracey, Dr. Loyd's wife, was clinically depressed for the first twelve years of their marriage. The doctors said she'd probably been depressed for most of her life, even before that. It was what they believed was genetic depression. They said it is passed down from generation to generation which supposedly doesn't heal.

It was Tracey's depression that motivated Dr. Loyd to go back to graduate school and then, as he believes, God downloaded to him the healing centers and the categories for the Healing and Success Codes. This one has a really soft place in Dr. Loyd's heart.

Tracey's healed remarkably fast and she feels wonderful everyday. So there is incredible wonderful hope now that we have a way to heal the source of these problems. The virtue of this category is Joy but the whole purpose of this category is to get your body and mind and life to a place of joy. That's a wonderful place. The difference in joy and being happy is happy tends to be because of circumstances, joy tends to be in spite of circumstances, whether they are good or bad. So where we want to be is joy.

The virtue is Joy.

The negative emotions are: sadness, depression, feeling inferior, worthless, and flawed.

The positive emotions are: happiness, excitement, exhilaration, confidence, strength, wholeness and self-worth.

The unhealthy beliefs: I am hopeless. I am worthless. Life is hopeless.

The transforming beliefs are: I am a person of worth regardless of any circumstances. I have unbounded hope for the future.

The harmful action is: selfishness.

The healthy actions are: Being motivated by truth and love in everything I do.

Believing in my power to start each day anew.

So the virtue, negative emotions, and unhealthy beliefs are what The Codes work on in this category to remove stress and destructive memories in those areas and to infuse the positive energy of joy with the sense of hope, gratitude and the possibility of everyday miracles.

Peace

Of all the positive aspects of The Codes: Forgiveness, Healthy Beliefs, Joy, Love, Patience, etc, peace is the only one that you really can't manufacture by your own will power. Peace is the test. Peace is the indicator of whether you have destructive memories or healthy ones or both about any issue. Try it. Think about almost any issue in your life and judge by the peace that you feel whether you have negative or positive stuff about that. It absolutely works.

The opposite of peace is anxiety, fear, or worry. Tom Brokaw, a former television news announcer once said, "Anxiety is the issue of our age." This category is designed to heal those cellular memories and the stress that create anxiety, worry, and fear.

The virtue in this category is Peace.

The negative emotions are: anxiety, worry, and fear.

The positive emotions are: a sense of peace and restfulness; that indescribable feeling that everything is OK, just the way it should be.

The unhealthy beliefs are: Something bad is going to happen. The future will be like the past. I am not okay.

The transforming beliefs are: Wonderful things are in store for me. My future is not tied to the past. I am free. I am always okay.

The positive aspects: that wonderful feeling that all is okay. Wow, don't we all wish we had that day in and day out? Well, you can. Restfulness. The healthy action of seeking win/win situations in my relationships and all my dealings. Focusing on good things that are related to the future, not the bad things of the past. Focusing on the present. Pay attention to Peace as an indicator of where you are in not only this category but any category. It's a wonderful, wonderful tool. It's kind of like the flashing light on your dashboard that tells you "Oh oh! I've got destructive memories about this because my peace is gone." You can use that as a very helpful tool.

Patience

This is a crucial category because the body system that is affected by the non-physical cellular memories and stress in this category is the immune system. And if you've heard Dr. Ben and Dr. Loyd speak you know that the key to healing anything, including success issues or relationship issues, is that the immune system is working the way it's supposed to. Patience issues tend to directly impact the immune system in our experience.

Patience really tells us a lot of times if we have good goals or bad goals. Here's how. The evidence that you have a wrong goal is anger. Where does anger come from? Impatience. That's the number one emotion related to this category. What's a good goal and what's a bad goal? A good goal is one that is rooted in truth and love. A bad goal is one that rooted in selfishness, fear and deception.

Here's how this all ties together. If your goal is based in truth and love and it doesn't happen, you're not going to be angry because the whole thing was about truth and love. You may say it's about truth and love when really it's not. It's really about selfishness and fear and deception. Then, if that goal becomes blocked, you will get angry. If it's truly focused in truth and love, you weren't in it for the result anyway because truth and love is not about results. Truth and love is about the process. It's about doing what is truthful, loving myself and the people around me right now, not about the result. Impatience, and the thing that comes from impatience, anger is a pretty good indicator of having a wrong goal in the first place. I become angry or impatient when that goal is blocked.

The virtue for this category is Patience

The negative emotions are: impatience, anger, frustration, insecurity, desire for love substitutes. Love substitute is something we settle for because we don't believe we're going to get what we really want right now which is love. A love substitute can be anything; reading a book, eating an ice-cream cone. Those things aren't bad, but if they're done for a love substitute they're bad.

The positive qualities: contentment, satisfaction, security, healthy action, content to wait for something better and be able to wait in peace.

The unhealthy belief is: Something has to change right now for me to be okay.

The transforming belief: Even though I'm always growing, learning and getting better I am satisfied and content right now.

Healing the destructive memories in this category means that you don't have to wait for tomorrow in order to be okay. You don't have to have this or that in order to be okay. You're okay right now. In order to live that we've got to get rid of those negative things we're believing that are lies and fear based and selfish and infuse the love and truthful positive.

Kindness

The biggest issues of our life that drive everything else either in a good way or a bad way are our identity issues; who we believe we are. Am I good? Am I bad? Can I do it? Can I not do it? Are other people going to love me? Are they not? Am I attractive, unattractive? All of those "I am.." things and a lot of "Others are.." things and how those two interact are the focus of this category.

Kindness and the next category, Goodness are the two identity categories. As these two categories go, very often that's how you go. People with abusive situations who have grown up in very difficult, traumatic situations, many times need to spend a mountain of time in the Kindness category because that's where rejection is. Rejection, in our opinion, is the single biggest issue any of us have in our life. The thing we need most is love and the thing that makes us most feel unloved and unlovable is rejection and perceived rejection. You can't control what happened when you were younger. But we can still heal that and you have the life you would have had if you had been treated in that wonderful, kind way. So these are critical categories.

The virtue in this category is Kindness.

The negative emotions of this category: rejection, hurt, fear (fear comes from hurt and rejection).
The positives: Total and unconditional acceptance of myself and others.

The unhealthy beliefs: People will take advantage of me, if you have been rejected. People are too sensitive, if you are the one who rejects others.

The transforming beliefs: I love everyone. Everyone is different but all have worth and value. I want truth and I want love in my relationships.

It is very important to clear out these destructive cellular memories. We need to defuse our destructive identities and infuse loving, truthful, healthy identities that help us heal and take us where we want to go in life.

Goodness

This is the second category of the two identity categories of The Codes. This one, if you have a problem with category number 7, Kindness, which is also the rejection category, you're almost certainly going to have a problem in this category which is Goodness. Almost everyone who has been rejected believes they are bad or that they are not good enough.

Dr. Loyd says: "Tracey, my wife, who was clinically depressed for twelve years, is one of the best people I have ever known and just about everybody that knows her says that too. But she felt bad, like she had her whole life because the message she got growing up was that if she was not perfect, then she wouldn't be loved. So one little tiny thing for her made her feel like she was bad. And of course that's not the truth." We need to clear away those cellular memories and that stress that they cause.

The virtue in this category is Goodness.

The negative emotions are: fear, and shame.

The positive emotions are: thankfulness and gratitude.

The unhealthy beliefs are: I am bad or I am not good enough. I am unforgivable.

The transforming beliefs are: I am good, forgiven, clean, and built for love.

These are two huge categories, Kindness and Goodness. If we're going to make any headway with our success and with our health, we have to heal our identity. We have to believe the truth about who we are instead of the lies from our faulty programming.

Trust

This category is critical for so many reasons. It is the category of belief. Anything is possible if you believe. We always do what we believe 100% of the time. In our opinion there are three aspects of belief: faith, trust and hope.

Faith is based on what has happened in the past. It affects whether we're going to have faith in ourselves, in other people, in circumstances, in God, in government. We base so many things on our past experiences. Those experiences have great control over what we do now and what we plan for the future because they are based on what's happened in the past.

Trust is what we believe about what's happening in our lives right now. "Am I safe? Am I not safe? Am I happy? Am I at peace? Am I in danger? What do I need to be doing now? Can I do it?"

Hope is the third aspect of belief. It is focused in the future. All of these work together. We can't have hope if we don't have faith. If our past is all messed up and is all negative and full of trauma and depression and anxiety and all that sort of thing, then we're not going to be very hopeful about the future. We're going to tend to think that our future will be like the past.

Healing these beliefs affects all three. It affects faith, trust and hope. It affects your past, your present and your future. As we're defusing our destructive memories, deprogramming, reprogramming our destructive memories, we're actually changing our past. You've heard the thing, "Perception is everything." We believe that to a point. All our memories are perceptions. A lot of our memories are not true. They're full of lies. What we remember as truth may not even be what happened. We don't believe that perception is everything because there is truth. There is something that actually happened. The sun is either out today or it's not. I'm either here or I'm not. Yes, perception is huge and reality is huge, too.

The virtue for this category is Trust

The negative emotions of this category: distrust and being judgmental.

The positive aspects are: faith in the past, trust in the present and hope in the future.

The unhealthy beliefs are: People are out to get me. I must be in control. It's not fair.

The transforming beliefs are: I will receive all good things by surrendering to love and truth. I can lay down control.

A note on control: Is some control good? Yes. There are some areas that are really good for us to control. But, we are supposed to be trusting people as far as our relationships. You can't love without trust. If you can't trust, you probably can't love either. They go hand in hand. A controlling person is not a loving one. It's one that will rub other people the wrong way almost 100% of the time given enough time. We want to love, not control at least in the unhealthy way.

Harmful actions in this category: Attempts to pull others down. That's what controlling people tend to do.

Healthy actions: Believing in truth and love always and being non-judgmental.

If you can master this category, heal the negative, and instill the positive, the trust, belief, faith and hope, this can release tremendous power in your life for success and health. You might consider this one of the major power categories. We all want power which leads to results. This is a power category.

Humility

We believe that Humility is one of the most misunderstood things in life. We tend to think that it's someone who always has their head bowed down, who doesn't stick up for themselves. We do not believe that's what humility is. We believe that humility really is about believing the truth about who you are. In other words it's a direct result of the Kindness and Goodness categories that are the identity categories. As those two categories go, so will Humility. Humility is not being arrogant and conceited and always trying to force my way and stuff like that. We always think of that. Also, it's not believing that I'm inferior and that you're better than me or that I can't do what you can do. I can't succeed and be successful. Being humble does not mean I can't be a performer or someone that does stuff up front. Humility means that I believe exactly the truth about who I am. I'm not better than anybody else. I'm not worse than anybody else. I can do anything that I'm called to do in truth and love. Humility is believing the truth that you are a person of value and worth and you can do great things in your life, whatever those great things are that you are called to, that you are not inferior to anybody but also that you are not superior. So you should embrace everyone in love and truth. That's what humility really is. If we have true humility, which means believing the truth about who I am, the next category Self Control, becomes easy. This is the key to the next category.

The virtue in this category is Humility

The negative emotions are: guilt, shame, wrongful pride.

The positive aspects are: My belief in the true identity of myself and others. I believe the truth about myself and that allows me to love.

The unhealthy belief: People must think well of me for me to be okay.

The transforming belief: I don't have to try to be someone I'm not in order to be loved. I will believe and live the truth of who I am.

The harmful actions: Taking whatever means are necessary to get people to think a certain way about me; manipulating people to get what I want and need. The healthy Actions: Loving people and seeking the truth.

If I'm really living in the Humility category the way I should be, it doesn't matter what anybody thinks of me. Yes, sure, it's nice if they think good stuff. I don't care. That's not what is motivating and driving me. I just want to live in truth and love and do what I need to do in my life.

Self-Control

This one is an issue for almost everybody. We want to have self control and we have to have self control to accomplish just about anything in our life as far as success and healing. Here's the ironic part. The self control flows naturally out of giving up control.

It is doing what we want to do and what takes us toward love, and our goals, and our dreams, and our visions, and not doing the things that we shouldn't do that will keep us from those goals and dreams.

The virtue obviously is self-control but it can be either side. Self-control means balance. It doesn't mean what we think of when we normally think of self-control, which is, "Ok, I'm going to pull myself up by my bootstraps and I'm going to..." That's really not what it means. The healthier place is to give up control and go into trust, but there are things that we have to do and things that we don't do. The key is where is it flowing from? If it's flowing from the right place, which is truth and love and belief, and the power that comes from those things, then the self-control will be easy. It will flow; it will not be onerous or burdensome kind of thing. It will be natural and will feel right and will not be like pushing a rock up hill. However, if we are coming from a place of fear and believing untruths about our self and our world and our circumstances, then trying to have appropriate balance and self-control will be very difficult, and it will be like pushing a rock up hill and we'll usually push it so far up hill and that rock will roll back down the hill and it will roll over us right at the first on the way down. We will be frustrated and bloodied and bruised and our natural inclination will be, "Boy, I sure don't want to do that again." Self-control means balance, coming from a place of love and truth and belief.

The virtue is self-control, being in balance.

The negative emotions are: laziness, entitlement, and helplessness.

The positive emotion is: confidence in my true self and in my abilities.

The unhealthy beliefs: I can't do it, I'm not capable, others should do it for me, and it's not fair.

The transforming beliefs are: I am capable. I can do it. I don't have to get others to do it for me. I have a say over my life.

The harmful actions are: manipulation, deceit, and giving up.

The healthy actions are: positive actions empowered by truth and love and my calling in life.

Dr. Loyd comments on the two aspects of self-control: "Tracey, my wife, grew up believing, "I can't do it, and I'm not capable." I grew up more with the "others should do it for me," the entitlement. But both of those are paralyzing. So Tracey's natural tendency was to be a perfectionist out of that, to try to do it all perfectly in order to get love, even though she didn't believe that she could. I would tend to be lazy and try to get others to do it for me. But those are both manifestations of the same self-control problem, but the self-control itself is a symptom that tells what is going on in our life. That's coming out of believing the truth about myself and my life and my world and coming from a place of love, and joy, and peace, and truth. If I'm not doing self-control things in balance it means I'm coming from the place of fear and untruth.

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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.



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

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

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

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

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

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

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

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

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

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

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

Feelings *first*

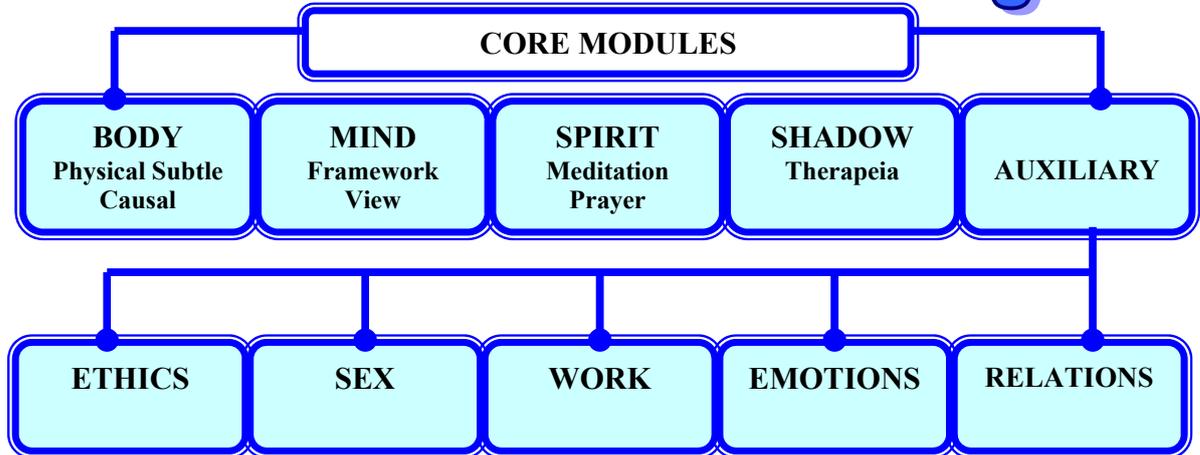
LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

PASCAS CARE



Life Practice Matrix - Feelings First



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

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

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

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

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



Feelings First

Feeling Free



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

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



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

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

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

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



**Feelings
first**

HEALING PROPERTIES of SUBSTANCES

Sunday, 25 March 2018: Verna and Nanna Beth Talk to Graeme
Graeme:

Good morning James

I very much enjoyed your conversation with GG that John forwarded this morning. There is a closeness that our little group is developing and I'm looking forward to the day when we can sit down together, perhaps at John's place, and chill with some cheese, crackers (and in my case a pleasurable cup of tea).

If my sense of the quickening is accurate, then that will be soon.

I've been a huge lover of nature, from a very young age, and about ten years ago my former partner, Christiana, invited me to join her in making a range of 88 Flower Essences under the name: One Garden Divine Flower and Nature Essences. She led the venture as she was able to intuit the "healing" properties of the various flowers and under her guidance (and perhaps her Guides) we made the range of One Garden Essences.

Initially we thought they had "physical" healing properties (like the Dr Bach flower essences) but subsequently we were told that they were vibrational healing tools and assisted in "opening" our emotions so we could more easily process the suppressed childhood feelings locked in our soul.

I still do not fully understand how they work and was wondering if this is a topic that you could ask Nanna Beth.

Till next time we chat,
sending my love
Graeme

Verna (a nature spirit): Good day to you Graeme, my friend. It's about time I was 'allowed' to speak again, so if you don't mind, I am going to make the most of it. Now first of all, your love of nature – anyone's true love of nature, and not saying they love nature whilst still doing bad things to it – will assist you in embracing your feelings with the intention of looking to them for the truth they contain, just as will working with the 'essences of nature', that which you captured in the flower essences. Do you know, any part of nature, from a bland old mineral or rock to a newly emerging flower can have its essence 'captured', there are ways, many already known, as to how to go about that, and others as yet, unknown.

When you eat food, drink water, smell nature's fragrances, you're doing the same thing – imbibing the essence of that specific part of nature. And if you could only see the true vibration, the spirit component to these physical parts of nature (including yourself), then you'd be able to see how indeed they do subtly affect you, and on all levels, from the deepest will to the gross physical and all in between. So if one's approach is to use one's feelings to further deny oneself, to move deeper into one's rebellion and default, then flower essences and essences of anything else, all of nature, can be used to help you do that, that which humanity has been doing for these past 200,000 years.

And consequently, should one wish to go the other way, looking to their feelings to heal themselves of their wrongness, then all such things can be used to help you with your Healing. And so how do they help – how do the flower essences specially help you? And the answer to that is a little more complicated, however I will try and apply my mind to reveal to you a little more about our hidden world.

So, let us begin at the true source: your soul. As you understand, your soul drives everything that you are – you being the personality focus of your soul currently in the physical. However you are also your soul as much as you are your personality, the two can't and aren't separate. Right, so you get that part, so your soul is bringing – expressing you in Creation; okay, so whatever your soul wants your soul creates. So let's say your soul requires the help of a flower essence to subtly affect some part of your unseen auric system, by adding its vibration to your existing vibration, all of which will bring about an effect desired by the soul. That being, one that will help you become more evil or less, as I said above.

Okay, that's simple enough. So, let's say it's important, so far as your soul is concerned, it being the next part in your life – soul growth, and assuming you are wanting to Heal yourself using your feelings – for you to bring up some more repressed anger that is contained within it from your early childhood – let's say; just a really pissed off feeling you felt at your father when he was treating you badly, in this case, nothing specific, just all the indignation and fucked off feelings and a being really angry with him feeling, which you felt yet weren't allowed to express at the time.

And because you are 'into' flower essences, your soul leading you that way, so your soul will use all that's in your life currently, it having made it that way, to help you liberate this anger.

Now you take the drops of a certain flower essence you are 'drawn to', and when taking them it's far better to take them using your feelings, so you take that one because you feel drawn to it and you take that many drops because you feel like taking that many drops, trying to avoid all this take ten drops at three hourly interval stuff, that's all too mind controlling. So like everything ideally in your life, you allow your feelings to guide you when you can, so you take only one drop and your feelings say that's enough. You put the dropper back in screwing the lid on and then suddenly you feel like another drop, and when you're dropping that drop on your tongue, you feel like another drop... then another... then you wait, no more, that's enough. And then a half hour later, I think I'll take another drop, no five drops, and so go.

And if the flower essence is made the right way, you can't damage yourself with them, so you use a base that is neutral for your body and one which itself won't affect you – natural pure spring or rain water being the best.

And as to how long does an essence such as this remain 'potent', well that too is a feeling thing, it remains potent for as long as you feel it is. So you see, you can't be too finicky with your feelings, because for some people it might be a very complex operation, something they are refining to perfection through their feelings, for other people, slap dash, don't really care, take a few squirts, she'll be right, all of which is right for them. However both ways might change as one works deeper into the truth of one's feelings.

Now, the soul sort of issues instructions all the time via light coming out from it into life – Creation. And we and your angels, along with your Indwelling Spirit, can see this light. The angels are far more advanced in this than we mere nature spirits are, however what we're limited to is compensated for by your angels being able to tell us what we need to do, and they tell us in a flash of light, you'd not be able to see it, none of this laborious having to speak works. And it's even faster than your mind circuits work, your telepathy is as laborious as your word-speaking so far as we're concerned, for our 'mind-talk' is so fast you'd not even perceive it happening, and yet it's still laborious compared to how fast your soul is at expressing all the light within your aura that it needs to express.

So we are all attuned to your soul, what it wants done in your aura, which includes your physical. And mostly so far as your physical is concerned, we alter under your soul's instructions, things in your aura, your subtle system, which then affects your physical – short or long term. Understand that in certain circumstances, we – being your angels – can directly affect your physical, but mostly it's all done from the deepest will level out through all your subtle systems and spirit body.

So, back to your leg and the anger that's going to come up through it. You're sitting on the couch having a moment of reflection, things are going through your mind that you're half aware of, you suddenly feel like having a swig of a certain flower essences, perhaps one drop or many. And you don't feel anything further. Then you talk on the phone about something, you get up and have a drink of something from the fridge as you feel a bit thirsty, and then you sit back down and start feeling edgy, uncomfortable and out of sorts enough to draw your attention to the bad feeling. And then by focusing on it you realise you feel irritable, and then angry, and the pressure within you builds to the point where you want to speak out the anger you feel. So let's say you're by yourself, so you open your mouth and start to growl angrily, and submit to the feelings trying to just let yourself feel as angry as you feel, growling and feeling angrier and angrier, and you long for the truth of your anger, and then pictures come into your mind about how fucked off you feel with your father, and then you realise your left leg is full of anger that seems to be coming up from the sole of your foot, up the leg, right up and out of your head as you growl it out. So what's been going on?

Your soul wants this anger out of you, it's the next phase of anger expression you are to experience, it helping to relieve you of more repressed anger and at the same time helping you see more truth about why you are feeling so angry. And so your soul has initiated light into your aura on all levels making this experience happen. And you being mostly oblivious to this, just carry on doing what you do, and then your angels take their instructions and 'energise' the levels of your aura to make the anger 'physically' work its way up through your system. The angels make 'light adjustments' – adjustments using spirit light – in your system to allow this anger to make its way out of you by you feeling it coming up through your leg. The repressed anger, as light contained in your soul, moves through your will levels, then your will activates it to move up your leg with your angels helping to adjust your system where needed. And your system needs continual adjustments, your soul does it all with light, but your angels do all the hands on stuff as



determined by your soul. So your angels are always tinkering within your aura.

Sometimes they can do one adjustment with a lot of light and that will set you up for a day, week, month or even years of what you will need, this happening when you're more settled into your wrongness and it's all pretty obvious where your life is going on the subtle levels, so your angels don't have that much to do other than just keep monitoring your soul in case other instructions are forthcoming. But if you're actively doing your Healing, well your angels don't get a moments peace – which they love, by the way, angels want to always be active, the more active the better, they find it very trying when you are stable and going against yourself, but when your are wanting to work with your feelings and grow in the truth they'll help you reveal to yourself, well they are in heaven, it's what they've been made to do so far as helping you goes and they can't get enough of it.

So your angels are adding and subtracting light from your auric systems as fast as your soul is shinning more light into it. And along the way, all you are doing is, used, it's all part of it, so if you use a flower essence, it will be used, it will stimulate a certain vibratory reaction on varying levels within your unseen system, with your angels incorporating it, using it, adjusting it – modifying it, possibly toning it down or amplifying it, and so it goes with all your food, all you do, see, sense, all you are, all the time being a symphony of light, constantly in change, even though you might feel at peace resting on the couch one moment, then suddenly, seeming out of nowhere and for no reason, anger is coming up your leg and you're feeling so fucking pissed off that you can't believe how angry you do feel.

So as you can see, it's all very complex, you don't have, and can't have, any idea just how much is going on within you all the time, all so you will feel what you need to feel, so those feelings will lead you to the truth you are to see and then live. And with your mind playing along doing its bit, to help stimulate, change or deny feelings in keeping with the beliefs and behaviours you established through your forming years.

So you might ask: well are things like flower essences actually necessary? And simply, they are if you want them to be part of your life, they aren't if you don't. Which is how all your life is. With some people being drawn to such things, and possibly only for a season, others with no feeling of interest and a few wanting to dedicate their life's work to it. And as you understand, whatever your involvement with anything in life, it's going to be vastly different should you want to live true to your feelings, than living by being untrue to them. And by living true, as you are going to be changing a lot, so you will change a lot in your relationship with all that you do in your life. And so it will be the same should you want to work specifically with the flower essences.

In time there will be people who are doing their Healing and who'll be more in tune with us nature spirits, working directly with the essences of nature, understanding that it's all a vibrational thing and something that can be used as an adjunct to your Healing or just as part of your Healing life. The essences are not meant to be medicines as such, however they can work powerfully in conjunction with what your angels are doing within you. And to always bear in mind, that it's your angels that will be working the wonders within you, not anything else, with the other things like flower essences being something the angels work with, because it's all part of your current life experience as determined by your soul.

And in time, people will just intuitively feel, or even by speaking directly with us nature spirits, how to

grow plants lovingly and truly based on the truth they are revealing through their Healing, all so as to maximise the benefits the plants offer you, either through direct ingestion, or like using the flower essences or other ways still to be discovered. Your relationship with nature is about five percent of what it could be. Even those people working with spirits and nature spirits are doing so on the mind levels or the lower Mansion World and Earth plane levels, so you've got a long way to go, all the Mansion World levels then into the Celestial levels to increase your relationship with nature. And like as with everything, some people will be more drawn to one specific area or another, some generally taking bits of it all, others not interested much in nature preferring to get on with being fully interested in themselves – their own feelings. But overall, everyone contributes to society by expressing their truth, and as the truth increases within people, so does the overall level of society, so society grows in truth reflective of all who comprise it.

So to summarise, such things need to be looked at in a truly wholistic level (or you could say, a 'soulistic level') so that they can be used in conjunction with your Healing. You can in theory, look ONLY to your feelings for the truth they are to show you, not needing any other healing help. And there will be people more wanting to live this way, however because you need life to stimulate your feelings, so you will be drawn to certain things, some to do with nature, others to do with people and others with everything else, all to help stimulate that which you'll need to give rise to the feelings your soul wants you to express.

Graeme, you might find the flower essences are helping you enjoy and love and expand your relationship with nature more, which gives rise to feelings that help you expand your relationship with yourself. You might use the essences to help stimulate your emotions and feelings as you want to live that way, and so they will be used to help you in that capacity. And you can express your feelings, longing for the truth of them, telling your Mother and Father what you want – whatever you feel, with the flower essences helping you on the subtle levels.

I hope I've not confused you too much. Please ask me about anything if you don't understand. I have wanted to try and give you a bigger picture so you can draw from it the essence of what you need from it. It's all there, contained in each feeling, because each feeling expresses more truth – the truth of why you're feeling it, that which is what you are to find and then live.

Love Verna.

Nanna Beth: What Verna is wanting to help you understand is that there's so much going on within you on all levels, that trying to use your mind to work it all out in the hope that it will help you, is all but futile, as you never will, not until you at least attain Paradise, and even then that's only one phase.

Too many people, Graeme, approach everything through the mind, wanting to dissect it in the misguided belief that it will help them. When what helps you is trying to **stay true to your feelings, expressing them whilst longing for their truth**. And we keep stressing this to keep bringing you back to the simplicity of it, and it's something the mind can't really deal with, it having been programmed to be the controller and master of understanding. But to keep looking only to your feelings is all that's needed without needing to go into the mind side of things unless it's where your feelings lead you to.

James uses his mind for this work, but that's about it, the rest he's trying to look more to his feelings,

easing the control of his mind. And **feelings, once you start allowing them to have their say, are far more interesting than anything the mind might be.** You can use your imagination to fantasise about all sorts of things, and some people consume their whole life with such indulgence, however **when you start living more closely to your feelings, your feelings might not be so varied, however when and how you feel them, and what they lead you into seeing about yourself and life, will be far more fascinating than anything your mind could conjure up.**

There is never going to be a remedy that people can take that will heal themselves on any level. **The remedy is the truth we're revealing to you about your feelings. All the rest is simply an add-on,** something as Verna said to help stimulate experiences in life, all so you can feel more feelings. So it's not to say no to doing or being interested in certain things with the mind, but rather to keep wanting to feel and become aware of the feelings that are happening along the way. You can use your mind to block out your feelings, however your feelings are still always there, so it's to try and keep them up within you and not blocked out whilst you apply your mind, is one way of trying to stay more attuned to them.

Love Nanna Beth.



FF

Feelings
first

27 March 2018:

HEALING PROPERTIES of SUBSTANCES continued:

John: Hello Nanna Beth,

Thank you for introducing the foundations of comprehending the contribution that Flower Essences may provide on one's journey through physical life.

May we expand this topic to consider the various roles and similarities that the following may have with one's physical well being and journey of discovery through life:

Flower Essences	
Crystals and other rare and precious stones	
Homeopathy	(minute vibrational traces as recognised by Samuel Hahemann 1700s)
Nutraceuticals	(being low concentrations of properties found in food)
Pharmaceuticals	(being high concentrations of properties found in food – to the level of toxicity)
and Food	all natural without being processed within factories.

Considering your comments relating to Flower Essences, one may need to consider just how much effect do we have in our own physical healing by engaging with any of these modalities?

Is it that what has been outlined relating to the contribution that Flower Essences have in assisting with one's physical wellbeing, are the various other modalities suggested above just variations of the same process that applies to Flower Essences, with higher levels of error within their prominence, pharmaceuticals being the most problematic generally speaking?

Would you kindly comment on each of the platforms please?

Nanna Beth: Yes. The same applies, as you said to James, it's all what your angels have to take into consideration in accordance with the needs of your soul. If you are to die from or within your negative state, then it doesn't matter what you do along the way to try and heal yourself, your angels will be working with any alternative or regular medicine or healing modalities. And as you know from people's lives, some things work for them, others not, some even miraculously, others having no effect. It's what the individual needs, it's all too personal, and needs to be dealt with and looked at personally.

You've all had such diverse childhoods, you're extremely complex in your unloving complexities, and trying to heal yourself from the outside in is not going to do anything for you so far as healing yourself from the inside out which you do through your Healing. It's all the minds way verses the feelings way. Any therapy or medicine or other remedies are all approaching it from the mind, let our feelings work, and use these other things as required, all so long as you keep focused on your feelings for their truth.



Assuming we are wanting to Heal ourselves using our feelings – for we are to bring up our repressed anger and emotional issues, both good and bad, that is contained within our soul, mainly from our early childhood.

As an overview, nature spirits are all attuned to the soul of a personality, and what is wanted to be done in the aura of such soul, which includes one's physical. And mostly so far as our physical is concerned, nature spirits alter under one's soul instructions, things within the aura and the subtle system, which then affects the physical – short or long term. Understand that in certain circumstances, nature spirits and angels can directly affect our physical, but mostly it's all done from the deepest will level out through all our subtle systems and spirit body.

Nanna Beth: It's mostly your angels that affect your system. The nature spirits can help them at times, but it will be all through the guidance of your angels.

Just how much effect do we have in our own healing of our physical discomforts, pains and illnesses?

Nanna Beth: It depends on what level you're looking at it from. On the highest or inner most level, you have no effect, it's all between your soul, Indwelling Spirit and angels, that any actual healing occurs. On a feelings level, you can attend to your feelings causing these agencies to react accordingly, so you have some effect, albeit indirect. On a mind level you can believe you have an effect, yet these agencies are 'allowing' you to believe what you will. And you can take a pill and your headache goes away, so believe you are fully in control of yourself – however, are you really?

Just how does our man-made conjured up systems of flower essences, crystals, homeopathy, nutraceuticals and pharmaceuticals actually contribute to the healing of one's physical body of its discomforts, pains and illnesses?

Nanna Beth: Look at it this way John, whilst you're living against your feelings, so untrue and evilly, any of these things will be used to help you go that way. So you might use them and your pain goes, but that only sucks you more into believing you are doing the right thing by helping yourself. So you might be 'healing' yourself by taking the pain away, yet you're not truly Healing yourself by allowing your repressed feelings to surface so you can uncover the truth of them. And so the angels will manipulate your system accordingly. So being wrong you might even be miraculously healed, but it's the same thing as Sage pointed out. It's how you want to live your life. It's all been one way up until now, and now an alternative and opposite way is being 'earthed'. All the parts humanity has worked out for itself, it just hasn't been able to be put all together. As Verna said, you don't need any of these 'healing' things to help you look to your feelings, you only need yourself looking to your feelings. If you are shut off to your feelings, you might need help to open up to your feelings, and anything can help you with that.

If we are looking to physical means to heal our body, then to what extent is the quality of food important to the process of physical healing?

Nanna Beth: It's the same as I said above, the quality of food is irrelevant. If you are wanting to continue living untrue to yourself, then it doesn't matter what you eat as the food itself is not going to

stop you, it will only help you keep living untrue. If you are Healing yourself, then you'll move with what foods you need as you need them. You can try and control such things using your mind, this all being part of the control you'll need to deal with, but in the end you'll see that the food is irrelevant, the body will look after itself as you keep attending to your feelings. However naturally the higher truth you live, so the higher vibration of food you'll be drawn to, yet you can't say that means everyone will eat organics and be vegetarian because until everyone is, everyone will be as their feelings dictate. It's a matter of shedding preconceived mind concepts. You are not doing your Healing to fit into your mind. You are breaking your minds control down to fit in with your feelings.

Fresh is best when it comes to food and the ultimate vegetables and fruits that we can imbibe is that which is grown within our home gardens, is this an appropriate observation?

Nanna Beth: Yes it is, however that too is relative on polluted Earth. Still it's what humanity will one day get back to.

The long journey that we are to embrace is feelings first, stay true to one's feelings, expressing them whilst longing for their truth. Our feelings are to lead the way, with our mind in support to follow and to assist in implementing one's feelings.

Nanna Beth: Man can't heal himself using his mind, God can only heal you. **And to allow God to heal you requires submission to your feelings.** You need to allow your feelings to take you back to your early life, so you can feel yourself back there now as an adult. So you can express now all you felt back then, and see how and why you became as you are, and how stuck and imprisoned you are in your mind's control. And all you can do is keep accepting it as the truth comes to light, expressing all it makes you feel. And when you no longer need to be the way you are as you've seen all the truth of it through your feelings, then God through your soul will change you. And your inner transformation will occur, taking you out of your wrongness into your rightness. And your angels will do most of the actual hands on healing that you require. You – we – only need to keep attending to our feelings, that's the key to it John, but attending to them the right way, wanting to uncover the truth of ourselves our soul and God want us to see. Anyone can express their feelings even looking to them wanting their truth, but it's wanting to understand and live the whole truth of yourself, which currently is the whole truth of your negative state, that's what needs to be addressed first. Then you set about understanding as you reveal to yourself the whole truth of your positive loving state – once you become of a Celestial level of Truth and are fully Healed.

I'll speak to you soon John – love Nanna Beth. Keep being willing to express any negative feelings you have about SI and Pascas, it's okay, you can go as far as you want with them, as none of it is going to change the outcome, that side of it, as to whether it happens or not, is not up to us but what our Mother and Father want. But what we feel along the way is up to us, and what They want us to focus on.

Thank you for this incredible opening to the reality of man's futile belief in its capacity to be able to 'heal' one's self.

Love John

We, being ensouled humanity, are to move with our feelings, respond and act upon our feelings, we all are, and so based on our feelings we bring our mind into play, and then things happen which affect our feelings and so our mind adjusts accordingly.

Everyone at their conception gets their angelic pair as well, just as I did, and they will be with you right the way to Paradise and then possibly beyond too. So it's a wonderful relationship, we have our soulmate and our angel pair each, all the way with us. It is all amazing.



Feelings first

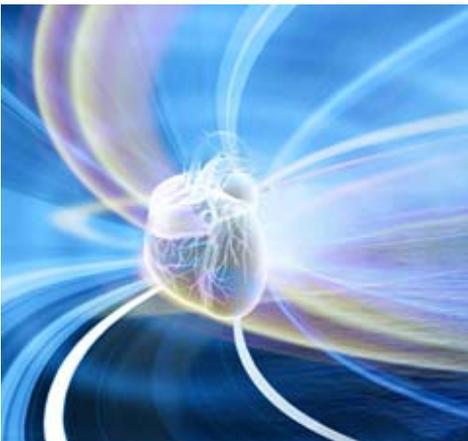
MIND IMPRISONMENT or FEELING LIBERATED?



Our parents unknowingly indoctrinated us into believing our minds were all powerful, that the way to experience life is to be mind dominated and to put our feelings aside, well, actually obliterate them with suppression. This is how we also mould our children into being our 'little me's', only to be taking them away from being their true selves.



Through our suppressive, misguided, incapable minds, we live. With these same minds we suppress our children's true personalities. In this endeavour we are all evil. We are preventing our children from being the personality that they all are. That personality having been given to them, by their true Parents, being that incredible soul, Mother and Father. Like our children, we are to fully and truly express our God given personality through our soul based feelings. It is through our feelings that we are to live. We are to engage with our feelings, and it is through our mind that we are to express our feelings. Not the other way round!



Engaging with our heart felt feelings is so liberating. It is also so much an easier way of life. Mind control is tiresome, let alone erroneous and corrupt.

By engaging with one's feelings and allowing them to be expressed is ever so more powerful than our clumsy mechanical mind – come brain!



Allow your true self to be liberated. Allow your feelings to flow and shine. Allow your life to flow with the beauty and truth of one's soul based all loving and perfect feelings. Allow yourself to simply engage with the will that our Heavenly Parents have given each of us, and be the true personality that we are all to express and be.

We can achieve this through the retraining of our mind. This is achieved through engaging with one's Feeling Healing process. It is not easy, in fact it is extremely difficult. Our mind is to be sub-servient to our feelings. We are not to continue how generations upon generations have lived and suffered for the past 200,000 years.

Embrace the freedom and liberation.



SCIENCE and FEELINGS:

Friday, 30 March 2018: Graeme: [If we fully understood mathematics and vibrational frequencies we would better understand how the universe works...or is that too simplistic?](#)

Verna: Not too simplistic, it's correct, however there's more to it than that and it all has to be done with TRUTH first. You are truth-creations, so your feelings MUST come first and then all the mind stuff can follow. And if your feelings DON'T Feelings First, then you'll limit your mind understanding. You think your world is 'advanced', ha, what a joke that is, advanced in what? What you ARE advanced in, is denying your mind its rightful advancement through your feelings and soul perceptions, so yes, you're rocking along very well in this self-denial. Look at how hard your **top scientists have to work at trying to push the limits of their mind, lucky if they have one significant breakthrough in their career**. All because you are pushing up against the absolute boundaries of your mind-denial, that being represented by the End Times of this age which the End of that denial being the end of the Rebellion and Default against your True Way. **Imagine being one of these scientists who are living true to their feelings having done their Healing. And EVERYDAY you are having more astounding breakthroughs because of advancing or growing in Truth, with your mind reeling in trying to keep up with it all. That is living life on the edge – the cutting edge of Truth. The Truth leads through your feelings and the mind will slot right into place supporting it.**

Saturday, 31 March 2018: Nanna Beth: Look at it this way John, humanity is in the shit, and has been for a very long time. And so has had a long time to study the shit. And it can work out that it's in the shit and what the shit is all about, but that's all it can do. It can pretend that it can take itself out of the shit, but it can't. It's not allowed to.



Not until someone comes along and does really heal themselves of it, and someone who has the **spiritual authority** to allow others to do the same. So that's where we are. The authority is making the revelation to you. People can now choose to study how to Heal themselves, this being the next phase and 'science' people will apply their attention to. The great writers of humanity have well and truly documented the wrongness, you can see it all, and you know it comes from your early life. And many have tried to work out ways to heal themselves.

But **without looking to your feelings and wanting to uncover the WHOLE truth of them, you can't heal it**. It's as simple as that despite what anyone does with their emotions and feelings. And many people in their endeavours to heal themselves have done some real Healing, if they at any time looked to their feelings for their truth, truth would have been forthcoming. So humanity has gained a little truth over the years. However because of the feeling-denying forces of the Rebellion and Default, the level of truth has remained very low.

Now however **with the keys being given to you as to how far you have to go and what is really involved in doing your whole Healing, so that is the New Frontier awaiting mankind.**

FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

To do our feeling-healing we need to become:

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

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

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

So it sounds simple.

So I repeat:

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

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

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

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



in conjunction with

Longing for the Truth when also longing for Divine Love.

LIVING THEIR WILL:

We can choose, in each and every experience, to live true to one's self; true to our feelings, and by doing so, we can also choose to live true to God and Their Will. Our Feelings are our Supreme Guides.



Living God's Will means living true to one's feelings, acting on our feelings in the moment, doing what we feel we want to do, while all the time longing for the Divine Love, the Truth, and wanting to live God's Will.

A lot of people, and so-called spiritual systems, speak about living true themselves and following their feelings, but what they don't understand is that whilst we are living in a negative mind and will state those feelings we are feeling and trying to live are not true. One's negative mind, in accordance with one's negative beliefs, are generating 'false' feelings; that is, feelings you believe are true but aren't, being based on erroneous beliefs. And it's only through the process of healing one's soul of all that is not true that we can begin to live feelings that are being generated with support from a positive mind and will. As we heal from one state (the negative) to the other (the positive) we will feel ourself changing, and will know we are becoming progressively truer. We feel our will truly becoming empowered, and it's not an artificial empowerment like many people try to achieve by positive thinking and trying to be positive and wilful using their minds, it's real feelings of ourself, our will, and our wanting to live with God, our Mother and Father.

In the end, as we complete our soul-healing, with a completely healed and self-focused positive will and mind, we will know that we are doing God's Will as we live truly honouring all our feelings. The Father and Mother inspire us through our soul. They don't speak to us in our minds and say do this and do that. They generate feelings, true feelings, to come up in us, feelings we can only know are true when we've healed all that's untrue within us, and it's these feelings that we act on because doing so makes us feel good and happy, and then we are living God's Will. Also we can't live God's Will without the inclusion of Their Divine Love in our soul. We can only live, at best, in a perfected self-willed natural love state. So the partaking of the Divine Love is fundamental to living God's Will, and if you want to live it, if you want God to help you, then They will help you do your soul-healing so eventually you can cross over from being wholly self-willed (without God) to being still wholly self-willed – but with God, and therefore also God-Willed: with your will focused completely on living Their Will.

We don't give up or submit our will to Their Will, as in our will somehow vanishing and Their's taking over. We need our will perfected and not in denial so with all of it we can choose to live Their Will. We wilfully choose with a fully positive will that we want to live with Them. That we want to be at-one with Them. That we want to live the life They have created us to live and we tell Them this is what we want. And the wonderful thing about being able to partake of Their Love is you feel your relationship growing with Them; They become real, 'alive', and so you know, as you are choosing to live Their Will, why you want to do so. And that is because you feel so much love for Them. You want to give something back to Them. You want to live Their Will as a demonstration of your love for Them. They make you feel good, They heal you, They make your life the wonderful thing it should be, and all of this makes you so overwhelmingly grateful to Them that all you want to do is live how They want you to.

FEELINGS

And besides, by that time you arrive at this point of knowing through your feelings, you also know that living without – denying – Them; living totally self-willed and with a negative mind and negatively focused will, is no fun. It hurts: it makes you feel bad and causes you great pain, and who'd ever want to do it. It's only that our negative states have been forced on us in our very early childhood that we don't know a different way to be.

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.

So the first step in living God's Will is longing for and receiving Their Love. The next step is the rectification of your will – doing your **Soul-Healing**. To heal yourself so you're living in a positive mind state rather than a negative one. And then once this has happened you will, with no doubt, wilfully choose with all your heart and soul to live God's Will, and you'll be naturally doing this as you simply follow your feelings throughout the day doing what makes you feel good. It's incredible how They've designed it so we can do all we feel we want to; live with complete freedom of will, and yet still do all They want us to do: live fully honouring Their Love and Will always being happy.

We have to see the whole truth of our negative or self-denial state before we can heal it and be free of it.

The CHILD is to FREELY EXPRESS ITSELF: Messages from Mary and Jesus 13 May 2003

Mary: The greatest gift you can give your child, is allowing it to be freely able to express itself, helping it to feel good about being able to say and express and communicate all it feels. **THERE IS NOTHING BETTER FOR A CHILD TO FEEL THAN KNOWING ITS PARENTS COMPLETELY WANT IT TO BE EXACTLY HOW IT FEELS IT WANTS TO BE.** To be completely unconditionally accepted for all that it is. Then it feels loved.

This is how we are also to be, as adults!

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

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.

Feelings First Spirituality

The New Way

Feelings First
FF
Feeling Free

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

Accept, express and long for the truth of your feelings

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



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

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



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



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

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

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

Feelings First Spirituality is the True path for humanity.

It embraces all people.

It completely unifies the world.

Everyone can relate to everyone else through their feelings.

And we can all live the truth that comes from our feelings, all sharing the same truths as we express and have the same feelings.

No one need be left out; no one is more special than anyone else – we are all united in Truth through our feelings.

So with and through our truth we live our lives, therefore without the need of any man-made mind-laws, rules and restrictions that limit self-expression as inspired by our feelings.



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

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

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

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



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

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

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

LOVE is the Religion of Feelings, being:

Feelings First Spirituality, The New Way



my
House is your
Paradise

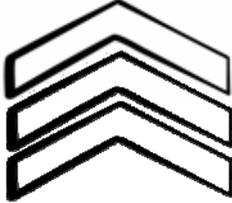
HOME

The CHOICE is OURS to MAKE:

Celestial Truth:

Truly all-loving;
 Living true to oneself;
 Mind supporting Feelings;
 Living with the Divine Love;

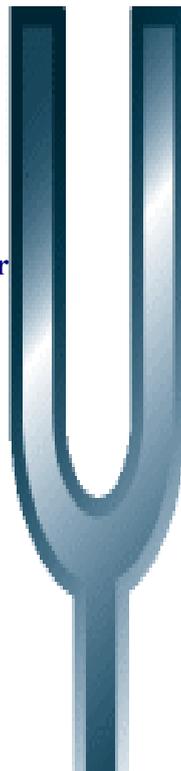
Fully Healed of the Rebellion and Default.



THE FEELING WAY

Feeling – Ascendance
 Unlimited progression

- Living true to your untruth;
- Honouring all your bad feelings;
- Expressing feelings to uncover their truth;
- Healing the Rebellion and Default within yourself;
- Feeling unloved; being unloving;
- Feeling as bad as you can feel;
- Feeling like you are no one special;
- Longing for the Divine Love.



THE MIND WAY

Mind – Transcendence
 Limited progression

- Enlightenment, Nirvana, feeling all-loving;
- All false, mind-contrived. Anti-truth, anti-love;
- Still evolving the Rebellion and Default within yourself;
- Feeling and believing you are the Superior One;
- Living with your mind in control of your feelings;
- Living rejecting all your bad feelings;
- Living with your mind contriving you feel loved;
- Rejecting the Divine Love.



All religions, New Age, agnostic,
 atheists, no spiritual interest,
 Living the Rebellion and Default.

Hell:
 Exploiting the Rebellion and Default.

The Feelings are the doer; the Mind the teller. So we are to go with our feelings, which we can't be told to do with our mind. So the longing for the Divine Love, doing our Healing by expressing our feelings and longing for their truth, are all feelings and doing it with longing. Whereas the mind just wants to tell us what to do and how to be, no feelings in it, all how our parents have treated us.

Steps UP!

Quantum Jump 1



REVELATION 1
James Padgett 1914 – 1923

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

Quantum Jump 2

REVELATION 2
Marion and James Moncrief 2002
– ongoing

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

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



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





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.



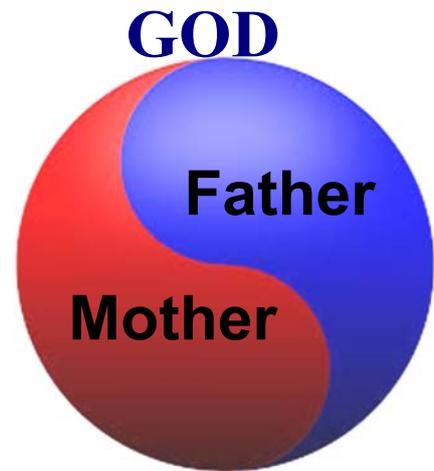
Jesus of Nazareth and Mary of Magdalene, being soulmates, were both free of sin. Jesus and Mary, combined in their love for us, are our teachers and guidance for us to find our way home to our Heavenly Parents. To start this journey we are to liberate our souls from being entombed within our suppressive 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.

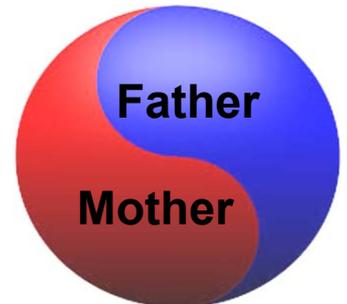
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God’s soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of our Mother and Father.

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.

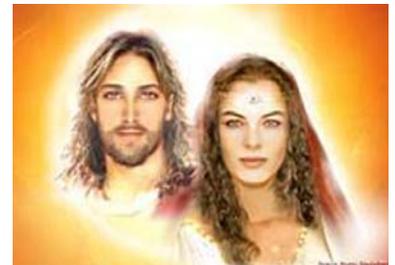
J&M: We are also to embrace the truths and guidance of the Paradise Pair, Mary and Jesus, who will then lead us through the 3 Celestial Heavens that are aligned with Earth, and then further on through Nebadon where we will then depart beyond on towards Paradise.

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.

GOD



M&F



J&M



AVO

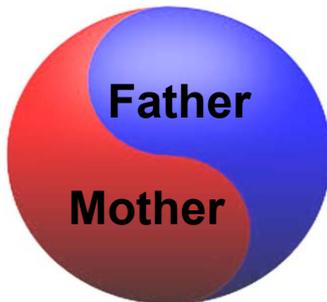


HUM

WE ARE Children of God

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

GOD



M&F

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

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

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



J&M

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

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

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

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



AVO



HUM

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

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

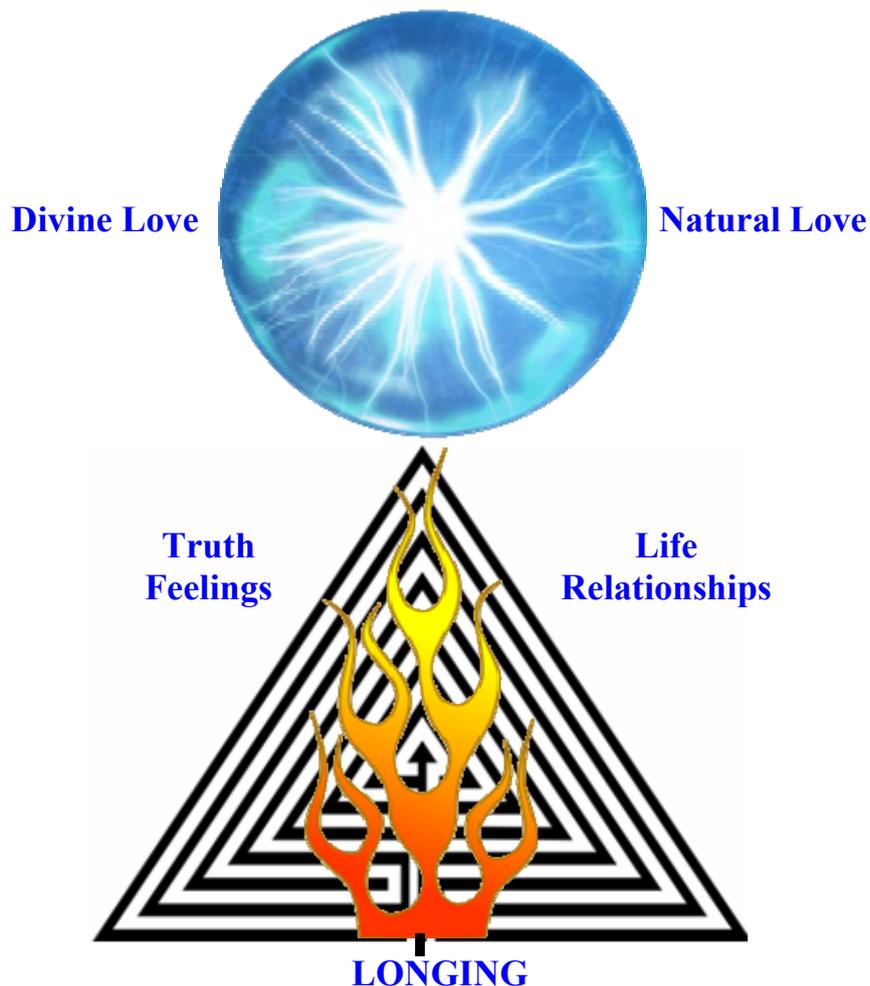
Collectively, should we embrace them all, as we are to, then our pathway home is a journey in the hands of the Spirits of Truth of the Avonal and Paradise Pairs overseen by our Heavenly Parents.

WE ARE Children of God

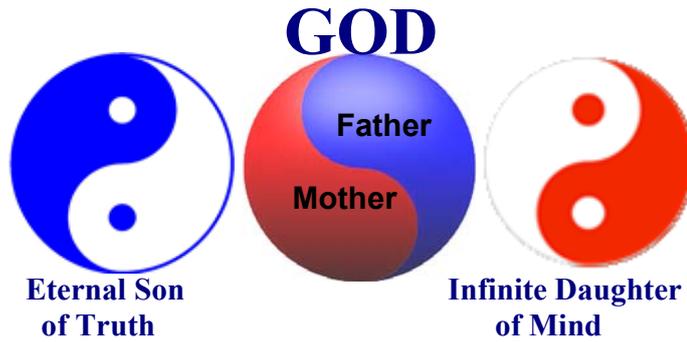
HOW TO GET TO PARADISE:

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.

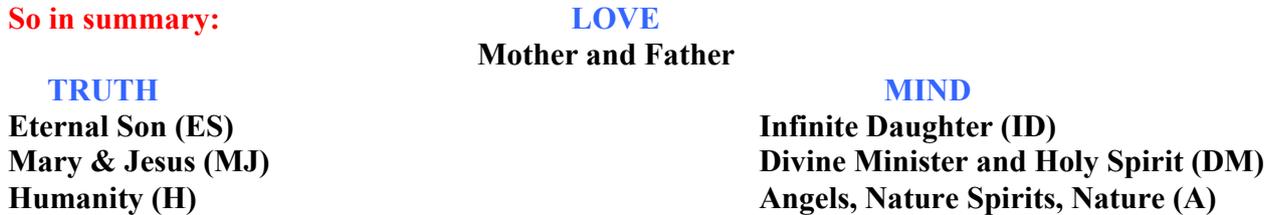
The LOCAL UNIVERSE TRINITY:

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

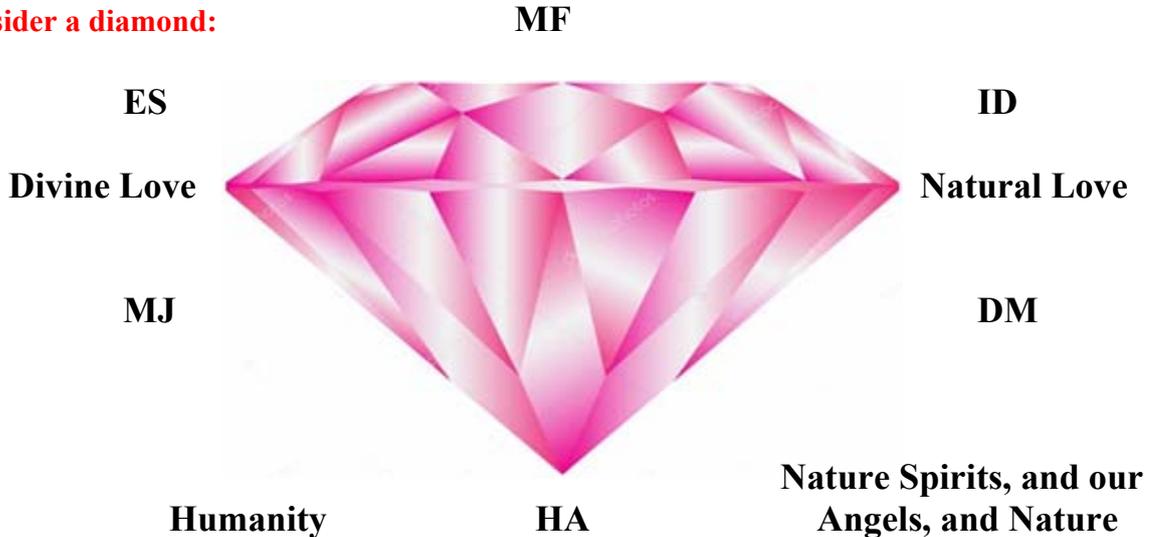
PLANETS that engage in REBELLION:

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

So in summary:



Consider a diamond:



Mother and Father Heavenly Parents

Creator Son & Daughter
Jesus and Mary

Avonals
as soulmate pairs

Trinity Teachers
as soulmate pairs

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

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

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

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

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

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

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

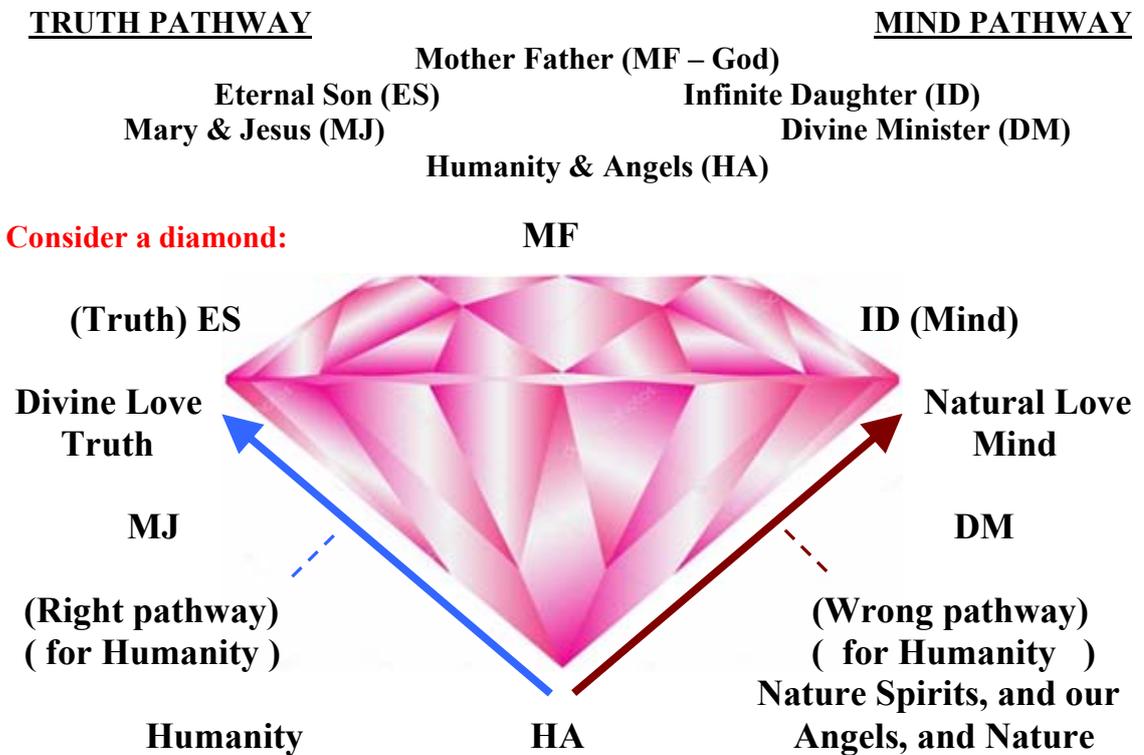
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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

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

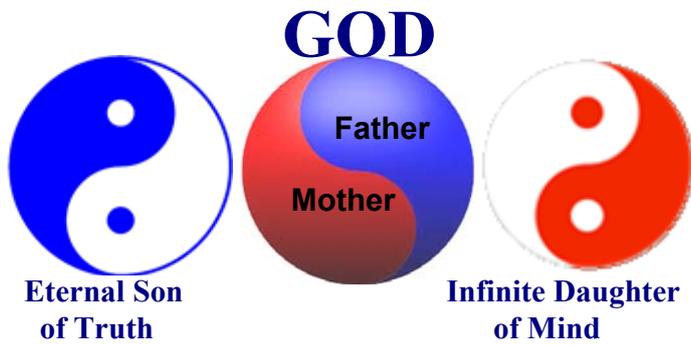
Currently the whole of Creation exists for the ascension of mortal souls from their earth planets to Paradise. It’s all one vast Grand Ascension Scheme. With all the higher and lower spiritual Daughters and Sons, together with all the many different angels and other universal spirit personalities, and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

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



Humanity is to pursue the pathway for Truth through one’s soul based feelings, this is the right pathway. However, humanity commences its journey founded on natural love, which we now know is to be perfected through one’s Feeling Healing process and then made divine through asking for and receiving our Heavenly Parents’ Divine Love.

For 200,000 years, **humanity** has pursued the pathway of the Mind, being that of the brain, this is the wrong pathway. The Mind is the pathway for Angels and that of all of Nature.



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.

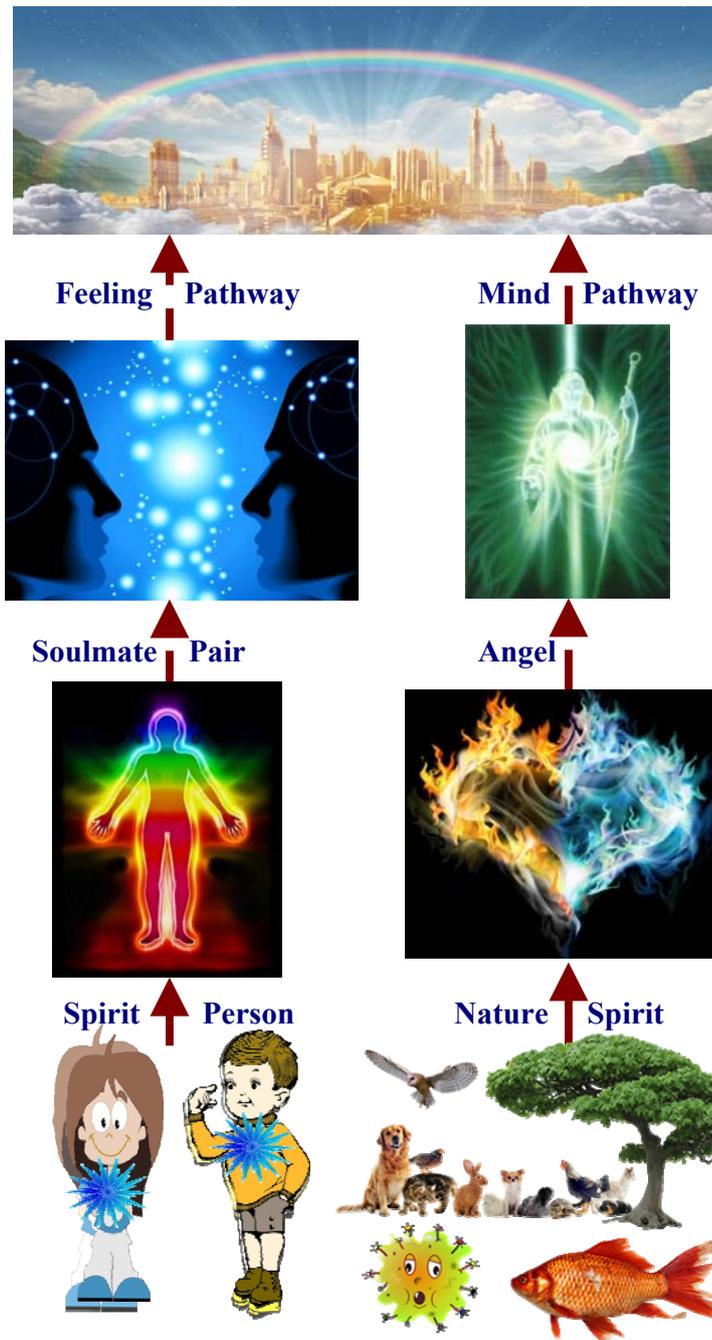
The soul of angels is experiential, evolving through their experience by continually progressing in mind development. Angels are to attain the Infinite Daughter (Spirit) of Mind. Angels are a creation of Mind. Our soul is duplex (we have a soulmate) and is created by our Heavenly Parents. Through our 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.



GEMS for ALL PEOPLE of all AGES to EMBRACE:

The GOLDEN AGE!

Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

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

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

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

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

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

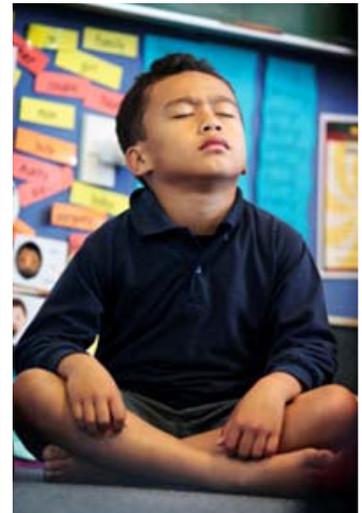
“I love you Father.” “Let the Divine Love flow its energy into my soul.”

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

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

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

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



Maybe we could simply long for and ask:

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



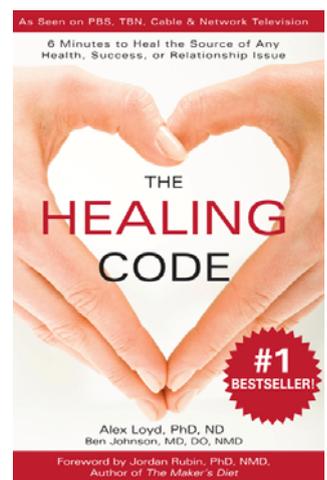
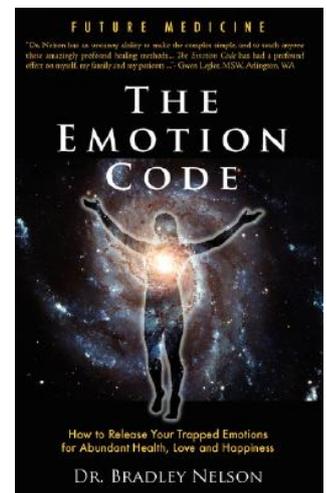
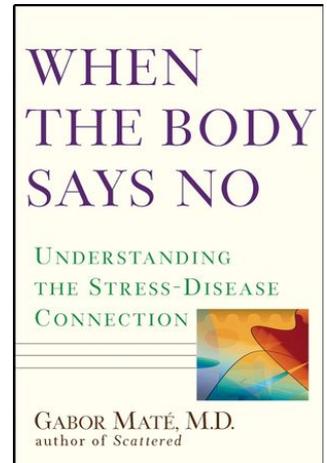
MoC 1,471

Documents in this Series:

1. Pascas Care – Treatment Session
2. Pascas Care – Emotion Code
3. Pascas Care – Healing Code
4. Pascas Care – Negative Emotions Generate Illness
5. Pascas Care – When the Body Says No
6. Pascas Care – When the Body Says No – Emotions
7. Pascas Care – Feeling vs Emotion
8. Pascas Care – Cure by Crying
9. Pascas Care – Healing & Recovery Vol I Assisting Healing
10. Pascas Care – Healing & Recovery Vol II Health
11. Pascas Care – Healing & Recovery Vol III Aging Process
12. Pascas Care – Healing & Recovery Vol IV Alcoholism
13. Pascas Care – Healing & Recovery Vol V Cancer
14. Pascas Care – Healing & Recovery Vol VI Depression
15. Pascas Care – Healing & Recovery Vol VII Death & Dying
16. Pascas Care – Healing & Recovery Vol VIII Pain & Suffering
17. Pascas Care – Healing & Recovery Vol IX Loosing Weight
18. Pascas Care – Mental Health
19. Pascas Care – Accessing and Clearing Emotions
20. Pascas Care – Beliefs and Health
21. Pascas Care – Cancer of the Breast and Emotions
22. Pascas Care – Clearing Emotions, Why?
23. Pascas Care – Emotions and Health
24. Pascas Care – Hierarchy of Health Care
25. Pascas Care – Homosexuality
26. Pascas Care – Law of Cause and Effect
27. Pascas Care – Total Recall
28. Gift from God
29. Gift from God – Divine Love
30. Gift from God – Opening to Divine Love

Other recommended reading:

The Book of Truths – Joseph Babinsky
containing the Padgett Messages
The Human Soul – Joseph Babinsky
Life in the World Unseen – Anthony Borgia
Gone West – J M S Ward
Thirty Years Among the Dead – Carl A Wickland
A Wanderer in the Spirit Land – Franchezzo
Judas Messages – <http://new-birth.net/>
Judas of Kerioth – www.lulu.com
The Richard Messages – James Reid
The Divine Universe – Zara Borthwick & Nicholas Arnold
Shining Toward Spirit Vol I, II, III – Zara & Nicholas



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

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

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

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

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

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

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

30 Aug 08

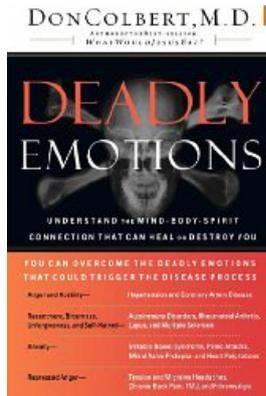
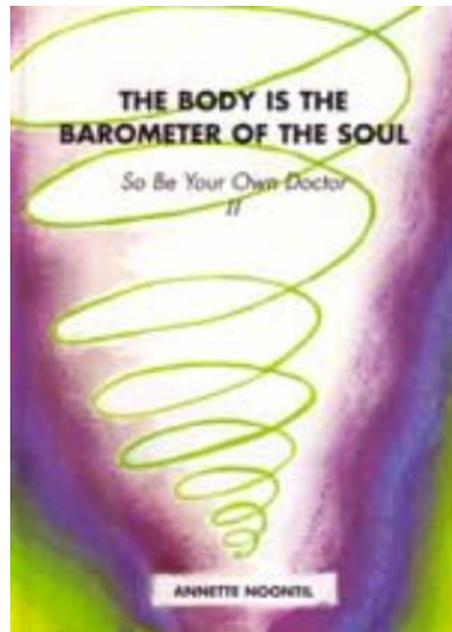
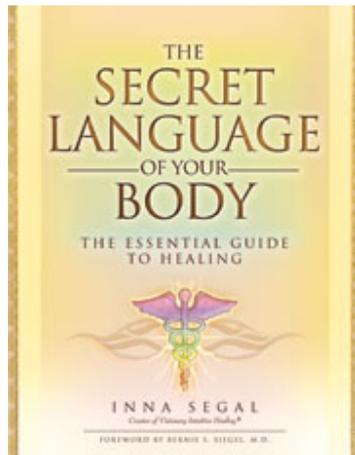
“The Body is the Barometer of the Soul” by Annette Noontil

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

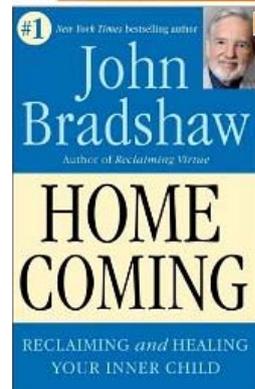
Also consider:

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

www.innasegal.com/



Deadly Emotions by Don Colbert.



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

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	1,500	2017	201
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings	1,500	2017	47
		This group being pages of	3,046

Religion of Feelings

Introduction to Divine Love Spirituality

Main website of DLS

Childhood Repression website

DLS and CR forum

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

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

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

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

<http://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..*

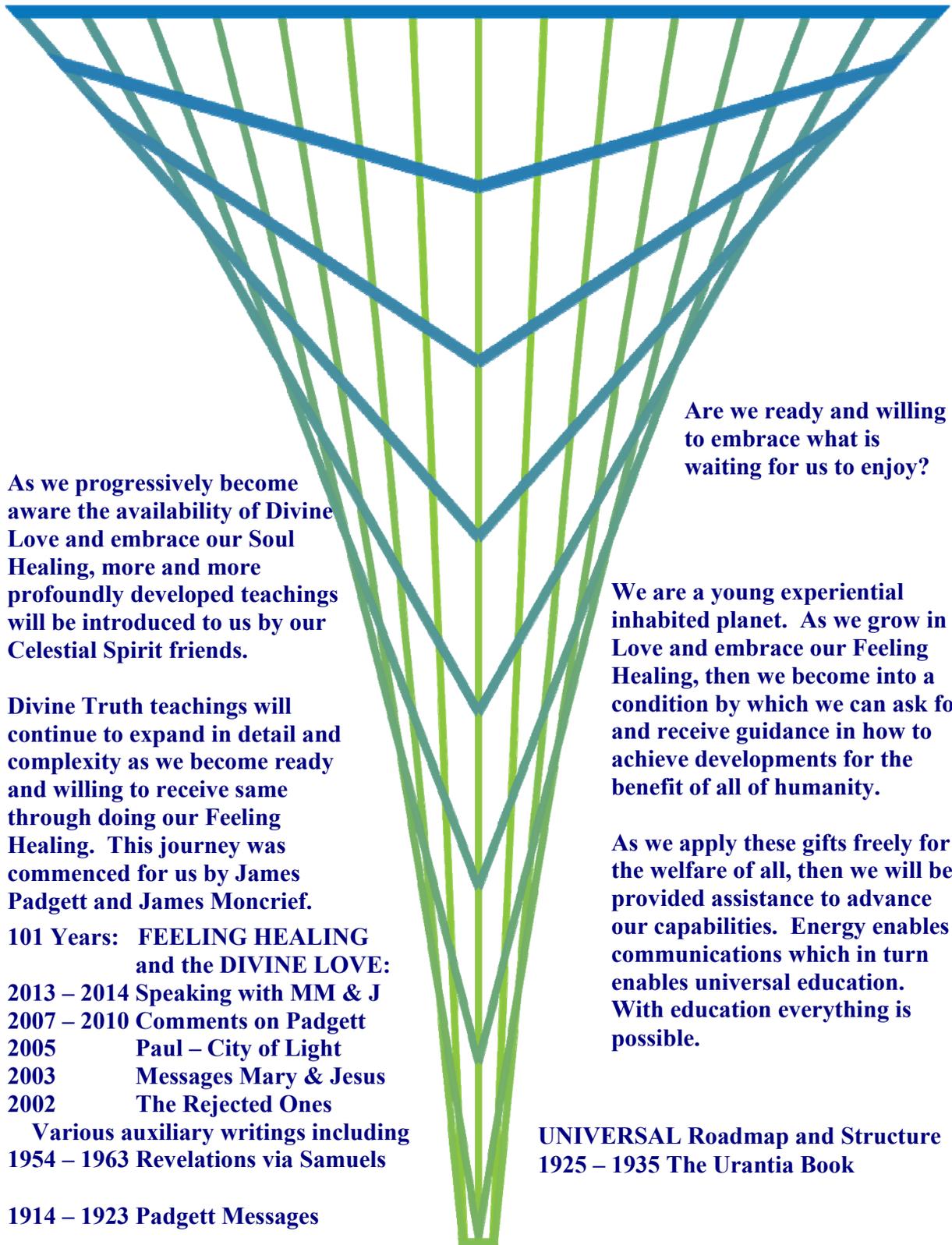
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

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.



SOUL  SPIRIT BODY  PHYSICAL BODY

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