

PASCAS CARE Letting Go



“Peace And Spirit Creating Alternative Solutions”

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PASCAS INTRODUCTION:

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

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

Kinesiological muscle testing, as developed by Dr David R Hawkins and quantified by his Map of Consciousness (MOC) table, has been used to ascertain the possible level of truth of documents. Such tested calibration levels appear within the document. We ask that you consider testing same for yourself. The technique and process is outlined within Pascas documents, such as Pascas Care – Energy Level of Food. From each 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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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

PASCAS CARE LETTING GO:

With the process of letting go, there is a living in the present rather than a preoccupation with the past or future.

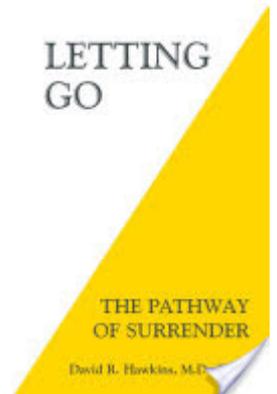
At first, there is the identification, “I am the body.” As the mechanism of surrender continues, it becomes quite obvious that, “I am the mind that experiences the body, not the body”. As more feelings and belief systems are surrendered, there eventually comes the awareness, “I am not the mind either, but that which witnesses and experiences the mind, emotions and body”.



These progressive realisations of our true nature prepare the ground for the Ultimate Realization of the identity of Consciousness with Divinity Itself.

To be surrendered means that we are willing to relinquish a feeling by allowing ourselves just to experience it and not to change it. Resistance is what keeps it there in the first place. Embrace the process with the intent to allow the feeling to express itself and then dissolve – for ever.

When negative feelings are acknowledged and relinquished, the situation can rapidly change in appearance from impossible to easily manageable, workable, and even quite useful. Using the mechanism of letting go, allow yourself to go into all the negative emotions that you may feel you have and allow the feelings to come up one by one, and let them go. This can be achieved within the midst of everyday life.



There is a self-healing power *within* that is activated by continual surrender. The process of letting go, being of the negativity, is concerned primarily with feelings, feelings that have a profound effect on our thoughts and belief systems. A good place to start is to let go of all of one’s guilt since it fosters an emotional environment for suffering and disease.

The technique of letting go gives one the power of choice over the tendencies of mind. Instead of being at its effect, the mind is now under one’s mastery. It opens up freedom and the capacity for free choice.

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

PHYSICIAN, HEAL THYSELF:

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

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

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

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

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

Note from James Moncrief:

21 May 2017

“You know, I think that Letting Go pathway is still one of mostly using the mind. The couple of lines about speaking them out is the only way we can truly let them go. We are still the child feeling them, and we need to speak them out of us. Otherwise it’s still working with the mind in control. I think the process is beneficial, however limiting, but at least it’s on the right track and won’t do anymore harm than we do by denying our bad feelings.”

Consider the next step and embrace the Feeling Healing guidelines outlined in the Pascas Papers entitled ‘Pascas Care Feeling Healing’

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



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

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 incomplete. 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
the key!**

**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.

LIVE FEELINGS FIRST

Monday, 2 October 2017: **With Dr. David Hawkins:**

James: Dr-

Dr. Hawkins: Please James, before we begin, please call me David.

James: David, having spoken to John Doel about you after you wrote to me the other day, I want to ask you if you'd mind speaking more with me. John was very pleased to hear from you, he holds you in very high esteem, feeling very humble that you should trouble yourself taking any notice of him. He said he loved all you wrote and has recommended your books to about five hundred people. And now for you to understand that you were severely restricted in all you did because of looking to your mind instead of just purely wanting your feelings to lead you, that being such a marked change in you, and something that greatly cheers John, knowing that if you can do it, such a man of high standing in the eyes of the worlds, and one who had such incredible healing success, then perhaps others might listen to you and be able to also embrace working more with their feelings.

David: I would certainly like to think they do James. And you are correct in that, as John was saying to you, I was knocking on the feelings-door, it was right there staring me in the face, yet because of my mind, I didn't see it. I couldn't let go, I didn't want to go as deep into myself, as I now understand the Feeling Healing will take someone. I didn't want to see the whole truth of myself. I didn't want it to rip me apart, for that is what I was unconsciously scared of happening, that it would mean I would have to stop being how I was, that I'd be shown up for being a fraud or a charlatan in some way, so I had to keep adhering to the tenets and beliefs of my mind. This being something of my mistake and what I'm only now waking up to.

I know you don't know anything about me James or what work I did, that you've not read any of my books. And that John introduced you to my existence and my Map of Consciousness (MoC), speaking highly of it, which I thank him for. And I understand that there is far more to what I was being shown, which I could sense was there in the ether so to speak, yet which I was unable to grasp when on Earth.

And now, having woken up to the importance of one's feelings, to grasp the simplicity of it, that our feelings are the way into our heart and soul, the way for us to uncover the truth of ourselves, the way for us to come to terms with all that happened between ourselves and our parents, the way for us to heal all the deeply buried traumatic causes of all our problems... well it's simply too astounding for words!

And I can see John's excitement with what you are revealing. Essentially, anything, from regular mainstream medical help, to psychology, psychiatry, and including all the alternative healing modalities, can benefit from the inclusion of what you call your Feeling Healing.

I just can't believe how obvious it was. I can't believe how I and so many others missed it. It just makes so much sense. As Alice Miller helped us see, we are parented by dysfunctional parents, and because of that, we felt unloved and in pain from masses of bad feelings. And because our parents didn't allow us to express all those bad feelings as we were having them, so we suppressed and then repressed them. And within us they stayed, together with all the psychological and behavioural negative patterns we developed through our childhood, bringing the whole lot with us into our adult lives, and not having the foggiest that such inner conflicts were all simply to do with our early relationships and how they caused us to limit our relationship with our own feelings. All the denial of our feeling-expression.

And then to add to that, that our feelings are the key, or way, to the truth of ourselves, well that was a big eye-opener for me. And it's so true! I don't know how I missed that. I sort of understood it, but never put it together like you have in revealing the understanding about the Feeling Healing.

And again, that we have to long hard and really want to know the whole truth of ourselves, and that by looking to our feelings, they will lead us to that truth. It's phenomenal, and so simple, and that's the whole beauty of it, that anyone can do it, should they want to.

And that then brings us to the most difficult part of it – do you want to delve that deep into yourself, having to bring to light all your pain and suffering, all those terribly traumatic bad feelings? And I think that is something we all have to get to at some point. Because as you understand, there is no avoiding it, it's all there inside us waiting for us to do and bring it out. We all have to do our Feeling Healing at some point, because if we don't, we'll never be free of our childhood pain and all those dreaded repressed feelings.

I feel like I'm a young child starting over again. I have put all I understand and all I did on Earth on the fence for the time being. I am soaking up this new truth about the Feeling Healing and longing for the Divine Love and understanding all that does to one's soul, and what you call your Soul Healing with the Divine Love. It is fascinating, it is extraordinary, and I strongly suggest anyone who has the slightest inclination to work on themselves to look closely at it.

And if John can make such information more readily available, like he intends doing, well good for you John, I only wish I understood it back on Earth. But as soon as I say that, I know I would have rejected it, I wasn't ready for it, I had to work with my mind controlling healing techniques developing them as far as I could. Because I needed to understand just how far one could take working with the mind affecting 'healing', seeing miracles happen, and believing that was what it was all about. And yet now coming to understand that was still only readjusting the surface results of the deeper underlying traumatic causes. It was only at best a 'partial' healing. And even though so many people were able to get on and continue living a happier life without any reoccurrence of their previous trouble, it wasn't themselves coming to terms with the real truth of why they were ill and how it all resulted from their ill relationships with their parents.

So I have to confess that really I have no idea about what 'real healing' is. As I told you when we first spoke, I have only recently moved out of the mind Mansion Worlds into the first sector of the first Divine Love Healing Mansion Worlds, as you call them. So it's all new to me, I'm still reeling as to the enormity of it, that this other whole different way of looking at ourselves, of living, and of healing ourselves, even exists. And that so many spirits are doing it over here, and have completed their Healing, whereas on Earth it's virtually unknown.

And that it will become so known on Earth in time, because **it is the only way people can seriously heal themselves**. My mind boggles at the enormity of it all. I wish I were back there working with John, to be able to help introduce such an incredible way of looking at oneself, and to finally understand that it is doing the real healing one needs to do, and not just a bandaid patch up job like I was doing.

Oh I am so in awe of this Feeling Healing process. I longed to God for the Divine Love the other day and actually felt God loving me, I felt the Divine Love flowing into my soul, it was magnificent! And then to understand that all I now have to do is keep paying attention to my feelings, looking to express them, whilst longing for the truth of them. And that is how I will live my spiritual ascent, and at the same time completely heal myself of all my trauma and everything that afflicts me.

I did a lot of healing on myself whilst on Earth. I went through a lot of extreme and intense illnesses of which I ‘cured’ myself of. But now I see it was all still just dealing with the results and not directly with my causes. I touched on many of those causes, and I understand all that work will help me a lot in my Feeling Healing; however, compared to the simplicity of simply submitting to my feelings and looking to them to show me the truth of myself, I still can’t get over it!

So thank you James for again giving me this time to speak with you. And should John want to speak more to me I would be delighted to do so through you James, if that’s all right with you. I understand my lower vibration is rather taxing for you to have to deal with, however if you can deal with that, then I would like to place myself at John’s disposal. So John, if you can use me in any way, please ask me and I will see what I can do from this side. I am just starting with my Feeling Healing and already some very intense feelings have started surfacing, and I’m told in a couple of weeks of your time I’ll be moving into the third Divine Love Healing Mansion World; but if I can, I would love to be somehow more involved in all you are doing with Pascas Foundation and Pascas WorldCare, and everything else you want to do.

Anyway, I will end now James. Please feel free to call upon me anytime should you want to. And I’ll see what I can do.

Your’s truly,

Dr. David Hawkins.



Finding the right key!

James: Nanna Beth, that was a surprise, particularly for John, with David wanting to talk the other day.

Nanna Beth: Yes James, we thought he’d like that. And David is a very capable man. He’s easily grasping what the Feeling Healing and the Soul Healing with the Divine Love is all about and it won’t be long before he’s well on his way doing his Healing.

James: How will his Healing go compared to all the healing work he did on himself on Earth?

Nanna Beth: It will put it all into the right perspective for him. You understand James, that he was a great natural medium, he was able to easily receive the healing help energies from the mind spirits, who would eagerly gather around him, filling him and his patients with their spirit light. And he attracted many spirits who’d been healers or worked as doctors in some capacity when on Earth, all of whom worked through him as he worked with his patients. There was no angelic healing involved, so he is a good demonstration as to the sort of power some of the mind spirits had so far as being able to influence people on Earth, helping them with their problems, healing them, all in accordance with how they understood healing to be; which was as you know, all in accordance with the parameters of the mind control they and their patients were living under.

So for David to now separate himself from the mind controlling side of things, and to look to his feelings to lead him in his True Healing, he will find things will be very different for him, leading him directly to all the hidden causes of his problems, all as he advances his soul in truth.

And for John, to now see that he can possibly introduce the notion of Feeling Healing into any such ‘healing modality’, showing up the weaknesses and limitations of that system, whilst at the same time supporting it and possibly taking it deeper, will give him more room to move, rather than having to confine himself to presenting the truths of Feeling Healing as straight opposition to all the mind ways of approaching healing – false healing.

Many people will of course still reject his propositions, however that’s understandable, for as David told you, he himself, were he still on Earth, would possibly reject it, and yet there will be just as many people who will eagerly embrace it. And many more fence sitters, who will at least look at it, which will help them when they come into spirit should they want to seriously do something about healing themselves using their feelings and not getting tied up and misled in all the mind falsity.

We are very pleased that John is feeling so good about David’s message to you. And he’ll like what David just wrote, too. It is all helping him build his case to present to humanity.

James: He’s also got some help in some other earthly friends wanting to be involved with him, they too grasping the significance of the Healing.

Nanna Beth: Yes, and more are on their way. As we’ve told him, he’ll have all the help he needs, the right people he can work with will come, he’s laid quite a foundation which can now be drawn upon. And once the momentum gets going, yet more people he knows and has helped along the way will come and want to be involved.

James: So how much will David’s prior healing he did on himself on Earth – and did he keep working on himself in the mind worlds? – help with his Feeling Healing?

Nanna Beth: A lot. Anything you do that includes some level of introspection and wanting to look more truly at yourself, even if it only includes doing it through the mind side of things, all helps because it adds to your self-awareness.

However you understand James, it’s not just about doing your Healing, it’s not only about healing yourself of all your woes, pain and suffering, sorting out and rectifying everything that’s wrong with you. It’s about the truth, and your own personal growth or ascension of truth, with your feelings being the way to liberate and gain access to that truth. Your Healing is really just what you have to do along the way, it being a great source of readily available bad feelings that you can start to look at to help you understand more about yourself; which means, how you express yourself as one of the two personalities of your soul.

So your Feeling Healing or Soul Healing with the Divine Love, is about growing in the truth of yourself up through the Mansion Worlds, on your way to Paradise, the home of our Heavenly Parents. It’s the beginning of your true spiritual life, and whether you start it on Earth or over here in spirit, it is the real focus of what you are and what you are to do. All of which amounts to, as David said, uncovering the truth of yourself through your feelings.

And were people not living against themselves, which means, using their mind to stop themselves from expressing all they feel, then naturally people would look to their feelings to guide them through life. But because that has all got mucked up, such corruption being passed down through the generations, so we have to stop and focus more heavily on our bad feelings, wanting to bring out and

express our pain, all so we can liberate our self-expression thereby liberating the hidden truth of ourselves.

And that is living a truly spiritual life. Learning how to put your feelings first, taking the control away from your mind, coming to understand how false you are, all whilst longing to be your true self and at one with God through partaking of God's Divine Love.

James: Thank you Nanna Beth. I'm going to have a rest now.

Nanna Beth: You are welcome James. My love to you all – Nanna Beth.

Tuesday, 3 October 2017

James: David, it's me again, sorry to bother you – can you spare a moment more and speak with me again?

David Hawkins: Yes, it's my pleasure, I thought you'd be tuning in again James, so I am well prepared. I know what you want to talk to me about this time – my work, how I did it back there on Earth, my 'Letting Go' pathway, and what I think about it now.

James: Yes, that's right, have you been reading my mind?

David: No, I've been instructed by some of the higher spirits that are overseeing my communication with you. They told me what you would be wanting to know, so I can come to you prepared to some degree. So please, ask me what's on your mind.

James: You were afflicted by a lot of hellish sounding illnesses – how did you cope with them all! And then you say by surrendering to the Divine Will you were able to let go “of resisting in every instant, cancelling the belief systems”, which led to your self-healing – so how did you do that?

David: I found that if I put myself into a certain frame of mind, which was my surrendering to the Divine Will – I had not personalised my relationship with God as I am now doing by longing directly to my Heavenly Mother and Father for Their Divine Love; which I must say, I adore doing, I can't tell you how much of Their Divine Love I feel is flowing into my soul, and it feels superbly wonderful, and to think that I had been denying myself God's Love for so long... then I could sense or feel the resistance in me because of certain of my belief systems, which I was then able to change using my mind, which brought about the dramatic healing changes within me.

And when those changes happened, I was ecstatic, I can't tell you what a relief it was to set myself free of such troublesome illnesses and afflictions that were such a burden, and which I'd struggled with for so long. And to discover that such physical conditions were being held in place – at least so I thought back then – by mere belief systems, and that a simple change of perspective released me from such torturous fiendish problems.

It was so simple, hence: Letting Go, which amounted to my realising, that if you don't want something, let it go, you get rid of it, and so by utilising the 'Power of the Mind', my own mental power, I could do just that for myself – and I was the living proof!

And then it happened also for other people, and I thought I'd found the cure-all for humanity, that we all could be free of all illness and disease, any inner psychological problem or disturbance, the mind could be 'trained' to think positive loving self-caring, self-nurturing, and so self-healing, thoughts, and all your afflictions would leave you.

And the whole key to it was to surrender to a Higher Power, the Divine Will. If I tried to do it myself without surrendering, I failed, and my symptoms got worse, but if I gave up the fight, just accepted that I had the problem – and damn it, it could do with me what it will, even if that meant it could kill me, then so be it. I'd had enough of the intense misery and suffering and fighting against such troubles for so long, so I had nothing to lose, I'd been pushed right to the edge so many times, so I just 'Let it all Go': here, I said to The Divine – You take all my troubles and problems, I've had it with them!

And as I did that, so I was then able to see how I was holding onto them, it all being my own doing, my own beliefs that I was in control of my own problems with – and god, what an insight that was! So if I really was in control, and The Divine was now giving me even greater control, for that's how I saw it at the time, then I could choose my own destiny and rid myself completely of my problems, which I did. So effectively I believed I could cure myself, and so I did – using my mind... or so I thought. So that was about the crux of it.

Then having died and woken up in spirit (another whole story in itself!), and understanding that all such physical afflictions and many others of the mind and emotional states of all people who die, automatically leave or are 'healed' upon death, meaning, you no longer are afflicted by such problems in your new spirit life – well, I did wonder what was it all about? If only I'd known that, perhaps I wouldn't have cared about my problems, knowing I'd die with them and more than likely because of them, and then they'd all be taken away when I woke up in spirit starting my new spirit life. So that sort of put me on edge, it made me wonder why is such suffering confined to the physical world when over here in spirit we're all in perfect health – what is that really all about?

And I asked a lot of the higher spirits who came to help us New Arrivals about such things, and they answered by saying things like: 'It's the Will of the Divine', which made me think – they don't really know, which confused me even more. Some of the spirits I was meeting had been in the mind Mansion Worlds for hundreds of years and were considered advanced, and yet they didn't seem any more wise than, well... myself. I seemed to understand more about certain things than they did, and that confused me even more.

Then I slowly understood that it was more about having loving thoughts and wanting to help my fellow man – from spirit, helping people back on Earth, and helping the spirits I was with, all by applying the mind, and that seemed to advance you mentally in your new spirit life. And so, all right, I was already working along those lines, so that was easy enough. And very soon I found myself in the upper levels of the fourth mind world, feeling very smug and happy with my relatively quick progress, with the sixth and highest 'heaven' awaiting me, into which I'd be going before too long.

And then as I told you the other day, it was a bit of a let down – Samantha was right, a MAJOR let down and a SEVERE blow to my ego, realising that so much of my healing of other people was induced by the unseen work of the spirits that were helping me. And that my so-called Letting Go process was in fact, not about surrendering to the Divine Will, but to these higher mind spirits. If you got yourself into the right frame and attitude of mind, then these unseen doctor and healer spirits could go to work on you, and in many instances work miracles, with the people being healed complying by allowing their mind to be adjusted and so their beliefs changed (reorganised) – which was what happened to me.

So I had to admit that my 'Letting Go' pathway and process, had nothing really to do with my mental ingenuity, it was that I was more a spiritual healer and natural medium myself, as you were told yesterday, and that was what I was really tapping into. So it wasn't that I had uncovered some magical hidden law of the mind, it was that I had an overwhelming spirit support group that were allowed to affect certain healing on people on Earth, including healing me.

And this made me wonder: Well if you can't actually heal yourself through my Letting Go process, as I thought you could, as I thought I did for myself; and it's all just because of interference of spirits, and that without such spirit help the healing won't happen; then can you actually do such things as I believed and thought you could within one's own mind, bringing about such magical transformations? And I had to admit, it being a moment I will never forget when those series of thoughts suddenly flashed into my consciousness, giving me quite a shock; that I couldn't, that no such thing existed... THAT I'D GOT IT ALL WRONG! That it wasn't my or the Divine's great doing, but other spirits like myself.

Oh the horror of it, to then think that I'd misled so many people, and so many people were still looking to me for my help, even though I was no longer on Earth. But then I consoled myself knowing the healing spirits were still working with such people who wanted to advance themselves by using their mind in such ways, and so I considered joining those spirits to 'carry on the good work'. But something in me was tired of it. I didn't feel good about it. It didn't add up, something else was playing on me in the back of mind, which I couldn't put my finger on... so what was it? And you know what? I actually prayed to God to show me. Suddenly I just asked God to help me see where I had gone wrong. (Which I've since realised was my true and sincere giving over to God.) And I have no idea where that thought and inspiration came from. And I still don't, although with what I'm understanding about the Feeling Healing, I suspect it was something from my early life that suddenly came up into my consciousness.

Anyway, no sooner had I prayed earnestly to God, realising that God was now a 'Person' to me rather than just an impersonal 'Divine Will', and a spirit, a beautiful woman spirit, appeared before my eyes as if materialising out of the spirit ether. And what really threw me was – I KNEW HER! She hugged me saying she was so happy I'd reached out to God as I had done, because now she was able to come and talk to me, and as I had many questions, she could answer them all!

I was non-plussed, she was the first girl I had any deep feelings for. I'd not thought of her in ages, and now here she was, and so full of light, I'd not seen a spirit so lovely and of such a bright light. (She, of course, being a Celestial spirit who's finished her Soul Healing.) I didn't know what to say, I felt just as shy and embarrassed as I did back then on Earth during my adolescence when I allowed myself to have those nice thoughts about her. And luckily she took over and we talked and talked, and so that's how I've come to be here now embarking upon my real healing of my soul with the Divine Love.

She took me to visit you John (Doel), explaining what you were doing with James (I'd been to see you before but that was for my own vanity), and so here we are speaking like this, my being able to speak to you through James, and being able to confirm and validate to you about the Feeling Healing: about looking to your feelings and NOT your mind for the truth of yourself; which as I understand, will ultimately heal all the causes of all your problems. And as hard as I understand doing this Healing is, I am so excited and can't wait to really get stuck in.

So can you see, the mind way of healing I thought I discovered, was not as I thought it was. It was all controlled by those healing mind spirits. And I bought into it because I was that sort of person, it suited

my mind and how it had been ‘configured’ through my childhood – that much I can now see about myself.

And to think that our feelings are the real way – oh had I known that! I know my healing would have been far more difficult, for I would have had to deal with the issues of my early life and my relationship with my parents, but now I can see I would have eventually still healed all my physical illnesses and complaints, rid myself of those debilitating migraines, yet all whilst I grew in the truth of myself; seeing how such things came to be because of what happened to me through my forming years – and all through my feelings. It’s astounding, remarkable, and that no one really understands; and yet there it is, staring us all in the face, we all feel our feelings, and yet who wants to really look to them for the truth they are to show us about ourselves?

Oh John, you are excited to have my support and validation, but I tell you, I am just as excited to have finally found the TRUTH. For I know it in my heart: receiving the Divine Love because I long to my Heavenly Mother and Father for it; and to have found my Heavenly Parents, oh god, I can’t tell you how happy and elated I feel. And it all makes such perfect sense because I feel it does, I’m connecting to Them, to myself, to life, through my real heart-felt feelings. I have a feeling, I focus on it – as I’ve been instructed; I fully acknowledge I am feeling it, I then try to bring it right up and out expressing it to my spirit companions the best I can; and I long with all my heart for the truth my feeling is to show me... and as the feeling is expressed, low and behold, up into my awareness, into my consciousness, comes understanding, insight, revelation – TRUTH, about myself, about why I am feeling that feeling. It’s remarkable, as I said... AND IT WORKS! That’s the best part. So I feel I am setting out on my true spiritual journey. I’m no longer trying to contrive being all-loving and a caring spirit like I was doing in my old ‘mind life’; no, I’m just trying to accept each feeling I feel. They come up within me of their own accord, I don’t try and control or condition them with my mind, and I certainly don’t want to deny them; and then I go with them, and they take me deeper into myself, and then I start to see how I am. And yes, a lot of what I see about myself I don’t particularly like, but still, I have to accept that that’s me, and I’m not perfect, but I can keep working on myself to eventually become perfect, which I intend to do with all my will.

Yes John, I can’t tell you what a turn around it has been for me! James and John, it is incredible, it is wonderful; and as I said, I am so excited that I’ve found the true way for myself, and should anyone reading this find anything of what I’ve said appealing, then I strongly suggest you too look into doing your Feeling Healing; or even better, your Soul Healing with the Divine Love.

There you go fella’s, how’s that, do you think I’ve sold your readers on it?

Anyway, that doesn’t matter; I understand we’re all to come to it when we are ready for it: The Truth Of Ourselves Through Our Feelings – that being our Healing, as you call it James. And so with that, unless you have any further need of me, I will bid you farewell and retire for the evening, for I have to give my newly excited mind a rest. Should you want to speak with me again, I’ll be at your disposal.

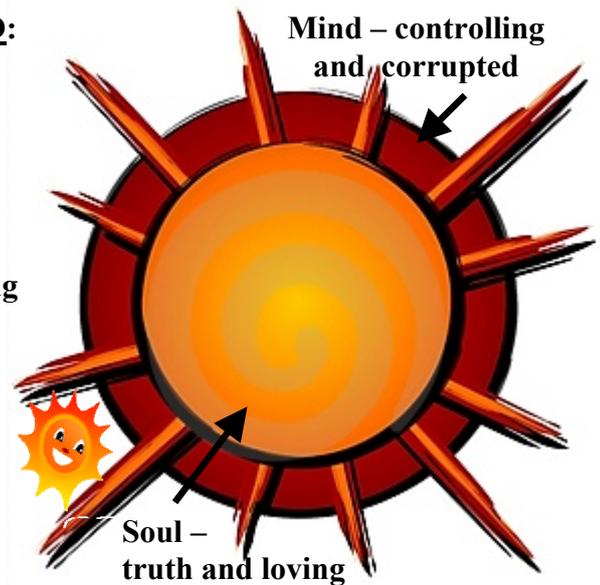
God bless you James and John, and anyone else who reads this. Pray with all your heart to God for Their Divine Love, that’s what I advise; and look to your feelings for the truth they are waiting to show you. I could write new books about it!!!

Your’s ecstatically – Dr David Hawkins.

MIND CONTROLLED or FEELING DOMINATED:

From conception and throughout our childhood, we are infused with controlling natures and long held attitudes, mannerisms and beliefs of our parents and other family members. These infusions become imbedded within one's mind. These controlling platforms suppress and smother the truth and loving natures of one's always perfect soul.

It is by embracing and responding to one's feelings that the truth that we each hold within our soul will come to the surface and free us from the errors, injuries and harm that is conveyed upon us by our parents that we can freely live in our true nature.



Our minds want to assert their control over our true feelings which are soul based. Nurture the unloved child that we still are, help it stand firm in the truth and feelings it possess within its soul. Uncover the truth our soul requires us to see, know, be, and live. It is all just you and me doing what we feel to do as we become truer to our feelings. Because when we are true and feeling good because of living true to our feelings, we can be surrounded by evil, even nailed to a cross by evil, and it has no bad effect upon us.

Our whole being is expressing itself through our feelings as we connect to their truth, it's us coming out into Creation, and it is all designed – expressing truly our personality – to make us feel good. So the more in touch with our feelings using them to uncover the truth of ourself, the better we will feel about ourself and life, and the more true and so loving we will be. And then the more loved we will feel. And that's what it really is all about – feeling loved.

When our parents interfere with us when we're young and forming, stopping us from being our true selves, they are in effect de-powering us, in each of those moments.

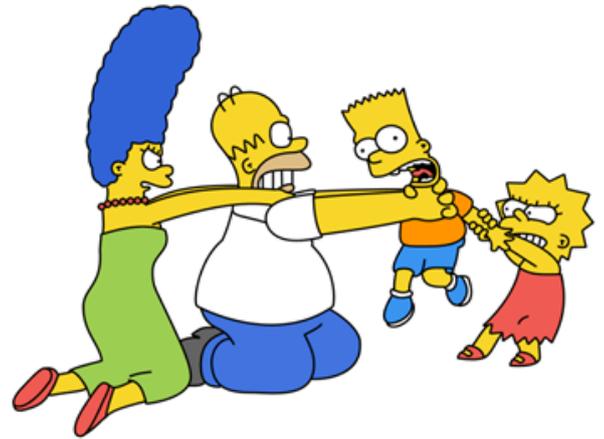
We are to just go with all we feel, keeping our mind and what we think or believe we should feel out of it, just FEEL what we FEEL and keep expressing such feelings and longing for the truth of them. When we feel hate, fully go with that feeling, when we feel love, fully go with that feeling. And always be longing for the truth of such feelings.

As feelings come up, allow them to be expressed, long to know their purpose, and let them go. Until we do our Feeling Healing we will continue to be entombed in our mind controlling errors and injuries. Yes, these moments will be painful, but this is how to grow one's vitality and quality of all things within one's life. By also longing for the Mother and Father's Love we are then Soul Healing, Feeling Healing with the Love is Soul Healing. This is living true to one's soul. All we need is within one's soul, as we proceed along this journey our Indwelling Spirit will guide us and assist us.

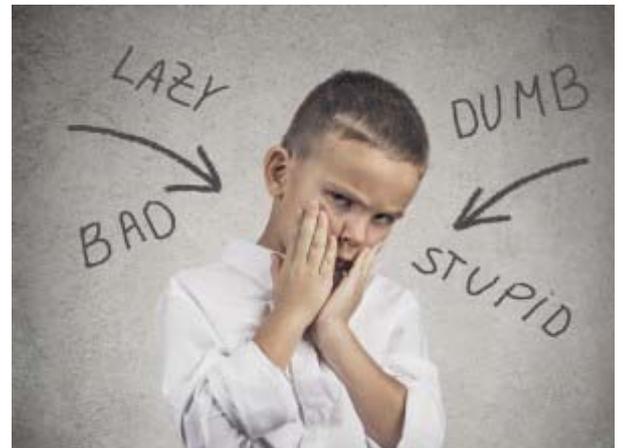
We are to and will develop the desire of living true to our selves. And to live true to our selves we will have cleared our childhood infused injuries by having done our Feeling Healing.

A RANT WE all MAY NEED to EXPRESS!

Yes, so much anger is repressed in me, I was so angry at mum and dad for not fixing everything, for not making everything all right. I was raging at them and God because they are the boss, mum and dad, even making out to my little mind that they were god. And as they made me be how they wanted and demanded I be, so the same should apply to them, and I was demanding they make everything be good. And that includes being nice and loving to me, and to stop making me feel bad, and to take all my pain away. And the anger kept coming, but it's so difficult for me because it's down deep in me, like in the pit of my stomach, and I'm not just up there and out there raging with it, I feel it simmering away and I can't bring it up. I try and talk about all I'm feeling hoping to connect with it, but as usual I don't even really know why I'm feeling so angry – just angry with them, with everything, with myself for being so screwed up and full of this repressed anger I can't express.



And later it moved to just feeling how much I come from people who were all heavily repressed in their anger. Mum and dad, my four grandparents, two of the men dying of bone cancer (the other of lung cancer), it's so deeply repressed. And mum and dad having sex in their 'love' for each other, which is only their vying for power over each other, and so I come into life a product of their repressed anger, of probably generations of it, long family lines of the bloody stuff, all of which has just got pushed down deeper and deeper.



Then I started to long to the Mother and Father to help me see the truth of my anger, and I starting feeling like I was a baby and so angry, screaming and crying, and yet with no one caring, and for so many hours, days, all those early months and first couple of years; and even feeling I was angry in the womb, coming into life with a stomach ulcer as I was already full of unexpressed and repressed rage. But I can still feel it there, like a smouldering cauldron deep down inside me. I just wish it would all erupt out of me, I'm so tired of feeling it and not being able to really get into it.

Mum and dad said they were perfect, even more perfect than God, saying it in sublime ways, not just openly, but giving me that impression. And so they are beyond reproach, I can't blame them, I can't be angry with them, they are the Good Ones, the Never Do Wrong ones. And all that shit about we're the Great Ones and you're not,



always so competitive, all a power play, when all along they are the most imperfect ones in my life, stuffing me up so much, damaging me, making me into the nightmare of an evil person that I am. So they are the Bad Ones, Always Do Wrong, and NOT the Good Ones.

So once again I'm focused on the wrong perfect ones, not on the Mother and Father, but on mum and dad; and shit, what a laugh, it's enough to make you sick, or to cry for the rest of eternity – the sheer balls, the audacity of them to make such a claim, and yet they are the parents, the parents know all, the parents can never be wrong, the parents are always right and perfect. The parents are to be loved, honoured and obeyed. That is what it's all about isn't it? Looking to their evilness as being perfect, so looking to evil as being perfect, when it's not; and not looking to where the real perfection is, denying that, denying the truth, denying my true perfect feelings and living a lie, making up all this shit for myself about how I am, how I'm in control, how mum and dad are so good, and how much I love them and they love me, when it's all shit; and they don't love me and I don't love them, and there can't be any love because we're all imperfect. So if anything: we're all Perfectly Evil in our evilnesses. So we've got it all around the wrong way – again!



And to think I took it all on from mum, dad and the grandparents, all the shit about being perfect and superior and not needing anything or anyone, being able to do it all myself and know it all myself – yeah right, who in the hell was I kidding.

(These notes are drawn from a forum post by James Moncrief)

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

WE ARE Children of God

Life Cycle of **CARNAGE**



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

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

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

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

How can we make amends?

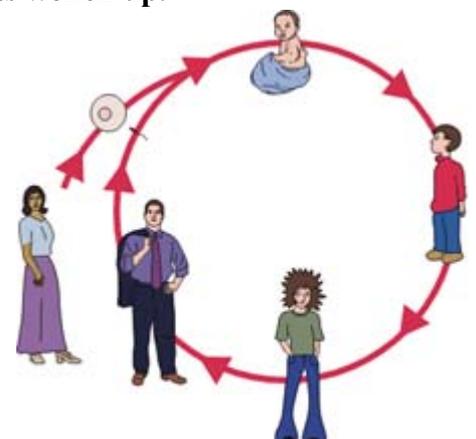
All we have to do is totally own up to these bad feelings. Accept them and don't push them aside. Let them come. Allow yourself to feel as bad as your feelings make you feel. It's all very good. We can't actually go back and fix what's been done, but we can take responsibility for our feelings. So far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

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

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

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

The truth is we feel this way about ourselves, because we have been able to see that we don't treat other's with respect and this has to be coming from somewhere within us. We haven't just made it up. What we are as an adult is all from what we've learned to be as a child. So we have learnt to be this way. A child is not just born evil contrary to what some people believe or would like to think. We all start out as pure souls of



love, and if we become evil, it's because we've learnt that that's how someone, usually our parents, have wanted us to be. They have made us into what we are. We've learnt to be that way because they treated us that way. So our parents treated us as we now treat other people.

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

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

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

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

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

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

Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

This is the Pathway to end the

EARNAGE

REVELATIONS



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

REVELATION 1

The availability of Divine Love, should we so ask for it, being revelation 1:

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

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

REVELATION 2

The way to clear one's soul of childhood errors and injuries is revelation 2:

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

Feelings! first

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

LETTING GO PROCESS, also known as The Sedona Method:

Dr David R Hawkins lived in Sedona, Arizona USA

<http://www.sedona.com/howItWorks.asp>

A Sample Releasing Process

The following explanation and process will give you an understanding of what The Sedona Method is and a small taste of what The Sedona Method releasing technique can do for you.

Remember, this is just a sample. For you to get maximum benefit and sustained results, we highly recommend that you work with our audio program and/or attend one of our seminars.

There are three ways to approach the process of releasing, and they all lead to the same result: liberating your natural ability to let go of any unwanted emotion on the spot, and allowing some of the suppressed energy in your subconscious to dissipate. The first way is by choosing to let go of the unwanted feeling. The second way is to welcome the feeling, to allow the emotion just to be. The third way is to dive into the very core of the emotion.



"I had what I considered a very traumatic event happen to me about five years ago. I've been holding onto anger, fear, and grief for about five years. Through the releasing methods and two very profound releases I am able to feel a sense of peace and acceptance. I feel internally transformed, light, and free. I'm very thankful for Hale. This was a life changer for me."

Rhonda Sihler, Pasadena, CA

A simple exercise

Let me explain the technique more thoroughly by asking you to participate in a simple exercise. Pick up a pen, a pencil, or some small object that you would be willing to drop without giving it a second thought. Now, hold it in front of you and really grip it tightly. Pretend this is one of your limiting feelings and that your hand represents your gut or your consciousness. If you held the object long enough, this would start to feel uncomfortable yet familiar.

Now, open your hand and roll the object around in it. Notice that you are the one holding on to it; it is not attached to your hand. The same is true with your feelings, too. Your feelings are as attached to you as this object is attached to your hand.

We hold on to our feelings and forget that we are holding on to them. It's even in our language. When we feel angry or sad, we don't usually say, "I feel angry," or "I feel sad." We say, "I am angry," or "I am sad." Without realizing it, we are misidentifying that we are the feeling. Often, we believe a feeling is holding on to us. This is not true... we are always in control and just don't know it.

Now, let the object go.

What happened? You let go of the object, and it dropped to the floor. Was that hard? Of course not. That's what we mean when we say "let go."

You can do the same thing with any emotion: choose to let it go.

Sticking with this same analogy: If you walked around with your hand open, wouldn't it be very difficult to hold on to the pen or other object you're holding? Likewise, when you allow or welcome a feeling, you are opening your consciousness, and this enables the feeling to drop away all by itself—like the clouds passing in the sky or smoke passing up a chimney with the flue open. It is as though you are removing the lid from a pressure cooker.

Now, if you took the same object—a pencil, pen, or pebble—and magnified it large enough, it would appear more and more like empty space. You would be looking into the gaps between the molecules and atoms. When you dive into the very core of a feeling, you will observe a comparable phenomenon: nothing is really there.

As you master the technique of releasing, you will discover that even your deepest feelings are just on the surface. At the core you are empty, silent, and at peace—not in the pain and darkness that most of us would assume. In fact, even our most extreme feelings have only as much substance as a soap bubble. And you know what happens when you poke your finger into a soap bubble: it pops. That's exactly what happens when you dive into the core of a feeling.

Please keep these three analogies in mind as we go through the releasing process together. Releasing will help you to free yourself from all of your unwanted patterns of behaviour, thought, and feeling. All that is required from you is being as open as you can be to the process. Releasing is a simple technique will free you to access clearer thinking, yet it is not a thinking process. Although it will help you to access heightened creativity, you don't need to be particularly creative to be effective at doing it.

You will get the most out of the process of releasing the more you allow yourself to see, hear, and feel it working, rather than by thinking about how and why it works. Lead, as best you can, with your heart, not your head. If you find yourself getting a little stuck in trying to figure it out, you can use the identical process to let go of “wanting to figure it out.” Guaranteed, as you work with this process, you will understand it more fully by having the direct experience of doing it.

So here we go.

Choosing to Let Go

Make yourself comfortable and focus inwardly. Your eyes may be open or closed.

Step 1: Focus on an issue that you would like to feel better about, and then allow yourself to feel whatever you are feeling in this moment. This doesn't have to be a strong feeling. In fact, you can even check on how you feel about this exercise and what you want to get from it. Just welcome the feeling and allow it to be as fully functional or as best you can.

This instruction may seem simplistic, but it needs to be. Most of us live in our thoughts, pictures, and stories about the past and the future, rather than being aware of how we actually feel in this moment. The only time that we can actually do anything about the way we feel (and, for that matter, about our businesses or our lives) is NOW. You don't need to wait for a feeling to be strong before you let it go. In fact, if you are feeling numb, flat, blank, cut off, or empty inside, those are feelings that can be let go

of just as easily as the more recognizable ones. Simply do the best you can. The more you work with this process, the easier it will be for you to identify what you are feeling.

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

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

These questions are merely asking you if it is possible to take this action. “Yes” or “no” are both acceptable answers. You will often let go even if you say “no.” As best you can, answer the question that you choose with a minimum of thought, staying away from second-guessing yourself or getting into an internal debate about the merits of that action or its consequences.

All the questions used in this process are deliberately simple. They are not important in and of themselves but are designed to point you to the experience of letting go, to the experience of stopping holding on. Go on to Step 3 no matter how you answered the first question.

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

Again, stay away from debate as best you can. Also remember that you are always doing this process for yourself—for the purpose of gaining your own freedom and clarity. It doesn’t matter whether the feeling is justified, long-standing, or right.

If the answer is “no,” or if you are not sure, ask yourself: “Would I rather have this feeling, or would I rather be free?”

Even if the answer is still “no,” go on to Step 4.

Step 4: Ask yourself this simpler question: When?

This is an invitation to just let it go NOW. You may find yourself easily letting go. Remember that letting go is a decision you can make any time you choose.

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

You will probably find yourself letting go a little more on each step of the process. The results at first may be quite subtle. Very quickly, if you are persistent, the results will get more and more noticeable. You may find that you have layers of feelings about a particular topic. However, what you let go of is gone for good.

LIVE FEELINGS FIRST

HOW to LET GO:<https://learnlettinggo.com/how-to-let-go/>[Listen to the podcast of this page.](#)

The [Letting Go](#) technique is simple. It's so simple you may dismiss its incredible power. If you catch yourself doing this, let go.

All you need to let go is an emotion, a negative one. This feeling is attached to many thoughts, perhaps a story or a dozen similar experiences. However it presents, the overall energy, is negative.

1. Identify a negative feeling.

Now quiet your mind and there are many ways to do this. [Here are a few suggestions that have worked for me.](#) Thoughts are not helpful in the letting go process except to alert you into the process.

**2. Clear away all thoughts.**

Focus quietly on the feeling. Breathe into the sensations and allow them to be. Here all you do is breathe and accept the feeling inside you. It doesn't matter where you are (home, work, driving, having coffee with a friend) just go from unconscious breathing to conscious. The sensations may be very uncomfortable. That's okay. Just breathe and allow the feelings to be where they are. Let go the need to give the feeling a name. I like the general word, *sensations*. You may notice these sensations begin somewhere specific in your body and you may discover they are everywhere. Simply breathe and allow.

3. Breathe into the sensations and allow them to be.

Your willingness to accept the sensations may intensify them. This is okay too. Keep breathing and allowing. Thoughts are not required. With your breath, create an intention to accept what's happening inside you. Breathing into the sensations releases your resistance. It's the resistance that is causing you pain. It's your thoughts about the pain that keep you stuck and unwilling to let go. Your willingness to let go thinking and accept what's happening is your ticket to inner freedom. Each time you sense a disruption inside, turn down the volume on the thoughts, breathe into the sensations and allow them to be. This is all you need do to let go. Simple. The challenge comes in being vigilant with letting go all negativity – no exceptions. Including your favourite wound reserved for social settings. Of course *that* story gets you attention! It will even tell you, “you're not interesting” without it. Let go the sensations around social acceptance or whatever comes up.



4. Repeat when necessary.

Letting Go for Everyone

For fun, imagine a world where all the people have let go. You are surrounded by delightful, creative, deeply loving and authentic friends. Nobody has hang-ups or low self-esteem. When life gives them lemons they seek the lesson instead of *lemon-ting*. When they let go a crisis all that's left inside is a harmless, concluding statement, "Well that happened and I made it." This world of burden-less people live fearlessly. They are full of energy. (Note: If you sense any resistance around visualizing this world where people have let go, stop reading and let go now). All it takes to create a world like this is for one person to be willing to let go. When you do, others will sense your courage and be inspired to do the same.



Monkey See Monkey Do!

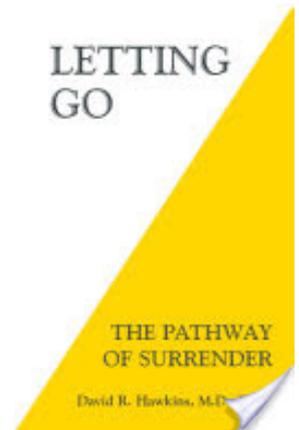
It was your inner courage that brought you here or perhaps it was a painful potato?! [Read the Potato Story.](#)



Looking for some ways to trigger the Letting Go Process? [Click here to ask yourself some provocative questions.](#)

[Perhaps letting go has become a practice for you and you'd like to learn some advanced techniques.](#)

This blog is based on my personal experience with the collective works of Dr David R Hawkins. His last book, *Letting Go: A Pathway to Surrender* (2012) is what motivated me to commit to the process. The fact that it works is why you're reading this.



NOTE: One's personal desire to bring about harmony within, and also physical health, is amplified by gifts of love that are received via way of embracing steps to release the blockages of energy within one's bodies that have occurred as of a result of typically forgotten emotional errors, injuries and events from long ago. The process of Letting Go is considered to be more effective than similar processes, however, the ultimate high-octane super fuel of the Father's Love, the gift of Divine Love can be simply longed for, asked for and received. It is this Love that slowly dissolves emotional injuries and brings about the harmony one may be seeking.

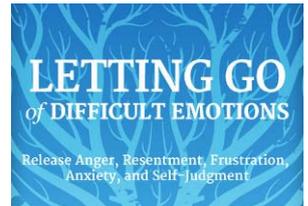
One may be encouraged to embrace the Letting Go process as well as the seeking and receiving of the Source Soul's Love. The combination of both of these practices will have eternal benefits.

One will also notice that both are so simple in their format that either is difficult to comprehend due to the simplicity of each gift towards the love and healing of one's being.

Enjoy the journey, Pascas Health.

LETTING GO with The LOVE:

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



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

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

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

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

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

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

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

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

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

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

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

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

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



Natural Love Flow

Natural love is Creation's love;

One can swap back and forwards between paths

I am God

Intellectual

Self reliant (trust myself)

Self-determination way of life

Mind dominates

Thinking = Mechanistic

- rational
- analysis
- reductionist
- linear

Values = Mechanistic

- expansion
- competition
- quantity
- domination

Adult like

Control

Millions of paths (man created)

Peak possibility is 6th sphere

time to complete path:

100 years to over 1,000 years

Divine Love Flow

Divine Love is Soul's love.

I am God's son/daughter/child

Emotional

God reliant (God relationship)

Soul-spirit living harmony

Soul dominates

Thinking = Holistic

- intuitive
- synthesis
- integrative
- non-linear

Values = Holistic

- conservation
- co-operation
- quality
- partnership

Child like

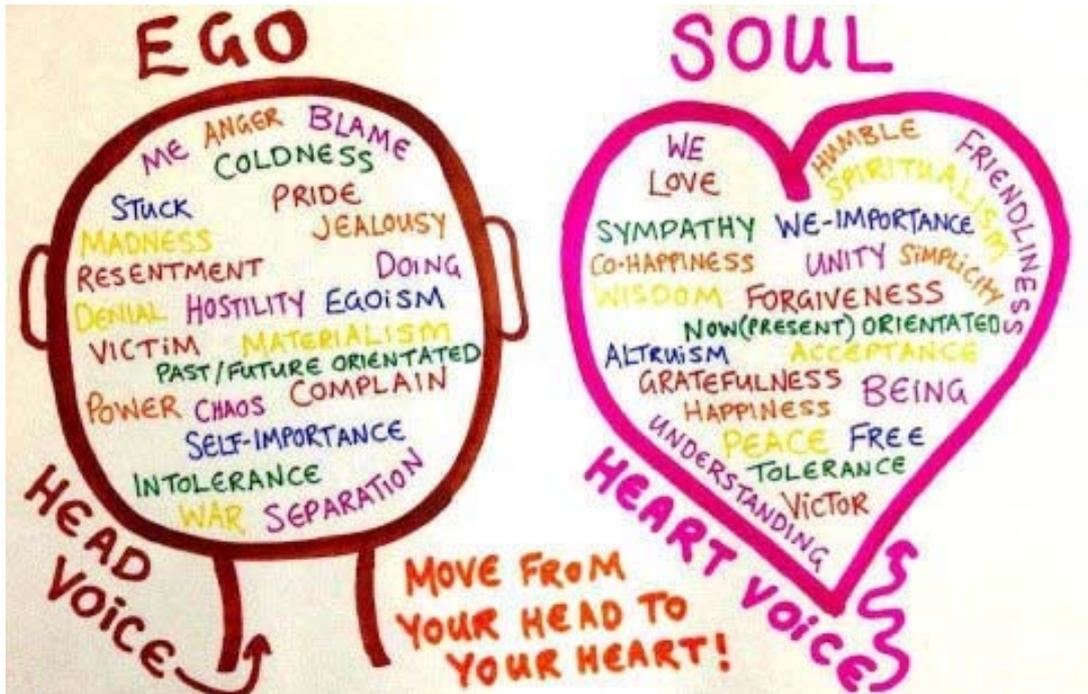
Feeling

Defined path (God created)

Peak possibility is infinity

(sphere / mansion world are same)

5 years to over 10 years to at-onement





PRAYER for DIVINE LOVE: library download pages at www.pascashealth.com
 Kindly visit the library download pages at www.pascashealth.com as further recordings are added.
 Should you click on the audio files, you will also be able to download the audio file onto your computer.
Prayer for Divine Love – from the Padgett Messages
<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Prayer%20for%20Divine%20Love%20from%20the%20Padgett%20Messages.mp3>
The Voice of Divine Love
<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/The%20Voice%20Of%20Divine%20Love.m4a>

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, Father, I want some more of your Love!



MoC 1,471

ENERGY DETERMINANTS – Relationship between Body, Mind and Soul:

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

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

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

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

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

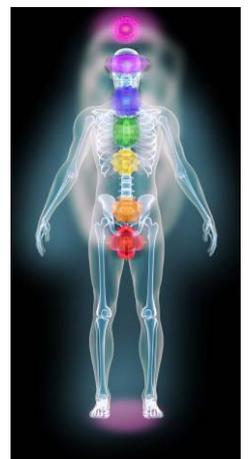
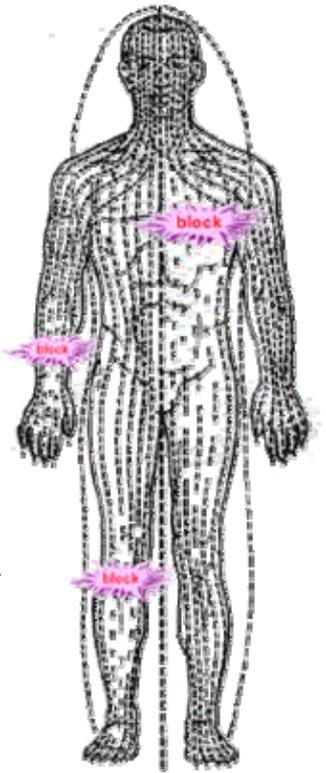
It is the energy level of love that steadily brings about a release from erroneous and harmful man-made emotions and beliefs. The energy level of love calibrates at 500 and higher. One's soul is connected by cords of light with one's spirit body. One's soul is the home of one's personality, natural intelligence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

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

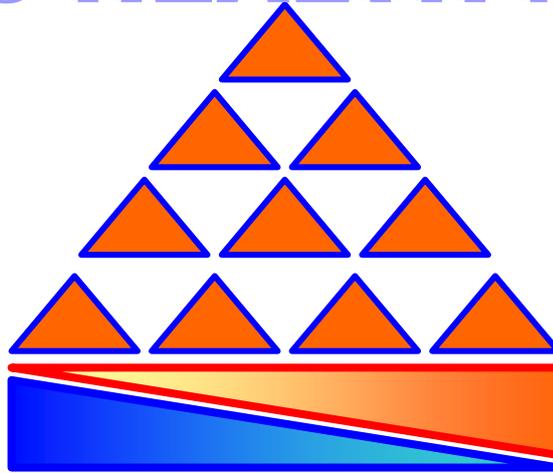
On the Map of Consciousness (MoC), the **charkas** calibrate as follows:

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

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



PASCAS HEALTH MATRIX



**ALLOPATHY
MEDICINE**

**COMPLEMENTARY
THERAPY**

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

PROFESSIONAL MEDICAL TEAMS

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

COMPLEMENTARY THERAPY FIELDS

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

Imaging – X-ray – Ultrasound – CAT scan – MRI

Pathology

Streamer – Case Manager

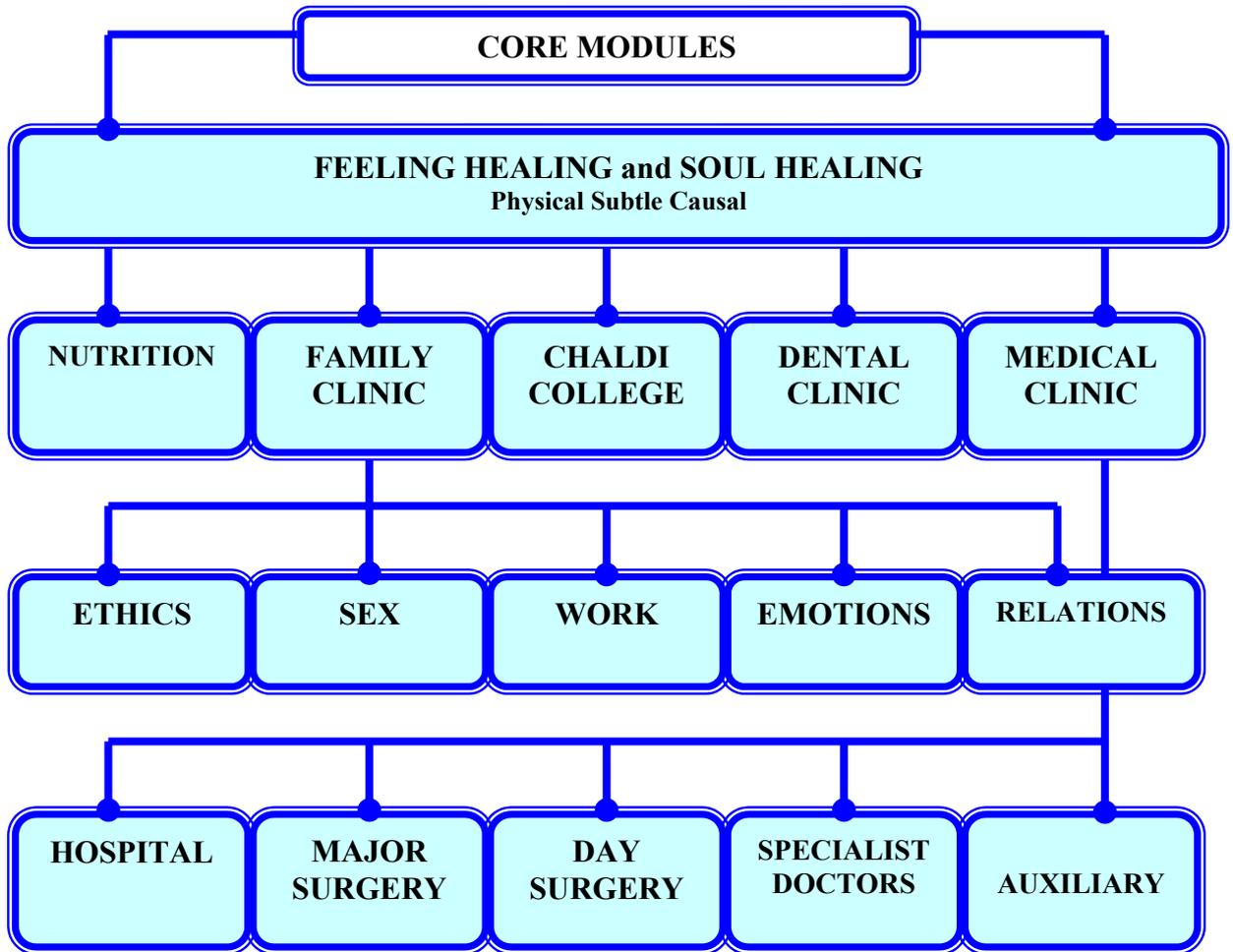


Streamer's Meeting



PASCAS CARE

Life Practice Matrix - Feelings First



Feelings first

EMOTIONAL INJURIES can be INDICATORS of PHYSICAL DISTURBANCES:

A number of similar harmful suppressions and repressions of emotional events will draw their energies together and also relatively similar injuries to that core, thus bringing about a unique cluster of held, damaging energy that then finds a home in a compatible organ or area of the physical body.

The foundation of such accumulations can commence immediately upon incarnation, being projections from one's parents and subsequently other family members.

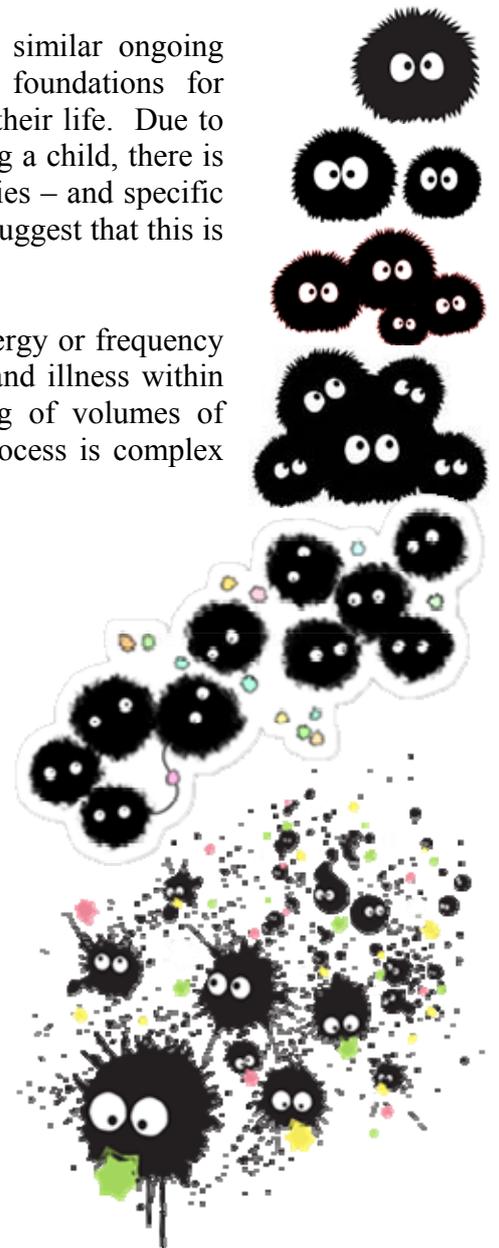
The core emotional injuries grow and grow through relatively similar ongoing emotional patterns of parents and carers, thus creating the foundations for discomfort and subsequent illness within a child, and later on in their life. Due to the complexity and intertwining of the natures of those influencing a child, there is NO precise relationship between core and related emotional injuries – and specific illnesses or the nature of an illness – even though the patterns do suggest that this is so.

It is a generalisation that a range of emotions within a similar energy or frequency band find their manifestation by expressing themselves as pain and illness within one's body in predictable locations. Further, due to clustering of volumes of ongoing emotional injuries around the core issue, the healing process is complex and lengthy. The longing for truth of one's feelings resulting from the discomfort within one's body will be a lengthy process of working through the huge range of emotional issues directly related to any one illness event.

The gift to humanity is that any emotional injury gives us the opportunity to FEEL and LONG FOR the truth of what is behind the discomfort within our body, so that we may express what we recognise and talk the harm out of us – in this way we slowly heal ourselves – both spiritually and physically.

By ignoring what our body is bringing to our attention, by suppressing the discomfort, we bring about further escalation of the emotional error and a growth in the potential for greater vigour in the activity of the energy related to the frozen cluster of emotional injury. This may result in even more difficulty managing pain and disease within one's body.

This discomfort is a call to long for the truth behind what your body is drawing attention to and talk about what you are feeling, expressing what you feel is behind these issues, being your emotional errors and injuries, and express it out of you – release the injury.



OUR BODY NUDGES US TO LONG FOR TRUTH!

Should our physical body be without discomfort, pain and illness, we would not have any reason or prompting to pause for a moment and wonder what is behind such intrusions to our ‘harmony’.



In this way, our body guides us into asking for the truth behind such discomfort – to long for the truth behind our emotional injuries. Should we ignore these communications then our body will amplify its signals. They will strengthen progressively until we not only engage in our investigation into the underlying cause of the pain or illness, but also start to express what we are feeling – talk it out of us.

By expressing what we are feeling will not resolve all the pain until we have totally completed all of our healing. If we were able to resolve individual issues in this way, one by one, we would stop our healing process, our Feeling Healing. That would defeat the purpose of our body being able to assist us with our total healing of ALL of our childhood suppression and repression.



“We are parented heavily by our parents who use our and their physical bodies to control our emotions, feelings, mind and will. And we are forced to change from being true to being untrue – how they want us to be. Then through our Healing our physical bodies help us back the other way, from being untrue to being true. Our bodies show the damage done, giving rise to the necessary feelings we need to make us feel bad so we can use those feelings to keep uncovering the truth of our wrongness. With our soul causing our body to show the damage when it’s time for us to attend to the required feelings.

“Our parents inflict pain that changes us from being true to being untrue. And then when we do our Healing, our bodies express that same pain, giving rise to the same feelings, so we use them to heal ourselves.

“Our body is hurt and changes us. When we do our Healing, our body hurts and we change again, back into what we should have been.”

Note from James Moncrief 2 June 2018

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

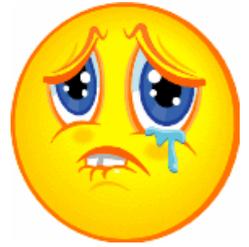


Our bodily discomforts, both physical and mental, remain with us in varying degrees until we transition into being Celestial – in at-onement with our Heavenly Parents – following completion of our healing all our childhood repression and suppression.

LIVE FEELINGS FIRST

PHYSICAL DISCOMFORT is a COMPANION through out OUR FEELING HEALING:

We are to uncover the truth of our untruth through the Healing crying Mansion World levels (and their equivalent on Earth); and then once that's done, and with the appropriate amount of Divine Love in our soul warranting fusion with our Indwelling Spirit, we can move into the Celestial spheres of love (or their equivalent on Earth).



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

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

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

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



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

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

BODILY PAIN is OUR FRIEND:

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

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

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



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

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

James Moncrief 9 May 2018



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



What is Child Abuse?



Ridiculing a child



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



Making fun of a child



Disregarding a child's health needs



Pressuring a child to meet adult's needs and expectations



Employing a child to work in your house



Tricking a child



Not allowing a child to attend school



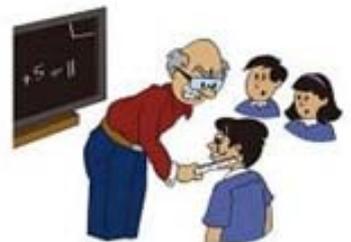
Ignoring a child's emotional well-being



Forcing a child to touch you



Beating a child

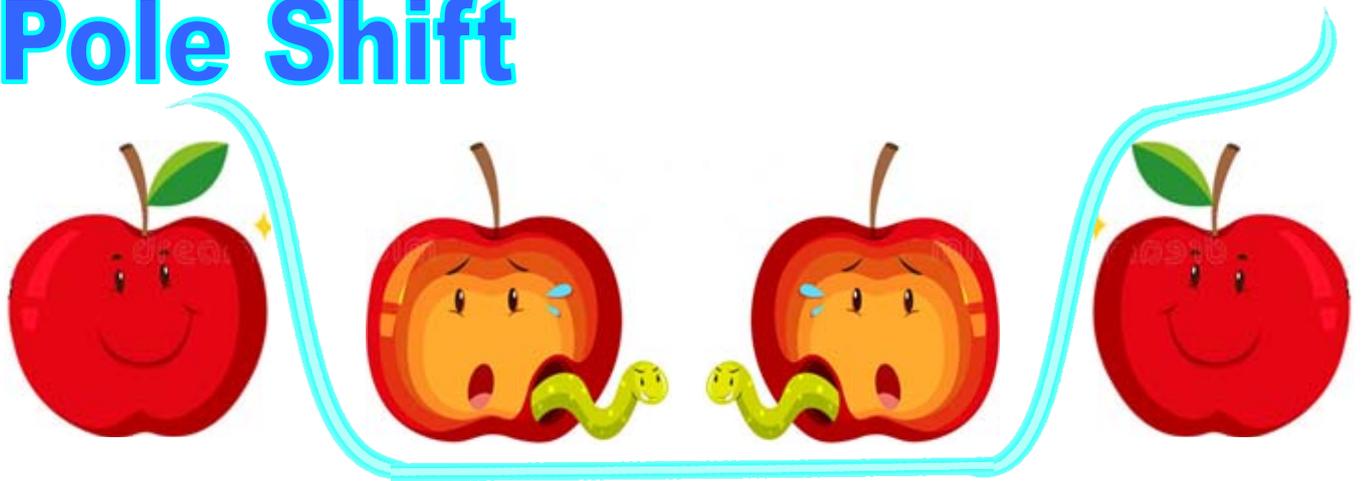


Hitting and humiliating a child

CHILDHOOD TRAUMA



Pole Shift



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

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

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

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

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

CREATION, DEVOLUTION and EVOLUTION:

Aman and Amon (also called Andon and Fonta), our first parents, physical being was born of natural parents, who in turn had been born of their own parents. Their bodies were not created instantaneously, but evolved just as all of God's creatures evolved. Aman and Amon were both nurtured physically as infants and then children. **But our first parents' souls were placed in them when they were already adults.** They had no clear memories of their earlier life before that great moment. As soon as they possessed a soul, all of the normal human psychological manifestations appeared.

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

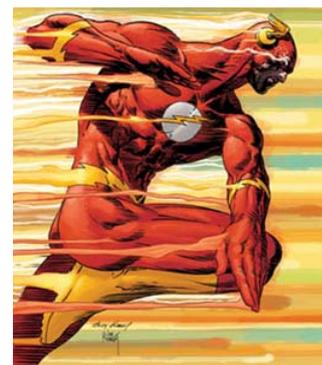
They were indeed a primate species of humanoids. But Aman and Amon (they were not Adam and Eve) were more beautiful than their animal relatives, and knew, even from their very appearance, that they were marked even by Nature to be different. The human body, without a soul, calibrates at 200 on Dr Hawkins' Map of Consciousness. Domestic animals typically calibrate 200 to 250. Our soul is the source of our personality, intelligence, and memory. Our soul is formed from the energy substance of natural love. There is nothing of the Divine within our soul.



The First Parents did not recognise the full beauty of the gift of Divine Love, and subsequently it was withdrawn. Man, left to his own perseverance and determination can develop into the perfect man with only Natural Love, however that is a slow and tedious pathway and limited to perfection of the soul, fit only for the 6th natural love spheres.



By embracing Divine Love and one's Feeling Healing, man can become fitted to enter the Celestial Heaven and higher in rather quick time. One's life on earth, living with the Love and embracing Feeling Healing, can be that of living in Heaven!



Further, Divine Love with Feeling Healing, has a powerful positive effect on the physical body, balancing the hormones and generally promoting physical health, which is really the same thing as saying that the state of a mortal's soul impacts directly on that mortal's physical health.

MAN WITHOUT or WITH a SOUL!

Man without a soul is likened to a puppy dog!

The human body (without a soul) calibrates at 200 on Dr David R Hawkins' Map of Consciousness. Domestic animals also calibrate from 200 to 250 on this scale. Without a soul, a human body is incapable of rational thought, speech, or anything human.

The real you is your soul! With the infusion of one's soul becoming nested within one's spirit body, which is the template for the physical body, comes one's personality, natural intelligence, memory, and all things human.

Our brain is simply a transceiver of communications from one's mind. The mind is housed within one's spirit body. The thinkingness is done within the spirit body mind. What is held in mind subsequently manifests within the physical body. The functionality of reason calibrates between 400 and 499, thus overriding the physical body as it calibrates around 200 only.

The natural love based soul endeavours to guide the mind (love calibrates at 500 and above). During our physical life, we encrust our soul with emotional injuries and erroneous beliefs thus impeding and frustrating the flow of loving energies from the soul to the spirit body mind, and subsequently the physical body.

It is the love energy of the soul that brings about health of the physical body and a bounteous and blessed life in the physical world.

There is nothing of the divine within our natural love soul, however, should we long for, pray for, ask for, and receive our Heavenly Parents' Love, the Divine Love of our Mother and Father, then we slowly and progressively blend our natural love with that which is Divine, Divine Love. It is this ultimate high-octane super fuel that changes our soul from that which is mortal to that which is immortal and with Feeling Healing, become fitted for the Celestial Heaven; this is the process of being born again!

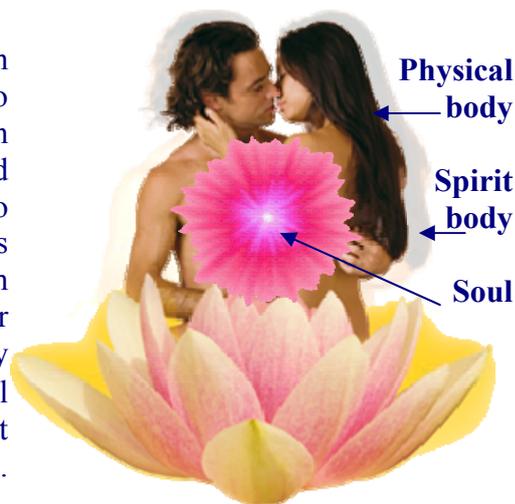
If you ask for the Divine Love to enter your soul it will be 10 or 100 times more efficient, 10 or 100 times stronger than if you would let the natural love flow through your soul. So it will help to break down "the wall" you've created around your soul 10 or 100 times faster than the natural love would do.

Feeling Healing with this ultimate high-octane super fuel that dissolves the encrustments of errors and false beliefs around the soul, enabling penetration of loving energies throughout the spirit body, and into the physical body, bringing about health and vibrancy to life.



The REAL YOU is the SOUL:

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



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



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

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

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

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

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 BEAUTIFUL MIRACLE:

5 Oct 2012

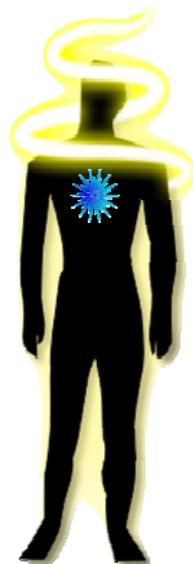
The DIVINE UNIVERSE

The way in which the Spirit conveys the Divine Love into the soul is a beautiful miracle. The attribute of mortal soul prior to incarnation has to it, a potential within it that is part of its formed nature. After the soul incarnates this potential remains part of the soul and even if the forming personality is unaware of such a soul potential, the potential still exists. The Divine Love is entirely suitable in its energy of harmony to be the energy that a mortal soul can utilise. The Spirit covers the spirit body when the individual sincerely asks the Soul of God for the Divine Love and this covering of the spirit body is where the dynamic of this beautiful miracle takes place. From the internal longing of the individual for the Divine Love this activates the Spirit Law that activates the Spirit that is then attracted to the spirit body upon which the Spirit material of the spirit body draws the Divine Love into its soul and this union complete. The key here is to gain a perceptive insight into realising that the spirit body is not an inert body but that it is living and has activity, recognisable from its first forming from the Spirit Law that materialises a spirit body. The Spirit and the spirit body to give an analogy are like two attracting magnets and when the surface of the spirit body is touched by the Spirit, this causes the automatic response of the Divine Love to permeate into the attribute of soul and so begins the transformation of energy from the natural into the Immortal Divine Harmony. If the individual continues the receipt of Divine Love the energy that is Divine Love actively begins to change the soul and this is felt in the spirit body systems and can produce feelings of love and elation. The spirit-mind begins to change as all spirit body systems are affected by the changed condition now experienced in the soul as the soul becomes living and vital. In one's progression of this Divine transformation, the soul will mature enough from the amount of Divine energy it receives and at that moment the surface of the spirit body and the Spirit are continuously attracted to each other and one is living in the presence of our Mother and Father in perfect harmony and this clarifies the truth about what it means to be truly at-one with God.

**Soul within
spirit body
prior to receiving
Divine Love.**



**Divine Love being received
from The Spirit, covering the
spirit body of the requesting
personality.**



**Divine Love having been
assimilated within one's soul,
now being reflected through the
radiance of the spirit body.**



SHINING TOWARD SPIRIT:
665. The Shining toward Truth

Vol III, p. 157, 14 Nov 2014 – 14 Mar 2015 Zara and Nicholas
www.lulu.com

It is I Matthew, a teacher of the Divine Love. I have communicated with you recently, now I desire to provide you with a visual description of the Love.



Imagine a continuous Energy shining light blue that is unbroken with a seamless surface that surround every mortal and Immortal spirit. Imagine if you were to become aware that this energetic field of light-blue Energy existed in its shining radiance just near where you are. Now that you are aware that this unbroken Divine Love is unified energetic field of living Love, by opening toward the Soul of God and aspiring for the Divine Love, the Acting Spirit gently brings a small portion of this shining blue Energy into your soul

The Divine Love that you have received remains part of this great Energy that the Divine Love is and even though this small portion of Divine Love, now within your soul, in its shining radiance and energetic cause, it is never separated from the continuous energetic field of Energy that the Divine Love is. Having partaken of this Energy it is with perception that one is aware that the Divine Love within one's soul is the same Divine Love that every person and spirit who has partaken of this Love, participates with. Even though in our individuality we partake of this Divine Energy, this Love is never broken away from the Source and Origin from which this Divine Love emanates.

The Divine Love is bestowed into our finite soul by the Acting Spirit, but this Spirit remains in contact with our spirit body and does not enter the finite soul to become part of our finite soul essence that we are. No mortal or Immortal spirit can manifest in their soul the Acting Spirit so that this Spirit – this Holy Spirit – becomes part of our existing finite spirit body. Only the Divine Love and its Energy becomes part of our finite soul, which causes the change to our spirit body. The Acting Spirit always remains its own attribute and never does a Celestial spirit claim ownership or take possession of the Acting Spirit within their soul. (The Holy Spirit / Acting Spirit is an instrument of the Source Soul, our Father.)

This is one of the wonderful Truths by which we who have been transformed by the Divine Love understand our personal relationship with the Father's ever-present Acting Spirit. The shining Energy of Divine Love is all around us and when we have partaken of this Love, part of our finite nature becomes independently shining in this true perfect Love.

I provide these words that may appeal to those who are visual and to express the universal appearance of the Divine Love and the personal touch when in contact with the Acting Spirit.

Matthew (Apostle)

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

“VOICE of DIVINE LOVE”

PRAYER / MEDITATION:

16 February 2015

Family Reunion – Afterlife Contact: through Joseph Babinsky page 175

<https://www.lulu.com/shop/search.ep?keyWords=Family+Reunion+Afterlife+Contact&type=>

The Divine Love is the ingredient of real and definite change. This love will not force the change, but change will come if you continue to desire it to do so. When you are anxious to see the change it escapes your attention. Be still and quiet; reflect in silence. Love is present. Keep asking, longing, and never cease: this is your part. It is your cooperation actively engaged that brings the transformation and continues the process.

Do not fade; do not walk away. Remain in the presence of Love. Be stubborn if need be. Remain in the place of active waiting. This is active silence – energetically remaining steadfast in the place of waiting for more of the Divine Love to flow to your soul. You cannot see it; sometimes you will experience it as simple quietness and calmness. This is as pure and real as any other experience, whether demonstrative joy through laughter and dance, or other expressions.

Do not interpret times of quiet as moments when you are unheard or ignored, or worse, that you are rejected. Divine Love is present; it is always present. It does not fade or disappear. Thus, you must not walk away disillusioned and feel forsaken. There is no need for you to sulk. Do not give into feelings of neglect and rejection.

Come once again to your chamber of prayer. Maintain daily prayer and meditation. When you do this you are building a home for the dwelling of the Divine Love. Your continual invitations establish an attitude of welcome to the Divine Love. These build a bridge for the Divine Love to carry you to new and higher levels of change and transformation: places of new realms for your soul growth and development. They are experiences and expressions of your soul journey to new homes being visited.

You are presently trying on new clothes. You are a soul travelling to new places in new areas having new vistas. You ask if this or that is your new home. The answer is yes and no. You will feel uncomfortable and this indicates it is time to move on. Where you dwell causes you to feel uncomfortable. Where you once felt comfortable no longer feels this way. It is time to move: time to follow your heart and time to explore.

If you move too quickly and reach too soon for a higher place, you will feel discomfort. You will find your new home; this is certain. Now, at this present moment, you are seeking your new home. Do not be alarmed; you will find the peace that your soul desires.

Come home; come home and rest. This is the call that you feel. Do not fear change. You are not slipping backwards to a lower place; you are heading in a new direction: a place higher – higher still. Rest, be quiet, and be still. Listen and hear the whispers of this call.

Your friends await you – new friends as well as old. Your old friends have beckoned to you and they wait your arrival. Remain still and quiet as you move forward. This moment is rich with new adventure.

Are these words familiar to you? Do you recognise them? They are the words of change and progress. They are words in a song that you may have sung or heard many times before. You may have sung or heard it yesterday and a month ago, and also last year and the year before. You many have sung or heard these words many years ago too.

Pause, breathe deeply; sigh, and, and if you must, cry if need be. This is your soul's journey as you travel the road of great change – the transformation of your soul.

Remember, it is said that only you can prevent the Divine Love changing you from the mortal to immortal. This is true; it remains as true as ever. And it shall remain true during the entire course of your transformation process.

Today you are in a new place. You have not been this way before. Take a rest, breathe deeply and be still. Listen and hear.

The voice that comes to you is the voice of the Divine Love in your soul. Allow me to change you. Do not define me or draw a chart showing a prescribed plan of process and progress. I cannot be so rigidly pictured. Be fluid and flexible. Allow me to expand your soul-vision. Allow me to open your eyes that you may see clearly the new home I am leading you toward.

I am the voice of Divine Love wisdom. Allow me to teach you and guide you. I will not lead you astray.

I am the voice of your transformation – the change and transformation of your soul.

Listen and hear. Be quiet and very still so that my voice may become clearer within you.

Are you ready? Are you ready to continue your journey? Are you ready to begin once again? You have not been this way before: are you ready for the next step?

There are many precious souls around and about to encourage you. However, it really is now you and I, the Divine Love and you – your soul. I am the voice of the Divine Love in your soul. Do you hear the sound of my voice? Do you recognise the sound of Divine Love? Is my voice clear? Does it resonate within you?

Be still and trusting. I will guide you safely home. The way is before us. The way ahead is open. It leads to higher places and higher realms where a beautiful home awaits you.

We are not yet there. It is close; just a little further ahead. One more step ... just one step at a time. Until we arrive, there will always be one more step.

Rest, relax and breathe. Pray and wait.

I am near; I am present. Take my hand. Reach for my out-stretched hand.

Feel my presence ... so close; so very near.

I am the voice of the Divine Love within your soul.

I Am – Source Soul

“Voice of Divine Love” message calibrates on MoC at:



<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/The%20Voice%20Of%20Divine%20Love.m4a>

EXPERIENCING RECEIVING DIVINE LOVE:

Be still and quiet; reflect in silence. Love is present. Keep asking, longing, and never cease: this is your part. It is your cooperation actively engaged that brings the transformation and continues the process.

You cannot see it; sometimes you will experience it as simple quietness and calmness. This is as pure and real as any other experience, whether demonstrative joy through laughter and dance, or other expressions.

Divine Love is present; it is always present. It does not fade or disappear. Rest, relax and breathe. Pray and wait.

Maintain daily prayer and meditation. When you do this you are building a home for the dwelling of the Divine Love. Your continual invitations establish an attitude of welcome to the Divine Love. These build a bridge for the Divine Love to carry you to new and higher levels of change and transformation: places of new realms for your soul growth and development.

The Voice of Divine Love

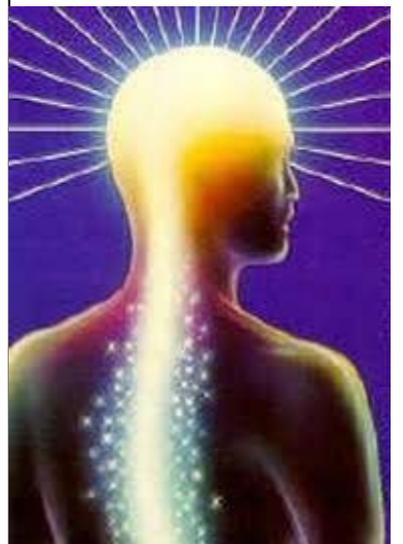
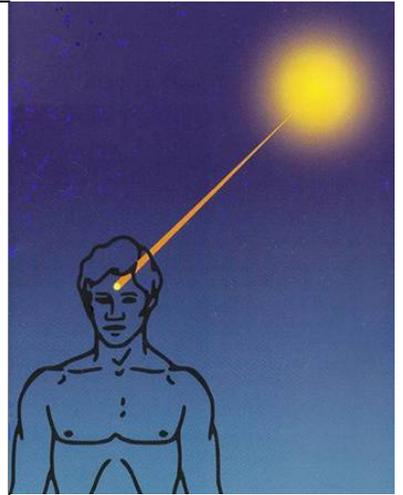
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As the receiving of the Love is always assured when longed for and asked for, the experience of receiving may become apparent by the occurrence of a warming embrace in the region of the third eye chakra, or with some, around the heart chakra region. This may be very subtle and gentle for some and may be for a few moments or extend for some time. Many do not physically feel the Love embracing them and this is totally fine, nevertheless the Love is being received.

On a few occasions, one may feel the love through the third eye region and then feel it expand as if it were to become a warming buzzing 'hat band' progressively expanding around one's head. This can intensify and feel as though one's cranium is about to pop off! Should this continue to intensify, then the sensation may flow down one's main meridian to the base of one's spine. Now that is something else! Relax and enjoy the great gift for this can be an experience that may continue for a short while or for quite some time.

Always, when one longs for the Love, it will shower over one's body and be absorbed in through the spirit body chakras into one's soul. Occasionally the Love will overflow from one's soul and some will reside within one's spirit body. At no time will you be discomforted. This light golden blue energy substance is the ultimate high octane super fuel gifted to us by our Mother and Father, to us all.

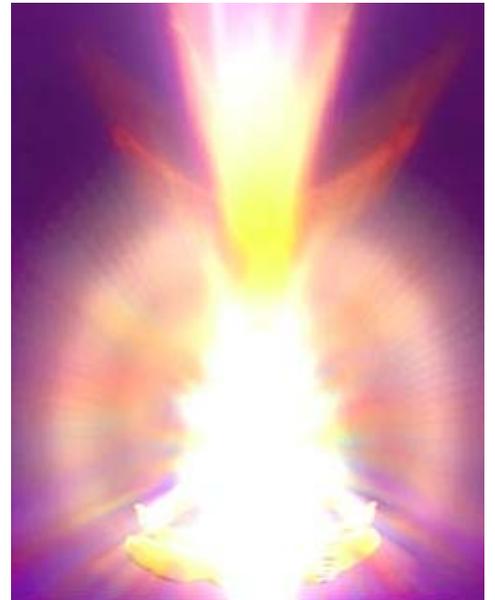
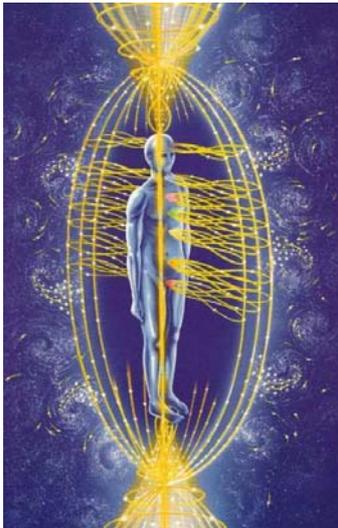
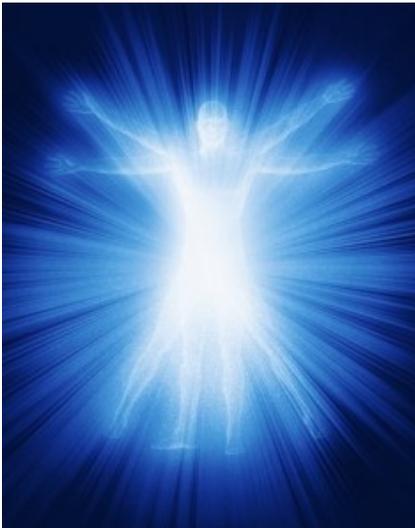
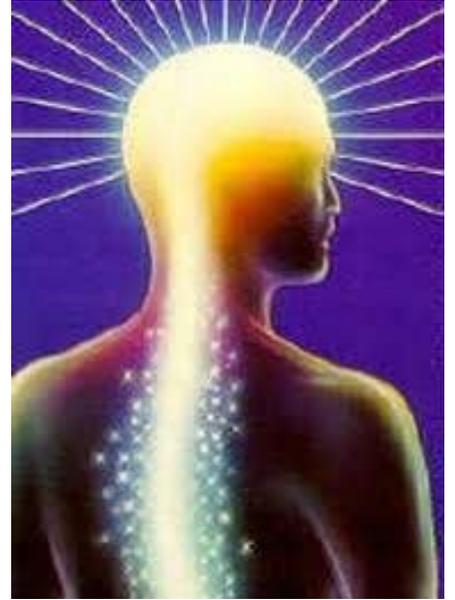
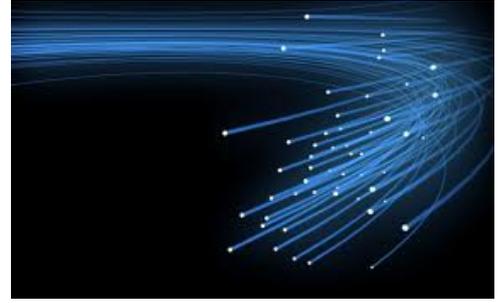
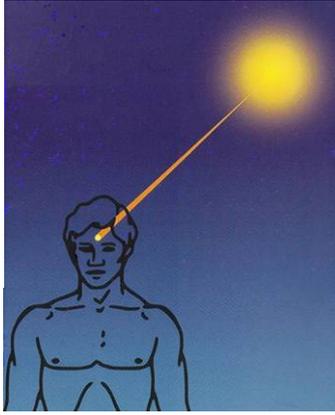
MoC 1,500



**CONNECTION with GOD:**

**Holy Spirit / the Spirit  
infusing Divine Love.**

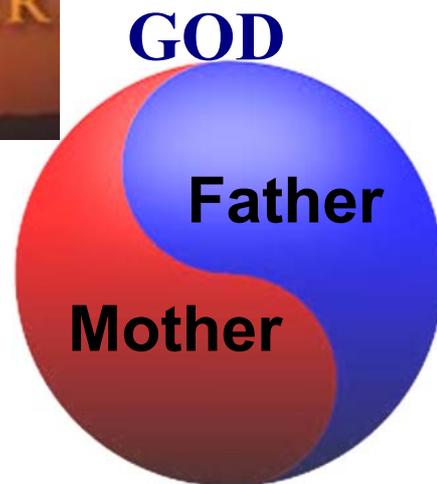
**Progressive escalation of  
Divine Love flowing.**



**MOTHER, FATHER  
GOD**

**God is both Father and Mother, being SoulMates, that is Father God and Mother God.**

**Jesus of Nazareth and Mary of Magdalene were both born free of sin and are soulmates. It is their Spirits of Truth that we can long for to connect with them once we commence our Feeling Healing and are longing for God's Divine Love.**



**Mary and Jesus, combined in their love for us, are our teachers and guidance for us to find our way home to our Heavenly Parents, and to start this journey we are to liberate our souls from being entombed within our suppressive minds, by feeling and longing for the truth and peeling away our injuries incurred since conception.**

**WE ARE Children of God**



# REVELATIONS



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



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



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

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

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



**Immortality with the Love.**

# FEEL *for* TRUTH

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

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

## FEELING TRUTH

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

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

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



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

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

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

Notes from 'Feeling Healing' by James Moncrief

Heartfelt TRUTH

## Our FEELINGS are our SUPREME GUIDES:

# Feelings!

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

Kevin 26 Sep 2017

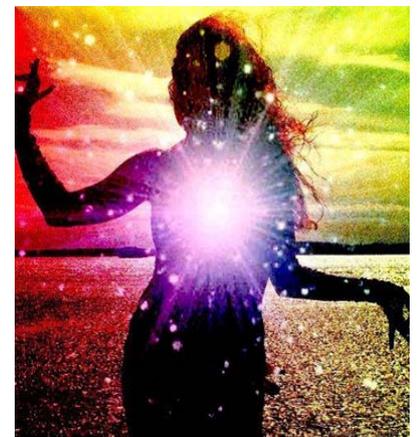
## **Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.**

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

## FEELING HEALING

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

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



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

# FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

Feeling bad is good.  
 Feeling bad is GOOD!  
 It's not bad to feel bad – it's good.

FEELING BAD IS GOOD!  
 Very good!!!

And feeling really bad is also good.  
 And feeling worse is even better.  
 It's all very good!

It's okay to feel bad.  
 Bad feelings are okay.  
 It's good to feel bad.  
 Bad feelings are GOOD!

It's good to feel bad about feeling bad.  
 Your bad feelings are YOUR feelings.  
 YOUR bad feelings have a right.  
 A right to exist.  
 A right for you to feel them.

Your bad feelings are a part of you.  
 Bad feelings are good and they are your feelings!  
 ACCEPT THEM!

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

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

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

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

You are your bad feelings – Your bad feelings are you.  
Bad feelings have just as much right to life as good feelings.

Be true to your bad feelings – acknowledge, honour and accept them!  
Accept your feelings.  
Accept yourself.

So Remember:

## Feeling bad is Good! Accept your bad feelings.

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

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

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

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

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

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

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

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

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

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

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

### The aim of Feeling-Healing

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

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

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

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

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

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

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

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

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

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

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



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

**TRUTH LOVING SOUL V ERROR INFLICTED MIND**



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



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

|                                                                                                                                                                            |                                                                                                                            |                                                                           |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| <b>Primary recommended reading:</b>                                                                                                                                        | <b>consider commencing with:</b>                                                                                           | <b>Paul – City of Light</b>                                               |
| <b>The Book of Truths</b>                                                                                                                                                  | <b>1914 – 1923</b>                                                                                                         | <b>xxx – Joseph Babinsky</b>                                              |
| <b>containing the Padgett Messages or</b>                                                                                                                                  |                                                                                                                            |                                                                           |
| <b>Little Book of Truths</b>                                                                                                                                               |                                                                                                                            | <b>– Joseph Babinsky</b>                                                  |
| <b>True Gospel Revealed anew by Jesus Vol I, II, III, IV</b>                                                                                                               | <b>xxx</b>                                                                                                                 | <b>– Geoff Cutler</b>                                                     |
| <b>The Rejected Ones</b>                                                                                                                                                   | <b>2002 – 2003</b>                                                                                                         | <b>xxx – James Moncrief</b>                                               |
| <b>Messages from Mary &amp; Jesus</b>                                                                                                                                      | <b>2003</b>                                                                                                                | <b>xxx – James Moncrief</b>                                               |
| <b>Paul – City of Light</b>                                                                                                                                                | <b>2005</b>                                                                                                                | <b>xxx – James Moncrief</b>                                               |
| <b>Mary Magdalene and Jesus'</b>                                                                                                                                           |                                                                                                                            |                                                                           |
| <b>comments on the Padgett Messages</b>                                                                                                                                    | <b>2007 – 2010</b>                                                                                                         | <b>xxx – James Moncrief</b>                                               |
| <b>Speaking with Mary Magdalene &amp; Jesus</b>                                                                                                                            | <b>2013 – 2014</b>                                                                                                         | <b>xxx – James Moncrief</b>                                               |
| <b>Sage and the Healing Angels of Light</b>                                                                                                                                | <b>2017</b>                                                                                                                | <b>xxx – James Moncrief</b>                                               |
| <b>Road map of Universe and history of Universe:</b>                                                                                                                       |                                                                                                                            |                                                                           |
| <b>The Urantia Book</b>                                                                                                                                                    | <b>1925 – 1935</b>                                                                                                         | <b>xxx as primary reading</b>                                             |
| <b>Divine Love supporting reading:</b>                                                                                                                                     |                                                                                                                            |                                                                           |
| <b>Revelations</b>                                                                                                                                                         | <b>1954 – 1963</b>                                                                                                         | <b>– Dr Daniel Samuels</b>                                                |
| <b>Judas of Kerioth</b>                                                                                                                                                    | <b>2001 – 2003</b>                                                                                                         | <b>– Geoff Cutler</b>                                                     |
| <b>The Golden Leaf</b>                                                                                                                                                     | <b>2008</b>                                                                                                                | <b>– Zara &amp; Nicholas</b>                                              |
| <b>The Richard Messages</b>                                                                                                                                                | <b>2012 – 2013</b>                                                                                                         | <b>– James Reid</b>                                                       |
| <b>The Divine Universe</b>                                                                                                                                                 | <b>2012 – 2013</b>                                                                                                         | <b>– Zara &amp; Nicholas</b>                                              |
| <b>Family Reunion Afterlife Contact</b>                                                                                                                                    | <b>2014 – 2015</b>                                                                                                         | <b>– Joseph Babinsky</b>                                                  |
| <b>Traveller, An Immortal Journey</b>                                                                                                                                      | <b>2014 – 2015</b>                                                                                                         | <b>– Zara &amp; Nicholas</b>                                              |
| <b>Destiny, Eternal Messages of Divine Love</b>                                                                                                                            | <b>2015 – 2016</b>                                                                                                         | <b>– Zara &amp; Nicholas</b>                                              |
| <b>Feeling Healing</b>                                                                                                                                                     | <b>2017</b>                                                                                                                | <b>– James Moncrief</b>                                                   |
| <b>Religion of Feelings</b>                                                                                                                                                | <b>2017</b>                                                                                                                | <b>– James Moncrief</b>                                                   |
| <b>The Way of Divine Love</b>                                                                                                                                              |                                                                                                                            | <b>– Joseph Babinsky</b>                                                  |
| <b>Divine Love – The Greatest Truth in the World</b>                                                                                                                       |                                                                                                                            | <b>– Joseph Babinsky</b>                                                  |
| <b>The Human Soul</b>                                                                                                                                                      |                                                                                                                            | <b>– Joseph Babinsky</b>                                                  |
| <b>Divine Love Flowing</b>                                                                                                                                                 |                                                                                                                            | <b>– Joseph Babinsky</b>                                                  |
| <b>The Truth</b>                                                                                                                                                           |                                                                                                                            | <b>– Werner Voets</b>                                                     |
| <b>Through the Mists, The Life Elysian, The Gate of Heaven</b>                                                                                                             |                                                                                                                            | <b>– Robert James Lees</b>                                                |
| <b>Life in the World Unseen</b>                                                                                                                                            |                                                                                                                            | <b>– Anthony Borgia</b>                                                   |
| <b>Gone West</b>                                                                                                                                                           |                                                                                                                            | <b>– J M S Ward</b>                                                       |
| <b>Post Mortem Journal</b>                                                                                                                                                 |                                                                                                                            | <b>– Jane Sherwood</b>                                                    |
| <b>After Death / Letters from Julia</b>                                                                                                                                    |                                                                                                                            | <b>– William T Stead</b>                                                  |
| <b>Thirty Years Among the Dead</b>                                                                                                                                         |                                                                                                                            | <b>– Carl A Wickland</b>                                                  |
| <b>A Wanderer in the Spirit Land</b>                                                                                                                                       |                                                                                                                            | <b>– Franchezzo</b>                                                       |
| <b>Life Beyond the Veil Vol I thru to V – Rev George Vale Owen</b>                                                                                                         |                                                                                                                            | <b>– Geoff Cutler</b>                                                     |
| <b>The Holy Bible from the Ancient Eastern Text</b>                                                                                                                        |                                                                                                                            | <b>– Dr George M Lamsa</b>                                                |
| <b>Available generally from:</b>                                                                                                                                           |                                                                                                                            |                                                                           |
| <b><a href="http://www.lulu.com">www.lulu.com</a></b>                                                                                                                      | <b><a href="http://www.amazon.com">www.amazon.com</a></b>                                                                  | <b><a href="http://www.bookdepository.com">www.bookdepository.com</a></b> |
| <b>For Divine Love focused websites and forums:</b>                                                                                                                        |                                                                                                                            |                                                                           |
| <b>Pascas Health:</b>                                                                                                                                                      | <b><a href="http://www.pascashealth.com/index.php/library.html">http://www.pascashealth.com/index.php/library.html</a></b> |                                                                           |
| <b>Spiritual Development:</b>                                                                                                                                              | <b><a href="http://new-birth.net/spiritual-subjects/">http://new-birth.net/spiritual-subjects/</a></b>                     |                                                                           |
| <b>Padgett Books:</b>                                                                                                                                                      | <b><a href="http://new-birth.net/padgetts-messages/">http://new-birth.net/padgetts-messages/</a></b>                       |                                                                           |
| <b><a href="http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm">http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm</a></b> |                                                                                                                            |                                                                           |

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

**DIVINE LOVE SPIRITUALITY – DLS:**

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

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

**James Moncrief Books:**

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

|                                                                  |                        |                           |       |
|------------------------------------------------------------------|------------------------|---------------------------|-------|
| Paul – City of Light                                             | 1,488.5                | 2005                      | 149   |
| Ann and Terry                                                    |                        | 2013                      | 235   |
| Feeling bad? Bad Feelings are GOOD!                              | feeling-healing book 1 | 2006                      | 179   |
| Feeling bad will make you feel BETTER – Eventually!              | feeling-healing book 2 | 2006                      | 159   |
| Breaking the Golden Rule.                                        | feeling-healing book 3 | 2006                      | 168   |
| Feeling-Healing exercises, and other healing points to consider. |                        | 2009                      | 175   |
| Cathy and Mark – a novel introducing Feeling-Healing.            |                        | 2010                      | 151   |
| Introduction course to Divine Love Spirituality                  |                        | 2006                      | 139   |
| Speaking with the Dead, Death and Dying                          |                        | 2009                      | 173   |
| Spirits and their Childhood Repression Healing                   |                        | 2010                      | 179   |
| With Verna – a nature spirit                                     |                        | 2008                      | 279   |
| Communication with spirits – meet a spirit friend                |                        | 2010                      | 37    |
| Introduction to Divine Love Spirituality website                 |                        |                           | 362   |
| Sage – and the Healing Angels of Light                           |                        | 2017                      | 260   |
| Divine Love Spirituality                                         |                        | 2017                      | 250   |
| Feeling Healing – you can heal yourself through your feelings    |                        | 2017                      | 153   |
| Religion of Feelings                                             | 1,500                  | 2017                      | 44    |
|                                                                  |                        | This group being pages of | 3,092 |

**Religion of Feelings**

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

**Introduction to Divine Love Spirituality**

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

**Main website of DLS**

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

**Childhood Repression website**

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

**DLS and CR forum**

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

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

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

It is suggested for one to consider reading as follows:

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

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

**Paul – City of Light**

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

**Ann and Terry**

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

**Feeling Bad? Bad feelings are GOOD**

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

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

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

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

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

**Religion of Feelings  
Feeling Healing**

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

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

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

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

**in conjunction with**

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

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

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

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

Pascas Papers, being free, are located within the Library Downloads [www.pascashealth.com](http://www.pascashealth.com)  
<http://www.pascashealth.com/index.php/library.html>

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

FH denotes Feeling Healing; SH denotes Soul Healing, which is: Feeling Healing with the Divine Love; DL denotes Divine Love – living with the Love.

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

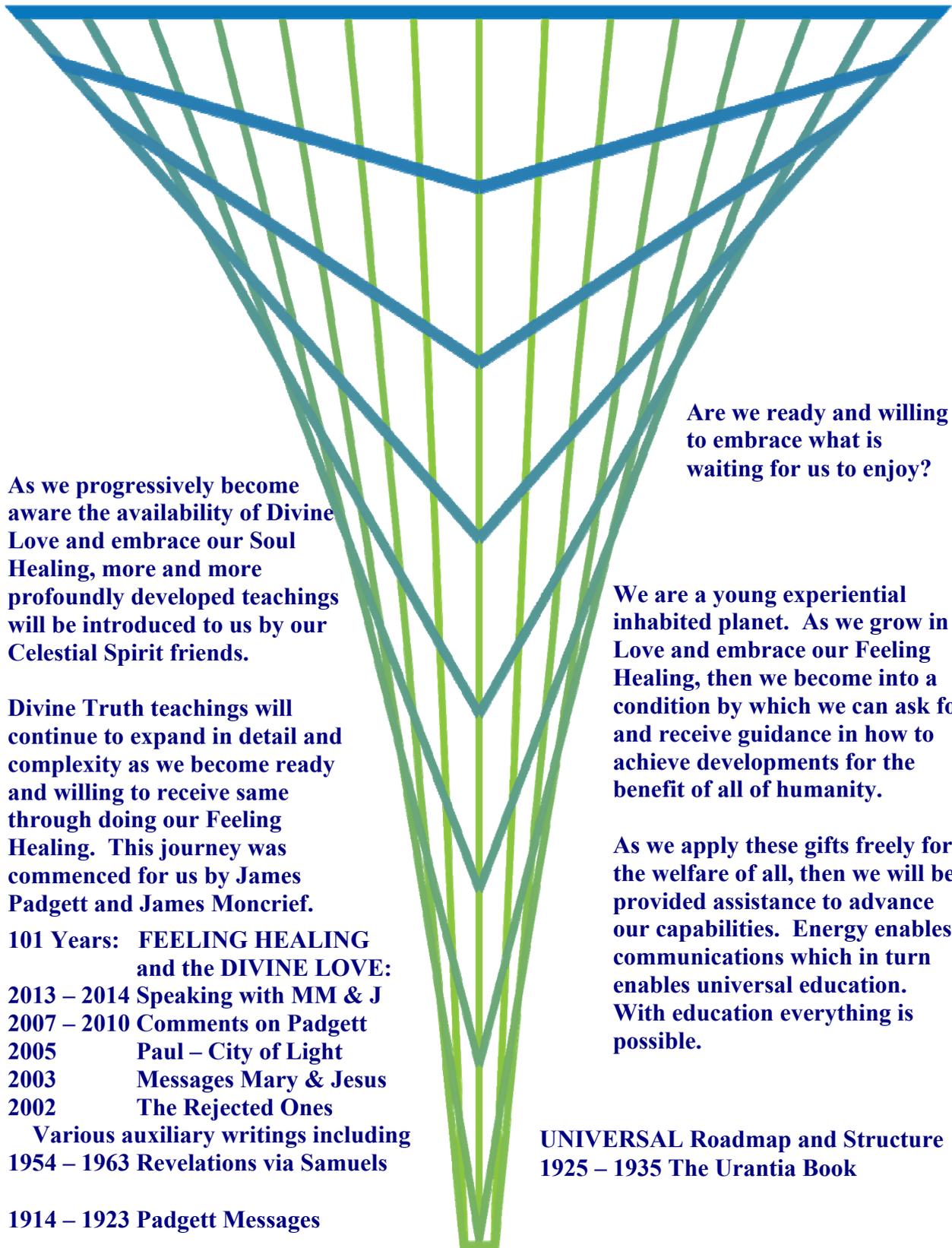
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

**MEDICAL – EMOTIONS:**

- Pascas Care – Feeling Healing
- Pascas Care – Feeling Healing All is Within
- Pascas Care – Feeling Healing and Health
- Pascas Care – Feeling Healing and History
- Pascas Care – Feeling Healing and Parenting
- Pascas Care – Feeling Healing and Rebellion
- Pascas Care – Feeling Healing and Starting
- Pascas Care – Feeling Healing and Will
- Pascas Care – Feeling Healing Angel Assistance
- Pascas Care – Feeling Healing Being Unloved
- Pascas Care – Feeling Healing Child Control
- Pascas Care – Feeling Healing Childhood Repression
- Pascas Care – Feeling Healing End Times
- Pascas Care – Feeling Healing is Rebellious
- 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:**



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

Strive to love others as I am to love myself

To liberate one's real self, one's will, driven by one's soul, moves one to embrace 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.

Divine Love  
is the key!



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

Feeling Healing with  
Divine Love is the key



to enter the  
Celestial Heavens:

