

PASCAS CARE

Living Feelings First

- Children



“Peace And Spirit Creating Alternative Solutions”

PASCAS FOUNDATION (Aust) Ltd
ABN 23 133 271 593

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

Pascas Foundation is a not for profit organisation
Queensland, Australia

www.pascasworldcare.com www.pascashealth.com

PASCAS INTRODUCTION:

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

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

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

Contents are not to be interpreted as an independent guide to self-healing. The information sourced herein is not from a doctor or doctors, and any information provided in this document should not be in lieu of consultation with your physician, doctor, or other health care professional. Pascas, nor anyone associated with this document, does not assume any responsibility whatsoever for the results of any application or use of any process, technique, compound or potion as described within this document.

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

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

Aspiring to Living Feelings First,

*Helen Adam, Brian Iverach, Faizel Hassan, Graham Golding,
Jim Baker and John Doel, with many others!*

Pascas Foundation (Aust) Limited



***“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***

LIVING FEELINGS FIRST when as a CHILD:

The generational benefits of being introduced to Feeling Healing, and with Divine Love – Soul Healing – when within the ages of 8 to 14, is the greatest step forward in the evolution of humanity throughout its long history. Never has such a profound development unfolded for all of humanity.

Feeling Healing is the only way, the pathway, to heal the imposts of the Rebellion and Default that every person is subjected to without having any understanding what has taken place. We have not been able to dig ourselves out of the mire because we do not understand what dreadful conditions and situations we have been manipulated into.

We all rightfully consider that we are doing the best we can for our children. But our best is founded on the seduction of wily higher spirits, the Evil Ones, and their guidance of many centuries ago, together with all the errors of our own parents and their parents before them.

Mostly we believe we parent lovingly, that we are sincerely doing our best for our children, however sadly, a lot of what we consider to be loving is reinforcing our untrue state on our children. We just do not understand how wayward we are, how much in error we are, all of which equates to the devastating realisation of actually how unloving we are. And that without our knowing it, we are imposing our unloving state upon our children from the moment of their incarnation. With the child being intensely bombarded by our wrongness all the way from incarnation to around the age of six (the time of the arrival of the child's Indwelling Spirit), and further for the remainder of its childhood. Oh what a start to life we all have had!

And all the unloving effects of our childhood have to one day be healed. So what a lot we have to heal – all our unloving experiences and harmful events that have taken place from incarnation. So understandably, the truth of our childhood is not a pretty situation to be confronted with.

At the time of incarnation, the child and foetus are in perfect condition. It is the infusion of errors and emotional injuries upon the child and foetus by the parents and close family members that bring about all the personality disorders that health carers put unpleasant labels

on. Also, it is this process of imposing our wrongness, as parents, upon the child while in the womb that brings about deformities and childhood illnesses. We as the parents bring about all our children's difficulties! Confronting but true.



Now here is the magic turn around moment! By children being able to engage in their healing through Feeling Healing then they are slowly but progressively shedding the inherited injuries that its family has passed down to it. In this way, to what ever extent that the child progresses with its own healing, will be the reduction of injuries and emotional errors that it will not impose upon its own children!

How does this all work?

We are truth loving beings. Our soul based intelligence is always in truth. It is through the absorption of erroneous understandings and false ways that are passed down from generation to generation, clouding our minds, that our feelings are corrupted while passing through our spirit body mind that we end up being totally confused and unloving.



Like Father – Like Son

Like Mother – Like Daughter

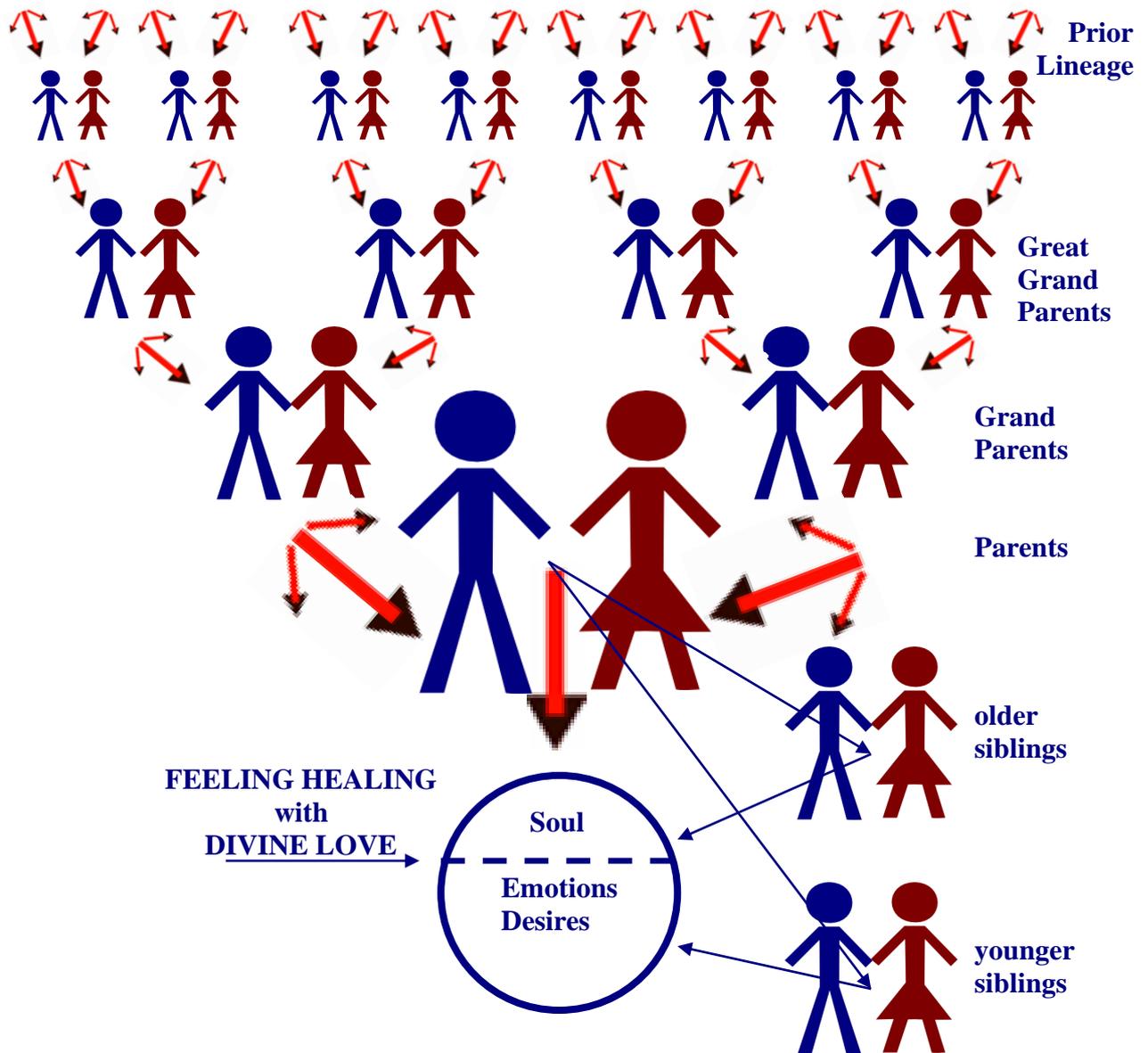


Our carers, our parents, during our formative years from conception through to the age of six years, did what they had been led to believe was best for their children by their own parents, so the cycle has been locked in for the past 200,000 years.

This time, in the history of humanity, is the most exciting time ever experienced.

We now know that we are to live true to our soul based feelings and have our minds follow assisting and supporting what our feelings lead us to embrace. Not the other way round. We now have the authoritative guidance as to how to live and that is Feelings First!

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



We now can put aside all that has been generating our disharmony through Feeling Healing and that will impact all aspects of living. Emotional error and injury disharmony is the foundation of all of our physical illness and social ills.

Living Feelings First is not a religion. It is very clearly a different way of living. It is very freeing. There is nothing controlling through living through one's feelings. Our feelings are always in truth. You are self-contained. Living through your feelings is liberating.

Through living Feelings First, your good and bad past events will rise to the surface. Do not suppress them. Allow them to blossom. Long to know what is behind them, what was really happening in each and every past event. Most importantly talk to a close companion, a good friend, a mate, your parents, anyone who is really interested in you and share all that you are feeling and recalling. Express it!

As you allow you painful past events to surface you will begin to notice that you may have been on the wrong end of the stick, so to speak, with one or both of your parents. This will often bring you to rage! Do not hold back, let it all out, yell and scream it out if you feel so inclined. While you keep it bottled up it is harming your physical body, your real self and everything that is wonderful about you.

WE ARE TO LIBERATE OUR SUPPRESSED PERSONALITY:

We NEVER lose our personality, it is ours, and it's our precious gift from our Mother and Father. We are always who They have made us be. Personality is sacrosanct. It's the most valuable thing in Creation, it's what all Creation rides on, it's what all Creation exists for: the expression of personality.

All our Healing does is liberate our true personality, so it doesn't actually change us or make us be a different person, it just liberates all the parts of us that were stopped from freely expressing themselves.

All that is wrong or bad or imperfect within you, will turn into being perfect, right and good. You get rid of all the bad stuff by liberating all the hidden good, and as that comes to light, so the bad fades and then leaves altogether because you no longer need to be that false untrue you, the one your parents have made you be. But YOU, the basic intrinsic you, never changes, and all you don't love about yourself will go as you gradually love yourself more, all as you keep bringing out your repressed feelings.

Helen, 3rd Celestial Heaven, talking to James Moncrief 5 April 2017

When you start to do your soul-healing you are moving away from the control of your negative mind.

We all have a great responsibility to Creation and to our Heavenly Parents: to strive to be true and adhere to the perfection of our soul, so that by our own existence, as shown in our lives, we are helping to build Creation in the right way. A positive mind is of perfection and will add positively to Creation; a negative mind only seeks to add imperfection and destroy Creation. Creation being created by perfect love will only tolerate imperfection for so long. Although you are living a valuable experience in your evil and negative mind states, Creation and your soul will only tolerate such self-denial for so long. One day, if not sooner rather than later, you will feel the pressure on you to change, to find out why you are not happy and not all loving – to find out the truth of your no-love, denial state.

When you start to do your soul-healing you are moving away from the control of your negative mind. Love can only go where truth exists.

Messages from Mary and Jesus via James Moncrief 13 March 2003

This is where parents can participate with their children as the children learn to heal themselves through Feeling Healing, parents will find that their child's injuries are the ones they also have. Consequently the parents may at first feel they are being unjustly subjected to criticism through the process, however it is a similar journey that the parents will eventually undertake – we will all go through Feeling Healing.

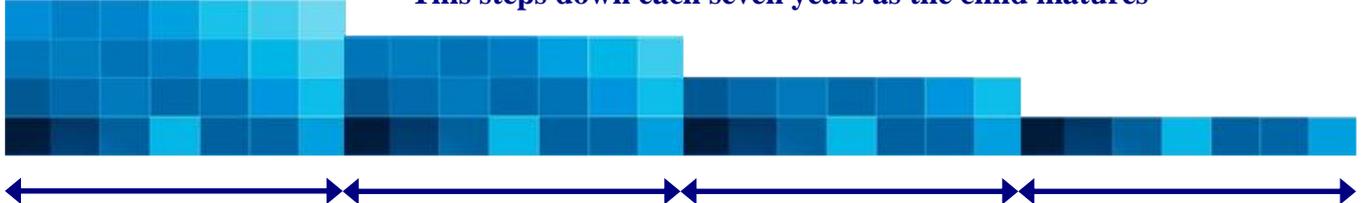
We, as parents, endeavour to impose what we believe is best for our child and children. We subject them to being mindful – always endeavouring to excel through one's mind – “How are your grades son

or daughter??" Endless control and subtleties of moulding their personalities to being what we perceive is best for them – we are or were clueless as to how to bring up children!

We are to freely be the personality that our Heavenly Mother and Father bestowed upon us – that is what we will express when we are fully healed of the imposts of what the Rebellion and Default have imposed upon us.

POTENTIAL to BENEFIT your CHILD through your own FEELING HEALING:

This steps down each seven years as the child matures



**From conception to
age 6 or 7**

From 8 to age 14

From 15 to age 21

From 22 to age 28

As we heal, we directly heal our children similarly.

The Indwelling Spirit arrival for the child around age 6 or 7 starts their independence.

Should we as parents have completed our healing before our child is conceived then they will be born into a pure state. That has never occurred throughout the history of humanity. This is the greatest event in the history of humanity – we now know how to heal ourselves and to the extent that we progress with our healing while we live a physical life then our children benefit to differing degrees – relative to age as well as how far we progress with our healing.

Thus, participation by parents or carers with children within the ‘Feeling Healing’ classes and sessions is of paramount benefit to all.

Consider reading:

 [Rejected Ones via James Moncrief.pdf](#)

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html> ALSO at
www.pascahealth.com Library Download then to Medical – Spiritual References

<https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>

In this series, to be found in the Medical – Emotions section of Library Download:

- Pascas Care Living Feelings First Adult
- Pascas Care Living Feelings First Children
- Pascas Care Living Feelings First Children Annexures
- Pascas Care Living Feelings First Children Discussions
- Pascas Care Living Feelings First Children Graphics
- Pascas Care Living Feelings First Drilling Deeper
- Pascas Care Living Feelings First Drilling Deeper Structures
- Pascas Care Living Feelings First Reference Centre

**PASCAS
PERS**

AS an ADULT is then the TIME to consider engaging in HEALING:

Because the child is still in its childhood, so still forming, should the elements that are contributing to its formation change, and then it will be different. So its parent/s could do their Healing, with the truth the parent/s grow in them affecting their child, so effectively lessening the development of its untrue state. The child can learn to be more self-expressive and even how to look to its feelings for their truth,

however that is just another aspect of its childhood development. So it can even learn about the need to do its Healing and how to go about it, and possibly even work on itself with the help of adults or by doing it itself, yet its real Healing can't happen until its childhood is complete. And if the child learns about being more feeling accepting and expressive, then even though it's not officially doing its Healing, by being truer to itself by attending more closely to and respecting itself more by being truer to its feelings, it will alter the course of its childhood, as in the impact of the Wrongness, however that is still all just another part of its childhood. And one would reckon that with greater self and feeling awareness, then as an adult, whether it does its Healing or not, its life should benefit from being closer and truer to its feelings.

Thus, this is about helping the child to become aware of any bad feelings, express them and long for the truth of their feelings. Teaching, showing and encouraging a child to do that is good, and might help it, however to leave it at that – a feelings led life.

And not to get into the Healing side of it, that it's not for the child to try and bring up repressed feelings to uncover the truth of. Just to stay in the moment with their immediate feelings and truth that comes from them. Later as an adult it can look to work more consciously and specifically with its repressed yuk. Some repressed stuff might of its own accord surface in the immediate, and would be worked with as well, which might lead the child and parents back into helping to see problems with the relationship past and present, however that would all just have to be naturally occurring. By NO MEANS should a child be pushed, coerced or forced deeper into its past or repressed feelings, trying to get it to do its Healing. That wouldn't be right and we imagine would screw it up more, it might be too traumatic, without it being able to cope with the results because it's not an adult yet, it's still only a child. That which is for us as children should be kept for us as children, and that which is for us as adults should be for us as adults, as obvious as that might sound. But being adults and trying to subject or force a child to do adult things is not right and only going to hurt it more, which is how we parent and how we traumatise our children. So adding the Healing to that, should someone try to force or encourage a child to actively do its Healing, I don't think is right. It's possibly a grey zone as parents and child therapists might at times be able to work deeper into a child should it be suffering badly, but all so long as the emphasis is always on leaving it up to the child to uncover the truth for itself through its own feelings, and not having the adult try to dig it out or force the child to accept it.

yuk

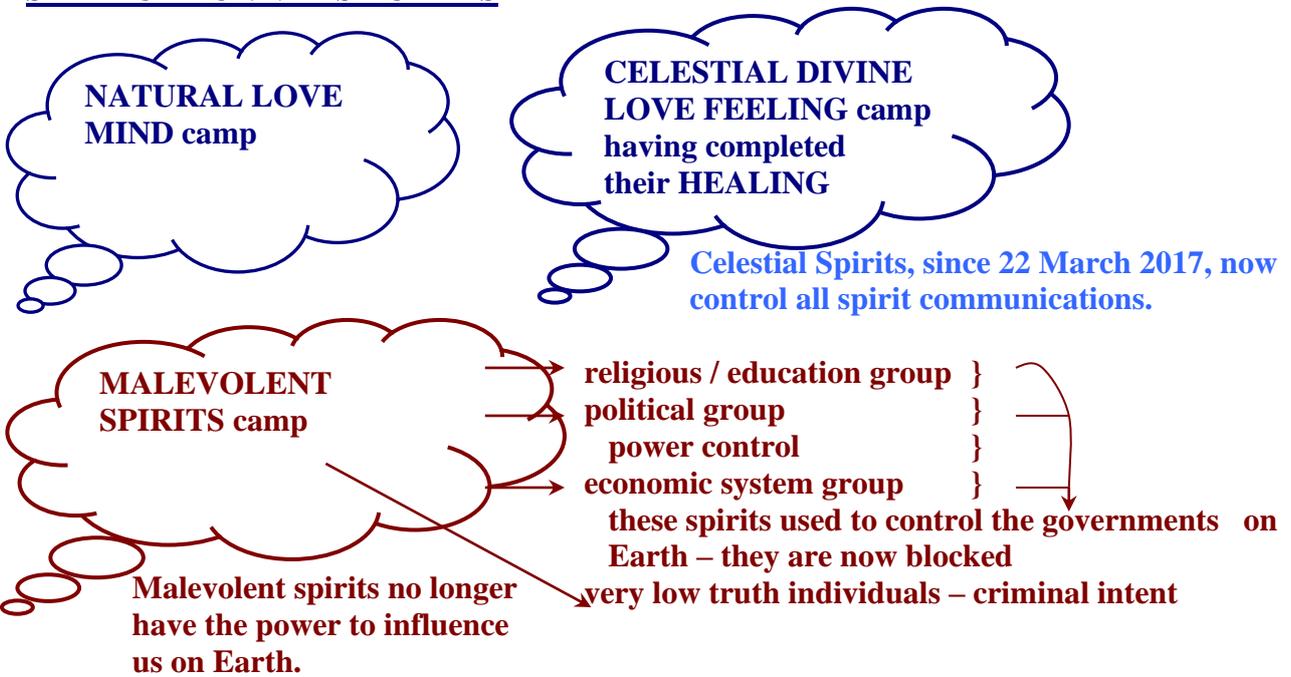
The whole focus should be just on helping the child to become aware of its feelings; to help it feel good about having both good and bad ones; to help it understand the importance of bad ones and how denying them might cause it problems and yet more bad feelings; and that feelings can lead us to the truth of ourselves, which means understanding more about all the different parts of who we are and why we are the way we are; and that being feeling expressive and wanting to find the truth contained within your feelings can benefit you in every area of life, particularly in your relationships. That by living true to your feelings and wanting to uncover the truth of them will help you be the best, caring and loving person you can be. And also to help the child understand that living true to its feelings in life can be difficult, because many people and many parts of society are about feeling denial – especially bad ones, and how that denial can make one sick and causes all the bad things people do. So helping the child to deal with those issues too.

Calling it Living Feeling First – Feeling Healing, only to understand, and even possibly to also teach the child, that full-on Feeling Healing can only be done as an adult, that being looking to uncover the whole truth of your unloving, rebellious and screwed up state. Whereas working with your feelings to help you heal in the moment by expressing them and longing for their truth, we can all do anytime.

Evidence-based practice (EBP) is essentially a clinical decision making framework that encourages clinicians to integrate information from high quality quantitative and qualitative research with the clinician's clinical expertise and the client's background, preferences and values when making decisions. The best evidence is usually found in clinically relevant research that has been conducted using sound methodology.

Evidence-based practice research and education through universities is seen to be a sound platform, however it restricts discovery through new revelations being rejected due to their originality. What is not recognised by researchers and university academics is that for many years their work has been biased by the influence and intrusion of head strong spirits and malevolent spirits from the mind Mansion Worlds. Most scientific research has been held ransom to the whims of scientific spirit minds endeavouring to achieve goals that they failed with while living in the physical. Their intrusion came to an end on 22 March 2017 when the Celestial Spirits were given authority to block their communications and connections with people in the physical. What has to unfold is that all scientific and health research and developments now need to be reappraised. This is a new era of freedom and discovery of truth.

SPIRITUAL UNIVERSE CAMPS



Great advances have been provided to us in how we can and are to go about our healing, both physically and spiritually. None of this is of a religious nature, however it is in direct contrast to what most religious institutions propagate and purport to be truth.

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

We are to express our feelings, both good and bad, at all times, and to long for the truth of them.

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

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

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

Truth is Freedom

Before being conceived, we each have had nothing to do with the culture or heritage of the family and its people into which we are now born.

After we pass over into our spirit lives, we each will have little or nothing further to do with the culture or heritage of our family that we lived with on Earth.



We each are one of many voices within our communities.

We are to embrace our experiences and limitations of our family upbringing which our soul has desired for us to have. We are spirit personalities having a physical experience and this physical life here on Earth is the commencement of our incredible journey which will take us through many universes.

We are not to accept the limitations, the psychic barriers of our family, nor those of our national culture and its ethos. The people of a community, a region, a state, a nation respond to and reflect a common set of values, customs and culture, which is passed down through the generations, this is a psychic imposition or barrier that inhibits evolution, our true self expression and our growth in potential and personality.

Now, it is this time in history that, individually, we each are to free ourselves of the Rebellion and Default that has been imposed upon us by hidden controllers, both of those from within the spirit worlds and of their defacto agents here in the physical.

We now have the option to embrace and enjoy the freeing truths that our soul can and will expose to us – we are fully self-contained. We are to look within, to our feelings, and to long for, to ask for the truth that our feelings will exquisitely and amazingly reveal to each of us.

The wonders of intuitiveness and spontaneity are ours to behold, experience and enjoy – this is of our choosing. We can continue living a limiting mind-centric life or embrace living Feelings First – The New Way – with its infinite potential. The gateway is now open and the pathway is defined.

This we are to share with all of humanity as we are Freedom's voice.

MoC 904

ONE SECOND TO MIDNIGHT



Parent's concerns

Parents were given the opportunity to ask questions of the teachers and practitioners (being those introducing Feeling Healing). The following questions may be raised:

1. What is being instilled into my child?
2. Will the program continue?
3. You know a lot about us? How open are the kids?

In response to the question: “What is being instilled into my child?” the practitioner is to explain the classroom Feeling Healing process and refer to the Parent and Child Information Sheets and parent letters that are sent out in the first weeks of the program as useful resources for the parents to refer to.

Introducers may be unable to answer the question: “Will the program continue” and the parents would be referred to the Principal and Wellbeing Coordinator of the school for further information.

Parents may be concerned that their children could raise private family matters during Feeling Healing sessions. This was evidenced by the double question: “You know a lot about us? How open are the kids?”

The Introducers may explain that they are not aware of the child’s issue during group sessions and during individual sessions the children do not go into detail about what goes on at home. Examples may be of the types of issues children do raise e.g. that they are fighting with siblings, and that they don’t like it when their parents fight.

Following the Introducers’ answers to this concern, all parents generally indicate that they are more comfortable.

A number of advantages were reported to support conducting Feeling Healing sessions with a whole class:

- The teacher would be able to observe behavioural changes in the classroom as a whole.
- A mix of children from one class would provide role models of resilience for the more emotionally challenged children.
- Scheduling lessons for all of the children would be easier because they would all be doing the same lessons, including Feeling Healing.



Generally the parents may find their children to be more open, loving, caring and focused. The parents typically may observe that overall, their children are happier, with increased confidence and courage to express their feelings.

Teachers may typically prefer that Feeling Healing be conducted in one classroom-groups.

Enablers to implementation of Feeling Healing

An important enabler to entering a school to introduce Feeling Healing is recognition by the school that although they did have wellbeing strategies in place, they needed new program ideas, skills and assistance with particularly challenging children. Thus, the Principal and Wellbeing Coordinator may

welcome the program and support the Introducers. In addition, the class teachers may support the children in attending Feeling Healing sessions and by organising their own sessions so that the participating children can attend.

Having parents who recognise the need for specific wellbeing programs and consenting to their children participating in the program also enables the implementation of Feeling Healing not with only the children but also everyone within the family. In addition, the children themselves can consent to their participation in the program and attend sessions as they please.

The appropriate number of Feeling Healing Introducers is important to ensure the successful conduct of the program. For example, with 24 children, at least three to four Introducers are preferred to ensure the children are well supported. Also, ensuring alternative Introducers are available to cover sick leave and annual leave is also important.

Leadership and teamwork are important enablers for the Introducers (Emotion Unblockers) themselves. One of the Introducers may take the lead role in ensuring the sessions are designed to meet the needs of the group of children. Regular communication and Introducer meetings ensure that debriefing and feedback is shared, and where needed, adjustments to subsequent sessions are made. It is also important for the Introducers themselves to ensure their own wellbeing is maintained.

In relation to conduct of a Feeling Healing session themselves, a number of strategies may work well in engaging the children and enhancing integration of the Feeling Healing (each session responds to the children's needs):

- Ensuring the sessions are as interactive and as varied as possible.
- Being present to the current context of the children. For example, when there has been a fight in the school yard which was continued into the classroom, the Introducers may adapt the sessions to deal with issues around hurt, acting out, forgiveness and letting go, etc.
- Briefing and debriefing with the Wellbeing Coordinator to gain a better understanding of the participant children and issues already recognised by the school.
- Breaking into smaller groups when there are larger numbers in attendance.
- Stillness exercises (e.g. meditation) to bring the children to a place of quiet and calmness.

Barriers to implementation of Feeling Healing

The main barrier to the full implementation of Feeling Healing may be the difficulty in engaging the classroom teachers, other school staff and parents so that they can learn the strategies and tools to support the children as well as to adopt for their own wellbeing. While the Introducers may invite the teachers and parents to Feeling Healing sessions, and also make themselves available to conduct group or individual sessions at a time convenient to teachers and parents, this offer may not be well participated. The teachers may report that they already have too much to do.

Particular challenges to conducting the Feeling Healing sessions may include the following.

- The lack of attendance by some of the children when there are conflicting priorities and other sessions to attend.

- ☑ Gaining the attention of all of the children to commence Feeling Healing sessions. Groups of children may be particularly restless and often experience attention problems. Dividing the larger group into smaller groups may assist in alleviating this problem.

Summary

Findings from the individual sessions held with children reveal that the risk factors impacting on the children's social and emotional wellbeing were getting lost, feelings that they are loved less than their siblings, friends not playing with them anymore, fighting, being bullied and being "told off", loss of loved ones, being witness to crime, and change in family dynamics. In addition, some of the children reported visual, hearing and psychomotor problems making learning difficult and engendering feelings of appearing "dumb" at school.

Through working with these issues during sessions, children are able to address some of these risk factors. For example, one child who was being bullied at school agreed to finally approach the Wellbeing Coordinator, and the bullying was resolved. Further, a child whose grandfather had died in previous months was able to 'talk' with him during a process, which resulted in her being able to talk to her mother about it, grieve and let him go.

Findings from an analysis of the field notes and focus group revealed that enablers (Emotion Unblockers) to implementing healing programs in primary schools included recognition by the school that they needed new program ideas and assistance with challenging children. In addition, parents who supported their children attending wellbeing sessions were important, along with the children actually attending these sessions. In addition, adequate numbers of trained Introducers were important in supporting larger groups of children, especially where the children were more emotionally challenged. Leadership and teamwork among the Introducers, with regular debriefing, feedback, and practising the Feeling Healing themselves, enhances the success of the delivery of the program.

Identified barriers to the implementation of Feeling Healing includes difficulty in engaging teachers and parents to learn about Feeling Healing and therefore to enhance children's resilience. On occasion, the children are particularly restless and gaining their attention during sessions presented challenges. It is important to note, that when people commence Feeling Healing and become more aware of their feelings, they can meet resistance from the mind; this is normal and can be brought to the attention of participants.

Learning the tools and integrating Feeling Healing into daily school and home life

Whilst Feeling Healing may be successfully conducted with children with minimal engagement of their parents and teachers, a whole-of-community approach to emotional wellbeing has been shown to be more beneficial to children and their families.

Living Feelings First may be a whole of life engagement, it is Living Feelings First and the progressive discovery of who you truly are. Through longing and asking to know what is the truth behind your feelings, both good and bad, we are untangling and unwinding our childhood repression and suppression. As we are longing to be our true selves then we are progressively engaging and connecting with our true Mother and Father, our Heavenly Parents. This is our Journey to Paradise. As we journey

along we may embrace and ask for our Heavenly Parents' Divine Love and that is just the greatest and most wonderful experience.

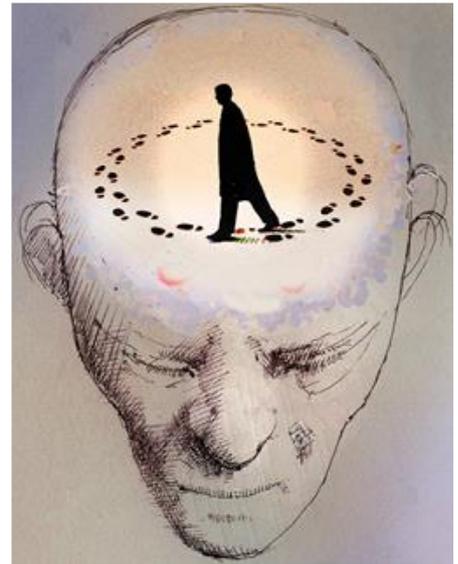
To liberate one's real self, one's will, being one's soul, is begun by embracing Feeling Healing, so as to clear emotional injuries and errors. With the Divine Love, then one is also Soul Healing. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them,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

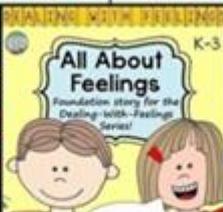
Release one's pain through expressing one's feelings.

in conjunction with

Longing for the Truth when also longing for Divine Love.





 <p>When I feel sad</p>	 <p>How we know we're sad and what we do to feel better. Starring boys!</p>	 <p>When I Feel Frustrated</p>	 <p>When I Feel Frustrated</p>	 <p>When I feel angry</p>	 <p>How we know we're angry and what we do to feel better. Starring girls!</p>
 <p>All About Feelings K-3 Foundation story for the Dealing-with-Feelings Series!</p>					
 Dealing with Feelings					



Living Feelings First in the Classroom Process

Feelings First Spirituality – The New Way

(Children)

Feelings

Your feelings are very important. They are you – you are your feelings.



Feelings



When you feel bad, it's good to let yourself feel all those bad feelings.

It's bad to stop yourself feeling them, because then you are not being nice to yourself.

But when you feel bad, what can you do?

You can talk about all how you're feeling with yourself, with your friend, with your mum and dad, with anyone in your life who will listen; and with God.



But what do you do if they won't let you feel bad, and cry and be angry or miserable, or all the other bad feelings you feel? What do you do if they won't listen to you?

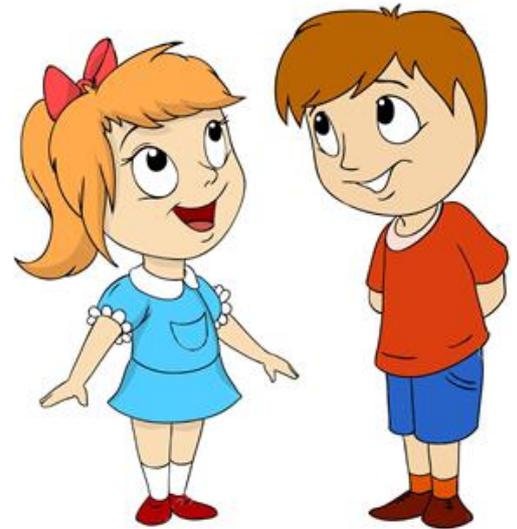
Crying is welcome here



Then you have to do it within yourself or out loud when you're by yourself. So you say how bad you are feeling in your mind. You tell God all how bad you are feeling. You can say how unloved and uncared about you feel, how nobody wants to know how you are feeling, how hurt they make you feel, how much you hate them for treating you so badly, how unwanted, miserable and sad you feel – you can say all the bad stuff about how you feel.

But the best thing is, if you can tell someone all you feel, someone who cares about and loves you.

Still, if there is no one like that in your life when you are feeling bad, and even if you have to say it in your mind to yourself or to God, or even to your angels, it's best if you can say all you are feeling and not keep it in.



We are God's Children

If you stop yourself feeling bad, or stop yourself saying all the bad feelings and emotions, you will end up causing yourself problems later in life. All those bad feelings, if they don't come out of you, are only going to keep hurting you. And you might be able to block them out for a while, but sooner or later in your life, they will come back up in you.

BAD is GOOD

The more you can say what you are feeling, all the good and, most importantly, all the bad feelings, the better it will be for you. And the better it will be in your relationships, with your friends, your family, and with God.

Keeping your bad feelings locked away inside you can make you sick. And bringing them out will make you feel better.

So saying how you feel all the time is good.



And you can also want to know why you feel the feelings you are feeling.

You can ask yourself, your angels, or God to show you why you are feeling bad (or why you are feeling good). Ask them to show you through your feelings and not so much through your mind. It's wanting to know the truth of yourself. Who you are; wanting to know all about yourself, and finding out through your feelings.

Ask for truth

If you speak out all your feelings, even if you just do it in your mind, and want to know the truth of them, then slowly as you grow older you'll come to understand all about yourself.

We are to get to know ourselves and each other through our feelings. That's why feelings are so important. So if you don't allow yourself to feel them, and don't want them to show you the truth of how you are and why you are feeling them, then you won't be able to understand yourself, and neither will you be able to understand why the good and bad things that are happening to you, do happen to you.



If you want to grow up having good, loving and caring relationships, then the more you and the other person can express their feelings and want to know the truth of them, the closer and more loving those relationships will be.

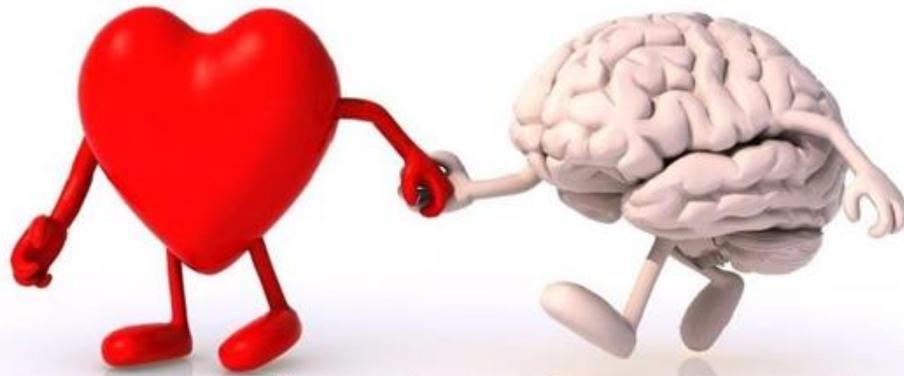
God will show you all about yourself through your own feelings, if you ask God to. Talk to God like God is your Heavenly Mother and Heavenly Father. Tell Them all you are feeling and thinking. Talk to Them separately or both at the same time.

Share everything with God if you want to. God wants to get to know you, and you can get to know God through your feelings, just as you can get to know yourself.



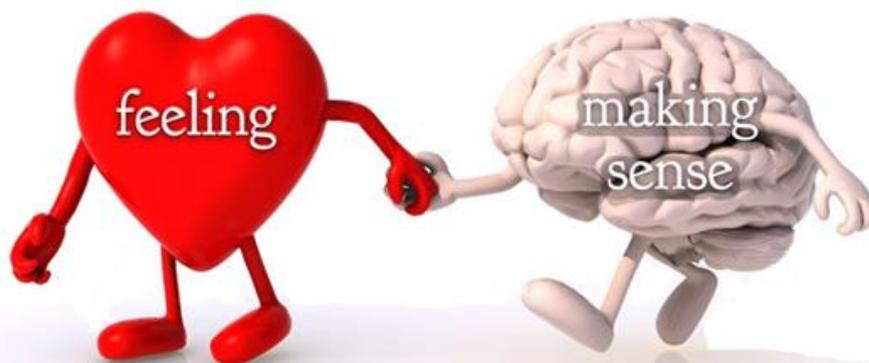
And if you want God to love you, tell Them you want Their Divine Love. Really want to feel God's Love in your heart. Long to and ask your Heavenly Mother and Father for Their Divine Love.

You can get to know the whole truth of yourself through your feelings. You are what you feel, your feelings don't lie. They are the truth.



Sometimes Your Mind Needs More Time
To Accept What The Heart Already Knows

Heart logic and mind logic are often
two very different things.



It has to feel right and make sense to
move forward with ease.

If it doesn't feel right, but it seems to
make sense, pause, and investigate within.

If it feels right but doesn't make total sense,
ask the mind to trust the heart a little more.

The heart's usually the wiser of the two.

~Doe Zantamata

Feelings *first*

FEELING HEALING is about the individuality of each person:

Each session, each experience, each moment will be your personal journey of undoing the hurt and pain that has taken place for you.

We are not meant to be alone. We are meant to be always able to talk and share with others and those others are your friends, your companions, your buddies, those who are always pleased to listen to you and your pain.

MAKE WORDS MATTER



This is why there are no two sessions or experiences the same. It is a steady discovery of why you are having each feeling, each anxiety, each anger experience and what it was all about then sharing what you now understand about it with your 'listener', all the time longing for the truth of what it is all about.

We are to talk to each other – a lot! It is ever so important to long for, to ask for, to really strive to understand what it is that we are really experiencing and feeling about current and past events – these are emotional events – it is to begin to feel what was really happening for you back then – be it

good or bad – discover what it was all about and then tell a friend all about it – in all its gory detail!

Both you, the listener and the teller are ever so brave in being so open and receptive to each other – but this is how we can release the yuk that has built up as a pile of pain and damage within us – this is our journey to being free and pure in all our being.

yuk



This is why endlessly talking on electronic devices and 'texting' impersonal messages is so enslaving to kids and adults – it is not being feeling involved through direct face to face personal interaction. People who are driven by greed and control have imposed separating devices so that we do not heal ourselves which can only come about by loving interactions with true loving companions.

LISTEN to a FRIEND



Whenever a feeling comes up that is drawing you to recall an event, past or present, good or bad, feel free to tell a companion all about it. Let this happen freely. It is no good for you or anyone to bottle it up – suppress it – this is what causes illness and all kinds of strife.



Become a listener – walk up to companions and say; “Hey Friend, how are you doing?” Encourage others to do what you know is best for everyone, talk it all out of you, all that crud that people bottle up and become miserable and depressed about.



This is the greatest journey and in this way you will become the nice, caring and loving personality that you are meant to be.

This is why every Feeling Healing session that you participate in will be the greatest loving thing that you can do for yourself because it will be your loving journey throughout life and forever.



For ADULT'S to CONSIDER

It's about learning to express all you feel NOW, and should those feelings lead you into past ones then those repressed ones can be dealt with. We have to stay true to our current feelings, fully embracing, accepting and expressing them, and longing for their truth. Which is far more applicable to children – to stay in the PRESENT. The actual deeper Feeling Healing part of liberating past trauma is another thing altogether, yet something that shouldn't overlook the current feelings because one's current feelings are the way into the past repressed ones. If you try to go into the repressed ones whilst not also embracing and expressing and longing for the truth of the current ones, you'll screw yourself up. It's to understand that our current feelings ARE the same as our past feelings, so we use our current ones to access those same past ones. What we are feeling now is what we felt back then. So the truth that comes to us now is the truth to what happened to us back then, it all connects up. So as an adult now we can uncover the truth of what we are feeling now and why we are feeling such feelings, just as we can also uncover the truth of what we felt back then that is causing us to feel those same feelings now. So all the while we want to find within us the truth of why we're feeling the same feelings now as we did back then, as in, what pattern is there, why is it repeating and how was it established in us – what is really going on within us.

And thinking more about the texting and Internet, it's still far better to at least say all you feel and express yourself as much as you can through it, rather than not doing it at all. So many people when face to face close down feeling scared and being unable to open up about anything, whereas at least with the Internet being removed, like with the phone, you can say stuff you might not have said before. Still, of course face to face with full self-expression between everyone is the best, yet as we're all screwed and denying ourselves so heavily, does it matter having the Internet? It sure gives people more to talk about, and people all over the world, helping us see how everyone is and that we are not much different to each other. Growing up fully wired to it from day dot might cause other problems, which we'll start seeing soon enough if it's not all there already.

Another thing is that it's to be understood that expressing and seeking the truth of your feelings IS JUST LIFE. You don't have to have specific sessions; to give the skills and understanding that it's just normal everyday living. It's to help the child / adult to understand that we can do it all ourselves through our feelings, that we can live being completely self-reliant by properly attending to our feelings and growing in the truth they reveal to us. And that all bad things that happen to us only do because we are not properly attending to ourselves by fully honouring and expressing all we feel.

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

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

*From our head to our toes,
what our feelings say goes!*



Feelings, good and bad, are to be expressed.



Talk it Out!



Heartfelt feelings are our truth.

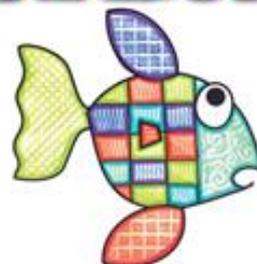
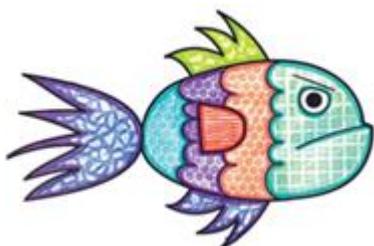
*Then we are to continue by longing for
the truth that our feelings are to reveal to us!*

**LONG to KNOW ABOUT what you are FEELING!
Long to understand the truth behind
what your feelings are pressing upon you.**

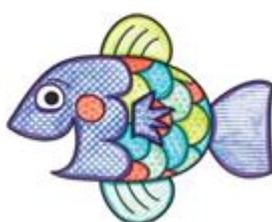


Ask to know the truth about that which you feel.

**It is knowing the truth of that
which you feel that sets you free!**



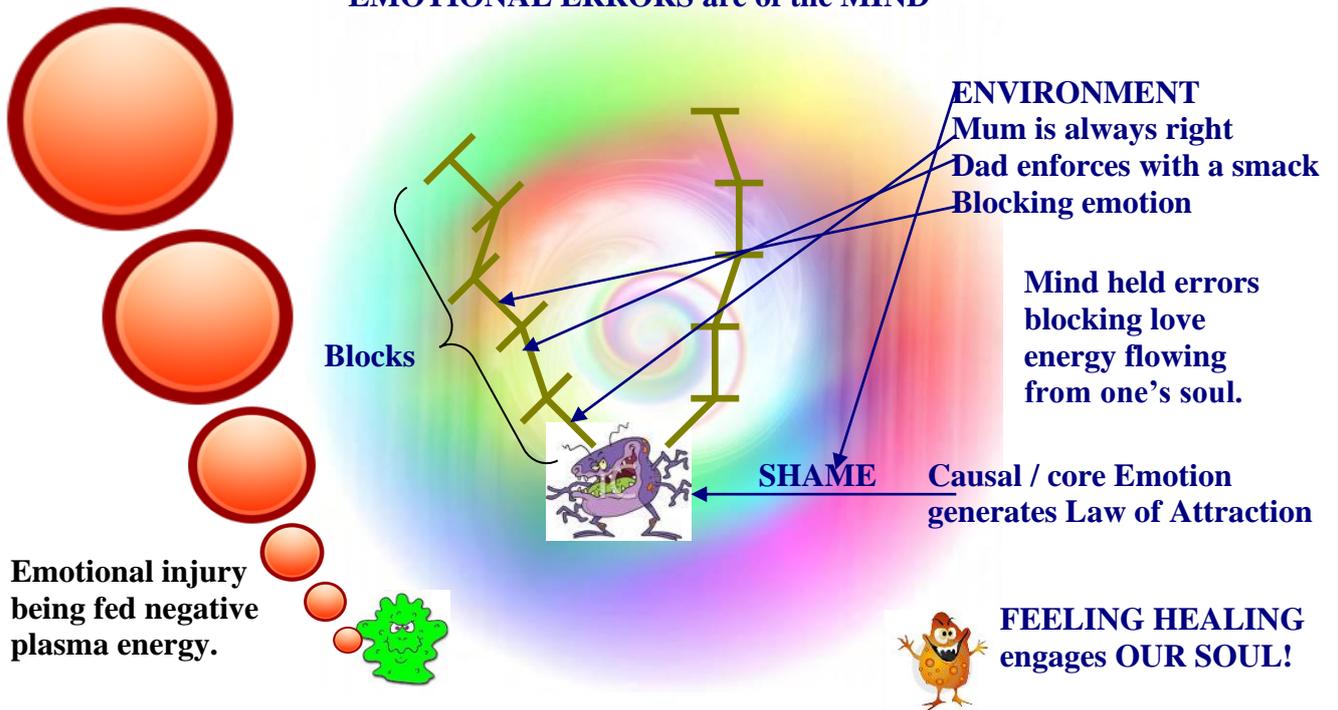
**Always be true to your feelings
because they are your truth
and truth is love and our way home!**



**Express your feelings to those who matter to you.
Suppressed feelings bring about pain and illness.**

Talk it out to a friend!

EMOTIONAL ERRORS are of the MIND



Enters emotionally - is to leave emotionally!

**WHAT ENTERS EMOTIONALLY
IS TO BE EXPRESSED
EMOTIONALLY WHILE LONGING
FOR THE TRUTH TO BE KNOWN
ABOUT WHAT IS BEING FELT!**

PASCAS CARE – LIVING FEELINGS FIRST – CHILDREN

SOUL: We are soul. Our personality and will is a unique expression from our soul. Our soul manifests two personalities, one female and one male – ALWAYS. Our soul is within a dimension that is unseen by our spirit body. Our soul does everything. Our soul manifests the spirit body, which in turn creates our physical body; this it does twice: one as a female and the other as a male – this is how we have a soulmate.

Our soul is in the image of God. God is both ‘male’ and ‘female’, and our soul becomes of the essence of God, our Heavenly Mother and Heavenly Father, as we receive Their Divine Love. God is one Soul expressing two personalities, just as we are!



Living Feelings First enables stuck personalities to free themselves from the suppression and repression that they have experienced during their formative years, their early childhood. No child has escaped from been mentally abused and greatly injured emotionally. Now we are to free the true personality that we are to express.



Feeling Healing for Kids:

Dr N D Gopal, Centre for Educational Research, University of KwaZulu-Natal, South Africa, reported:

“Rich qualitative data have emerged with regard to the children’s attitudes and feelings about The Journey Program (expressing stuck feelings being held emotions) and their social world. Specifically educators, parents and students report that the program has been tremendously helpful in conveying changes in family structure and environment, areas of concern, conflict or success at school and attitudes in their personal relationships. In addition, the data has been used as a measure of how effective the program has been in enhancing students’ life skills across social settings and as a screening devise to detect abuse, neglect or some vulnerability that these children have endured in the past that stopped them from achieving their true potential. Students appear to have benefited in that they claim to have emotional freedom. This has helped teachers and parents be more responsive to individual children’s needs and problems and to modify the program content and curriculum accordingly.”



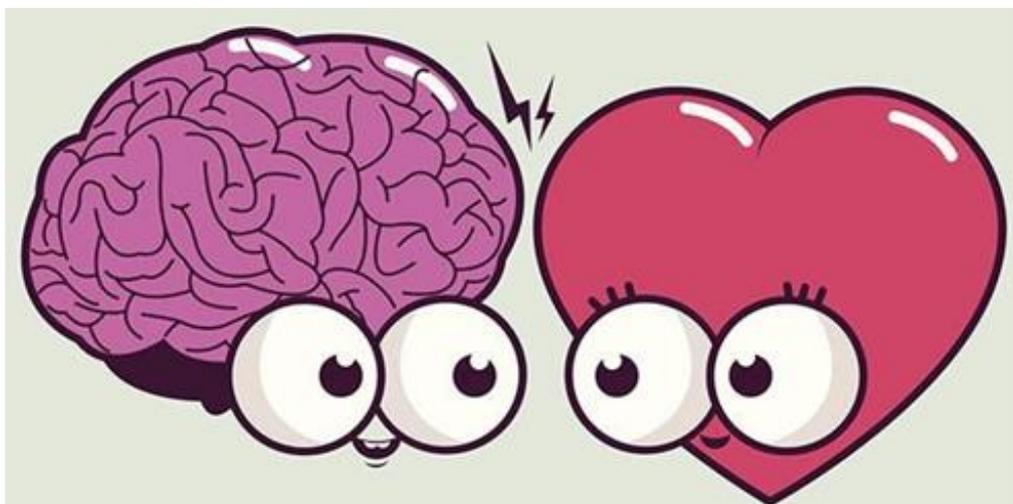


WE'VE BEEN SCREWED BY LUCIFER REBELLION

We have been screwed over by accepting that our minds are the way to live and that our minds are to be worshipped. Through Living Feelings First – Feeling Healing, deep emotional injuries that are holding each of us back, when the children release this dark energy, this pain, they become empowered and made to feel lighter and happier. Disciplinary problem children typically resolve their issues through expressing their pent up Feelings. Feeling Healing – talking it out – is liberating, even though it is painful.

What is to unfold as children progress through their healing is that they will find that when they feel the stress and tension of an event or experience of any description, by longing for, asking themselves what this is all about, the truth behind why they are feeling this upset will reveal itself, that they will be able to talk it out to a mate, a friend, a companion that they are drawn to, that they are affectionately interactive with and resolve the pain – not needing to have a classroom session to work through it with. This will unfold to being a way of living and be the core of their personal development and evolution. As children heal themselves then what they personally achieve will benefit their own children when they arrive.

Living Feelings First is the commencement of our journey to Paradise, the home of our Heavenly Mother and Father.



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

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



In a way each person's Indwelling Spirit, which is really God, is contracting out the work needed to be done with you to other agencies, so to us spirits, the angels, the nature spirits, other elements under the Divine Minister's control, even other non-humanity spirits, all of which end up doing increasingly more amounts of what your Indwelling Spirit does. And this 'out sourcing' is to affect greater personality interaction, increasing your experiences so they are maximised through interaction with different personalities rather than just relying solely on God. We are overall to become increasingly at-one with God, but we are to do that by becoming increasingly immersed in the experience of being with others.

Nanna Beth – 3rd Celestial Heaven: 25 December 2018



We each have a band of a Nature Spirit pair, Spirit Guide pair, and an Angelic pair, each pair being in their 'soulmate' relationship. In addition we have our personal Indwelling Spirit.

NATURE SPIRITS

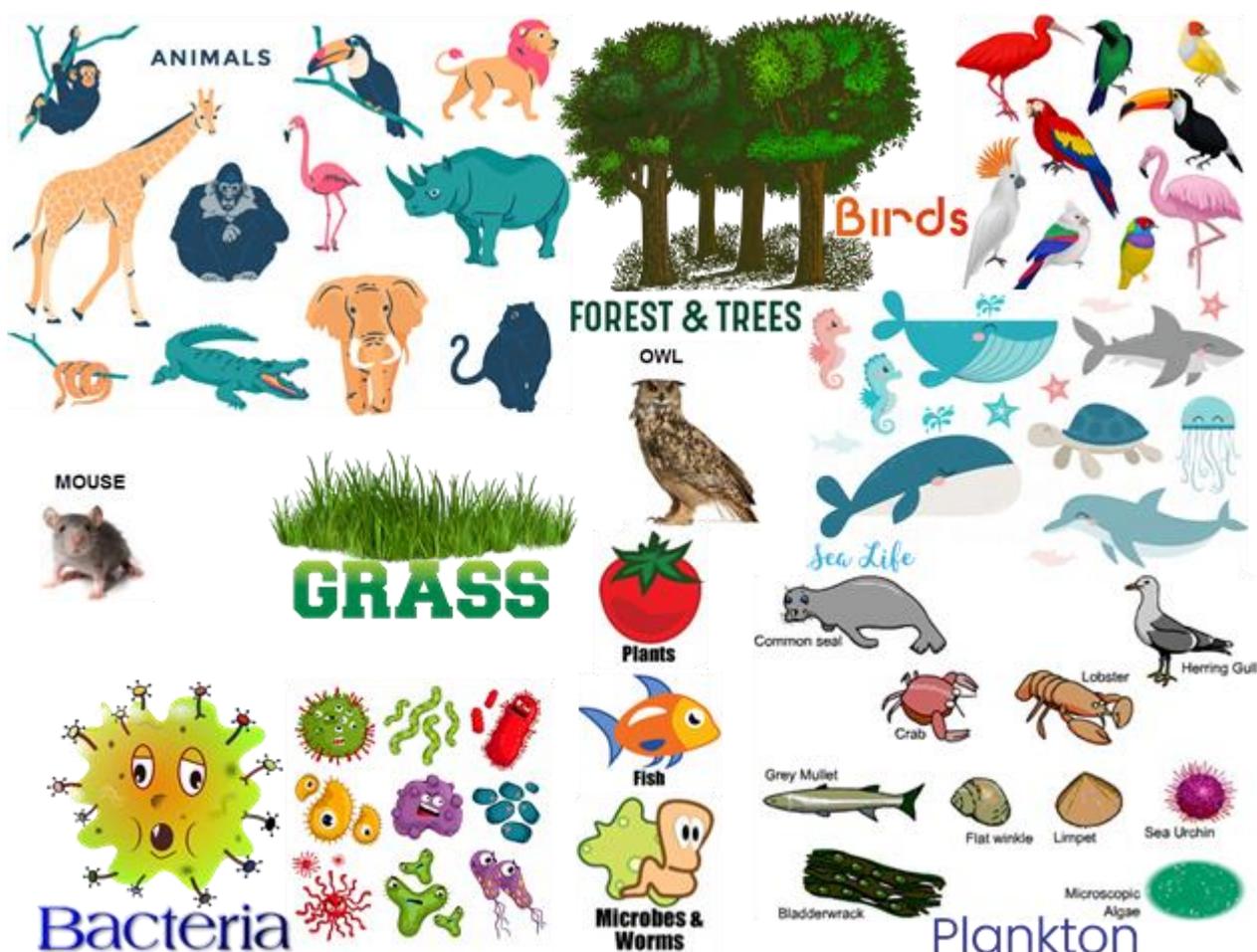
Nothing of nature reincarnates! And neither do we! Reincarnation is a false belief. Zero, zilch! Not even a blade of grass, a leaf from a tree, bacteria or plankton, or ourselves, has a subsequent physical life experience. However, except for humanity, the life force of all of what forms nature, after its sole physical experience, returns to a pool from which Nature Spirits emerge. All of nature is mind orientated. Nothing of nature has a soul, except for humanity which is truth and feelings orientated.

Meet Verna, a Nature Spirit, also known as ‘Lady of the Lake’: “Your spirit is your own unique spirit expressing the light of your soul; our spirits, also uniquely our own, however come from a composite of many other spirits. And in my case for example, and I’m about average, or ‘usual’ – as much as I hate to admit it – I’m composed, for want of a better word, of about five hundred billion creature spirits. So yes, you could say we’re complex on that level. And yet on other levels, we’re considered rather basic, we are after all *only* nature spirits, not great angels.”



“With Verna – a nature spirit” by James Moncrief

As the Rebellion and Default is now technically ending, those who embrace Feeling Healing and Divine Love will open themselves to communication with their Nature Spirit pair. For 200,000 years of the Rebellion, humanity of Earth has been closed to interaction with Nature Spirits. Humanity is truth seeking personalities who are to live through their feelings whereas nature is mind orientated and are to evolve their minds. A Nature Spirit’s next phase of evolution is that of being an angel which then will have many further evolutionary progressions upwards. Angels also step down from Paradise.



The PHENOMENON of VISIBILITY:



Firstly, animals do not have a spirit life. Should we need to interact with a deceased pet animal, then a particular class of angel will present as your pet. The life force of all of nature pools their life experience to subsequently become Nature Spirits who evolve to being angels.

Each higher progression of a human mortal consequently becomes invisible to those remaining at the lower level, as it is with angels, though those of the lower level remain visible to the progressing ascending mortal.

In reverse, those spirit personalities descending from Paradise, the home of our Heavenly Mother and Father, need to detune themselves so as to become visible to those in our local universe of Nebadon.

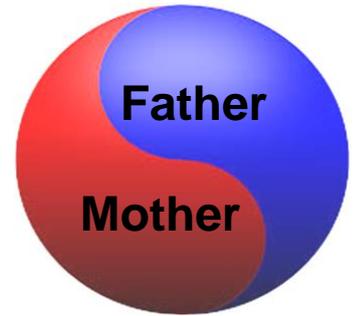
Those on Earth and throughout the seven earth planes have the same visibility progression. Earth, being the densest, is visible to all. But each plane, starting at 1, becomes progressively finer, with each plane above the last invisible to the lower. The same applies throughout the 7 spirit Mansion Worlds that we progress through to enter the first of the Celestial Heavens.

Higher levels can always make themselves visible should they wish to. Spirits and ascending mortals of lower levels may not be aware of higher levels until they evolve and progress.



MUM & DAD THIS WAY

GOD



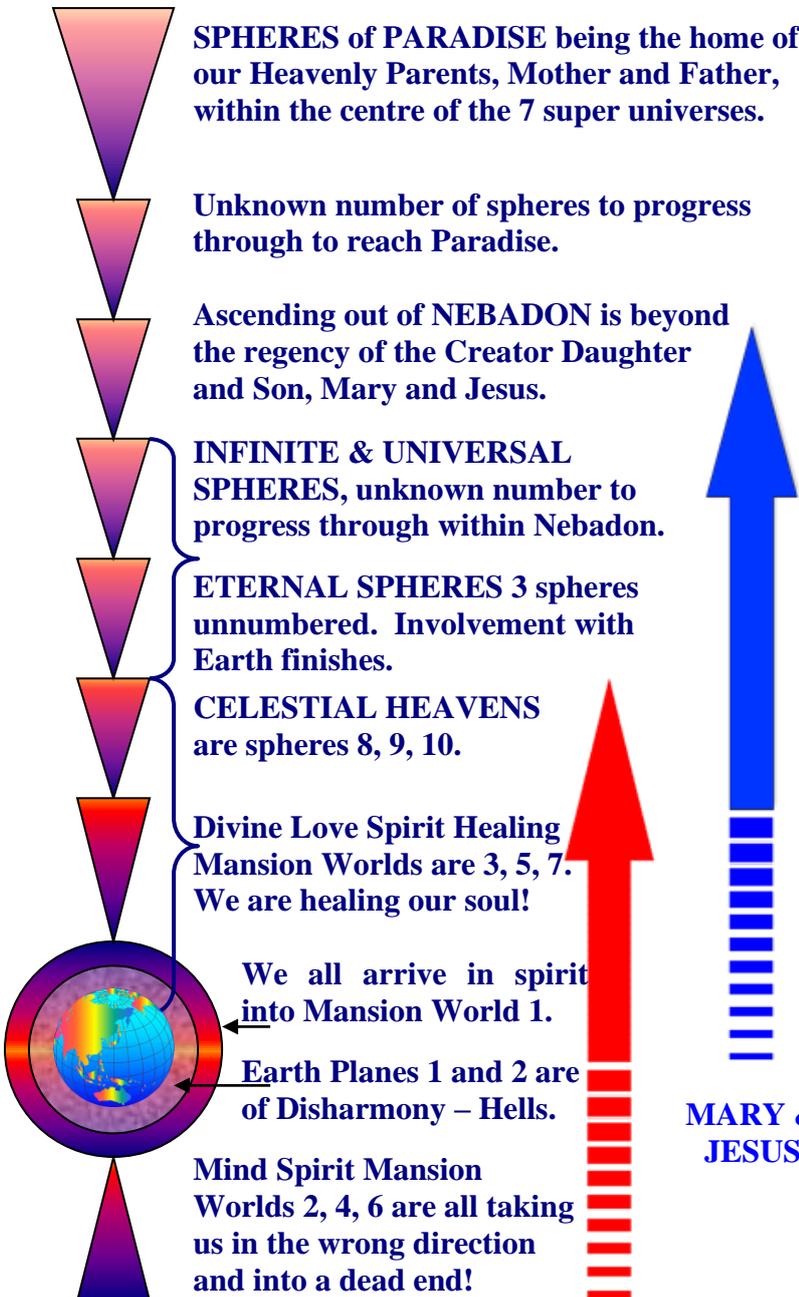
HEAVENLY PARENTS



JESUS & MARY



AVONALS



I'D TURN BACK IF I WERE YOU!

AVONAL PAIR

MARY & JESUS

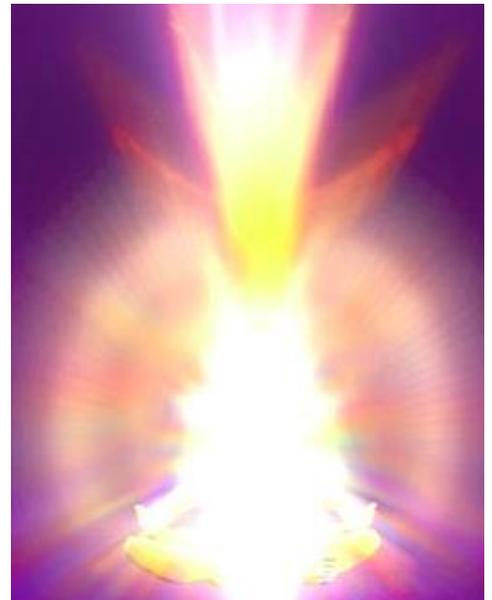
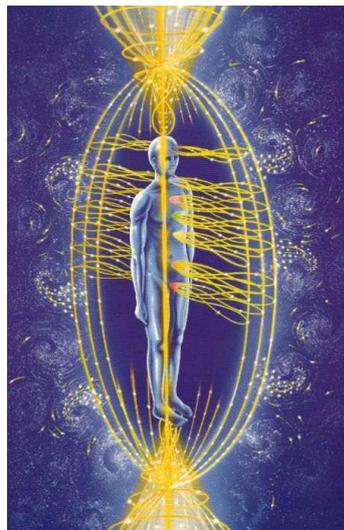
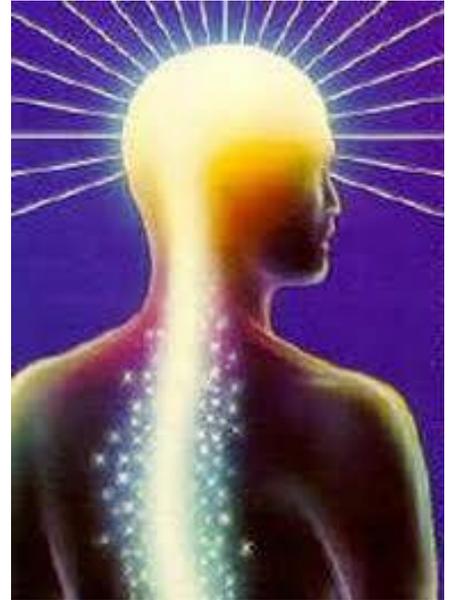
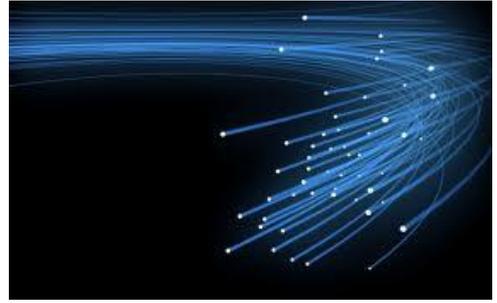
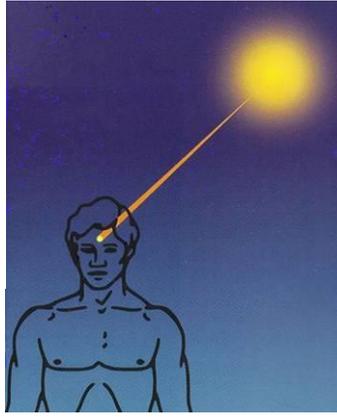
GOD

Through out the Avonal Age of 1,000 years, their Spirits of Truth will assist us in embracing and engaging with our Feeling Healing and with Divine Love our Soul Healing, they will assist us to develop our soul well into Celestial Heaven status should we persevere with such a goal. To the extent that the Avonal Pair develop themselves while here in the physical on Earth is the level that their Spirits of Truth will be able to assist us. Then it will be Mary and Jesus' Spirits of Truth that will assist us up and out of Nebadon, where our Heavenly Parents will then assist us onto Paradise, Their home.

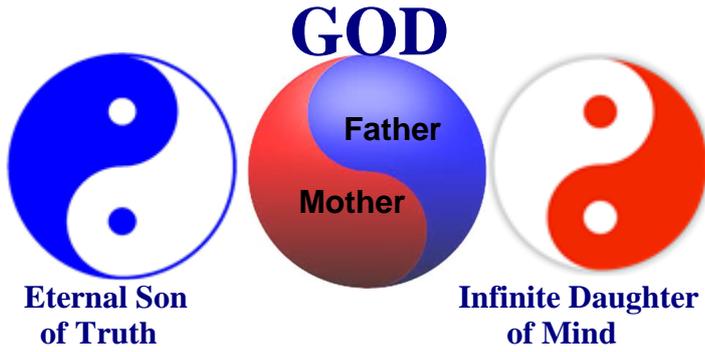
CONNECTION with GOD:

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

**Progressive escalation of
Divine Love flowing.**



CREATION of SOUL and SPIRIT:



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

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



Feeling Pathway



Soulmate Pair



Spirit Person



Angel



Nature Spirit



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

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

Neither we nor animals reincarnate. We never die; upon death, we move into the spirit Mansion Worlds on our journey to Paradise. When animals and plants die, be they the tiny microbe to the mighty elephants of the land and the whales of the ocean, their spirit energy returns to the Spirit Collective Energy. And from this energy are drawn other animals and the nature spirits, who then in turn move onto becoming angels through increasing mind experience.

A nature spirit is an angel in waiting.

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 with Feelings First

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

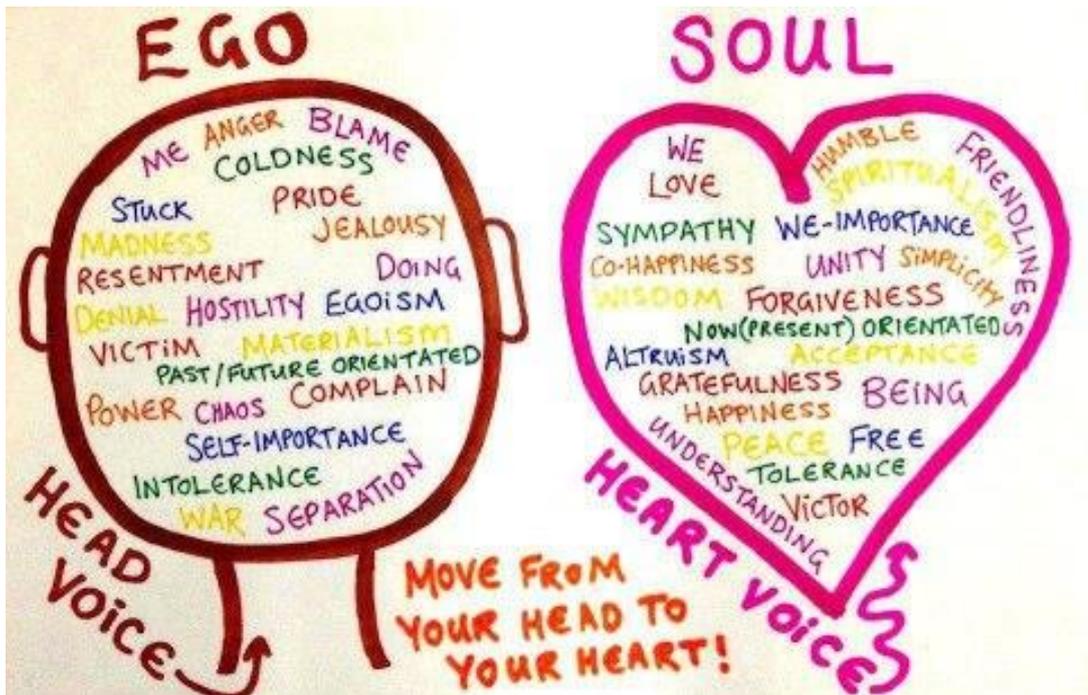
Feeling

Defined path (God created)

Peak possibility is infinity

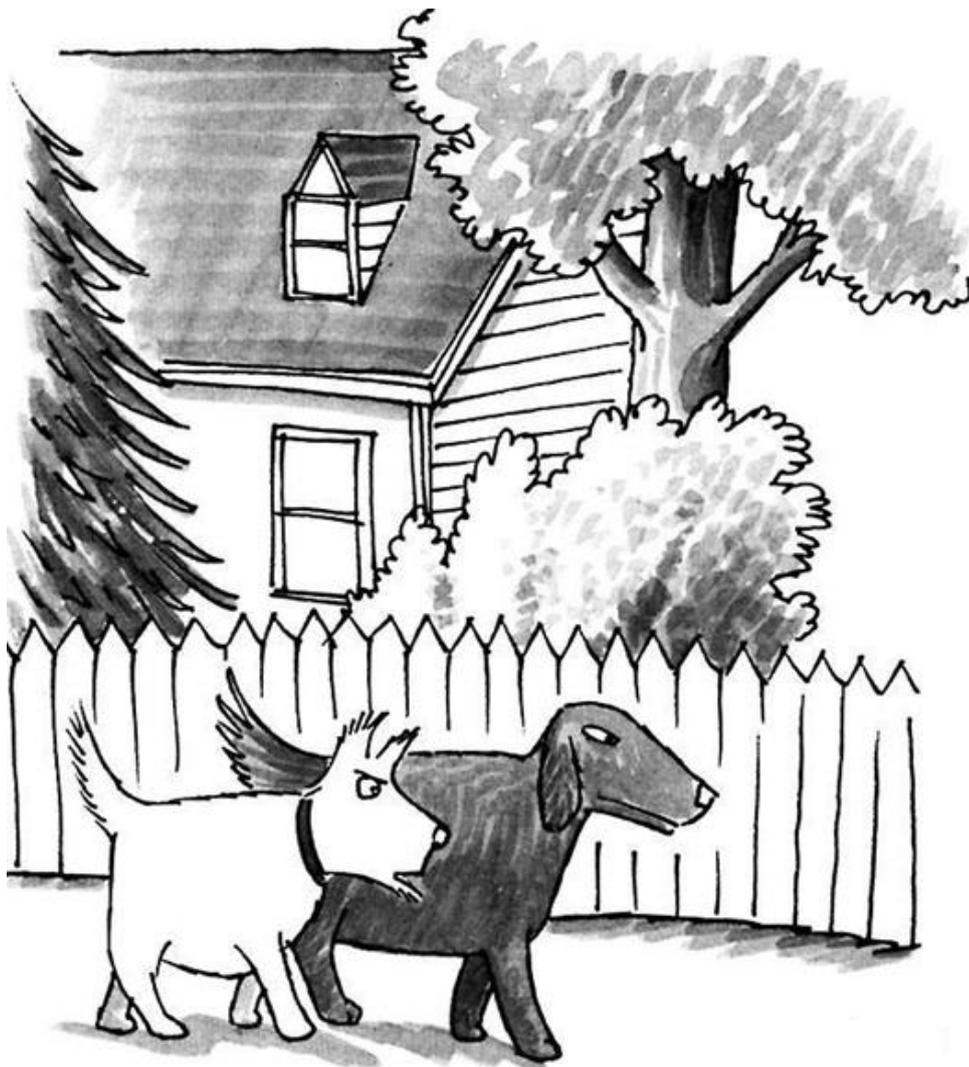
(sphere / mansion world are same)

5 years to over 10 years to at-onement





“It’s always “now be a good boy and do as I say...” same old shit ... never encouraging me to express my true natural self. More control!”



“I tell you mate, if I am told to: Stay, Sit, Fetch, one more time, then that’s it! I will do something really bad. I’ll rebel. I won’t do as I’m told! I want my freedom!!!”

From this:



To this:

SUPERKIDS

Natural self Expression through Feelings

Self Empowering

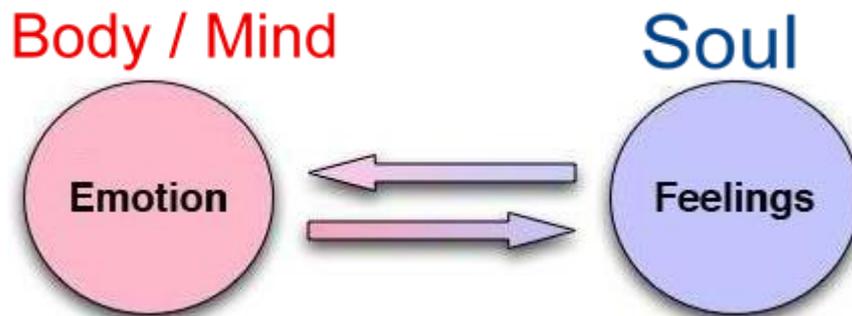
Self Revealing

Self Loving



Feelings First

FEELINGS FIRST For Kids



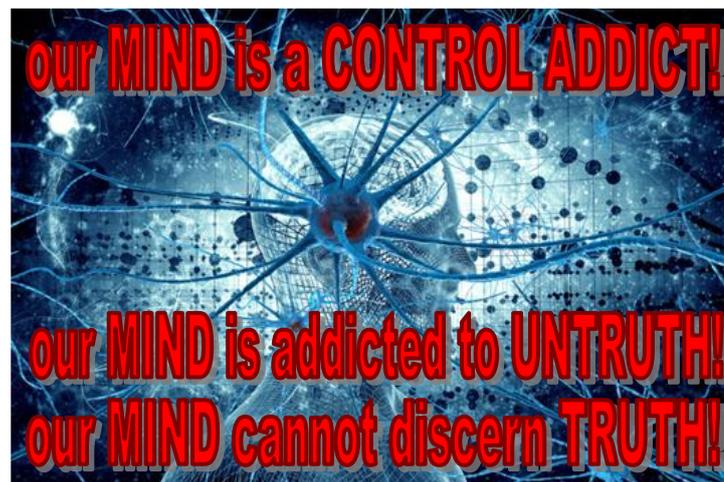
EMOTIONS are of the PAST and FEELINGS are of the PRESENT

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

Mind based manipulated feelings are not your truth. Your mind based feelings are typically in error and are best to be expressed, talked out to a friend. Error riddled feelings and injuries settle within our physical body as dense, disturbing, negative energies.

Our soul based feelings are always in truth and are freeing – this is your Truth!

It is so good being as feeling-expressive as you can be, helping you in all aspects of your life and particularly in your relationships. If you want to know more about why you have these heart based / soulful feelings that you do, you can long for the truth of them.



What is Child Abuse?



Verbally abusing a child



Teasing a child unnecessarily



Exposing a child to pornographic acts or literature



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



Forcing a child to touch you



Breaking down the self-confidence of a child



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



Manipulating a child



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



Using a child as a servant



Not listening to a child



Neglecting emotional needs of a child



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



Hitting and ridiculing a child at school



Neglecting a child's medical needs



Neglecting a child's educational needs

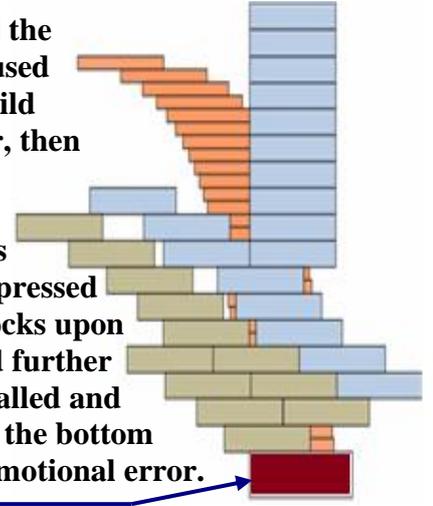


Leaving a child without supervision

OUR CHILDHOOD EMOTIONAL INJURIES ARE OUR CORE ISSUES TO EXPRESS:



Should we consider all the emotional injuries infused into each and every child en masse – all together, then each child would look battered and bruised. These absorbed abuses become Childhood Repressed emotional building blocks upon which are built related further errors, all must be recalled and expressed. Start from the bottom and express the core emotional error.



Oh, to long for and know the truth of each and every one of our childhood repressed injuries so that we can liberate our soul and allow our will to be freely expressed in the truth that it is in. Each core emotional injury that is expressed and the truth of it that is released, then the stack of related injuries loaded on to it will be destabilised and readily collapsed. Core childhood emotional injuries encapsulate and imprison our soul as if it is imprisoned inside of a steel wrecking ball!



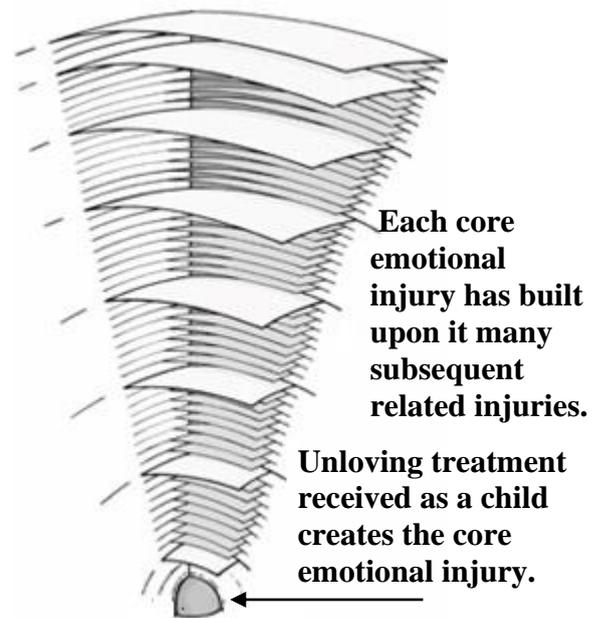
**Feelings First Spirituality, The New Way
Unlock your Truth through your Feelings**

LONG to KNOW the TRUTH of EACH INITIAL CHILDHOOD EMOTIONAL INJURY:

All emotional processing work addresses only the top layers over the core childhood repressed injuries. None of the modalities reach down to the mother injury, the core of the suppression, thus the relief from such processes is only superficial and at best temporary. Yes, they do identify the underlying cause of the pain and illness, and this assists in addressing the physical health issues at hand. However, we need to go further, much further.

To heal ourselves is to simply “look” at the feelings we are refusing to feel, and accept them instead of denying them. And to fully accept them, we need to express them, speak about them, let them have their say, rather than pushing them aside, refusing to let them make us feel bad.

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? You must always reach to the core issue, and that occurred during your Childhood.



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

in conjunction with

Longing for the Truth when also longing for Divine Love.

Negative Spirit Influence
blocked
22 March 2017
Law of Compensation
quickenning
22 May 2017



Rebellion and Default
officially ended
31 January 2018
Now ready for Mobilisation
22 July 2023

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 needs 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.

The whole human race is suffering from repressed childhood and mind control.

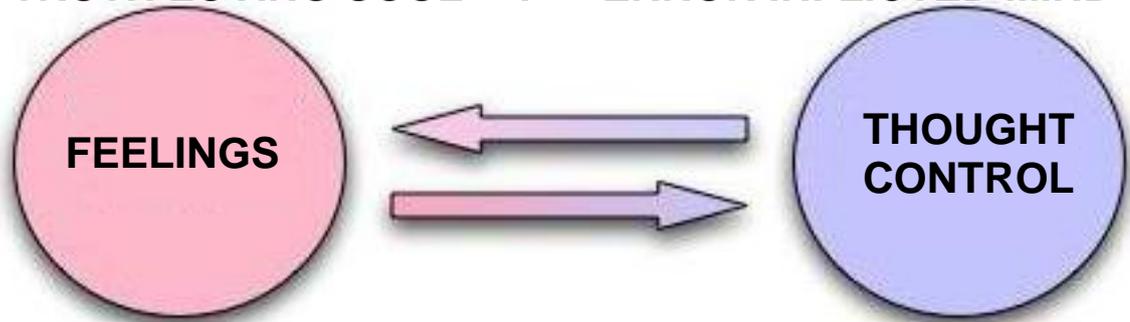


Be controlled by your oppressive mechanical mind, or set yourself free through your feelings and allow your soul based truths to surface. Allow your feelings to be felt, and seek the truth of them. This is how we can all evolve in love.

Our minds are infused with childhood injuries and errors. Only by expressing them as they surface, and finding the truth of them can we set ourselves free and grow in love.



TRUTH LOVING SOUL V ERROR INFLICTED MIND



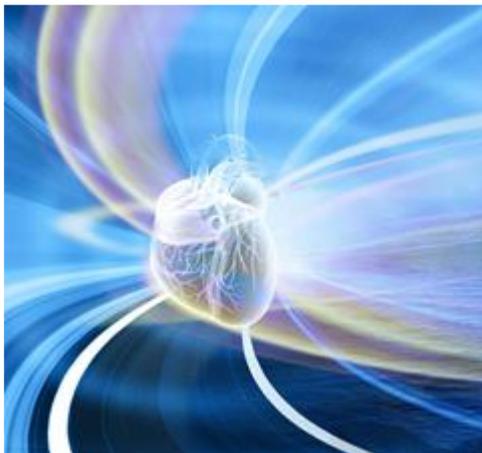
MIND IMPRISONMENT or FEELING LIBERATED?



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



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



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

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



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

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

Embrace the freedom and liberation.



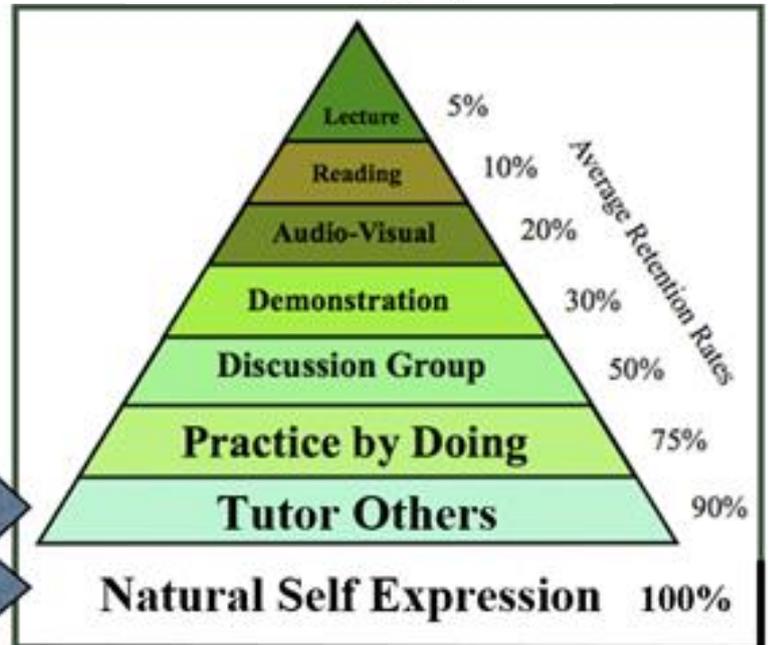
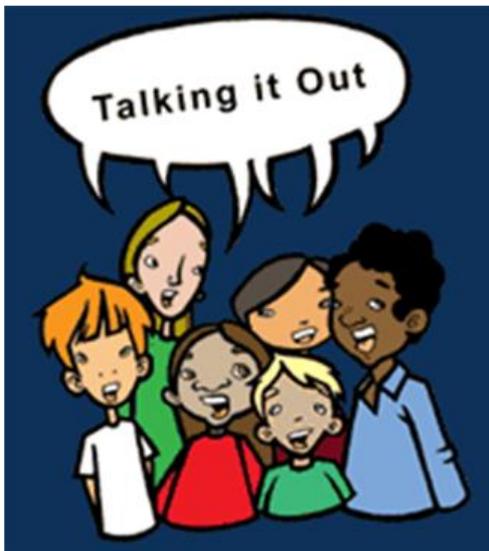
Our Feelings are our Truth



apply your will



The Learning Pyramid



Important recommended reading is:

by James Moncrief

The Rejected Ones – the Feminine Aspect of God

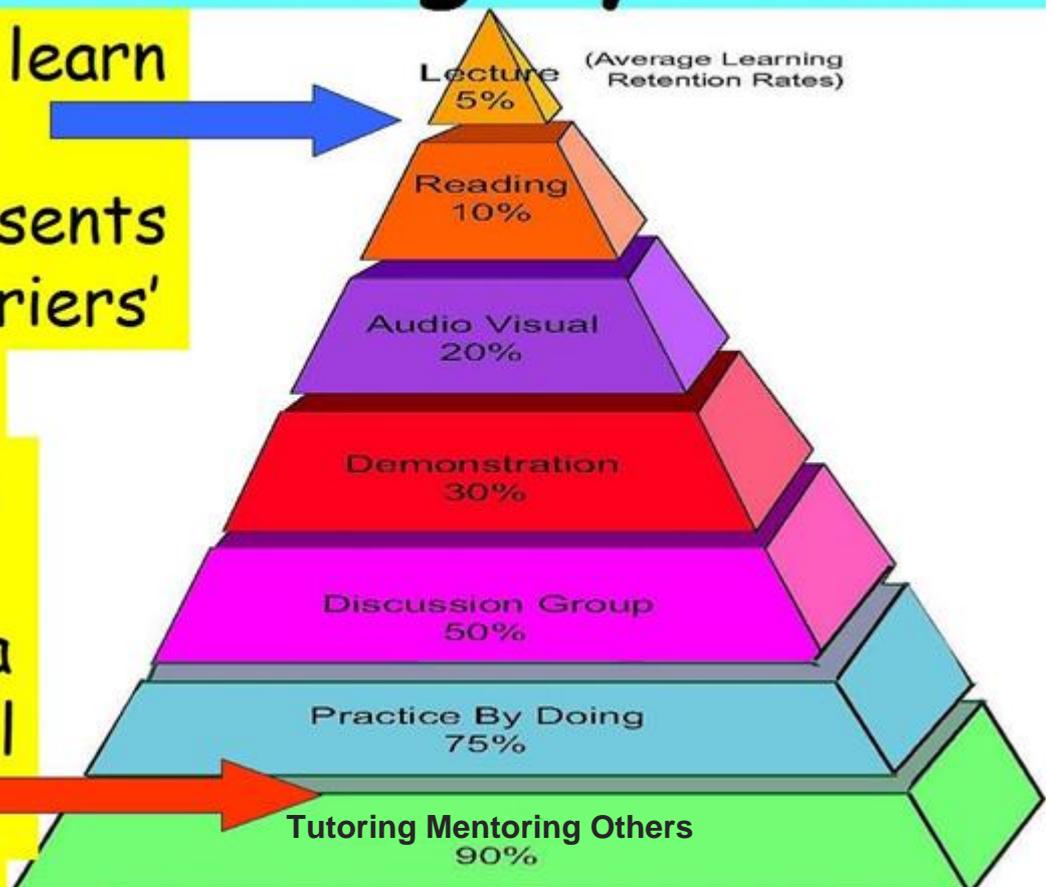
<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html> ALSO at <https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>

Childhood Suppression is the underlying cause of all physical illness and social issues seen throughout society.

The Learning Pyramid

Trying to learn using this often presents many 'barriers'

Effective Learning requires a great deal of this



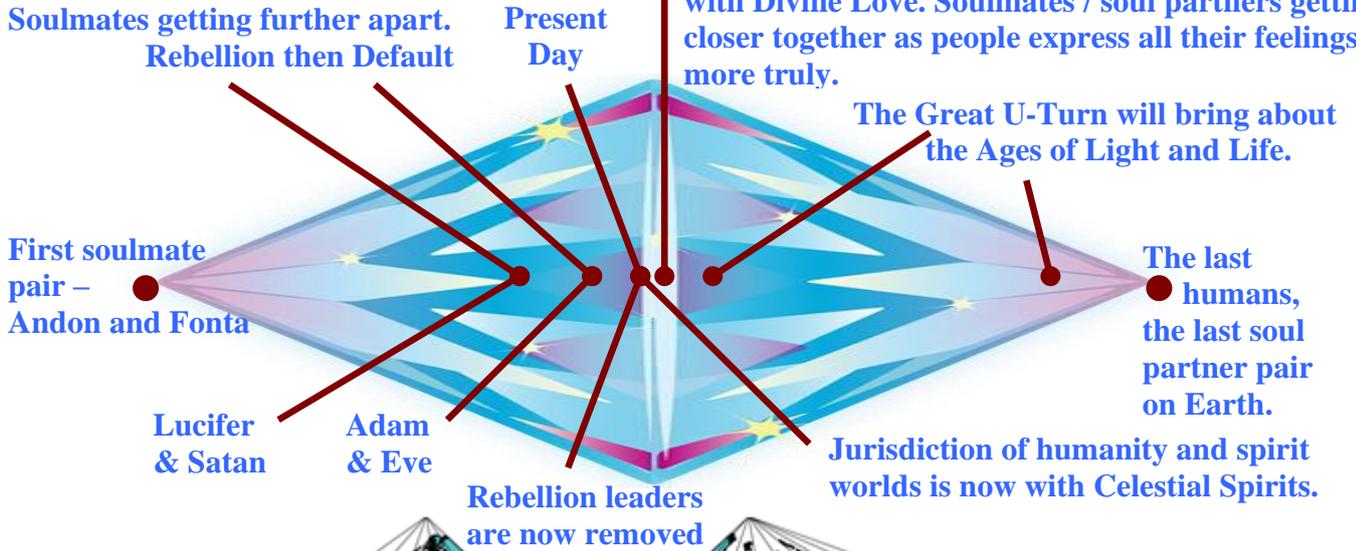
100% retention is **Natural Self Expression**

JOURNEY of HUMANITY into and through the GREAT U-TURN:

Humanity reaching its most evilness, the most lost, the most separation of soulmates. Humanity can begin its Healing. The Great U-Turn begins, the dawning of the Spiritual Age.

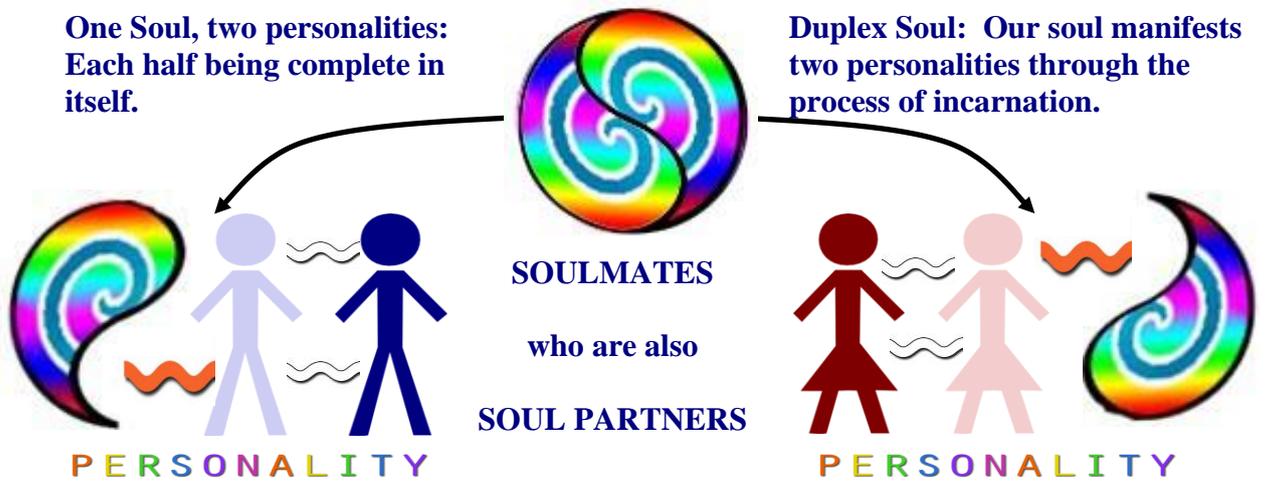
Humanity increasing its self- and feeling- denial, its denial of truth. Soulmates getting further apart. Rebellion then Default

The true Healing of humanity. Humanity Healing itself by doing its Feeling-Healing and Soul-Healing with Divine Love. Soulmates / soul partners getting closer together as people express all their feelings more truly.



One Soul, two personalities: Each half being complete in itself.

Duplex Soul: Our soul manifests two personalities through the process of incarnation.



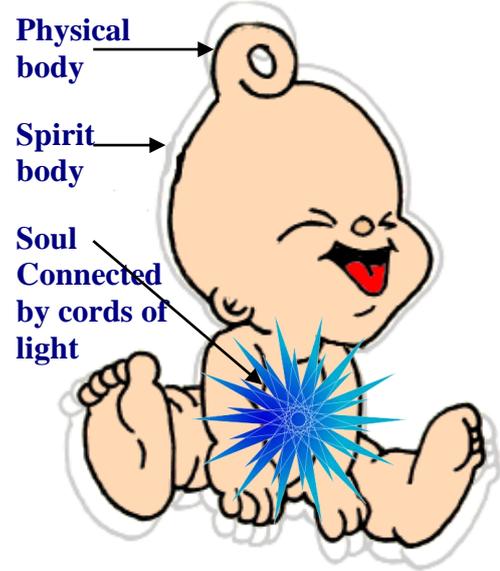


In this physical world, many people can see the auric field around one's body, this is the reflection of the spirit body which remains attached to our soul for all time. The soul is not visible to us, nor is it visible to the spirit person with its enhanced senses. The soul, depicted below, reflects through the spirit body which continues as our vessel for future growth upon the separation from our physical body. The separation of the spirit body from the physical body results in the death of the physical body. Your personality continues with the soul and spirit body.



A newly individualising soul is just a tiny invisible spark.

The soul connects through cords of light with the spirit body, never to be separated.

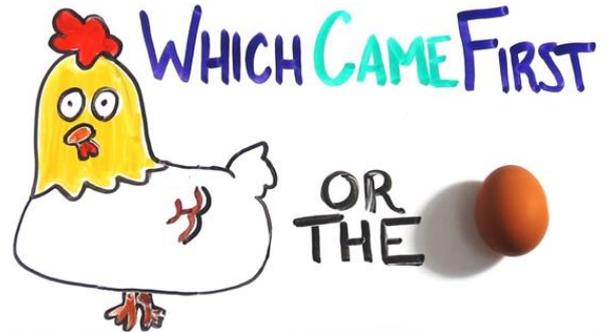


The life force for the spirit body and the physical body is via the soul. The spirit body is connected to the soul via cords of light, and in turn, the physical body is connected to the spirit body via cords of light. Should the light cords between the spirit body and the physical body be disconnected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

**Feelings First Spirituality, The New Way
Uncover the Truth of yourself through your Feelings**

FEELING HEALING and DIVINE LOVE:

The revelation of Divine Love came before the understanding that one is to open to their feelings and long for the truth those feelings are trying to show us – wanting to uncover that truth of one’s self. We are to feel into our emotional injuries and erroneous beliefs and allow our soul to function.



It’s not about trying to empower ourselves because we feel powerless, it’s about accepting our bad feelings – accepting them as we submit to them, all so we can feel every bit of powerlessness we feel; and understand all why we feel that way, and how all of the parts of feeling it make us feel. It is wanting to uncover the whole truth of it, which is the whole truth of one’s self.

We do feel powerless, that is the truth we are living – so accept it! And from there; okay: so why am I feeling this way, and how does feeling this way make me feel; what was done to me to make me feel this bad, and how have I taken it all on keeping myself feeling this way. So we uncover all the ins and outs of it – all the truth. And when we’ve brought it all to light and brought out all our repressed feelings to do with it, then we’ll change, then we’ll heal, then our soul will change our negative patterns into positive ones. And that is the only way we can ascend our soul in truth whilst we’re of a negative anti-truth state.

When our parents interfere with us when we’re young and forming, stopping us from being our true selves, they are in effect causing a part of our personality to stop being expressed by our soul, so in that way, that part of you is being forced to ‘die’. You can’t however completely eradicate that part of you, it merely stays there waiting for the day you liberate it, however the feelings it makes you feel are like you are being forced to die, which is why you cry and protest and fight. We are de-powered, as the true power of our soul through our will can’t be manifested, it’s not being able to bring that part of one’s self into being.

**FEELING
HEALING
For Kids**

Feeling healing is the pathway to begin to live fully expressing one’s true personality. We are not to live by a set of rules, even if they are self-imposed, we are to live true to our feelings – always! And our feelings will break all mind-imposed rules, but will lead us to fit in with all soul-expressed rules. And by living true to our feelings, true to ourselves, we will naturally be living true to God’s Feelings (and not true to God’s Mind and Thoughts) – true to God, so true to God’s will; or, true to God’s Way. Living true to one’s soul.

Revelation 1 is to embrace our ‘feeling healing’ in a manner that you feel works for you, and Revelation 2 is that by embracing the Mother Father’s Divine Love we are then ‘soul healing’.



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 seeing the truth they are trying to show you – comes from having expressed or 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.

HOW TO GET TO PARADISE:

Long for the Divine Love

Long for the Truth

Long for the truth of your feelings

Don't deny any feelings: accept, express and want to know the truth of them

Know your feelings are the key; your feelings are the Way

Want to end your falseness and being untrue

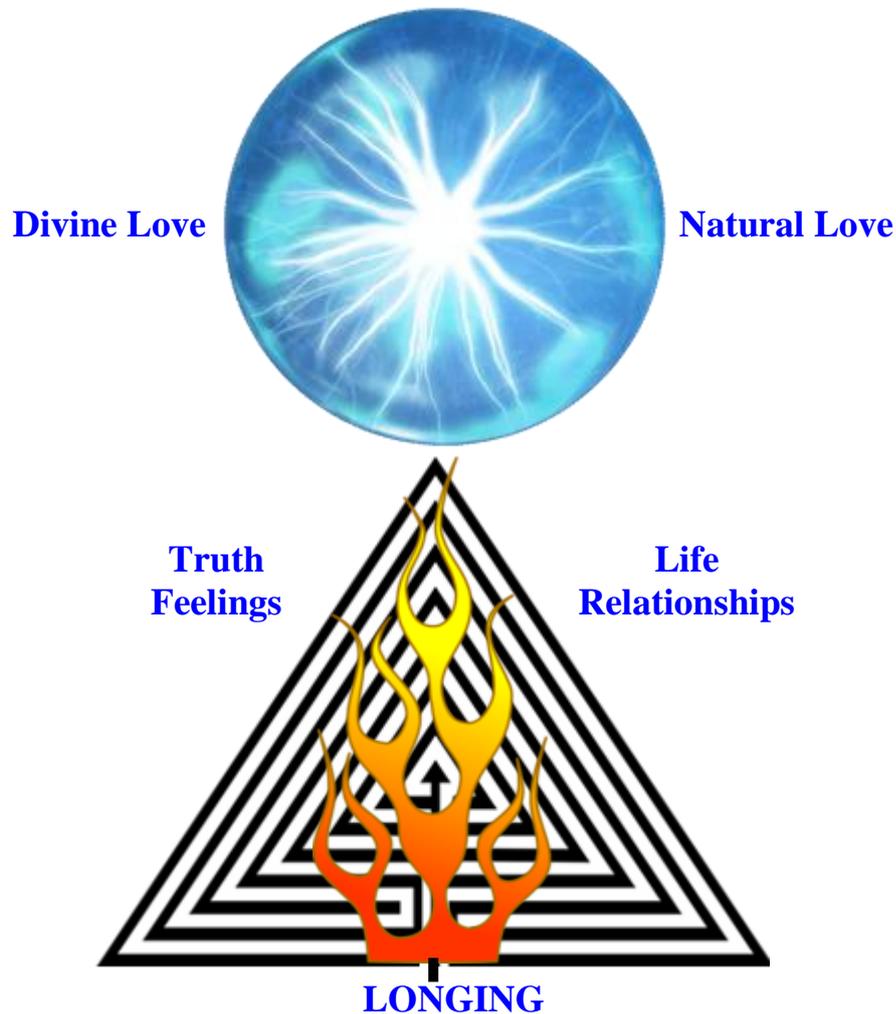
Want to understand the truth of your early life

Use your surface feelings to move deeper into yourself, bringing up your repressed feelings

Want and long to know the whole truth of yourself

Want to do it all with God, your Heavenly Mother and Father – long to Them for help.

The Key



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

CHILDHOOD REPRESSION of FEELINGS STARTS from CONCEPTION:

Just look at a young child growing, each day certain things make it feel good and other things make it feel bad, and for some children, there's a lot of time each day spent feeling bad – others a lot of time feeling good. And all that good and bad is intertwined, and it all has to be worked back through. So all that is truly good and not what I'd call, false-good, is kept; and all that is bad and has pretensions of being good, goes away, which happens as you express it all out of you.

But the key to it is wanting to express it all out of you – and wanting to see it all: facing the truth of what comes to light. You've got to be willing to bring it all up and out, so you can see it and face it and accept that it is you – that yes, this is really how I am feeling. And then as you do that, you are increasing the awareness and understanding of yourself, of why you are the way you are, and that is all the truth coming to light. And along the way as each bit comes up within you, based on how it makes you feel, you decide whether or not you want to keep being as you are, and so naturally, you'll want to get rid of all the bad stuff and keep all the good.

But the whole thing is, and this might be hard to understand, that you yourself, other than deciding whether or not you want to keep being as you are, don't – because you can't – actually do anything else to change yourself. So you simply keep accepting how wrong you are right the way through until you've seen and accepted it all, that this is the rotten, ugly, horrible, evil truth of myself, and you don't even try to make yourself not be it; you allow yourself to be the nasty, unloving, evil person you are, seeing it and feeling how being it makes you feel; which won't be too good, but you keep going accepting all those feelings and wanting the truth of them. So you don't try to fix or change yourself, you just accept how you are feeling. And then when you've seen the truth of your feelings that are to show you, which can happen at any time throughout your Healing, the causes of those bad feelings will be removed by your soul and your angels, and that's it, you are no longer as you were. And your whole system adjusts, and gradually you come to realise that you are changing, that you are no longer the bad person you were. And then one day, when the BIG DAY finally arrives, you know with all your heart; and so, with all your truth, that you are no longer evil, no longer wrong, and that your Healing is over, you've been completely transformed into being a true person.

So you see it's a process, so something that takes time because you need things to happen to make you feel bad; and you need time to express and work through all your bad feelings; and you need time for your whole system – you – to adjust to all the changes; and that is your true spiritual growth, because you are growing in the truth of yourself – do you see what I'm saying?

So the whole key to it, which is what you are saying, is that we are to become our true and perfect self.

Sage and the Healing Angels of Light by James Moncrief



PARENTS STEP ASIDE and RELINQUISH CONTROL of CHILDREN:

The Father and Mother have created us to be Their living expression, so if we sincerely want to express our love for Them, to Them, then the best way we can do this is to honour this truth. By expressing yourself fully, you will allow the Mother and Father to fully express Themselves through you – you will be living and doing Their Will. From this you can see that the true life is one of a full will being expressed, so one's soul can come into being by using its will to express all its different attributes. In doing so you will be perfect in all that you are, and living life with love and full happiness. You will feel inwardly and outwardly fulfilled all the time and never feel in deficit as you do now.

Because of your parenting you were denied your full self-expression and so you are not fully expressing yourself, you cannot feel love to the extent you want to. Your parents came between you and God. They pretended to be God, albeit mostly in ignorance, but still the effect on you who was looking to them for all you needed, was to believe everything they told you as being true. You believed and trusted them, living with all your faith in them. So being false gods caused you to deny your real soul Parents. And that is the state you are all living under. This is the Rebellion and Default. You have rebelled against the Mother and Father by believing your parents (because your parents were wrong and untrue) instead of God, and you have done it all on both sides (the child and parent) in ignorance and by default. No one actually sets out to do it in the full conviction of what they are doing is evil, unlike that of Lucifer and his soul-partner, but still you do it, even though you do not know the truth of what you are doing.

So to put it right, you have to want to see where you have put your parents in place of the Father and Mother. You have to heal – change – all the wrong beliefs that you attribute to them, and all the negative behaviour patterns you have adopted to satisfy their demands. As you have not been allowed to express yourself freely this is what you need to do. So it is why we keep repeating this and the fact that it is through expressing your repressed bad feelings and longing for the truth of them, that you will allow yourself to become fully self-expressive. All your unexpressed soul-personality attributes will begin to be expressed, allowing you to become the real and true you.

Everyone should be allowed to express themselves however they want to, hence – do unto others, as you would have them do unto you. It should be the united goal for everyone to be able to fully and freely express themselves. If one soul is not fully expressed then humanity will not be able to come to full fruition. If you are not completely expressed, then you will never know the truth of love. And you will never know how to be the living example of that love, or what it feels like.

Right from conception through to being an infant, a child, an adolescent and to being an adult you need to be able to fully express yourself. If you are stopped in any way then you will need to heal this one day. Love is the only way to heal yourself, as it was lack of love that brought about your interference in the first place. So this is why we have said that no one truly loves their child or each other, because it cannot be so due to the influences of the Rebellion and self-denial.

If the parent can step aside and relinquish the power position and just be still the child themselves supporting their child to grow up free to express itself, knowing that the true parents are the Mother and Father who are looking at them both, then they will allow Their guidance and support feeling more at ease in their lives. Then the parent and child will live true loving relationships of self-acceptance and acceptance of each other. Neither will feel they need power over the other as neither will feel powerless, and the battles that constitute most families will not happen. Parents need to set the example, and their child will follow. And it will be the reverse to how you are now

in every way. You cannot theorise about how to be this way or try to make it happen, as it can and will only happen by parents first doing their soul-healing becoming the living truth of perfection, and love for their child to follow.

When you stop trying to be the Mother and Father and find your rightful place, then you will live the truth of the Will of your Heavenly Parents, without trying to live the will of your earthly parents.

Messages from Mary and Jesus – book 2 Jesus 25 April 2003

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



ALWAYS BE TRUE TO YOUR FEELINGS

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

Library Download – Pascas Papers

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

WE ARE NOT MEANT TO BE ALONE:

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

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

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

‘Wouldn’t it be nice if when you felt bad and someone asked you if you were okay and did you want to speak about it, you could say: Yes I do feel bad, and yes thank you, I do want to speak about it, and they were there for you all the way along. And you could speak and cry and be as miserable or angry or however you felt for as long as you wanted to. And they didn’t judge, criticise, or try and tell you how to get over it and how to make



yourself feel better. And they just allowed you to go for it, to slobber and blubber and grieve and go through all the natural releasing and healing stages without getting in the way; just being there for you, wanting you to tell them all about yourself – all you’re feeling. And when you were ready, you could long for the truth and try to understand why the pain is so bad, why you are feeling all the bad feelings you are feeling, all in the loving supportive trusting presence of your friend.

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

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

The VOYAGE for KIDS with LIVING FEELINGS FIRST:



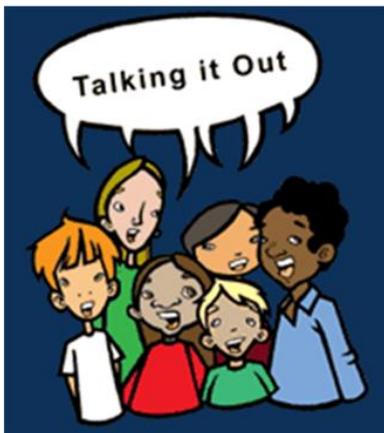
What Do Kids Feel Sad About?



Being Unloved and Rejected!

FEELING HEALING For Kids

We, as parents, endeavour to impose upon our children the personality we desire, in the same manner as our parents did to us, thus perpetuating century old cycles. We substitute the personality that our Heavenly Mother and Father have vested our children with, thus suppressing our children's free will. Through Voyage for Kids with Feeling Healing we are able to bring about Living Feelings First. One can begin to live true to themselves and express their true personality. We are to long for the truth behind our feelings, both good and bad, and express our feelings to a friend, thus steadily shedding our childhood repression and suppression. In this way we will end the cycle of humanity retardation and become free to be whom we truly are.



SUPERKIDS

Natural self Expression through Feelings

Self Empowering

Self Revealing

Self Loving



Feelings First



I'm a free spirit.

how do you spell love?
-Piglet



you don't spell it, you feel it.
-Pooh

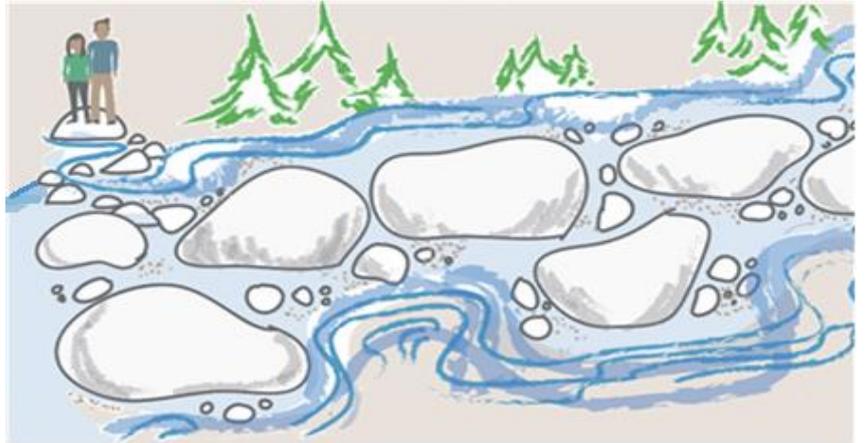
WRONG DIRECTION GUIDANCE of 200,000 years will be PAINFUL to SET ASIDE:

Nanna Beth – 3rd Celestial Heaven – 9 January 2019:

“As the soul is running everything, so we can’t just block it out and work mind to mind, which is why all the other things in life keep happening to you to screw up your mind to mind way of living. All of which is stuff that causes unpleasant feelings that you should use to uncover the truth of why you have these feelings, but which you block out and just get to the point where so often it becomes ugly as the mind-based relationship fails.”

River of Feeling Life

“So life works like it’s a deep river flowing along its defined courses. And if you live in the feelings of it, you’ll move through all the depths as required, feeling what you will, and bringing to light all the truth that God and your soul wants you to see. And if you continue to live denying this way of living, living in and with your mind in the lead, so you move along in the shallow surface waters of your river never going deeper unless some traumatic experience forces you under for a while and until such time as you can sort yourself out, get better and resume your superficial life.”



“The flow of your river is always happening being brought about by your soul. And if you were living the right way, so your feelings would lead you into ever revealing the truth of yourself to yourself. But because you live denying this and so focused in your mind, it’s not that your river changes into it being just one of your mind, which many people believe it does and try to force through most of the mind controlling religions and ways of being, but it’s just that you fail to connect with the deeper aspects of yourself and what’s really going on. The River of Feeling Life is always flowing, and you’ll continue to miss out on the full depth and breadth of it until you start to do your Healing and end your mind control. However it all sounds all very nice, and yet who wants to be continually dragged down to the bottom of their river, there to be crushed mercilessly into the hard bottom of it, or mired in all the mud and yuk feeling trapped and with no way to get out of it, all so you can keep feeling all those layers of bad feelings, all seven mansion worlds worth of them, all to reveal the truths of your unloving state?”

yuk

We have been unceasingly directed to live a life going in the wrong direction. This was imposed upon naïve humanity by Earth’s spiritual guidance headed by Lucifer. All of the religious groupings on Earth have embraced the Lucifer imposed guidance in the form of ancient texts, scriptures, dogmas, creeds, rituals, cannon laws, etc. – there are NO exceptions. The 4,200 mainstream religions with their many offshoots, maybe as many as 50,000, all have their special interpretation of how humanity is to go in the wrong direction. This is enforced by parents, then schooling systems, mirrored by employers and then reinforced by governments – all directing us to go in the wrong direction. We now have revealed to us to how to go in the right direction through Feeling Healing and it is a painful process to engage in so as to finally discover and reveal our true personality by peeling off the façade we each have embraced and live. Living Feelings First is our way home to Paradise, the home of our Heavenly Mother and Father.

Boundaries of HELL!

Humanity on physical Earth is in Rebellion and Default, thus hell! Upon death we all arrive in the 1st spirit Mind Mansion World where we typically suppress our poor state and remain in the Mind Mansion Worlds indefinitely. Some have a period in the ‘hells’ compensating for the pain they have caused others. Many continue their ‘mind worshipping’. However the way out is by embracing Feeling Healing, and with Divine Love, Soul Healing to progress up through the Crying Healing Worlds and transition out to the first of the Celestial Heavens.

GATEWAY

Transitioning into the Celestial Heavens is also out of: **ISOLATION**

OUT



If you go against yourself, if you're untrue to yourself, then you are going against God and all God's laws, and compensation is required to bring you back into the fold, which is what happens through our Spiritual Healing. It's the Law of Forgiveness, forgiving yourself through self-acceptance, which is dominant in this part of your life. If you cross the line and abuse your children, that being up until they are 21 years old, then you have both levels and amounts of Compensation and Forgiveness to deal with, that which happens as part of your Healing. And as everyone abuses their children, we being conceived into our parents' rebellion against the truth of our soul, so all who have children have to come to terms with all they've done through their Healing.

Kevin 18 Feb 2019

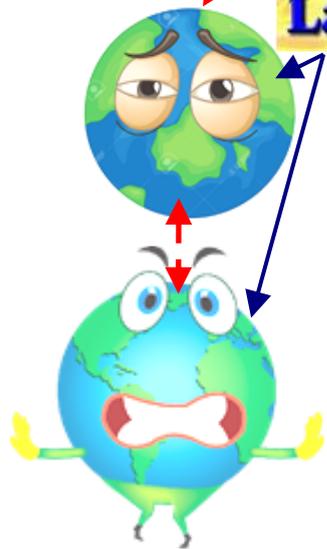
Law of Forgiveness



Law of Compensation

If you go against someone else, as in cross the line and grossly interfere with their will, and there are degrees of this, then you will have to suffer the pain you have caused the other person, spirit or creature, which as you know is the Law of Compensation; and as to the extent of crossing that line and hurting another determines whether you have to spend time in the hells or not.

Kevin 18 Feb 2019



The minor ‘hells’ are the lower levels of the 1st Mind Mansion World whereas the more severe are the Planes of Isolation being the 2nd Earth plane with the severest being the 1st Earth plane. Pain caused to another is the pain that will be endured before returning to the 1st Mind Mansion World, all then to consider your Feeling Healing.

FEELING HEALING is ABOUT GOING EVER SO DEEPLY INTO ONE’S OWN PAIN:

You are going to feel all the bad you feel now, and all the bad you felt during your childhood. If you don’t remember feeling bad during your childhood, you still have to want to see if there are bad feelings buried deep in you that you are not aware of, feelings you have shut out of your mind, so its imperative that you must want to feel bad – that you want to accept your bad feelings and stop denying them.

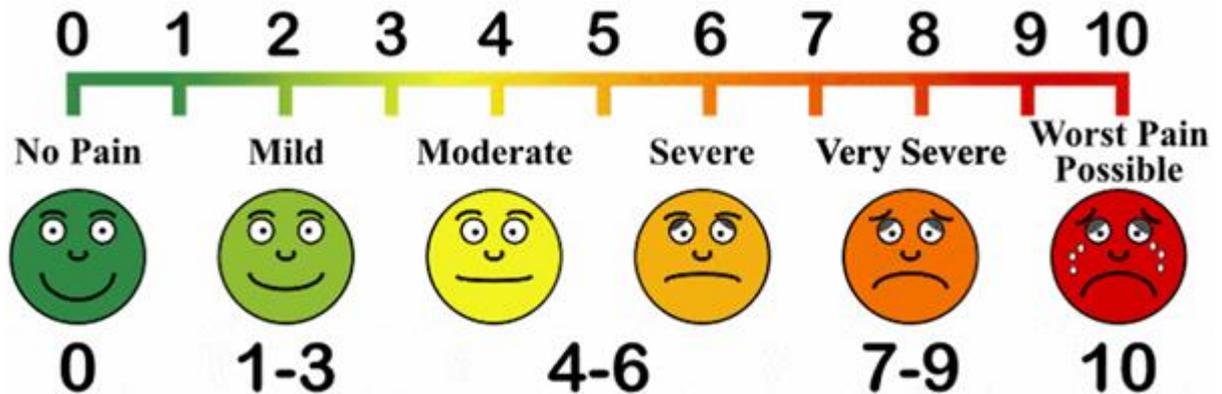
I want you to understand that feeling bad is good, it is the right way to go, it is heading in the right direction, it is your ascension, your spiritual growth – what you need to do to heal your negative mind. It is to do the opposite to your training, to allow yourself to feel as bad as you do, instead of dismissing all your bad feelings and pretending you don’t feel them. It is going against all that you know, and all that has been taught to you, and is against all of your minds conditioning. But still, as I said, you are setting off in an unknown direction, and feeling bad, and wanting to feel bad, and allowing yourself to feel all the millions of bad feelings that will come up in you, IS THE RIGHT WAY. It will be very new to you, and you might feel bad about this, and about feeling bad, but that is all good, and that is what I would expect. The Mother and Father will provide experiences for you that will make you feel bad: angry, miserable, pain and many other bad feelings. All those feelings you wish would just go away are the ones you now must wish to have, and own, and express, and own up to, as being a part of you.



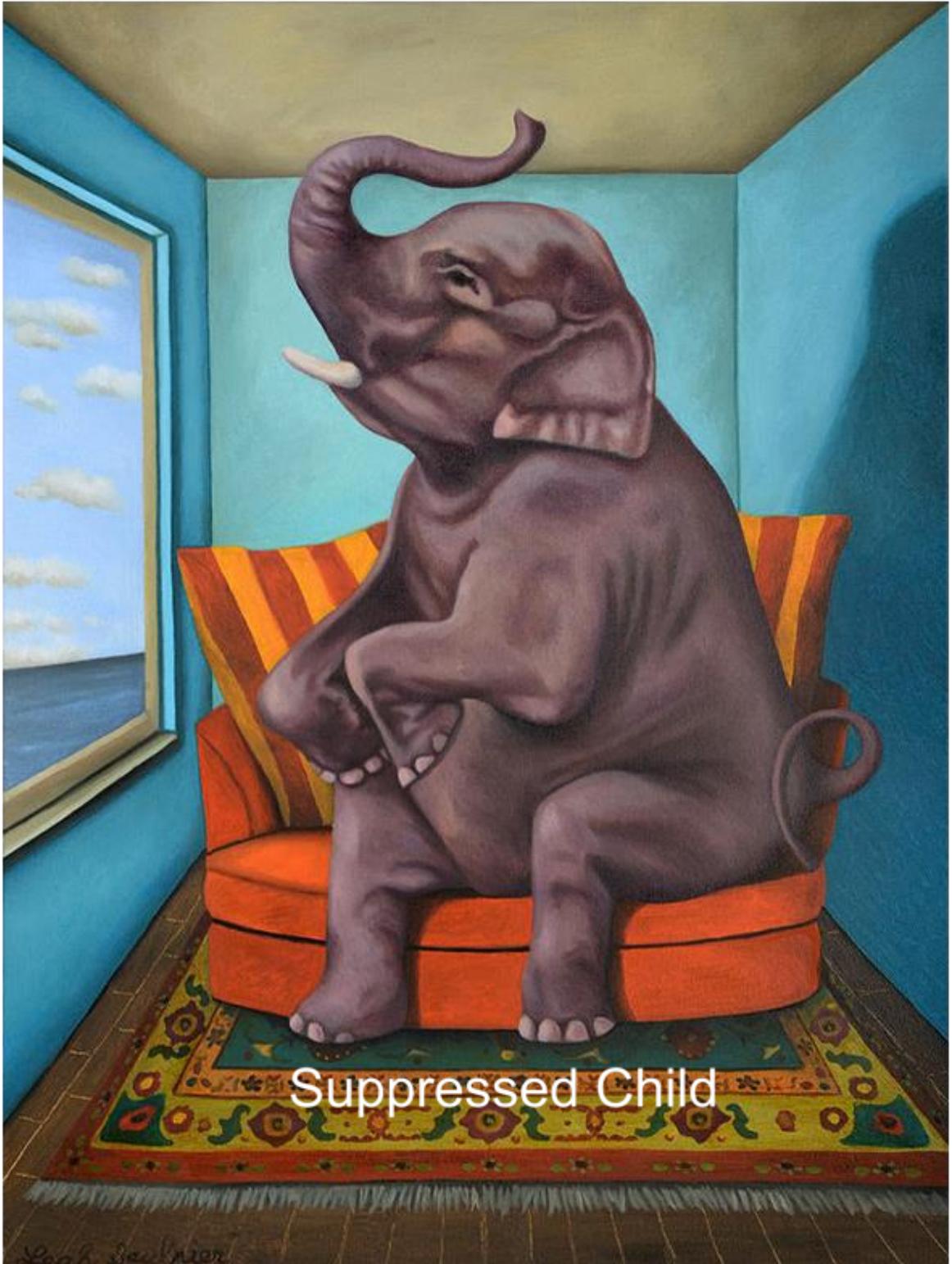
And all through it I want you to ask, and even if necessary, to beg, the Mother and Father to show you the truth of why you are feeling bad. THIS IS EXTREMELY IMPORTANT – TO WANT TO KNOW THE TRUTH OF WHY YOU ARE FEELING BAD. For without wanting to know why – what’s the point, you may as well just keep on denying them, doing things believing they are making you feel good.

I don’t want you to go to Them with your mind for a quick answer, although you can discuss everything with Them; but to ask Them to SHOW YOU THE TRUTH THROUGH YOUR FEELINGS, so you can feel, and experience, and know categorically for yourself, why you feel bad. The truth will come up independently to your mind. Your mind should be kept out of it, until the truth has come as a result of your expressing your feelings, then you can use it to think about all you have seen about yourself. You have to want to know your feelings, all the reasons why you feel so bad. Mary

Messages from Mary and Jesus book 2 via James Moncrief 28 April 2003



Childhood Suppression is the elephant in the room!



The underlying generator of all discomfort, pain, disease and illness is Childhood Suppression and ongoing Repression.

Feeling Healing is our only recovery and soul growth pathway.

It is that simple!

Childhood Suppression

The soul does it all. The soul is a duplex, two personalities being manifested into the physical by our soul.

Soul light continually flows from the soul through our spirit body levels and into our physical.

Return light being the experiences of our physical existence.

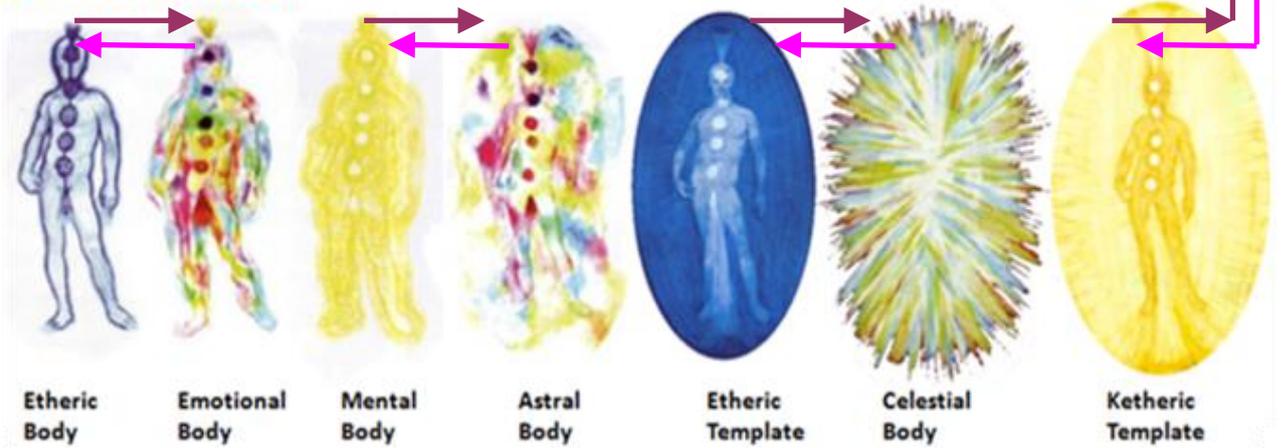
SOUL



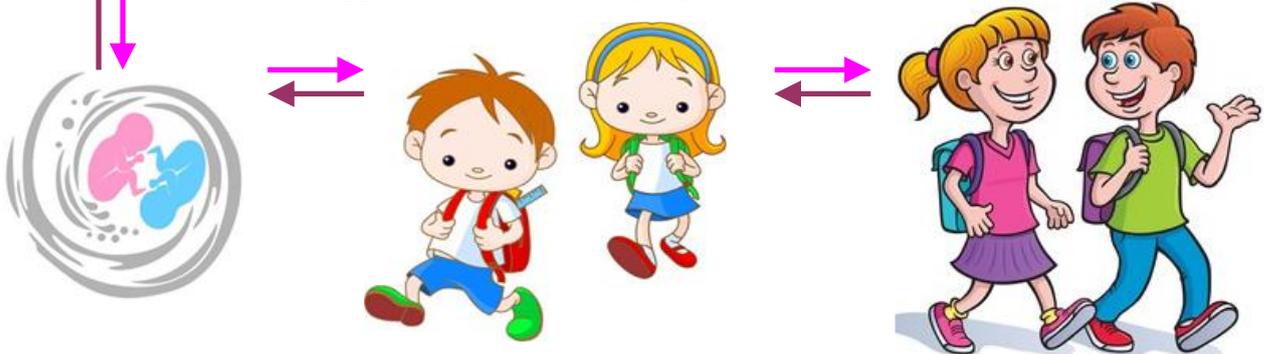
Childhood suppression imposed upon us by our parents and carers causes retarded light to return to our soul bringing about imbalance, reflecting emotional injuries and errors of belief. This imbalance is the cause of all our difficulties throughout our adult life and also all of our health issues.

SPIRIT BODY

Brennan Model of the 7 Levels of the Human Energy Field



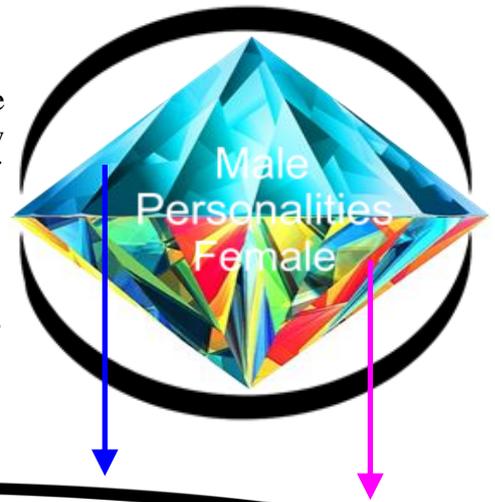
Every experience is recorded through the light returning through our spirit body and back to our soul. What emotional injuries we experience, commencing from conception, has to be expressed emotionally to heal the imbalance in soul light so that harmony and health can be achieved in our spirit and physical bodies. Childhood Suppression is the underlying cause of disease, illness, etc.



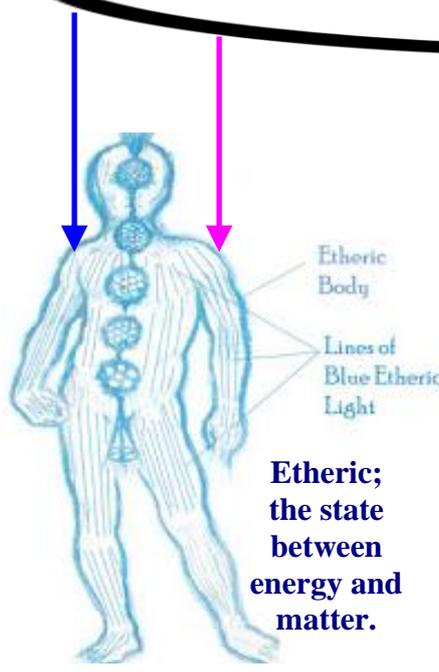
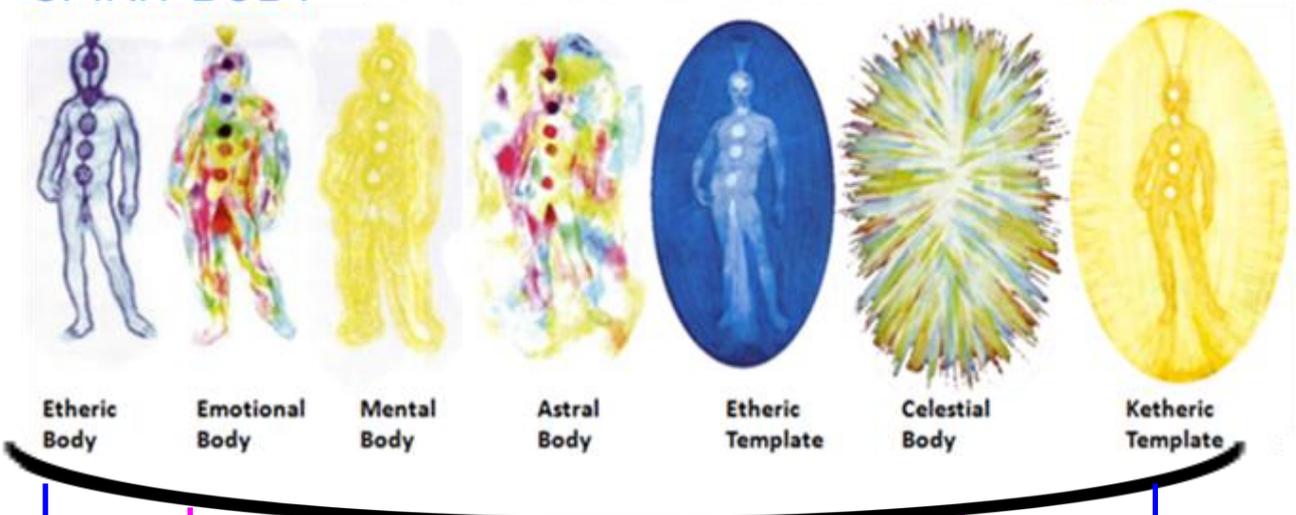
Childhood Suppression



Childhood Suppression – from conception to age six years – harmfully encrusts the soul, thus impeding light flow throughout all seven layers of the spirit body, damaging the genes within the spirit body which in turn damages the genes in the physical body, as well as setting the pattern for all of our physical health issues throughout our lives.

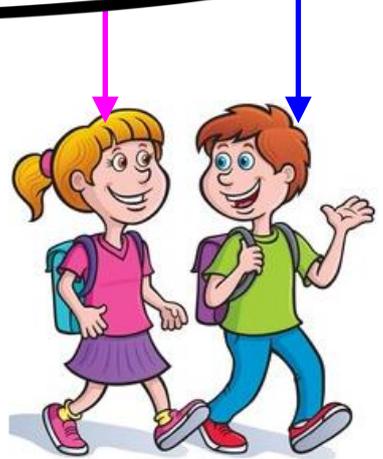


SPRIT BODY Brennan Model of the 7 Levels of the Human Energy Field



Etheric; the state between energy and matter.

The spirit etheric body is the template for our physical body, however, no health care system or science considers that the underlying cause of any health issues are formed through our Childhood Repression and that no physical healing occurs without expressing our childhood suppressions, being feelings both good and bad and then longing for the truth behind these injuries. Medicine may suppress the pain – it does not and cannot cure – vaccines are extreme physical suppressions!



The pain from ANY illness will not exceed the pain experienced during our Childhood Suppression!

Living Feelings First – Feeling Healing

INVITATION to PARENTS to ATTEND an INFORMATION SESSION

Annexure A

LIVING FEELINGS FIRST – FEELING HEALING in the Classroom – an Invitation

A lifestyle program is to be conducted during the school terms in your child's classroom. The aim of the program is to introduce Living Feelings First into the classrooms and throughout the school general. The objective is to evaluate how the children respond to this school initiative. The sessions are to be conducted weekly for approximately one school period.

Feeling Healing is a simple process which allows and enables each child to reflect on current and past events that may have been good or bad, however each bringing about some difficulty. By focusing on their feelings, they are able to access the memory of any such event that caused them some disturbance or upset in any way. This provides an opportunity for each child to draw on their memory through their feelings whilst longing for the truth behind what they are recalling. To let go of the disturbance is to express it, that is to talk it out to someone whom they are comfortable with fully talking about it to, and someone who is willing to listen to their experience; so most importantly, any bad feelings they felt or are feeling. By fully allowing themselves and being encouraged to express all their feelings, they will achieve a level of understanding, awareness and ultimately a resolution for themselves and any others involved. This provides an opportunity for each child to let go and move on from old issues and immediate problems and concerns which may have caused emotional or physical blocks and limited their true personality – their true selves – thereby allowing them to grow and evolve into their true potential. Feeling Healing complements current work in values and wellbeing education, however it takes the potential of each participating person, child, teacher and parents, beyond previous possibilities.

What is the benefit for my child and my family?

- Living Feelings First helps all participating individuals in multiple ways, including:
- Freeing of the true personality,
- Improving self esteem, confidence and resilience,
- Giving resources to be able to freely express oneself, thus being able to resolve issues in the moment,
- Able to address childhood events that they have suffered from, either emotional or physical,
- The ability to deal with grief from loss, deprivation, parental changes and disruptions,
- Help to develop empathy and true resolution of conflicts and confrontations,
- Where the child is allowed to follow his or her passions, improves learning capabilities,
- Progresses the child's development of behavioural and communicative mannerisms.

The Information Session will be held at the school on _____ in the _____ room at _____. This will provide the opportunity for you to hear more about how Living Feelings First is a way of life for children as it is for adults and how we all benefit from these revelations. Questions are welcome and this is an opportunity for consideration before providing your informed consent for your child's participation.

Please fill out the slip below, indicating whether or not you are able to attend the session and return it to the school by _____.

Living Feelings First – Feeling Healing

Parents Informed Consent:

If you are unable to attend the session, please read the attached Parent Information and telephone Ms/ Mr _____ on _____ who will answer any questions you may have so that you can make an informed decision about your child’s participation.

We look forward to sharing this work with you and your child.

I / We will / will not be attending the Information Session about Living Feelings First on

Print Name:..... Signed:.....

Date:

In this series:

- Pascas Care Living Feelings First Adult
- Pascas Care Living Feelings First Children
- Pascas Care Living Feelings First Children Annexures
- Pascas Care Living Feelings First Children Discussions
- Pascas Care Living Feelings First Children Graphics
- Pascas Care Living Feelings First Drilling Deeper
- Pascas Care Living Feelings First Drilling Deeper Structures
- Pascas Care Living Feelings First Reference Centre



Living Feelings First – Feeling Healing

INFORMATION SHEET and CONSENT FORM for CHILDREN

Annexure B

We're inviting you on a journey of realising your own true potential ...
And this is how it goes ...

You relax into a quiet calm environment ...

And allow your feelings to come alive ...

You can draw an image of what you feel ...



Then you can allow that feeling to be all of you, all that you feel is to be fully you, you are then express – talk to your buddy, your good friend – all that is coming up with your feeling and what it is all about.

Consider that for the first time you are now free to tell someone all about what that feeling is and what it is all about – your friend is there to help you let it all out by listening to you, by asking you to tell them more.

And when there is nothing more that you feel to talk about this event then you will be free of the pain of that experience, be it a good experience or a hurtful experience.

Then you reverse rolls with your friend who will share with you what he or she is feeling and recalling.



When both of you are finished then you will feel free of that event – no longer holding it inside of you – this is the start of you being you – your true self – living who you truly are.

No one is going to shut you down, no one is going to judge you, you are the most incredible person and now everyone will begin to see who you truly are.

This is living how we are all meant to live – with our feelings first – not using our minds to shut us down or be restrained – we are to be free and be our true selves.

Are you ready to go on this voyage of Discovery?



Living Feelings First – Feeling Healing

CHILD

GIVING MY PERMISSION TO BE IN THIS PROJECT:

Introducing LIVING FEELINGS FIRST – FEELING HEALING into School

I....., accept the invitation and give my permission to stay in the classroom for the Feeling Healing sessions, as requested on the invitation information sheet.

I understand that I am part of a pilot program on Living Feelings First – Feeling Healing in schools, and I have read and understood the Child Information / Invitation Sheet given to me.

I have been able to ask questions about what will happen.

I understand that once a week for several terms, Introducers will come to our classroom and take us on a voyage of discovery.

I understand that I will feel happy and unhappy feelings and I will empty these out to a companion of my choosing and feel better after the session.

I understand that I may not feel better, and if that happens, the Introducer will help me on my own (one on one with a companion) to feel better.

I understand that it is possible that other sad feelings may come up for me after the sessions, and I can get help from my parents or the Introducer if I want to.

I give my permission for my teacher to give the Introducer my school marks from last year and end of term this year. These marks will not have my name on them, but will have a number on them to make sure they won't be given to anyone else.

I also know that I may be filling out an Emotional Wellbeing form before I start the sessions and after each term.

I can keep a copy of the Information / Invitation Sheet and this Consent Form.

I understand that my mother and/or father will also be filling out an Emotional Wellbeing form about me before I start the sessions, and after each term.

I understand that my teacher will be filling out an Emotional Behaviour form about our class before we start the sessions, and after each term.

I understand that:

- I am able to stop doing the sessions and filling out the forms and that I don't have to answer all of the questions if I don't want to.
- The information from this project will be written in a report, and my school, my parents and I will not be identified, so our individual information will remain confidential.
- If I don't want to do this, I don't have to, and I will be treated the same as I always have by my teachers and parents.

- I understand that whether I do this or not, it will not affect my school progress or marks.
- I have talked to my parents about doing this project.

Child's name and signature:

Print: Name printed

Sign:Date.....

Introducer or Researcher – I certify that I have explained the study to the child and consider that she/he understands what is involved and freely consents to her/his participation.

Introducer's Name:

Introducer's signature:.....Date.....

NB: Two signed copies should be obtained – one to be retained by the participant, and one to be retained by the researcher.

Living Feelings First – Feeling Healing

PARENT INFORMATION SHEET and CONSENT FORM

Annexure C

CHILD Consent Form LIVING FEELINGS FIRST – FEELING HEALING in Schools

Dear Parent

Your school has agreed to participate in a program introducing Living Feelings First – Feeling Healing for schools.

Before you agree to your child taking part in Living Feelings First – Feeling Healing sessions, please read the information below.

Why is this program being carried out?

Similar programs have been running successfully in schools in Australia and South Africa, now Australia and South Africa have conducted research showing evidence of the success of such programs. Now we have significant clarity as to how proceed further which is what is being introduced through Living Feelings First.

The aim of this program is to evaluate the effectiveness of Living Feelings First – Feeling Healing for children and schools. This study uses a pre-test / post-test design to evaluate the progression through Living Feelings First – Feeling Healing on the academic and social and emotional wellbeing of participating primary school students. This means that questionnaires will be filled out before commencing Feeling Healing and again after these sessions have been conducted.

What is the aim of the study?

The aims of this are to:

- improve the social and emotional wellbeing of participating primary school children
- provide support and tools for children in dealing with daily life events and emotions
- evaluate the effectiveness of conducting Feeling Healing sessions on the academic results of children
- evaluate the effectiveness of conducting Feeling Healing sessions on the social and emotional wellbeing of children and the classroom environment
- evaluate the effectiveness of conducting Feeling Healing sessions on children's behaviour in the classroom environment
- produce evidence of the effects of Feeling Healing on the academic, social and emotional wellbeing of participating children.

What is Living Feelings First – Feeling Healing?

Feeling Healing is a simple process, it is lightly orientated to meditation, which allows each child to reflect on past events that may have caused some difficulty, e.g., when they were scared. They are able to gather their recall and access their memory of an event that made them upset in some way e.g., when they got angry; and then proceed to and achieve a level of understanding, awareness and

ultimately forgiveness for themselves and resolve difficulties with others involved; e.g., the person they were angry at. This provides an opportunity for each child to let go and move on from old issues which may have caused emotional or physical blocks, and limited their ability to reach their ultimate potential. Children are given a way for dealing with future issues. It complements current work being done in many schools today such as values education.

The process involves the child uncovering a childhood memory that made them feel a certain way, e.g., scared, lonely, angry, or sad. The memory is noted in a drawing that they create and briefly describe. Resources are then selected that would have helped in the past e.g. being able to tell an adult, finding the courage to speak etc. The memory is verbally expressed to a companion of their choosing with the child seeing how it would have been different or felt different with new understanding. The child talks it out to the fullest extent it feels possible – thus unravelling any pain associated with the recalled event. In their talking out, ‘people’ involved in the memory whom the child would like to speak to are ‘drawn’ into the conversation with their companion. This conversation allows the child to tell the people involved how they felt and express what they wanted to say at the time but were unable to. Students are then able to forgive themselves and resolve issues with the person who upset them and complete their imaginary journey. Afterwards students typically feel more positive and confident about their behaviour, their choices and life in general. This is to be reinforced by regular Living Feelings First – Feeling Healing events, be they in the classroom or in the school grounds over the subsequent weeks.

What is the benefit to the children and the school?

The social and emotional learning goals of Living Feelings First – Feeling Healing aim to develop children’s ability to recognise and manage emotions, develop caring and concern for others, establish positive relationships, make responsible decisions and handle challenging situations effectively.

Living Feelings First – Feeling Healing and similar, has helped children in a number of ways, including:

- Increased academic performance
- Better attendance rates
- Improved interaction between peers
- Reduced bullying
- Better relationships with their teachers
- An increase in self-esteem and confidence
- Improved behaviour and discipline in the classroom and playground
- Provision of practical tools for children

It is anticipated that these benefits will be achieved in this program. Parents and teachers will experience children with decreased behavioural issues. The children will have the tools to deal with life events and the many emotions they encounter daily. Relationships with peers will be more positive.

Are there any other effects on the children?

During participation in Living Feelings First – Feeling Healing, emotional issues will arise for students; this is the nature of this work. During the introductory sessions the children will identify happy times as well as sad times, and these have the potential to be embarrassing to parents, e.g., they may have gotten lost at the shopping centre – or just gotten lost somewhere. During the actual

Feeling Healing classroom processes the actual issue(s) are confidential to the children, because they whisper to themselves during this time – unless they choose otherwise. However, there is the potential for abuse issues to arise. From the experience of others who are conducting this work in schools elsewhere, this has not occurred to date.

What support will the children receive?

Appropriate child to Researcher / Introducers – practitioner ratios will be allocated to ensure that the children have ample support during the process, and for any children who may require extra assistance to complete their process, resulting in a feeling of ease.

The Introducers are all endeavouring to live Feelings First. They all have the experience and skills to manage a variety of emotional issues with children, if they occur, and if need be, after the classroom process, and/or at a later time, in partnership with the teacher, and/or you, their parent, the school nurse / counsellor / chaplain, or other health professional. The Introducers do not usually know what the issue(s) was, just that it has been dealt with and resolved. The teacher is to remain in the classroom and will also be able to provide any additional support required.

The Introducers will make themselves available, by telephone and in person, to the teachers, you (as parents), other school staff, and the children throughout the program to answer any questions arising and/or to discuss how the classroom sessions are going. One-on-one time will be offered for any child, teacher and/or parent who wishes assistance individually, inside and outside of school hours, free of charge.

Your Introducers name and contact details will be provided.

When will this be happening and how long will it take?

Sessions will be conducted weekly following this introduction a total of weekly sessions for half of the school year. Refresher sessions are to follow each year with more advanced understandings and material. Each Feeling Healing session will take approximately one class period of around 30 minutes, with a total of 45 to 60 minutes in the classroom with the children. The teacher is to remain in attendance at this time. For those children who do not have consent to participate they are to go into the care of another teacher / staff member for that period of time.

Should any children require additional support immediately following the classroom session, the teacher would remain with the class while the Introducer spends an additional 10 minutes re-processing the children in a quiet area of the school near the classroom. Each of the questionnaires will take no longer than 10 minutes to complete.

What will I (parents / guardians) need to do?

You are to receive the Parent Information and Child Information Sheets before giving informed consent for participation. This will be sent in the usual manner communication is sent via the teacher. You will need to read this information sheet and the information for your child, and let your child read what the process is about.

You will also be invited to an information evening to meet an Introducer. All of your questions will be answered. Once you have had time to talk with significant family members and your child, you may consider contacting the child's teacher or the Introducer to decline or agree to participate. If

you are unable to attend the information session, you are asked to contact the Introducer to discuss the information and have any questions answered.

We will also be asking your permission for your child's teacher to give the Introducer an overview on your child's personality and your child's academic results. These results will have your child's name removed and replaced with a number, to ensure they remain confidential.

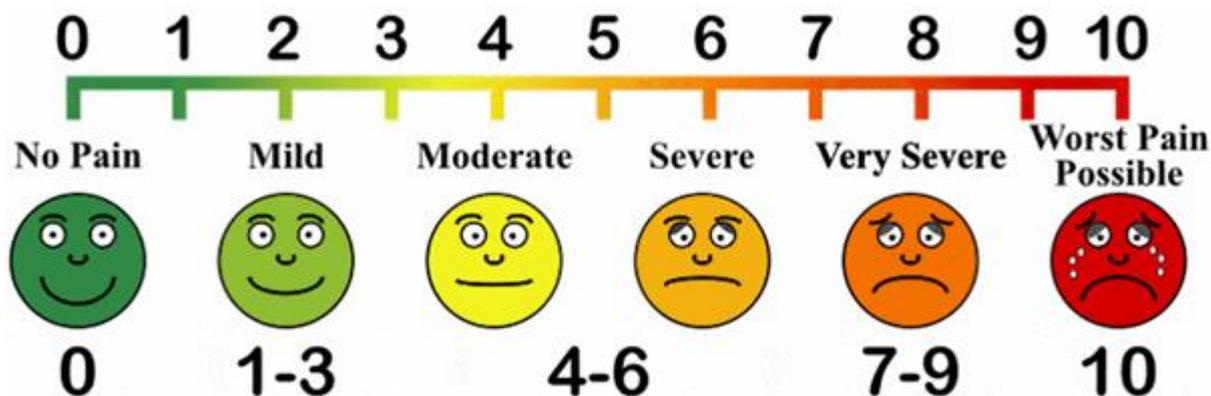
You may also be asked to complete a 20-item Emotional Wellbeing questionnaire about your child's emotional wellbeing before commencing Living Feelings First – Feeling Healing. Your non-identified questionnaires will be returned in a sealed envelope addressed to the Introducer.

What will the children need to do?

Once you have provided your informed consent for your child to participate, and your child has been given the Child Information Sheet about the program from you, they will also be able to choose each week whether or not they participate in the session.

Each week the children will participate in Feeling Healing in the classroom. For those children who do not have consent to participate they will go into the care of another teacher / staff member for that period of time. Should any children require additional support immediately following the classroom session, the teacher is to remain with the class while the Introducer spends an additional 10 minutes or whatever is required re-processing the children in a quiet area of the school near the classroom.

Prior to, and following each Feeling Healing session, each child may be given a set of smiley faces from sad to happy, and asked to colour-in how they feel. Using the smiley faces visual analogue scale, we can measure the effect of the individual sessions and also ensure the child is left happy and at ease.



The children may be asked to complete a 20-item Emotional Wellbeing questionnaire about their emotional wellbeing before commencing Living Feelings First – Feeling Healing sessions – their voyage of discovery and again after completion of each term. The children's non-identified questionnaires will be completed in the classroom and handed straight to the Introducer.

What does giving informed consent mean?

Giving your informed consent means that you have read this information sheet, fully understand your child's and your participation in the program, and signed the written consent form accompanying this information. In addition, you will have had any of your questions answered to your satisfaction.

How will the results of the program be used?

The results will be written into a report and paper for publication to assist in providing evidence of the effects of Living Feelings First – Feeling Healing for the children and classrooms. The school will be given a copy of the report. You are able to have access to the report upon request.

How will my privacy be protected?

An identifier (ID) will be allocated to the school, the class, the children, teacher and parents for participation and completion of the questionnaires. The school name of the teacher, children, and parents will not be used in any report or publication. All individual information will be given an identifier and the participants will remain anonymous

This information will not be seen or used by anyone except the researchers. Your information will not be given to any other person without your permission. All information will be coded without names.

During the conduct of the study the non-identified data will be stored securely in a designated office of the Principal Researcher where the study is being conducted. Data on the researcher's computer will be password protected.

Will I be paid for participation?

You will not be paid for participation. There has been no specific funding allocated for the completion of this study.

Is taking part in the program voluntary?

Yes. Neither you nor your child has to participate in the program if you / they do not want to.

If you do choose to participate and then want to withdraw without giving a reason, that's Okay – this will not affect you, your school, classroom, or your child.

If you have any further questions

Your School Principal and classroom teacher have given permission for Living Feelings First – Feeling Healing sessions in your school. If you have any further questions, feel free to contact the Principal.

LIVING FEELINGS FIRST – FEELING HEALING

Pre and Post Emotional Wellbeing Questionnaire for CHILDREN

Annexure D

Prior to commencing Feeling Healing sessions and at the completion of each school term:

Child's ID: _____ Date: _____

School ID: _____

Class ID: _____ Assessment: _____

INSTRUCTIONS: Below is a list of the ways you might have felt or acted. Please tick the box that best describes how you felt during the past week:

During the Past Week

1. I was bothered by things that usually don't bother me.
2. I did not feel like eating, I wasn't very hungry.
3. I wasn't able to feel happy, even when my family or friends tried to help me feel better.
4. I felt like I was just as good as other kids.
5. I felt like I couldn't pay attention to what I was doing.

Not at All A Little Some A Lot

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

During the Past Week

6. I felt down and unhappy.
7. I felt like I was too tired to do things.
8. I felt like something good was going to happen.
9. I felt like things I did before don't work out right.
10. I felt scared.

Not at All A Little Some A Lot

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

During the Past Week

11. I don't sleep as well as I usually sleep.
12. I was happy.
13. I was quieter than usual.
14. I felt lonely, like I didn't have any friends.
15. I felt like kids I know were not friendly or that they don't want to be with me.

Not at All A Little Some A Lot

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

During the Past Week

16. I had a good time.
17. I felt like crying.
18. I felt sad.
19. I felt people didn't like me.
20. It was hard to get started doing things.

Not at All A Little Some A Lot

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Well done! When you have finished, please give this to the Introducer person. Thank you

Reference: Weissman MM, Orvaschel H, Padian N. 198. Children's symptom and social functioning self-report scales: Comparison of mothers' and children's reports. *Journal of Nervous Mental Disorders* 168(12):736-740.

LIVING FEELINGS FIRST – FEELING HEALING

Pre and Post Emotional Wellbeing Questionnaire for PARENTS

Annexure E

Prior to commencing Feeling Healing sessions and at the completion of each school term:

Child's ID: _____ Date: _____

School ID: _____ Parent's ID: _____

Class ID: _____ Assessment: _____

INSTRUCTIONS: Below is a list of the ways you may have sensed your child was feeling from how he/she acted. Please tick a box that best describes what you sensed about your child during the past week:

During the Past Week	Not at All	A Little	Some	A Lot
1. Seems to be bothered by things that usually don't bother him/her.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Doesn't seem to like eating. Says he/she is not very hungry.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I/We don't seem to be able to make him/her feel better when he/she has been unhappy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Seems to accept that he/she is just as good as other children.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Doesn't seem to be able to pay attention to what he/she is doing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
During the Past Week	Not at All	A Little	Some	A Lot
6. Seems to be down and unhappy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Seems to be too tired to do things.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Acts like something good is going to happen.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Having trouble doing things, which he/she could easily do before.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Acts as if he/she is scared.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
During the Past Week	Not at All	A Little	Some	A Lot
11. Doesn't sleep as well as he/she usually sleeps.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Seems to be happy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Seems more quiet than usual.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Seems to be lonely, without friends.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Acts as if children he/she knows aren't friendly or don't want to be with him/her.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
During the Past Week	Not at All	A Little	Some	A Lot
16. Seems to be having a good time.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Looks as if he/she is going to cry.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Looks sad.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Acts as if people don't like him/her.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. It's hard to get him/her started to do things.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please add any other comments you feel would be helpful:

When you have finished, please give this to the Introducer person. Thank you for your support.

Reference: Weissman MM, Orvaschel H, Padian N. 198. Children's symptom and social functioning self-report scales: Comparison of mothers' and children's reports. *Journal of Nervous Mental Disorders* 168(12):736-740.

LIVING FEELINGS FIRST – FEELING HEALING

Pre and Post Emotional Behaviour Questionnaire for TEACHERS

Annexure F

Prior to commencing Feeling Healing sessions and at the completion of each school term:

Teacher's ID: _____ Date: _____

School ID: _____

Class ID: _____ Assessment: _____

INSTRUCTIONS: Please indicate the extent to which you agree or disagree with each of the following statements by ticking ONE of the boxes per statement:

	Strongly Agree	Agree	Unsure	Disagree	Strongly Disagree
1. Children's general behaviour in the classroom is challenging.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Children's general behaviour in the playground is challenging.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. The children don't seem to be able to concentrate for very long.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Emotional outbursts are a common event.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Unsocial behaviour is a common event.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Bullying is a common event.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. The children have low self-confidence.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. The children don't have many skills to deal with their emotions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Please add any other comments you feel would be helpful:

When completed, please provide the questionnaire to the Introducer.

Thank you for your continuing support.

LIVING FEELINGS FIRST – FEELING HEALING

Pre-Visual Analogue Scale of Emotion Faces

Annexure G

HOW DO YOU FEEL?

Prior to commencing Feeling Healing session:

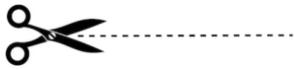
Child's ID: _____

Date: _____

School ID: _____

Class ID: _____

How do you feel now? (colour in only one face)



LIVING FEELINGS FIRST – FEELING HEALING

Post Visual Analogue Scale of Emotion Faces

Annexure G

HOW DO YOU FEEL?

After Feeling Healing session:

Child's ID: _____

Date: _____

School ID: _____

Class ID: _____

How do you feel now? (colour in only one face)



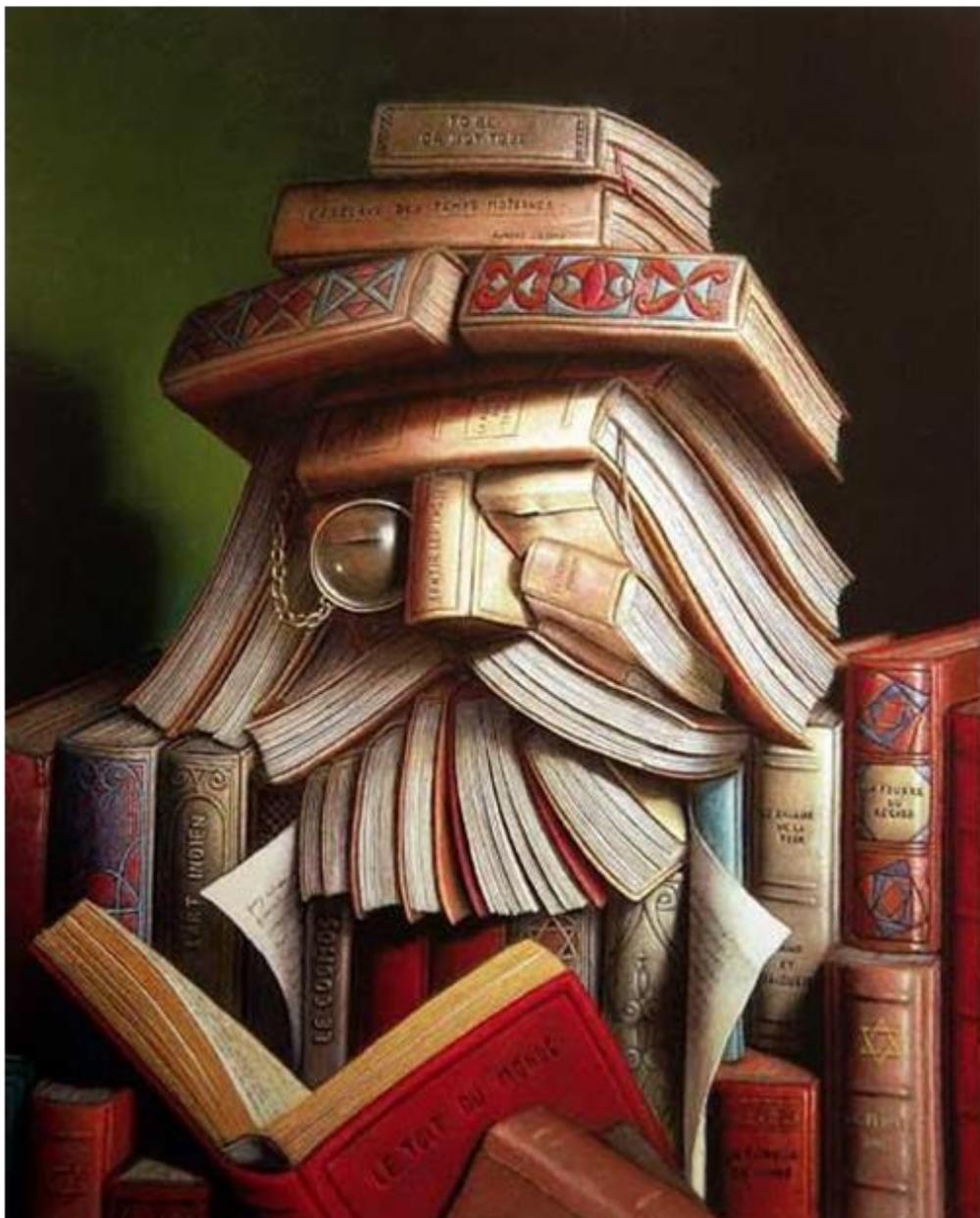
Children are now to embrace and express their feelings in all that they do and experience. It is our feelings that are our guiding light of love and truth. Truth is love.



Why?

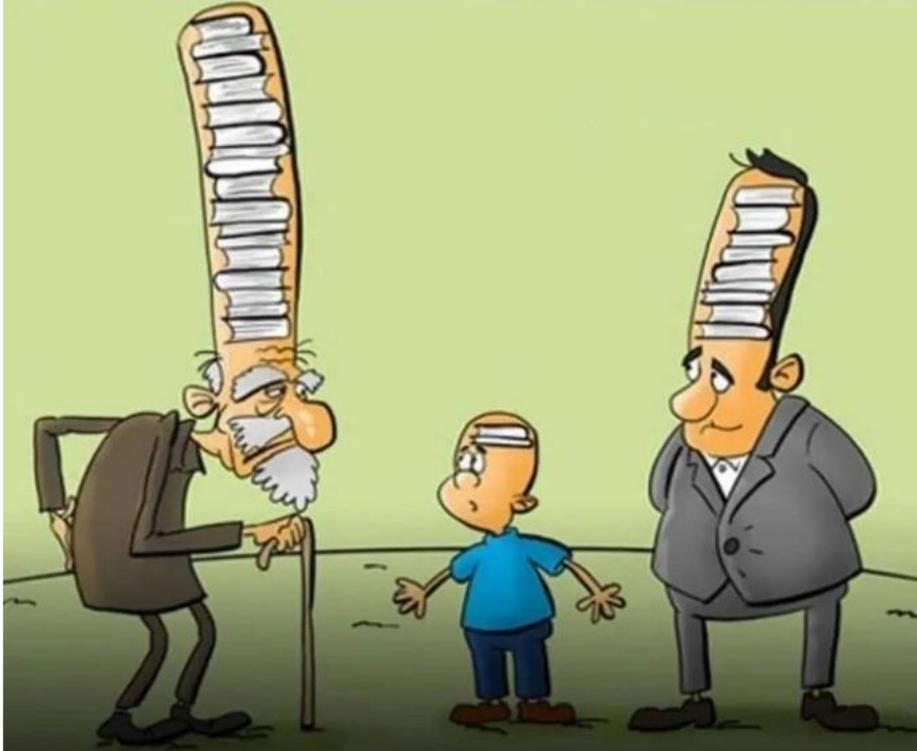
May we ask why we have not understood this before? The Universal Contract governing the Rebellion and Default had to work its course. Cracks in it are now being worked to end the Rebellion and Default.

Education is to reveal itself through our feelings. Our soul based feelings are always in truth. And truth is love! We are fully self-contained. Our feelings are to lead our mind in all that we do, not live how we have been previously taught. It is that simple!



Within, I know who I am and what my future journey beholds! My feelings are to be my guide being supported by my mind - not the other way around as it has been!





**FEELINGS ARE MORE THAN
1,000s & 1,000s OF BOOKS!**

**No, I Will Not
Do Your Homework!**



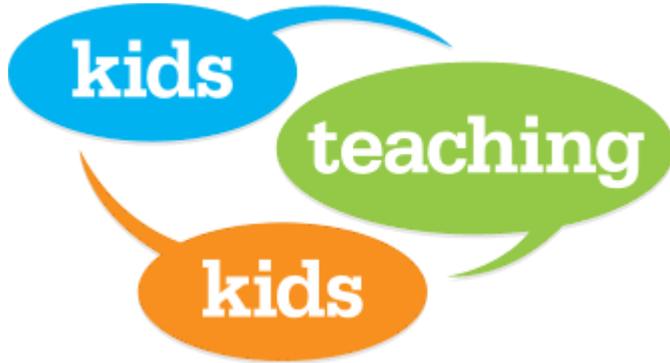
**Somebody paid too much for your
education for you to waste it.**

Imagine

- **Imagine the Revelations of how we are to heal and find our way home to our Heavenly Parents have now been given to us by high level spirits.**
- **Imagine the major errors and omissions within the New Testament of the Bible are addressed and revealed.**
- **Imagine Feeling Healing with Divine Love is the way of life and pathway to Paradise – to our Heavenly Mother and Father.**
- **Imagine by living true to ourself, true to our feelings, we are living true to God. It's that simple.**
- **Imagine living by the Golden Rule: that one must always honour another's will as one honours one's own.**
- **Imagine women came to understand their True Liberation is through the Truth of their Feelings.**
- **Imagine that our Healing is through our longing to know the truth behind our feelings, both good and bad; and then express that to a friend!**
- **Imagine we each have two Nature Spirits, two Angels, two Spirit Guides, one Indwelling Spirit of God and the Spirits of Truth who are personally involved with us at all times.**
- **Imagine Feeling Healing (with Divine Love being Soul Healing) opening up the opportunity to personally interact with our very own Nature Spirits.**
- **Imagine Feeling Healing with Divine Love opening up the opportunity to interact with our very own Celestial spirit guides.**
- **Imagine parents understood they were to encourage their children themselves, never denying their child the freedom to express ALL of their feelings.**
- **Imagine if parents began to understand that we cause all the issues in our children through childhood repression and suppression.**
- **Imagine society understands parents cause a child's illness even in embryo.**
- **Imagine a society that began to engage in feeling healing and parents were bringing up children free of the imposts of their own injuries.**
- **Imagine if we were allowed to fully express our true personality.**
- **Imagine people communicating with each other again!**
- **Imagine humanity living Feelings First and embracing Feeling Healing.**
- **Imagine that humanity understood what the Rebellion and Default did to us!**
- **Imagine if all levels of control, that we are subjected to, recognised they are all doing the begging of the Evil Ones – Lucifer and his partners.**

- Imagine parents, education systems, religious institutions, employers and governments relinquished their controlling ways and dictates.
- Imagine the world's scientists whole heartedly began to live through their Feelings – break throughs would occur daily! (Imagine all the crap they would have to get rid of and admit to!)
- Imagine through engaging your soul based feelings that nothing is hidden!
- Imagine children being conceived to parents who are free from childhood suppression and repression.
- Imagine if students were able to determine what they actually wanted to learn.
- Imagine a health system that recognised the underlying cause of all illness is childhood suppression and repression.
- Imagine – believe it or not – Feeling Healing is a cost free health process!
- Imagine we can commence our Feeling Healing even while in junior school.
- Imagine bottom up democracy where no one is disenfranchised and people elect true professional representation and may directly frame and pass legislation.
- Imagine a judicial system that is free to engage in Feeling Healing in its deliberations of truth and remedies.
- Imagine that we begin to recognise and accept our true heritage is our Heavenly Mother and Father and is not our family line going back many generations – we are Their children!
- Imagine that the resources to conduct war were aligned for the benefit of all humanity and nature.
- Imagine if the Zionists were forced to surrender their financial claims or pay income tax like everyone else.
- Imagine this will be the commencement of rebuilding the global financial structures.
- Imagine that we recognise our true life partner is our soulmate who is always of the opposite sex and we can only come to recognise our soulmate once we have fully Healed ourselves.
- Imagine that the Revelations and the ending of the Rebellion and Default are distributed through music, plays, television programs and full length movies as well as the print media in all languages to all of humanity.
- Imagine when all the aspects of the Change come into play that not one facet of our life will continue in the manner we have grown accustomed to!

Tutoring



Natural Self Expression!



Root Cause

Highly esteemed Lanonandek spirits from within our local universe of Nebadon were assigned as System Sovereigns of our local system to oversee Earth's humanity and their spiritual development. 200,000 years ago they, the Lucifers, became infatuated with their authority and turned against the regents of Nebadon, Mary and Jesus, as well as rejecting God. Through their Planetary Princes, also Lanonandek spirits, they had taken the humanities of 37 worlds within their local system into their Rebellion.

Through living through our minds, suppressing our feelings, we on Earth will continue to be at war with each other, illnesses of all descriptions will continue from our feelings suppression, famine and inequalities prevail, control of others is the core of all systems, we cannot determine truth from falsehood and life on Earth is a living hell. We have been continually seduced by mind Mansion World spirits and we live life in a stupor – nothing more than zombies doing the begging of the evil ones, the rebellious Lanonandek spirits.

Through living through our minds, suppressing our soul based feelings, we have been progressively going further and further away from our Heavenly Parents, now to the point that we cannot go any further. Through working cracks in the Universal Contract governing the Rebellion and Default, this control has been ended formally as of 31 January 2018.

Pathway Forward

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.

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

The Golden rule is: Never interfere with another's will.

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

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

We are to express our feelings, both good and bad, at all times, and to long for the truth of them.

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

Light of Truth of PASCAS

Throughout the evolution of Pascas, Pascas has been gently guided and supported by its Council of Elders from within the Celestial Heavens. All documentation, all concepts, all who have interacted with the forming of Pascas WorldCare and the various arms, have been in response to the guidance from our Celestial Council of Elders – from within the 3rd Celestial Heaven. Throughout the coming millennium, our Celestial friends will be guiding and assisting Pascas WorldCare.

COUNCIL of ELDERS

Council of Elders now around 20 soul-groups from the 3rd Celestial Heaven



Communications between the Celestial Council of Elders and those within the physical administration of Pascas WorldCare will be via those who complete their Feeling Healing on Earth, as years go by.



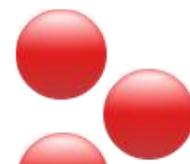
Avonal PAIR Oversight



The administration of Pascas may be also supported in their interconnectivity with our Celestial guidance through those within Pascas and its administration who are sensitive in their nature and are able to perceive guidance from our Celestial companions on this journey of delivering the Great U-Turn. It is through the nature of sensitivity that Celestial Spirits have interacted with Pascas during decades of formative years and the establishment of the foundations for Pascas for the next 1,000 years.

LIGHT OF TRUTH

Pascas as an entity, due to the contributions from our Celestial friends, is functioning within the 5th Divine Love Spirit Mansion Worlds level. Further, the Pascas Papers that are designated as references for Feeling Healing and Divine Love are within the level of Truth of the highest of the Celestial Heavens. Pascas will be supported in this manner for the coming millennium.

-  Celestial Heavens 8, 9, 10 also referred to as 1, 2, 3 being at-one with Mother and Father.
-  Divine Love Spirit Mansion Worlds, healing / crying worlds 3, 5, 7.
-  We all transition to Natural Love Spirit Mansion World 1, and typically go in the wrong direction to Natural Love Spirit Mansion Worlds 2, 4, 6 and cannot go further!

Our Guides on Duty...



OUT GATEWAY ISOLATION



Participation by parents or carers with children within the 'Feeling Healing' classes and sessions is of paramount benefit to all.

Important recommended reading is:

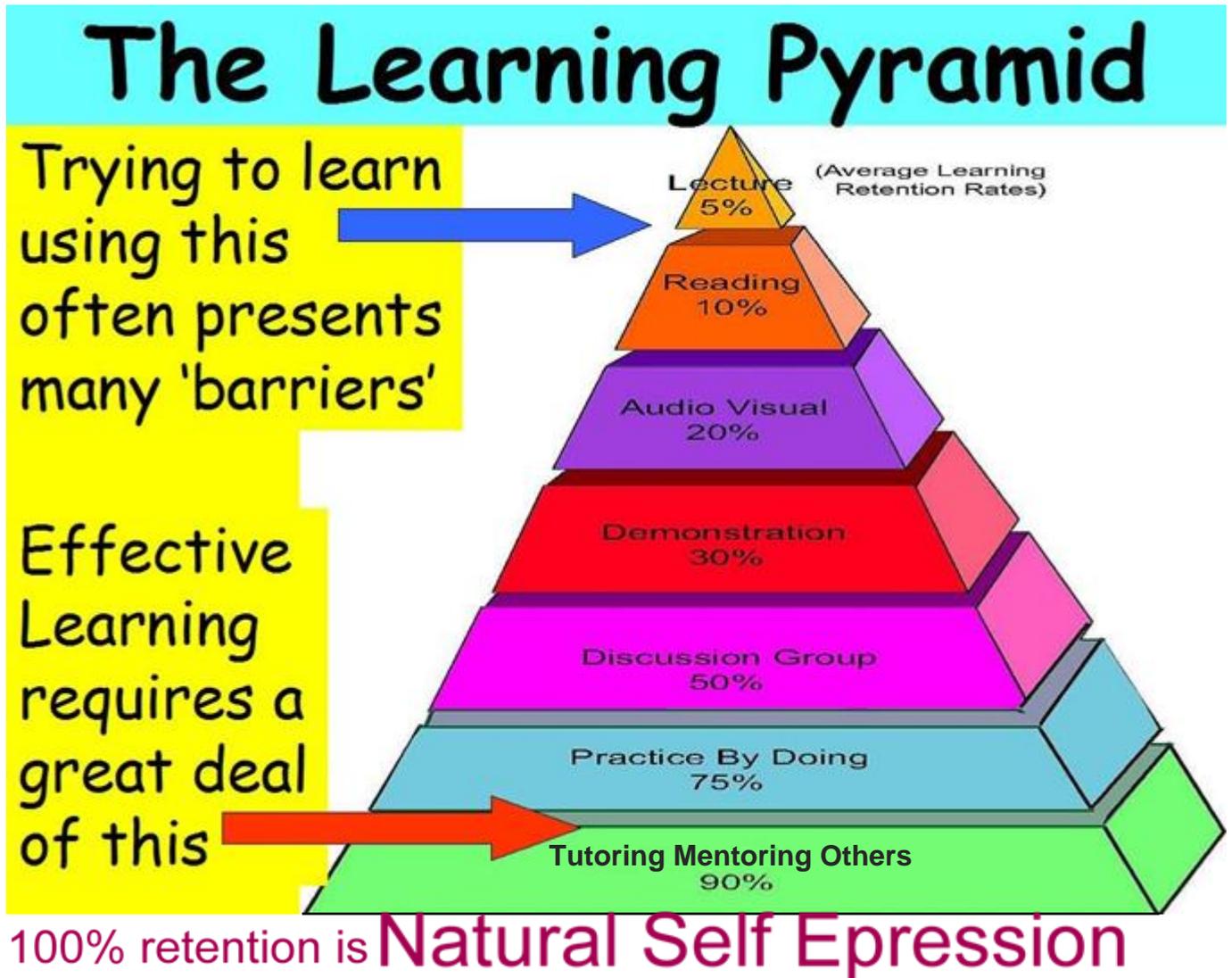
by James Moncrief

The Rejected Ones – the Feminine Aspect of God

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html> ALSO at <https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>

In this series, to be found in the Medical – Emotions section of Library Download:

- Pascas Care Living Feelings First Adult
- Pascas Care Living Feelings First Children
- Pascas Care Living Feelings First Children Annexures
- Pascas Care Living Feelings First Children Discussions
- Pascas Care Living Feelings First Children Graphics
- Pascas Care Living Feelings First Drilling Deeper
- Pascas Care Living Feelings First Drilling Deeper Structures
- Pascas Care Living Feelings First Reference Centre



FURTHER READING:

Free downloads are from www.pascashealth.com in the Library Download page, scroll down for PDFs:

PASCAS CARE PARENTING

Sam’s Book – Parenting and Feeling Healing	Book I	Experience
Sam’s Book – Parenting and Feeling Healing	Book II	Conception
Sam’s Book – Parenting and Feeling Healing	Book III	Magic
Sam’s Book – Parenting and Feeling Healing	Book IV	Nothingness
Sam’s Book – Parenting and Feeling Healing	Book V	Setting Free
Sam’s Book – Parenting and Feeling Healing	Book VI	Pain and Rage
Sam’s Book – Parenting and Feeling Healing	Book VII	Vision
Sam’s Book – Parenting and Feeling Healing	Book VIII	Childhood
Sam’s Book – Parenting and Feeling Healing	Book IX	Self-Acceptance
Sam’s Book – Parenting and Feeling Healing	Book X	Physical Illness

- Pascas Care – Parenting Awareness
- Pascas Care – Parenting Eureka Moment
- Pascas Care – Parenting Feelings Supreme Guides
- Pascas Care – Parenting Health Generation
- Pascas Care – Parenting into the Abyss
- Pascas Care – Parenting Rebellion

Important recommended reading is: by James Moncrief

The Rejected Ones – the Feminine Aspect of God

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html> ALSO at
<https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>



Mind Centric Way

Feelings First Freedom

Kindly consider reading:

www.pascashealth.com

then proceed to Library Download :

**PASCAS
PAPERS**

Pascas Care Letters – Family Shelters Abuse & Remedial
 Pascas Care Letters – Family Shelters Overview
 Pascas Care Letters – Family Shelters Per Capita Inequality
 Pascas Care Letters – Family Shelters Protection
 Pascas Care Letters – Family Shelters Social Housing
 Pascas Care Letters – Family Shelters Support Centre
 Pascas Care Letters – Family Shelters towards Liberation
 Pascas Care Letters – Root Cause now to Pathway Forward
 Pascas Care Letters – Root Cause now to Pathway Forward (short)

Chaldi College Free to Learn Instinctively

Chaldi College Free to Learn Pathway

Pascas Care Letters – Back to Basics
 Pascas Care Letters – Change
 Pascas Care Letters – Finaliters our Destiny
 Pascas Care Letters – Humanity is Addicted to Untruth
 Pascas Care Letters – Journey of Earth’s Humanity
 Pascas Care Letters – Life is a Highway
 Pascas Care Letters – Live True to How You Truly Are
 Pascas Care Letters – Moving out of Healing
 Pascas Care Letters – My Customs Heritage and Nationality
 Pascas Care Letters – One Soul Two Personalities
 Pascas Care Letters – Psychology and Feeling Healing
 Pascas Care Letters – Spirit Evolution and Environmental Changes
 Pascas Care Letters – Transition & Assimilation following Death

Pascas Care – Death & Dying Transition & Assimilation Marjorie

Pascas Care – Kinesiology Testing

Pascas Care Living Feelings First Adults
 Pascas Care Living Feelings First Children
 Pascas Care Living Feelings First Children Annexures
 Pascas Care Living Feelings First Children Discussions
 Pascas Care Living Feelings First Children Graphics
 Pascas Care Living Feelings First Drilling Deeper
 Pascas Care Living Feelings First Drilling Deeper Structures
 Pascas Care Living Feelings First Reference Centre

Important recommended reading is:

by James Moncrief

The Rejected Ones – the Feminine Aspect of God

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html> ALSO at
<https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>

Primary recommended reading:	consider commencing with: Paul – City of Light and Sage – and the Healing Angels of Light		
The Rejected Ones	2002 – 2003	xxx	– James Moncrief
Messages from Mary & Jesus	2003	xxx	– James Moncrief
Paul – City of Light	2005	xxx	– James Moncrief
Feeling Healing	2017		– James Moncrief
Religion of Feelings	2017		– James Moncrief
Mary Magdalene and Jesus' comments on the Padgett Messages	2007 – 2010	xxx	– James Moncrief
Speaking with Mary Magdalene & Jesus Sage and the Healing Angels of Light	2013 – 2014	xxx	– James Moncrief
Road map of Universe and history of Universe:			
The Urantia Book	1925 – 1935	xxx	as primary reading
Divine Love supporting reading:			
Revelations	1954 – 1963		– Dr Daniel Samuels
Judas of Kerioth	2001 – 2003		– Geoff Cutler
The Book of Truths containing the Padgett Messages or Little Book of Truths	1914 – 1923	xxx	– Joseph Babinsky
True Gospel Revealed anew by Jesus Vol I, II, III, IV		xxx	– Geoff Cutler
Available generally from:			
www.lulu.com	www.amazon.com	www.bookdepository.com	
For Divine Love focused websites and forums:			
Pascas Health:	http://www.pascashealth.com/index.php/library.html		
Spiritual Development:	http://new-birth.net/spiritual-subjects/		
Padgett Books:	http://new-birth.net/padgetts-messages/		
http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.htm			

BIBLIOGRAPHY NOTE:

James Moncrief has written numerous books and prepared numerous movie scripts. Incorporated here are primary writings.

Pascas has 550+ supportive 'Pascas Papers' accessible in Library Downloads at www.pascashealth.com

Pascas Primary publications being:

- U-Turn for Humanity Pascas reveals New Feelings Way
- U-Turn for Humanity pathway being New Feelings Way
- U-Turn for Humanity shutting hells through New Feelings Way
- U-Turn for Humanity simple is what Life is meant to be
- U-Turn for Humanity soul light and New Feelings Way
- U-Turn for Humanity through the New Feelings Way
- U-Turn for Humanity treacherous assumptions New Feelings Way
- U-Turn for Humanity unfolding the New Feelings Way
- Universal Gift – Feeling Healing with Divine Love
- Feeling Healing and Divine Love Discussion Prompts
- Pascas Care Death & Dying Transition & Assimilation Marjorie

Selected Pascas Papers, as noted below, can be downloaded from www.pascashealth.com from within the Library Download page.

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

DIVINE LOVE SPIRITUALITY – DLS:

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

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

James Moncrief Books:

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

Paul – City of Light	1,488.5	2005	149
Ann and Terry		2013	235
Feeling bad? Bad Feelings are GOOD!	feeling-healing book 1	2006	179
Feeling bad will make you feel BETTER – Eventually!	feeling-healing book 2	2006	159
Breaking the Golden Rule.	feeling-healing book 3	2006	168
Feeling-Healing exercises, and other healing points to consider.		2009	175
Cathy and Mark – a novel introducing Feeling-Healing.		2010	151
Introduction course to Divine Love Spirituality		2006	139
Speaking with the Dead, Death and Dying		2009	173
Spirits and their Childhood Repression Healing		2010	179
With Verna – a nature spirit		2008	279
Communication with spirits – meet a spirit friend		2010	37
Introduction to Divine Love Spirituality website			362
Sage – and the Healing Angels of Light		2017	260
Divine Love Spirituality	1,500	2017	201
Feeling Healing – you can heal yourself through your feelings		2017	153
Religion of Feelings	1,500	2017	47
		This group being pages of	3,046

Religion of Feelings

<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/index.php/library.html>

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

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

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

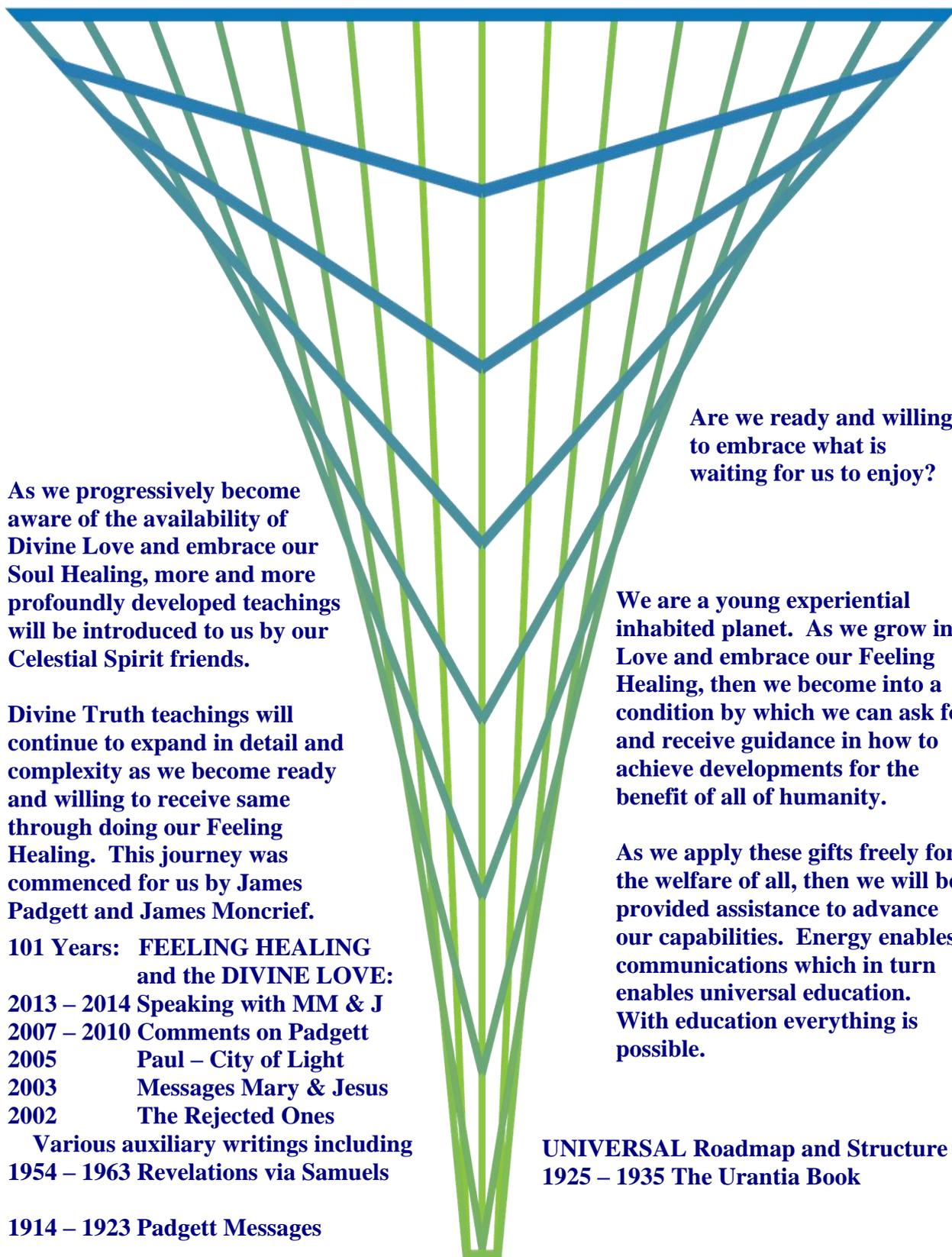
Pascas Care Letters A Huge Upturn
Pascas Care Letters Big Revelation
Pascas Care Letters Feeling Healing Benefits Children
Pascas Care Letters Feeling Healing Way
Pascas Care Letters Little Children
Pascas Care Letters Women's Liberation and Mother

MEDICAL – EMOTIONS:

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

**PASCAS
PAPERS**

DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:



Healed potential



Insightful Genius

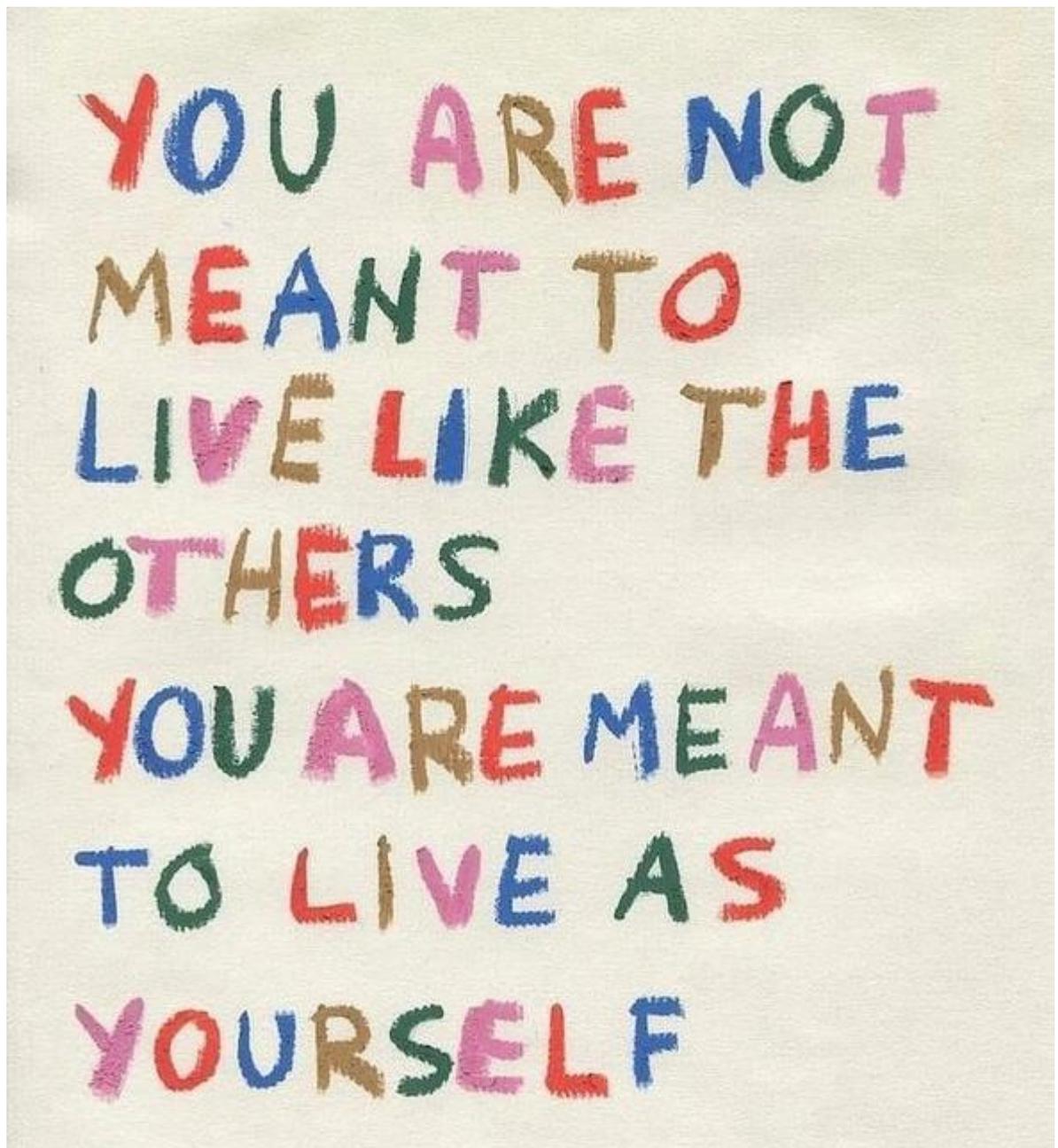
Brilliance!

DYNAMIC

vibrant

Pathway Forward





put children first

Put Children First



and bring about;

Unbridled *Personal*
LIBERTY = True Self-
Expression



Living Feelings First!

INTUITIVE

INSIGHTFULNESS

DYNAMIC

NATURAL INTELLIGENCE

SPONTANEOUS

VIBRANCY

foresightful

Wisdom & Truth

FREEDOM

EQUALITY

"THE" profession is: TEACHING



to:



while you



Learn through play

Independently explore subject

Research with fellow students

Explore topics you enjoy

Engage in what you are passionate about

Ask — and keep asking

Question every aspect

Commonsense is not common

Assumptions are mostly in error

Embrace what you may be feeling

We have been retarded and restrained

We are to be our true self

We are to express all our feelings

We are self contained — all is within

By doing is how we learn

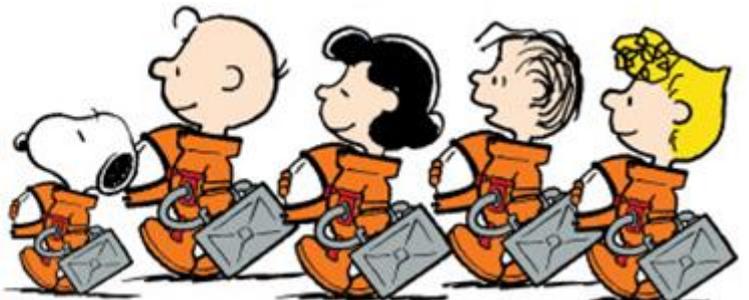
Tutoring others is a great self teacher

Our capabilities are infinite



Artwork by Joel Rea, of Tallebudgera, Gold Coast, Australia

**ALL
SYSTEMS
ARE GO!**



perceived truth MoC 905 – relative truth potential MoC 1,480