

PASCAS CARE

Negative Emotions Generate Illness

An experience of Anita Moorjani



“Peace And Spirit Creating Alternative Solutions”

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

Living Feelings First, *John.*

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





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

A Fascinating Near-Death Experience During A Coma & A Powerful Message That Could Change Your Life

December 7, 2011 By [Bob Olson](#)

<http://www.afterlifetv.com/2011/12/07/a-fascinating-near-death-experience-during-a-coma-a-powerful-message-that-could-change-your-life/>

You won't want to miss this two-part, life-changing conversation with Anita Moorjani. First, this is the closest I'll ever get to interviewing an actual spirit, because Anita is able to share with us what it was like to be out of her body and in that other realm, including her ability to see the past and future, experience timelessness, know her life's purpose, feel the emotions of others, and even know what caused her life-threatening illness in the first place.

Second, Anita Moorjani's story will blow your mind and get you pondering what she teaches for weeks after watching this conversation. In a nutshell, Anita fell into a coma due to late-stage cancer. Her husband was told by doctors that she had less than 36 hours to live (her organs were shutting down). All the while, Anita was having a near-death experience, was given the choice to return to her body or not, chose to finish out her life, then had the most remarkable healing ever documented. Today, Anita Moorjani shares her experience and her important message about love and joy. ~ Bob Olson, Afterlife TV. <http://www.afterlifetv.com/>



PART ONE

Bob Olson talks with Anita Moorjani about her near-death experience

PART TWO

Anita Moorjani talks about love, joy, healing & our core essence of love.

<http://anitamoorjani.com/>



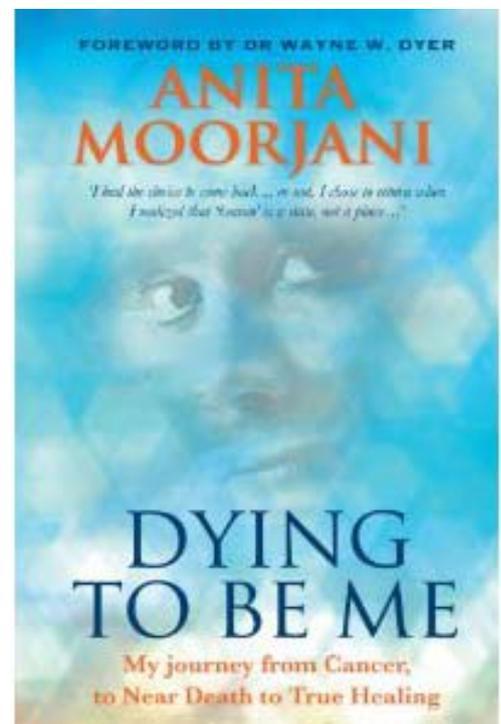
<http://anitamoorjani.com/>

On Page 135 of Anita Moorjani's book DYING TO BE ME, she says:

"I was dying because of all my fears. I wasn't expressing my true self because my worries were preventing me from doing so.

"In the expansive state, I realised how harshly I'd treated myself and judged myself throughout my life. There was nobody punishing me. I finally understood that it was ME I hadn't forgiven, not other people. I was the one who was judging me, whom I'd forsaken, and whom I didn't love enough.

"It had nothing to do with anyone else. I saw myself as a beautiful child of the universe. Just the fact that I existed made me deserving of unconditional love. I realised that I didn't need to do anything to deserve this....not pray, nor beg, nor anything else."



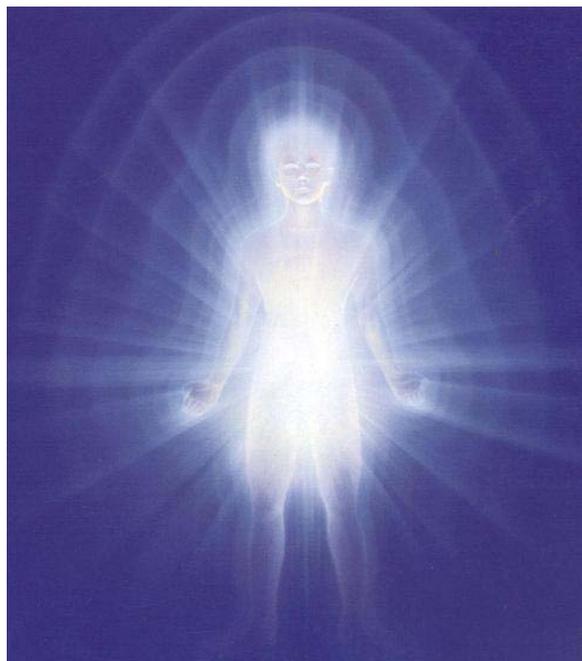
<http://anitamoorejani.com/>

Anita was diagnosed with terminal cancer, and doctors told her family she was just hours away from death. It was at this point that she “crossed over” and then returned again into this world with a clearer understanding of her life and purpose on Earth. This understanding subsequently led to a total recovery of her health.

Anita was born in Singapore of Indian parents, moved to Hong Kong at the age of two, and has lived in Hong Kong most of her life. Because of her background and British education, she is multi lingual and, from the age of two, grew up speaking English, Cantonese and two Indian dialects, simultaneously, and later learned French at school.

She had been working in the corporate field for many years before being diagnosed with cancer in April of 2002. Her fascinating and moving near-death experience in early 2006 has tremendously changed her perspective on life. Her work is now ingrained with the depths and insights she gained while in the other realm. She works on the premise that our inner world (consciousness) is our primary reality, and if our internal state is healthy and strong, then our external world will align itself and fall into place as a result.

She is the embodiment of the truth that we all have the inner power and wisdom to overcome even life’s most adverse situations, as she is the living proof of this possibility.



CANCER is a RESULT of HELD NEGATIVE EMOTIONS within ONE'S SOUL:

I (Anita Moorjani), while being out of body, saw all people as “energy”, and depending where our energy level was, that was the world we created for ourselves. The understanding I gained from this was that if cancer was not in our “energy”, then it was not in our reality. If feeling good about ourselves was in our energy, then our reality would be positive. If cancer was in our energy, then even if we eradicated it with modern medicine, it would soon come back. But if we cleared it from our energy, the physical body would soon follow. None of us are as “real” or physical as we think we are. From what I saw, while being in the spirit world, it looked like we are energy first, and physical is only a result of expressing our energy. And we can change our physical reality if we change our energy. (Some people have mentioned I use the term “Vibration”). For me, personally, I was made to feel that in order to keep my energy / vibration level up, I only had to live in the moment, enjoy every moment of life, and use each moment to elevate the next moment (which then elevates my future). It is in that moment of elevating your energy level that you can change your future (like my test results). It sounds very simplistic, but it felt very deep when I was experiencing the understanding of it.

TE 29.20 Part 1

There was great clarity and understanding as to why I got the cancer. I started to understand that I had never been aware of the truth of who I really was. And the way it is in that spirit realm is really interesting, it is hard to describe, it is almost like, the answer is so obvious why haven't I seen that before. Why did I not know this? It just felt so obvious and so easy.

TE 33.10 Part 1

I started to understand that I have never loved myself enough before and I had always lived in fear. I had always lived in fear of being true to myself and I had grown up trying to do the right thing, or to fit in to my culture, to fit in with what people expected of me, and I was always a people pleaser. In addition to always not being true to myself and always putting myself last, I also lived in a lot of fear. I feared life, I feared not being good enough, I feared cancer, I feared illness, I lived a very fearful life.

It was from this life time, I sensed that I picked up all the fears from this life time. It is just conditioning. A lot of it, I think it is just the world is, whether it is from reading newspapers and everyone being afraid of getting cancer, all the cancer awareness campaigns, but also the other fears of not being good enough, always being a people pleaser, putting myself last, putting myself down, always the negative self talk. All that is probably just generally conditioning from culture and upbringing.

This self loathing was actually the cause of my cancer. This is what I learnt when being out of body. It was in that realisation that I and everyone else, we are absolutely magnificent beings that have come here to express who we are (individualisation process), and be true to who we are. Why would we want to be anyone else other than who we actually are and who we are supposed to be? All we have to do and be is to be true to ourselves. That is all we have to do.

I ❤️
ME

The feeling, the sensation, the awareness, it was like ‘oh my god, how could I not know that’. How obvious is that, why else would I be on this planet expressing myself if I am supposed to try to be

someone else, or fit somebody else's model of what somebody is supposed to be. I never checked in with myself, like who am I, what do I want to do, what are my feelings. It is basically about following my own emotions because that realm that I visited, it was very real for me was my emotions, just my emotions, they were very, very real. I realised that I had never checked in with my emotions during my life. I had never asked myself, 'how do I feel, how do I feel about my life or what I want in life?' It was all about giving other people what they felt. It was always about putting myself last because I thought it was selfish. I always thought it was selfish to love myself and to give myself what I wanted.

Is this a loving choice for me?

But I then started to really understand in depth that you can't love another if you don't love yourself first because you don't have anything to give. I realised that only when I love myself can I actually love others and being selfish comes from too little self love, not to much.

Now that you know the truth of who you are, your body will reflect that truth and your body will be healed. Those are the words I would put to that feeling, that sense that I got in that understanding.

Illness starts at an energetic level, then the physical follows suit.

This awareness eradicates the illness from within your energy basically.

I became aware at that point that now if I choose to go back to the physical world, that now that I understood why I had the cancer, I understood that my only purpose was to be myself and that is all. That is only purpose that any of us have is just to be true to who we really are. And I understood at our core, each and everyone of us our essence is one of awareness, it is one of love. At our essence, at our core we are pure love, that essence is pure love, unconditional love. So, if you are being yourself then you are being love, who else could you be if you are in touch with your core.

When I understood that at our core we are love, I understood that my body would reflect this new understanding, my physical body would reflect it, it was at this point that I sensed that both my departed father and departed best friend communicating to me (soul to soul) that now that you know the truth of who you really are go back and live your life fearlessly.

TE 22.50 Part 2

The best thing that anyone can do for themselves, I feel is to get in touch with who they really are. It is to get a sense of your own emotions, like, ask yourself, what do I like, what do I like doing, what makes me happy, what makes me tick, what brings me joy, what makes me feel alive. It is that which we forget to get in touch with ourselves and when we feel this joy, this passion, that is when we are healthy and we are happy, that is when we do things we are coming from a state of being, rather than a state of doing. We are always doing things, but are we doing it out of being or are we doing it out of just doing.

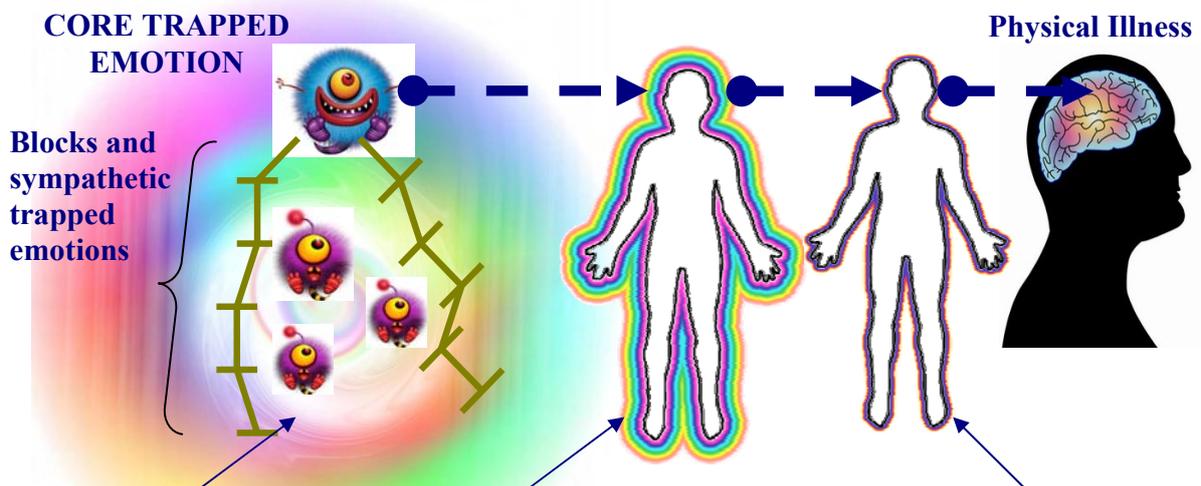
When we live in fear, that is when we are in a state of doing. So when all our emotions and the reason why we do everything is because I am scared, I am scared to be left behind, I am scared I will not have enough money. That is why I have taken this job. I am scared I won't be liked and that is why I am doing this. So when every decision we make that is based on fear then we are constantly doing things

and we loose touch with who we really are. Basically that what happened to me and my soul and spirit went through a real identity crisis, and that is what caused the cancer.

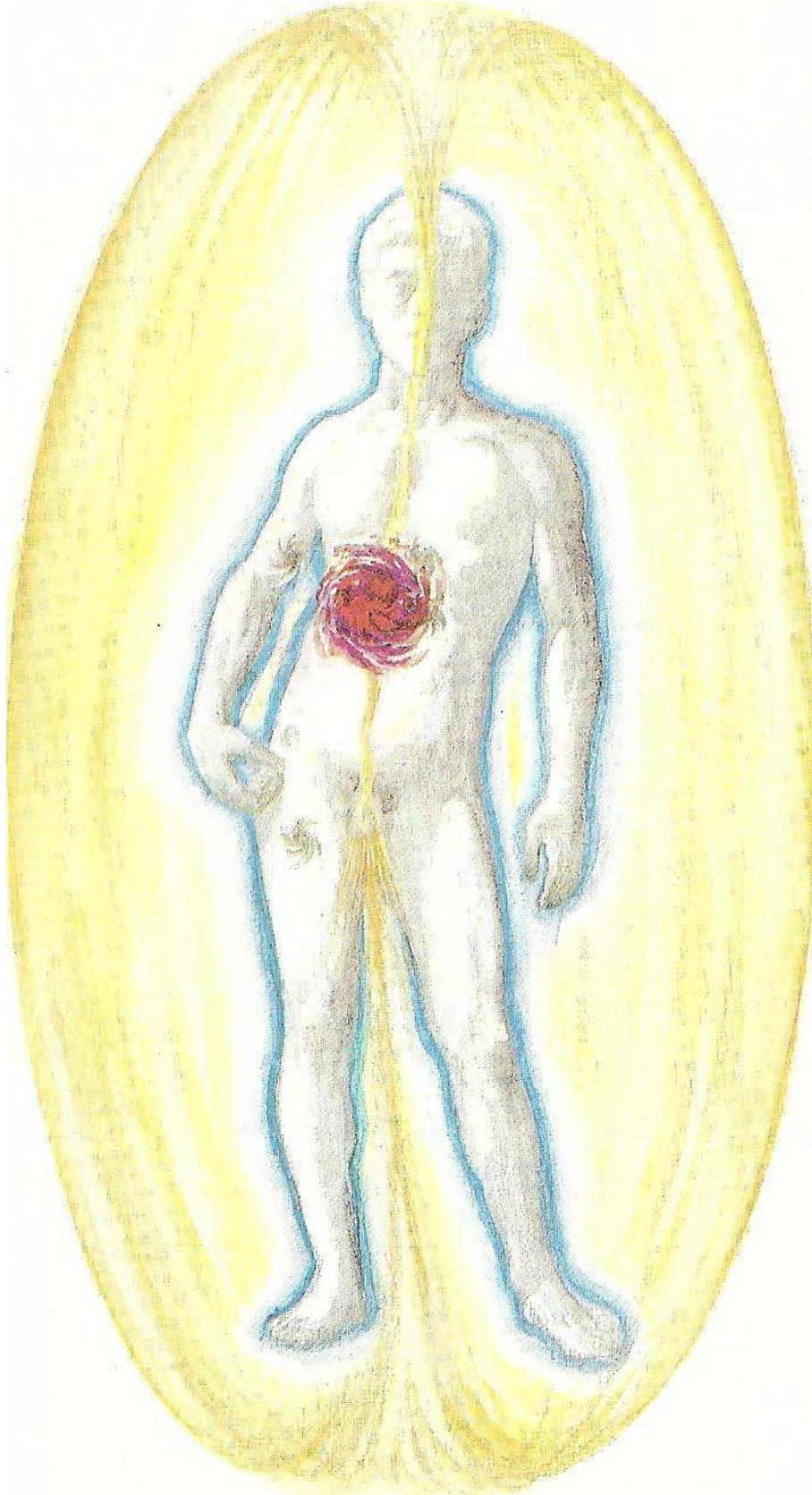
I feel that cancer is not an illness of the body, which is why the body reflected what I was inside. The cancer to me was more an illness of the emotion, an illness of the identity, but it is not an illness of the body.

When you are going to do something, ask yourself is that something that is loving to me. If we are planning to do something is to ask ourselves, how does this make me feel to do this, is it a heavy draining feeling? Or do I feel uplifted, light and passionate about doing it, whatever it is? And those are the kind of questions I would ask.

[Note: Text is drawn mainly from the website <http://anitamoorjani.com/>
Diagrams are from other references]



SOUL which animates SPIRIT BODY which animates PHYSICAL BODY.
Trapped emotions (frozen energy) create fissures and injuries in the spirit body which inturn emerge as physical illnesses, firstly as pain, in the physical body. Emotional blockages of the same type create illnesses of similar natures in anyone who have the same style of emotional injuries. Each of us carry our own unique cocktail of emotional issues, as we are emotional beings (our soul), thus each of us have unique pathways to recovery.



Note the torus energy field being observed around the spirit body.

Fissures appearing in the spiritual body (etheric body) being clearly visible to a clairvoyant.

Such fissures being generated by negative emotional errors held with one's soul.

These fissures are a precursor to a physical illness emerging in the material body within a similar location as that seen in the spirit body.

**Diagrams from
Barbara A
Brennan
Hands of Light and
Light Emerging.
Figure 24-1**



Anita Moorjani, during her out of body experience, came to realise: (visionary experience)

“I feel that cancer is not an illness of the body, that is why the body reflected what I was inside. The cancer to me was more an illness of the emotion, an illness of the identity, but it is not an illness of the body.”

In fact, all disease and healing is done by the soul. All disease emanates from blocked frozen emotions, or a cocktail of such negative emotions, held within the soul. Such injuries within the soul impact firstly upon the spirit body, being our physical body for the spirit world, in turn, these impediments within our spirit body subsequently emerge as illnesses in our physical body, sometimes many decades after emotional injuries were incurred or inflicted on the soul. Emotional damage suffered during early childhood can emerge as chronic illnesses in our retiring years. Emotional injuries occur and accumulate throughout our lifetime. The recognition, feeling and release of stuck negative emotions can and will progressively return the physical body to health.

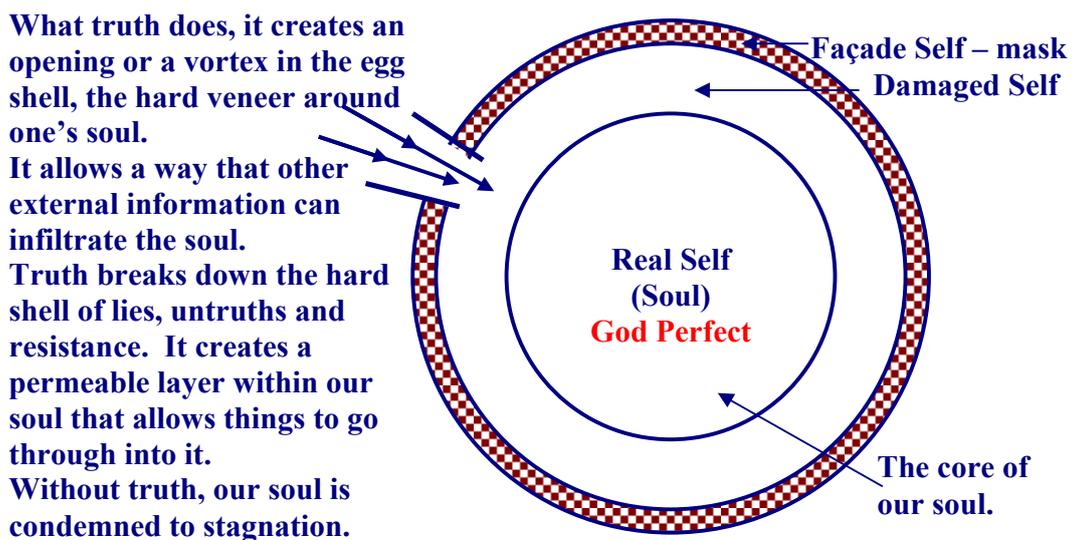
Consider viewing Anita’s recorded interviews before reading further:

<http://anitamoorejani.com/>

<http://www.afterlifetv.com/2011/12/07/a-fascinating-near-death-experience-during-a-coma-a-powerful-message-that-could-change-your-life/>

Anita Moorjani speaking with Bob Olson of Afterlife TV – Part One and Part Two.

[Note: Text is drawn mainly from the website <http://anitamoorejani.com/>
Diagrams are from other references]



MAP OF CONSCIOUSNESS

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

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

Chronic illness indicates a huge denial of the soul.

Illness = out of harmony with love and truth.

It is the release of emotions that are out of harmony with Truth and Love, and the praying for the inflowing of Divine Love that brings about health and harmony to our bodies.

NATURAL LOVE or HUMANITY’S ERRONEOUS EMOTIONS:

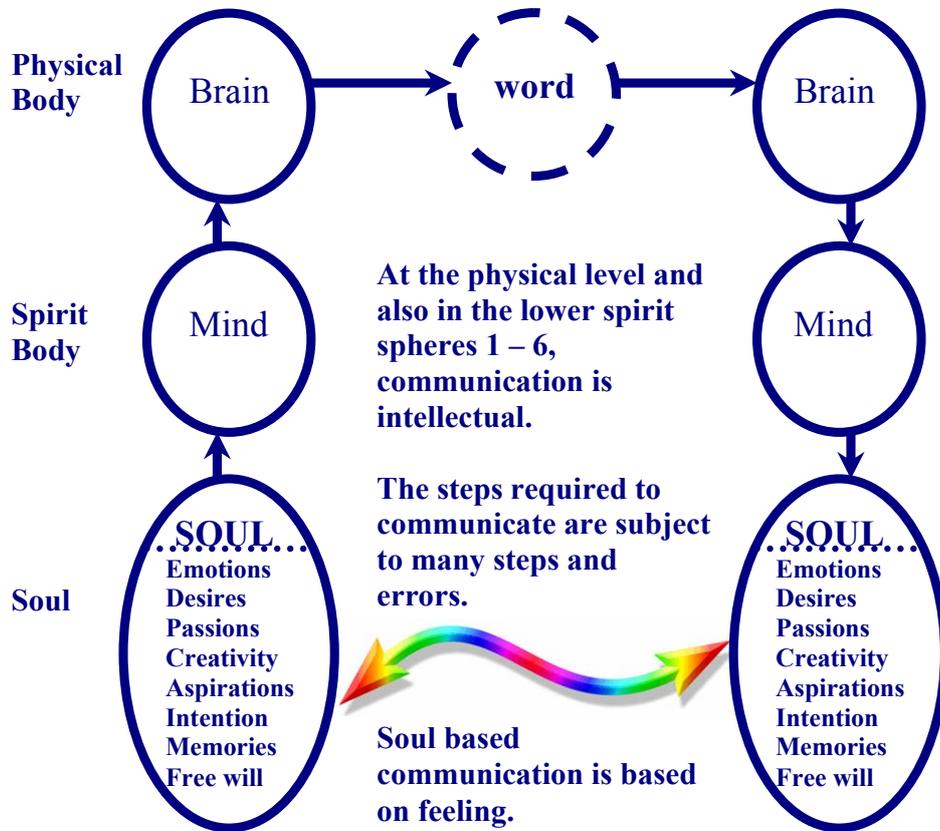
Your soul, being your real you, is an emotional being. Your soul, though a thought of God, does not possess anything of the divine within it. It existed in a state of bliss, in a natural love state, pending individualisation which is achieved at conception which is the time of incarnation. Your soul is endowed with natural love emotions noted within the top section of the Map of Consciousness scale, being those emotions calibrating above 200.

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700 1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑ 600	Bliss	Illumination
One	Complete	Joy	↑ 540	Serenity	Transfiguration
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Inspiring	Hopeful	Willingness	↑ 310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑ 250	Trust	Release
Permitting	Feasible	Courage	↑ 200	Affirmation	Empowerment

Humanity’s erroneous emotions are those calibrating below 200 on the Map of Consciousness. The environment around a newly conceived child progressively degrades the condition of that child’s soul. When the child reaches about the age of 7, the child’s soul condition will reflect the parent’s condition. These negative emotions are like a crust around the pure soul it has within.

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Man made dis-empowering emotions:			↓ 200	All the negative emotions	
Indifferent	Demanding	Pride	↓ 175	Scorn	Inflation
Vengeful	Antagonistic	Anger	↓ 150	Hate	Aggression
Denying	Disappointing	Desire	↓ 125	Craving	Enslavement
Punitive	Frightening	Fear	↓ 100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	↓ 75	Regret	Despondency
Condemning	Hopeless	Apathy	↓ 50	Despair	Abdication
Vindictive	Evil	Guilt	↓ 30	Blame	Destruction
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COMMUNICATION at the PHYSICAL LEVEL



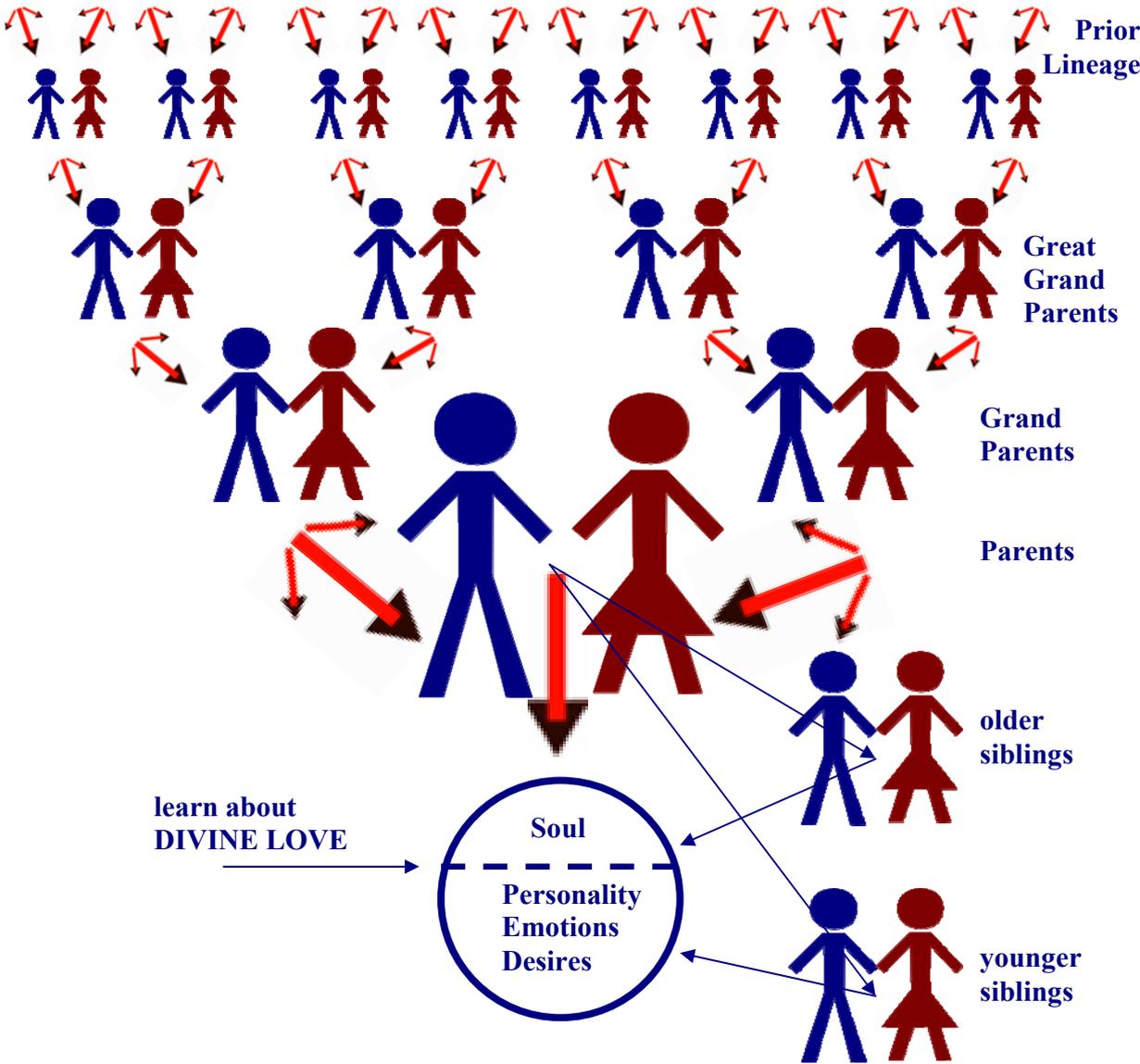
COMMUNICATION at the CELESTIAL LEVEL



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

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

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



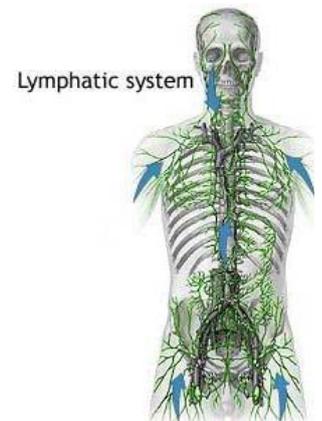
[E-Motion The Movie](http://www.e-motionthemovie.com/) www.e-motionthemovie.com/
Welcome to **E-Motion**. A global exploration of alternate health and emotional healing from some of the worlds leading experts.

This is the original NDE description that Anita Moorjani submitted to The Near Death Research Foundation in August 2006. The owner of the site, Dr. Jeffrey Long, an oncologist, contacted Anita within hours of her submitting it, asking follow up questions, which are below the experience description. Shortly after, this story went viral, spreading to hundreds of thousands of people all over the world via email.

EXPERIENCE DESCRIPTION:

I had end stage cancer (Hodgkin's Lymphoma), and was being cared for at home. I was connected to an oxygen tank, and had a full time nurse. But on this morning, February 2nd 2006, I did not wake up. I had fallen into a coma. My husband called my doctor who said I needed to be rushed to hospital. The senior oncologist looked at me and told my husband that it was now the end, and that my organs were now shutting down. I would probably not make it beyond the next 36 hours. However, the oncologist said he would do whatever he could but prepared my husband that I would most likely not make it, as my organs were no longer functioning. They determined this because my body started to swell up, and I had open skin lesions. They started me on a cocktail of medication on a drip, and poked me with tubes and pipes for nourishment, drugs and oxygen.

Hodgkin's lymphoma, previously known as **Hodgkin's disease**, is a type of [lymphoma](#), which is a [cancer](#) originating from [white blood cells](#) called [lymphocytes](#). It was named after [Thomas Hodgkin](#), who first described abnormalities in the [lymph system](#) in 1832. Hodgkin's lymphoma is characterized by the orderly spread of disease from one [lymph node](#) group to another and by the development of [systemic symptoms](#) with advanced disease. When Hodgkin's cells are examined microscopically, multinucleated [Reed-Sternberg cells](#) (RS cells) are the characteristic [histopathologic](#) finding. Hodgkin's lymphoma may be treated with [radiation therapy](#), [chemotherapy](#), or hematopoietic stem cell transplantation, with the choice of treatment depending on the age and sex of the patient and the stage, bulk, and histological subtype of the disease. The disease occurrence shows two peaks: the first in young adulthood (age 15–35) and the second in those over 55 years old. http://en.wikipedia.org/wiki/Hodgkin's_lymphoma



The lymphatic system filters fluid from around cells. It is an important part of the immune system. When people refer to swollen glands in the neck, they are usually referring to swollen lymph nodes. Common areas where lymph nodes can be easily felt, especially if they are enlarged, are: the groin, armpits (axilla), above the clavicle (supraclavicular), in the neck (cervical), and the back of the head just above hairline (occipital). <http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0001606/>

I thought that I was drifting in and out of consciousness during this time, because I was aware of everything that was going on around me. But it was confirmed to me later by my family and the doctors that I was in a coma the whole time. I saw and heard the conversations between my husband and the doctors taking place outside my room, about 40 feet away down a hallway. I was later able to verify this conversation to my shocked husband. Then I actually “crossed over” to another dimension, where I was engulfed in a total feeling of love. I also experienced extreme clarity of why I had the cancer, why I had

come into this life in the first place, what role everyone in my family played in my life in the grand scheme of things, and generally how life works. The clarity and understanding I obtained in this state is almost indescribable. Words seem to limit the experience – I was at a place where I understood how much more there is than what we are able to conceive in our 3-dimensional world. I realized what a gift life was, and that I was surrounded by loving spiritual beings, who were always around me even when I did not know it.

SUPER SENSORY SENSES



The super sensory senses are within the soul:

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

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

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

Soulmate development is soul to soul.

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

The amount of love I felt was overwhelming, and from this perspective, I knew how powerful I am, and saw the amazing possibilities we as humans are capable of achieving during a physical life. I found out that my purpose now would be to live “Heaven on Earth” using this new understanding, and also to share this knowledge with other people. However I had the choice of whether to come back into life, or go towards death. I was made to understand that it was not my time, but I always had the choice, and if I chose death, I would not be experiencing a lot of the gifts that the rest of my life still held in store. At first, I did not want to come back, because my body was very sick, and I did not want to come back into this body as the organs had already stopped functioning and I had all these open skin lesions. But it seemed that almost immediately, I became aware that if I chose life, my body would heal very quickly. I would see a difference in not months or weeks, but days!

I then started to understand how illnesses start on an energetic level before they become physical. If I chose to go into life, the cancer would be gone from my energy, and my physical body would catch up

very quickly. I then understood that when people have medical treatments for illnesses, it rids the illness only from their body but not from their energy so the illness returns. I realized if I went back, it would be with a very healthy energy. Then the physical body would catch up to the energetic conditions very quickly and permanently. I seemed to become aware that this applies to anything, not only illnesses – physical conditions, psychological conditions, etc. I became aware that everything going on in our lives was dependant on this energy around us, created by us. Nothing was real – we created our surroundings, our conditions, etc. depending where this “energy” was at. The clarity I felt around how we get what we do was phenomenal! It’s all about where we are energetically. I somehow knew that I was going to see “proof” of this first hand if I returned back to my body.

It felt as though I was drifting in and out between the two worlds, this physical world and the other side, but every time I drifted into the “other side”, I seemed to go deeper and experienced more “scenes”. There was one where I saw how my life had touched all the people in it – it was sort of like a tapestry and I saw how I affected everyone’s lives around me. There was another scene where I saw my brother on a plane, having heard the news I was dying, coming to see me (this was verified to me as when I started to come round, my brother was there, having just got off a plane). I then saw a glimpse of my brother and me and somehow seemed to understand it was a previous life, where I was much older than him and was like a mother to him (in this life, he is older than me). I saw in that life I was very protective towards him. I suddenly became aware he was on the plane to come and see me, and felt “I can’t do this to him – can’t let him come and see me dead”. Then I also saw how my husband’s purpose was linked to mine, and how we had decided to come and experience this life together. If I went, he would probably follow soon after.



**For many of us,
our soul is so
depleted of love
that our soul is
encased within
our spirit and
physical bodies.**

In addition, I seemed to understand that, as tests had been taken for my organ functions (and the results were not out yet), that if I chose life, the results would show that my organs were functioning normally. If I chose death, the results would show organ failure as the cause of death, due to cancer. I was able to change the outcome of the tests by my choice!

I made my choice, and as I started to wake up (in a very confused state, as I could not at that time tell which side of the veil I was on), the doctors came rushing into the room with big smiles on their faces saying to my family “Good news – we got the results and her organs are functioning – we can’t believe it!! Her body really did seem like it had shut down!”

After that, I began to recover rapidly. The doctors had been waiting for me to become stable before doing a lymph node biopsy to track the type of cancer cells, and they could not even find a lymph node big enough to suggest cancer (upon entering the hospital my body was filled with swollen lymph nodes and tumours the size of lemons, from the base of my skull all the way to my lower abdomen). They did a bone marrow biopsy, again to find the cancer activity so they could adjust the chemotherapy according to the disease, and there wasn’t any in the bone marrow. The doctors were very confused, but put it down to me suddenly responding to the chemo. Because they themselves were unable to understand what was going on, they made me undergo test after test, all of which I passed with flying colours, and clearing every test empowered me even more! I had a full body scan, and because they could not find anything, they made the radiologist repeat it again!!!!

Because of my experience, I am now sharing with everyone I know that miracles are possible in your life every day. After what I have seen, I realize that absolutely anything is possible, and that we did not come here to suffer. Life is supposed to be great, and we are very, very loved. The way I look at life has changed dramatically, and I am so glad to have been given a second chance to experience “heaven on Earth”.

Was the kind of experience difficult to express in words?

Yes. The experience was much more than words can express. Putting words to it makes the experience smaller and more limited. What I saw, perceived, and felt, and the clarity I experienced about life, was more than anything we are able to conceive, so words have not been created to describe it.

At the time of this experience, was there an associated life threatening event?

I was dying of cancer, and the doctors had said I only had about 36 hours to live. It was at this point where I started drifting between another dimension and this one.

At what time during the experience were you at your highest level of consciousness and alertness?

Probably at the time when I was given the choice whether to go back.

How did your highest level of consciousness and alertness during the experience compare to your normal every day consciousness and alertness?

More consciousness and alertness than normal.

If your highest level of consciousness and alertness during the experience was different from your normal every day consciousness and alertness, please explain:



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

Even though I was in a coma, I seemed to be going in and out of consciousness, so I was aware of both “sides”. I was also aware of conversations taking place outside the room, beyond my earshot.

Did your vision differ in any way from your normal, everyday vision (in any aspect, such as clarity, field of vision, colours, brightness, depth perception degree of solidness / transparency of objects, etc.)?

Yes I was aware that I was still in the room – even though to others, my eyes were closed and I was not awake, I was still able to “see” everyone in the room, and at the same time experience the other dimension, as if it existed simultaneously.

Did your hearing differ in any way from your normal, everyday hearing (in any aspect, such as clarity, ability to recognize source of sound, pitch, loudness, etc.)?

Yes. I was able to hear what was being said by the doctors and my family outside the room, well out of earshot.

Did you experience a separation of your consciousness from your body?

Uncertain.

What emotions did you feel during the experience?

Felt tremendous love, more than anything I have experienced on Earth. I felt very loved, like no matter what I did, I would still be loved. I did not have to do anything to deserve it or prove myself.

Did you meet or see any other beings?

Yes. I was surrounded by many beings, including my father and my best friend who had passed on. I did not recognize the other beings, but I knew they loved me very much and were protecting me. I became aware that they were there all the time, even when I was not aware of it.

Did you observe or hear anything regarding people or events during your experience that could be verified later?

Yes. I saw and heard a conversation taking place between my doctor and my husband outside of my room and down a hallway. I saw my brother on a plane coming to see me. Both of these were verified, including the conversation between my doctor and husband, which I repeated word for word.

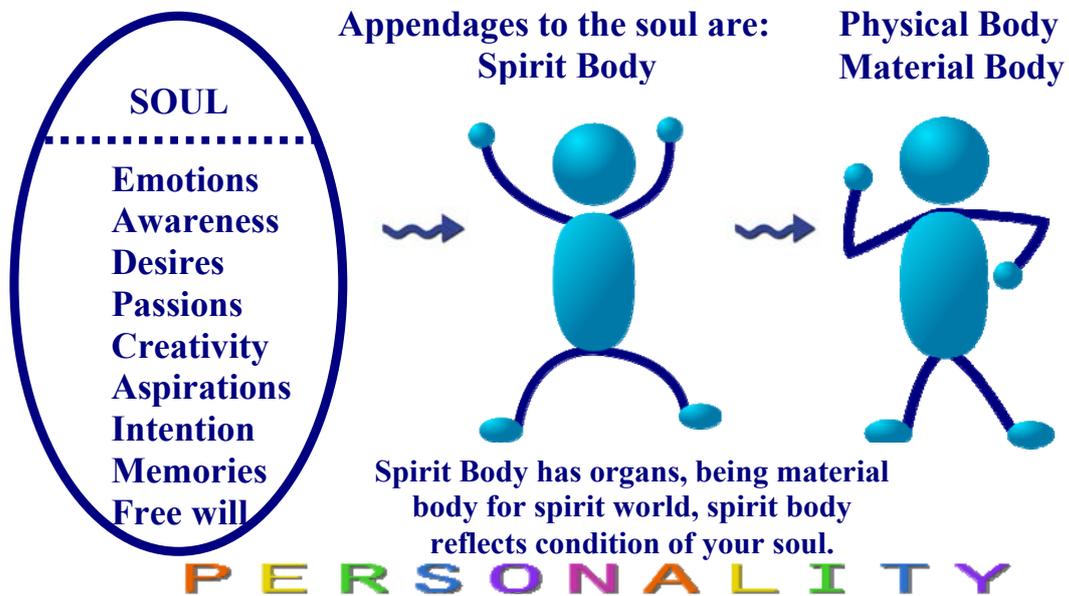


Did you have any sense of altered space or time?

Yes. I felt I was in the other dimension a lot longer than I really was. The amount I saw and learned would have taken a lot longer in this dimension. Also, with the medical tests that were done, even though the tests were done, the results were dependant on my choice of whether to come back into life or not. That really changed my concept of time!!

Did you have a sense of knowing special knowledge, universal order and/or purpose?

Yes. The clarity was amazing! I understood why I had the cancer, I understood how people get what they do, and I understood that life is a gift, but we don't realize it. I understood that we are very, very loved, no matter what. We don't have to do anything to prove ourselves to God, and there is no "heaven" or "hell". I realised we create our own heaven or hell here on Earth, and I learned the key ingredients for creating my own heaven on Earth!



Did you reach a boundary or limiting physical structure?

Yes. I reached the point where I felt I had to make the choice whether to go back to life or onward into death. My best friend was there (who had died of cancer two years before) and she told me that this was as far as I could go or I would not be able to turn back. "You have come to the edge. This is as far as you can go" she said. "Now go back and live your life fully and fearlessly".

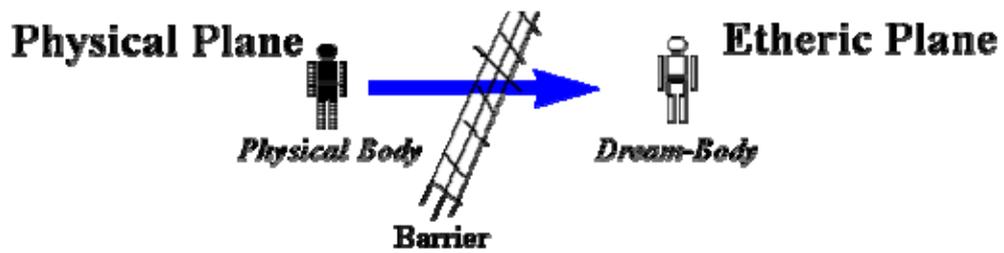
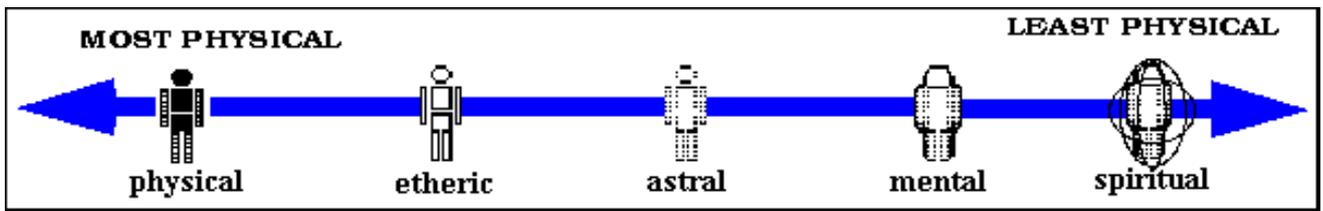
Did you become aware of future events?

Yes. I was aware my body would heal very quickly, and it did. I was aware that all the tests would show phenomenal results, and they did. They found no trace of any disease on my scans, my biopsies, etc. My organs are functioning normally, my appetite came back, and I was made aware all of this would happen. It has only been 6 months since my NDE (near death experience), and I am still awaiting all the

other gifts that were shown to me. However, I can see my life changing in a direction where all of this is very possible. One of the things I saw was a very long life ahead of me!

Did you have any psychic, paranormal or other special gifts following the experience you did not have prior to the experience?

Yes. I have been much more intuitive since the experience. When I am alone, I often get the awareness of being surrounded by beings (the same beings I felt when I crossed over), and being very, very loved – that same feeling I got during the NDE.



Spirit body does not leave the body, only at the time of death of the physical body. Visions occur.

Have you shared this experience with others?

Yes. Within days after it happened, as soon as I was well enough to talk, I started sharing it with my close family members – my husband, my brother (who I had seen on the plane), my mother. We were all very emotional and in tears. And they were all shocked with my account of events, the test results which I knew would be normal because I chose to come back, the conversations I “heard”. Then they saw the speed of my recovery, the shock of the doctors who could no longer find any trace of cancer – it has changed my whole family. I also shared with my best friend who has been by me during this experience, and it has changed her life too. Going out and meeting people after coming out of hospital changed a lot of people, because the last they saw or heard of me, I was on my death bed! I had looked very, very sick, and could not walk or breath properly at that time. Now I looked totally healthy and

normal. The first time I walked into a group gathering after coming out of hospital, everyone's jaw dropped. They looked at me as if they had seen a ghost. They could not believe how quickly I had recovered – everyone thought I was going to die! Then I shared my experience with everyone in the room, and all of them believed me because they had seen the “before” and “after”. Some of them said I had changed their lives.

Did you have any knowledge of near death experience (NDE) prior to your experience?

Yes. I have read about NDEs but never expected to experience one. My NDE felt completely different to anything I have read because there was no light, tunnel, no religious figure, and I did not see my whole life flash before my eyes. While I was experiencing it, I had no idea that I was experiencing an NDE or an out of body experience. It felt very normal at the time. It was only after that I realized I had slipped to another dimension.

How did you view the reality of your experience shortly (days to weeks) after it happened:

Experience was definitely real. I knew it was real because nothing else could explain the miraculous way my cancer just disappeared from my body!!! (I have the scans and medical tests to prove it)! And the charge I felt from the empowerment and the understanding – nothing else could explain the shift I felt in my way of thinking!

Were there one or several parts of the experience especially meaningful or significant to you?

The whole thing was very powerful – I cannot imagine anything more empowering happening to me. However, two main things impacted me – one was being able to change the outcome of the test results. That made me realize that nothing is solid (or real). We can change anything. The second thing, even more impacting, is how my body went from being almost dead from cancer to totally healthy without a trace of illness in such a short time! It not only makes me feel that everything (including cancer) is not real (a shift in consciousness made it disappear!) but it also makes me feel very powerful, and I have a totally different understanding of life now.

How do you currently view the reality of your experience:

Experience was definitely real. First of all, I am enjoying the wonders of my healthy body. I haven't felt this way in a while! Secondly, I feel very “connected” in a way I never have before. Sort of “guided”. I don't feel afraid of anything anymore. I know I won't die until I complete everything I came here to do. And even then, I am not afraid of death. Many, many more “coincidences” have been occurring in my life since the experience (hence the “guided” feeling). Things have been falling into my lap when I have wanted them, the right people call, I have been bumping into the right people, getting emails which answer questions I need answered, etc. Life has just become a lot easier, however it has only been a few months since I have been well. I am still feeling very high, and at the moment am still feeling the reality of the whole thing.

Note: Text is drawn mainly from the website <http://anitamoorejani.com/>

SUPER SENSORY SENSES



Spirit bodies have enormous capabilities, however, one capability it does not have is the ability to see one's soul or anyone else's soul. Only upon entering the 8th sphere, being at one with God, does the soul become visible. One's soul condition is reflected through the spirit body. Most spirits believe that the spirit body is the soul, this is not so.

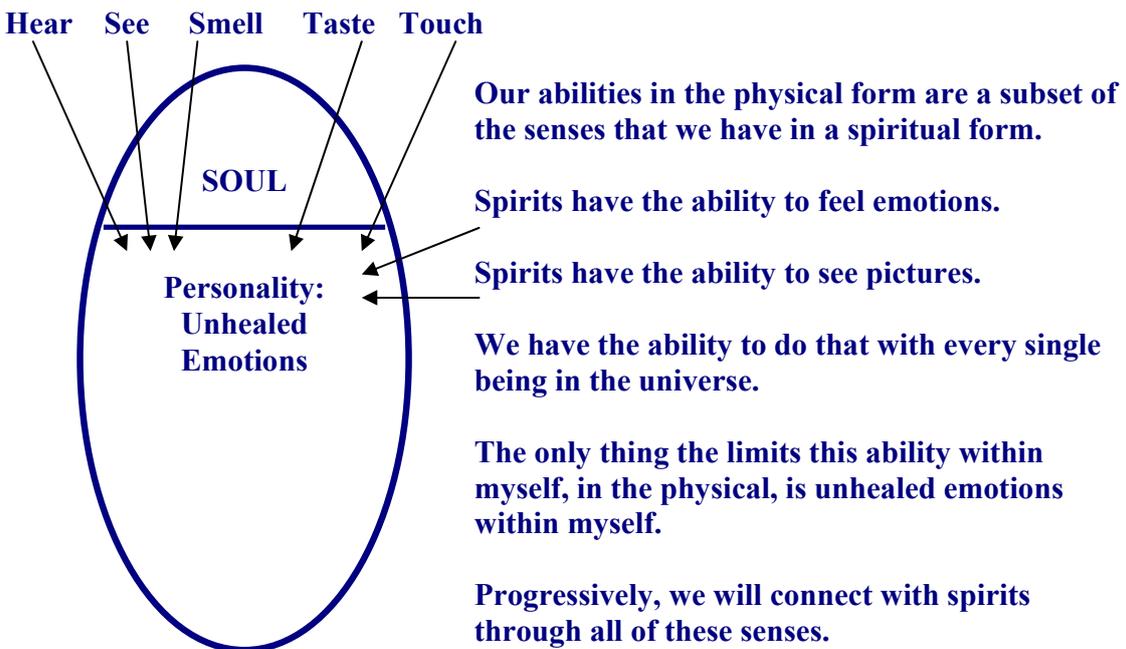
The super sensory senses are within the soul:

- Soul has many, many senses.
 - Spirit body with maybe more than a dozen senses has much higher senses and capabilities than the physical body.
 - Body has five sensing tools – sight, smell, touch, hearing, and taste.
- When the soul receives Divine Love, even the super sensory senses continue to grow.

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

Soulmate development is soul to soul.

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



Have your relationships changed specifically as a result of your experience?

Yes. I have become even closer to my family, but my social circle has changed. A lot of my old friends have drifted away from me because I am not the same person they used to know, but I have made a few new friends since this experience, who know and accept who I am now.

Have your religious beliefs / practices changed specifically as a result of your experience?

Uncertain. I was never very religious to begin with. I still don't believe in any particular religion, however this experience has transformed my "belief" in the afterlife into "knowledge" that it is really true (gnosis).

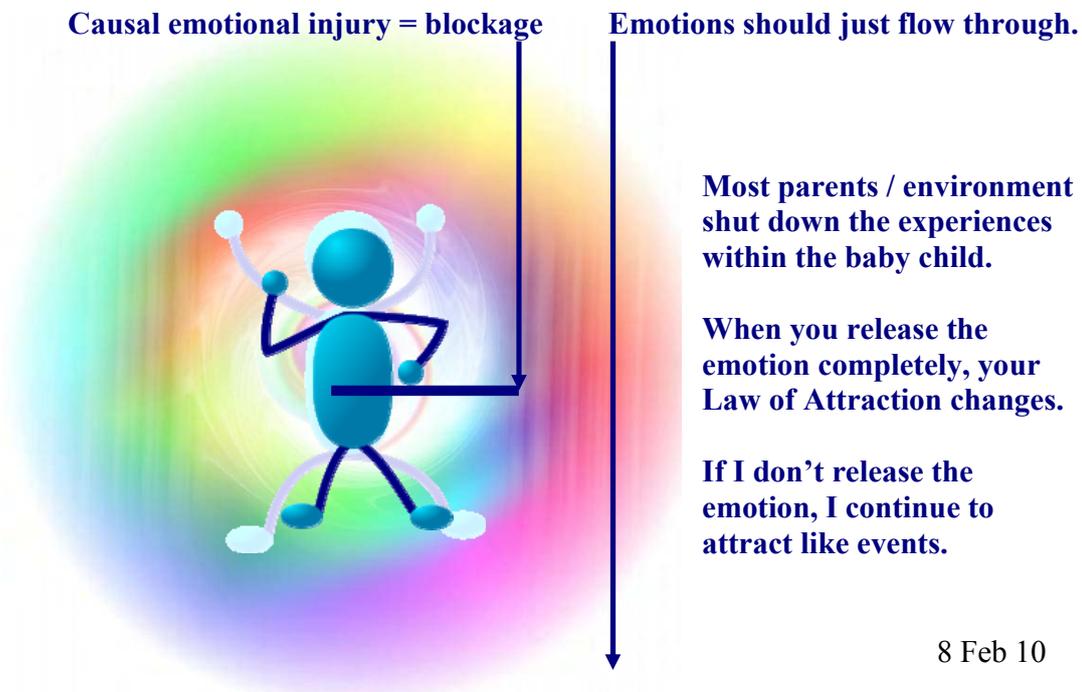
Following the experience, have you had any other events in your life, medications or substances which reproduced any part of the experience?

Yes. I am able to go back to that "connected" feeling of being loved, and feeling the other beings surrounding me, particularly when I am sitting still in a quiet environment.

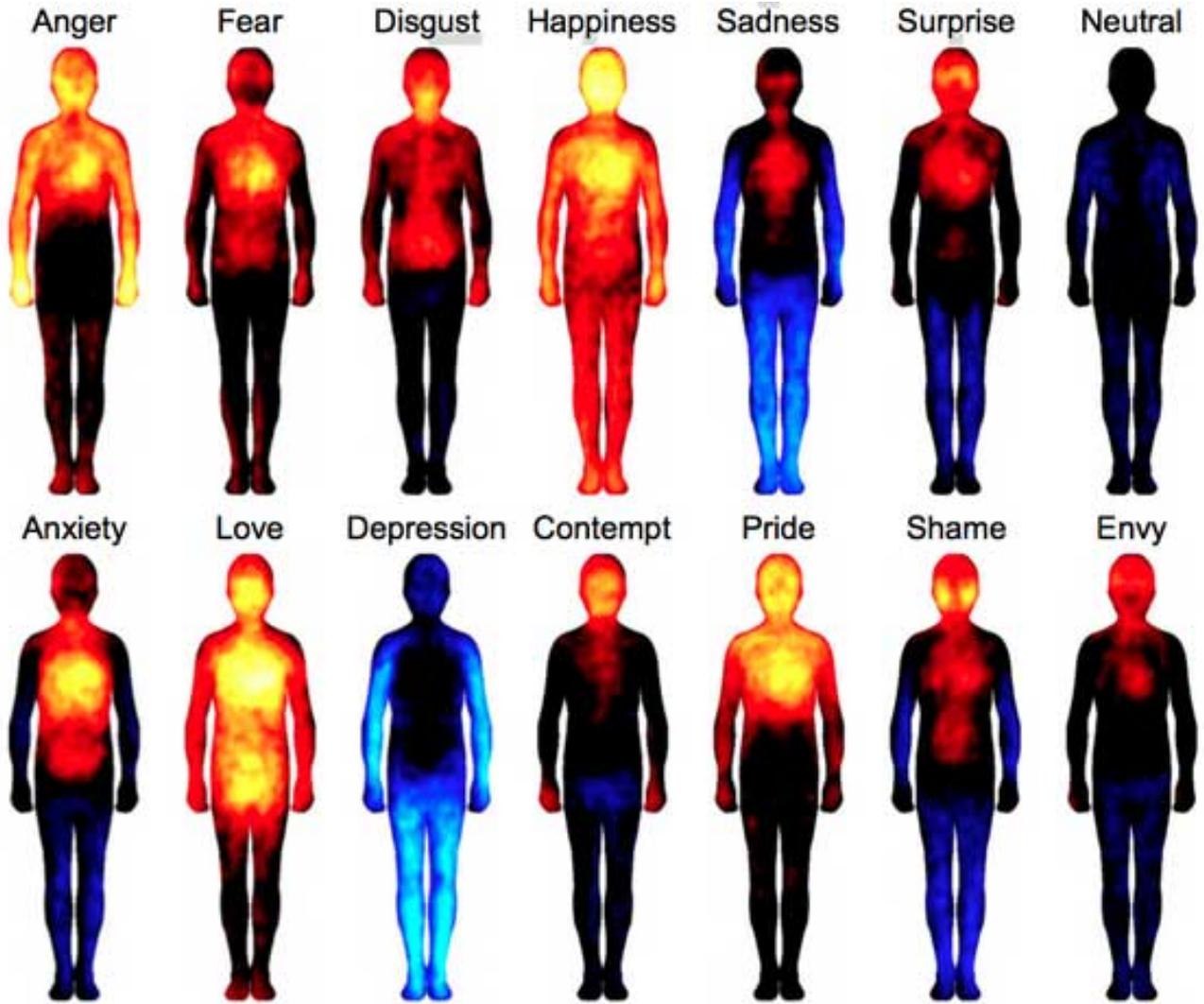
Did the questions asked and information you provided so far accurately and comprehensively describe your experience?

Yes

[Click Here for Audio Answers to reader's questions](#)



Body map showing areas where subjects reported feeling various emotions. (Credit: Proceedings of the National Academies of Sciences)



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.

GEMS for ALL PEOPLE of all AGES to EMBRACE:

The GOLDEN AGE!

Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

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

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

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

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

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

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

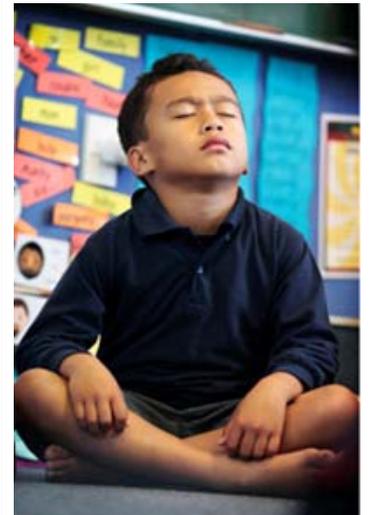
"Mother, Father, I desire your Love and I am loving you."

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

"True Soul God, I am here, I am aware of your Love.

Please hear my aspiration for your Love and as I approach you from my soul, I can feel your Love in the way that you are loving my soul."

"Please Father and Mother, may I receive Your LOVE."



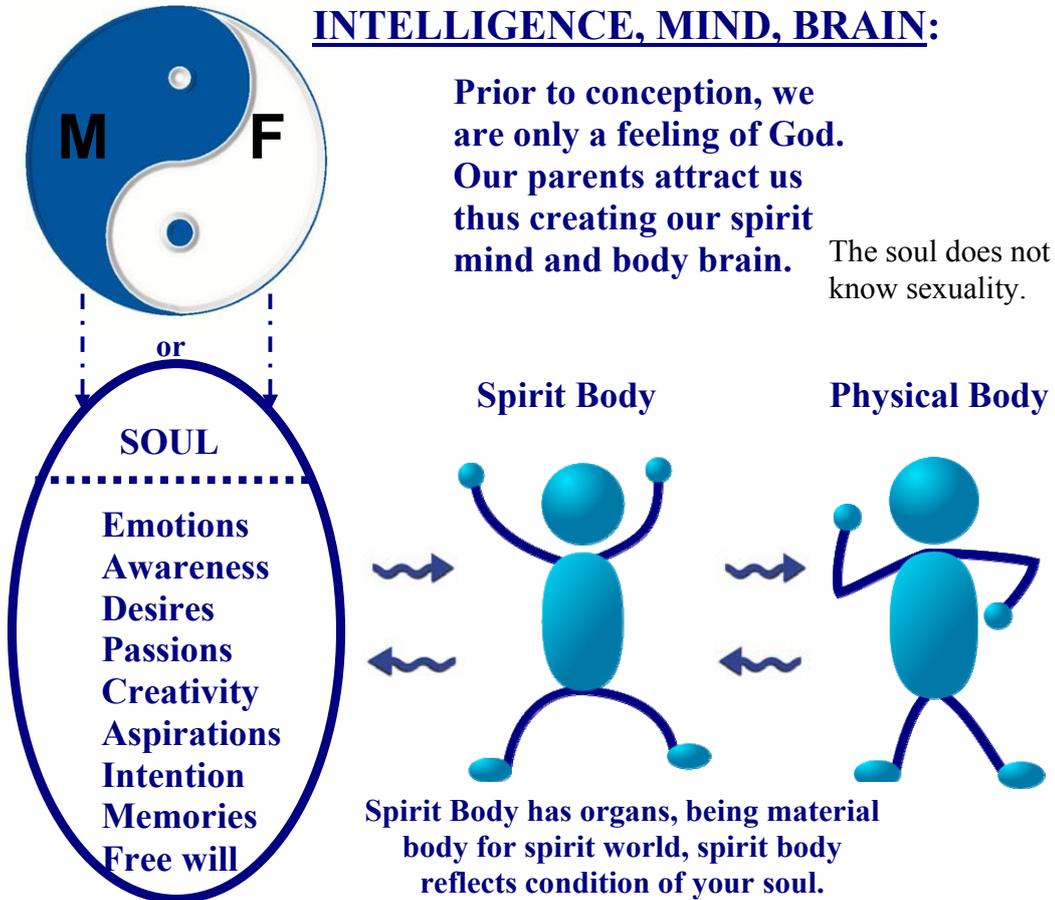
Maybe we could simply long for and ask:

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



MoC 1,471

INTELLIGENCE, MIND, BRAIN:



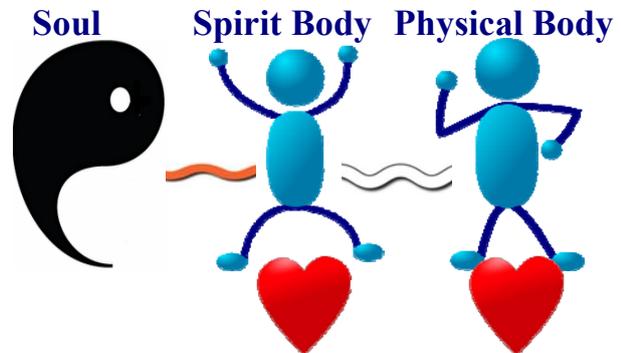
P E R S O N A L I T Y

Our Intelligence is Soul based. The capabilities of discernment, e.g., by kinesiology muscle testing, expands only with the growth of our Soul's intelligence. Upon conception, the creation of both our Spirit Body and Physical Body occurs, bringing forward our unaware Soul to start our journey. Upon death of the Body, the brain dissolves. The mind continues to grow in the Spirit Body until we progress through the 7th sphere into the 8th sphere at which point we are 'born again', one with God, entering the Celestial Realms, and the mind is no longer. Our soul intelligence grows as does our soul expand with the ever increasing infusion of Love from God.

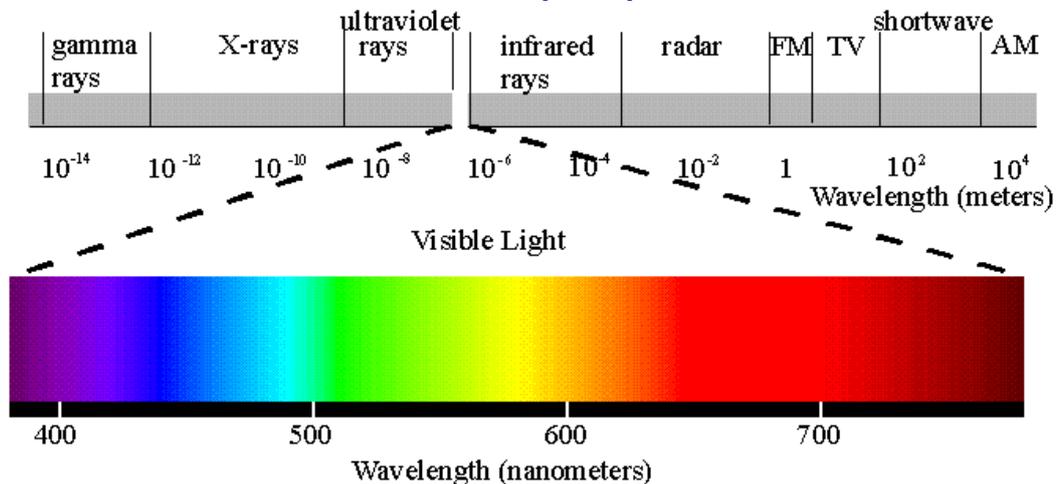
PURPOSE of ORGANS within OUR BODIES:

How the organs within the physical body as well as the spiritual body is dependent upon the soul. The organs all work to keep the soul connected to the body. This is to enable the soul to experience life through the body.

The rate at which the heart beats within the spirit body is much faster than within the physical body.



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



Supplementary Comments:

In view of how remarkable this account is, I emailed some additional questions to Anita. Her response is below the questions.

– Dr. Jeffrey Long, NDERF

My questions:

1. You write remarkably well!!! Have you lived in any English speaking area of the world for any period of time?
2. You had Hodgkin's Lymphoma. Was this diagnosed by biopsy? How was the diagnosis made?
3. How long after the chemotherapy was started did all the lymph nodes you had go completely away?

4. The fact that the medical tests, already done, would have their outcome changed depending on your choice is remarkable. If you had chosen not to return to Earth, do you have a sense when the medical tests would have changed- after your choice in earthly time, or would your choice have affected the tests at the time the blood was drawn which, in earthly time, I understand would have been before you made your choice to return to Earth. Any further comments you have on this would be greatly appreciated.

5. You said “It not only makes me feel that everything (including cancer) is not real (a shift in consciousness made it disappear!) but it also makes me feel very powerful, and I have a totally different understanding of life now.” As a doctor who treats cancer, any further insights you have on this would be greatly appreciated.

6. Would the doctors who treated you be interested in communicating with me? We would all need your prior approval to share information about your medical diagnosis and treatment. If your doctors were interested in writing up your experience to publish it as a “case report” in the medical literature, I would be delighted to help in any way that I can. This could certainly increase the awareness of NDE in your country.

Anita’s response:

Thank you so much for your response, and on your compliments to my English! I attended a British private school for my entire schooling here in Hong Kong, as this used to be a British colony up until 1997. There were British schools set up specifically for the children of the British officers and most of the large corporations in Hong Kong were also run by British. After I finished school, I did some further studies in Manchester, UK, but returned to Hong Kong after I finished. I married someone here, who shared a very similar background as myself – a fellow ethnic Indian born and raised in Hong Kong, with no real attachment to our parents’ native country. I have also been working here in Hong Kong.

Before I go further, I just want to share with you that your email gave me goose-bumps. When I had my NDE, and I was able to see and perceive certain aspects of my future, I perceived that one of the reasons I had to go back was because I was supposed to touch and inspire people’s lives. In that state, I somehow knew that I was meant to inspire thousands, maybe tens of thousands of people. But it was not clear how I was meant to do it – I just knew I was supposed to be doing something to inspire people. I specifically got the feeling that I didn’t need to do anything for this to happen, I just had to be myself and enjoy life. Then recently, I had been thinking about this, and now that I am well and want to do something productive with my life, I have been trying to figure out what it is I am supposed to do that inspires others. And this morning I got your email which said “Over the years, tens of thousands of people will read your experience and, I am sure, be inspired.” I now understand why I was made to feel I didn’t have to do anything!! I was doing it by having the NDE!!!

Regarding your questions I am sorry if the answers seem a bit long, but I want to make it as clear as possible:



When you disconnect from your physical body, the experience is more vivid, you are now using your spirit body senses, not your physical body senses. Your spirit body has eyes, your spirit body has a brain, your spirit body has ears, your spirit body has a mouth, every sense you have in the physical, your spirit body has, and additional ones on top of that. What you are having is all your sensory input to your soul via your spirit body. That is why it is so real, because it is actually a real thing. You are doing this really but in your spirit body form, not your physical body form. You can see everything in the spirit form as well as the physical world that your soul condition will allow you to access.

For some people it is a very scary experience because their soul condition is afraid or they have different fears that they are yet to resolve at the soul level, so they have a very scary experience. For others who are less afraid, and they feel more feeling, no fear, a more pleasant experience.

The only time you leave your physical body permanently is when your silver cord is cut.

The majority of people who pass and are not in a dark condition, never consider coming back to Earth.

29 Jul 2009

About 3 and a half years ago, I had a needle biopsy on a swollen lymph gland at the base of my neck where it meets my shoulder on my left side, and the results indicated I had Hodgkin's Lymphoma. A scan then preliminary staged it at 1A at that time, however more tests still needed to be done. If I can explain some details, which I did not think was necessary in my earlier account as it had nothing to do with the NDE itself: My best friend had just died of cancer – she had a sarcoma in her chest area. The sarcoma had been removed surgically, and then she was given chemo. Her physical condition deteriorated very badly after starting the chemo, and continued to deteriorate until she died. Her family felt very strongly it was the chemo that killed her, not the cancer. I was with her through her experience, and watch her suffer through her chemo experience, which was horrific, and then watched her die. This was my friend whom I had known since grade school, and we had grown up together. When I was then subsequently diagnosed the same year she died, I was shocked, as were a lot of people in our circle of friends. I was very, very afraid of chemo, so refused treatment, and went to see a naturopath who specialized in cancer treatment. At first, the swollen lymph nodes seemed to be shrinking, and we felt the therapy was working, and I was very happy that I would not have to have chemo. But although they got smaller, they did not disappear completely. I was living in a lot of fear at that time – fear of the cancer, and fear of chemo. I cleaned up



my diet, did colon therapy, and took all the pills the naturopathic doctor gave me. But around 2 years ago, the lymph nodes seemed to be growing again, and so the doctor changed my therapy, and also sent me to a herbal specialist. Again, it seemed to come under control for a little while, but around 1 year ago, I started to develop fluid in my chest area, and also my left arm became swollen. My doctor then performed a pleural effusion, and then the fluid came back and he performed the effusion several more times. During this time, my glands were getting more and more swollen, until January, 2006, when my health deteriorated dramatically in a span of 2 or 3 weeks. My breathing became more and more laboured, I was always out of breath, and I needed to carry a portable oxygen machine. I was losing weight, I could not eat, as I felt full all the time, my muscles were deteriorating to the point where I could not walk and was using a wheelchair, I had skin lesions which were oozing, and by February 2, I could not move. I could not open my eyes, get out of bed, let alone even walk. I just accepted that this was it, I was going to die, and I just completely let go. I did not feel any pain, or discomfort. I was not on any medication at that point – just a state of total release.

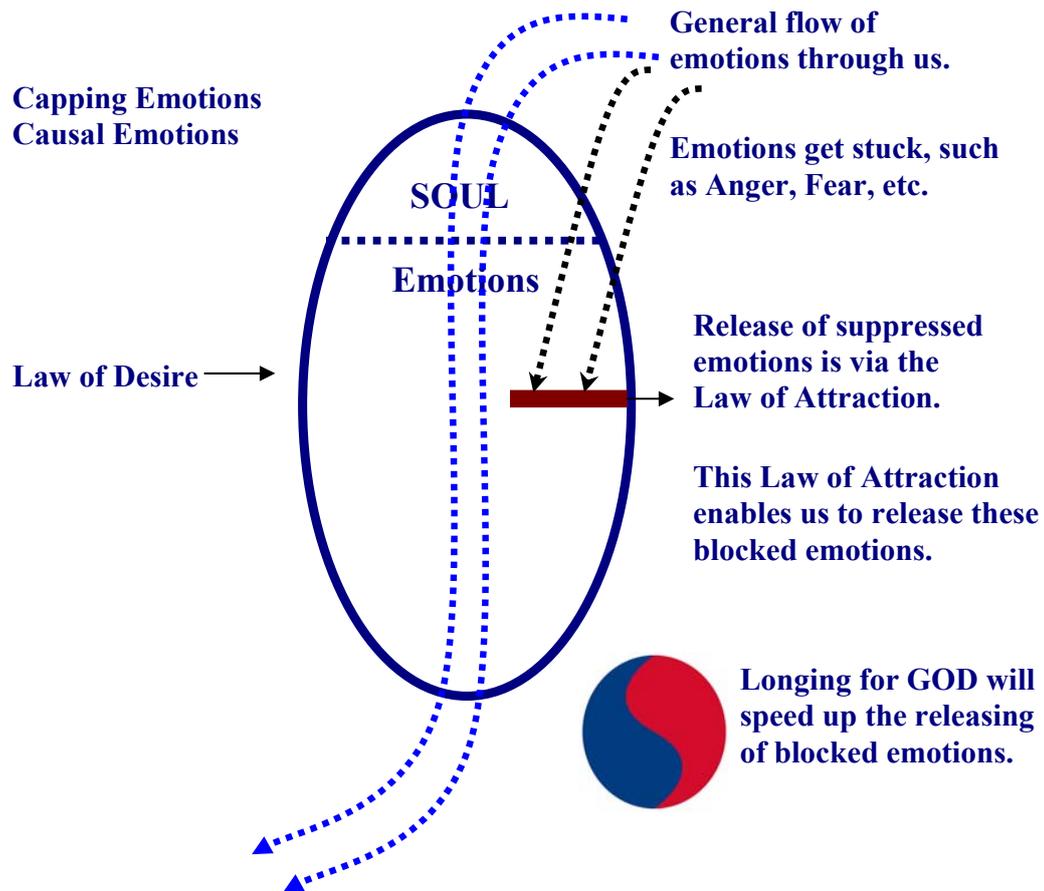
My husband rushed me to hospital, and I was assigned an oncologist who, after examining me, said “its too late. There is nothing I can do.” My husband pleaded with her, and she then relented to assign someone else, as she felt it would be a “waste of her time”, or perhaps she did not want my death on her record. She was very annoyed with my naturopathic doctor, and felt it was his responsibility to send me to the hospital earlier, and made it clear that it was “his fault” that I was going to die.

The scans showed that the lymphoma had spread throughout my body, and my organs were compromised. My feet and hands now began to swell like balloons, and my face was all swollen. The oncologist said “her organs have already shut down – she is dying of organ failure”. Listening to my husband’s pleas, she called another oncologist, who said to my husband “I can’t promise anything, I’ll see what I can do. However, the next 24 hours are critical. She is too unstable to even perform a biopsy to determine what drugs to inject. We will also begin to run the tests right away on her organ functions as all symptoms seem to indicate failure.” This was the conversation that took place outside my room, some 40 feet away, and I heard and saw it, so I had obviously left my body at that time. Anyway, I then became aware of all the needles poking me, and some kind of chemo drugs went into me, but I don’t know exactly what the mix was. And I was connected to an oxygen machine, a food tube, something that monitored my heart, pulse, blood pressure, etc. etc. The next morning, (after drifting between the two worlds through the night and after making my decision to come back into life) I started to feel more awake, and started to feel slightly more grounded in this world than that one, and that was when the doctors came in and said my organs were showing normal function. I was still a bit fuzzy, and said something like “oh, I thought we knew that already”. My brother had arrived, having been on a plane overnight, and by that evening, I was really awake and ready to sit up. My whole family started celebrating. Within 4 days, my progress was remarkable, and I was transferred from the ICU to a normal private room. There was significant reduction in my lymph nodes within those 4 days.

Because it now looked like I was going to make it, the doctor called for a wound specialist to look at my skin lesions. When he first looked at them, he said that surgery would be needed as the skin had been “eaten away”, but he would wait until I became stronger. However, my wounds healed miraculously over the weeks, and never needed surgery (one on the neck and one under the arm). About a week after coming out of ICU, they performed a bone marrow biopsy, and could not find anything, and about 10 days after that, they performed a lymph node biopsy. When I was sent for the lymph node biopsy, the radiologist could not find a lymph node big enough to even suggest cancer, however the oncologist

pushed him to mark a lymph node on my body anyway which they biopsied and found nothing. Each time, I knew the test results were going to be negative. The oncologist however, wanted to run these tests so that he could determine what chemo drugs to use, but since he could not find anything, he said it is because I am responding extremely well to what he is currently using, so he will keep giving me that.

WE are CREATED as EMOTIONAL BEINGS:



“Repressed / suppressed emotions result from walking away from Love. Aman and Amon – first parents – walked away from God, detuned from God’s love. We misused freewill by acting in disharmony with God”.

I said that if the cancer seems gone, why do I have to keep having the chemo, but he insisted that, even though my recovery was remarkable, he had to be sure to give me at least the minimum number of cycles, because of the state I was in when I came in. He said he originally thought I would need a lot more cycles, but was now reducing it drastically to the minimum he ever gives which is six. I don’t know why, but I did not suffer major side effects from the chemo. I was so charged by my NDE, it was as if nothing was going to get me down, and I now lost my fear of the chemo, and knew that I was going to be fine – better than fine.

In answer to question 3, the lymph nodes were visibly reduced by about 80% around 4 days after the chemo. However, the biopsy was done about 2 weeks after that, where they could not find a lymph node to even suggest cancer. They were waiting for my body to be stronger before conducting the biopsy, which is why it was not done earlier. The bone marrow biopsy was done earlier, where they did not find anything.

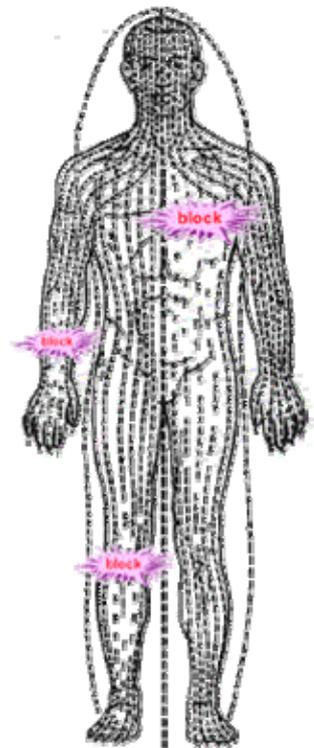
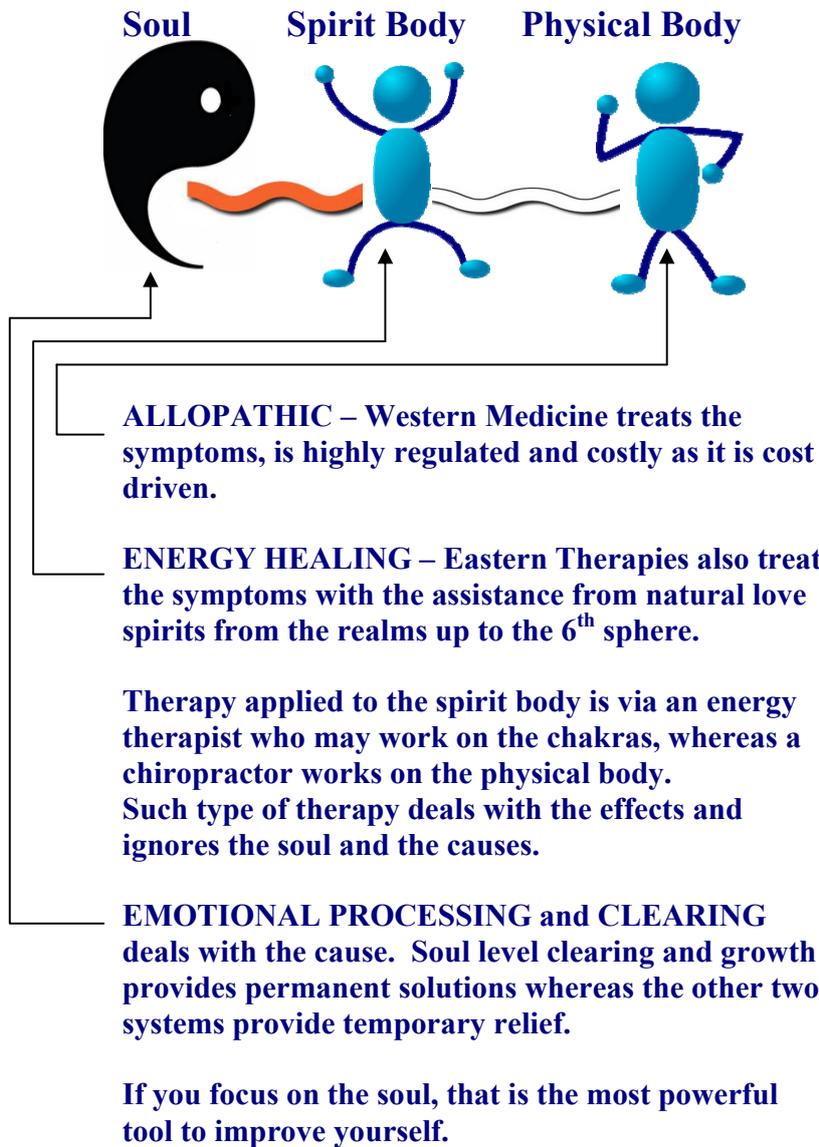
Question 4: This is one of the points that is so hard to express with our limited 3 dimensional language. Time seems to have a completely different meaning on that side. What I felt was that all possibilities exist simultaneously – it just depends which one you choose. Sort of like being in an elevator, where all the floors of a building exist, but you can choose which floor to get off on. So if all the future possibilities exist for me to choose from, then I assume all the past scenarios exist too. So depending which future possibility I choose, that will also determine which past automatically comes with it (I chose life, so it affected the past, choosing the appropriate test result for the organ function). I hope I am making sense. It's very clear in my thoughts, but it is hard to write. When I was being presented the choice, I actually saw a vision of my lab report which said, on the heading: Diagnosis: Organ Failure. Then on the body of the report: Death due to organ failure caused by Hodgkin's lymphoma. When I actually saw the report after coming back, the sheet of paper looked almost identical, and the heading matched word for word: Diagnosis: Organ Failure, however, the body read: There is no evidence of organ failure. I actually got goose bumps looking at that report, knowing what it could have read.

Question 5: I now know that a lot more exists than we are consciously aware of or capable of understanding. Each day, I am understanding more and more since the NDE. I am finding out that there are things I now feel I "know" or "understand", which I never did before. The best example I can think of is: imagine there is a huge warehouse, which is dark, and you live in this warehouse with one flashlight. Everything you know about this warehouse is seen through the light of this one small flashlight. Whenever you want to look for something, you may or may not find it, but it does not mean the thing does not exist. It is there, but you just haven't flashed your light on it. You can only see what your light is focused on. Then one day, someone flicks on a light switch, and for the first time, you can see the whole warehouse. The vastness of it is almost overwhelming, you can't see all the way to the end, and you know there is more than what you can see. But you do see how all the products are lined up on all the shelves, and you notice just how many different things there are in the warehouse which you never noticed, never even conceived having existed, yet they do, simultaneously with the things you know existed (those are the things your flashlight had been able to find). Then, even when the light switch goes back off, nothing can take away the understanding and clarity of your experience. Even though you are back to one flashlight, you now know how to look for things. You know what is possible, and you even know what to look for. You start viewing things differently, and it is from this new springboard that your experiences start to happen. And so I find that in my daily life, I am referring to different aspects of my experience at different times, and I am understanding things in a different way, and knowing things I did not know I knew.

I saw all people as "energy", and depending where our energy level was, that was the world we created for ourselves. The understanding I gained from this was that if cancer was not in our "energy", then it was not in our reality. If feeling good about ourselves was in our energy, then our reality would be positive. If cancer was in our energy, then even if we eradicated it with modern medicine, it would soon come back. But if we cleared it from our energy, the physical body would soon follow. None of us are as "real" or physical as we think we are. From what I saw, it looked like we are energy first, and

physical is only a result of expressing our energy. And we can change our physical reality if we change our energy. (Some people have mentioned I use the term “Vibration”). For me, personally, I was made to feel that in order to keep my energy/vibration level up, I only had to live in the moment, enjoy every moment of life, and use each moment to elevate the next moment (which then elevates my future). It is in that moment of elevating your energy level that you can change your future (like my test results). It sounds very simplistic, but it felt very deep when I was experiencing the understanding of it.

HIERARCHY of HEALING SYSTEMS



Question 6: As yet, I have not told my doctors of my NDE, because they seem a little old fashioned, and I don't know how they will respond. However, I am willing to give it a try. I am seeing them on Thursday morning for a general check up, and I will broach the subject. It had occurred to me earlier to mention it to them, but the time never felt right. They had commented however, all through my stay in hospital, at how remarkable my recovery was. I will keep you informed as to how it goes with them, and as long as they agree, I have no problems with you communicating with them.

I hope I have been able to answer your questions. I am very excited about being posted on your site, especially at the thought of being on the archives of the exceptional experiences. My brother forwarded me the link to your site about 10 days ago, as he started to read up on NDEs after my experience, and I started to fill out the questionnaire immediately.

[Subsequent to this writing, Dr. Peter Ko, oncologist from the US, took an interest in this case, and flew to Hong Kong to meet Anita. He made a copy of all the relevant information in Anita's medical records and studied them in great detail. His comments to her was "Anyway I look at it, you should be dead! After reviewing the records, he submitted his findings to cancer institutes around the globe, all of whom responded they have no record of any such event occurring before. Dr. Ko conducted a public forum with Anita, and was also interviewed on the radio about his findings of her case, which has been recorded and can be heard on this site.]

**The magic key to soul condition growth:
Always look up and look for the brighter spirits, then always
ask them to tell you about the Feeling Healing process and
God's Divine Love and Divine Truth.**



Angels actually do not have wings.

Spirit people who enter the Celestial Heaven are referred to as angels.

PHYSICIAN, HEAL THYSELF:

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

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

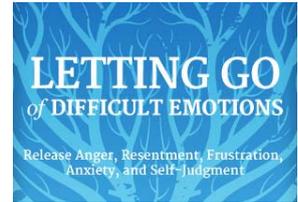
- Feelings are not the real self. Whereas feelings are programs that come and go, the real inner Self always stays the same; therefore, it is necessary to stop identifying transient feelings as yourself.
- Ignore thoughts. They are merely endless rationalisations of inner feelings.
- No matter what is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

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

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

LETTING GO with The LOVE:

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



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

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

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

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

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

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

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

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

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

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

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

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

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



Dr DAVID R HAWKINS:

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



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

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

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

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

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

Everything is interconnected.

MUSINGS by JOHN:

Thursday, 28 September, 2017

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

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

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

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

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

Cheers John

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

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

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

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

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

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

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

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

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

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

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

Yours respectfully,
Dr. David Hawkins

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

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

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

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

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

CONCLUSION:

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

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

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

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

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

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

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

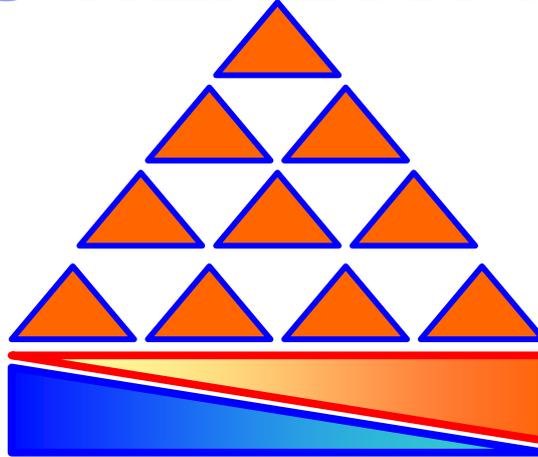
in conjunction with

Longing for the Truth when also longing for Divine Love.



Note: Following the writings of James Moncrief, one could consider that any reference to the Father, by other relevant writers, may be read as a reference to 'our Mother and Father'. Further, when considering soul healing, then reference to Divine Love could be referred to as 'Feeling Healing with Divine Love'.

PASCAS HEALTH MATRIX



**ALLOPATHY
MEDICINE**

**COMPLEMENTARY
THERAPY**

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

PROFESSIONAL MEDICAL TEAMS

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

COMPLEMENTARY THERAPY FIELDS

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

**Imaging – X-ray – Ultrasound – CAT scan – MRI
Pathology
Streamer – Case Manager**

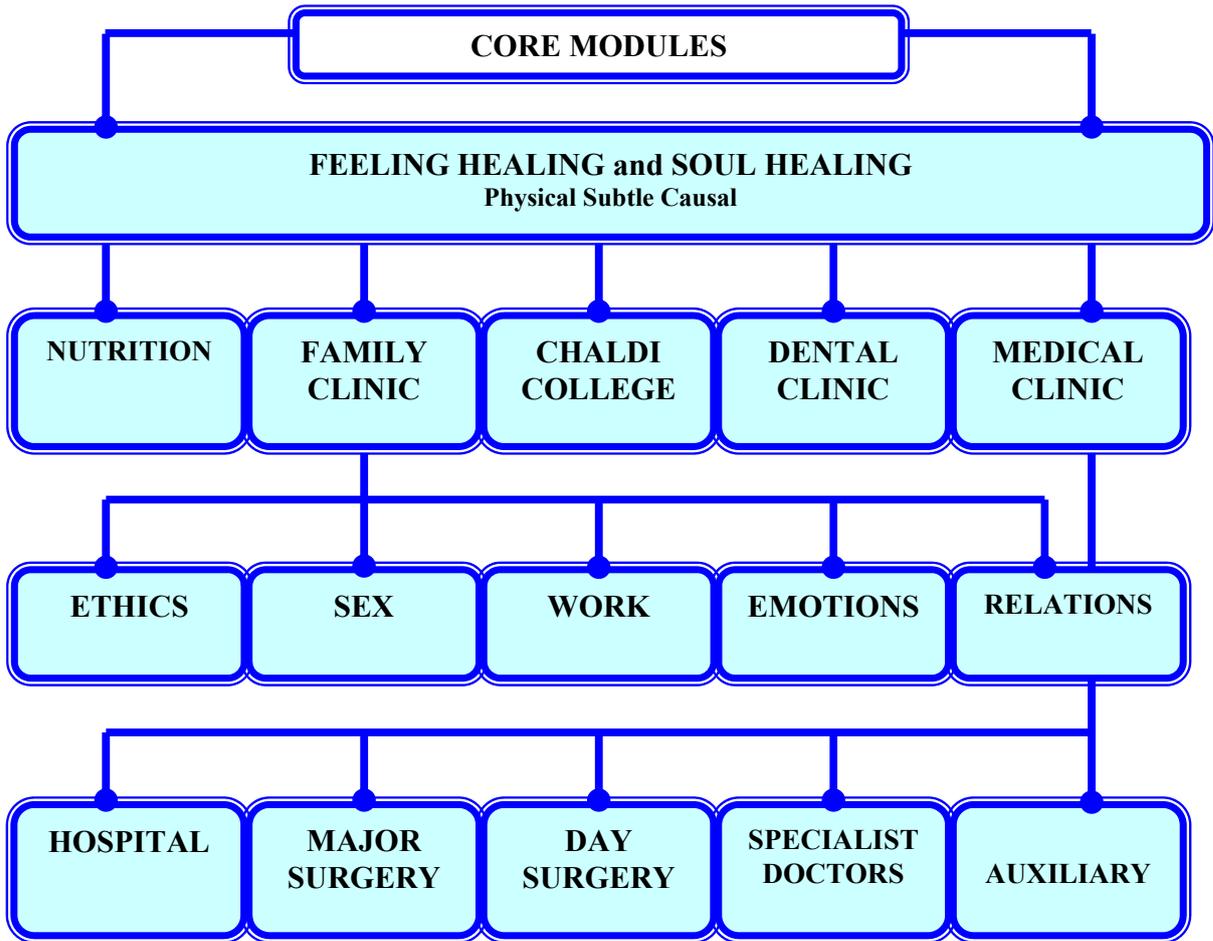


Streamer's Meeting



PASCAS CARE

Life Practice Matrix - Feelings First



Feelings first

EMOTIONAL INJURIES can be INDICATORS of PHYSICAL DISTURBANCES:

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



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

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

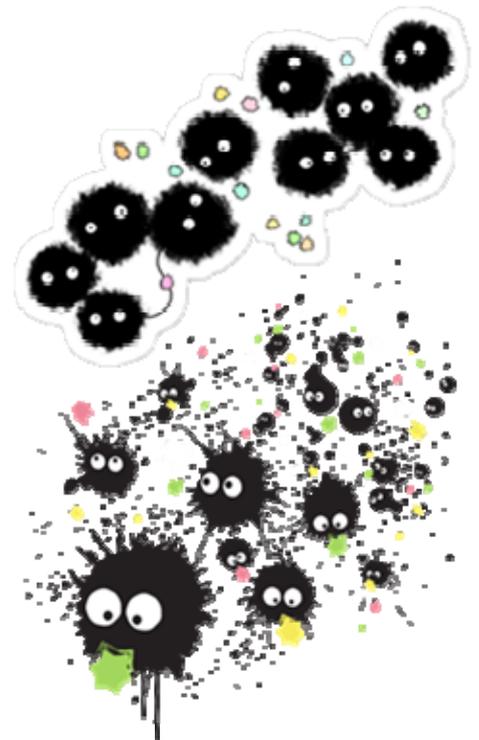
It is a generalisation that a range of emotions within a similar energy or frequency band find their manifestation by expressing themselves as pain and illness within one's body in predictable locations. Further, due to clustering of volumes of ongoing emotional injuries around the core issue, the healing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



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

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

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



OUR BODY NUDGES US TO LONG FOR TRUTH!

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



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

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



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

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

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

Note from James Moncrief 2 June 2018



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



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

PHYSICAL DISCOMFORT is a COMPANION through out OUR FEELING HEALING:

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



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

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

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

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



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

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

BODILY PAIN is OUR FRIEND:

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

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

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



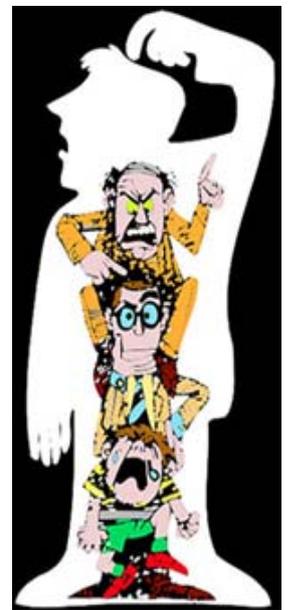
So in doing our Healing, we try to put off rushing to the doctor or seeking immediate help to remove even the slightest pain, choosing to instead put off such visits or taking pills whilst trying to express and seek the truth of such pain. However when it drives you to seek help, of course you do whatever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

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

James Moncrief 9 May 2018



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



What is Child Abuse?



Verbally abusing a child



Teasing a child unnecessarily



Exposing a child to pornographic acts or literature



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



Forcing a child to touch you



Breaking down the self-confidence of a child



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



Manipulating a child



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



Using a child as a servant



Not listening to a child



Neglecting emotional needs of a child



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



Hitting and ridiculing a child at school



Neglecting a child's medical needs

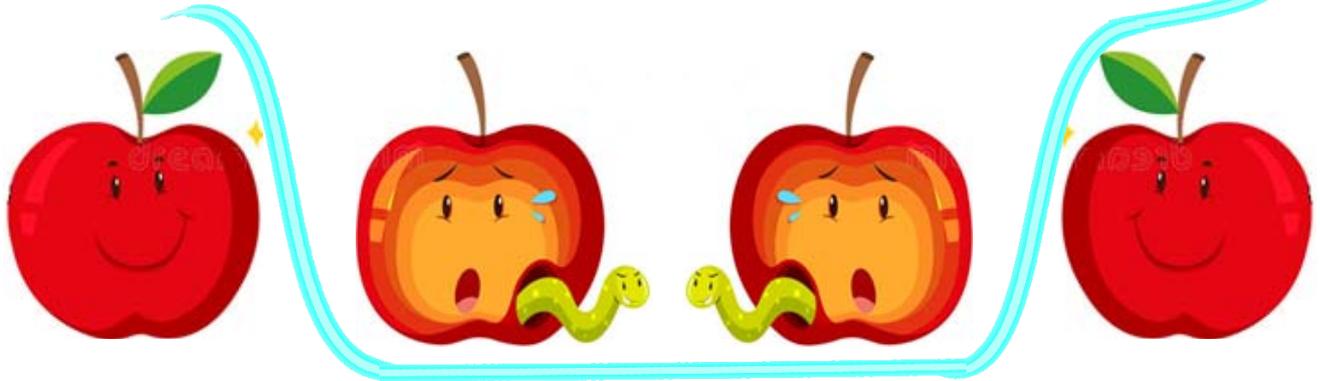


Neglecting a child's educational needs



Leaving a child without supervision

Pole Shift



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

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

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

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

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

FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

Feeling bad is good.
 Feeling bad is GOOD!
 It's not bad to feel bad – it's good.
 FEELING BAD IS GOOD!
 Very good!!!

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

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

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

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

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

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

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

You are your bad feelings – Your bad feelings are you.
Bad feelings have just as much right to life as good feelings.
Be true to your bad feelings – acknowledge, honour and accept them!
Accept your feelings.
Accept yourself.

So Remember:

Feeling bad is Good!
Accept your bad feelings.

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

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

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

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

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

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

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

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

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

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

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

The aim of Feeling-Healing

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

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

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

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

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

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

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

Prayers to our Mother and Father

From 'Religion of Feelings' by James Moncrief

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

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

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

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

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

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

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

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

Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

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

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

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

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

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

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

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

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

LOVE
is
Feelings First Spirituality, The New Way

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

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

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

Living the New Way of Feelings First Spirituality

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

And to do this you need to do your Healing

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

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

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

Feelings First Spirituality **The New Way**

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

FEEL *for* TRUTH

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

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

FEELING TRUTH

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

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

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



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

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

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

Notes from 'Feeling Healing' by James Moncrief

Heartfelt TRUTH

REVELATIONS



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



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



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

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

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



Immortality with the Love.

Steps UP!

Quantum Jump 1



REVELATION 1
James Padgett 1914 – 1923

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

Quantum Jump 2

REVELATION 2
Marion and James Moncrief 2002
– ongoing

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

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



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



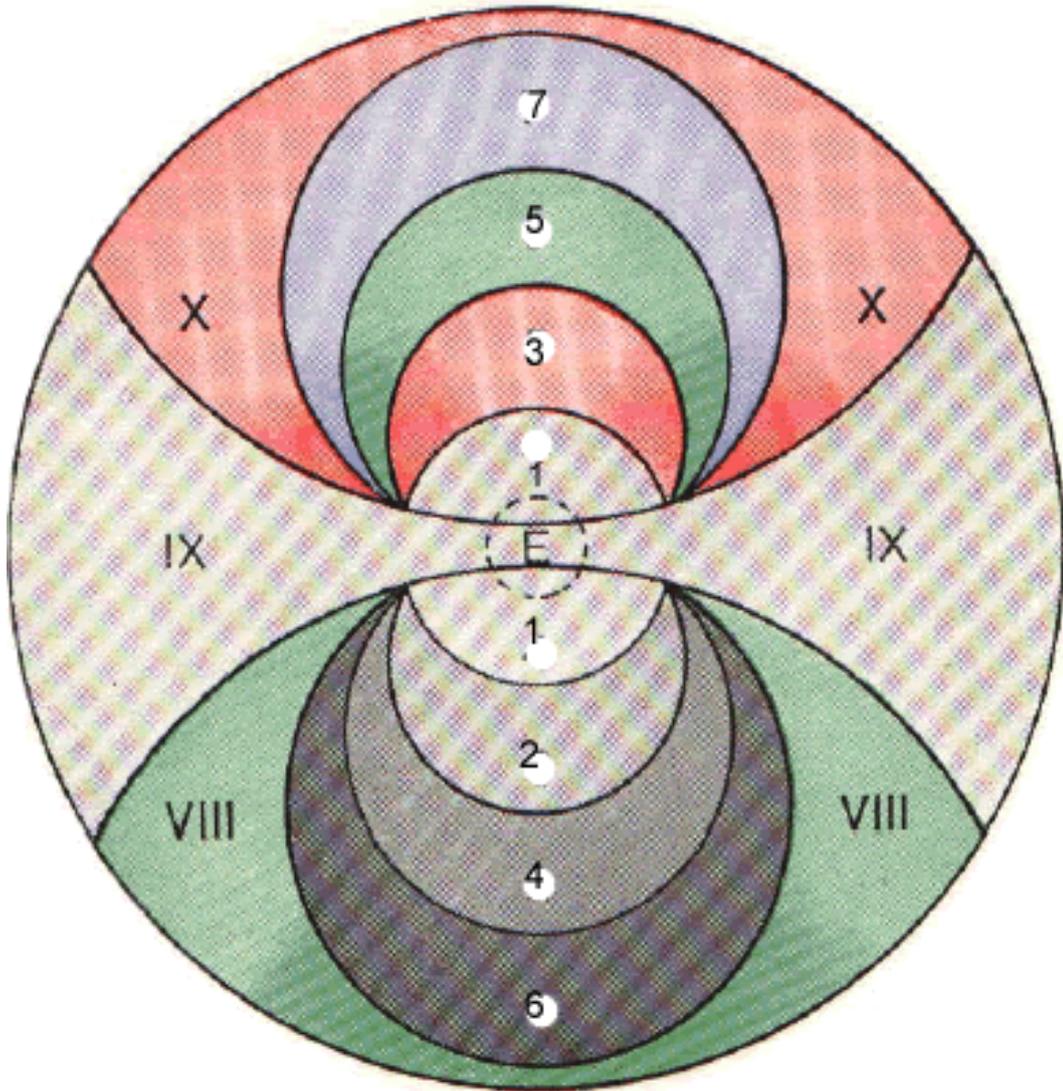
GATE OF HEAVEN by Robert James Lees:

<https://new-birth.net/life-after-death/the-sleep-state-extract-from-the-gate-of-heaven2/>

Reference; the third book of RJ Lees – "Gate of Heaven" a web page of the diagram found at the beginning of that book very clearly shows the sleep state as occurring in a physically different location from the Spheres.

This extract is from the book "The Gate of Heaven" by R.J. Lees and it has a diagram of the spirit spheres, spheres of natural love that reach to the 6th sphere, whereas Divine Love sphere go on and on and on, and the diagram illustrates that the sleep state also has a specific locality.

**THE HEAVEN
and
EARTH
SECTIONAL DIAGRAM**



EXPLANATION OF THE DIAGRAM

The outer circle indicates the position of the Psychic Sphere. The ‘firmament’ or heaven of Gen. i, 8. This, as described in the following pages, embraces every provision for the reception and maturing of the newly-born soul until it reaches the Spiritual condition of a son of God.

E. The Earth. Its position in the Physical indicated by the dotted circle.

I-VII. The Seven Spheres, or Intermediate State. The Schoolroom where the youth of the soul is passed in Spiritual preparation.

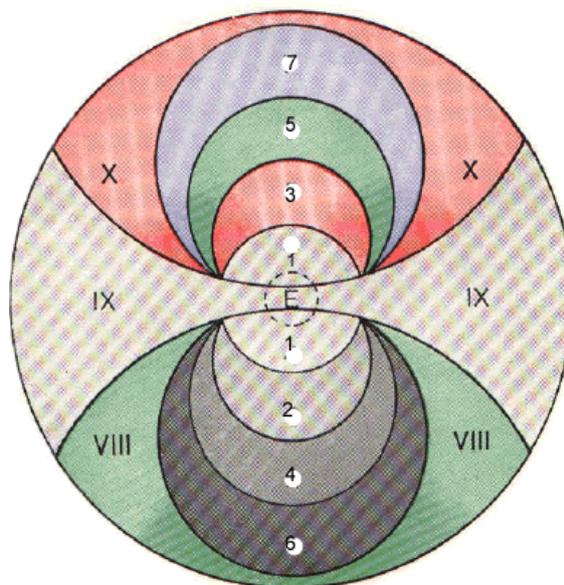
VIII. The location of the uncultured, or “nations that forget God,” in which they are suitably instructed and prepared.

IX. The Sleep State, where the sleep-life is spent by all mankind in communion with the departed. (Job xxxiii, 14-18.)

X. The Great Nursery, where children who pass away prior to birth, or before they “know to refuse the evil, and choose the good” (Isa. vii, 16), are developed and educated. –

This diagram is interesting, but I would caution about assuming any large degree of accuracy concerning it. But it does very clearly suggest that "sleepers" interact in a very specific location.

Considering this diagram, I have had a few thoughts. Firstly, it's interesting that all this is in a sphere. Secondly, this layout leads itself directly to the point made in the Padgett Messages that there are Divine Love spheres, and Natural Love Spheres. That is, there are spheres which are predominantly natural love orientated and there are spheres that are Divine Love orientated. Without really knowing if I am right, this is how I would see it:



WHICH WAY? MIND SELF RELIANT or FEELING AND GOD RELIANT:

To PARADISE, the HOME of OUR HEAVENLY PARENTS

The Way Home



Council of Elders
now around 20
Soulgroups



Maybe something like 30 billion people have recognised that our Mother and Father's Divine Love, together with embracing one's Feeling Healing, that with these two aspects, have progressed through the Mansion Worlds to the Celestial Heavens and onwards.

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

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

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



More than 200 billion personalities have embraced their mind and self reliance through the misguidance of 'New Age' styled ideologies and the many thousands of different religious platforms, all of which take the person further and further away from our Heavenly Parents.

For a million years, humanity has gone in the wrong direction with its self-denial of self and feeling!

I'D TURN BACK IF I WERE YOU!

The Natural love spirit Mansion Worlds as to how they have been for all these hundreds of thousands of years and as they are set up currently, are to help spirits advance to the fullest of their self-denial that they can. That is, so as to become as evil as they can. And all under the guise of being 'loving'.



It's why they are called the mind worlds, namely Mansion World / spheres 1, 2, 4 and 6. That is because the spirits are using their minds to complete their rebellion – denial of self and feelings, and rejection of our Heavenly Parents as well their Creator Son and Daughter. So yes, the top of Mansion World sphere 6, spirits are the most evil, the most in rebellion, the most in default, the most wrong and unloving and untrue, even though, they appear, because they've trained their mind to do so, to be the most loving, but it's all false and contrived – such as the Eastern gurus. Total mind over feelings, blocking all the bad ones and using your mind to only make you feel good.

Typical of those on their way up in the mind worlds are not open to anything, they do not want to know about feeling bad and going with their bad feelings looking for their truth, because that scares them, that's not nice, that doesn't make one feel good, it threatens their control, they reject that preferring to stay in their nice safe space. Which is how it is for these Natural love mind spirits using their minds to control their feelings.

We've all got to take responsibility for our evilness even though we were made to be that way and rebel by default, but there is no getting away from it, and it has to be compensated right to the last farthing, which is what being in the hell planes is all about, and which keeps being applied right the way through the Mansion Worlds. **In the mind worlds you can continue to use that inner pressure requiring compensation for your bad deeds, to further contrive love and pretend you are all holy and loving and not hurting anyone anymore, which on the surface of it you are not, but underneath still are, all the way up through to the sixth world; or, you can allow it to keep working on you right the way up through the Divine Love Mansion Worlds doing your Healing.**

And apparently what's going to happen is the Natural love mind Mansion Worlds are going to be divided, so within them, there will be spirits doing their Feeling Healing – without the Divine Love, and still limited to the sixth Mansion World, but looking to be true and end their rebellion. And then there will be those still carrying on denying themselves as they have always done. So you will have spirits in the Feeling Healing Natural love sectors that will truly perfect their Natural love; and those spirits still in the mind sectors perfecting their wrongness. The opposites or extremes living side by side. And then you'll still have the Divine Love Healing Mansion Worlds, being spheres 3, 5, and 7, doing their Soul Healing.

And as for a summation: "Divine Love Mansion World / sphere 3 is the waking up to the truth that one is not loving, also their being a lot of assistance. Sphere 5 is then about going right into the depths of feeling how unloved you feel and seeing how unloving you are and how that makes you feel, also this a time when one can then progress and manage their own progress through their Feeling Healing. Sphere 7 is then about still working with the deepest and residual bad feelings, whilst looking to sort out how you wrongly relate to yourself and others, nature and God because of being unloving, this is a time

of great realisation and comprehension with much of the prior experiences starting to be drawn together.”

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

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

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

It is agreed that the lower worlds are about waking up to what's involved, however from then on it depends on how it's all structured for the individual in their negative state as to how much ongoing assistance they might need. Some need help all the way along, whereas others have been able to work with their feelings, themselves, right from the beginning.

And yes, each of the Divine Love healing Mansion Worlds, 3, 5 and 7, are equally painful to work through, just focusing on different aspects of yourself and your Feeling Healing with Divine Love. And then in the higher planes of the 7th world comes the transition, where one's pain starts to end, and you start feeling so much better about yourself, you are fully accepting of your negative unloving state, you are fully unloving although even starting to become more loving – truly loving, of yourself, God, and then other people.

Then onto the Celestial Heavens by progressing into Sphere 8 and then onwards further, all the way home to Paradise.

Maybe something like 6 billion people have recognised that our Mother and Father's Divine Love, together with embracing one's Feeling Healing, that with these two aspects, have progressed through the Mansion Worlds to the Celestial Heavens and onwards.

More than 200 billion personalities have embraced their mind and self reliance through the misguidance of 'New Age' styled ideologies and the many thousands of different religious platforms, all of which take the person further and further away from our Heavenly Parents.

The 1st and 2nd Spirit Mind Mansion Worlds / spheres are jammed to the rafters.

For a million years, humanity has gone in the wrong direction with its self-denial of self and feeling!

Nanna Beth, 3rd Celestial Heaven

Sunday, 18 June 2017



SPHERES of PARADISE

INFINITE and UNIVERSAL SPHERES

ETERNAL SPHERES

CELESTIAL HEAVENS

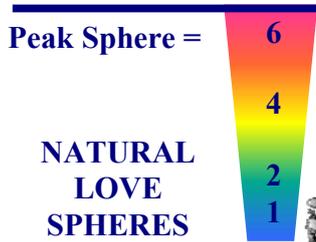
**Soul spheres
are not
numbered.**

**Soul spheres
are to:**

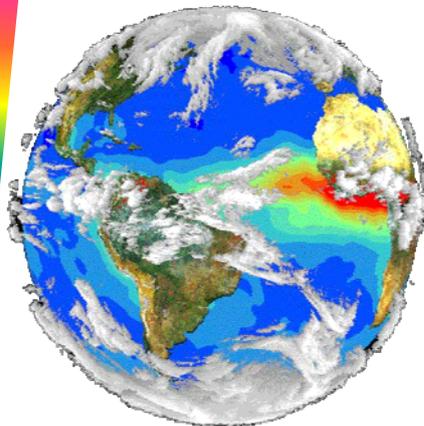


The New Birth = Become at one with God: sphere 8

**Spirit body
spheres are
1 - 7**



**DIVINE
LOVE
SPHERES**

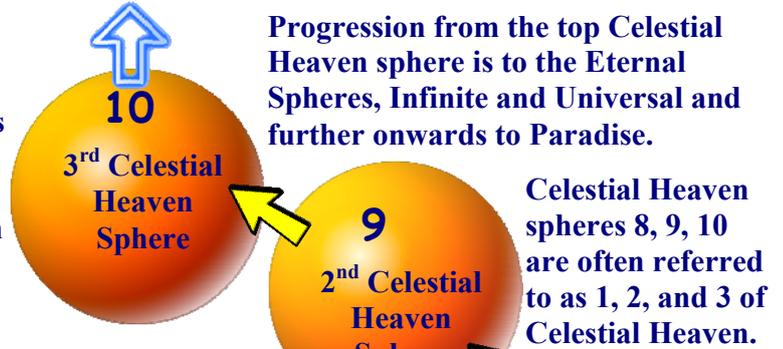


**Earth sphere is for
the physical body.**

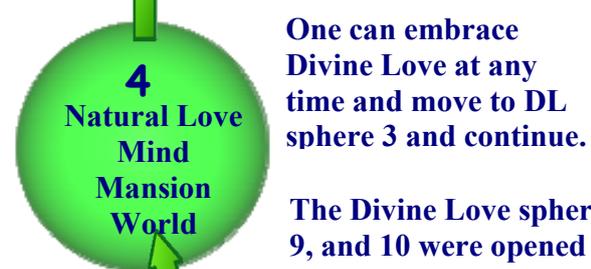
SPIRIT MIND MANSION WORLDS are numbered 1 to 7:

To PARADISE, the HOME of OUR HEAVENLY PARENTS

Spirit Mansion Worlds are those 1 – 7. They with the Celestial Heaven spheres numbered 8, 9, 10 as well as the 3 Spheres of Disharmony are all within the Earth’s environment, and rather close by. Each sphere can accommodate more than 100 times the people than Earth may do.



Divine Love perfects one’s natural love soul through the progression via spirit world spheres 3, 5, and 7. Soul-Healing and At-onement is achieved through the progression into sphere 8 which is the first of the Celestial Heaven spheres namely 8, 9, and 10.



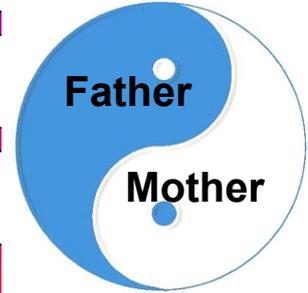
The 2 Planes of Disharmony are the hells. While one desires to cause harm to others, isolation is applied. Once the Law of Compensation is completed then one can then progress and return to the 1st Natural Love sphere and continue in their progression onto higher spheres.



Note: The 1st Divine Love Sphere and the 1st Sphere of Disharmony may simply be planes within the 1st Natural Love Spirit World.

SPHERES in the SPIRITUAL REALMS.

Spheres – Celestial Heaven, Eternal Spheres, then Spheres of Paradise:
The realm of the Angels is the Celestial Heavens spheres 8 to infinity.



Spheres to infinity: Soulmate bonding can be achieved in most of the spheres. (Celestial Spheres are not numbered per se.).



Eighth Sphere: All emotional baggage of your entire history has been dealt with – born again. This is the point of new birth, being born again. Celestial Heavens 8 to infinity true immortality.

Seventh Sphere: The gateway cycle, perception of sacramental nature of all things. Disappearance of the material mind and the absolute ascendancy of the soul's mind has been achieved. Divine path.

Six Sphere: Cycle of light / love, love / light or unity. A purely intellectual area, increasing one's knowledge, while living life in absolute harmony with God's laws of spirituality. Natural path peak.

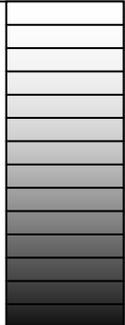
Fifth Sphere: Cycle of light or wisdom. All their earthly bonds are gone. We are in one of those soul spheres, which offer great opportunities for obtaining the Love of God.

Fourth Sphere: Work of 'atonement' as guides and spiritual healers now excel. As humanity's helpers, their work is a means for self-realization.

Third Sphere: Truth always told. An area where spirits progress in their awareness. In each sphere, there are many planes. Changing pathways requires dropping back to a lower path, then proceed.

Second Sphere: The sphere of decision which is much more spiritual but which was hidden and outside the range of their perceptions. Spirits can now choose the path they wish to follow – desires.

First Sphere: Cycle of awareness. There are vibrational love barriers between each of the spheres. Highest level of the Earth planes is the point of transition from materiality to the spiritual 2nd sphere. Summerland is the highest part of the Earth planes, but it is still a very material region. Children live in Summerland in great numbers, having died prematurely. Twilight zone, the most populated area in the spirit world, and starting point for most. Various hells descending progressively into greater degrees of darkness. All souls can be assisted out of these hells no matter what level they fall. At the deepest levels, the soul finds it extremely difficult to hold itself together. The hells are not fiery physical places. Actions are fear based.



The 2nd, 4th, 6th spirit spheres provide principally for mental and moral advancement, whereas, the 3rd, 5th, 7th soul spheres provides for one's Feeling Healing with Divine Love.

NATURAL LOVE and DIVINE LOVE SPHERES and FEELING HEALING PLANES:

CURRENTLY before HANOVER!

Divine Love progress is to infinity

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

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

Natural Love peak is 1,000 on MoC

Natural Love
6th Sphere
Mansion / Mind
Worlds

MoC 840 – 1,000

Natural Love
4th Sphere
Mansion / Mind
Worlds

MoC 650 – 840

Natural Love
2nd Sphere
Mansion / Minds
Worlds

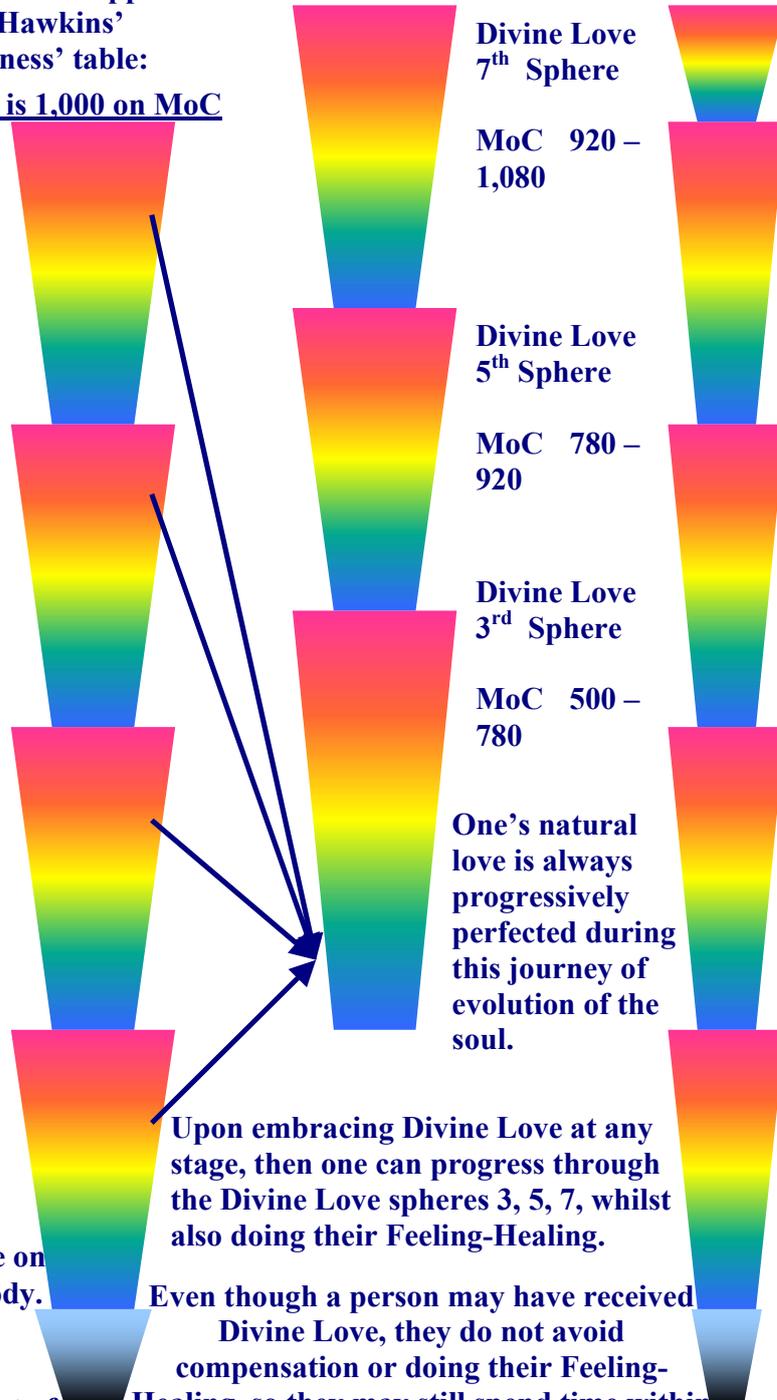
MoC 500 – 650

Natural Love
1st Sphere

MoC 200 – 500

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

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



Divine Love
7th Sphere

MoC 920 – 1,080

Divine Love
5th Sphere

MoC 780 – 920

Divine Love
3rd Sphere

MoC 500 – 780

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

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

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

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

Progressing through the natural love worlds, within Feeling-Healing sectors, while doing one's feeling healing, upon reaching the 6th Sphere having completed Feeling-Healing, one can then embrace the Divine Love and proceed directly to the 7th Divine Love Sphere.

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

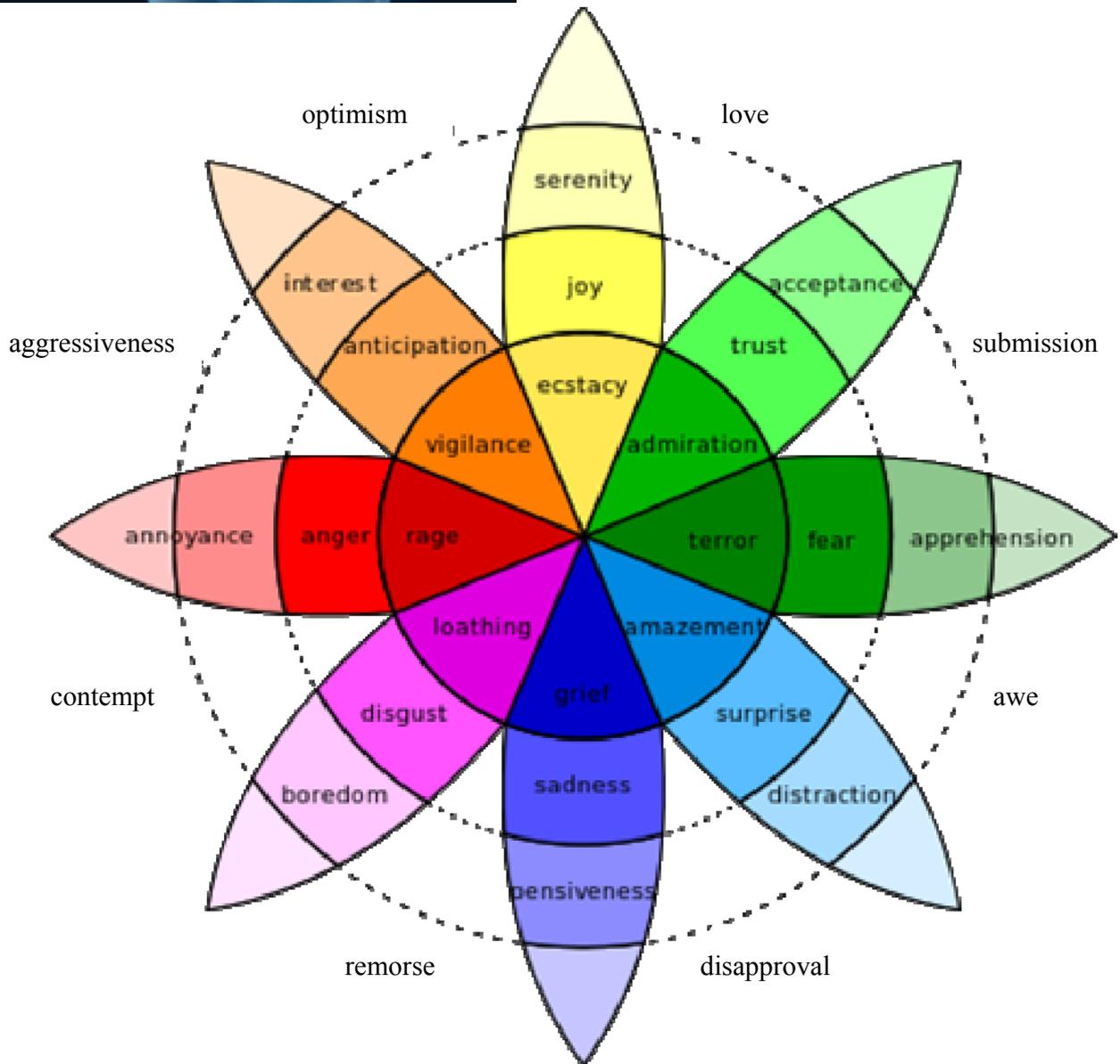
This pathway is when, or should, the Divine Love not be available before perfecting one's soul.

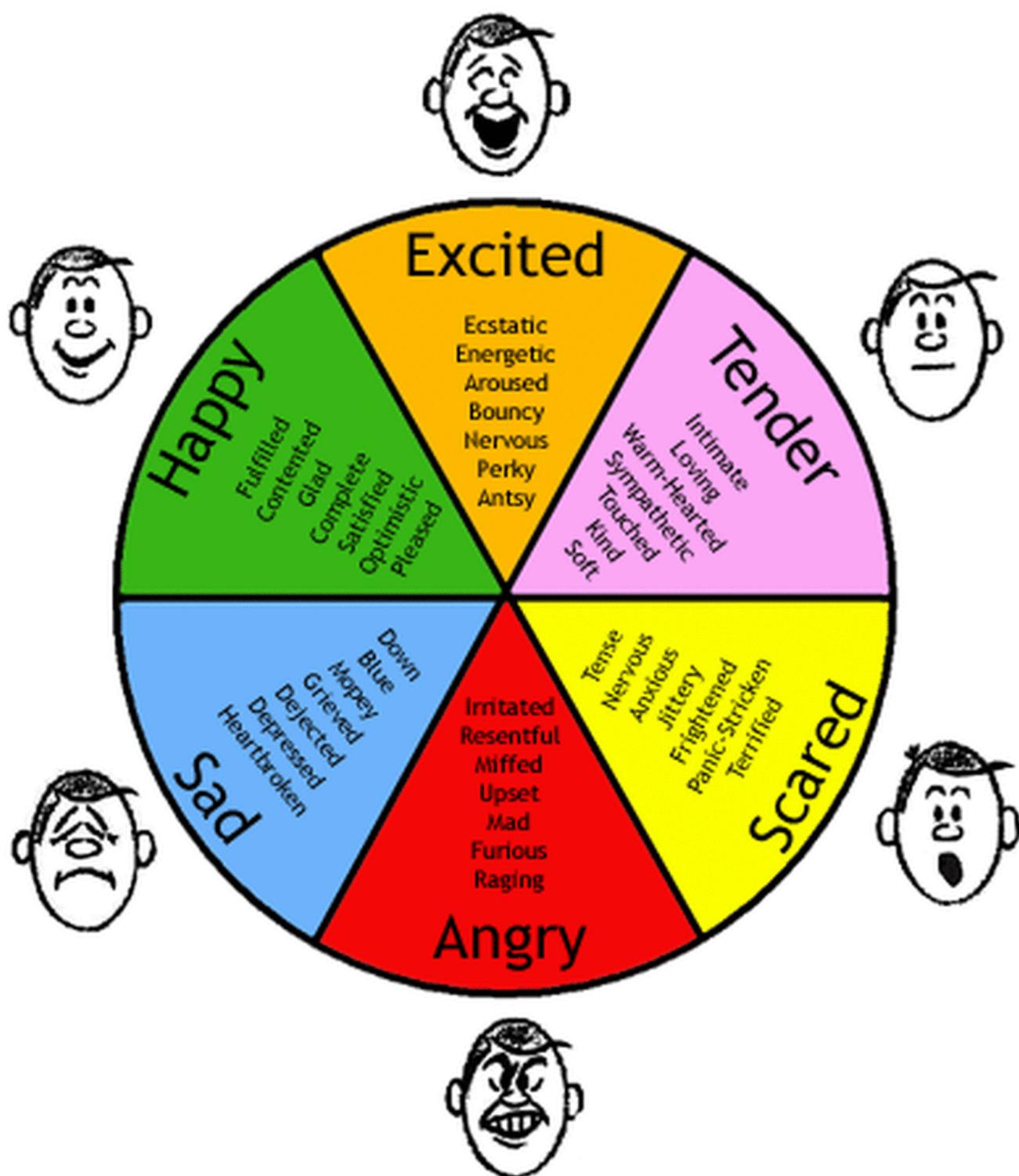


SOUL CONDITION and SPIRIT PLANES:

Our soul condition determines the environment or plane that we reside within in the spirit world. In this way we are always in harmony with those around us. As we develop our soul condition we then move to a plane that then reflects our personal soul condition.

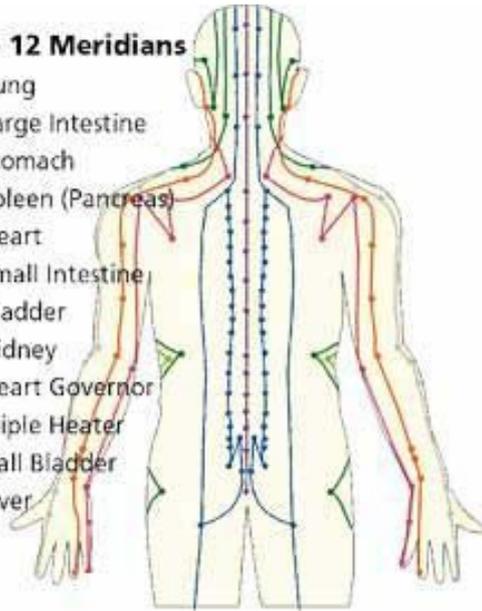
Moving from one sphere to higher sphere is a major progression achieved with our soul love development.





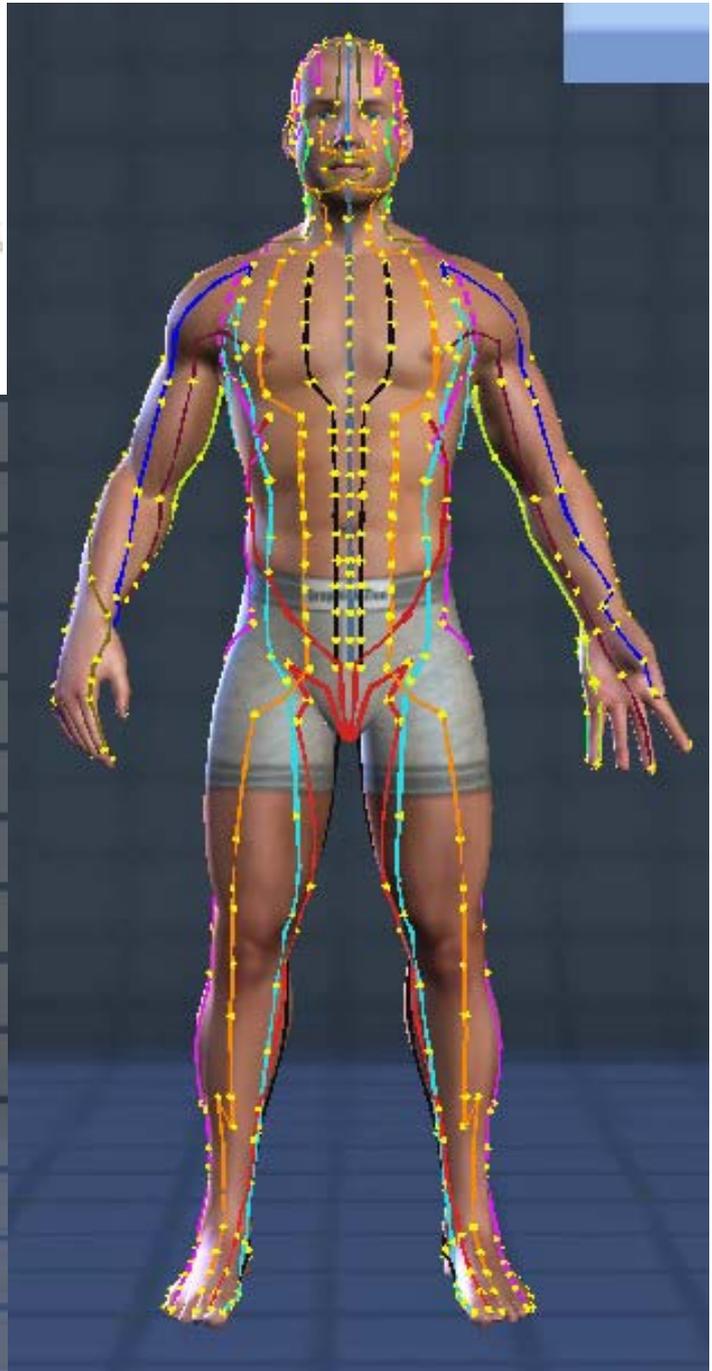
The 12 Meridians

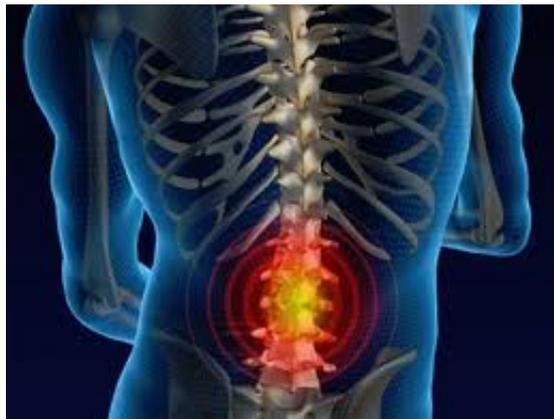
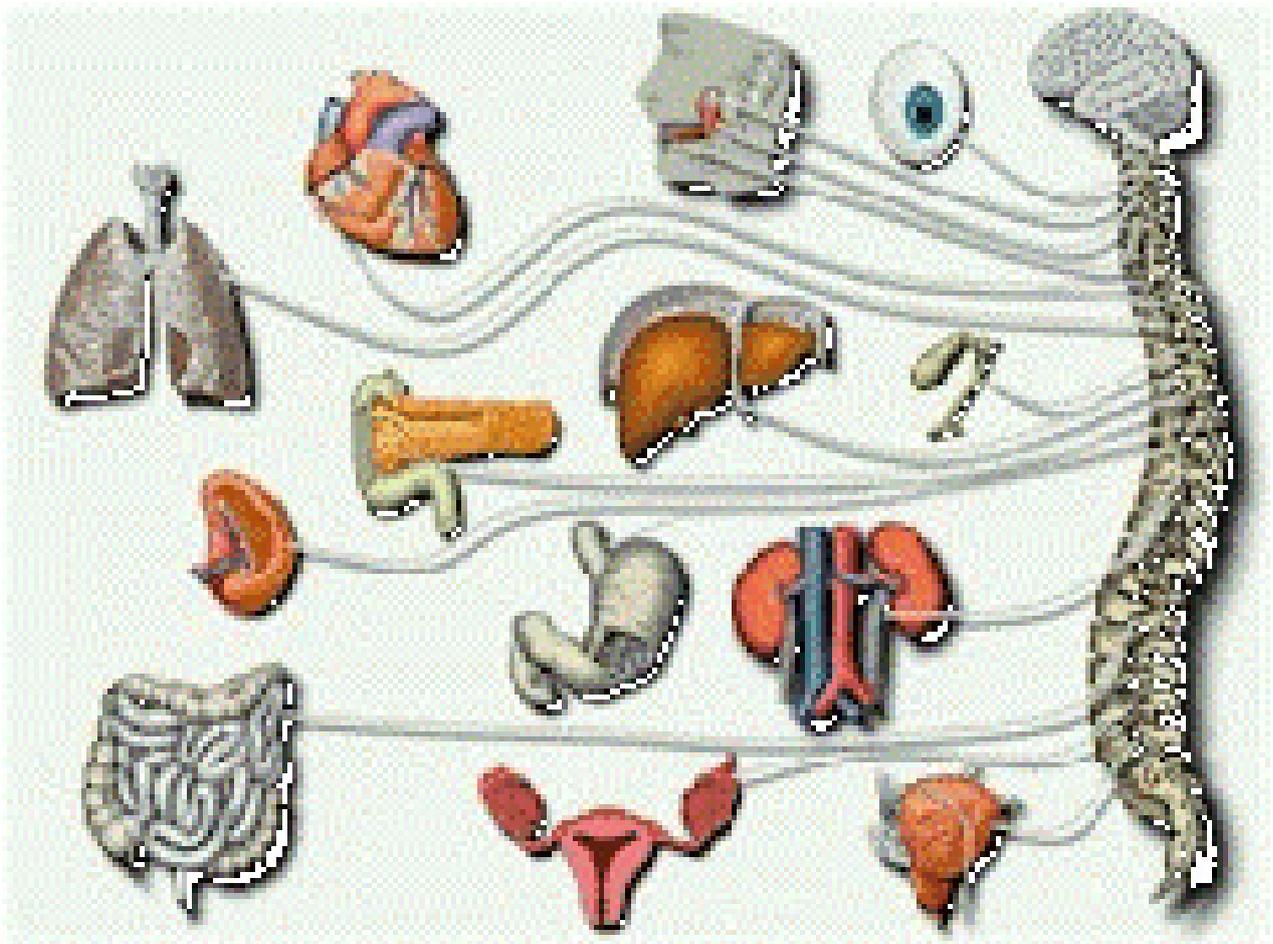
- Lung
- Large Intestine
- Stomach
- Spleen (Pancreas)
- Heart
- Small Intestine
- Bladder
- Kidney
- Heart Governor
- Triple Heater
- Gall Bladder
- Liver

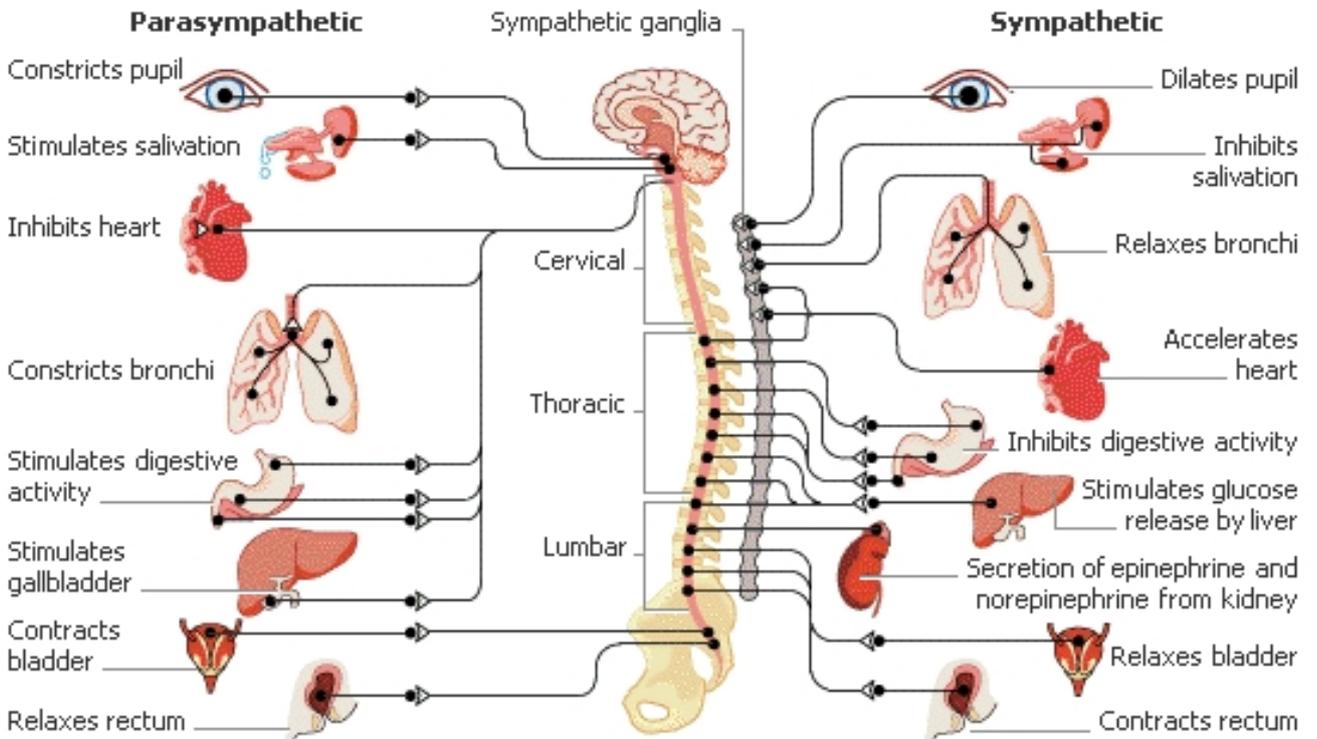


MERIDIANS of the BODIES:

- Lung
- Large Intestine
- Stomach
- Spleen
- Heart
- Small Intestine
- Bladder
- Kidney
- Pericardium
- Triple Bumer
- Gall Bladder
- Liver
- GoverningVessel(Du Mai)
- ConceptionVessel(Ren Mai)







Thoughts become Things.....

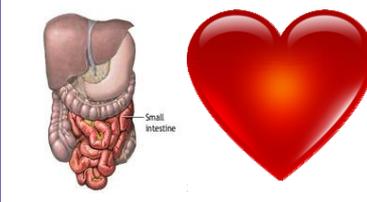
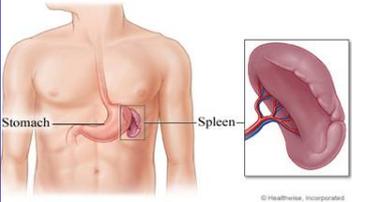
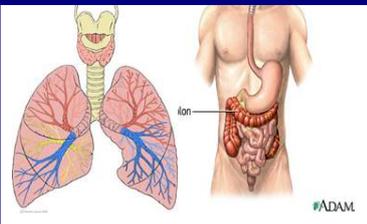
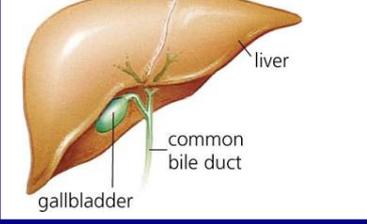
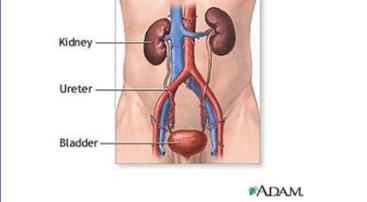
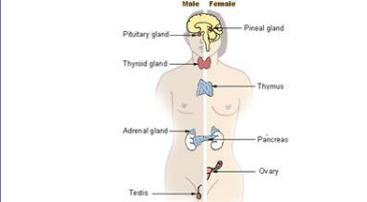
A photograph of a single, ripe red apple with a green leaf, positioned at the bottom of a blue-bordered box.

Emotions are Things.....

Two cartoon monsters are shown at the bottom of a blue-bordered box. The one on the left is blue, round, and smiling with its mouth open. The one on the right is purple, round, and has a grumpy expression with a red beret and sharp teeth.

EMOTIONS affect SPECIFIC ORGANS:

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

Organs	EMOTION CODE™ CHART		
	Column A	Column B	
	Row 1 Heart or Small Intestine	Abandonment Betrayal Forlorn Lost Love Un-received	Effort Un-received Heartache Insecurity Over joy Vulnerability
	Row 2 Spleen or Stomach	Anxiety Despair Disgust Nervousness Worry	Failure Helplessness Hopelessness Lack of Control Low Self-Esteem
	Row 3 Lung or Colon	Crying Discouragement Rejection Sadness Sorrow	Confusion Defensiveness Grief Self-Abuse Stubbornness
	Row 4 Liver or Gall Bladder	Anger Bitterness Guilt Hatred Resentment	Depression Frustration Indecisiveness Panic Taken for Granted
	Row 5 Kidneys or Bladder	Blaming Dread Fear Horror Peeved	Conflict Creative Insecurity Terror Unsupported Wishy Washy
	Row 6 Glands & Sexual Organs	Humiliation Jealousy Longing Lust Overwhelm	Pride Shame Shock Unworthy Worthless

IT'S NOT JUST a BODY:

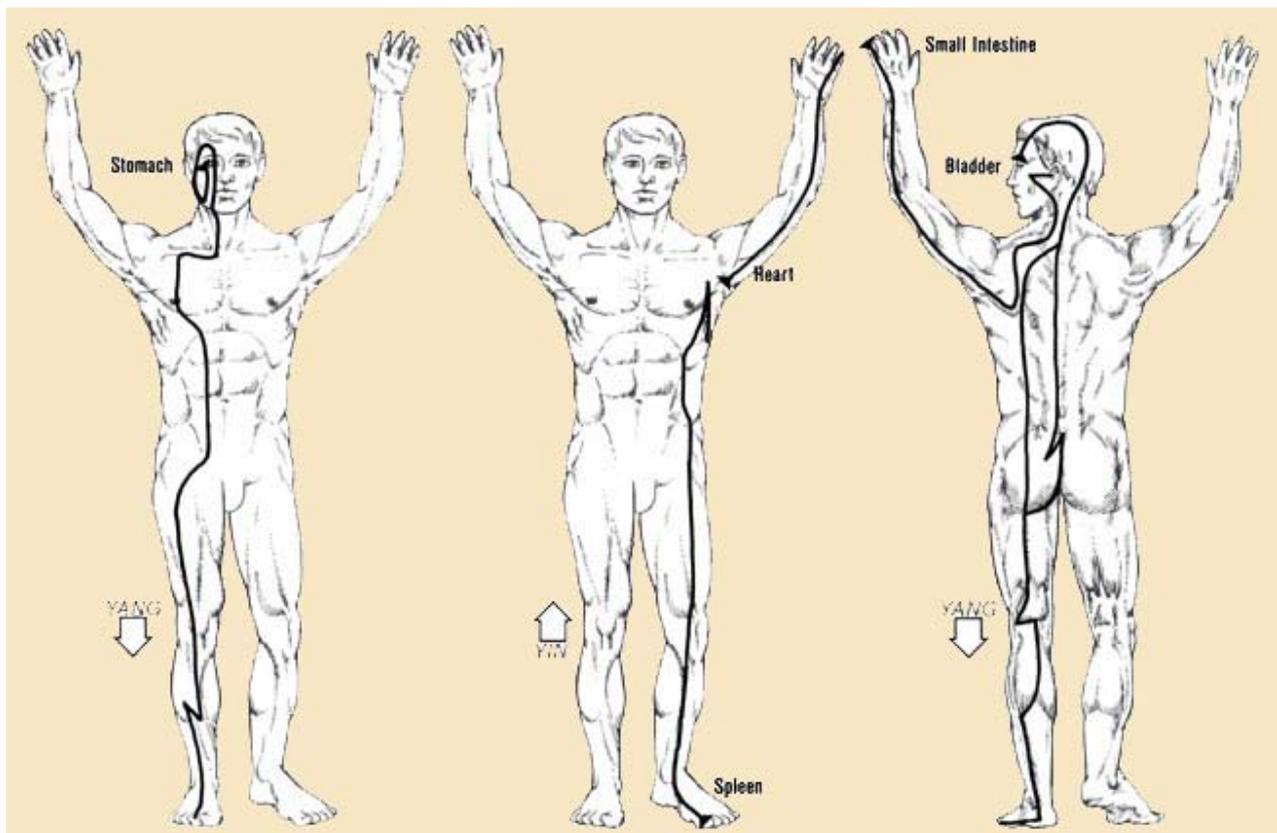
<http://www.sahej.com/meridians.html>

"What is the secret to keeping up?

You must let the psyche move through the meridians. Whether you are tired or not, whether you have energy or you do not, whether you are sick or healthy – these things are like the rain and the clouds, hot weather and cold, winter, fall / autumn – a part of life. But if you let your own energy flow through you, you will be all right." -- Yogi Bhajan

What is a Meridian?

Acupuncture vessels, or meridians, are located throughout the body. They contain a free-flowing, colourless, non-cellular liquid which may be partly actuated by the heart. These meridians have been measured and mapped by modern technological methods, electronically, thematically, and radio-actively. With practice, they can also be felt. There are specific acupuncture points along the meridians. These points are electro-magnetic in character and consist of small, oval cells called Bonham corpuscles, which surround the capillaries in the skin, the blood vessels, and the organs throughout the body. There are some 500 points which are being used most frequently in a definite sequence, depending on the action desired.



We name meridians by the life function with which they seem to associate. In most cases, this name is similar to the name of a gross organ we're familiar with, yet muscle indication of energy blockage doesn't mean there's damage to the organ named. We cannot say that a weak muscle means a weak organ – we can only note that a portion of the meridian energy flow indicates blockage or constriction.

The Chinese physician can detect imbalances in meridians by feeling the pulses, but this is a sensitive touch, and it may take 10 to 20 years to develop proficiency with it. Kinesiology uses muscle testing to detect these same imbalances, taking advantage of the body's own wisdom to let us know what's going on.

As Yogis, we can correct imbalances by "being with" the imbalance. We create a pressure in the body system through asana that challenges our minds to make at peace with the moment. When we can come to a place of non-reaction while in the posture, we have made a shift in our internal and external relationship to a set of stresses once we have left the mat.

The Meridian Cycle

Meridians are classified yin or yang on the basis of the direction in which they flow on the surface of the body. Meridians interconnect deep within the torso, but we work with the part that is on the surface and is accessible to touch techniques. Yang energy flows from the sun, and yang meridians run from the fingers to the face or from the face to the feet. Yin energy, from the Earth, flows from the feet to the torso and from the torso along the inside (yin side) of the arms to the fingertips.

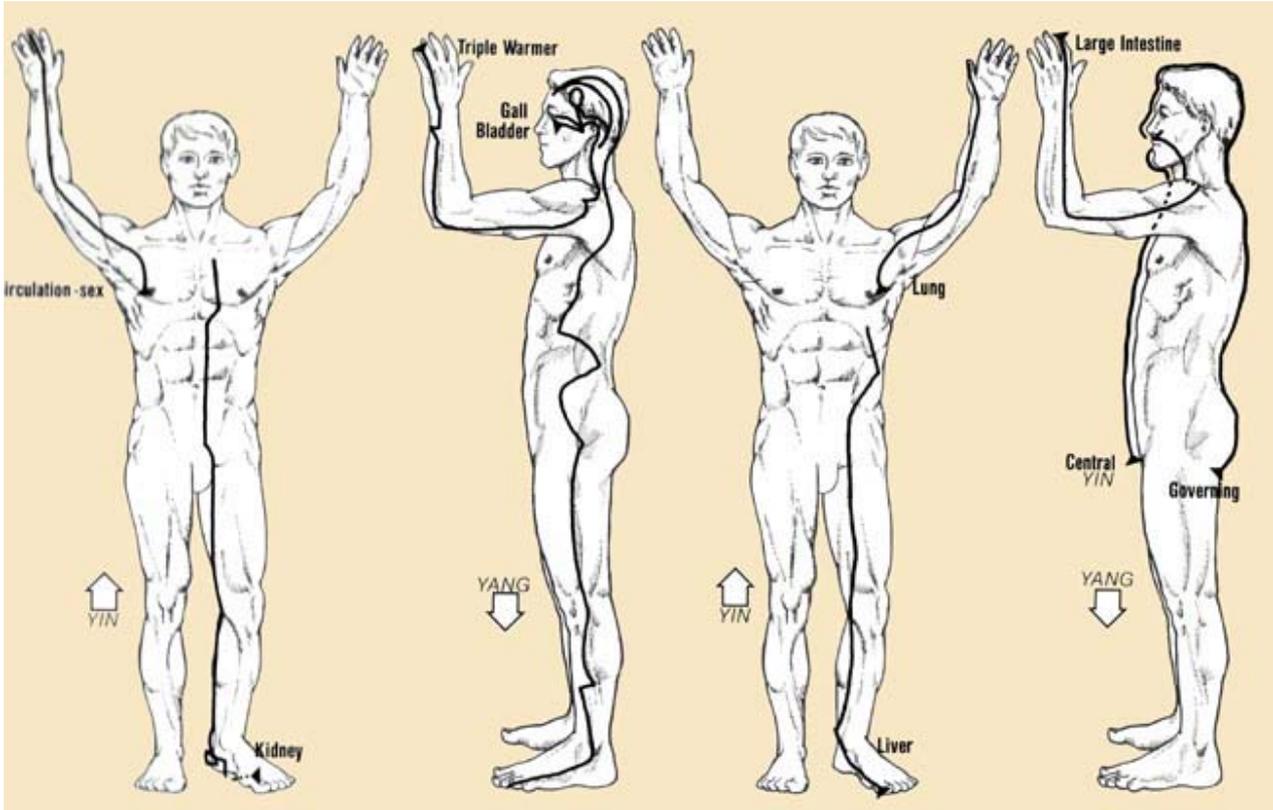
Since the meridian flow is actually one continuous, unbroken flow, the energy flows in one definite direction, and from one meridian to another in a well determined order. Since there is no beginning or end to this flow, we represent the order of the meridians as a wheel. As we go around this wheel following the meridian lines, the flow follows this order on the body:

- from torso to fingertip (along inside of arm-yin)
- from fingertip to face (along outside/back of arm-yang)
- from face to feet (along outside of leg-yang) from feet to torso (along the inside of the leg-yin)

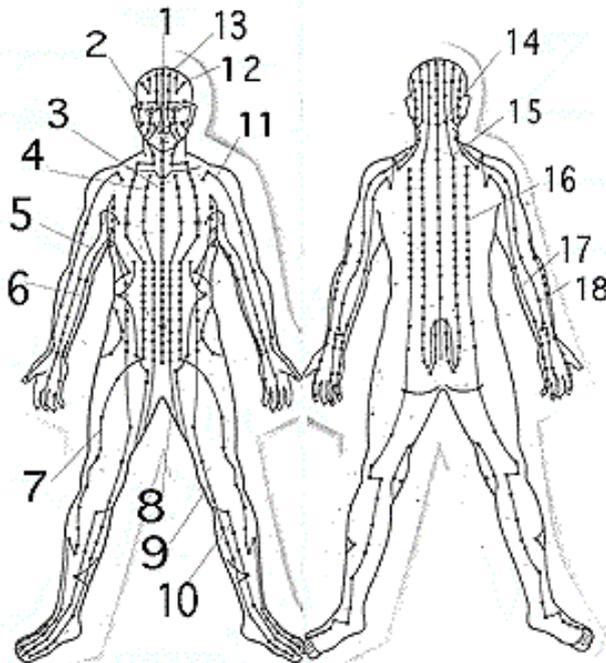
We go through this four-step process three times to cover the twelve major meridians. Running the meridians with the hand can be a quick energizing massage. Complete the massage by running the central and governing meridians, which run directly up the back and front of the body to the upper and lower lip.

When this energy flow is unrestricted, the body harmonizes the flow to optimize body functioning. Sometimes, though, the life we lead and the abuses we heap upon our bodies cause stress, and sometimes the stress is so intense or so constant that, in effect, it "overloads" the circuit. The "circuit breaker" pops, and needs to be reset before energy can flow properly. Our indication of whether this has occurred is the muscle test. If a muscle tests weak, we know we have to go to certain spots on the body and press or hold to reset the body and restore proper flow. This restoration of flow is immediately indicated by a strengthening of the muscle.

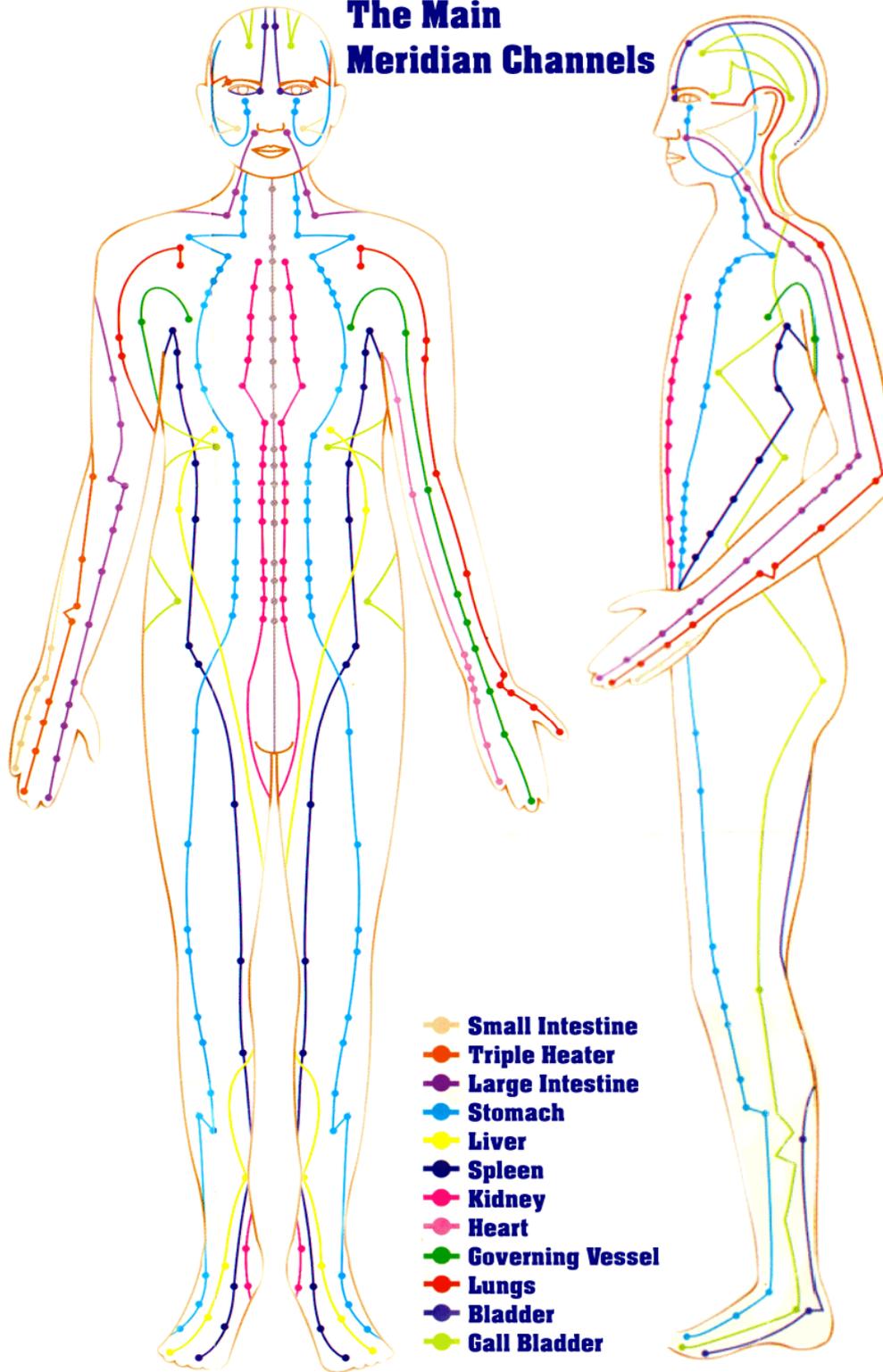
The New Way: Learning how to live true to ourselves by living true to our feelings.

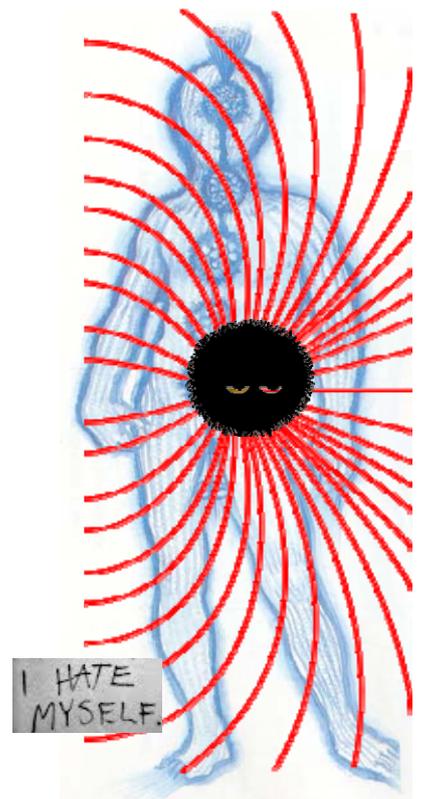
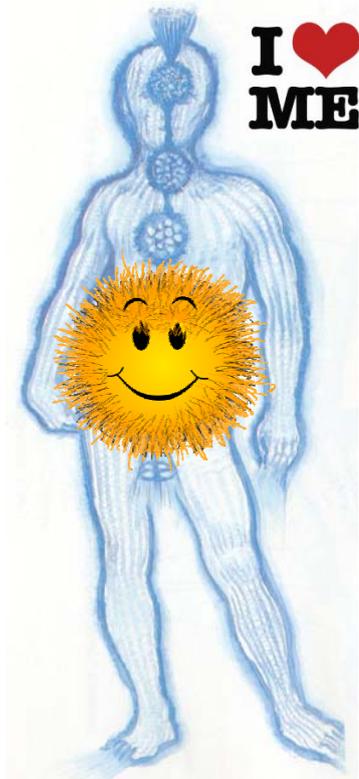
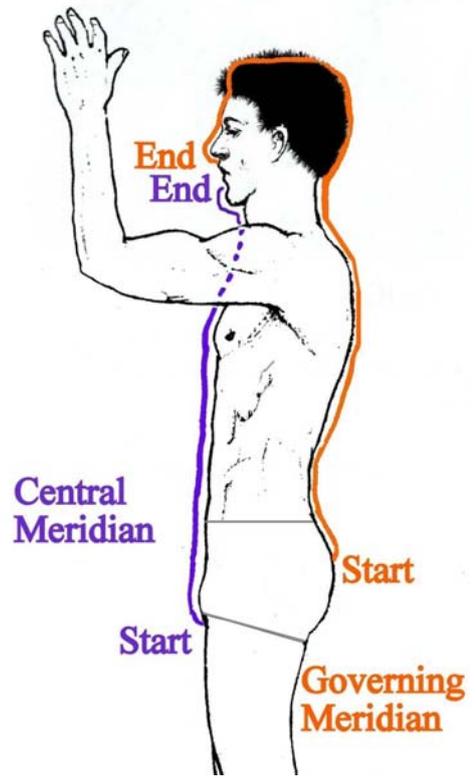
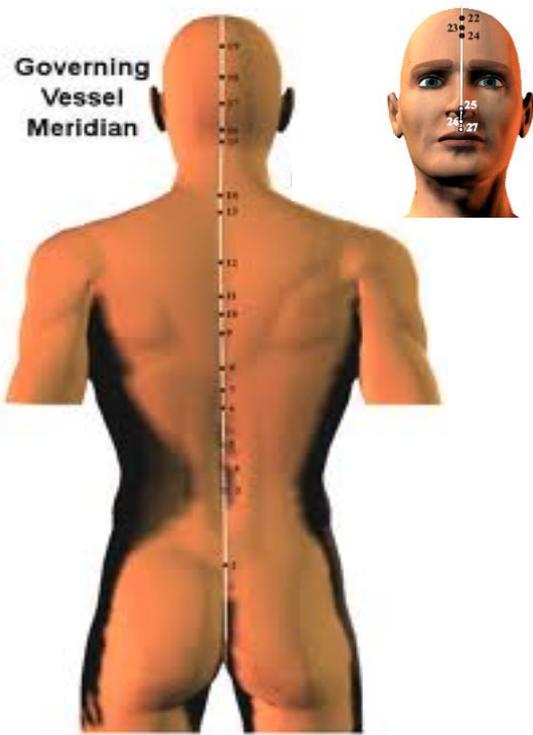


1. Governing Vessel
2. Large Intestine
3. Conception Vessel
4. Kidney
5. Pericardium
6. Heart
7. Stomach
8. Kidney
9. Spleen
10. Liver
11. Lung
12. Gall Bladder
13. Bladder
14. Governing Vessel
15. Bladder (Inner line)
16. Bladder (outer line)
17. Small Intestine
18. San Jiao



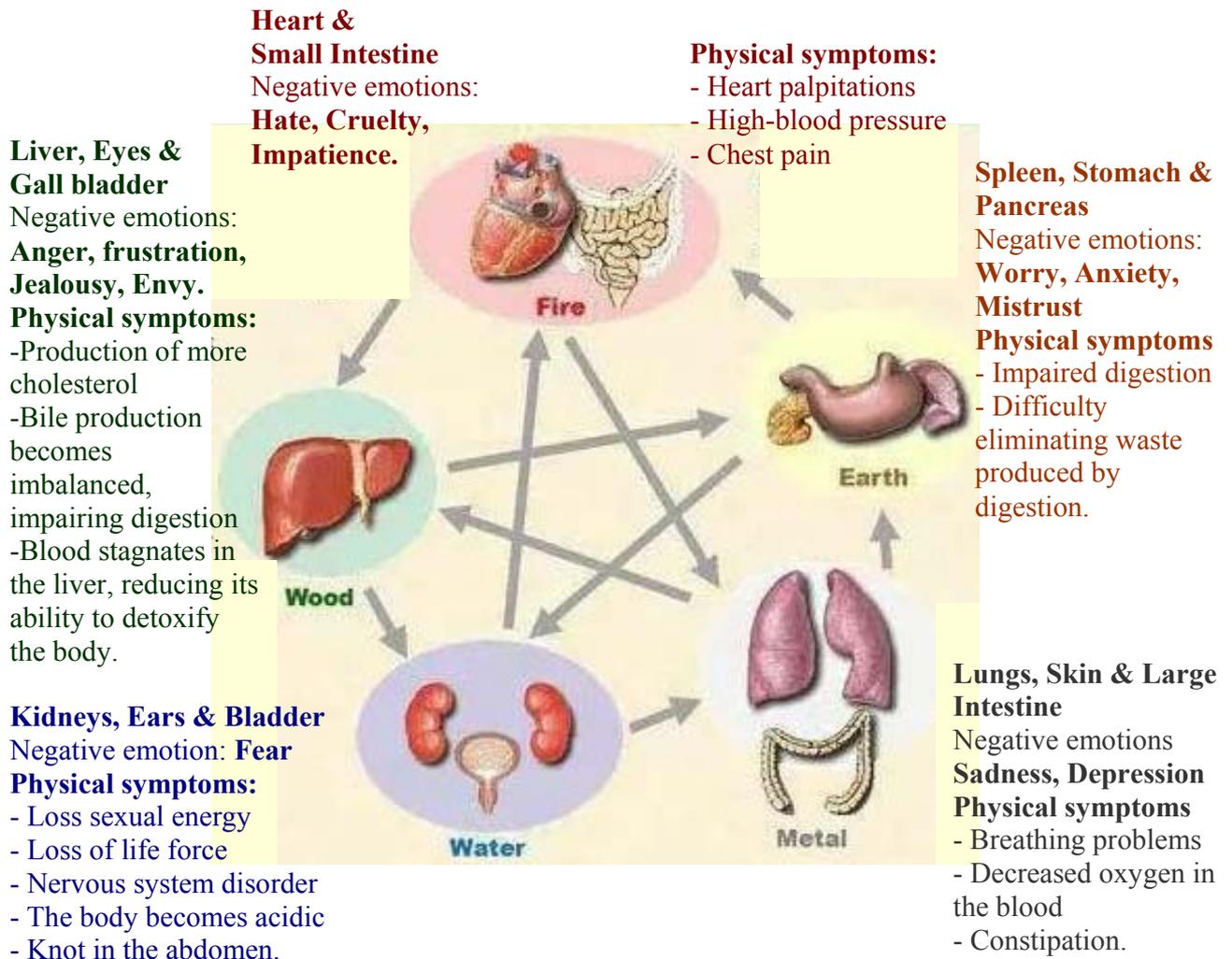
The Main Meridian Channels





Negative Emotions Creation Cycle

The reductive and destructive cycle of the five elements

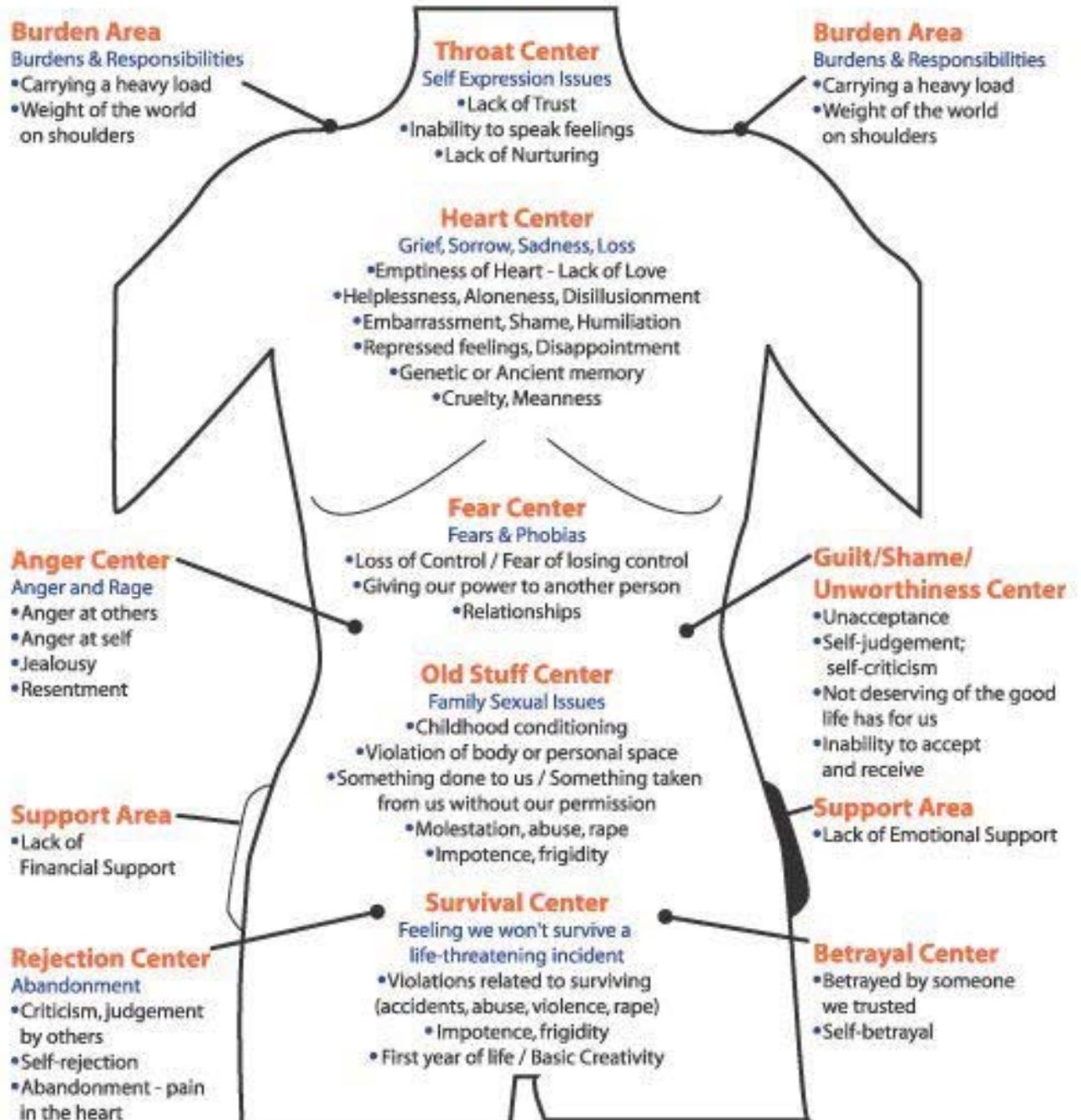


<http://www.pascashealth.com/index.php/library.html>

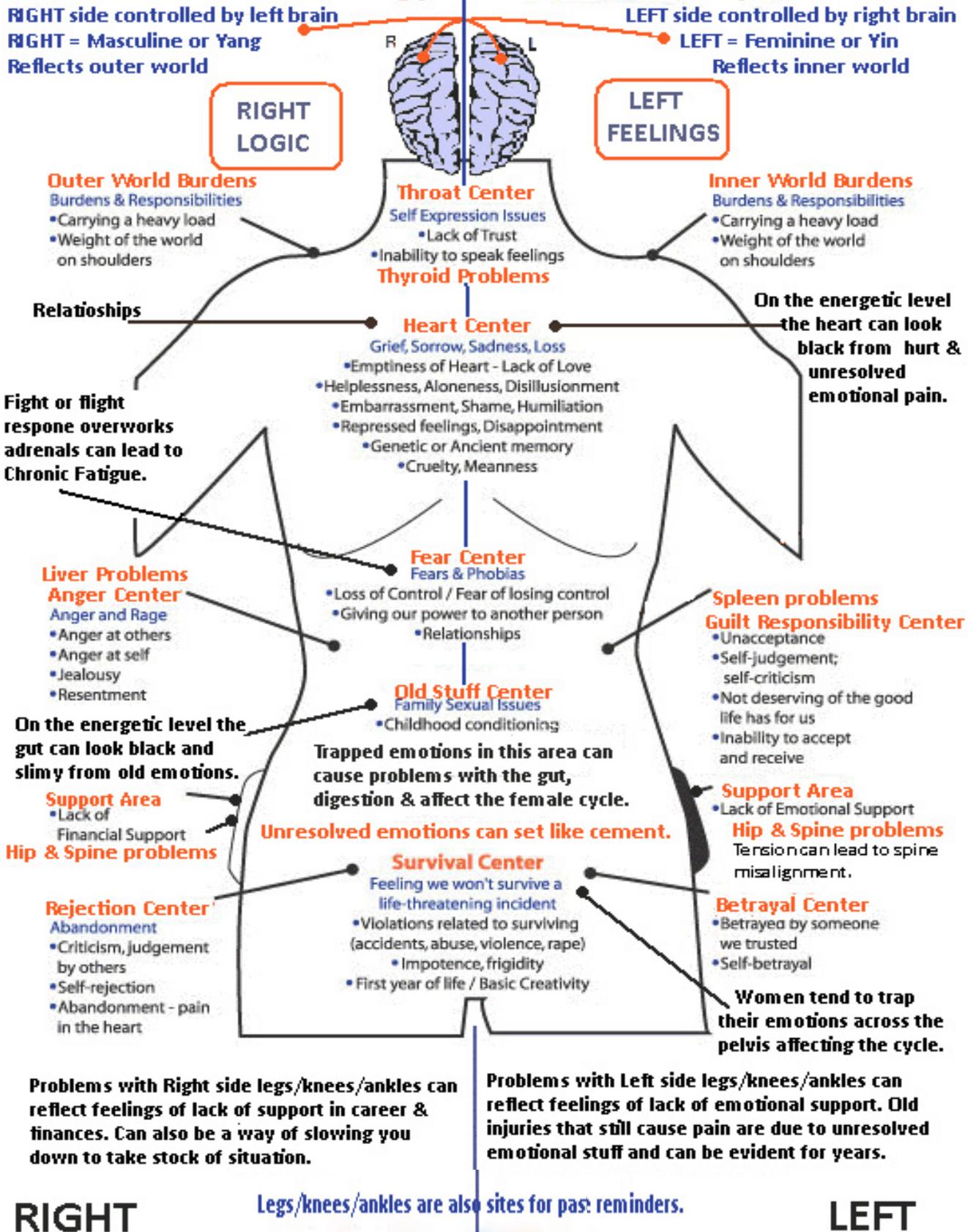
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Emotional Energy Centers of the Body



Emotional Energy Centers of the Body



ENERGY DETERMINANTS – Relationship between Body, Mind and Soul:

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

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

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

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

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

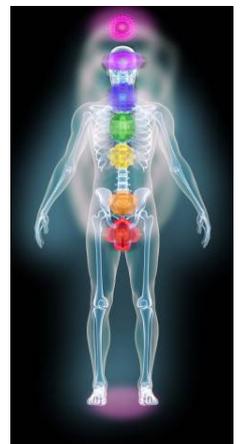
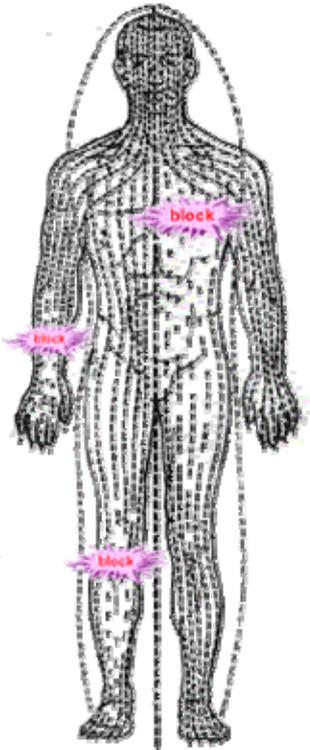
It is the energy level of love that steadily brings about a release from erroneous and harmful man-made emotions and beliefs. The energy level of love calibrates at 500 and higher. One's soul is seated / nested within one's spirit body. One's soul is the home of one's personality, natural intelligence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

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

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

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

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



The MERIDIAN SYSTEM of the BODY:

Life energy, Qi, flows not only through nerve and blood system but also inside its own network. The main channels of this energy network are jointly called meridians.

Our body has twelve main meridians that run through each organ or body part. In the same way as nerves transport nerve impulses and blood vessels transport blood, the meridians convey energy.

When you are healthy and harmonious, energy flows along meridians that most often follow the same tracks as our easily observable nerves and blood vessels. Furthermore, eight more energy meridians act on the five element system on the mental level.

Contrary to neural pathways and blood vessels, the meridians can absorb energies exterior of the body. These twelve main meridians run vertically, the yang meridians from top downwards on the right side of the body while the yin meridians run from bottom upwards on the left side.

The Main Meridians are:

1 The Lung Meridian

It influences ailments of the chest, lungs, throat and the upper limbs; also fever conditions

2 The Large Intestine Meridian

It influences ailments of the head, face, eyes, nose, mouth, teeth, throat and the upper limbs; also fever conditions.

3 The Stomach Meridian

It influences ailments of the head, face, mouth, teeth, throat, stomach, intestines and the lower limbs; also fever conditions and disruption in cooperation between senses.

4 The Spleen and Pancreas Meridian

It influences ailments of the stomach region, in digestive organs, urine and sex organs and the lower limbs; also conditions of low temperature.

5 The Heart Meridian

It influences ailments of the chest, heart, the upper limbs and disruption in cooperation between senses.

6 The Small Intestine Meridian

It influences ailments of the head, neck, eyes, ears, throat and the upper limbs; also fever conditions and mental disorders.

7 The Bladder Meridian

It influences ailments of the head, neck, eyes, back and the lower limbs, of the body bottom; also fever conditions and mental disorders.

8 The Kidney Meridian

It influences ailments of the lungs, throat, stomach, intestines, urine and sex organs, of the lower limbs; also fever conditions

9 The Pericardium Meridian

It influences ailments of the chest, heart, stomach, of the upper limbs; also disruption in cooperation between senses.

10 The Triple Heater Meridian

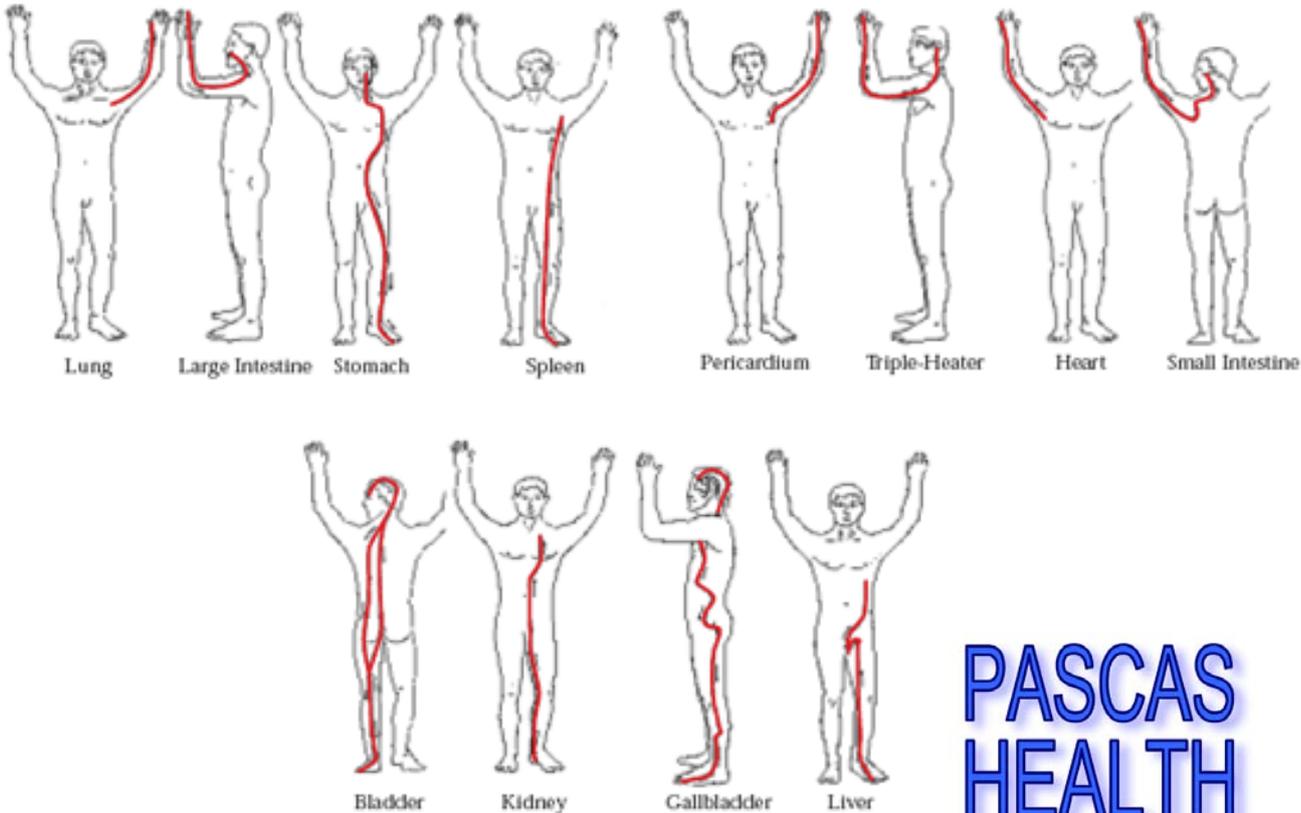
It influences ailments of the head sides, of the ears, throat, of the upper limbs; also fever conditions and mental disorders.

11 The Gall Bladder Meridian

It influences ailments of sides and top of the head, of the eyes, ears, of the rib area, of the stomach, mouth top area, of the lower limbs; also fever conditions.

12 The Liver Meridian

It influences ailments of the stomach, urine and sex organs, of the lower limbs; also mental disorders.



**PASCAS
HEALTH**



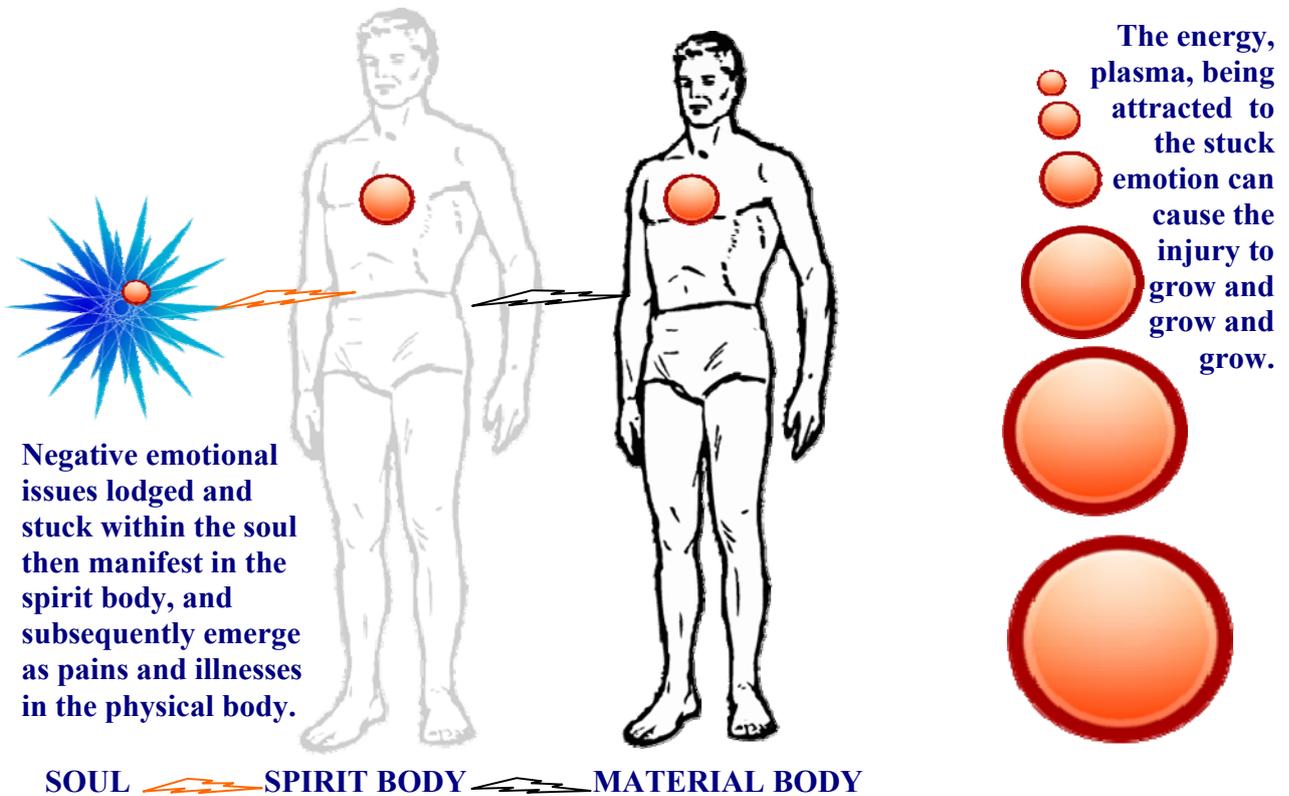
MERIDIAN THERAPY:

The human body has a bio-energy-circulation system similar to the blood-circulation system. The bio-energy flows along 12 main meridians, or channels. These are symmetrical on each side of the body, each pair being related to a specific organ. There are also eight meridians which act like vessels to store the energy inside the body.

In disease, imbalances develop in these energy flows, causing some of the transformer points to become irritated or congested. This results in pain or weakness in the surrounding muscles. Tender pressure points may stem from either a local condition or a problem in the main organ associated with that particular meridian; also, the pain may be referred from a more distant body part connected to the same meridian. There is, of course, an interaction between these different areas.

When the main organ is inflamed, most points along its meridian will be tender. The points especially useful for diagnosing and treating the organ directly are located around the ankles and wrists. They are called ‘source-points’. Further source-points are situated along the bladder meridian close to the spine, and also as local-points on various meridians near the target organ.

According to Chinese traditions, the main organs and their meridians are also associated with different emotions. An excessive amount of these emotions can damage the associated organs, while a disease of these organs may in time, lead to excessive displays of the these emotions. For example anger is associated with the liver, excessive laughter and gayness, but also fright with the heart, worry and emotional tension with the spleen and pancreas, grief, sorrow and negativity with the lungs, and fear and timidity with weak kidneys.



MERIDIAN – DISEASE RELATIONSHIPS:

<u>MERIDIANS</u>	<u>ASSOCIATED SYMPTOMS</u>
Bladder (B)	bladder problems, headache, eye diseases, neck and back problems, pain along the back of the leg
Circulation (C)	poor circulation, angina, palpitation, diseases of the sexual glands and organs, irritability, pain along the course of the meridian
Conception (Co)	diseases of the urogenital system, hernia, cough, breathing difficulties, breast problems
Gall bladder (G)	Gall bladder problems, ear diseases, migraine, hip problems, dizziness, pain along the meridian
Gland Meridian (Gd)	diseases of the thyroid and adrenal glands, ear problems, sore throat, abdominal distension, oedema, swelling of cheek, pain along the meridian
Governing Meridian (Gv)	spinal problems, mental disorders, fever, nose problems, headaches
Heart (H)	heart problems, dryness of the throat, jaundice, pain along the course of the meridian
Kidney(K)	kidney problems, lung problems, dry tongue, lumbago, oedema, constipation, diarrhoea, pain and weakness along the course of the meridian
Large Intestine (Li)	abdominal pain, constipation, diarrhoea, sore throat, toothache in the lower gum, nasal discharge and bleeding, pain along the course of the meridian
Liver (Lv)	liver problems, lumbago, vomiting, hernia, urination problems, pain in the lower abdomen and along the course of the meridian
Lung (L)	respiratory diseases, sore throat, cough, common cold, pain in the shoulder and along the meridian
Small Intestine (Si)	pain in the lower abdomen, sore throat, swelling or paralysis of face, deafness, pain along the meridian
Spleen (Sp)	problems of the spleen and pancreas, abdominal distension, jaundice, general weakness and sluggishness, tongue problems, vomiting, pain and swellings along the course of the meridian
Stomach (S)	stomach problems, abdominal pain, distension, oedema, vomiting, sore throat, facial paralysis, upper gum toothache, nose bleeding, pain along the meridian

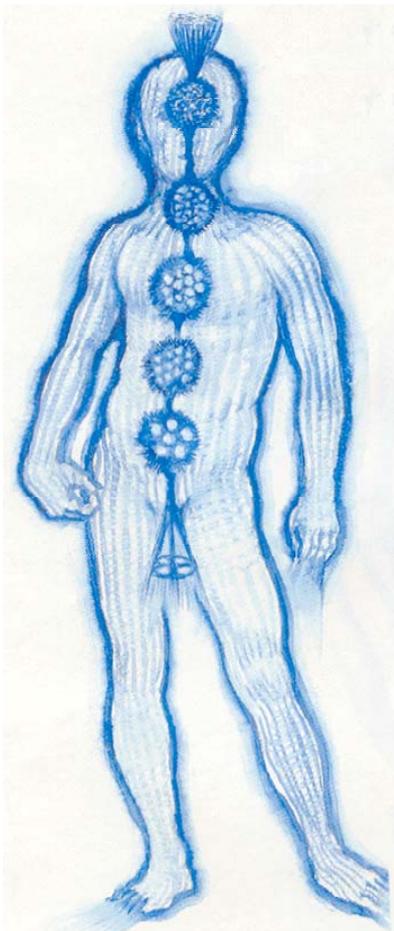
HEALTHY MERIDIAN or OBSTRUCTED MERIDIAN:

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



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

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

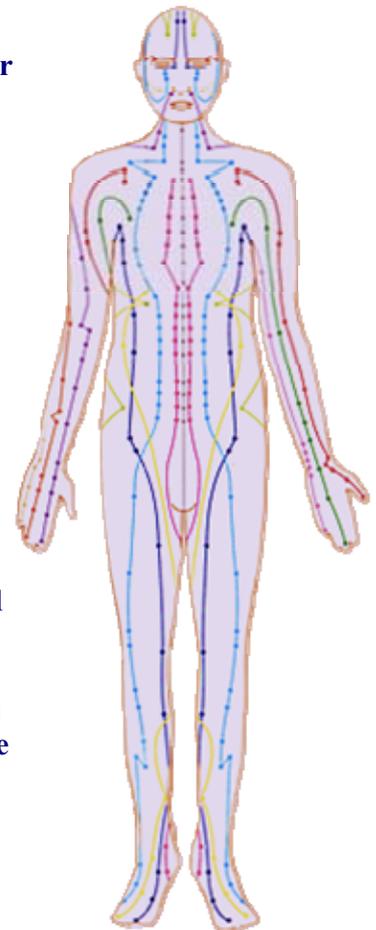


Allopathic / western medicine treats the symptoms, however the cause remains held in the bodies resulting in a further or similar health issue or a reoccurrence.

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

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

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

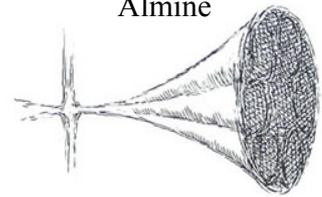


MERIDIAN LINES are ENERGY CONDUITS for CHAKRAS.

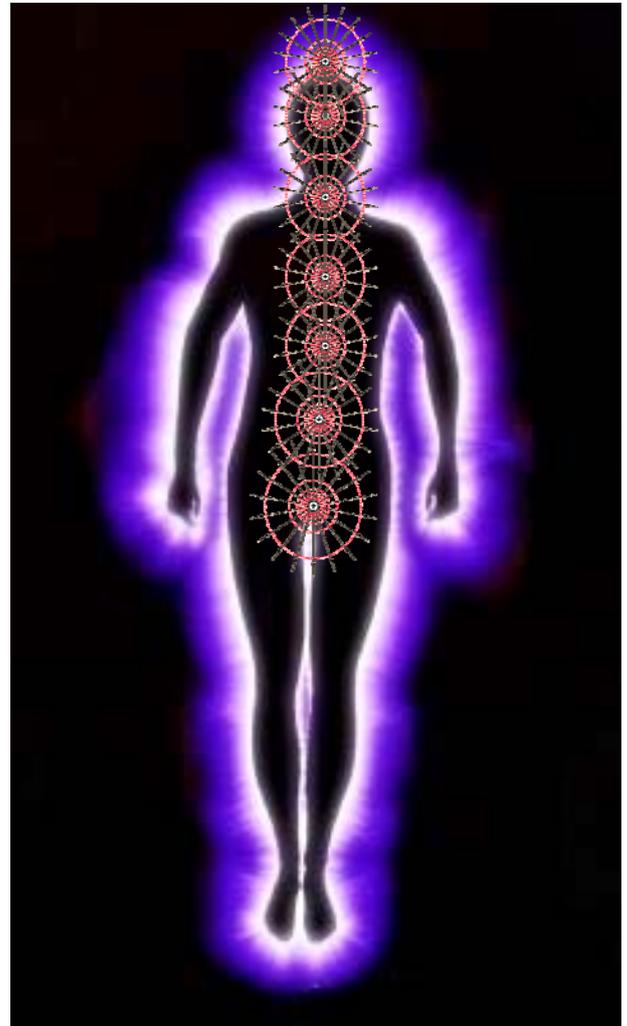
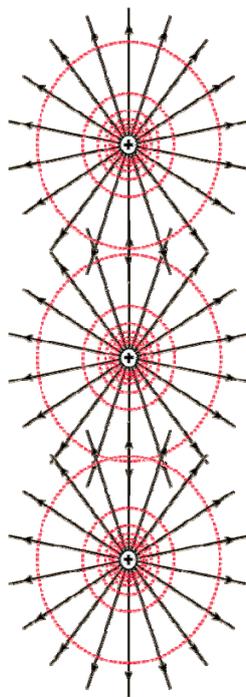
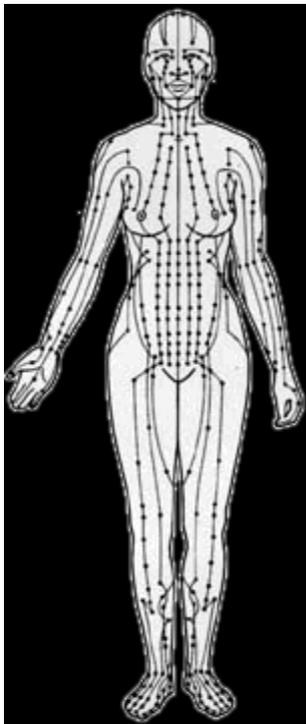
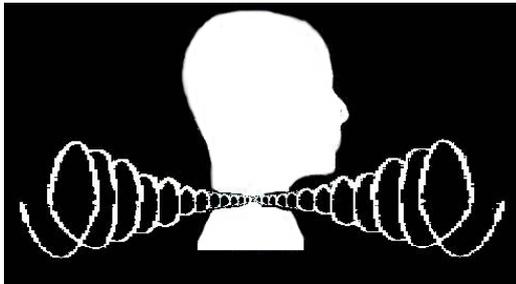
Spirit Body, incorporating the Etheric Body, is the blue print and master designer of the Physical Body. Energy flow constrictions in the many meridian lines, that form the blue print, emerge as pain, then injuries and then illnesses within the Physical Body.

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

Almine



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



MODERN MEDICINE IGNORES OUR SUBTLE BODIES:

It is the injuries to our subtle bodies caused by our wayward mind that bring about the manifestation of mild discomfort, then acute pain within our physical body, and ultimately the illnesses and diseases that we then seek medical assistance to suppress. Modern medical systems do not address the cause of such illness. Ask yourself, when was the last time that a medical professional told you what the underlying cause of an illness was?

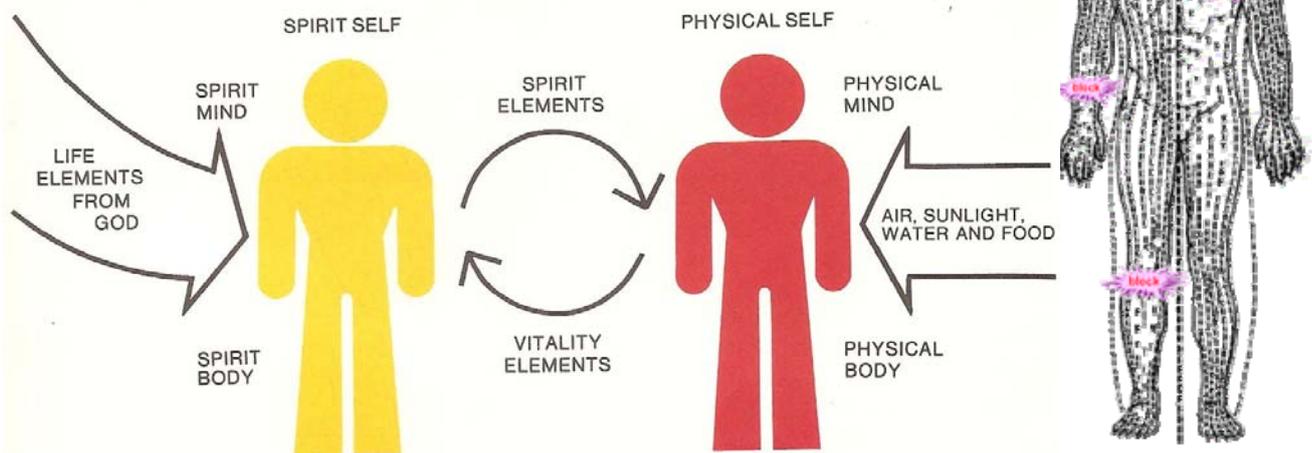
The auric field, that some can see, is the template for our physical body. Childhood Repression brings about energy flow blockages, being stuck and frozen emotional injuries, which then retard the flow of energies within our physical bodies. Modern medicine ignores this reality. The result is that treatments provided are only temporary as the underlying injury remains within our subtle bodies.

We have other bodies that are just as real as the physical body, they are all connected, if we have a problem within these subtle bodies, such problems most likely will manifest on the physical, so why not attend to it utilising a healers help on these subtle levels thereby helping yourself on the physical.

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

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

We need to understand our **genes are not just physical, but on all levels.**



In fact our issues and illness that we recognise within the physical body are on all levels.

Only by one engaging in the process of Feeling Healing can one delve down into the core emotional issues originating from our childhood, being in the form of childhood repression and suppression, that we can then express and release such injuries and bring about permanent health to our physical body. The process of Feeling Healing is the only way to remove the underlying cause of physical illness and discomfort.

MEDICAL PROCEDURES and RESEARCH



Sometimes You Can Find a Needle in a Hay Stack!

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



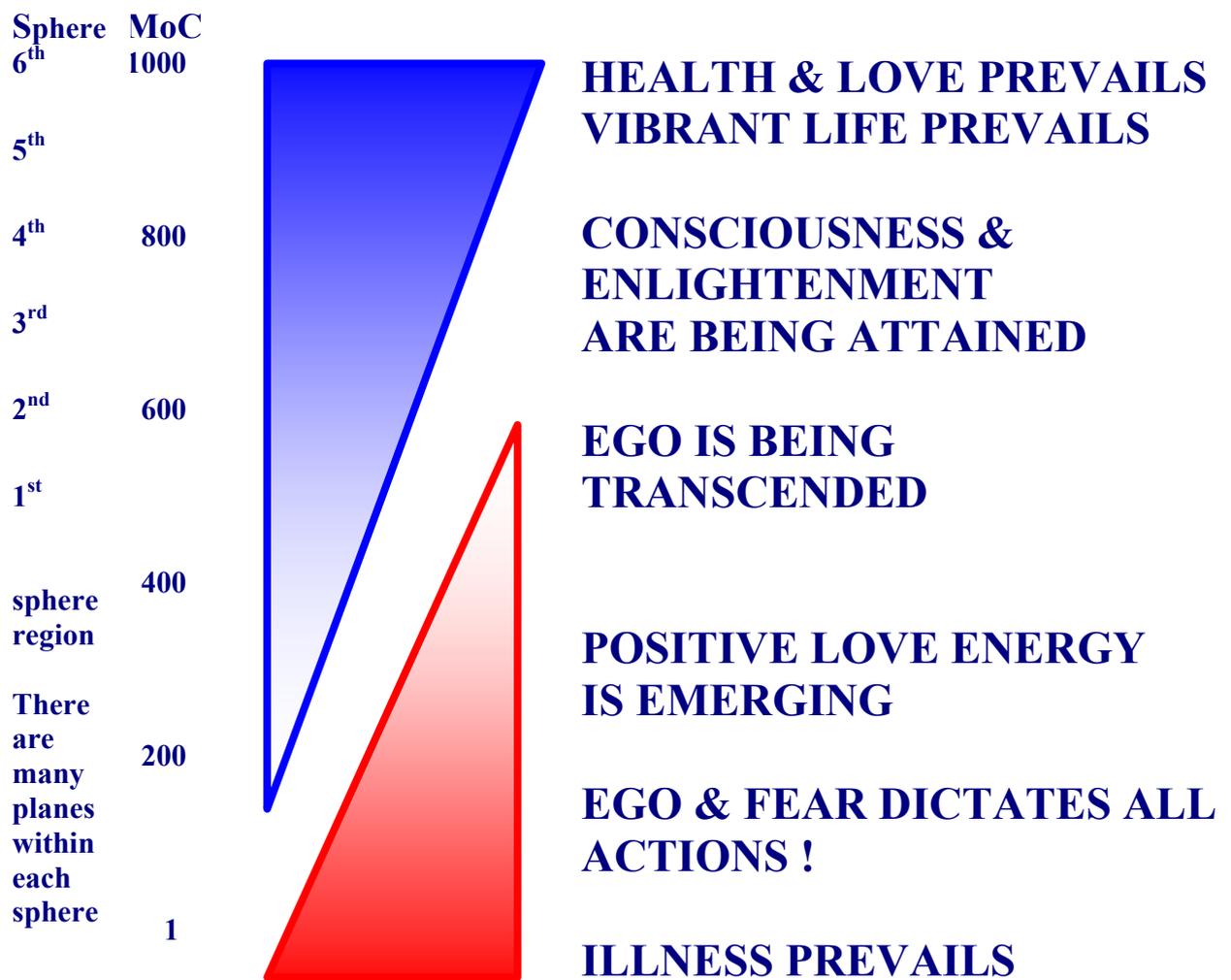
The physical body is animated by the spirit body, and in turn the spirit body is animated by your soul. The spirit body is of much finer substance than the physical body, and the soul is of an even finer substance, hence research technology in the physical world cannot comprehend these bodies.

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

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

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

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



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

FEELING HEALING and SOUL HEALING:

The soul is that indefinable part of yourself. It's that part you can sense, soul-perceive within you, but you don't actually know where. And it's not centred in nor is it part of the mind as some people think. Your soul is separate to all of yourself, that is all the parts or attributes of your personality that are being expressed continuously by it in Creation. Separate and yet inextricably linked to you by light.



Our soul contains the pattern of all we are, all we have been and all we'll ever be. Nothing enters it or leaves it save for light and the Divine Love of God, which is also a Light. Soul-light comes forth from the soul in accordance with its pattern, this light interacting with Creational light on the will level first then moving outward expressing all the aspects of yourself – your personality you need to live life with. As you express yourself, and that's every part of yourself, all physical, spiritual and all in between, so you are generating an experiential light, which then goes back into your soul via your will, which in turn then causes your soul to express the next part of its pattern, and so it goes, as you're evolved into being by your soul.



Our soul absorbs the environment around it, commencing from conception. Thus our pristine soul becomes progressively contaminated by the injuries and erroneous beliefs of its parents. The harm becomes most apparent during our later forming years, that is, during our adolescence.



Should we become aware of feeling our childhood injuries and begin healing ourselves, we can slowly removed the encrustments from our soul, such encrustments stifling our real personality. Thus we can start to revitalise our personality and allow our real self, our soul to blossom and dominate our humanness. Our parents, unknowingly, stifle and suffocate our will, our capability to express one's self.

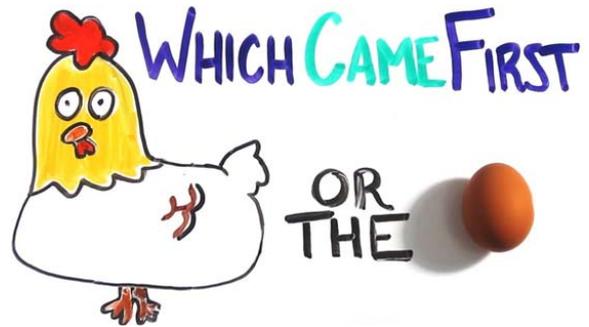
Feeling healing is the pathway to begin to live fully expressing one's true personality. This can be a slow painful process of revisiting the truth of the unloving environment that actually prevails during our childhood years.

By fully embracing our memories of injuries we endured and also expressing these to our soul Parents whilst longing for, asking for and receiving the Divine Love, we will reinvigorate our soul's potential to truly love and experience life to its full potential, with one's soul growing in truth.



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 yourself 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 ourself, 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'.

REVELATIONS



The BEAUTIFUL MIRACLE:

5 Oct 2012

The DIVINE UNIVERSE

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

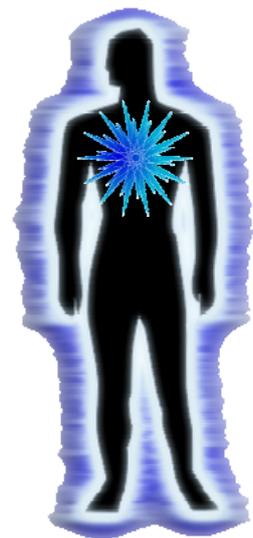
**Soul within
spirit body
prior to receiving
Divine Love.**



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



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



SHINING TOWARD SPIRIT:
665. The Shining toward Truth

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

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



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

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

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

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

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

Matthew (Apostle)

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



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

Jesus and Mary are a son and daughter of God.



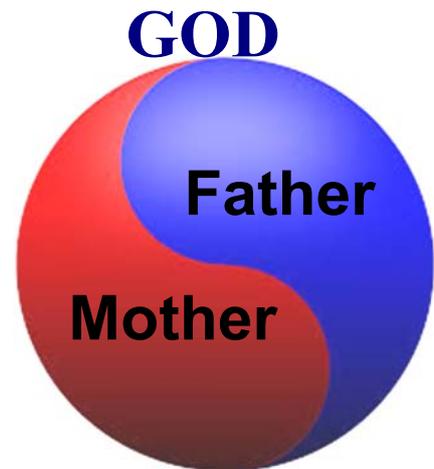
Jesus of Nazareth and Mary of Magdalene, being soulmates, were both free of sin. Jesus and Mary, combined in their love for us, are our teachers and guidance for us to find our way home to our Heavenly Parents. To start this journey we are to liberate our souls from being entombed within our suppressive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

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

When you are ready it will start happening simply because you will want it to, it all being orchestrated by your soul. And when that time comes you will have developed a strong foundation in your relationship with the Mother and Father for you to work from. We are to feel our feelings, identify what they are, accept and fully acknowledge that we're feeling them, express them fully, all whilst longing for the truth they are to show us.

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

WE ARE Children of God



WE ALL ARE BEING GUIDED HOME:

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

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

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

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

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

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

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

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

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

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



M&F



J&M



AVO

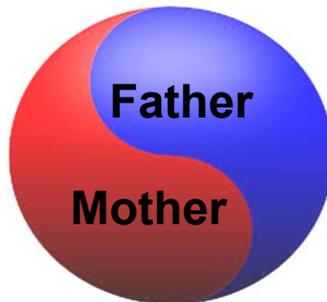


HUM



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

GOD



M&F

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

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

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



J&M

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

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

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

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



AVO



HUM

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

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

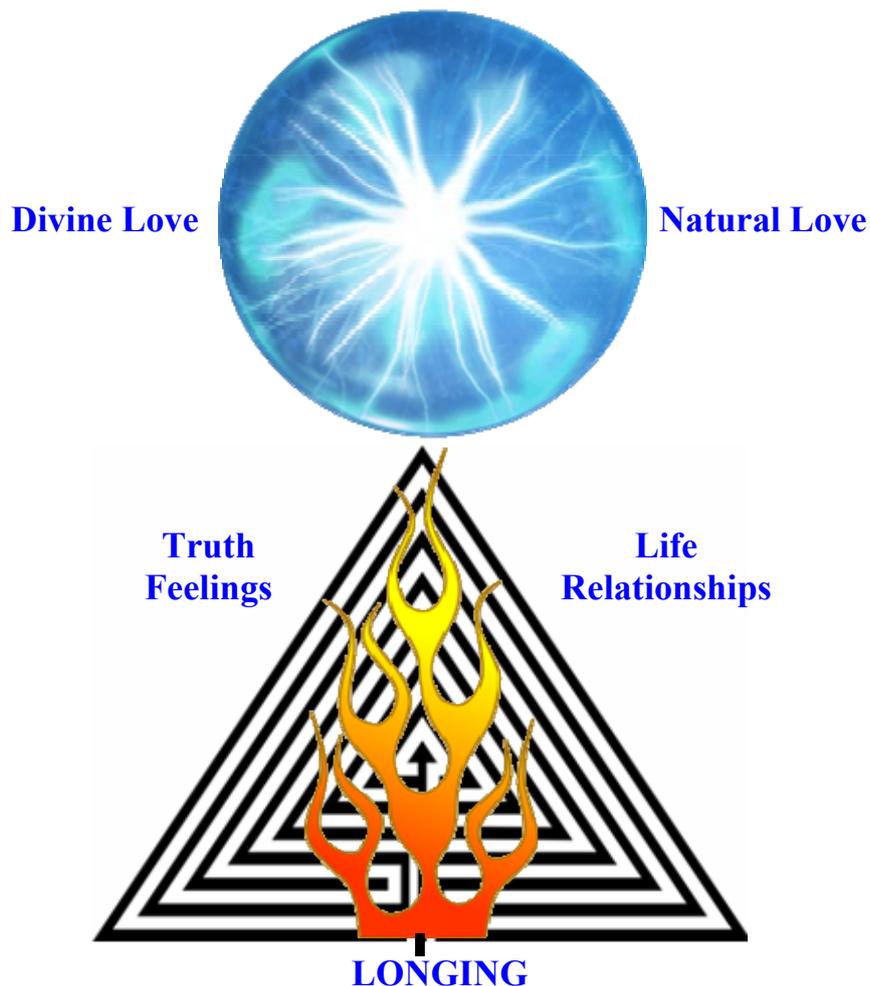
Collectively, should we embrace them all, as we are to, then our pathway home is a journey in the hands of the Spirits of Truth of the Avonal and Paradise Pairs overseen by our Heavenly Parents.

WE ARE Children of God

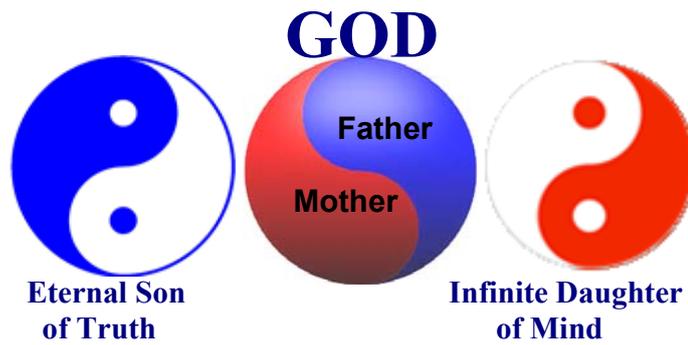
HOW TO GET TO PARADISE:

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

The Key



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



PARADISE TRINITY:

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

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

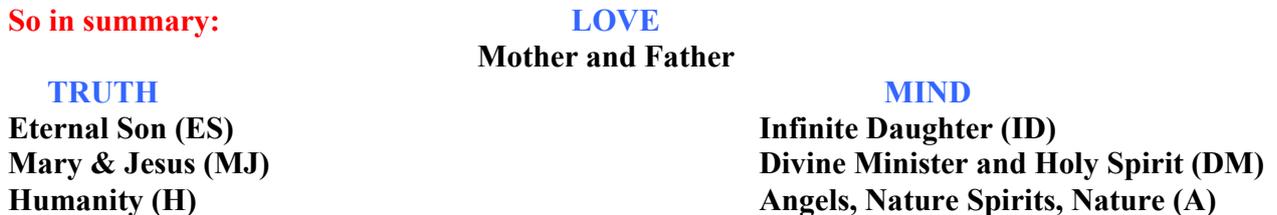
The LOCAL UNIVERSE TRINITY:

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

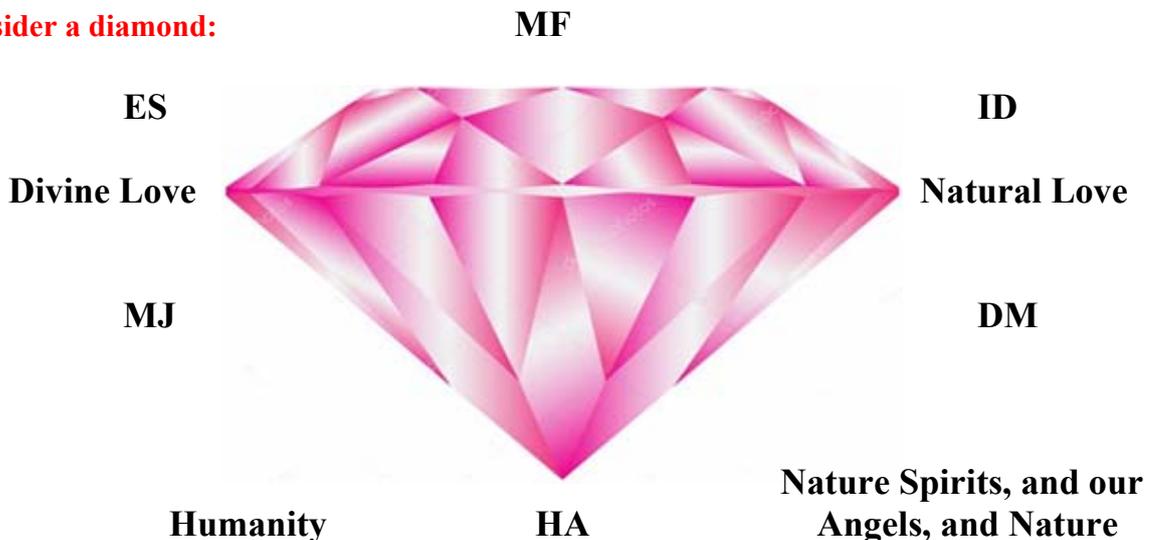
PLANETS that engage in REBELLION:

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

So in summary:



Consider a diamond:



Mother and Father Heavenly Parents

Creator Son & Daughter
Jesus and Mary

Avonals
as soulmate pairs

Trinity Teachers
as soulmate pairs

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

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

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

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

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

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

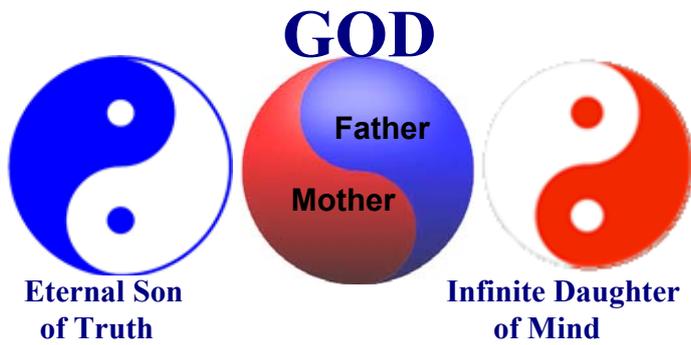
The Local universal Sons and Daughters are all about the running of the worlds under their jurisdiction, and ensuring the higher spiritual elements can be employed, or sent astray, as in our cases through the Rebellion and Default.

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

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

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

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



CREATION of SOUL and SPIRIT:

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

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

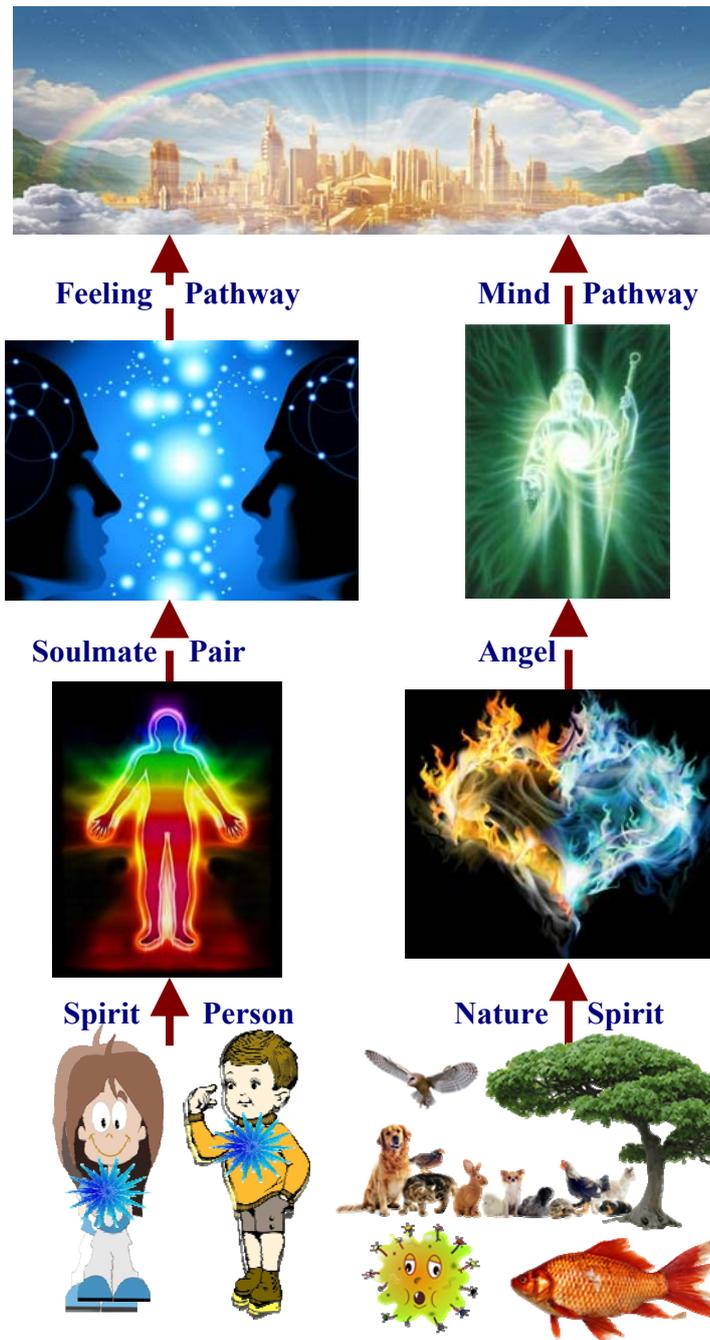
The soul of angels is experiential, evolving through their experience by continually progressing in mind development. Angels are to attain the Infinite Daughter (Spirit) of Mind. Angels are a creation of Mind. Our soul is duplex (we have a soulmate) and is created by our Heavenly Parents. Through our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

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

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

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

A nature spirit is an angel in waiting.



Feelings First Spirituality

The New Way

Feelings First
FF
Feeling Free

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

Accept, express and long for the truth of your feelings

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



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

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



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



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

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

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

Feelings First Spirituality is the True path for humanity.
It embraces all people.

It completely unifies the world.

Everyone can relate to everyone else through their feelings.

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

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

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



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

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

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

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



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

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

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

LOVE is the Religion of Feelings, being:

Feelings First Spirituality, The New Way



my
House is your
Paradise
 **HOME**

The opening up of the soul permits a permanent exchange with Divinity, a permanent recharge of this healing energy that allows not only the re-establishment of lost health, but the continuity of health, providing such a perfect balance, even in the physical body, that noxious agents like bacteria and virus cannot find any opportunity to unchain pathological reactions, which we commonly call illness.

But it is true that people without the benefit of Divine Love would lack the protective shield, which the intrinsic healing energies of Divine Love provide for those who pray for our Heavenly Father's Grace.
 Judas – August 19th, 2001

“Mother and Father, open my soul to this Gift, Your Love. Open my soul and may Your Holy Spirit touch my soul and pour within it your essence, your Love that I may be transformed, that I might be your true child, embraced and carried, lit along my life's path in the glory of your Light and care and protection.”
 Jesus 11 May 2016

Goals of Pascas Care are lead by our desire to:

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

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

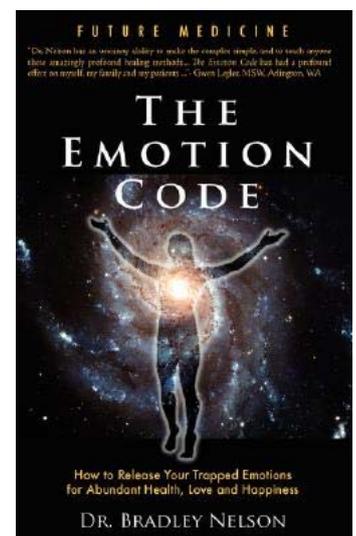
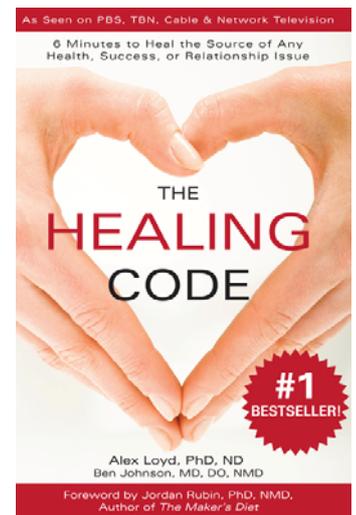
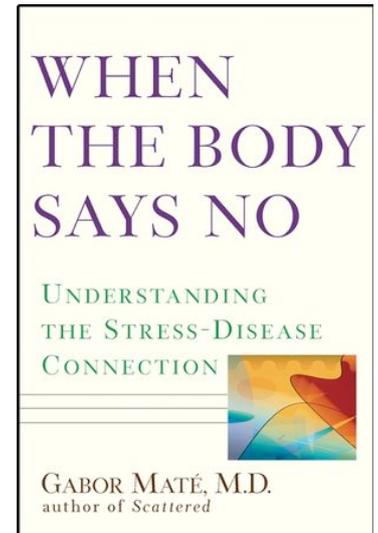
Further stated policy, Pascas Care – Kids of the World:

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



Documents in this Series:www.pascashealth.com

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



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

Available generally from:

www.lulu.com

www.amazon.com

www.bookdepository.com

For Divine Love focused websites and forums:

Pascas Health:

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

Spiritual Development:

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

Padgett Books:

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

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

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

DIVINE LOVE SPIRITUALITY – DLS:

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

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

James Moncrief Books:

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

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

This group being pages of 3,092

Religion of Feelings

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

Introduction to Divine Love Spirituality

<http://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..*

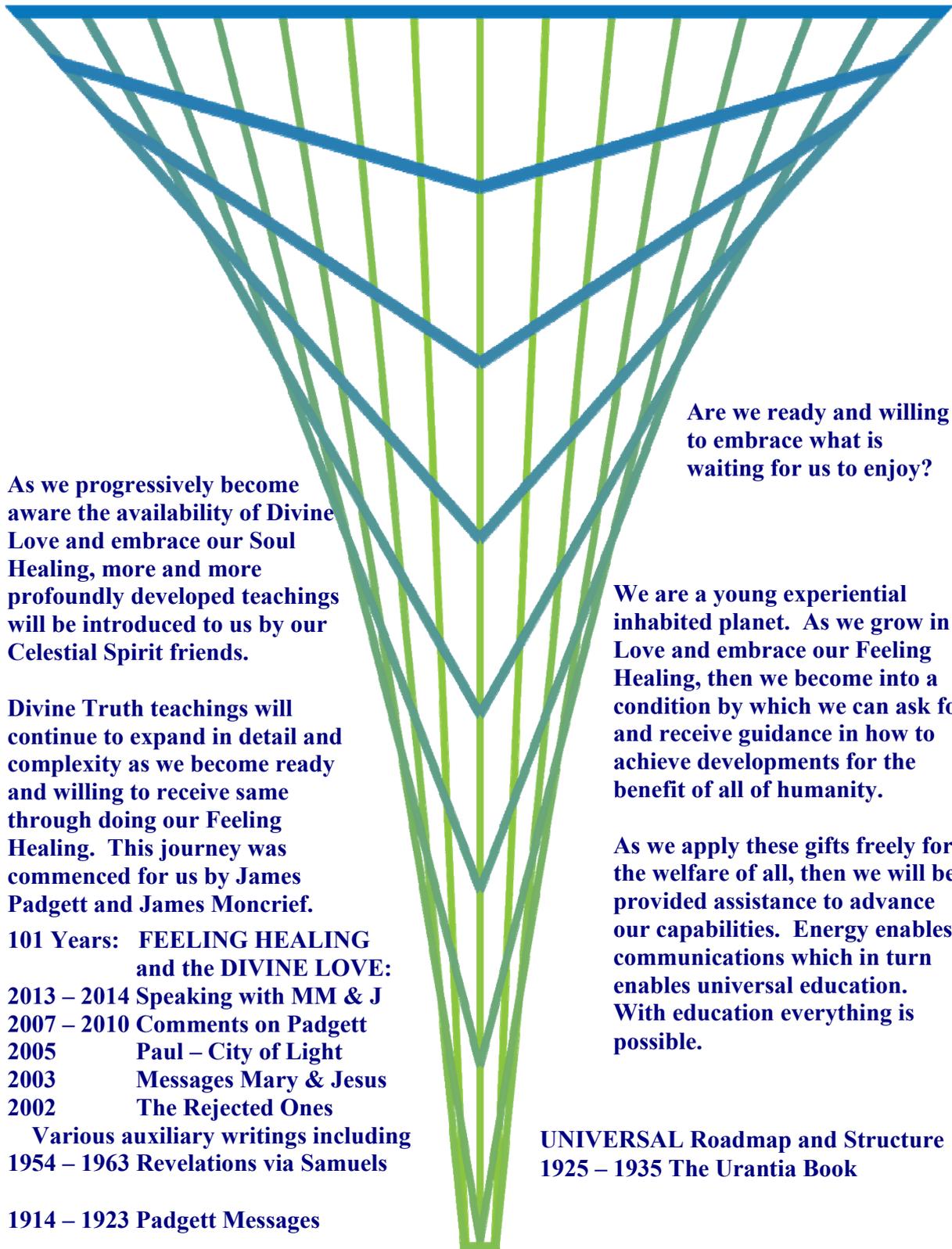
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

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:



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



SOUL  SPIRIT BODY  PHYSICAL BODY

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

Your soul is the real you!

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



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

Prayer: is emotional exchange with God

perceived truth MoC 880