

# PASCAS CARE

## *Our Emotional & Physical Health*



“Peace And Spirit Creating Alternative Solutions”

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**Queensland, Australia**

**Pascas Foundation is a not for profit organisation**

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## PASCAS INTRODUCTION:

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

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

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

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

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

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

Living Feelings First, *John.*

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| <p><b>Treatment Session =<br/>Management of energy flow within in our bodies<br/>= Release of Negative Emotions.</b></p> |
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## **OUR EMOTIONAL & PHYSICAL HEALTH:**

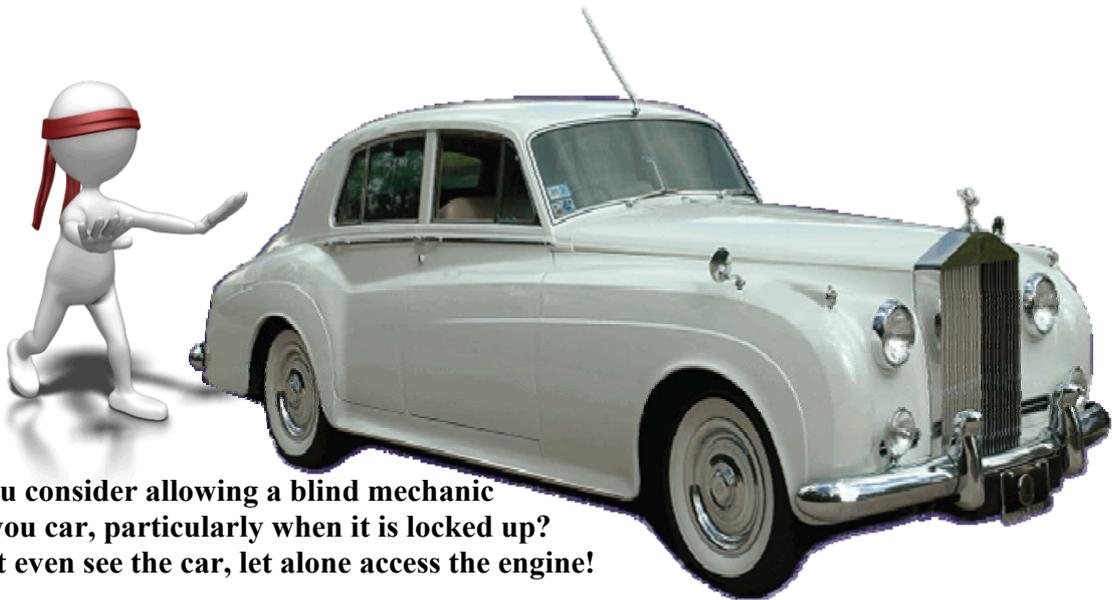
Consider the last time your medical physician / doctor told you what the cause was behind an illness that you were consulting him about at the time.

What we are sharing with you here is an overview of how you can explore and discover:

- What is the cause of any health issue you may be experiencing?
- Where that cause is located within your bodies – yes bodies.
- How to remove that cause yourself or with the help of a friend.
- How to strengthen your bodies – enhance vibrancy.
- And how to help members of your family and also your friends in the same way.

The core reference here is to the Emotion Code and the Body Code developed by Dr Bradley Nelson. There is a wealth of supportive information and research by others adding to the depth and strength of these understandings. Their procedures do not alleviate or remove the recognised issues, only Feeling Healing achieves that objective.

From the medical research perspective, we are accessing the very fine substances, namely the subtle energies that make up our soul, our spirit body which is also your etheric body and template for your physical body, as well as your physical body. These subtle energies are not as yet detectable by science and so they are ignored in the medical world.



**Would you consider allowing a blind mechanic work on you car, particularly when it is locked up? He cannot even see the car, let alone access the engine!**

**The health industry stubbornly resists recognising the subtle bodies that we all have.**

**The foundation of our illnesses originates from within our subtle bodies, that is, from within our mind which is spirit body based, and subsequently then via our spirit body.**

**It is only when we understand the cause of an illness is when we can deal with it, effectively, and permanently.**

## 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?

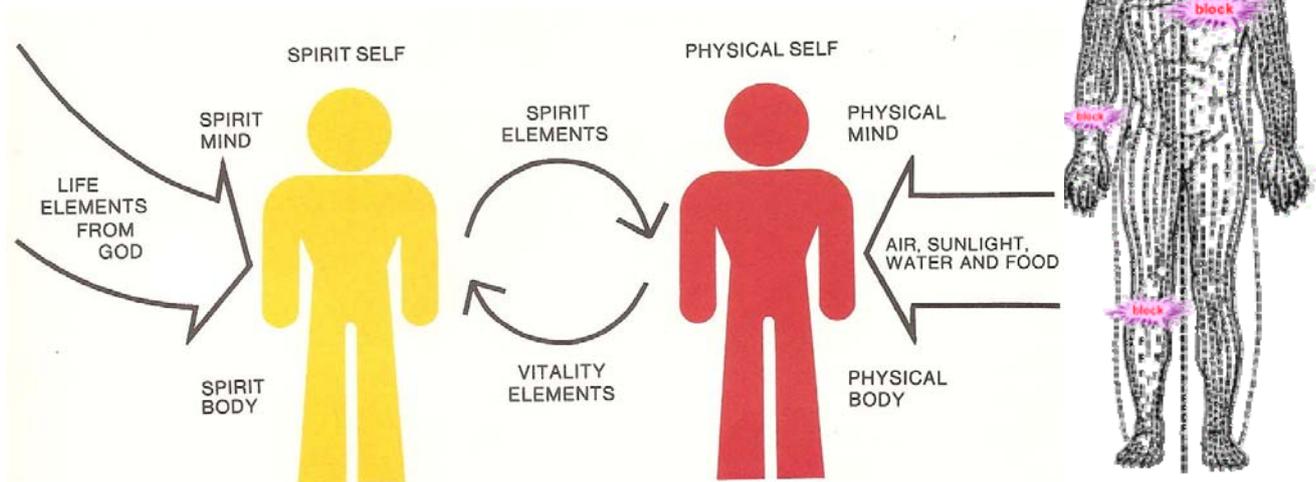
The auric field, that some can see, is the template for our physical body. Childhood Repression brings about energy flow blockages, being stuck and frozen emotional injuries, which then retard the flow of energies within our physical bodies. Modern medicine ignores this reality. The result is that treatments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

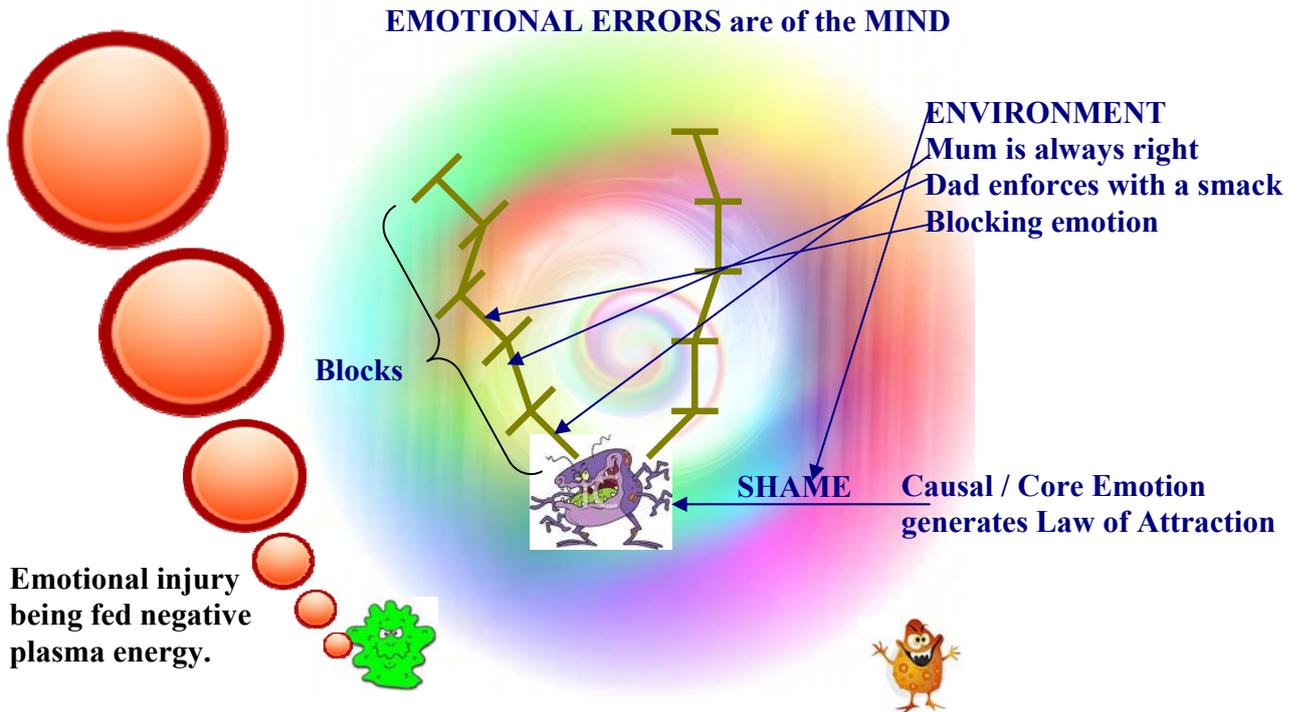
- on the physical level
- on the emotional level
- on the mental level
- on the psychic level
- on the spiritual level.

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.



Each of our physical organs actually function at varying frequencies to each other. As you will see in charts that follow, emotions also function at varying frequencies to each other. Loving emotions that calibrate over 200 on Dr David Hawkins' 'Map of Consciousness' are life enhancing and are therefore helpful to stabilise and enhance the health of the bodies, spirit body as well as physical body. If you had expanded vision then you could see that your spirit body looks much like your physical body. Loving emotions are part of your being, that is, these are natural love endowed emotions that your soul has been vested with upon its creation.

Unloving emotions, those that calibrate below 200 on Dr David Hawkins' 'Map of Consciousness', are life degrading. These are man-made or man-created emotions. Should you not allow these emotions to pass through you at the time you encounter them, then you are holding a small energy ball or block within your bodies. Your etheric/spirit body is a network or grid of energy flows, called meridians. These energy flows are fed through your chakras and then into the meridians. An energy block/negative emotion can lodge within your chakras as well as within the meridians. Should you not dislodge the energy block and you fester upon this negative emotion you will feed it and its size will grow, to anywhere from the size of a lemon to that of a melon. When it becomes large then you feel the pain, then damage occurs to the organ that it is connected to via the meridian and an illness may then emerge. This emotional blockage may have commenced even prior to your birth and you may now be in your retiring years endeavouring to deal with it.

Using kinesiology muscle testing and referring to the Emotion Code, you can firstly determine what emotion or emotions that are the focus or centre of the problem.

Using kinesiology muscle testing you can actually locate where the emotional energy blockage is.

Using kinesiology muscle testing you can determine the size of the emotional energy blockage.

Using kinesiology muscle testing you can determine when and how this blockage commenced.

Now, here is the great part. All emotions are energy. They are in fact magnetic plasmatic fields or balls. Your intent upon locating and dislodging an emotion will cause the emotional energy blockage to come to the surface. At this point you can feed extra energy into your governing meridian, that is, the one that runs from just under your nose, up over your forehead and head, and then all the way down to the base of your spine on your back. The energy can be fed by way of a simple magnet, a fridge magnet if you wish, or by the hands of a friend using his/her hands in the same way as the magnet if necessary, magnet being preferred method (**except if you have a Heart Pace Maker, then use Hands – Reiki modality**). In conjunction with your focused intent and with this additional magnetic energy, the emotion can be released and removed.

Using kinesiology muscle testing after applying the focused intent and additional magnetic field energy, you can test to confirm that the emotion in question has been released.

This all seems incredible. Try it.

Our soul is the seat of our intelligence, our memory, our emotions, our desires, our passions, our free will, and much more. Some emotions become distorted and in error, medical science does not access these problems, but you can. By releasing these emotional issues you take away the cause of your health issue, thus enabling a rapid recovery of your physical body, with the assistance of your doctor should the illness episode require such intervention. This process is complementary to allopathy medicine.

The Emotion Code has been structured to make it simple to identify which emotion is in question. Six groups of organs account for the main emotions; they are outlined in two columns with five specific emotions in each column related to one set of organs. Kinesiology testing will lead you to one.

The Body Code is structured into six main systems; Energies, Toxicity, Circuitry, Pathogens, Structural, Nutritional, and then each of these groupings have five or so sub-topics. Again, kinesiology muscle testing will lead you to the areas that need attention.

Your mind is in your spirit body, and kinesiology directly accesses your mind and also your soul's intelligence where you actually know what the problems are, and with kinesiology muscle testing, you now can access this information and find out and deal directly with these problems.

We are born with natural love. To further enhance your potential health, you can pray for, ask for, and receive Divine Love. Divine Love grows your natural intelligence and overall vibrancy, thus enabling the steady release of negative emotions as you grow in this love. That is outlined towards the end of this document.

**This document is an introduction to the Emotion Code, Body Code, and Divine Love. However, the most important is that of Feeling Healing process.**

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

## **FEELING HEALING and the EFFECTIVENESS of EMOTIONAL PROCESSING:**

Hi James and Nanna Beth (questions in blue by John)

Thursday, 13 July 2017

The question to address is:

What is different with the outlines of the Feeling Healing process as against the numerous other emotional processing methods?

Nanna Beth: The difference is the focus on the truth: uncovering the truth of yourself through your feelings – uncovering the truth of your feelings. It's a rebellion against the Truth, so if one doesn't want the truth, nothing will happen, one will only move deeper into one's rebellion against it.

And because the focus is on the Truth, so one can use it all the way to uncover the Whole Truth of Oneself. And there is nothing else teaching that.

All the other systems that involve looking to feelings to some degree fail to understand the deeper significance of wanting the Truth. Many people uncover some truth of themselves through their feelings, but mostly they end the process because they don't want to follow it right the way through, which means they only want to heal some momentary pain, and once that is done, are usually happy to continue on in their untrue state.

And because one is wanting to uncover the whole truth of oneself, then it becomes a full spiritual experience, and one that can be done by oneself, so without needing help from another, although at times help is sought and used. So the Feeling Healing embraces Healing the whole seven Mansion Worlds worth of self- and feeling-denial, which is the complete Rebellion and Default. Other systems might only work at some aspect of it, limiting the ascent of truth through all the Mansion Worlds.

And basically no one understands the absolute depth of the problem within themselves, which is only borne out by people and spirits doing their whole Healing. Much of the current psychological understanding falls well short of understanding the depths that are involved because they don't include the overall problems brought about by the Rebellion and Default. You have to understand you are rebelling against yourself: the truth of yourself, and so against your own soul; which is then the truth of God, so the Mother and Father; and that also includes the truth of Mary and Jesus. So at some point you have to rectify all those relationships, which you can't do unless you understand the bigger spiritual picture. And so that's what James has revealed, taking all Marion has said, all the books offer, adding his own stuff, and putting it all together as a way of life, a spirituality that can be lived, and one that initially focuses on Healing oneself of all one's wrongness.

Why have all other methods of releasing and delving into emotions not been successful?

Nanna Beth: Because they don't understand the scope of the problem, as I said above. They are not approaching it from the point of view of understanding the nature of one's Repressed Childhood state, the extent of that; and then how one needs to allow oneself to feel all the bad feelings, not reject them; and then bring them out, which is the releasing of them; all whilst wanting to know the truth of them – the truth of what you are feeling. And that truth is what needs to come up within you so you can heal

your will and become a truly functioning person, fully self-expressive, self-loving, and growing continually in truth.

All the other systems work within the control of the mind, so once the therapy ends, the mind regains control albeit in a different way. Only the Feeling Healing and Soul Healing with the Divine Love, seeks to entirely break the control of the mind over one's feelings.

### Why haven't other methods been going deep enough?

Because people are basically afraid to push into such early childhood trauma without understanding where they are going or what it's all about. The leap of faith is too great, as it would mean they would have to rise above and conquer the Rebellion and Default within themselves, and that's simply too much to ask. The negative truth-denying systems within everyone are too deeply entrenched.

However the spiritual structure outlined by James provides a structure that allows you to deal with the Rebellion and Default, allowing you to maintain your faith, and evolve it, as you progress in your growth of truth – it gives one a picture to work with. Very few people, and possibly only Marion in fact, are able to press on into such dark depths without any structure and with only a faith that it's what she and God want to do.

I (Beth) couldn't have done it Marion's way John, I wouldn't have allowed myself to feel such pain, I needed to understand the bigger-picture reasons as to why I was in such pain, and be given the understanding that if I kept at it, one day it would end. Marion doesn't know it will end, she just keeps going one bad feeling at a time, which requires a tremendous amount of faith and over so many years and through so many inner obstacles; and still she doesn't know if it will end, but as she says, there is nothing else she can do other than keep going because she tried everything else. And she doesn't want to let her mind come in, only wanting to stay true to her feelings, so she doesn't want to know about the bigger picture even though she has worked it out along the way for herself and for James to understand which he's worked into his books.

So the spiritual aspect or approach James has provided, even if it's not actually talked about; the simplicity of honouring your feelings, and in particular your bad ones, then by accepting them you allow them to have their say, so you express them, all whilst longing for the truth, includes all one needs to know. And so by doing that, one will be able to fully Heal themselves working it out along the way for themselves; and even if they don't understand it, will be living the highest truest spiritual life one can live in one's wrongness, which in time will lead to one's Healing of one's rebellion and default.

On the surface of it, what James has related seems overly simple, but doing it yourself, and see what happens and what results; and that will take one deep into oneself uncovering the whole truth of oneself.

### Many will consider that what they have been doing is adequate – why are they wrong in their understandings?

Nanna Beth: Because they don't understand what it's really all about. They don't understand the mind is in control of their true feelings, and that needs to be stopped. They don't understand the significance of their rebellion against the Truth, and how that happened by default. They don't understand that it's

about uncovering the whole truth of yourself through your feelings, all your feelings, but focusing to begin with on your bad ones because they are what most people don't want to see. Everyone else sees it that they are doing this feeling type healing to make themselves better, to rid themselves of their pain and trauma, so instead of taking a pill to take the pain away, they are using some sort of emotional clearing system. But that is all still to take the pain away, to fix themselves, to heal themselves, to effectively take a pill so it all goes away, just like what the 'Divine Love people' hope the Divine Love will do for them, but it's not to uncover the whole truth of themselves. We have to see the truth of our pain, why we're in it, how it all came about, so what really went on in all our early relationships. It's not about doing anything that just takes all our suffering away. We have suffered for valid reasons, which all have to come to light. And so only emotional and feeling accepting systems to help one see such truth of one's pain and suffering are of any worth. And unless you uncover the whole truth of yourself, you'll never set yourself free of your rebellion and default, of all your soul pain. And the truth means to see the whole truth of why you feel unloved, how unloving your early relationships were, why you don't love yourself, why you are unloving, why you are evil and wrong, which basically no one wants to face.

So to summarise: We all have to see the truth of our unlovingness. We can't avoid it – deny it. We have to face it and feel all it makes us feel. And all those bad feelings lead us into the truth of it. So we have to understand – bring to light through our feelings – all the truth of our unloved, negative, evil, wrong state. And then once we've done that, we can be free of it. So until you uncover and feel the whole truth of it, it will never leave you, you'll remain in rebellion against yourself, you'll continue to be unloving.

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

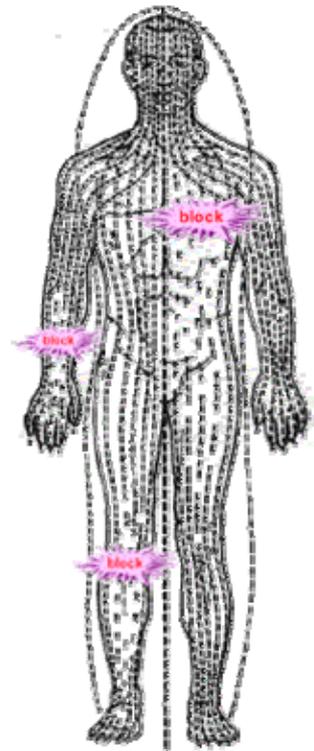
**Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing. Primary and most important readings are the writings of James Moncrief.**

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



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

## HIERARCHY of HEALING SYSTEMS



**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’.

**Vibrational remedies affect the spirit body and physical body, but not the soul:**

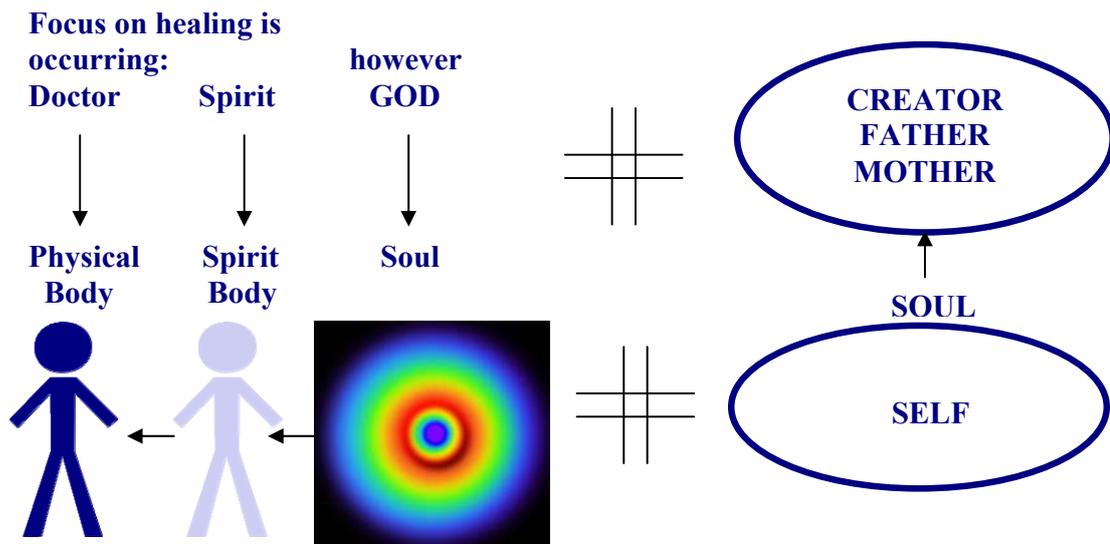
**Participant:** Would you say that core vibrational remedies, like homeopathy, operate on the spiritual body?

So called vibration remedies, where people are trying to improve their vibrations, can affect both the spirit body and the physical body, but they will not affect the soul. Because the soul does not change and the soul causes all of the problems in both of these bodies, any vibrational change or chakra change will generally have a temporary affect on the spirit body and the physical body. However there is one exception. Sometimes people have spirits attached to their spirit body and these spirits attach in different locations, depending on where there is an emotional injury. If you break that attachment then that part of the body will no longer be severely affected by that spirit and there will be an instant change. But aside from that, the soul is the thing that determines the condition.

**Participant:** When you change the soul, is the change in the physical body instantaneous or does it take a period of time?

In almost all cases the result is instantaneous because the soul is no longer imposing a corrupted energy system upon the spirit body and so therefore the energy system no longer affects the physical body and no longer causes damage to the physical body. However there are some issues that our physical body faces that have a seven year cycle and so it may take some time before the effects show in the physical body.

Any time we engage the Law of Compensation any change that is made at the soul will have a gradual effect upon the bodies in a positive direction and any unloving behaviours that we engage with our soul will have a gradual effect on our bodies in a painful negative direction. The Law of Repentance and Forgiveness, you will find that it engages much faster processes where things can happen to the physical body and the spirit body instantly based upon what occurs in the soul. AJ



**When you heal the soul, everything is automatically healed.  
Love and Truth have an automatic affect of healing on the soul.**

## OUR TRUE SELF:

“The Bible says we are created in the image of God. What better way for us, as thought-forms (potentials in mind), to discover our true identity and the real source of our true power than through the interplay of vibrational harmonics provided by creation’s magnificent illusions. Our parent image, that which we seek, is The Great thought We Are. By allowing contrast (free will), God has given Its Own Thought the ability to independently experience Itself.” P.204 – Future Memory by PHM Atwater

Our soul, being our real self, at the time of its creation has nothing of the divine within it. It is only when we exercise our free will and pray for, ask for, and receive Divine Love does the slow transformation of our soul from that which is not divine to that which is divine begin. The greatest and only miracle that occurs is the transformation of our soul to that which is Divine. This transformation is only in respect of love, we are conceived with only natural love. Though we (our souls) are in the image of our Creator, our Father, we are not in any particle made from that which is divine.

We are created with free will, and as we have free will, that free will is respected by our Creator. Until we **ask** for Divine Love, which is a substance and is the substance that can transform our soul to that which is divine, we will not receive Divine Love.



“When you approach your health from considerations of what you consider is wrong from the perspective of disease you will probably create anxiety and a sense of difficulty or impossibility. You have learned to perceive your physical body as very solid and not plastic. Every state of your body, emotions and mind is subject to change in each moment. The more solid and unchangeable you sense it to be, the more difficult will you find change. All of the physical measures you take to counter the elements you wish to change will tend to reinforce the solidity of the dis-ease. Certainly use the physical measures if you assess them to be valuable and use them in association with prayer and with imagination. Your imagination, visualisation or dreaming or whatever term you choose to use has great power. When you use external measures and ascribe power to them, you also ascribe power to the issue you wish to change and you tend then to thwart the natural measures that your body can take and will take if allowed to do so. The physical measures are based on assumed knowledge of the issue and its causes and this supposed knowledge is often quite erroneous. All physical, mental and emotional issues result from disharmony and disharmony of this nature will never be resolved by the application of

external forces however well intended, (except for Receipt of Divine Love). When you become anxious you increase the disharmony and therefore the problem will tend to escalate.

“When you use external measures, do so with love. Do this by offering them to your body as a gift and remain sensitive to how your body receives this gift. All of the parts of your body know how to function in harmony with all of the others. They have struggled to function in the presence of the disharmony of your life for a long time. Take time to love yourself and your body as it is now without needing to change it and allow yourself to begin to sense what your body wants to do and how it wants to do it. This may sound vague and incomprehensible. Attempt to move past your worries all of which serve only to cloud your sensitivity to yourself. When you worry you use your imagination to worsen the problem that concerns you. Use your imagination to help yourself. Imagine that your body does know what to do in order to be a body and allow yourself to feel how you can facilitate this process. When you pray for Divine Love, imagine that the love flows to all parts of your body and mind and that it facilitates change.

“Your body deserves your gratitude and thanks for the way that it is serving you despite your efforts to confound it. Your body is the most immediate environment that you experience and constantly offers you information about itself and the harmony you have with it. You always need to pay heed to the sensations you have and to respond to them in ways that increase harmony with yourself.”

The Richard Messages – Celestial Spirit 8 April 2013  
via James Reid [www.lulu.com](http://www.lulu.com)

**Emotional stresses are developed from ThoughtForms, such ThoughtForms may become embedded within the soul, leading to the emergence of physical illness or illnesses. Thoughts are substances, things. Every single emotion we have is a substance of some kind.**

**A person’s soul can project ThoughtForms onto other souls – these ThoughtForms/ Emotional Transfers can sometimes be negative, sometimes positive.**

**Further reference: <http://www.esoteric-philosophy.net/thoutforms.html>**

**PASCAS  
HEALTH**



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



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."

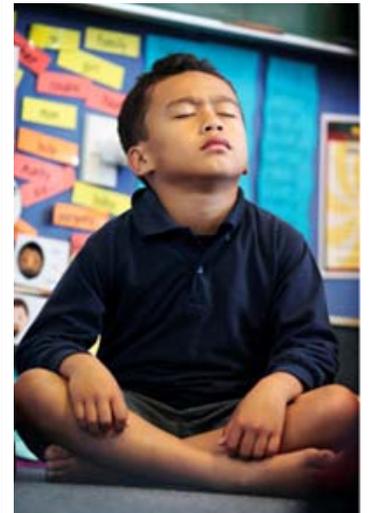
"Mother, Father, I desire your Love and I am loving you."

"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

**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.

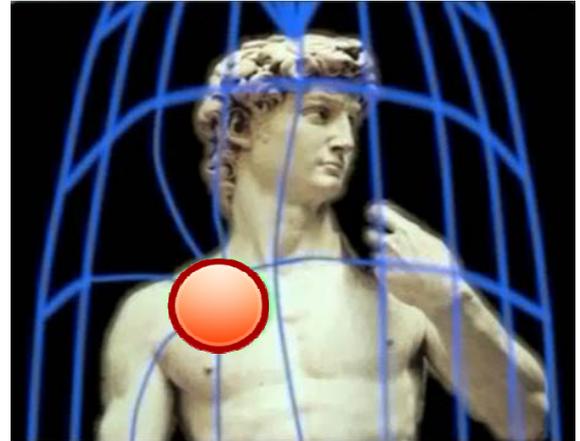
- Disease-prone beliefs, we can look at the following questions:
  - Do I worry about my health, holding fear thoughts in mind about what might happen to me?
  - Do I get a secret feeling of fear, excitement, and danger when I hear about a new disease that is currently being reported and in vogue?
  - 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.

## What is a Trapped Emotion?

What is a trapped emotion? As we go through our lives, we experience highs and lows emotionally and there are times when we hit real emotional lows, or we feel intensive negative emotions of anger, frustration, resentment, sadness, sorrow and so on. It's during those times when the energy of the emotion can become lodged in the body.

### Trapped Emotions are Made of Energy

Trapped emotions are typically an orange to a cantaloupe sized (or you could say, from a lemon to a melon) and they will distort the normal energy field of the body. As you can see in this picture, the energy field around this person is being distorted by a ball of energy, in this case a trapped emotion. Trapped emotions can occur at any age, and can even be inherited. They will create physical and mental symptoms. And of course, they can be found and released using the Emotion Code.



To understand how trapped emotions can create physical and mental symptoms, it's important to understand the fact that our bodies, and everything in the universe, consist of one thing, pure energy. The chair you're sitting on right now, the desk you're sitting at, the walls in your house, this earth, the sun, the moon, and the stars – everything is made of the same thing – plasma – plasmatic energy.

If you look at your hand, it looks pretty solid. But if you magnify that hand a hundred times, it doesn't look like the same hand anymore at all. You'd have a hard time recognising it. It would look like the surface of an alien planet with hills and valleys and so on. If you magnify that hand 850,000 times, you will see that the hand is actually made of molecules. If you magnify a single molecule about a million times, you can see that molecule is made of individual atoms, and if you actually were able to look inside of an atom, you would see that there's really nothing there, but tiny energies that are flitting around at the speed of light creating a certain frequency and vibration that makes that atom what it is.

Really, our bodies are almost entirely empty space. Trapped emotions are energy too, but they distort the body's energy field, and by distorting the body's energy field, they distort the tissue of the body. When you distort the tissue of the body, you end up eventually having physical symptoms due to the distorting effect of the emotional energy. But because that area of the body where the trapped emotion is lodged is continually vibrating at the particular frequency of the emotional energy that is lodged there, it makes you much more susceptible to falling into resonance with that frequency.

Let's say for example that 20 years ago on a certain day you had an argument with someone and you became very angry. Say you developed a trapped emotion of anger that lodged in your shoulder. Trapped emotions always lodge somewhere in the body, and for whatever reason, this trapped emotion lodged in your shoulder. Now, 20 years later, you probably have shoulder problems, and you may be thinking about having surgery because your shoulder problem is not

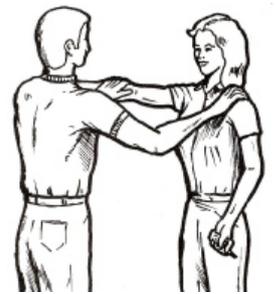


going away. You may also be a more *angry* person than you otherwise would be because there is a trapped emotion of anger lodged in your shoulder.

Those tissues in your shoulder are literally *feeling the emotion* of anger all the time. So when a situation arises where you could become angry, you *will* become angry much more readily than you otherwise would because part of you is *already* vibrating at that frequency.

Remember that all emotions are frequencies. And every emotion has a different frequency than every other emotion. Anger has a different frequency than sadness, which is different frequency than frustration, and so on. That explains why when we release these trapped emotions there is an immediate change that takes place. Accompanying the physical change that takes place, very often there is a mental change that takes place as well, because the energy that was causing those tissues to literally vibrate at that emotional frequency is suddenly gone. And that's the real breakthrough of the Emotion Code – to understand how these emotional energies affect us years and decades after the event.

The flow chart to release trapped emotion is very simple. We start at the top and simply ask, “Do you have a trapped emotion that we can release now?” Or if you're working on yourself, you ask, “Do I have a trapped emotion that I can release now?” Then you perform a *muscle test* or the *Sway Test*. A strong muscle test indicates yes, and swaying forward indicates yes. If you do have a trapped emotion then you go to the next box down and determine the correct column. So you simply ask, “Is the trapped emotion in column A of the emotion code chart or is it in column B?” And you will get a yes answer to one of those. Once you determine the column, you're actually eliminated half of the list. And so, let's move on and we will go to the rows and simply ask is the trapped emotion in an even row or is it in an odd row.



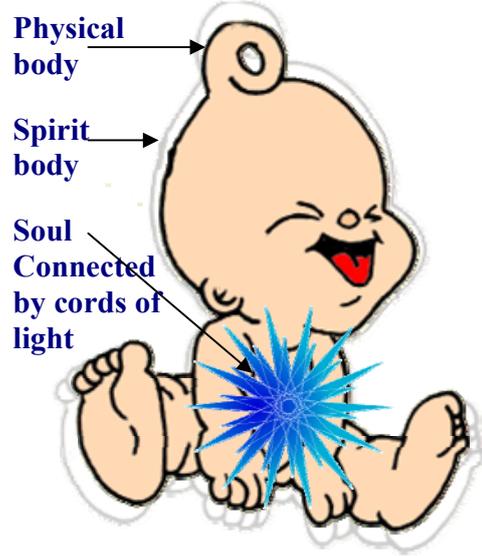
The emotion chart is divided up into rows and columns and the odd rows are shaded a little darker than the even rows to make this easier. Once you have identified an odd or an even row, then you've eliminated half of the list. Every time we ask a question, we're eliminating a big portion of the list. Once you get the answer that the emotion is either in an even row or an odd row, you can simply ask, “is it in row one or row two or row three,” and that will help you to zero-in very rapidly on the five emotions that are in a particular cell, or a particular row and column location. Once you get to that row and column location and you have five emotions left, you can simply ask, “Is the trapped emotion \_\_\_\_\_.” Name the emotions one by one.

If no trapped emotion is detectable then most likely it is an inherited emotion, which we will be covering soon.

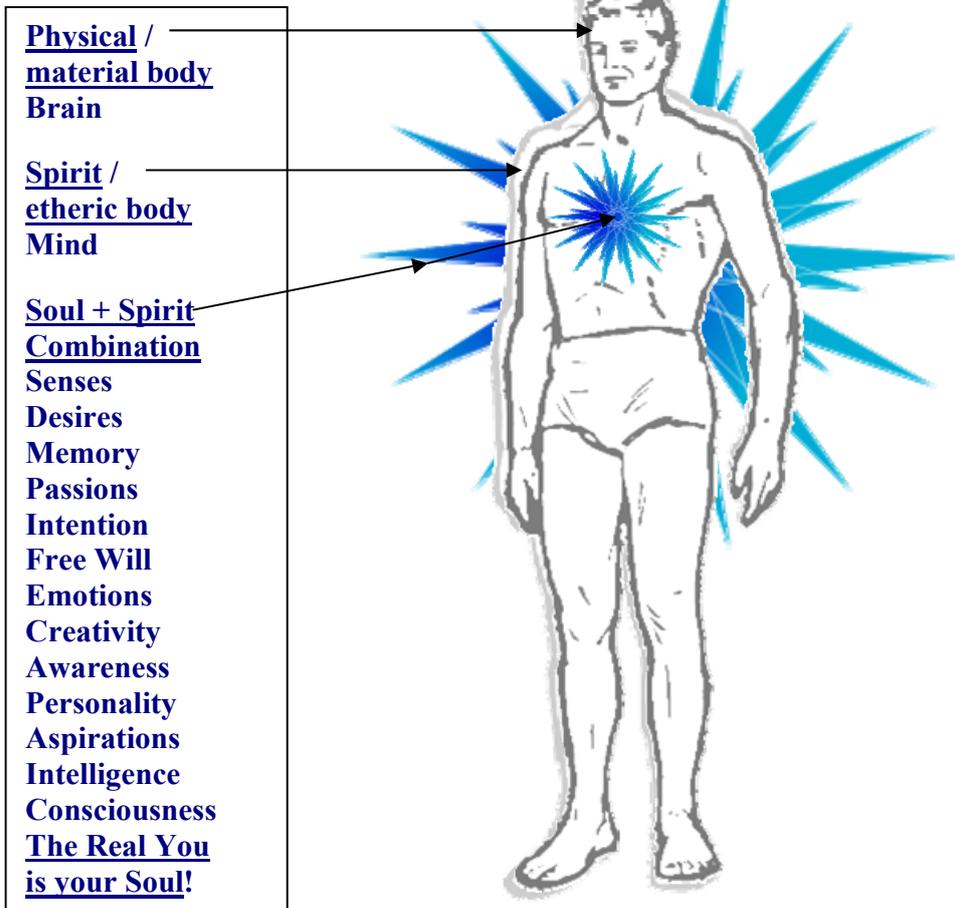
You can ask optional questions after you have identified the emotion. You may want to ask when it occurred. You may want to ask where it's lodged in the body. Another question that's good to ask is “Do we need to know more about this emotion?” Once you get a “no” answer on that, you should be able to go ahead and release that emotion. You can roll the magnet down the back or over the head 3 times for regular emotion or 10 times for an inherited emotion. Then at the end of that, you can simply ask “Did we clear that trapped emotion?” And if you did, then you could start at the top of the flowchart again and ask the same question, “Do you have a trapped emotion that we can release now?”

A newly individualising soul is just a tiny invisible spark.

The soul nests inside of the spirit body, never to be separated.



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

ASPECTS of LIFE:

The spirit body is composed of a different kind of matter, "finer" or more "ethereal". The fact that its aspect reflects the condition of soul is a clear indication that the soul influences largely its formation, and even more, the soul is indeed the creator of this body, which covers it and provides it with the characteristic of individuality. The formation of the spirit body begins at the moment of incarnation of the soul in the foetus, incarnation which only takes place should there exist a high probability that the spirit of life has found in the new organism a stable biological structure, allowing it to carry out its life-giving function.

P529 Judas of Kerioth 8<sup>th</sup> May 2002

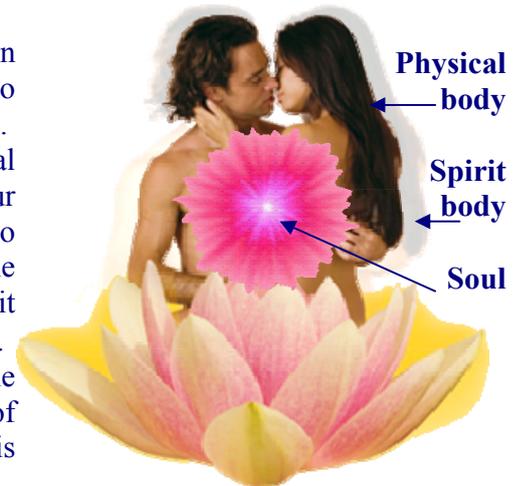
**At the moment of conception, we incarnate, that is, we achieve individualisation and become self aware and we are then able to exercise our free will.**

**At the moment of conception, our soul, being our real self, is creating the newly forming embryo and everything else every step of the way as Judas says above. And our soul utilises our parents' life forces to achieve incarnation.**

**At the moment of conception, there is nothing of the Divine within us. Only as we proceed to ask for and receive Divine Love does our soul slowly and progressively change into the nature of that which is Divine. As our soul receives Divine Love, and embraces Feeling Healing, it will grow, and grow, and grow in brilliance and into that which is Divine.**

### The REAL YOU is the SOUL:

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



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



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

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

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

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

## The Emotion Code Chart

There are a couple of important things that I (Dr Bradley Nelson) want to talk about here as far as The Emotion Code chart goes. First of all, you notice that on the left side of the chart, we have two organs listed in each row, heart or small intestine for row one, spleen or stomach for row two, lung or colon for row three, and then in row four we have liver or gallbladder, kidneys or bladder for row five, and glands and sexual organs in row six.

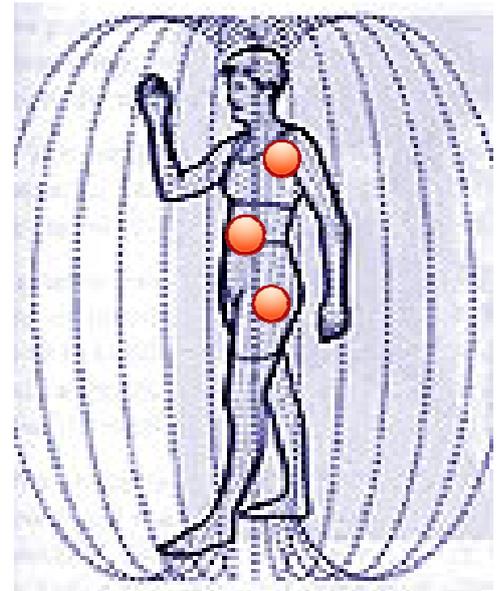
The organs and glands are actually frequency generators. They generate the frequencies of these emotions. Remember that each emotion is a frequency. When you're feeling an intense emotion, what you're really feeling is a frequency. Your body is taking on a new vibration. And the source of that vibration is coming from one of the organs that are listed on the left side here. So as an example, if you're feeling an intense emotion of grief, and if you look in column B and come down to row three, you'll see confusion, defensiveness, and grief. That grief emotion is generally going to be coming from the lung or the colon. And so, the same pattern follows through with all of these emotions and all of the organs. Let's look at the heart. The heart or small intestine will produce the emotions of abandonment or betrayal or forlorn, if you're looking at column A, row one, and so on.

One thing that I would like to point out about this list is that the difference between the emotions that are listed in column A and column B is essentially zero. In other words, emotions that are listed within a certain row could be placed into column A or column B interchangeably. Sometimes people wonder if maybe there's a reason why some emotions are on the right and others are on the left, and no, there's no real reason. They're interchangeable.

However, one thing that I would like to point out is that emotions that are produced by a certain organ *may* not lodge in that same organ. For example, emotions that are produced by the heart may end up lodging in the heart, *or* may end up lodging in the spleen or the lung or really *anywhere* in the body. In other words, *any* of these emotions on this list can actually become trapped *anywhere* in the body. Why does a trapped emotion become lodged in a certain area? Sometimes it's because there's some kind of infection or an injury in an area and when a trapped emotion then occurs and becomes lodged in the body, it will more likely go to that area where there is some underlying weakness or, maybe a pre-existing condition or imbalance.

Also, trapped emotions will tend to lodge in areas that have some kind of a metaphysical significance. For example, let's say you feel like you're carrying the weight of the world on your shoulders. You may then develop a trapped emotion that may lodge in the shoulders. Or let's say, for example, that you are having money issues. You may be more likely to trap emotions in the low back because metaphysically, there's a connection there between the low back and money, and so on.

For more information about metaphysical connections to illness you may want to read Louise Hay's excellent book "You Can Heal Your Life".



Now I'd like to go through these emotions and explain any of these that might not be quite clear. We'll take a look at row one first. If you take a look, you'll see abandonment and betrayal. Those are pretty self-explanatory. Let me explain the word *forlorn*. Forlorn is a word that means sadness and desolation, sort of combined into one. The old saying used to be that a person might be "forlorn of hope". It's like being sad and lonely and desolate and all alone, all rolled into one. Feeling *lost*, of course, often times is feeling lost emotionally, or lost about a relationship or lost in some other way, more often than being lost in the woods, for example, although that can happen too.

*Love un-received* is where a person is sending out love to someone else and that love is bouncing off of that other person. It's not being sent back to them, or they are not receiving it. This one can show up even in a relationship ... even, for example, with someone who is married. Maybe they feel like their spouse is not receiving their love, and so they might develop this trapped emotion. It might also show up on people who lose a loved one because their love for that loved one now doesn't have a place to go because that person has died.

Let's go to column B, row one to *effort un-received*. This is the emotion that you get when you are putting out effort, and putting out effort, and putting out effort, and it all comes to nothing, or you're not recognised for what you've done, or it just doesn't work. And so you end up having the feeling of, "Oh, why did I bother. I went to all that effort!"

*Overjoy* is an interesting emotion. It is the only positive emotion that you will see on this chart. Everything else is quite negative. However, the reason why overjoy is on this chart is because *too much of any emotion can be imbalancing to the body*. Too much of a positive emotion can be as imbalancing to the body as too much of a negative emotion. When you have too much of a positive emotion – you're overexcited or you're giddy with happiness or joy – generally you're going to be okay, but if the conditions are right, it can become stuck in the body and can create a trapped emotion that can imbalance you. All those positive emotions that can become too much for the body to handle often show up together in that one emotion of *overjoy*.

*Vulnerability*. Of course, feeling vulnerable means feeling unsafe and defenceless.

Let's go to row two now and take a look at those. *Nervousness* and *worry* – those are pretty close together, but they do show up a little differently. If we take a look at column B, row two, there's *lack of control* – lack of control is a feeling that you get when you just don't have enough control over the events that are going on in your life. Maybe you feel like you're being carried along to some place that you don't really want to go, or maybe you feel like you just don't have the power, like your power has been taken away. Maybe you are on a job that you don't like and you just don't see any way out of it, or maybe you're in a relationship that you just don't know how to end, et cetera.

Let's go on to row three, column A. *Self-abuse* usually results from bad internal dialogue. In other words, we all are self-critical at times. But sometimes, this self-dialogue can create an imbalance, and can actually turn into a trapped emotion. Self-abuse is rarely involved with actual physical self-abuse. It's almost always negative self-talk, which many people suffer from. I think it's true to say that most people are far harder on themselves, more abusive to themselves mentally, than they would ever imagine or ever dream of allowing anybody else to be to them.

Let's take a look at row five. *Blaming*. Blaming other people or feeling blamed, it can go either way on that one. *Dread*. *Fear*. *Horror*. Horror is typically feeling horrified about something. It's the kind of feeling that you may get from watching a scary movie. **And by the way, it's possible to develop trapped emotions by watching movies for example, that are either really scary or really emotionally over wrought.** *Peeved* is the emotion of being ticked off, or the colloquial expression is *pissed off*. If you look at the organs that create this frequency, it is the kidneys and the bladder. And of course, the kidneys produce urine, and so that emotion of "pissed off" is probably the one that you'll be able to remember most easily of them all. To be polite, I used the word *peeved*, but it's the same thing.



*Conflict*. Feeling conflicted with other people or maybe with yourself. *Creative insecurity*, I think, is one of my favourite emotions to get rid of because creative insecurity is a specific kind of insecurity that is all about the act of creation. This one will come up anytime you try to create anything, if you have this trapped emotion. Anytime you try to create money or finances or relationships or a painting or even dinner, if you have this trapped emotion there will be a feeling of insecurity that will come along with that creative effort which can really short circuit you and sabotage you and prevent you from creating the life you want.

*Terror*, of course, comes from feeling terrified. I had a patient once who was in a powerful earthquake many years ago when she was 12 years old. The earthquake demolished their house, and she developed a trapped emotion of terror. When she came to me she was about 40 years old and she actually had an earthquake phobia. When she would think about earthquakes, she would have a panic attack. She was also super-sensitive to earthquakes. I was practicing in California at the time, and most days in California there will be an earthquake somewhere. That's how it is in California. She would feel every single one of those small earthquakes, and suffer from an anxiety attack at that time. Somehow that trapped emotion had linked her in to the geopathic stresses of the Earth. When we cleared that trapped emotion of terror her anxiety attacks, as well as her super sensitivity to earthquakes, was suddenly gone.

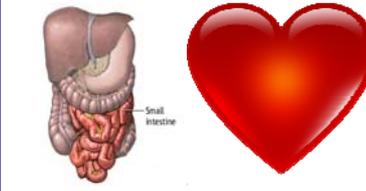
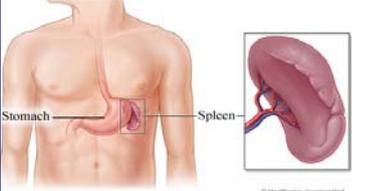
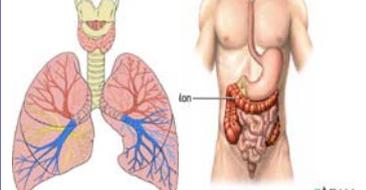
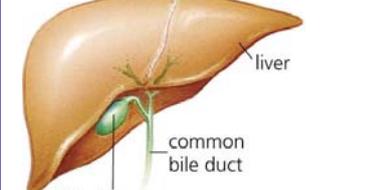
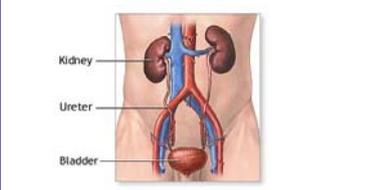
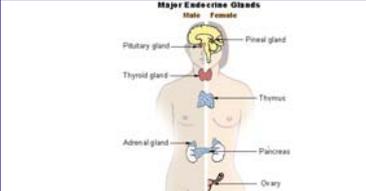
*Unsupported*. Where you're a mother with three children under two and your husband isn't helping you enough, you may trap this emotion, for example. It's a feeling of not getting enough support. *Wishy-washy* is akin to an emotion of *indecisiveness*, but it really is more about not being willing to stand up and be counted. It's not being willing to make a stand.

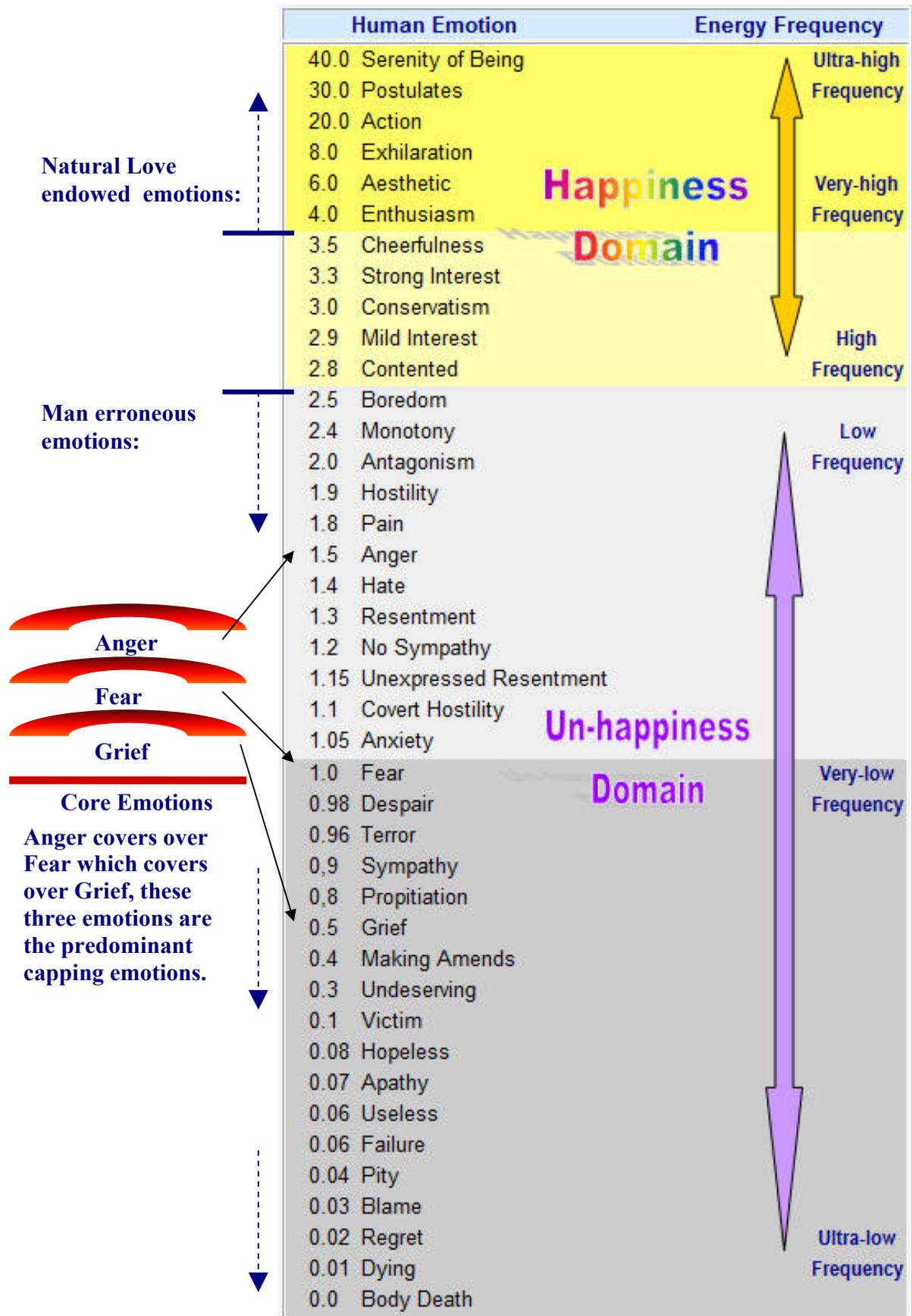
If we take a look at row six, we see the emotions from the rest of the glands and the sexual organs: *humiliation*, *jealousy*, *longing*, *lust* and *overwhelm*, which are pretty self-explanatory. Pride is the kind of emotion where you're just feeling a lot better than other people, and can also be from being in a state of opposition to other people or to the Creator. According to Dr David Hawkins, who wrote the book, *Power versus Force*, **shame is the lowest frequency of all the emotions and often leads to death.**

*Shock* can happen when you're shocked by something. Feeling *unworthy* is a pretty common emotion, and feeling *worthless* is similar to that. There's a little difference there. If you feel worthless, you feel like you absolutely have no worth at all. If you're feeling unworthy, you're feeling that you're not worthy of receiving a certain thing.

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



**CONSCIOUSNESS and EMOTIONS:**

**Consciousness = Soul Condition. One’s Soul Condition is equal to the average of all of the held emotions. Soul condition is the sum total of all of the different emotions, desires, passions, etc., all wrapped up together in terms of how much love there is in every one of those.**

| 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                  |

**Note:**                    **The Map of Consciousness scale is from 1 to 1,000**

The Map of Consciousness (MoC) table is based on the common log of 10. It is not a numeric table.

A calibration increase of 1 point is in fact a 10 fold increase in energy.

A calibration increase of 10 points is in fact a 10,000,000,000 fold increase in energy.

Thus the energy differentials are in fact enormous!

**NATURAL LOVE or HUMANITY'S ERRONEOUS EMOTIONS:**

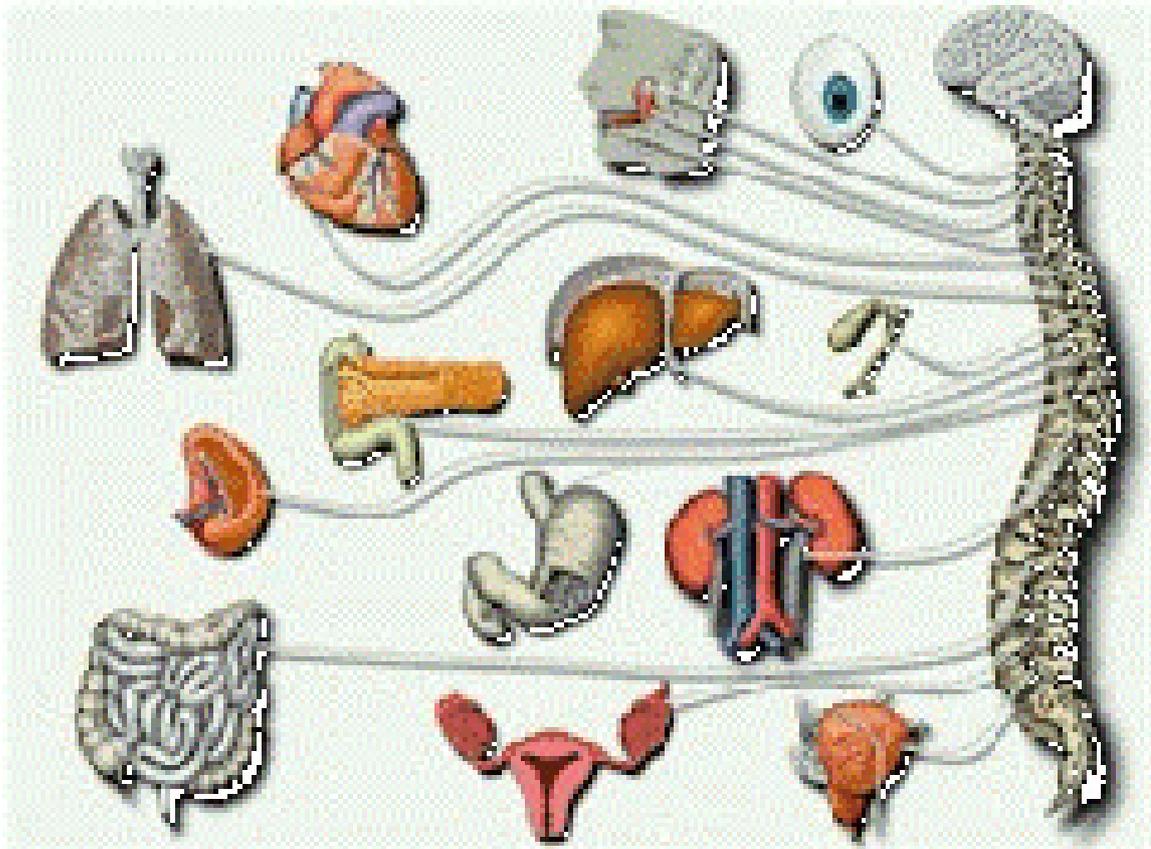
Your soul, being your real you, is an emotional being. Your soul, though created by a thought of God, does not possess anything of the divine within it. It existed in a state of bliss, in a natural love state, pending individualisation which is achieved at conception which is the time of incarnation. 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    |
| 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        |

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 |
| Despising                         | Miserable     | Shame  | 20    | Humiliation               | Elimination |

## ORGANS & GLANDS:



In your body, every organ and gland has the equivalent of an electrical fuse. If you overload any organ, you can blow that organ's fuse, in a way. Here's how this can happen in our bodies. Let's take the liver, for example. The liver's role is to detoxify the body. How could you overload the liver? One of the ways that you might overload the liver is by taking things into your body that are toxic.

If you are exposed to pesticides, or herbicides, or maybe too much perfume, or some kind of toxin from the air or water, from food additives, etc., that can overload the liver and blow its "fuse". A liver that is imbalanced in this way will tend to cause pain in between the shoulder blades, because there is a specific muscle (or muscles) that connects up to every individual organ or gland and is on the same circuit as the organ.

Another example, if the gallbladder becomes overloaded and blows its fuse from eating too much fat, it will tend to cause right knee pain, since the muscles in the right knee are on the same circuit as the gall bladder. **By the way, trapped emotions are the most common underlying cause of imbalances in the organs in the body.**

We are going to go through all the connections between the organs and the muscles. By the end of this you will understand how to look at the body in a completely different way than ever before.

## Connections

In the body, there are specific connections between individual organs and glands and certain muscles. When an organ or gland becomes imbalanced, the muscles associated will also imbalance, leading to pain or discomfort in the area. If these imbalances are not corrected it can lead to more serious problems like arthritis and disease. You will learn the common symptoms of imbalance in each of these organs and glands and what to look for. Most of the organs or glands produce certain emotions and you will also learn what those are.

Every organ and gland has a specific test point on the body that you can touch when testing for imbalances. One of the convenient things about all of these points is that they will become larger when the organ or gland is imbalanced. If an organ or gland is balanced, the point will be very small. But if the organ or gland is imbalanced, these points become quite large so that they're actually about the size of a music CD. So if you are anywhere close to the test point you are hoping to test, if the organ or gland is imbalanced, the point will be enlarged, making it much easier to find the imbalance. To test for imbalance, simply touch the skin overlying the test point and perform a muscle test. If the muscle test is weak, that means there is an imbalance there. If the test is strong, the organ or gland is balanced.

With any organ or gland imbalance there is always a muscle imbalance that will be associated with it. You may or may not have symptoms such as pain or weakness, but there will be an imbalance there nevertheless. To test for a muscle imbalance in a certain organ or gland, you can simply touch the area of the skin that overlies this corresponding muscle, and you'll get weakness on performing a muscle test in that case.

Once you correct any imbalance you can perform a muscle test to check your work. If the muscle test is strong, that means you succeeded in correcting the imbalance. If the test is weak, you may need to try correcting it again, or there may be something else going on with that organ or gland, and you may need to dig deeper.

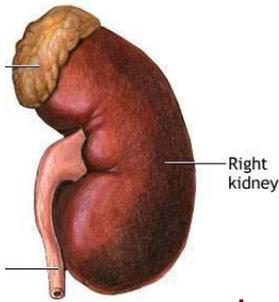
Anytime you have a paired set of organs, a left and a right, (like the adrenal glands, the lungs, or the kidneys), the organ on the left is always the "main" and the right side organ is always the "back up" or the "reserve". As a result the left side organ will usually become imbalanced first.

In the pictures following, you can see the kidney on the upper left and just below that, you can see a picture of the low back with a little circle, indicating that when the kidney imbalances energetically, it will imbalance muscles in that area and you'll tend to have low back pain.

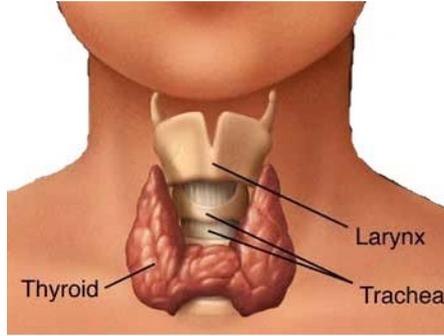
In the middle picture on the top, you see the thyroid gland. The thyroid will tend to create shoulder problems, as you can see in the picture directly below the thyroid.

On the top right side, we have a picture of the gall bladder, imbalance of which will usually cause trouble in the right knee, as you can see the picture below.

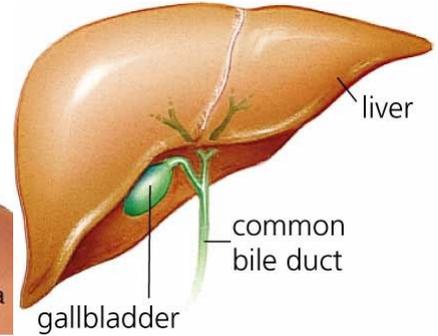
**CONNECTIONS**



**Kidneys interact with low back**



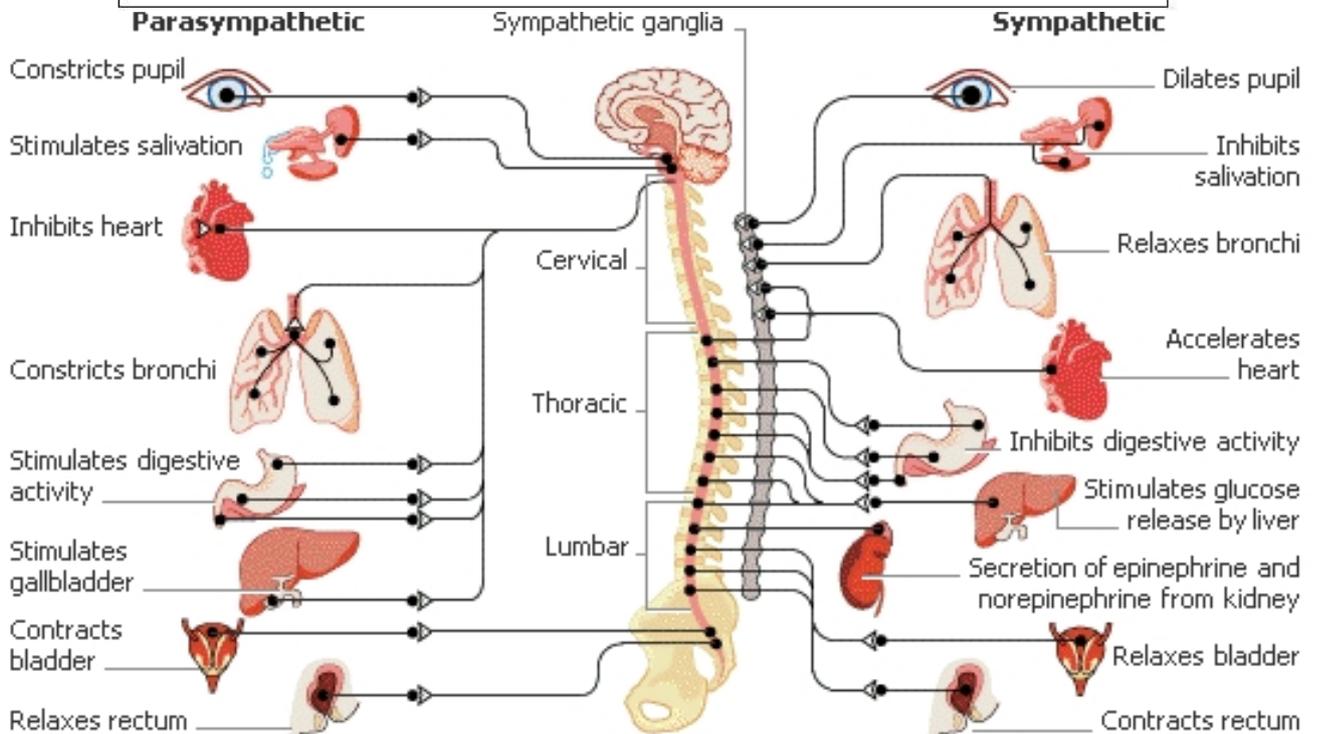
**Thyroid interact with shoulders**



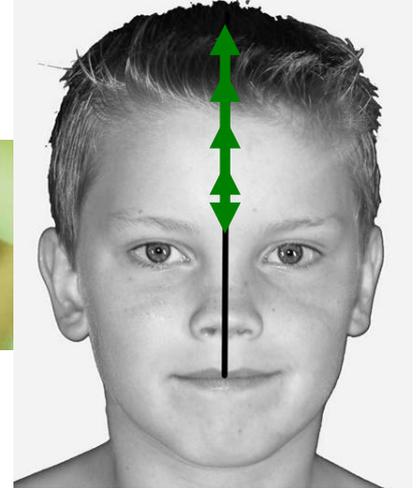
**Gall Bladder interact with right knee**



**BLOCKED NERVES → ORGANS DIE**



## How do Magnets Release Trapped Emotions?

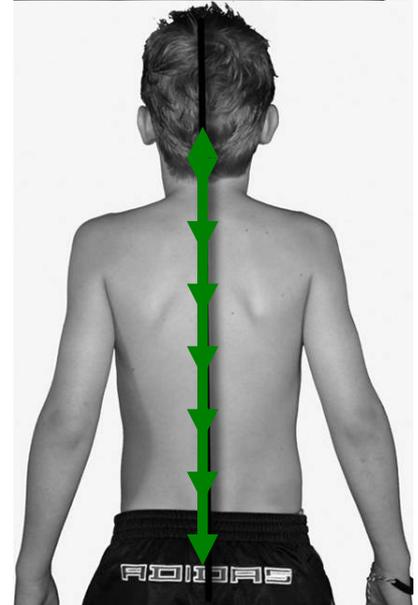


So, how do magnets release trapped emotions? How is that possible? Well, let's take a look at the acupuncture meridians, which are energy rivers, like little rivers of energy that flow through the body. These rivers of energy were mapped out thousands of years ago. There are acupuncture maps dating back to around 3,000 years BC, which are the same acupuncture maps that are used today.

### The Governing Meridian

In *The Emotion Code* and *The Body Code*, we use the *governing meridian*. The *governing meridian* starts at the upper lip and goes over the nose and right in the middle of the forehead, over the top of the head and then all the way back down the back to the tailbone.

The *governing meridian* is a master meridian. It's a control meridian in the body and it connects to all the other meridians. We use magnets to release emotions and to do all the other releasing of the *Body Code* because they are a pure form of energy. When we apply magnetic energy to the governing meridian, that energy goes into the governing meridian and it spreads to all the other meridians instantly, releasing trapped emotional energy, and so on.



### Magnetic Field Energy

It's possible to use other forms of energy besides magnets. You could use a cold laser, or you could use finger pressure. If you don't have a magnet, you can use your fingertips because your body, of course, is magnetic as well (**Must Use Fingertips if have a Heart Pace Maker**) but magnets are a pure form of energy. They're widely available and easy to find. They also have this interesting ability or characteristic in that they seem to magnify the intention and the thought of the person that is applying the magnet to the governing meridian. So, in other words, the magnet actually takes your thought and your intention and it magnifies that energy, like a magnifying glass magnifies light, and puts it into the governing meridian where it spreads instantly throughout the body.

**ENERGETIC IMBALANCES:****EMOTIONAL RESONANCE**

- Sometimes, intense emotional energy can leave our DNA “ringing” like a bell;
- Can last for many years.
- Can even be inherited (rare).
- Cleared with 3 or 10 rolls on the governing meridian.

**POST-TRAUMATIC DISTORTIONS**

- Inflammation
- Miasm
- Physical Trauma
- Psychic Trauma

**PHYSICAL TRAUMA**

- Occurs when a physical blow is received. Auto accident, fall, punch, etc.
- Energy that is normally dissipated becomes lodged in the body.
- Released with 3 rolls down gov.merid.

**ALLERGIES / INTOLERANCES**

- Physical
- Thought or Idea
- Food Intolerance

**ALLERGIES (IDEA)**

- All allergies are about energy.
- You can literally be allergic to anything at all, including a thought, since a thought is really energy, too!
- Correctable with 3 rolls.

**INFLAMMATION**

- Often the result of injury.
- Is a specific frequency of energy.
- Can often be reduced.
- Released with 3 rolls down governing meridian.

**MIASM**

- Discovered by Hahnemann (founder of homeopathy)
- Distortion of the energy field from a suppressed disease.
- Clear with 10 rolls down gov.merid.

**PSYCHIC TRAUMA**

- Discovered after 9-11-2001
- When two emotions are felt simultaneously, they can become trapped into one ball of energy.
- Same as a trapped emotion, but only shows up if you ask for “psychic trauma”.

**ALLERGIES (PHYSICAL)**

- Result from changes in the way our energy field reacts to the energy of foods, fruits, vegetables, etc.
- Often correctable with 3 rolls of magnet down governing meridian.

**FOOD INTOLERANCES**

- Negative reaction to a food by the digestive system.
- Lactose intolerance is an example of this.
- Much more common than food allergies.
- Correct by rolling 3 times down governing meridian.

**MENTAL IMBALANCES**

- **Images**
- **Negative Broadcast Messages**
- **Need to Move the Past**
- **Will to Die**
- **No will to Live**
- **Despair Anchor**
- **Need for T3 Session.**

**IMAGES**

- **An image is a picture in the subconscious mind.**
- **The subconscious will attempt to fulfil this image, and will direct (or misdirect) behaviour to make sure this image comes to pass.**

**NEGATIVE BROADCAST MESSAGE**

- **This is energy that is continually sent out from the body to other people;**
- **Can influence ability to form and keep relationships, and can attract wrong people, etc.**
- **Since this exists as an energy, it can also be released in the same way, and a new broadcast message can be installed if needed.**

**NEED to MOVE the PAST**

- **Past memories are sometimes stored in front of a person, energetically.**
- **Makes it very difficult to move ahead in life.**

**NEED to MOVE the PAST**

- **Corrected by rolling 3 times down governing meridian while holding intention of moving past from front to back.**

**WILL to DIE**

- **Sometimes we wish we were dead. The energy of this feeling can become lodged in the body.**
- **Released with 3 rolls down governing meridian.**

**NO WILL to LIVE**

- **Sometimes life overwhelms us and we lose the desire to live. If this happens even temporarily, the energy of this feeling can become lodged in the body.**
- **Released with 3 rolls down gov. mer.**

**DESPAIR ANCHOR**

- **Essentially a negative statement that is perceived as a truth by the subconscious mind, which will seek to verify or fulfil that "truth".**
- **The exact statement must be determined through testing; these are usually not more than 3 words.**
- **Since, like a trapped emotion, a Despair Anchor is an energy, it can be released as an energy as well, just like a trapped emotion, with 3 rolls down the governing meridian.**

**PATHOGENS:****VIRUSES**

- Extremely small (1/100<sup>th</sup> bacterial size).
- Flu, common cold, HIV, H1N1, etc.

**INFECTIONS**

- Infections: viral, bacterial, fungal, mould.
- # 1 killer worldwide.
- Trapped emotions enable these and can hamper recovery!

**VIRUSES****To test:**

- Ask person, “Do you have a viral infection?” or have them state “I have a viral infection”.
- Sway forward, or strong muscle test is positive.

**VIRUSES****Best treatments:**

- Wild Oregano leaf or oil capsules.
- Olive Leaf Extract.
- Colloidal Silver.
- Test for dosages.

**BACTERIA**

- Larger, single cell organism.
- Strep, Staph, Salmonella, E.Coli, etc.
- Tuberculosis, pneumonia, cholera, syphilis, anthrax, leprosy, bubonic plague.

**BACTERIA****To test:**

- Ask person: “Do you have a bacterial infection?” or have them state: “I have a bacterial infection.”
- Sway forward, or strong muscle test is positive.

**BACTERIA**

- Note: Any kind of infection is potentially dangerous! Seek medical advice if available; if not, here are some home remedies that seem to work in many cases.

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

**Strive to love others as I am to love myself**

**MOULD vs FUNGUS**

- Technically, mould is a type of fungus.
- Show up differently on testing.

**FUNGI**

- Most commonly Candidiasis: “The Great Mimicker”
- Opportunistic organism
- Anxiety / Panic Attacks
- Abdominal Gas / Bloating
- Brain Fog
- Cravings; refined sugars (sweets), flour (bread) and/or alcohol
- Constipation / Diarrhoea
- Depression
- Eczema
- Excessive Fatigue
- Dizziness
- Headaches
- Indigestion
- Irritability
- Learning difficulties
- Migraines
- Mood Swings
- Poor Memory
- Rectal Itching
- Sensitivity to fragrances and/or chemicals
- Thrush
- Vaginitis

**FUNGI**

Common after:

- Hormone tx
- Pregnancy
- Antibiotic use
- High sugar intake
- Diabetes

**FUNGI**

To test:

- Ask person; “Do you have a fungal infection?” or have them state: “I have a fungal infection”.
- Sway forward, or strong muscle test is positive.



**MOULD**

- An increasingly more pervasive problem.
- An opportunistic organism.
- Omnipresent, can grow inside the body, on the brain, in the lungs, etc.

**MOULD**

- Is difficult to diagnose with regular medical testing.
- Causes a wide variety of symptoms, including joint and muscle pain, fatigue and brain fog.
- Best killed with Neem leaf.

**PARASITES**

- Extremely common
- 85% - 90% of population
- More important to identify remedy than organism.

**ENERGETIC TREATMENT of PATHOGENS**

- All pathogens are pure energy.
- Think of pathogens as a cloud of energy in the body.
- Identify location of pathogen and treat magnetically.

**STRUCTURAL IMBALANCES:****STRUCTURE vs FUNCTION**

- Structure affects Function.
- All structure is capable of becoming imbalanced or misaligned.
- Bone, muscle, tendon, ligament, skin, nerve, joint, etc.

**NORMAL NERVE FUNCTION**

Nerves carry information and instructions from brain to body.

**ALL is ENERGY**

- All structures are made of pure energy and are therefore capable of being corrected energetically, even at a distance.

**MISALIGNMENT (SUBLUXATION)**

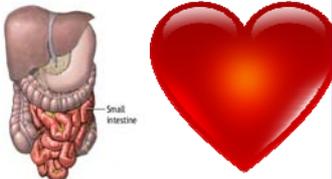
- Misalignment of vertebrae causes poor nerve transmission.
- Reduced communications = poor health and eventual disease.
- Trapped emotions often create subluxation.

**IMBALANCES**

- Remember that ANY tissue can misalign, and that this will ALWAYS cause symptoms, often in WIDELY disparate areas of the body.
- Ask: “Is there a structural imbalance that is helping to create this symptom?”
- If the answer is “yes”, correct it magnetically by rolling 3 times.
- Hint: If imbalance returns, most common reason will be trapped emotion in the area!

**COMMON IMBALANCES**

- Kidneys often misalign, creating back and knee pain.
- Uterus often misaligns, creating left hip and/or low back pain.
- Stomach often protrudes upward through diaphragm creating acid reflux.
- Most common reason for all these? Trapped Emotions lodged in the area!

| Organs  | EMOTION CODE™ CHART                      |  |
|---|--|--|
|   | Column A                                 | Column B   |
|  | <b>Row 1</b><br>Heart or Small Intestine | Abandonment<br>Betrayal<br>Forlorn<br>Lost<br>Love Un-received             |
|   |  | Effort Un-received<br>Heartache<br>Insecurity<br>Over joy<br>Vulnerability |

**The HEART:**

There’s really much more to the heart than just being a pump. It’s also the source of all your creativity and that’s one of the reasons why it is so important to get rid of the Heart-Wall if you have one. But the heart can also become imbalanced in other ways.

**PURPOSE of the HEART**

- **The heart is a muscle.**
- **Pumps blood.**
- **Second brain.**
- **Seat of subconscious.**
- **Source of creativity.**

**Common Symptoms of Heart Imbalance**

Heart malfunction causes low energy and exhaustion. People who have a very difficult time just walking up a flight of stairs often have heart trouble. Often people who have heart trouble will experience palpitations, where the heart suddenly will stop beating for an instant and then start again, which can be very unnerving.

**HEART MALFUNCTION**

- **Low Energy**
- **Exhaustion**
- **Palpitations**
- **Etc.**

**Heart Muscle Connections**

Like all the organs, the heart is energetically connected with certain muscles, in this case, the Subscapularis muscles. They lie on the underneath side of the shoulder blades.

**Common Symptoms of Heart Imbalance**

The most common symptoms of imbalance in the heart are low energy, skipping beats or palpitations, and discomfort in the chest and shoulders.

**Heart Most common symptom(s):**

- **Low energy**
- **Skipped beats (palpitations)**
- **Discomfort in the chest and shoulders.**

**The SMALL INTESTINE:**

The small intestine’s purpose is to absorb nutrients. The food that you eat travels into the small intestine, and is further digested and absorbed.

**Purpose of the Small Intestine**

Due to the special nature of its lining, the small intestine has a surface area about the size of a tennis court to better absorb nutrients.

Some of the common symptoms from small intestine malfunction are bloating and pain, gas, diarrhoea, and nausea.

### Small Intestine Muscle Connections

The small intestine is energetically connected with the *Abdominal muscles*. So you can imagine if the small intestine becomes imbalanced, these muscles imbalance, creating an abnormal situation in the body.

The small intestine also connects with the *Quadriceps Femoris* muscle, the large muscles in the front of the thighs. If you were to suspect that these muscles might tend to create trouble in the knees or the low back, you would be correct.

### Common Symptoms of Small Intestine Imbalance

The most common symptoms of imbalance in the small intestine are pain in the low back and pain in the knees.

#### SMALL INTESTINE MALFUNCTION

- **Bloating and Pain**
- **Gas**
- **Diarrhoea**
- **Nausea**
- **Ulcers**

#### Small Intestine Most Common Symptom(s)

- **Pain in the low back**
- **Pain in the knees.**

### The ILEOCECAL VALVE:

The ileocecal valve is located in the lower part of the *ascending colon*. The appendix is on the lower right side of the colon, which is at the very bottom of the ascending colon. This area of the colon is known as the *cecum*. If you look to the right, you can see the *small intestine*. At the very end of the small intestine, where it joins the colon, we find the *IleoCecal Valve*. The reason it's called the IleoCecal valve is because it joins the Cecum to the ileum, the ileum being the last part of the small intestine.

### Purpose of the IleoCecal Valve

The IleoCecal Valve controls and regulates the flow of faecal material from the small intestine into the colon. The IleoCecal Valve is designed to act as a valve or a stop sign. It stops the flow of faecal material from the small intestine. Then it will open and allow that faecal material to go into the colon and continue on its way out of the body.

### IleoCecal Valve Malfunction

Sometimes this valve becomes imbalanced. When that happens, instead of acting like a stop-sign, the valve becomes more like a roadblock or a round-about. More often than not, the valve will tend to lock open, allowing faecal material in the colon to go back into the small intestine, in the direction it shouldn't be going. The material will go back into the

#### PURPOSE of the ILEOCECAL VALVE

- **Controls and regulates flow of faecal material.**

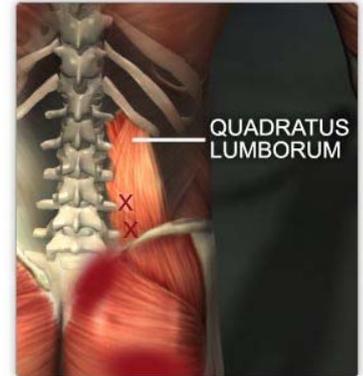
#### ILEOCECAL VALVE MALFUNCTION

- **Bloating and Pain**
- **Gas**
- **Diarrhoea**
- **Pain in right lower abdomen**
- **Pain in low back**
- **Pain in right hip.**

colon and then back into the small intestine – back and forth. When that happens, the area shown here can become very irritated. When people feel discomfort in the right lower abdomen, that’s often a sign of this. It will also tend to result in bloating and pain, gas, diarrhoea, pain in the low back, and sometimes pain in the right hip as well, because the IleoCecal valve connects energetically with certain muscles in the low back.

### IleoCecal Valve Muscle Connections

This picture is showing us the *Quadratus Lumborum* muscle, the muscle that is associated with IleoCecal Valve. This muscle actually lies on the inside of the pelvic basin. If you could look at a person from the front and remove all of their abdominal organs and see the muscles that are lining that cavity, you would see the Quadratus Lumborum muscle very clearly. Notice that it originates off of the lumbar vertebrae and off of the very last rib, and then it attaches to the pelvis. Imbalance in this muscle will tend to cause low back pain, hip pain and so on.



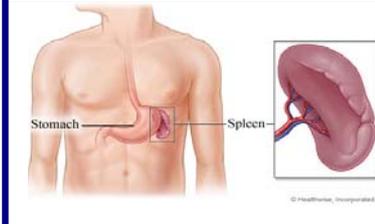
### Common Symptoms of IleoCecal Valve Imbalance

The most common symptom of IleoCecal Valve imbalance is *discomfort in the appendix area*. In fact, a lot of people end up having their appendix taken out because of an IleoCecal Valve irritation. Sometimes it can become quite sore and people will have surgery to have their appendix removed. These are the occasions you hear about where the doctor comes back, and says, “We didn’t find anything in there. Your appendix looked okay. We took it out anyway but it didn’t seem to be infected.” I (Dr Bradley Nelson) believe that the culprit here is often an irritated IleoCecal Valve.

Some other signs of IleoCecal Valve imbalance are discomfort in the low back or the right hip and sinus problems, or what I call “*false allergies*”, due to the reabsorption of toxins into the bloodstream. When the IleoCecal Valve is imbalanced you will not eliminate toxins as efficiently as you should, so those toxins start to be reabsorbed into the blood stream. Then the body tries to get rid of these toxins by shedding them through the nasal sinuses. The result is post-nasal drip or sinus problems (even including recurring sinus infections). Typically when people have sinus problems like this, they’ll go to their doctor and the doctor will diagnose them with allergies, and they will prescribe allergy medication. But if you correct the imbalance in the IleoCecal Valve, often these sinus drainage will go away, usually immediately or within hours. I’ve seen cases where peoples sinuses simply dried up immediately, within 30 seconds! If you think about all the people that are taking allergies or allergy medication, at least half of those people have some kind of an IleoCecal Valve imbalance and don’t even know it. This is probably the most easily imbalanced circuit in the body and is often a location where trapped emotions lodge.

#### IleoCecal Valve Most Common Symptom(s)

- **Discomfort in the appendix area (lower right abdomen).**
- **Discomfort in the low back or right hip.**
- **Sinus problems (due to toxins) “False Allergies”.**

| Organs  | EMOTION CODE™ CHART                  |   |
|---|--------------------------------------|---|
|   | Column A                             | Column B  |
|  | <b>Row 2</b><br>Spleen or<br>Stomach | Anxiety<br>Despair<br>Disgust<br>Nervousness<br>Worry                         |
|   |                                      | Failure<br>Helplessness<br>Hopelessness<br>Lack of Control<br>Low Self-Esteem |

**The SPLEEN:**

The spleen is situated just to the left side of the stomach and it has some interesting purposes.

**Purpose of the Spleen**

One of the reasons that the spleen exists is to help dispose of old red blood cells. It has some important immune functions as well, and it is a blood reservoir. Sometimes people will have a traumatic injury and their spleen will be ruptured, and they'll need to have it removed. You can survive without a spleen but you survive a little better with one. When the spleen is imbalanced or has been removed, it tends to create increased susceptibility to infection and anaemia.

**PURPOSE of the SPLEEN**

- Disposes of old red blood cells.
- Important immune functions.
- Reservoir of blood.

**SPLEEN MALFUNCTION**

- Increased susceptibility to infection.
- Anaemia

**Spleen Muscle Connections**

When the spleen becomes imbalanced it will affect the *Trapezius* muscle, specifically the mid and the lower Trapezius. Remember that you can touch the skin that overlies any of these specific muscles and if the organ is imbalanced, you will also get a weak muscle test.

**Common Symptoms of Spleen Imbalance**

The most common symptoms of imbalance in the spleen are discomfort in the mid-back or left shoulder, and lowered immunity.

**Spleen Most Common Symptom(s)**

- Discomfort in the mid back.
- Discomfort in the left shoulder.
- Lowered Immunity.

**The STOMACH:**

The purpose of the stomach is to secrete protein digesting enzymes, hydrochloric acid, and mucus. It helps to churn up swallowed food so that it can begin the digestive process. Stomach malfunction causes indigestion, gas, bloating, discomfort, and ulcers.

### Stomach Muscle Connections

The muscles that are associated with the stomach are known as the *Pectoralis Major Clavicular* muscles. They're part of the *Pectoralis* muscles, but they're really the upper portion that attach to the clavicle, or the collarbone as you can see here.

By the way, very rarely will muscles imbalance by themselves. If there's an imbalance in the muscles, there's almost always an imbalance in the associated organ. And the most common cause of organ imbalance is ... trapped emotions!

The *Brachioradialis* muscle, which you can see here, is also connected with the stomach. It will tend to affect the elbow and/or the wrist.

### Common Symptoms of Stomach Imbalance

The most common symptoms of stomach imbalance include discomfort in the shoulders, discomfort in the elbows or wrists, and discomfort in the neck.

### The PANCREAS:

The pancreas is located beneath the liver and sits between the liver and the stomach.

### Purpose of the Pancreas

The pancreas secretes insulin and other hormones. Insulin is a necessary component for our bodies because it allows sugar to absorb into our cells. The pancreas also secretes enzymes that help us digest our food. When the pancreas malfunctions, we may get indigestion because we're not secreting enough enzymes to properly digest our food. We may also get gas, bloating, discomfort, and ulcers. If the pancreas malfunctions we can also end up with *Diabetes* because the body will not be producing enough insulin to help us digest and metabolize sugar.

### Pancreas Muscle Connections

The *Triceps* muscles and the *Latissimus* muscles are connected to the pancreas. The Triceps muscles are located in the back of the arms. The Latissimus muscles are the ones you can see here in the lower and mid-back area.

#### PURPOSE of the STOMACH

- **Secretes protein-digesting enzymes, hydrochloric acid and mucus.**
- **Churns swallowed food.**

#### STOMACH MALFUNCTION

- **Indigestion**
- **Gas**
- **Bloating**
- **Discomfort**
- **Ulcers**

#### Most Common Symptom(s):

- **Discomfort in the shoulder area.**
- **Discomfort in the elbow or wrist.**
- **Discomfort in the neck.**

#### PURPOSE of the PANCREAS

Secretes the following:

- **Insulin and other Hormones.**
- **Digestive Enzymes.**

#### PANCREAS MALFUNCTION

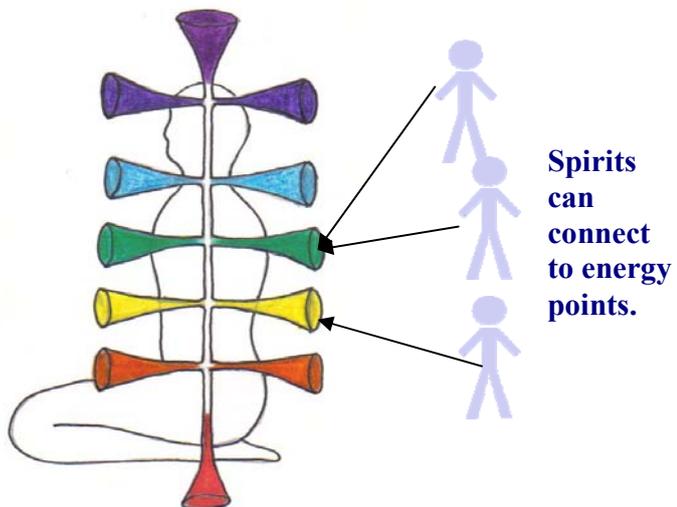
- **Indigestion**
- **Gas**
- **Bloating**
- **Discomfort**
- **Ulcers**

## Common Symptoms of Pancreas Imbalance

Some of the most common symptoms of pancreas imbalance are discomfort in the mid back and the left shoulder and discomfort in the low back. You may also find discomfort in the neck, the wrist or the thumb, should the pancreas become imbalanced.



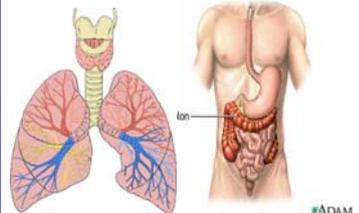
**The Soul damaged. Heal the soul and you heal the spirit body and physical body at the same time.**



**Should one have a huge amount of grief suppressed in them that they have stayed away from all of their life? What happens is the heart chakra (4<sup>th</sup> chakra) gets heavily suppressed, it won't be working very well. In some cases it will cease to operate leading to a heart attack, you have completely blocked up your sadness driving the heart attack.**

**The soul is affecting the spirit body's chakra point, so it stops it from having the energy flowing in the correct direction, then that affects the physical body's organs. When you heal the soul, then everything will be healed without you having to do any work on the bodies, the spirit and material bodies.**

**Your soul has total control over everything else. The soul emotion drives the spirit body, which drives the physical body. The only way to heal the soul is for the soul to experience the emotions that it denies.**

| Organs  | EMOTION CODE™ CHART              |   |
|---|----------------------------------|---|
|   | Column A                         | Column B  |
|  | <b>Row 3</b><br>Lung or<br>Colon | Crying<br>Discouragement<br>Rejection<br>Sadness<br>Sorrow        |
|   |                                  | Confusion<br>Defensiveness<br>Grief<br>Self-Abuse<br>Stubbornness |

**The LUNGS:**

The lungs are responsible for oxygenating the blood. They take in oxygen and they also eliminate carbon dioxide.

|   |
|---|
| <b>PURPOSE of the LUNGS</b> <ul style="list-style-type: none"> <li>• <b>Oxygenate the Blood.</b></li> <li>• <b>Eliminate CO<sub>2</sub>.</b></li> </ul> |
|---|

**Common Symptoms of Lung Imbalance**

Lung malfunction can result in asthma, discomfort between the shoulders and discomfort in the ribs or upper back.

|   |
|---|
| <b>LUNG MALFUNCTION</b> <ul style="list-style-type: none"> <li>• <b>Asthma.</b></li> <li>• <b>Discomfort in between the shoulders.</b></li> <li>• <b>Discomfort in the ribs or the upper back.</b></li> </ul> |
|---|

**Lung Muscle Connections**

The lungs are connected with the Deltoid muscles of the shoulders, the Serratus Anterior muscles, which are in the sides of the chest, and the Coracobrachialis muscle, which draws the Humerus forward towards the torso.

|   |
|---|
| <b>LUNG-MUSCLE CONNECTIONS</b> <ul style="list-style-type: none"> <li>• <b>Deltoid Muscles of the Shoulders.</b></li> <li>• <b>Serratus Anterior (sides of chest).</b></li> <li>• <b>Coracobrachialis (not shown).</b></li> </ul> |
|---|

**The COLON:**

The *ascending colon* begins on the left side of the picture (Right side of Body) at the bottom, just above the appendix, and then travels up. Then the *transverse colon* swoops across from left to right (Right to Left of body). Then the *descending colon* comes down on the right side of the picture, (which would actually be on the Left side of your body, then the *sigmoid colon* makes a small loop back up again. The last section of the colon is known as the *rectum*, which terminates in the anus.

|  |
|--|
| <b>PURPOSE of the COLON</b> <ul style="list-style-type: none"> <li>• <b>Absorb water and salt from faecal material.</b></li> </ul> |
|--|

## Purpose of the Colon

The colon's number one purpose is to absorb water and salt from faecal material. I (Dr Bradley Nelson) read recently about some people who were stranded in a desert. The only water they could find was very, very brackish water that they could not drink. However, they had some kind of device that allowed them to get the water into their colons via an improvised enema. They were actually able to survive because their bodies could absorb the undrinkable water through their colon. So there's a tip for you if you ever get stuck in the desert with undrinkable water!

## Colon Malfunction

When there is colon malfunction, you might notice a change in bowel habits or changing stool quality or consistency. A bloody stool is not a good sign, and neither is rectal bleeding. Those are definitely indications that you should see a doctor. Stools with mucus, tarry stools, and black stools are usually from blood that's been released from higher up in the intestines. Sometimes a feeling of incomplete defecation and a reduction in the calibre of faeces can be result of colon malfunction. It's always a good idea if you're having any of these symptoms to get your colon checked by a medical doctor.

### COLON MALFUNCTION

- **Change in bowl habits or frequency.**
- **Change in stool quality or consistency.**
- **Bloody stools or rectal bleeding.**
- **Stools with mucous or tarry stools.**
- **Feeling of incomplete defecation.**
- **Reduction in calibre of faeces.**

## Colon Muscle Connections

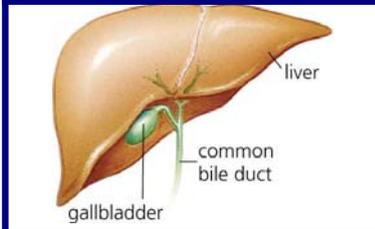
The connections between the colon and the muscles are what you see here. The *Hamstring* muscles, the large muscles coming down the back of the legs, and the *Tensor Fascia Lata* muscles, which you can just make out on the left and right sides of the picture, are the muscles connected with the colon. The *Tensor Fascia Lata* is a muscle that runs along the outside of each of the legs, starting at the hip area and then travelling down to the outside of the knee.

## Most Common Symptoms of Colon Imbalance

The most common symptoms of colon imbalance that we see are discomfort in the low back, discomfort in the hips, diarrhoea, constipation, colitis, and irritable bowel syndrome.

### Colon Most Common Symptom(s):

- **Discomfort in the low back.**
- **Discomfort in the hips.**
- **Diarrhoea, constipation, colitis.**

| Organs  | EMOTION CODE™ CHART                         |   |
|---|---|---|
|   | Column A                                    | Column B  |
|  | <b>Row 4</b><br>Liver or<br>Gall<br>Bladder | Anger<br>Bitterness<br>Guilt<br>Hatred<br>Resentment                      |
|   |   | Depression<br>Frustration<br>Indecisiveness<br>Panic<br>Taken for Granted |

**The GALL BLADDER:**

**Purpose of the Gall Bladder**

The purpose of the Gall Bladder is to secrete *bile*, which helps us to absorb fat. Bile is basically the body’s detergent. If you’ve ever put a drop of detergent into a sink full of greasy or oily water and seen how it breaks up the grease or oil immediately, you will understand. When we take fat into our body, the Gall Bladder injects bile into the intestine, which then breaks down the fat and helps it to absorb into the bloodstream. When the Gall Bladder malfunctions, the most common things you will find are pain in right side of the chest, nausea, vomiting, gas, and bloating.

**PURPOSE of the GALL BLADDER**

- **Secretes bile, which helps us to absorb fat.**

**GALL BLADDER MALFUNCTION**

- **Pain in right chest**
- **Nausea**
- **Vomiting**
- **Gas**
- **Bloating**

**Gall Bladder Muscle Connections**

The Gall Bladder is on the same circuit as the *Anterior Deltoid* muscle in the right shoulder and the *Popliteus* muscle, which is located on the back of the right knee. When the gall bladder becomes imbalanced, it immediately imbalances these muscles destabilizing the right knee and the right shoulder. Right knee trouble is the most common symptom of Gall Bladder imbalance, with discomfort in the right shoulder occurring less frequently.

**Common Symptoms of Gall Bladder Imbalance**

**Gall Bladder Most Common Symptom(s):**

- **Discomfort in the right knee.**
- **Discomfort in the right shoulder.**
- **Discomfort under the right rib cage.**

The most common symptoms of Gall Bladder imbalance again are discomfort in the right knee and discomfort in the right shoulder. Less commonly you will find discomfort under the right rib cage area too, which sometimes result from stones, inflammation or congestion in the Gall Bladder.

**The LIVER:**

The liver is a very large organ that sits just above the gall bladder.

**Purpose of the Liver**

The purpose of the liver is to support the immune system, to cleanse and detoxify the blood from foreign substances, and to break down chemicals and toxins that you take in. Liver malfunction, if it's bad enough, tends to cause *jaundice*, which is a yellowish tint to the skin and eyes. That's always a dead giveaway that there's some kind of liver problem. Liver imbalance can also cause a loss of appetite leading to weight loss. Swelling under the right lower ribs can indicate serious liver trouble.

If you notice any of these symptoms, then it's probably a good idea to see a medical doctor who can take a closer look at the liver and see if there's some serious imbalance going on. Anytime you're seeing a more serious and unusual symptom then it's a good idea to get a medical doctor involved, unless you happen to be one yourself.

**PURPOSE of the LIVER**

- **Supports the immune system.**
- **Cleans the blood, detoxifying foreign substances and chemicals.**

**LIVER MALFUNCTION**

- **Yellowish skin and eyes.**
- **Loss of appetite leading to weight loss.**
- **Swelling under the right lower ribs.**

**Liver Muscle Connections**

The liver connects with the *Pectoralis Major* muscles in the middle of the chest. It also connects up with a muscle that's called the *Rhomboideus Major*, or the *Rhomboid* muscle for short.

The rhomboid muscle goes from the thoracic vertebrae in the centre of the spine (the second, third, and fourth vertebrae) and it travels at an oblique angle over and connects to the inside edge of the shoulder blade.

**Common Symptoms of Liver Imbalance**

The most common symptoms of liver imbalance are discomfort between the shoulder blades and also discomfort in the right shoulder.

**Most Common Symptom(s)**

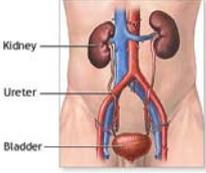
- **Discomfort between the shoulder blades.**
- **Discomfort in the right shoulder.**



**PASCAS HEALTH**



**PASCAS PAPERS**

| Organs  | EMOTION CODE™ CHART                      |  |   |
|---|--|--|---|
|   | Column A                                 | Column B                                     |   |
|  <p>Kidney<br/>Ureter<br/>Bladder</p> <p>#ADAM</p> | <b>Row 5</b><br>Kidneys<br>or<br>Bladder | Blaming<br>Dread<br>Fear<br>Horror<br>Peeved | Conflict<br>Creative Insecurity<br>Terror<br>Unsupported<br>Wishy Washy |

**The KIDNEY:**

The kidneys are paired organs that are retroperitoneal, or behind the rest of the abdominal organs, and are closer to the back of the body than the front.

**Purpose of the Kidneys**

The purpose of the kidney is, along with the liver, to cleanse and filter the blood, to create urine, and to regulate blood pressure. In Chinese medicine, the kidneys are known as energy reservoirs and so there are a number of different things that can weaken or imbalance the kidneys. If toxins are taken into the body, they will eventually end up in the kidneys, and that is one of the causes of imbalance.

|   |
|---|
| <p><b>PURPOSE of the KIDNEYS</b></p> <ul style="list-style-type: none"> <li>• <b>Cleanse and filter the blood.</b></li> <li>• <b>Create Urine.</b></li> <li>• <b>Regulate Blood Pressure.</b></li> <li>• <b>Energy Reservoirs.</b></li> </ul> |
|---|

One of the most common reasons why people have back pain is because of kidney imbalance. More serious kidney malfunction can cause back or flank pain, leg pain, swelling in the ankles or face, a foul or metallic taste, and fatigue in general.

**Kidney Muscle Connections**

Some of the muscles associated with the kidneys are the *Upper Trapezius* muscles as you see here. These muscles attach to the base of the skull and then come down and attach to the shoulder blades on both sides. Imbalance in either of these muscles will tend to create trouble in the shoulders or in the neck.

|  |
|--|
| <p><b>KIDNEY MALFUNCTION</b></p> <ul style="list-style-type: none"> <li>• <b>Back or Flank Pain.</b></li> <li>• <b>Leg Pain.</b></li> <li>• <b>Swelling in ankles or face.</b></li> <li>• <b>Foul or metallic taste.</b></li> <li>• <b>Fatigue.</b></li> </ul> |
|--|

The kidneys also are energetically connected with the *Psoas* and *Iliacus* muscles deep in the pelvis.

The important thing to understand is that the kidneys tend to cause a lot of low back trouble. They also tend to cause a lot of hip trouble. Here’s the reason why. If you look at the Psoas Major muscle, the darker muscle that extends higher up on the spine in this image, you’ll notice that originates off the lumbar vertebrae and then goes down into the pelvis. Then at the very bottom, you’ll see how it swings to the left and hooks into the hip joint. That’s actually the hipbone, of the *Femur* bone itself. This is why when the Psoas muscle becomes imbalanced due to the kidney imbalance it will distort the lower

spine. It will tend to cause disc injuries and disc problems. It will tend to sometimes cause hip problems. In all the 17 years that I practiced in my brick and mortar practice, I saw hundreds of low back pain and disc patients. There wasn't a single disc patient that I saw during all those years that did not have a kidney imbalance. By correcting these kidney imbalances, we were able to help almost all of those people get well, except for two that we had to send out for surgical intervention.

### **Common Causes of Kidney Imbalance**

The number one reason for kidney imbalance is caffeine, believe it or not (in this country –USA– anyway), trapped emotions being the second most common cause of imbalance. Caffeine is a toxin that will accumulate and concentrate in the kidneys and overload them, blowing their 'fuse' and immediately imbalancing the Psoas and Iliacus muscles that you see here. This will totally imbalance the low back and the pelvis and creates a situation that allows these disc problems to occur.

### **Common Symptoms of Kidney Imbalance**

The most common symptom of kidney imbalance is discomfort in the low back. It can also cause discomfort in the mid back. If you look back a couple of pictures, you'll see the area where the Psoas muscle begins at the very top of the lumbar vertebrae. Oftentimes people will get pain in the area at the very top of the Psoas, as well as discomfort in the lower ribs. It can also cause discomfort in the lower side of the neck, and that is because of the connection with the Trapezius muscles. Hip pain is another thing that can be caused by kidney imbalance. In addition, I have found the TMJ (temporalmandibular joint) can be imbalanced and aggravated by a kidney imbalance, apparently due to the connection of the trapezius muscles and the function of the cervical spine and the TMJ.

#### **Kidney Most Common Symptom(s)**

- **Discomfort in the lower back.**
- **Discomfort in the mid back.**
- **Discomfort in the lower rib areas.**
- **Discomfort in the lower side of the neck.**

### **The BLADDER:**

The bladder is a very muscular and elastic hollow organ.

### **Purpose of the Bladder**

The Bladder contains urine that is produced by the kidneys and holds that urine until urination.

### **Bladder Malfunction**

With bladder malfunction you might see incontinence, urgency, frequent urination, or *nocturia*. Nocturia is the name given to describe the dilemma of having to get up to urinate in the night a lot. Bed-wetting and bleeding are some other possible results of bladder malfunction. If you're passing blood in your urine that is the number one sign of bladder cancer.

#### **PURPOSE of the BLADDER**

- **A muscular, elastic organ that contains urine from the kidneys.**

#### **BLADDER MALFUNCTION**

- **Incontinence.**
- **Urgency, frequent urination or nocturia.**
- **Infection.**
- **Bedwetting.**
- **Bleeding (#1 sign of bladder cancer).**

### Bladder Muscle Connections

The *Paraspinal* muscles that lie along the spine on both sides along its entire length, from the base of the skull all the way down to the very bottom of the lumbar spine.

The other muscles connected energetically with the bladder are the *Tibialis Anterior* muscles, the muscles that are involved when you suffer from shin-splints, and the *Peroneus Longus* and *Brevis* muscles.

### Common Symptoms of Bladder Imbalance

The most common symptoms of bladder imbalance are discomfort in the low back, discomfort in the knee, ankle, or foot, and interrupted sleep due to frequent urination.

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

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

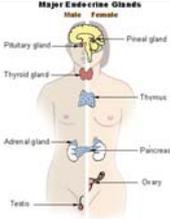
**“Mother and Father, open my soul to this Gift, Your Love. Open my soul and may Your Holy Spirit touch my soul and pour within it your essence, your Love that I may be transformed, that I might be your true child, embraced and carried, lit along my life's path in the glory of your Light and care and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

**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’.

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

## **Library Downloads – Pascas Papers**

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

| Organs  | EMOTION CODE™ CHART                          |   |
|---|--|---|
|   | Column A                                     | Column B  |
|  | <b>Row 6</b><br>Glands &<br>Sexual<br>Organs | Humiliation<br>Jealousy<br>Longing<br>Lust<br>Overwhelm |
|   |  | Pride<br>Shame<br>Shock<br>Unworthy<br>Worthless        |

**The THYROID GLAND:**

**PURPOSE of the THYROID**

- **Thyroid is a gland.**
- **Secretes Hormones.**
- **Control metabolism and blood calcium.**

**HYPOTHYROIDISM (Low Function)**

- **Sluggishness**
- **Weight gain**
- **Fatigue**
- **Thin, brittle nails**
- **Cold intolerance.**

**Common Symptoms of Hypothyroidism**

Some of the signs of hypothyroidism are sluggishness, weight gain, fatigue, thin and brittle nails, and cold intolerance.

**HYPERTHYROIDISM (High Thyroid Function)**

- **Overproduction of thyroid hormone**
- **Grave’s disease**
- **Nervousness**
- **Hair loss**
- **Rapid heart rate.**

**Common Symptoms of Hyperthyroidism**

One of the hallmarks of Grave’s disease is what you see in this picture, where this woman’s eyes seem to be popping right out of her head. That’s a very obvious sign of this. Nervousness is very common, and hair loss and rapid heart rate go along with that too.

Most of the time when people have a thyroid imbalance, you won’t see these extremes. Many people have thyroid imbalances that are not so pronounced that they get these major symptoms.

**Thyroid Muscle Connections**

The thyroid can affect both sides of the shoulders – *Teres Minor muscle*. It’s a little muscle that crosses from the bottom side of the shoulder blade over to the shoulder joint itself, to the head of the *Humerus* bone.

**Thyroid – Most Common Symptom(s):**

- **Lack of energy, feeling lethargic.**
- **Weight gain while eating the same or less.**
- **Discomfort in the shoulder, wrist or elbow.**

### **The THYMUS GLAND:**

The thymus gland is a very interesting gland. In a newborn, the thymus is quite large in relation to the heart (as you can see at the top left of this picture). As the heart grows, the thymus does not, but stays the same size.

#### **PURPOSE of the THYMUS GLAND**

- **Helps T-Cells to mature.**
- **Helps protect against autoimmune disease.**

### **Purpose of the Thymus Gland**

You've probably heard of *T-cells*. The T in T-cell actually stands for thymus. T-cells mature in the thymus and protect the body from infection. These cells help to protect against autoimmune diseases as well, so you can see that the thymus has some very important immune functions.

### **Thymus Gland Muscle Connections**

The *infraspinatus* muscles are connected energetically with the thymus. These are the muscles that lie on the bottom half of the shoulder blades and connect the shoulder blades to the shoulder. They help to rotate the shoulder externally and also bring the shoulder and the arm backwards.

#### **Thymus Most Common Symptom(s):**

- **Discomfort in the shoulder.**
- **Lowered immunity.**
- **Autoimmune problems.**

### **The ADRENAL GLANDS:**

The adrenal glands are the 'stress glands' of the body and are situated on top of each kidney.

### **Purpose of the Adrenal Glands**

The adrenal glands produce adrenaline as well as certain other hormones. These hormones help the body to deal with stress. When you're under stress, the adrenal glands kick into gear and produce *adrenaline* and *cortisol*. These stress hormones are very appropriate in the short term but can be damaging if you're under too much stress for too long.

### **Adrenal Gland Malfunction**

The number one sign of adrenal gland malfunction is fatigue. It can also cause sensitivity to light, which is a definite sign of too much stress. Joint noise is another symptom of adrenal gland malfunction.

#### **ADRENAL GLAND MALFUNCTION**

- **Fatigue**
- **Sensitivity to light**
- **"Joint Noise"**
- **Unable to cope with stress**
- **Brain Fog**
- **Low immune function.**

### **Adrenal Muscle Connections**

Some of the muscles that are associated with the adrenal glands are the *calf muscles*, as you can see here. Earlier I mentioned that when you have paired organs or glands, the left one of pair is likely to become imbalanced before the right side is affected. In this case, it's very, very common for the left adrenal gland to be imbalanced while the right side is not (yet). This is one of the reasons why we

typically will see left knee pain as an indicator of adrenal imbalance, even though you've got two adrenal glands. The left affects the muscles in the left leg and the right affects the muscles in the right. Because the left adrenal gland is the 'main', it will usually become imbalanced before the right. Of course, if the stress continues, eventually the right may become imbalanced as well.

Some other muscles associated with the adrenal gland are the *Sartorius* and the *Gracilis* muscles. These muscles cross the knee joint and will definitely create some instability in the knee joints. It's very important to keep the adrenal glands in balance.

### **Common Symptoms of Adrenal Imbalance**

The number one symptom of adrenal imbalance is pain in the left knee. It can also cause pain in the low back because when the adrenals imbalance, it will sometimes imbalance the pelvis. And again, it also causes sensitivity to bright light and lowered immune function.

#### **The UTERUS:**

##### **Purpose of the Uterus**

The purpose of the uterus is to provide a growth environment for the foetus.

When the uterus malfunctions, it will tend to create infertility, pain in the low back and also pain in the left hip.

##### **Uterus Muscle Connections**

The *Gluteal* or buttock muscles and the *Adductor* muscles are connected with the Uterus. The adductor muscles are the muscles that bring the thighs inward, and are located on the inner sides of the thighs.

### **Common Symptoms of Uterus Imbalance**

The most common symptoms of uterus imbalance are discomfort in the low back, discomfort in the lower abdomen, discomfort during or after intercourse, and discomfort in the left hip.

#### **PURPOSE of the UTERUS**

- **Provides growth environment for foetus.**

#### **UTERUS MALFUNCTION**

- **Infertility**
- **Pain in low back**
- **Pain in left hip.**

#### **Uterus Most Common Symptom(s)**

- **Discomfort in the low back.**
- **Discomfort in the lower abdomen.**
- **Discomfort during or after intercourse.**
- **Discomfort in the left hip.**

#### **The PROSTATE GLAND:**

The prostate gland is analogous to the uterus in the female, and as a result the emotions produced and the muscles that are energetically connected are the same. The prostate is a small muscular organ about the size of a chestnut located just below the bladder.

#### **PURPOSE of the PROSTATE GLAND**

- **To produce a thin, zinc-containing opaque secretion (Prostatic Fluid) that helps to nourish sperm cells.**
- **Muscular contractions help to propel ejaculate fluid.**

## Purpose of the Prostate

The purpose of it is to produce a thin zinc-containing opaque secretion known as *Prostatic Fluid*, which helps to nourish the sperm cells. It's also a muscular gland, and the contractions of the prostate help to propel the ejaculate fluid.

## Prostate Gland Malfunction

Symptoms of prostate gland malfunction may include infertility, pain in the low back, pain in the left hip, and decreased urine flow. As men get past age 50 they often begin to suffer from *Benign Prostatic Hypertrophy* of BPH, which tends to reduce the flow of urine. It's one of the reasons why when men get older, they will often report that they have to get up a number of times every night to go to the bathroom, and their urine flow is reduced. I believe one of the reasons for this is a zinc deficiency because every time a man ejaculates, he actually loses a good deal of zinc from his body, as zinc is a constituent of prostatic fluid. Trapped emotions may also lodge in the prostate gland, and releasing them can have a very beneficial effect on this organ, as you might imagine.

### PROSTATE GLAND MALFUNCTION

- **Infertility**
- **Pain in low back**
- **Pain in left hip**
- **Decreased urine flow.**

## Prostate Gland Muscle Connections

The muscles connections are also the same as the uterus: the *Gluteal* muscles and the *Adductor* muscles of the thighs.

### Prostate Gland Most Common Symptom(s)

- **Discomfort in the low back.**
- **Discomfort in the left hip.**
- **Interrupted sleep due to urination.**

## Common Symptoms of Prostate Imbalance

The most common symptoms of prostate imbalance are discomfort in the low back, discomfort in the left hip, and interrupted sleep due to frequent urination.

## The TESTICLES:

The testicles are suspended below the body where it's a little bit cooler, as sperm thrive better in cooler temperatures.

## Purpose of the testicles

### PURPOSE of the TESTICLES

- **Production of Sperm.**
- **Produce male hormones, especially testosterone.**

The testicles produce sperm and also some male hormones, especially testosterone, the most significant of the male hormones.

## Testicle Muscle Connections

There are no known muscle connections at this time between the testicles and the muscles of the body.

- **No known muscle connections.**

### **Most Common Symptoms of Testicle Imbalance**

The most common symptoms of testicle imbalance are infertility, lowered sex drive, and lowered initiative (due to the reduction in testosterone).

#### **Testicles Most Common Symptom(s)**

- **Infertility**
- **Lowered sex drive**
- **Lowered initiative.**

### **The OVARIES:**

The ovaries in the female are analogous to the testicles in the male. There are two ovaries, left and right. In this image you can see the ovaries on the left and right side of the uterus, at the upper ends of the fallopian tubes.

#### **PURPOSE of the OVARIES**

- **Produce ova or eggs.**
- **Secrete oestrogen and progesterone, female hormones.**

### **Purpose of the Ovaries**

The ovaries produce ova or eggs. They also secrete oestrogen and progesterone, which of course are the primary female hormones.

### **Ovaries Muscle Connections**

There are no known muscle connections at this time between the ovaries and the muscles of the body.

- **No known muscle connections.**

### **Most Common Symptoms of Testicle Imbalance**

The most common symptoms of ovary imbalance are infertility, difficult menses due to hormonal fluctuations, hormonal imbalances, lowered sex drive, and lowered initiative.

#### **Ovaries**

#### **Most Common Symptom(s)**

- **Infertility**
- **Difficult menses**
- **Hormonal imbalance**
- **Lowered sex drive**
- **Lowered initiative.**



# The Major Endocrine Organs

Pineal gland

Hypothalamus

Pituitary gland

Thyroid gland

Parathyroid glands  
(on dorsal aspect  
of thyroid gland)

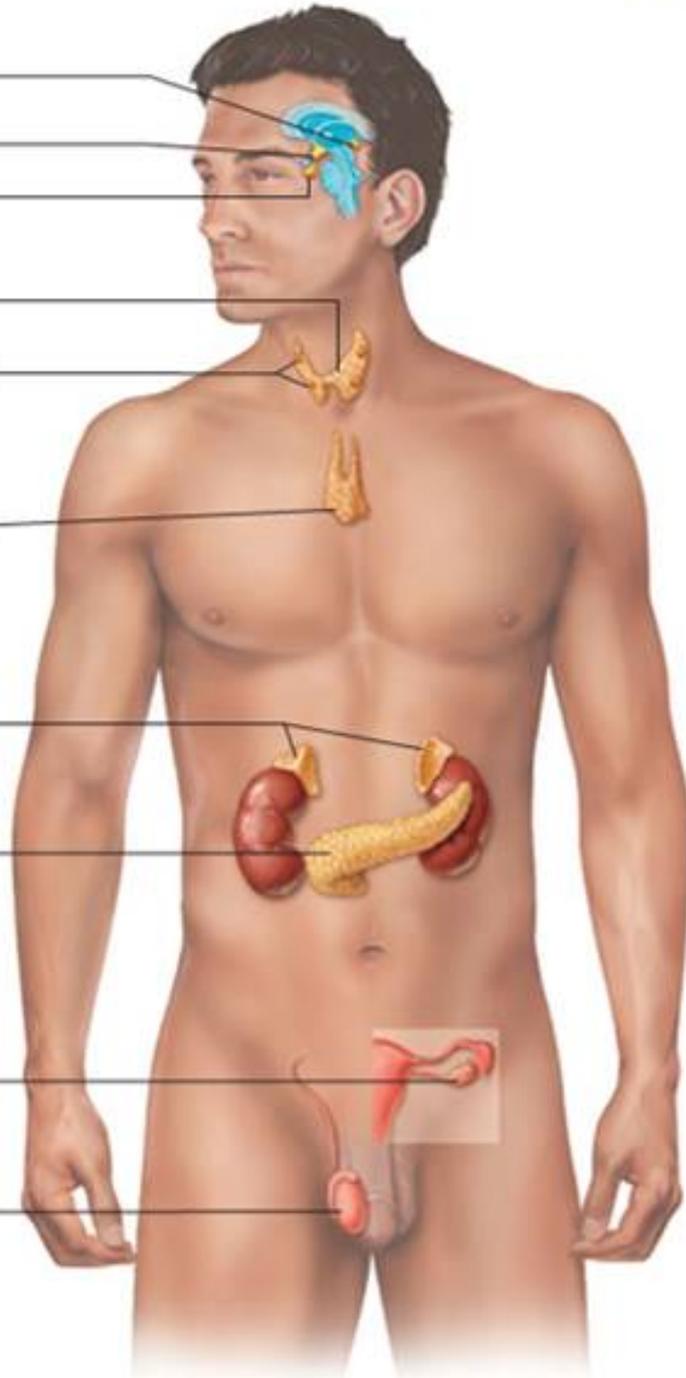
Thymus

Adrenal glands

Pancreas

Ovary (female)

Testis (male)



**The PINEAL GLAND:****Purpose of the Pineal Gland**

Its purpose is to produce *melatonin*, which many people take as a supplement to help them sleep.

**Emotions Produced by the Pineal Gland**

There are no known emotions that are produced by the pineal gland.

**Pineal Gland Muscle Connections**

The muscles of eye movement are connected energetically with the pineal gland, as you can see here. An imbalance in the pineal gland then will tend to imbalance these muscles. The pineal gland is also energetically connected to the brow or third eye chakra.

**Most Common Symptom of Pineal Gland Imbalance**

The most common symptom of pineal gland imbalance is insomnia. The pineal gland is very much affected by the amount of sunlight we receive, and people who live in the high Northern or Southern latitudes sometimes suffer from S.A.D., or Seasonal Affective Disorder, which is caused by long dark winters and not enough sunlight. This can be helped by getting more sunlight, and even by directing the beam of a flashlight at the pineal gland test point!

**The HYPOTHALAMUS:**

The hypothalamus is another important gland in the brain, which you can see here, in between the left and right thalamus.

**Purpose of the Hypothalamus Gland**

The purpose of the hypothalamus gland is varied. The hypothalamus secretes hormones that regulate body temperature, hunger, thirst, fatigue, and circadian rhythm. *Circadian rhythm* is the sleeping and waking rhythms of the body. As you can see, the hypothalamus is a very important gland.

**Emotions Produced by the Hypothalamus Gland**

There are no known emotions that are produced by the hypothalamus gland.

**Hypothalamus Gland Muscle Connections**

The hypothalamus is connected energetically with the muscles of the pharynx. Those are the swallowing muscles.

**PURPOSE of the PINEAL GLAND**

- **Produces melatonin (sleep aid).**

- **No known emotions are produced by the Pineal Gland.**

- **No known emotions are produced by the Hypothalamus Gland.**

## Most Common Symptoms

The most common symptoms of a hypothalamus imbalance are insomnia, chilling, or inability to stay cool or warm, disruption of the thirst mechanism, or never feeling thirsty.

### Hypothalamus Most Common Symptom(s)

- **Insomnia**
- **Chilling**
- **Disruption of thirst mechanism (never feeling thirsty).**

## The PITUITARY:

### Purpose of the Pituitary Gland

The purpose of the pituitary gland is to secrete hormones that regulate the body balance, or what we call *homeostasis*.

It secretes hormones that influence other glands that control blood pressure, aspects of childbirth and pregnancy, the production of breast milk, sex organ function in both sexes, thyroid gland function, metabolism, water and hydration regulation, water absorption by the kidneys, and temperature regulation. As you can see, the pituitary gland is very important and it does a lot.

### PURPOSE of the PITUITARY GLAND

- **Secretes hormones that regulate body balance or 'homeostasis'.**
- **Secretes hormones that influence other glands.**
- **Blood pressure.**
- **Aspects of childbirth and pregnancy**
- **Production of breast milk.**
- **Sex organ function in both sexes.**
- **Thyroid gland function.**
- **Metabolism.**
- **Water and hydration regulation.**
- **Water absorption by kidneys.**
- **Temperature regulation.**

### Emotions Produced by the Pituitary Gland

There are no known emotions that are produced by the pituitary gland.

- **No known emotions are produced by the Pituitary Gland.**

### The Muscle Connections

There are also no known muscle connections

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

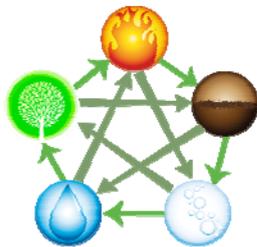
| <b>“The Usual Suspects”</b> |   |
|-----------------------------|---|
| <b>Low Back Pain</b>        | <b>Kidney – IleoCecal Valve – Uterus – Adrenals</b>       |
| <b>Knee Pain</b>            | <b>Adrenals (left knee)<br/>Gall Bladder (right knee)</b> |
| <b>Mid-Back Pain</b>        | <b>Liver – Spleen – Gall Bladder</b>                      |
| <b>Wrist / Elbow</b>        | <b>Stomach / Spleen / Pancreas</b>                        |
| <b>Shoulder</b>             | <b>Thyroid / Gall Bladder / Heart</b>                     |
| <b>TMJ</b>                  | <b>Kidney<br/>(TMJ Temporomandibular joint disorder)</b>  |

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

# BODY CODE™ CHART

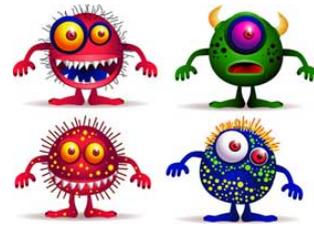
## Energies

- Emotional
- Post-Traumatic
- Allergy or Intolerance
- Mental
- Offensive



## Pathogens

- Parasites
- Fungal
- Bacterial
- Viral
- Mould



## Toxicity

- Heavy Metals
- Free Radicals
- EM Spectrum
- Chemicals
- Microbial



## Body Code System

## Structural



- Bones
- Nerves
- Muscles
- Connective Tissue
- Organs or Glands

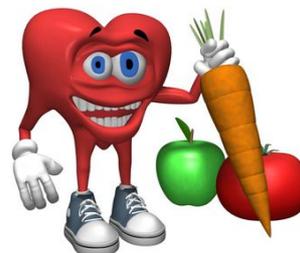
## Circuitry

- Organs
- Glands
- Chakras
- Disconnections
- Meridians

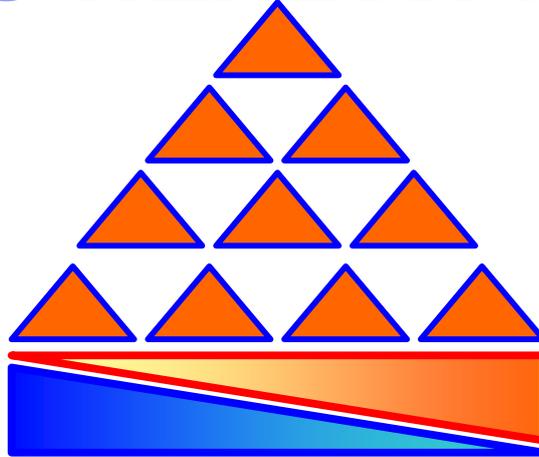


## Nutritional

- Ph Imbalance
- Foods
- Herbs
- Nutrients
- Dehydration
- Magnetic Field



# 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**

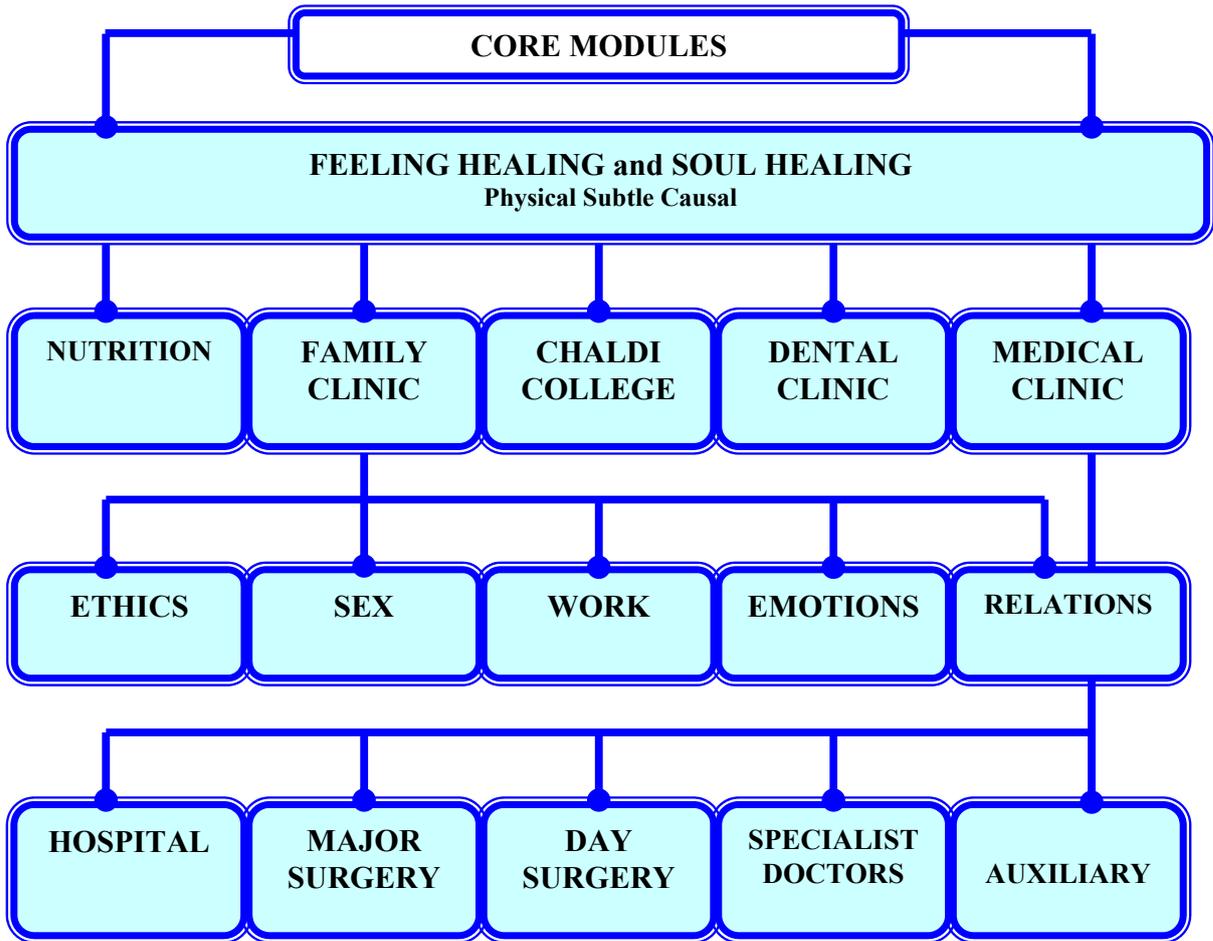


**Streamer's Meeting**



# 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.

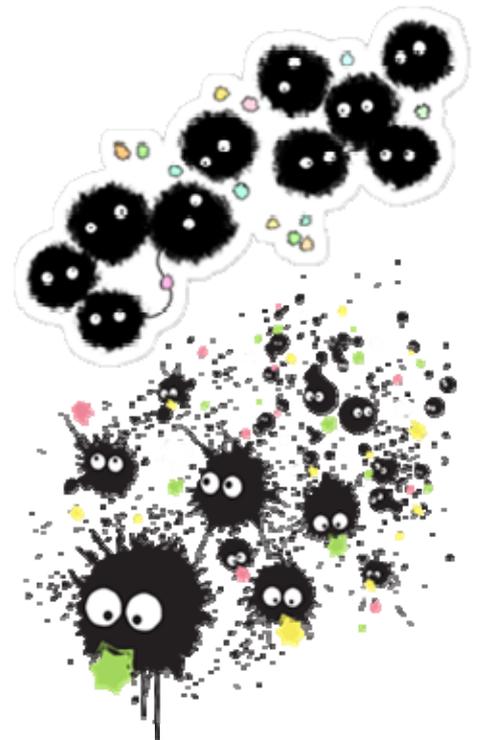
It is a generalisation that a range of emotions within a similar energy or frequency band find their manifestation by expressing themselves as pain and illness within one's body in predictable locations. Further, due to clustering of volumes of ongoing emotional injuries around the core issue, the healing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



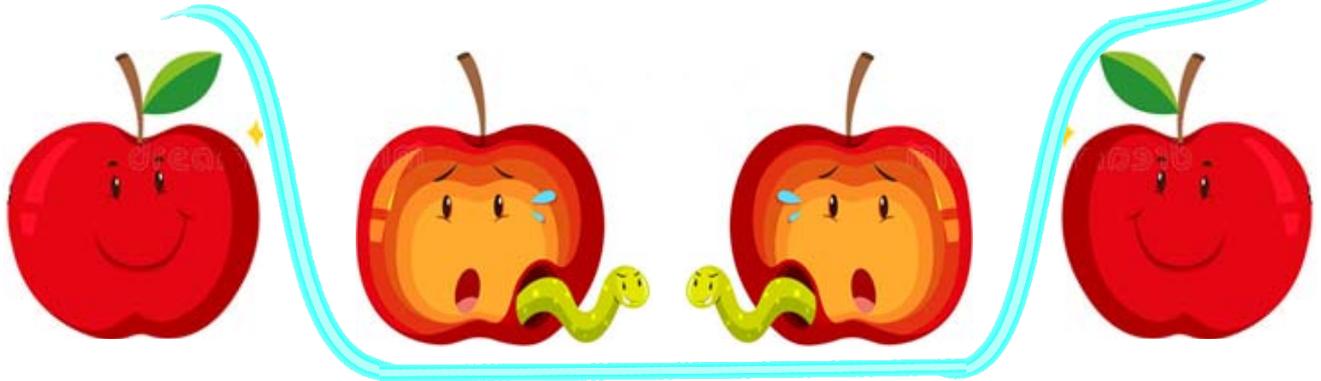
Neglecting a child's educational needs



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.**

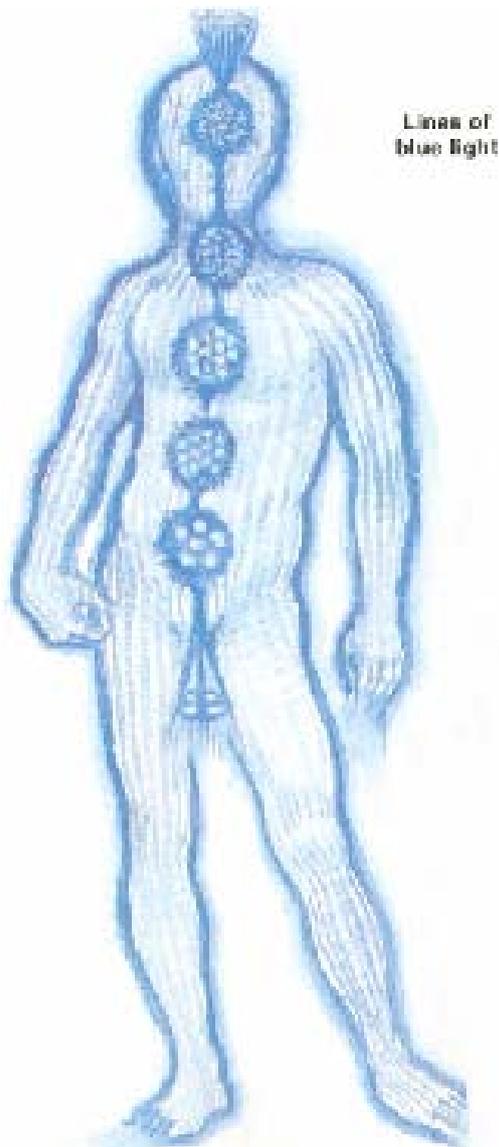
**Now, for the first time in history of humanity, we can reverse our early Childhood Repression and Suppression and invoke our own counter Pole Shift. We can to liberate ourselves from our imprisonment within our mind that was imposed upon us from conception to around six years of age.**

**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.**

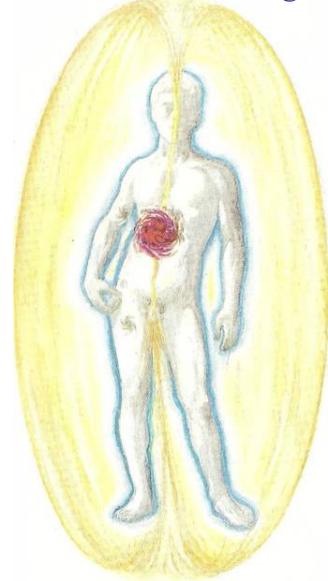
**This is the Pole Shift that all of humanity is to engage with and grow from. This is the Great U-Turn.**

**CHAKRAS and MERIDIANS:**

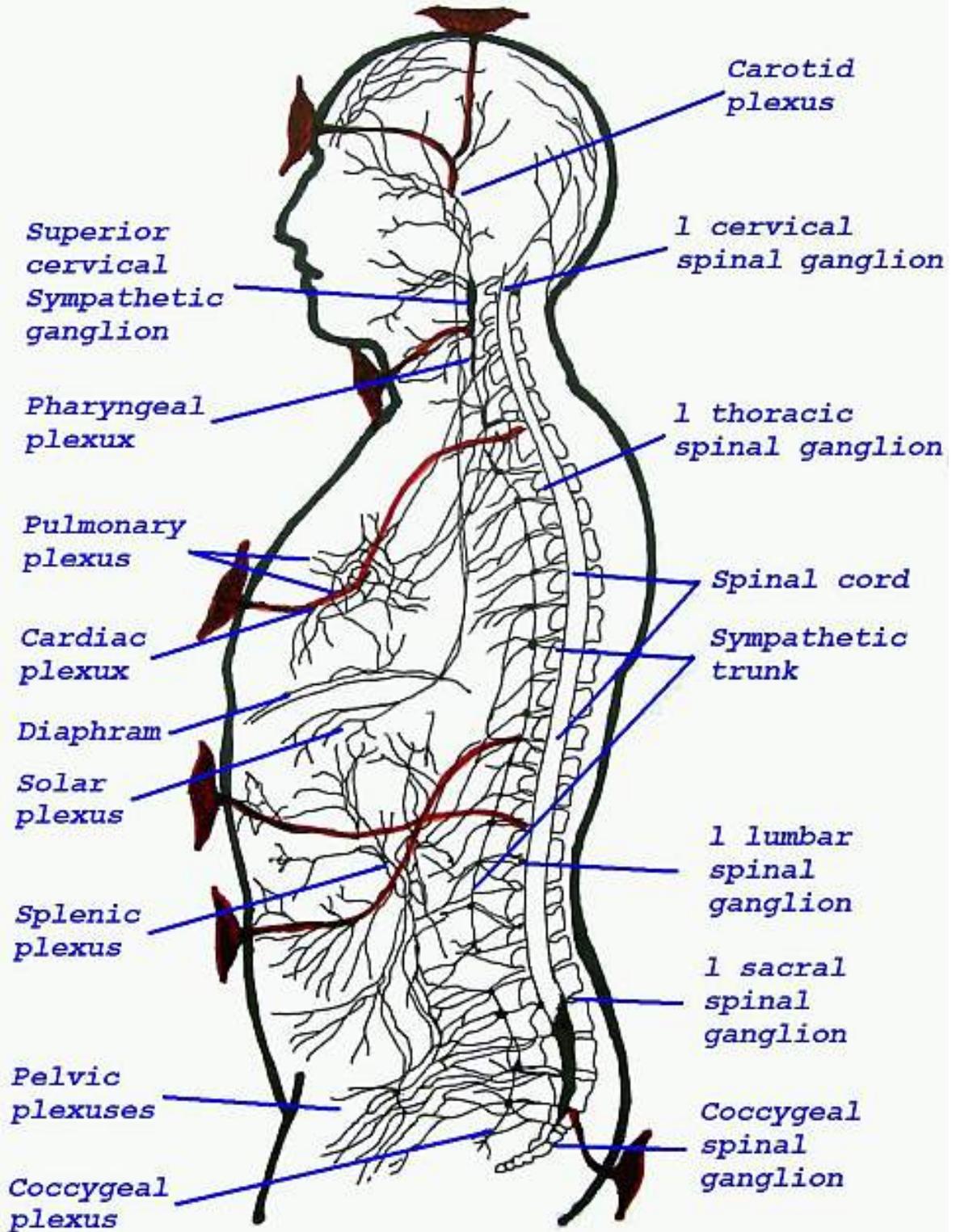
**Energy for our bodies is drawn in through our chakras and then distributed around our etheric / spirit body via the meridian lines. Negative emotions that become lodged around our being can block the flow of energy thus starving our bodies of loving energy where it is required. In the physical body, pain emerges in that area. Over time that dull pain can manifest into an illness unless the blockage is removed.**



**Etheric Body and Spirit Body are one and the same.**



# THE CHAKRAS AND THE NERVOUS SYSTEM



### **Crown Chakra Connections**

Physically, the Crown Chakra is connected with meditation. Emotionally, it's associated with beingness or that particular feeling that you have, that sensation of actually being who you are. Mentally, it's connected with unity of not only of yourself with other people but also of yourself with the universe. And of course spiritually, it is associated with our connection to the divine.

### **Brow Chakra Connections**

Physically, it's associated with absorption of light. If you remember our discussion of the pineal gland, and how the pineal gland can be treated by directing the beam of a flashlight in between the eyes, you will see the connection here. And in fact, the brow chakra has a direct influence and connection with the pineal gland. Emotionally, it's connected with clarity and intuition, mentally with wisdom, and spiritually with perception.

### **Throat Chakra Connections**

Physically, it's connected with the idea of communication, emotionally the idea of independence, mentally with fluent thought, and spiritually it's connected with the sense of security, connected with speaking your truth.

### **Heart Chakra Connections**

Physically, the heart chakra is associated with circulation. Emotionally, it's connected with unconditional love. Mentally, it's connected with passion. Spiritually, it's connected with devotion, and not only devotion to, for example, your partner, but also devotion to the higher power.

### **Solar Plexus Chakra Connections**

Physically, it's connected with digestion. Emotionally, it's associated with the idea of expansiveness or growth. Mentally, it's associated with personal growth. Spiritually, it's associated with growth in all aspects.

### **Sacral Chakra Connections**

Physically, it's connected with reproduction, emotionally with joy, mentally with creativity, spiritually with enthusiasm.

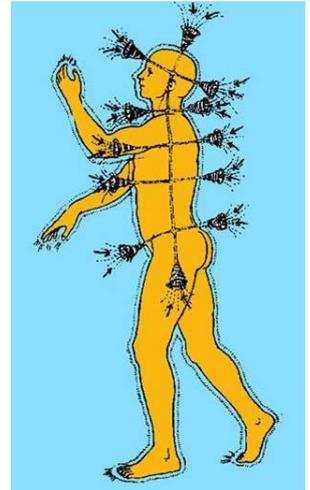
### **Root Chakra Connections**

Physically, it's associated with sexuality, emotionally with sensuality, mentally with stability, and spiritually with the sense of security.

## Detecting and Correcting Chakra Imbalances

### DETECTING & CORRECTING CHAKRA IMBALANCES

- Chakra imbalances will often be detected when scanning the Body Code chart.
- Most often cause of imbalance: Trapped Emotions.
- **Psychic Trauma is second most common cause.**
- Sometimes no imbalance will be detected, and the chakra will simply need to be 'reset' which can be done with three rolls of magnet down the Governing Meridian.



Chakra imbalances will often be detected when you're scanning the body code chart. Once you determine which chakra is imbalanced, you might ask; "Is there a trapped emotion that is imbalancing this chakra?" The most common cause of imbalance is a trapped emotion, so clearing whatever trapped emotion that shows up will usually correct the chakra imbalance. If not, there may be more than one trapped emotion, or there may be something else imbalancing the chakra.

The second most common cause of chakra imbalance is *psychic trauma*. And sometimes no external imbalance will be detected. In other words, sometimes the chakra itself will just need to be reset. Sometimes you'll detect that a chakra is imbalanced and you'll ask if there's a trapped emotion or a psychic trauma, or a physical trauma, or something else that's imbalancing it, and the body will say no, no, no, there's nothing really imbalancing it.

### Resetting a Chakra

In that case, you can just simply reset the chakra by running a magnet down the governing meridian three times, with the intention to correct the chakra imbalance.

It is important to correct chakra imbalances because they have a lot to do with how we function in our lives. For example, if the heart chakra is imbalanced, it's going to make it harder for you to feel joy. By the way, if you have a heart wall, that will, of course, imbalance the heart chakra. So getting rid of the heart wall is the first step for you to really try to balance out the heart chakra, in most cases. If the throat chakra is imbalanced, that will usually be because you've been unwilling to speak out about something, unwilling to communicate about something for some reason. Balancing the throat chakra will tend to make you more willing to speak out, to make yourself heard. Balancing the brow chakra will free your third eye so that you will be more intuitive. The crown chakra is probably the most important one, except for the heart chakra, because it connects you with the energy of the universe, Creator, and so on.

Be open, because if you find a chakra imbalance and it's not a trapped emotion, it's not a psychic trauma, and it's not a physical trauma, then there may be something else going on. So, be open to that possibility and you will be very successful at finding and clearing chakra imbalances.

The MERIDIANS:



## IT'S NOT JUST a BODY:

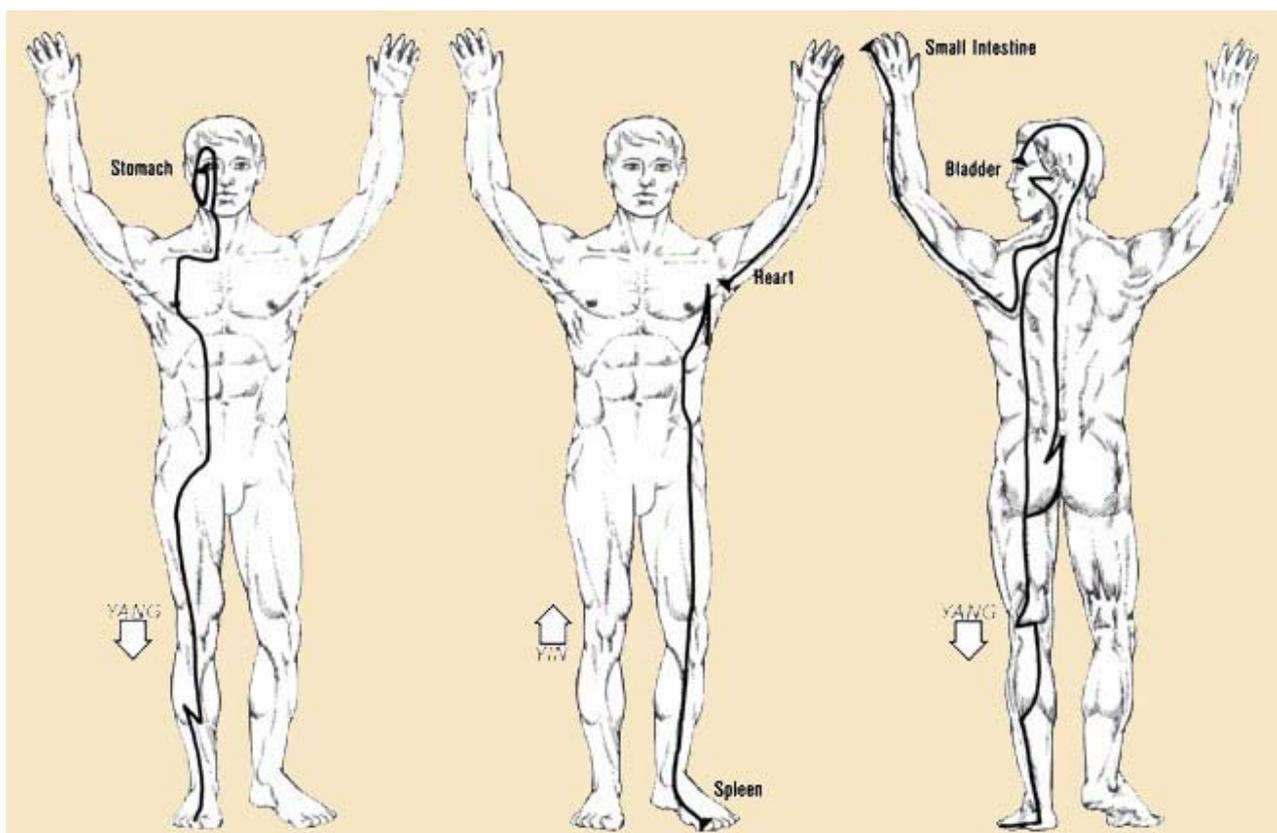
<http://www.sahej.com/meridians.html>

"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**

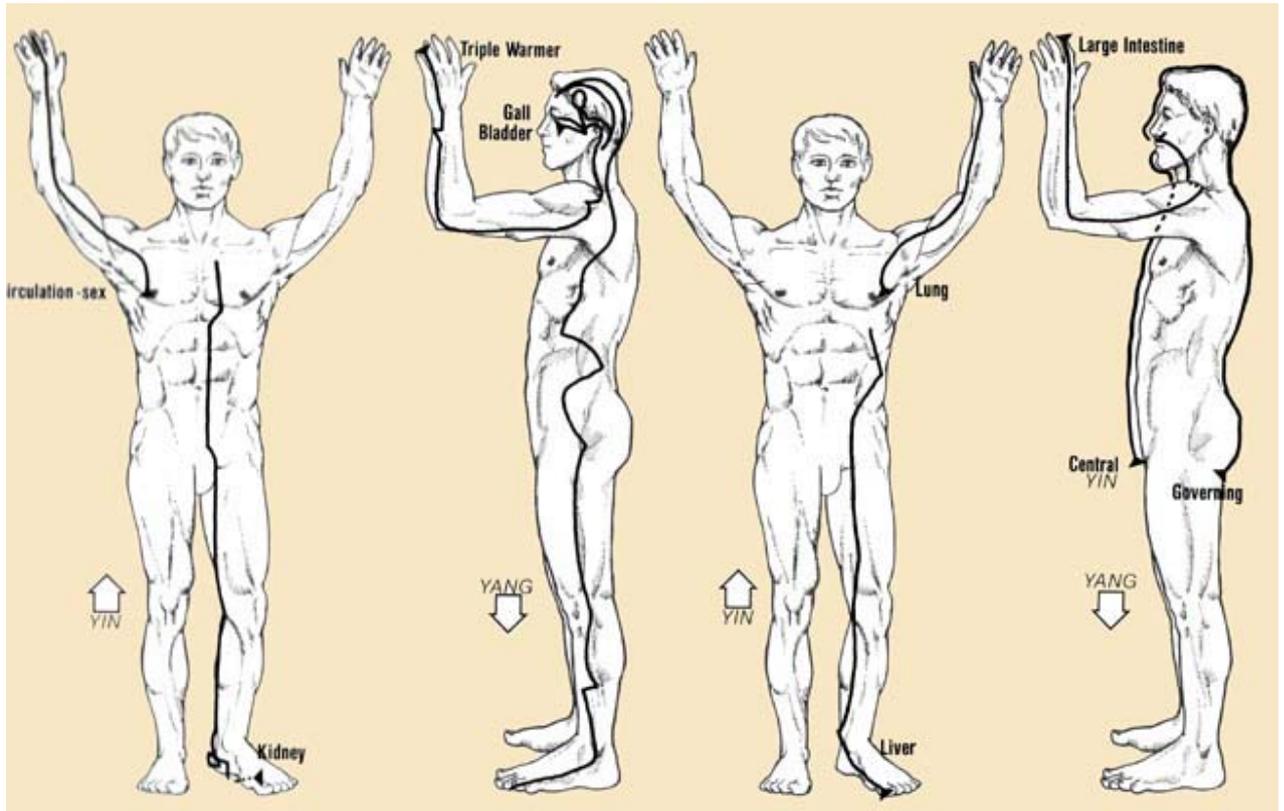
Meridians are classified yin or yang on the basis of the direction in which they flow on the surface of the body. Meridians interconnect deep within the torso, but we work with the part that is on the surface and is accessible to touch techniques. Yang energy flows from the sun, and yang meridians run 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:

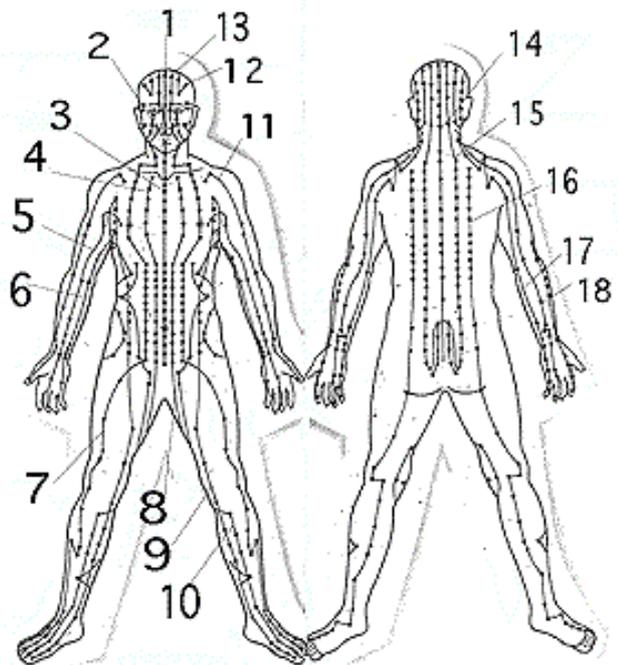
- from torso to fingertip (along inside of arm-yin)
- from fingertip to face (along outside/back of arm-yang)
- from face to feet (along outside of leg-yang) from feet to torso (along the inside of the leg-yin)

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.



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

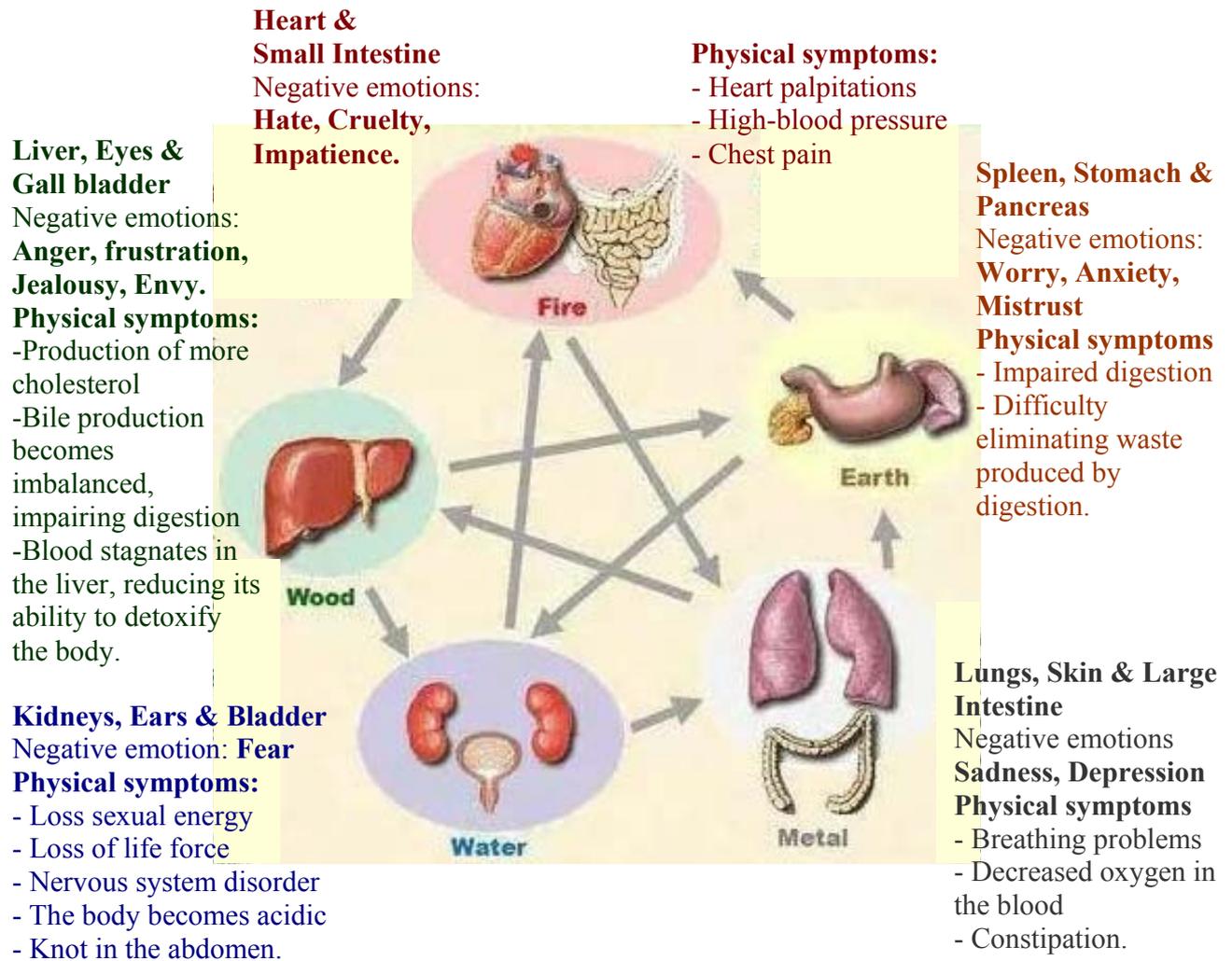


**MERIDIAN – DISEASE RELATIONSHIPS:**

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

## Negative Emotions Creation Cycle

The reductive and destructive cycle of the five elements



## Emotional Energy Centers of the Body

**RIGHT side controlled by left brain**

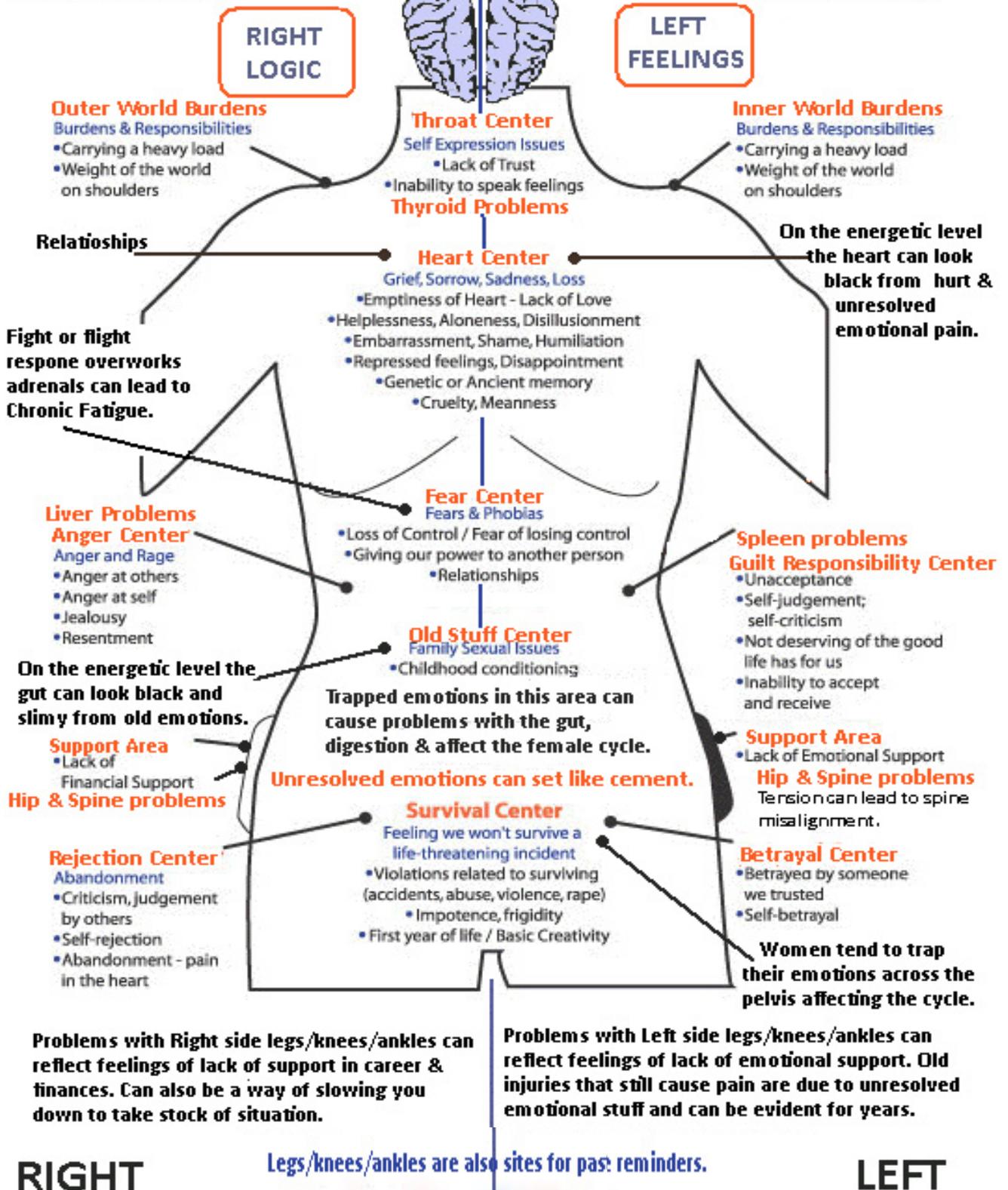
**RIGHT = Masculine or Yang**

**Reflects outer world**

**LEFT side controlled by right brain**

**LEFT = Feminine or Yin**

**Reflects inner world**



**NUTRITIONAL IMBALANCES:****FINDING NUTRITIONAL DEFICIENCIES**

- Simply ask “Do you (I) have a nutritional deficiency that needs to be addressed?”
- Swaying forward or a strong muscle test will mean “Yes.”

**FINDING NUTRITIONAL DEFICIENCIES**

- The body of the person you are kinesiology testing (or your own body, if you are testing yourself) *knows* what it needs!

To dig deeper, you can ask about categories of nutrition; this may elicit a positive response:

**Do you need a:**

- Mineral?
- Vitamin?
- Herb?
- Food?
- Plant?
- Oil?

**Do you have (or are you):**

- pH imbalance?
- Dehydrated?
- Magnetic Field Deficiency?

- You can also ask questions that are related to a specific symptom, such as “Is there any particular nutrition that would help this symptom of (fill in blank) that you are experiencing?”
- If the answer is Yes, ask if it is a mineral, vitamin, herb, magnet, food, etc. (see list).

**MINERALS and VITAMINS**

Several methods of testing:

- Ask “Do you (I) have a mineral or vitamin deficiency that needs to be addressed?”
- Hold or think about a particular supplement or mineral or vitamin and muscle or sway test; if it tests good, body will sway forward or test strong.
- Look at a page of supplements and ask “Is there something on this page that you (I) need?”

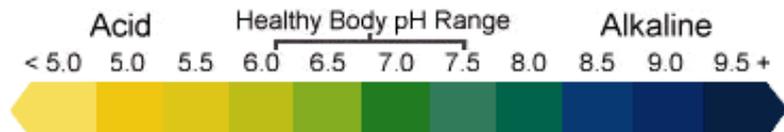
**HERBS**

Nearly all herbs have healing or medicinal qualities.

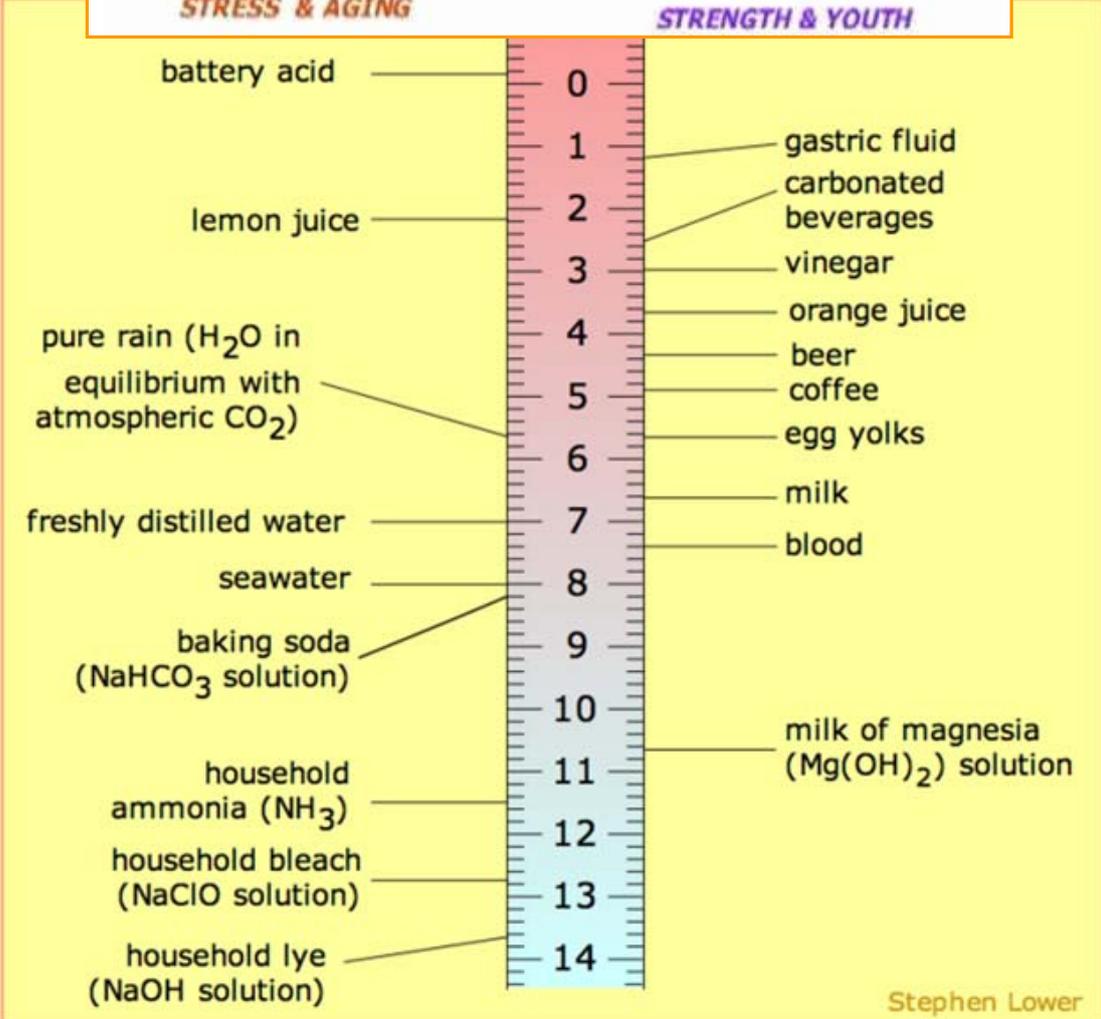
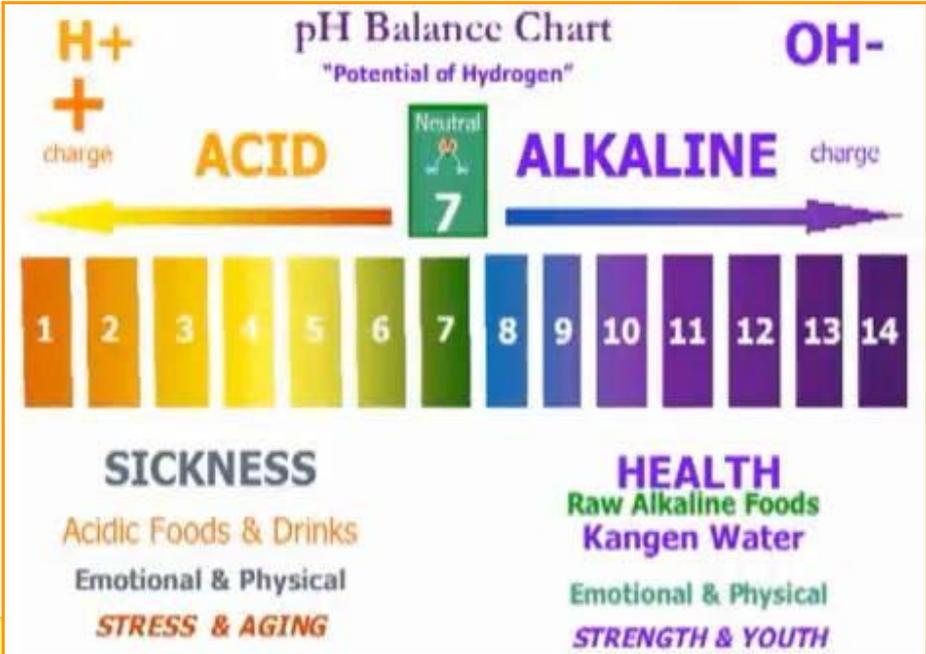
- **The Complete Medicinal Herbal: A practical guide to the healing properties of herbs, with more than 250 remedies for common ailments by Penelope Ody and Mark Blumenthal.**
- **Herbal Home Health Care by John R Christopher.**

### pH IMBALANCE

- pH is a measure of the acidity or alkalinity of a substance.
- Pure water is neutral pH, or 7.0.
- Less < than 7.0 is acidic, while greater > than 7.0 is alkaline.
- pH of 7.5 is normal for human body.



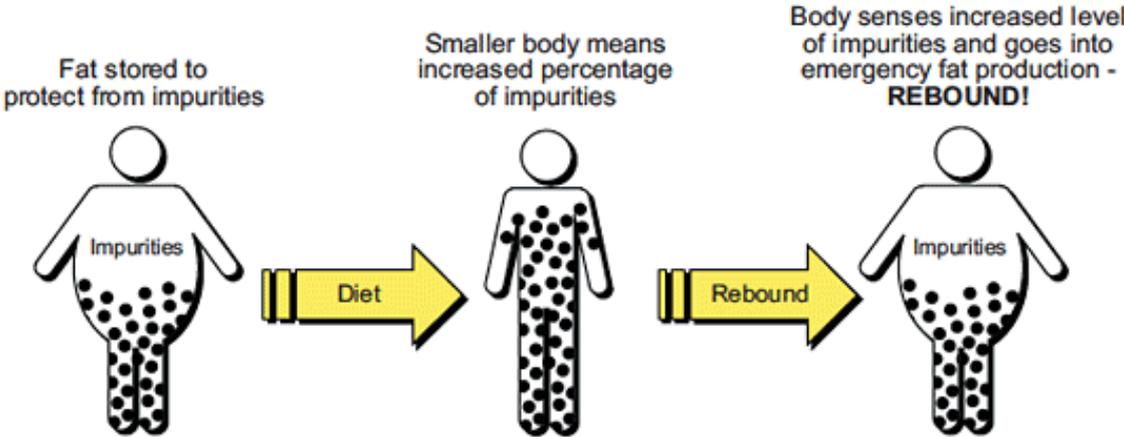
| Most Acid                                  | Acid  | Lowest Acid                                      | FOOD CATEGORY            | Lowest Alkaline   | Alkaline   | Most Alkaline   |
|--|---|--|--------------------------|---|--|---|
| NutraSweet, Equal, Aspartame, Sweet 'N Low | White Sugar, Brown Sugar                                      | Processed Honey, Molasses                        | SWEETENERS               | Raw Honey, Raw Sugar  | Maple Syrup, Rice Syrup  | Stevia  |
| Blueberries, Cranberries, Prunes           | Sour Cherries, Rhubarb  | Plums, Processed Fruit Juices                    | FRUITS                   | Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados                                      | Dates, Figs, Melons, Grapes, Papaya, Kiwi, Berries, Apples, Pears, Raisins       | Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas                     |
| Chocolate                                  | Potatoes (without skins), Pinto Beans, Navy Beans, Lima Beans | Cooked Spinach, Kidney Beans, String Beans       | BEANS VEGETABLES LEGUMES | Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives, Soybeans, Tofu | Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob | Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic |
| Peanuts, Walnuts                           | Pecans, Cashews   | Pumpkin Seeds, Sunflower Seeds                   | NUTS SEEDS               | Chestnuts   | Almonds  |   |
|  |   | Corn Oil   | OILS                     | Canola Oil  | Flax Seed Oil  | Olive Oil   |
| Wheat, White Flour, Pastries, Pasta        | White Rice, Corn, Buckwheat, Oats, Rye                        | Sprouted Wheat Bread, Spelt, Brown Rice          | GRAINS CEREALS           | Amaranth, Millet, Wild Rice, Quinoa   |  |   |
| Beef, Pork, Shellfish                      | Turkey, Chicken, Lamb   | Venison, Cold Water Fish                         | MEATS                    |   |  |   |
| Cheese, Homogenized Milk, Ice Cream        | Raw Milk  | Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese | EGGS DAIRY               | Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey  | Breast Milk  |   |
| Beer, Soft Drinks                          | Coffee  | Tea  | BEVERAGES                | Ginger Tea  | Green Tea  | Herb Teas, Lemon Water  |



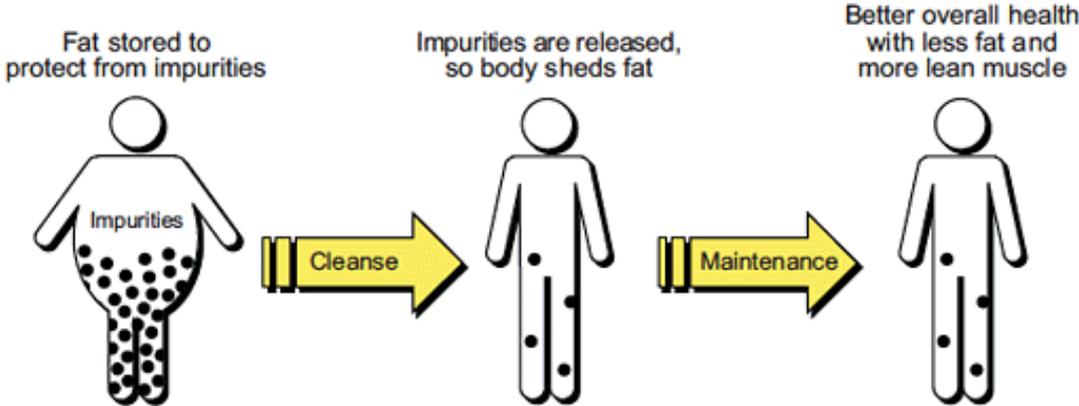
# Traditional Diet vs. Cleansing

One of the ways the liver deals with impurities is to increase body fat to enfold these impurities to protect the body from their influence. Diets are not successful for long term weight loss because they don't address the need to cleanse the body of impurities.

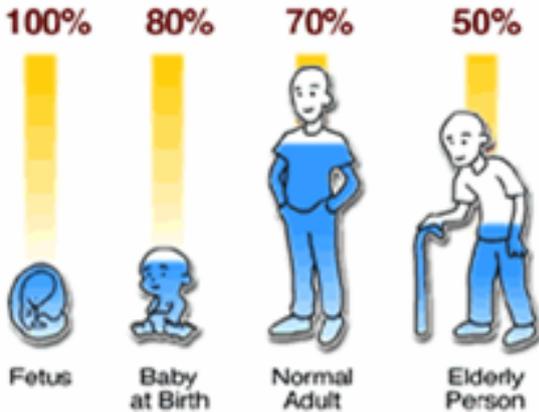
## Traditional Diet



## Cleansing and Replenishing



### Percent of Water in the Human Body



# Fresh is Best!

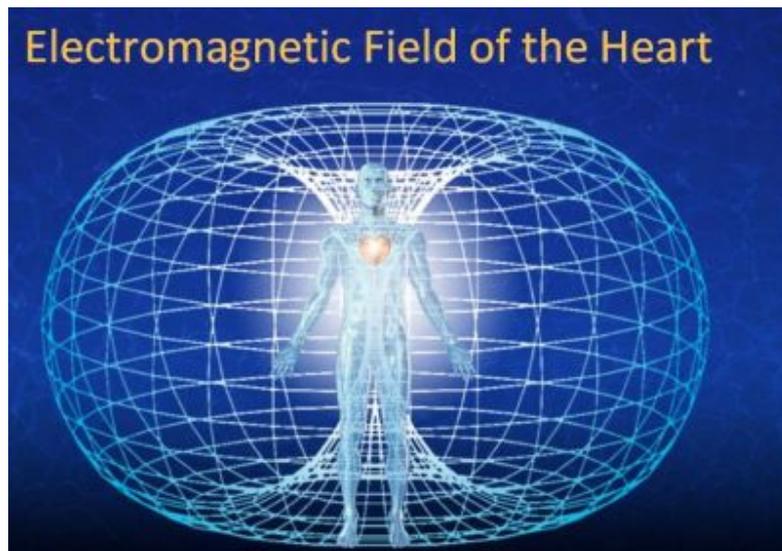
## FOODS

- “Let your food be your medicine” – Hippocrates
- Rutgers study found much higher mineral content in organically-grown versus commercially grown vegetables.

## ORGANIC VS CONVENTIONAL

| Vegetables<br>Type of Soil<br>Management | Minerals (in milliequivalents) |           |           |        |           |        |        |
|--|--------------------------------|-----------|-----------|--------|-----------|--------|--------|
|  | Calcium                        | Magnesium | Potassium | Sodium | Manganese | Iron   | Copper |
| <b>Snap Beans</b>                        |                                |           |           |        |           |        |        |
| Organic                                  | 40.5                           | 60.0      | 99.7      | 8.6    | 60.0      | 227.0  | 69.0   |
| Conventional                             | 15.5                           | 14.8      | 29.1      | 0.0    | 2.0       | 10.0   | 3.0    |
| <b>Cabbage</b>                           |                                |           |           |        |           |        |        |
| Organic                                  | 60.0                           | 43.6      | 148.3     | 20.4   | 13.0      | 94.0   | 48.0   |
| Conventional                             | 17.5                           | 15.6      | 53.7      | 0.8    | 2.0       | 20.0   | 0.4    |
| <b>Lettuce</b>                           |                                |           |           |        |           |        |        |
| Organic                                  | 71.0                           | 49.3      | 176.5     | 12.2   | 169.0     | 516.0  | 60.0   |
| Conventional                             | 16.0                           | 13.1      | 53.7      | 0.0    | 1.0       | 1.0    | 3.0    |
| <b>Tomatoes</b>                          |                                |           |           |        |           |        |        |
| Organic                                  | 23.0                           | 59.2      | 148.3     | 6.5    | 68.0      | 1938.0 | 53.0   |
| Conventional                             | 4.5                            | 4.5       | 58.6      | 0.0    | 1.0       | 1.0    | 0.0    |
| <b>Spinach</b>                           |                                |           |           |        |           |        |        |
| Organic                                  | 96.0                           | 293.9     | 257.0     | 69.5   | 117.0     | 1584.0 | 0.0    |
| Conventional                             | 47.5                           | 46.9      | 84.0      | 0.8    | 1.0       | 19.0   | 0.5    |

Research conducted by Firman E. Bear at Rutgers University in the Natural Gardener's Catalog (1995)



#### **MAGNETIC FIELD DEFICIENCY**

- Like any other deficiency.
- Earth's magnetic field is about 10% weaker than it was when German mathematician Carl Friedrich Gauss started keeping tabs on it in 1845, scientists say.

#### **MAGNETIC MATTRESS PADS FIBROMYALGIA STUDY**

- Randomised double-blind pilot study conducted by Agatha P Colbert, MD, Clinical Assistant Professor of Physical Medicine and Rehabilitation Tufts University School of Medicine, Boston, MA. Conclusions were simply this; "Sleeping on a magnetic mattress pad, with a magnet surface field strength of 1,100 +/-50 Gauss, delivering 200 – 600 Gauss at the skin surface provides statistically significant and clinically relevant pain relief and sleep improvement in subjects with Fibromyalgia. No adverse reactions were noted during the 16 week trial period.

#### **MAGNETIC FIELD DEFICIENCY**

- A study using magnetic mattress pads, carried out over a 1 year period in 3 of Japan's foremost hospitals by Dr Cazuo Shimodara. 431 people (216 male, 215 female).
- The conclusion was: magnetic mattress pads proved effective on neck pain, shoulder pain, back pain, lower limb pain, insomnia, and fatigue, and to have no side effects.

**TOXICITY:****Types of Toxins**

- Heavy Metals
- Food Additives
- Free Radicals
- Environmental Chemicals
- Recreational Drugs
- Medical
- Microbial
- Energies

**Toxicity**

- A new worldwide phenomenon.
- Heavy metals, radiation, industrial wastes, etc.
- Average intake of 14 lbs (6.5 kgs) of chemicals per year.
- Toxins can be cleared from body.
- Trapped Emotions make toxin removal more difficult.

**TYPES of FOOD ADDITIVES**

- MSG
- Aspartame
- Preservatives
- Food Colourings
- Humectants
- Sugar

**MSG (monosodium glutamate)**

- Many different forms – disguised in packaged foods
- Read labels for: glutamate, hydrolysed, autolyzed and modified
- Causes “Chinese Restaurant Syndrome”
- Excitotoxin
- Causes obesity

**OTHER ADDITIVES**

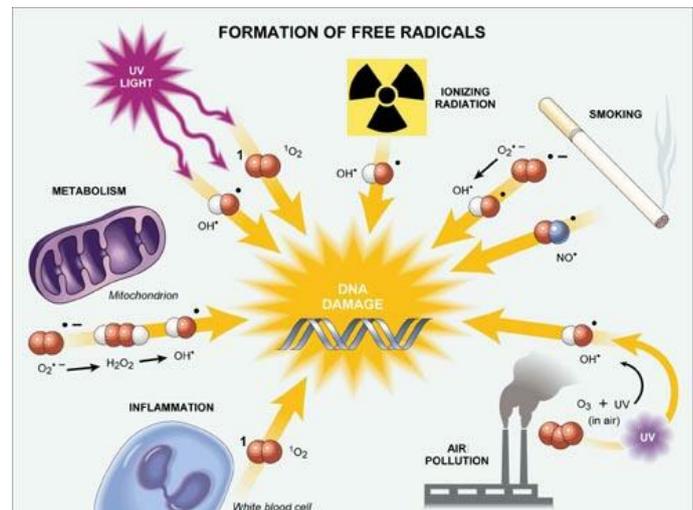
- Preservatives “pickle” the body
- Food colouring aggravates behavioural problems
- Humectants artificially preserve moisture and are toxic
- Sugar is toxic and causes weight gain and behavioural issues.

**ASPARTAME**

- Artificial sweetener
- Excitotoxin
- Equal and Nutrasweet
- Chewing gum, diet foods / drinks
- Works well as a pesticide – kills ants!

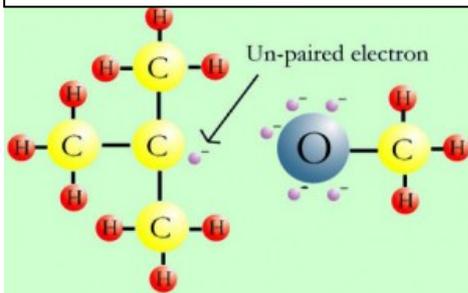
**FREE RADICALS**

- An unstable atom created by oxidation
- Caused by overeating, radiation, tobacco smoke, direct sunlight, smog, pollution, foods high in fats and sugar.



## FREE RADICALS

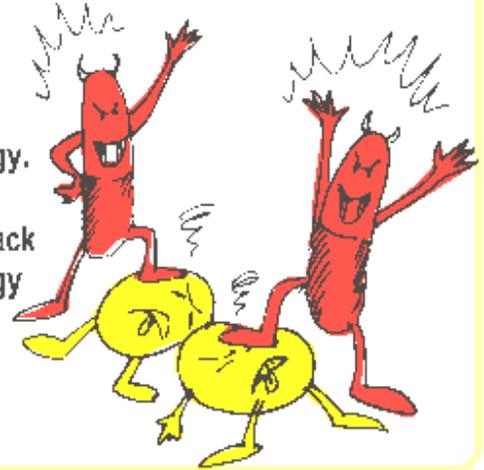
- How the body “rusts”
- Studies show that periodic fasting and eating less calories slow down rate of free radical formation.



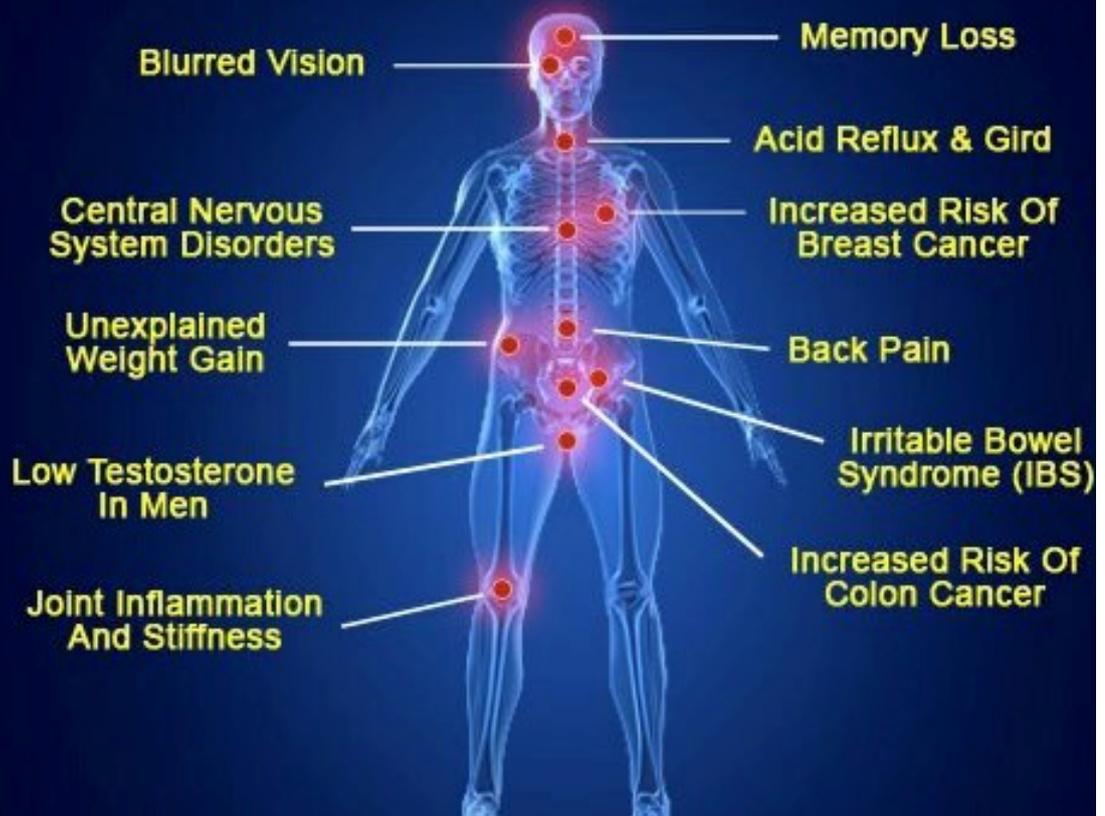
Free Radical (Alcohol)

## What are Free radicals ?

- Free radicals are like robbers which are deficient in energy.
- Free radicals attack and snatch energy from the other cells to satisfy themselves.



## Dangers Of Toxic Deposits In Your Body



### ENVIRONMENTAL CHEMICALS

- Building materials
- Pesticides
- Herbicides
- Cosmetics
- Cleaning supplies

### ENVIRONMENTAL CHEMICALS

- Toxic pesticides and herbicides are sprayed on the foods we eat.
- Cosmetics can contain toxic chemicals and heavy metals.
- Cleaning supplies are harmful – use healthy and environmentally friendly alternatives.

### RECREATIONAL DRUGS

- |                |                 |
|----------------|-----------------|
| • Alcohol      | • LSD           |
| • Amphetamines | • Marijuana     |
| • Caffeine     | • Mescaline     |
| • Cocaine      | • Mushrooms     |
| • Ecstasy      | • Nitrous Oxide |
| • Heroin       | • Nightshades   |
| • Ketamine     | • Tobacco       |

### MEDICAL TOXINS

- All medications are toxic.
- Side-effects are a by-product of this toxicity.
- Liver and kidneys are especially vulnerable.

### MICROBIAL TOXINS

- Parasites, bacteria, fungi and mould all produce toxins (toxic waste).
- We can be sensitive or allergic to these toxins.

### ENERGETIC TOXINS

- Microwave
- Cell phone
- Fluorescent light
- Colour
- Sound
- Radiation

### TOXINS and OBESITY

- Process of clearing toxins from the body is not 100% efficient.
- Excess toxins are put into the fat cells (cold storage to protect body).
- More toxins = more fat.



**DEALING with TOXINS**

- Organ cleanses.
  - Liver, gall bladder
  - colon
- Whole body cleanses for general cleansing.
- Specific toxin cleansing (i.e. heavy metal cleanses, etc.)

**HEAVY METAL CLEANSSES**

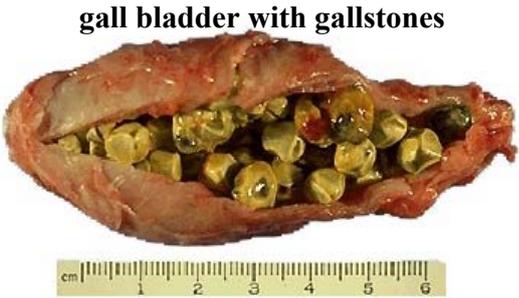
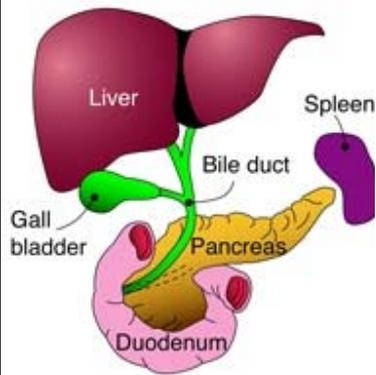
- IV Chelation
- Oral Chelation  
Beyond Chelation Supplement
- ACZ-Nano (Zeolite)
- Etc.

**COLON CLEANSSES**

- Colonic Therapy (colon hydrotherapy)
  - Rinses colon with about 10 gallons (45 litres) of water in 45 minutes
- Commercial colon cleanses

**LIVER and GALL BLADDER CLEANSE**

- Gallstones  
Made of hardened cholesterol  
And/or bile salts
- Cause problems in the gall bladder, but can be removed by cleansing.



**KIDNEY FLUSH**

- Kidney stones are made of calcium and other minerals.
- Normally pass through the urine, but large stones get stuck.
- Large stones = extreme pain.
- Can be dissolved with Kidney Stone Flush.

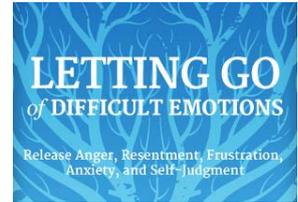


**ENERGETIC TREATMENT of TOXINS**

- All toxins are pure energy.
- Think of toxins as cloud of energy in the body.
- Identify location of toxin and treat magnetically!

### **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.

**Feeling Healing  
with Divine Love 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.**

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



# FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

To do our feeling-healing we need to become:

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

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

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

So it sounds simple.

So I repeat:

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

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

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

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

**in conjunction with**

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

## 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

# 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**

**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 us 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**

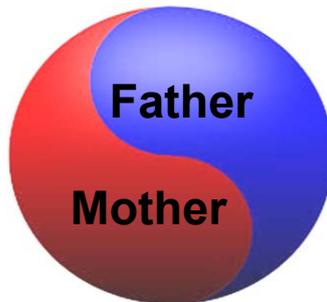


**HUM**

**WE ARE Children of God**

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

**GOD**



**M&F**

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

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

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



**J&M**

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

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

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



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

**AVO**



**HUM**

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

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

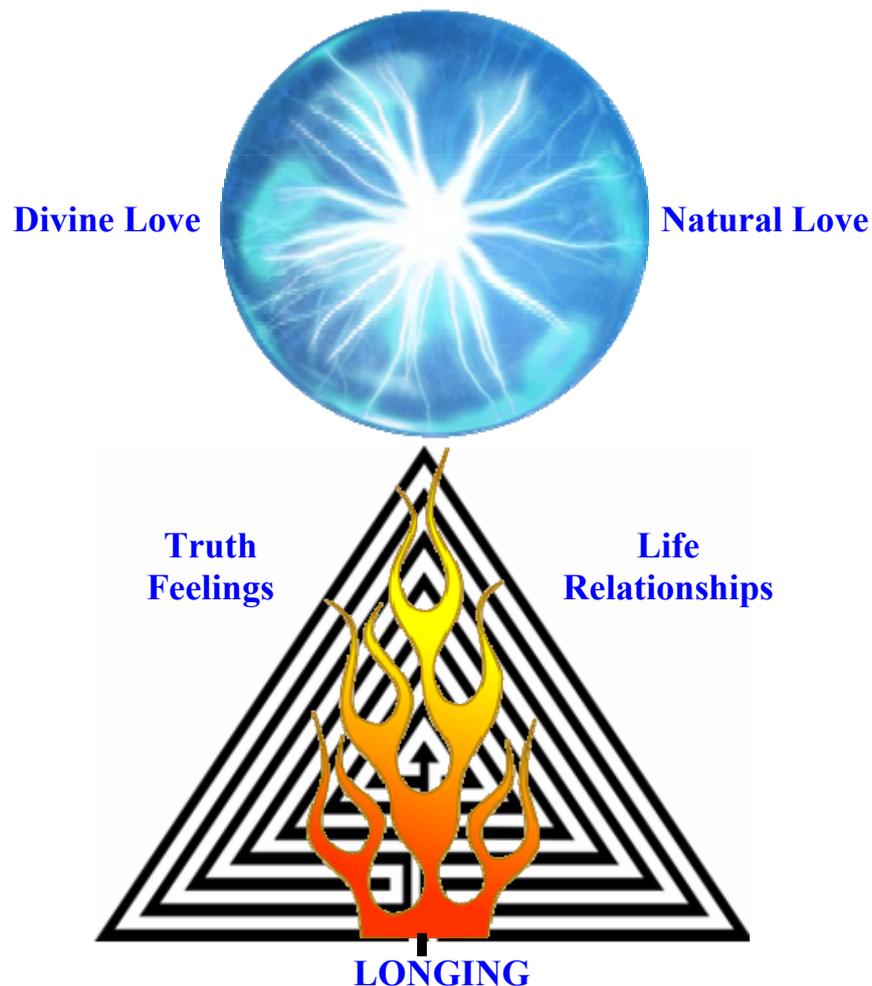
Collectively, should we embrace them all, as we are to, then our pathway home is a journey in the hands of the Spirits of Truth of the Avonal and Paradise Pairs overseen by our Heavenly Parents.

**WE ARE Children of God**

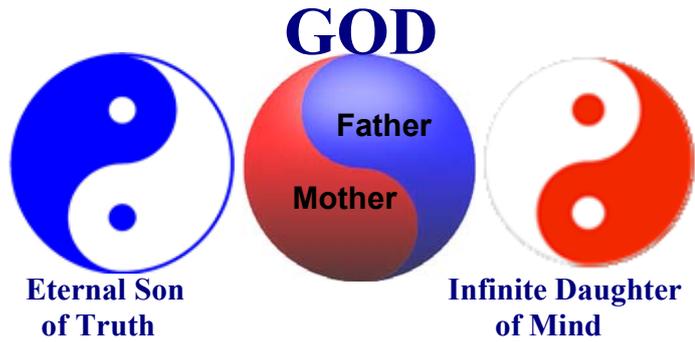
## HOW TO GET TO PARADISE:

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

## The Key



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



PARADISE TRINITY:

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

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

The LOCAL UNIVERSE TRINITY:

**Our MOTHER and FATHER – Love**

1. **MARY M and JESUS – the Living Truth**
2. **DIVINE MINISTER – 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:**

**LOVE**  
Mother and Father

**TRUTH**  
Eternal Son (ES)  
Mary & Jesus (MJ)  
Humanity (H)

**MIND**  
Infinite Daughter (ID)  
Divine Minister and Holy Spirit (DM)  
Angels, Nature Spirits, Nature (A)

**Consider a diamond:**

**MF**



# Mother and Father Heavenly Parents

Creator Son & Daughter  
Jesus and Mary

Avonals  
as soulmate pairs

Trinity Teachers  
as soulmate pairs

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

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

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

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

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

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

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

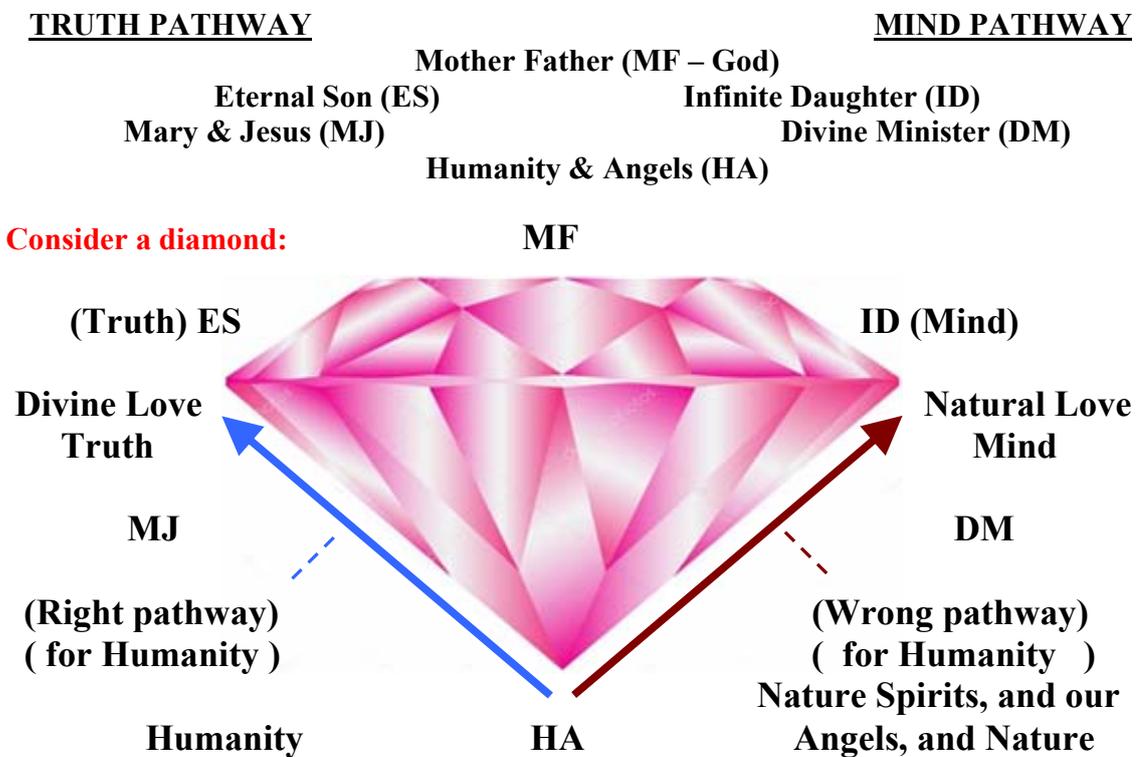
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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

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

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

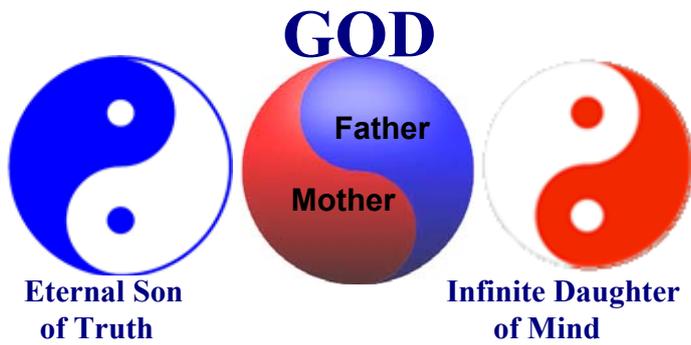
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God’s soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of your Mother and Father.



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

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

**CREATION of SOUL and SPIRIT:**



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

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



Feeling Pathway

Mind Pathway



Soulmate Pair

Angel



Spirit Person

Nature Spirit



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

**PUSH ME,  
PULL ME**

**The NEW WAY of LIFE:**

Now for the first time in history, Celestials can be more assertive in making known the availability of Divine Love, and that the only way to progress towards our Heavenly Parents is by engaging in doing one's Feeling Healing.

The Celestials have all but stopped the mind spirits from negatively influencing people on Earth, and the biggest area this is in, is in the religions. So the religions on Earth and all the spiritual systems of the mind, are under pressure in that they are no longer enjoying the input from the mind worlds that they have had. And how this translates into ordinary everyday life, is more in the unseen connection between those in religions on Earth and those of the same religion in spirit, is fading away.

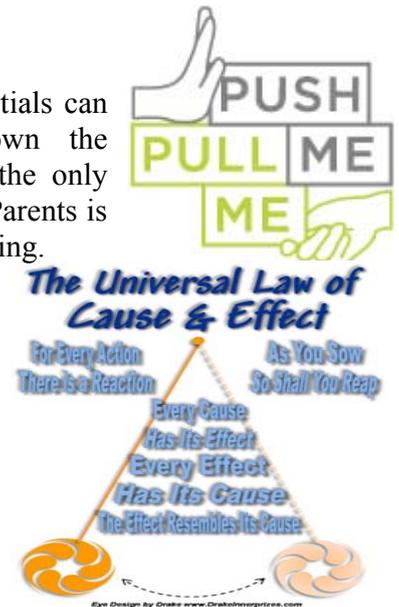
Then at the same time, we, the Celestials, are being allowed to move more freely amongst everyone, both in the mind worlds and with you on Earth. Which means, we can confront and have more of a say in peoples and spirits lives, something that was forbidden the Celestials of the 'old guard'. They were not allowed to interfere at all, having to wait patiently for spirits (as there was rarely anyone on Earth) to show interest in an alternative way to God, which enabled the Celestials to slowly introduce the notion of the Divine Love and then that of doing one's Healing. But it took a long time for mind spirits to show any real interest and being willing enough to give up the power their mind had over them, wanting to seek a higher life.

Celestials can now, following the progress achieved by Marion and James Moncrief, approach and be more freely expressive to spirits on all levels, and also to people on Earth, should they want their help.

Further, those who reject and suppress their children will progressively grow in awareness of their own unloving natures. One will not be able to continue to avoid their feelings of wrongness.

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

Thus the three aspects: one, of having more readily available guidance to become aware of the availability of Divine Love; two, the way to become fully expressive of one's soul based personality through the process of Feeling Healing; and thirdly, the quickening of the Law of Compensation through one's greater sensitivity to one's emotional errors and injuries. By having greater personal connection with a Celestial, we are able to move into longing for the Divine Love, and look to healing ourselves and grow in truth, and start to seriously consider embracing one's ascent to Paradise.



**Law of Compensation  
quickenning 22 May 2017**



# 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.

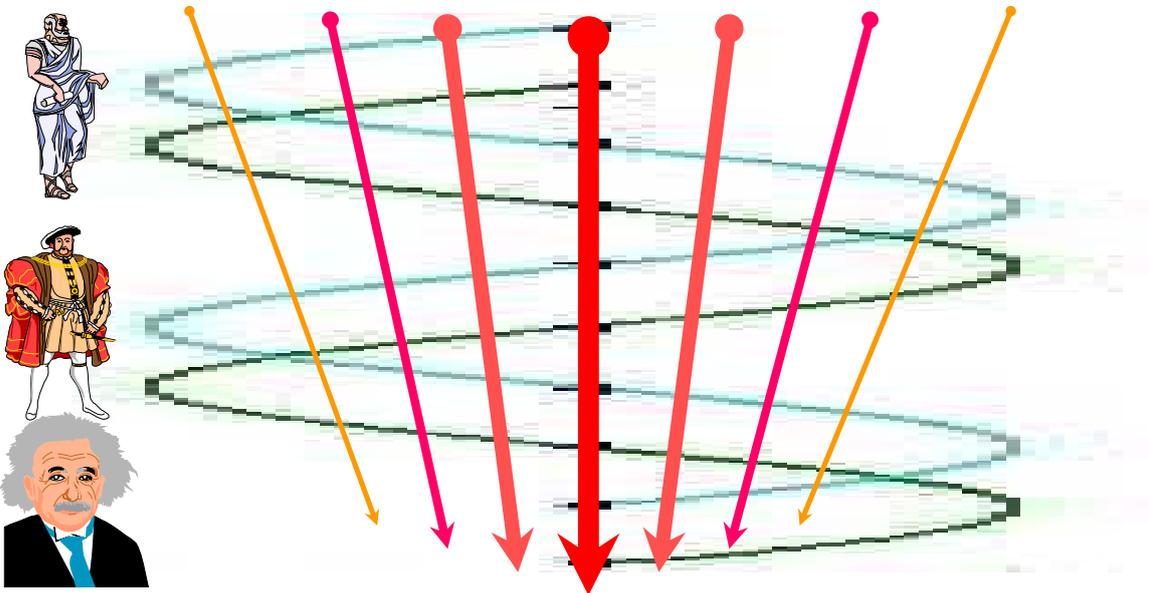


Negative Spirit Influence  
blocked  
22 March 2017  
Law of Compensation  
quickenning  
22 May 2017  
Rebellion and Default  
officially ended  
31 January 2018



# generations

**OUR BLOCKED EMOTIONS FLOW DOWN FROM GENERATION to GENERATION:**



**Childhood illnesses, and illnesses of baby within the womb, stems from blocked emotions passed down from generation to generation, resulting in malfunctions in the foetus.**

**We are a product of all that has come before us.**

**Our own soul condition is reflected in our children.**



**To assist baby, as well as yourself, work and pray to clear your blocked emotions.**

**Clearing your negative emotions improves your soul condition as well as that of your children.**

**Baby's body, when conceived, is always perfect. Their soul condition is also perfect.**

### INHERITED EMOTIONS

- **Received from a parent at conception.**
- **May go back several generations.**
- **Important to find out genealogy of the emotion.**
- **Released with 10 rolls.**
- **Inherited emotions are usually discovered when you are taken to a certain column and row, and at that point the emotion is undeterminable.**
- **At that point, use the word “inherited” to discover the emotion.**

### Discovering Inherited Emotions

Remember that inherited emotions are usually discovered when you are taken to a certain column and row, and at that point, the emotion cannot be determined. The reason for this is because the subconscious mind wants you to know that this is an inherited emotion. So it'll take you as far as it can. It will take you to a certain column and it will take you to a certain row. But then when you start asking, “Is the emotion this or this, or this, or this, or this?” The body will say, “No, no, no, no, no.” Or it may say, “Yes, it's this, and this, and this, and this, and this.” The bottom line here is you are not being given a clear answer for a reason.

Remember that when you're looking for an emotion, you're only looking for *one* emotion. So if you get an answer that there are two emotions, or three out of the five, or two out of the five, or four out of the five, or it's all of them, or it's none of them, it's probably an inherited emotion. The subconscious mind (soul) will sometimes play a game when you're trying to find an inherited emotion and until you ask, “Is this emotion inherited?” you simply will not be able to get any answer. So if this happens to you, use the word *inherited* and you'll be able to discover the emotion and release it for the generations.

Releasing these inherited emotions is a powerful thing. Not only because it's releasing it from the person you're working on, but also from all of these other people, even though they're dead. Their spirits live on, and we remain connected to them. Even though they're passed on, it still releases from them. You will find inherited trapped emotions if you do much work with the Emotion Code and I think that you'll be amazed with the results.

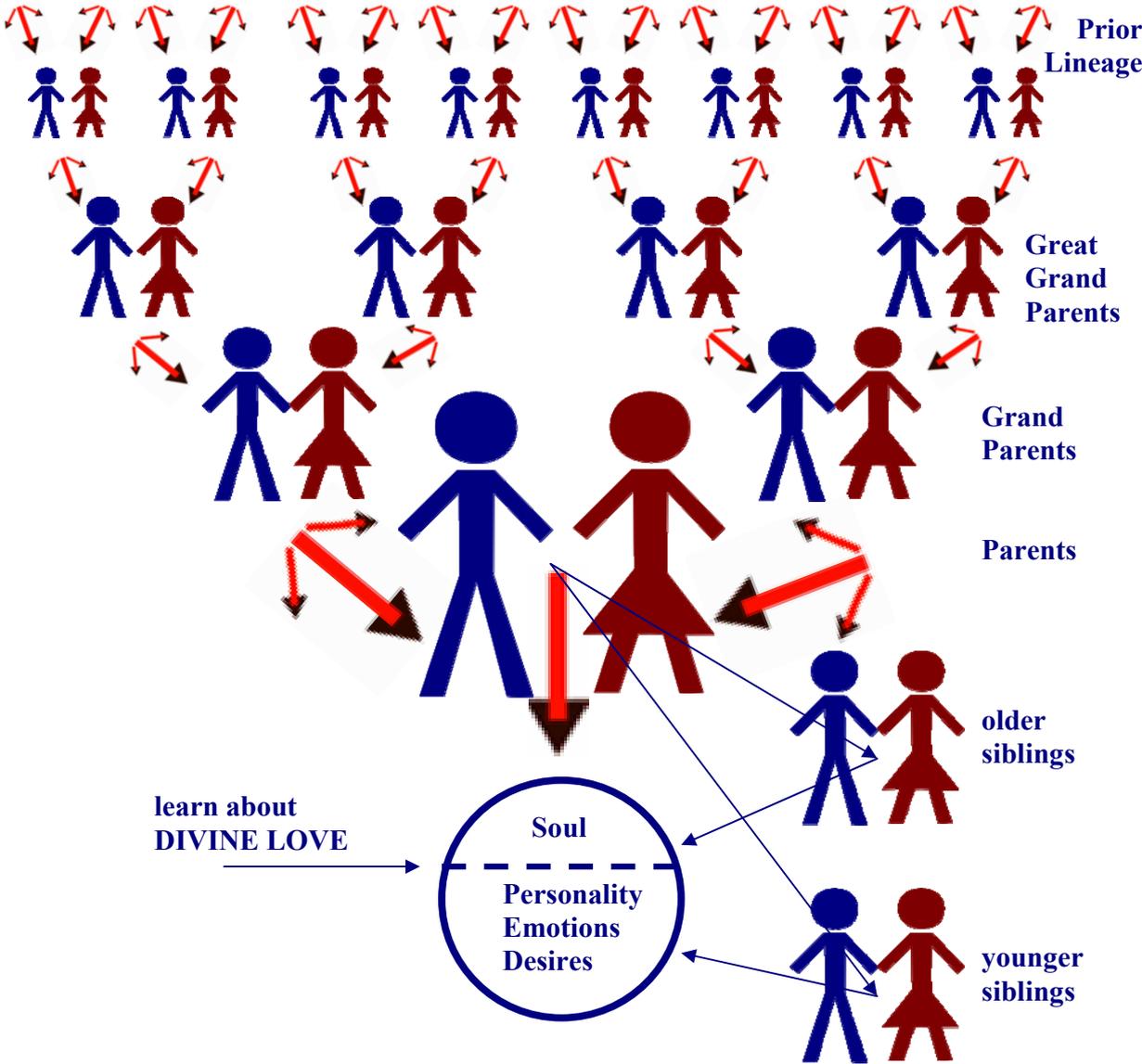
### PRECONCEPTION EMOTIONS

- **Trapped Emotions that become lodged in the spirit-body prior to conception.**
- **Fear-related emotions about impending life on Earth.**
- **Grief-related emotions about leaving our home with God.**
- **Cleared with 3 rolls**



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.

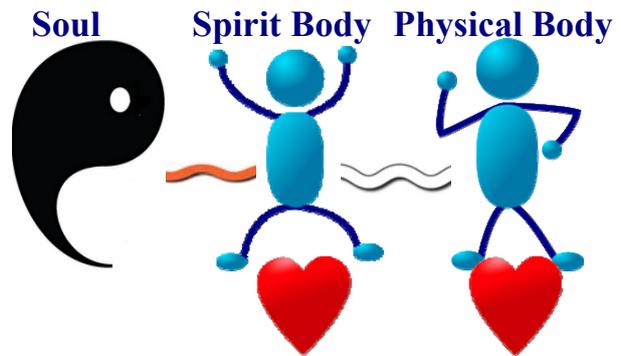
Everyone within our living environment will have an impact upon our emotional makeup.



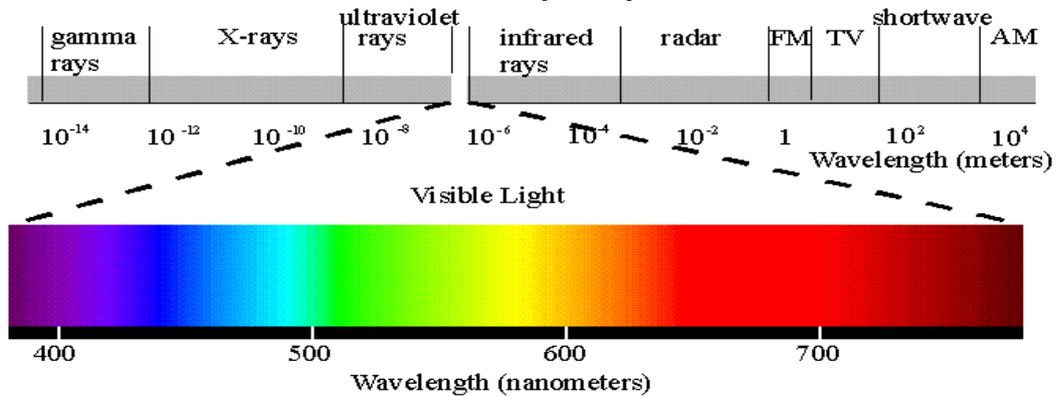
**PURPOSE of ORGANS within OUR BODIES:**

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.



Soul does not know sexuality



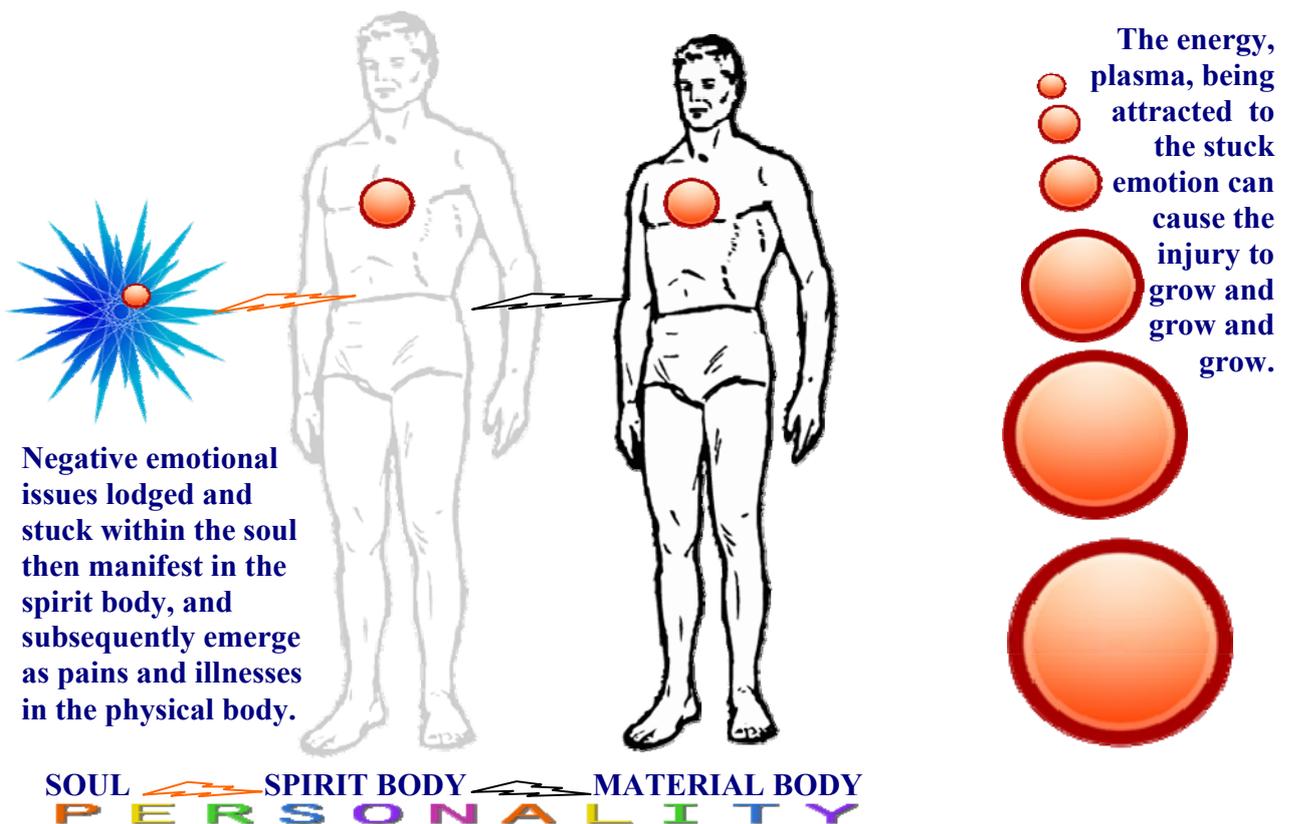
**SOUL** **SPIRIT BODY** **PHYSICAL BODY**

Our memory and intelligence are housed within our soul, our mind is housed within our spirit body, and our brain is within our physical body. Our soul animates the spirit body which in turn animates the physical body. It is the disconnection of the silver cord between the spirit body and the physical body that results in the death of the physical body. The spirit body, which looks much like the physical body, goes on living. Emotional injuries become blocked within our soul, such injuries are reflected through the spirit body and then into the physical body as illnesses.

**EMOTIONS are ENERGY BALLS that can be REMOVED through FEELING HEALING:**

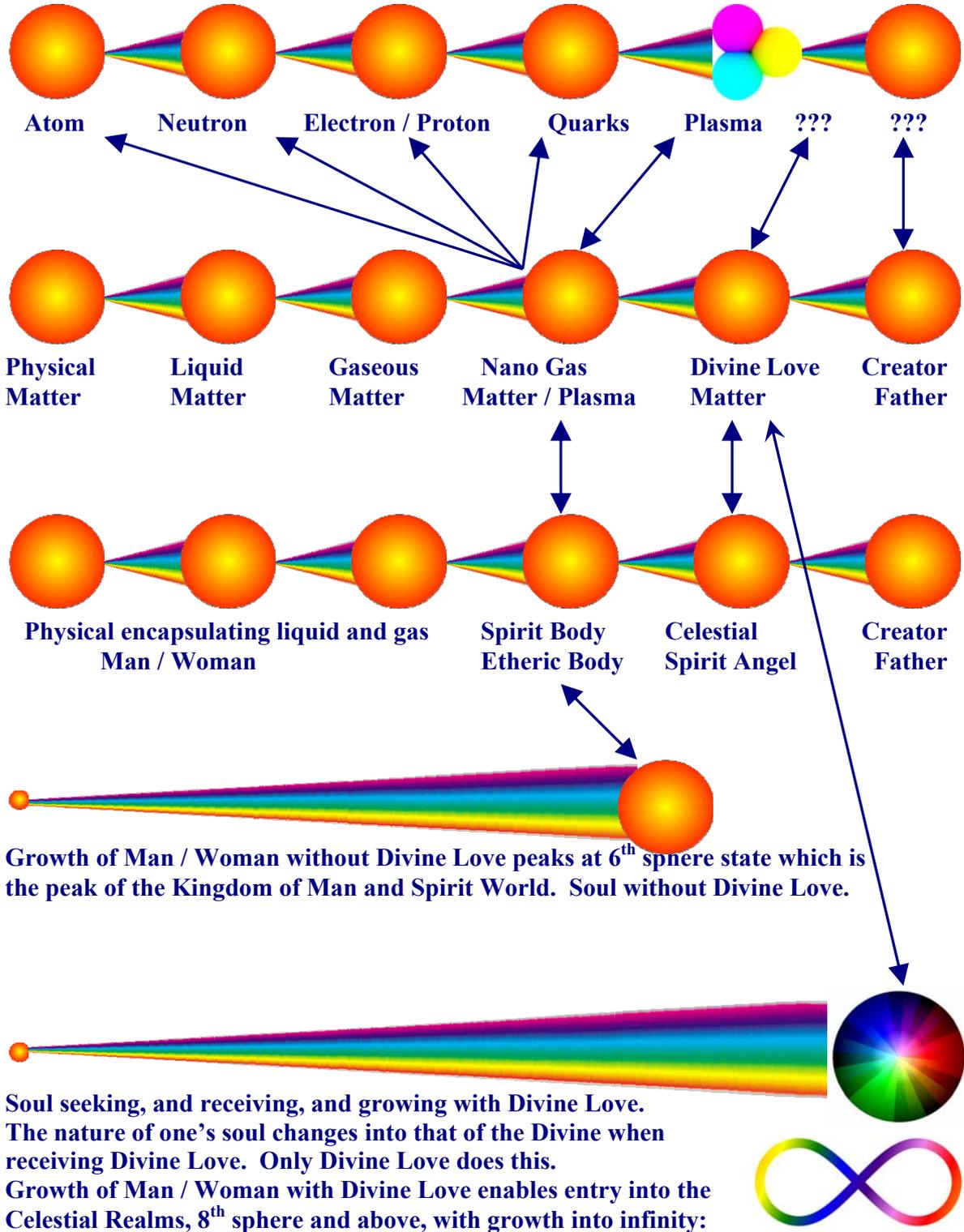
The gift that Dr Bradley Nelson is sharing with us through the introduction of the Emotion Code and Body Code processes is this:

- ❑ Through the application of Kinesiology Muscle Testing, negative or man created emotions that we hold within our bodies can be individually identified and then located within the physical body.
- ❑ Once we focus upon the particular emotion and apply our intent, that emotion literally comes to the surface of the physical body.
- ❑ By assisting the etheric body, which is really your spirit body, by enhancing the available magnetic energy through the process of rolling or running a magnetic (can be simply your hand) down your back, then the identified negative emotion can be dislodged from your bodies.
- ❑ Stuck emotions, those that are not moving, block the energy flows around your body. Where ever the emotion lodges, it will block the flow along the meridian or meridians in that area, once energy is starved from a location within your body, you will develop discomfort, pain, and subsequently illness that is associated with that region. The vast majority of our energies for our bodies is drawn in through our chakras and distributed via the meridians. The food we eat is only a minor source of our body’s energy requirements.

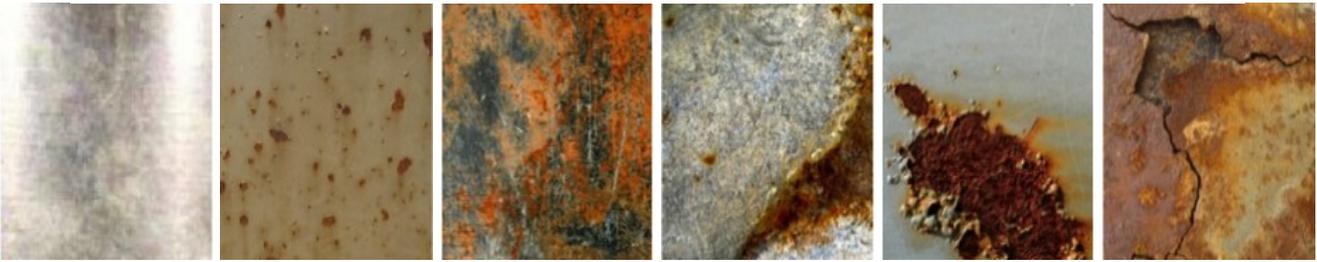


**STAGES of MATTER:**

**Matter becomes finer and finer and more incredible within each phase:**



# stages of life



**The corrosive nature of human created emotions, those calibrating below 200 on the Map of Consciousness, impedes the flow of life loving energies around and throughout our bodies. These energy flow blockages slowly but surely bring about impediments to our physical well being.**

LUMINOSITY of the SOUL grows with LOVE:

**DIVINE LOVE is a SUBSTANCE**

Angels actually do not have wings.



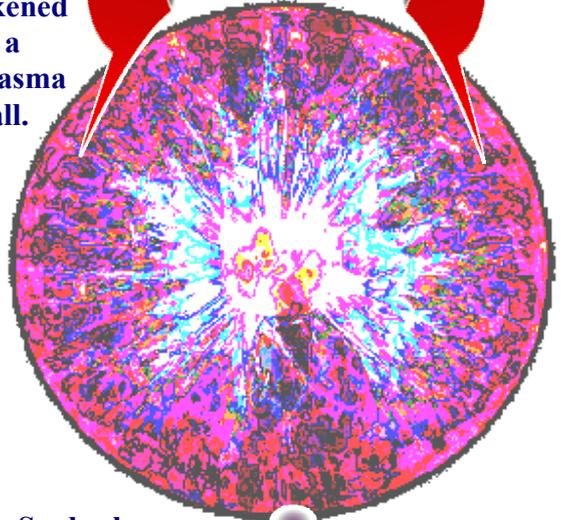
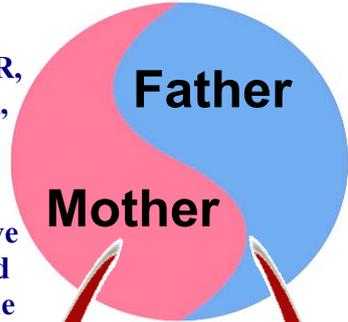
One's soul can grow from the condition of a dark dried up pea to that of a Celestial Angel by asking for and receiving Divine Love. Divine Love changes the essence of the soul to that of the Divine. Nothing else can do this.



**CREATOR,  
MOTHER,  
FATHER,  
GOD.**

Divine Love is delivered through the Holy Spirit, should you ask for Their Love.

Your soul can be likened to a plasma ball.



Soul releases errors and negative emotions via one's Feeling Healing with Divine Love.



### **DIVINE LOVE – what does it do?**

The divine gift from asking for and receiving Divine Love will steadily, but with certainty, raise one's quality of life and also of all those around such a person who is seeking and receiving this Love.

The receiving of Divine Love, which is a substance, with certainty, progressively:

- Raises one's love for those around them, whilst embracing one's Feeling Healing.
- Raises one's perception of all things – naturally grows one's intelligence – soul intelligence.
- Enables one to feel and resolve negative emotional issues more readily during Feeling Healing.
- Humility becomes self evident. Humility enables one to feel their errors and emotions.
- Divine Love strengthens one's resolve to express errors, emotional injuries and untruths.
- Divine Love with Feeling Healing to remove emotional errors, enhances one's health.
- Divine Love enables one to become more childlike – not adult serious at all times.
- Divine Love raises one's capability of feeling – no longer needing to be mind controlling.
- By becoming feeling orientated, one no longer is mind / intellectually dominated.
- The strength to fight and overcome sin and error is strengthened through the Divine Love.
- The Law of Compensation process is more resolved by Feeling Healing with Divine Love.
- Receipt of Divine Love grows one's faith, beliefs become faith and then knowing.
- As our faith grows our intensity to ask and then receive Divine Love grows.
- We begin to follow our passions and desires, no longer fear and mind driven.
- Truth being told at all times then progressively becomes a way of life.
- Our quality of life blossoms, our finances and relationships prosper.
- Man creates his own environment, seeking Divine Love can vastly improve one's environment.
- Health carers receiving Divine Love enhance healing outcomes beyond comprehension.
- Receiving Divine Love may assist in bringing a struggling marriage back into harmony.
- You progressively become dependent upon our Heavenly Parents, not self dependent.
- Personal growth in love directly assists the soul condition growth of one's children.
- Divine Love assists one's rate of soul condition to progress whilst embracing Feeling Healing.
- Divine Love is a substance that changes the human soul to that of the Divine.
- Without Divine Love, one cannot progress into the Celestial Spheres (8<sup>th</sup> sphere and higher).
- Divine Love, with Feeling Healing, enables everlasting Love and Life the Celestial Heavens.

“The Law of Compensation doesn't operate on isolated actions, but on the overall condition of people's souls, because the deeds are the consequence of this condition. Our behaviour is the reflection of our souls. Never see isolated deeds, always see souls whose condition leads to certain deeds. It is the soul condition which determines the motive and consequently the action. It is our lack of trust in God, this ultimate and definitive trust, which only soul development may give us. This lack is why we suffer.”

Judas of Kerioth 5<sup>th</sup> October 2001

As you grow in love, illness issues abate, financial security improves, and your treatment of your fellow man is the same as how you would like to be treated. You grow in natural intelligence, your perception on many subjects becomes profoundly more loving and supportive of and for your way of life and how you interact with your fellow man.

This quality of life and love permeates and extends into every facet of your physical life and continues to grow as you progress on your journey within the spirit world.

Your capabilities to ask for and receive Divine Love is a gift between you and your creator, God. You do not need an intermediary, nor do you need to join with any organisation. This is your own personal journey and experience. You can share this with others, but no one can take it away from you.

This Love will elevate the human soul to a condition that it may perceive the spiritual truths which God has waiting to be revealed to His children who aspire to understand the nature of the divine and what their true relationship to Him and their family of souls is.

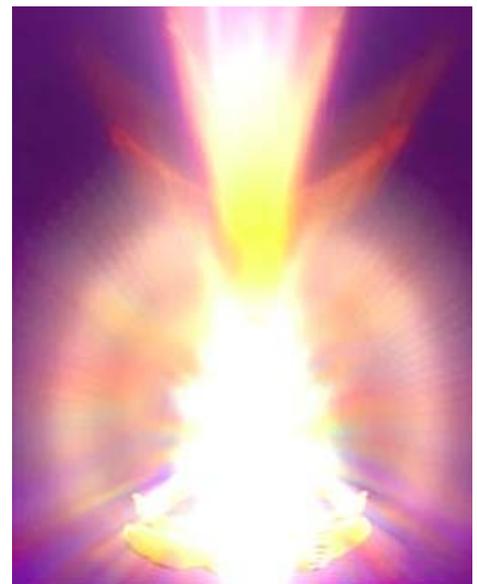
“Keep faith with God, and be open to Their Love, and you will overcome with confidence and, indeed, peace of mind, optimism and happiness, those circumstances that seem to mar the fulfilment of your years.” Mary (mother)

<https://new-birth.net/samuels-messages/53-revelations/revelation-14-prophecies-of-daniel-ntr13/>

**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 Mother and Father’s Grace.**

**Judas – August 19<sup>th</sup>, 2001**



**NATURAL LOVE FLOW****Internal to Self**

*You can move back and forwards between ways of life:*

**Subjective Environment****Without a Focus****Release of Thoughts****Stimuli Fades Away****Blank out to Nothing****Consciousness Expands****The Mind Flows****You Know More – self centred****Connect with a Source of Wisdom Greater than Self however limited to natural love****Gain Information****Unify in Consciousness – Earth plane****A State of Mind****The Development of Love from Within****Yourself****Belief: I am God****Intellectual Development, Growth of a Super****Mind – Mind Dominance****Self Reliant (Trust of Self) Making it Happen****Self-determination way of life****Adult Like – Control over Everything****Control****Millions of Paths (man created)****Kingdom of Man – Limited Progression****Peak possibility is 6th sphere – Moral****Development****Time to complete path:****100 years to over 1,000 years****DIVINE LOVE FLOW****External to Self****External to Self****More in Focus****Release of Goals or Vested Interests****Stimuli Increases in Clarity****Perk up to New Possibilities****Experiences Expands****The Life Flows****You Do More – for others****Connect with as Source of Guidance Beyond self and embracing Divine Love****Gain Harmony and an Orderly Rhythm to Life Experiences****Unify with the World at Large – Universal****A State of Being****Love comes from God – Longing for God's****Love to Enter Me****Belief: I am God's son / daughter / child****Emotional Intelligence, Growth emotional in****Love – Soul Dominance****God Reliance (Relationship with God)****Powerful Creation from Desires****Soul-Spirit living harmony****Child Like – Freedom & Spontaneity –****Authentic Emotional Expression****Feeling****Defined Path (God Created)****Kingdom of God – Infinite Progression****Peak possibility is infinite – atonement 8<sup>th</sup> sphere****Upon entering Celestial spheres and much higher!****Time to enter Celestial Realms & atonement: in as little as 3 years!**

**PASCAS  
PAPERS**

Natural Love Flow

Natural love is Creation's love;

One can swap back and forwards between paths

I am God

Intellectual

Self reliant (trust myself)

Self-determination way of life

Mind dominates

Thinking = Mechanistic

- rational
- analysis
- reductionist
- linear

Values = Mechanistic

- expansion
- competition
- quantity
- domination

Adult like

Control

Millions of paths (man created)

Peak possibility is 6th sphere

time to complete path:

100 years to over 1,000 years

Divine Love Flow

Divine Love is Soul's love.

One can swap back and forwards between paths

I am God's son/daughter/child

Emotional

God reliant (God relationship)

Soul-spirit living harmony

Soul dominates

Thinking = Holistic

- intuitive
- synthesis
- integrative
- non-linear

Values = Holistic

- conservation
- co-operation
- quality
- partnership

Child like

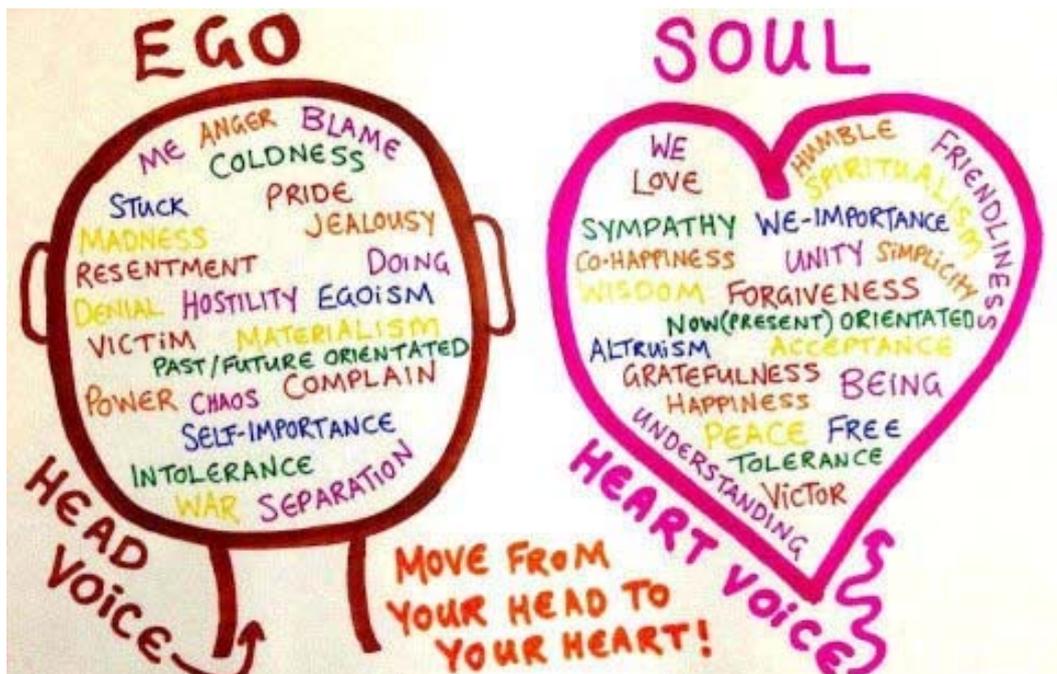
Feeling

Defined path (God created)

Peak possibility is infinity

(sphere / mansion world are same)

5 years to over 10 years to at-onement



## **The Only Prayer That Man Need Offer to the Father:**

**The Prayer for Divine Love**

(as given within the first century)

2 Dec 1916

I am here, Jesus

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

**P.438 Book of Truths through James Padgett / Jesus**

Let your prayer be as follows:

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

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

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

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

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

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

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

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

**Amen**

**MoC**



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

**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.

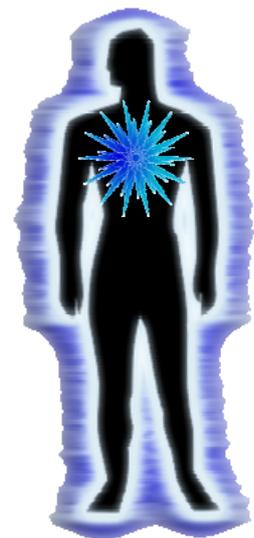
**Soul within  
spirit body  
prior to receiving  
Divine Love.**



**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](http://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.**

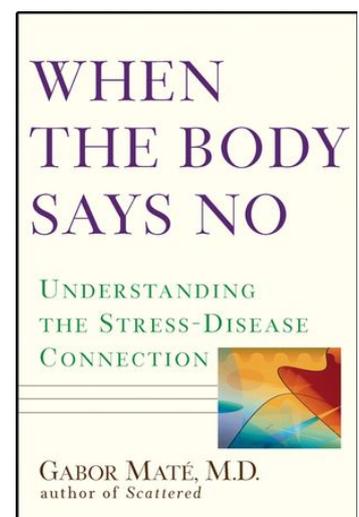
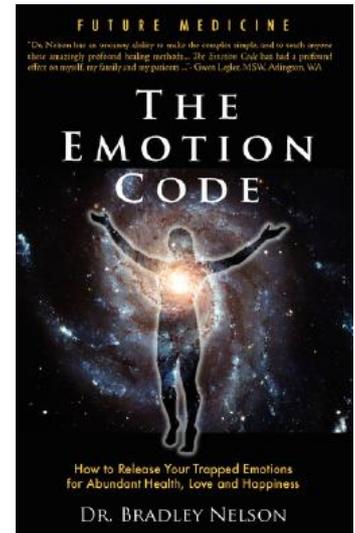
**REFERENCES and BOOKS:**

The Emotion Code – Dr Bradley Nelson

Followed by Dr Bradley Nelson's talks:

The Body Code – Circuitry  
 The Body Code – Energies Imbalances  
 The Body Code – Nutritional Imbalances  
 The Body Code – Pathogens  
 The Body Code – Structural Imbalances  
 The Body Code – Toxicity

Healing & Recovery – Dr David R Hawkins  
 Power vs Force – Dr David R Hawkins  
 Truth vs Falsehood – Dr David R Hawkins  
 The Healing Code – Dr Alex Loyd  
 Deadly Emotions – Dr Don Colbert  
 When the Body Says No – Dr Gabor Maté  
 The Universal Order of Creation of Matters – Mehran Keshe  
 The Origin of the Universe – Mehran Keshe  
 The Structure of the Light – Mehran Keshe  
 The Secret Language of Your Body – Inna Segal  
 The Body is the Barometer of the Soul – Annette Noontil  
 Home Coming – John Bradshaw  
 Tantric Love – Feeling vs Emotion – Diana Richardson  
 Cure by Crying – Thomas A Stone



**Documents in this Series:**[www.pascashealth.com](http://www.pascashealth.com) see Library

1. Pascas Care – Our Emotional & Physical Health
2. Pascas Care – Treatment Session
3. Pascas Care – Abortion & Miscarriage
4. Pascas Care – Allopathy + 3 Halves Vol II
5. Pascas Care – Cure by Crying
6. Pascas Care – Emotion Code
7. Pascas Care – Feeling vs Emotion
8. Pascas Care – Healing Code
9. Pascas Care – Negative Emotions Generate Illness
10. Pascas Care – When the Body Says No
11. Pascas Care – When the Body Says No – Emotions
12. Pascas Care – Heal Your Own Pain
13. Pascas Care – Healing & Recovery Vol I Assisting Healing
14. Pascas Care – Healing & Recovery Vol II Health
15. Pascas Care – Healing & Recovery Vol III Aging Process
16. Pascas Care – Healing & Recovery Vol IV Alcoholism
17. Pascas Care – Healing & Recovery Vol V Cancer
18. Pascas Care – Healing & Recovery Vol VI Depression
19. Pascas Care – Healing & Recovery Vol VII Death & Dying
20. Pascas Care – Healing & Recovery Vol VIII Pain & Suffering
21. Pascas Care – Healing & Recovery Vol IX Loosing Weight
22. Pascas Care – Health of all Our Bodies
23. Pascas Care – Hierarchy of Health Care
24. Pascas Care – Accessing and Clearing Emotions
25. Pascas Care – Beliefs and Health
26. Pascas Care – Cancer of the Breast and Emotions
27. Pascas Care – Clearing Emotions, Why?
28. Pascas Care – Desires and Law of Attraction
29. Pascas Care – Emotions and Health
30. Pascas Care – Hierarchy of Health Care
31. Pascas Care – Homosexuality
32. Pascas Care – Kinesiology Testing
33. Pascas Care – Law of Cause and Effect
34. Pascas Care – Man and His Soul
35. Pascas Care – Meaning of Life
36. Pascas Care – Mental Health
37. Pascas Care – Plasma People
38. Pascas Care – Real You
39. Pascas Care – Spheres 1 – 7
40. Pascas Care – The Truth About Cancer
41. Pascas Care – Total Recall and much more!
42. Gift from God
43. Gift from God – Divine Love
44. Gift from God – Greatest Thing in All the Universe

**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)

<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**

*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.