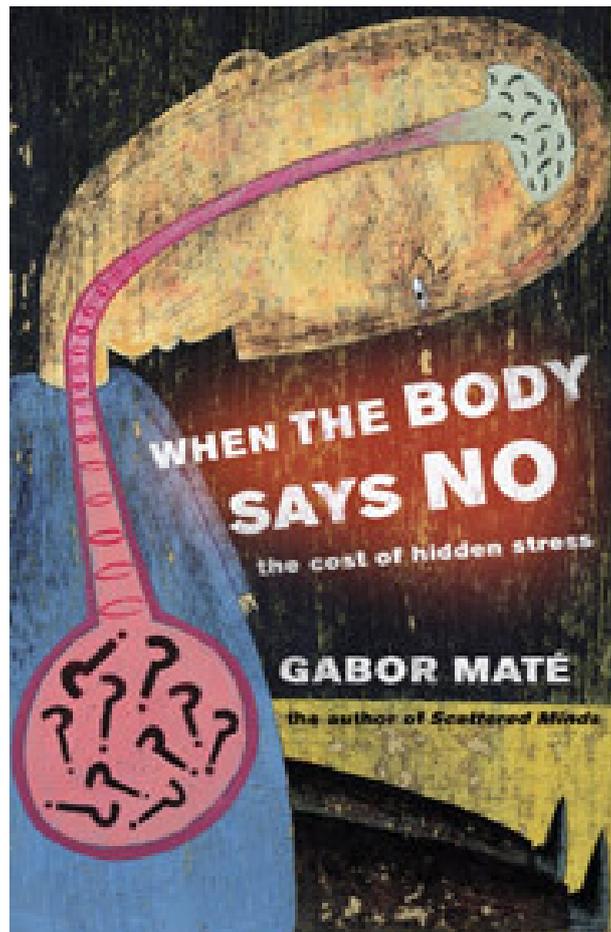


PASCAS CARE

'When the Body Says No'



Life stresses that trigger illness.

“Peace And Spirit Creating Alternative Solutions”

PASCAS FOUNDATION (Aust) Ltd
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Queensland, Australia

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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.

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

Living Feelings First, *John.*

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



EMOTIONS and ILLNESS:

Dr Gabor Maté determined from his long medical career that people do not become ill despite their lives, but rather because of their lives. And life includes not only physical factors like diet, physical activity, and the environment, but also the internal milieu of thoughts and unconscious emotions that govern so much of our physiology, through the mechanisms of stress and the unity of the systems that modulate nerves, hormones, immunity, digestion, and cardiovascular function. Much disease could be prevented and healed if we fully understood the scientific evidence verifying the mind-body unity, or rather the relationship between the soul, the spirit body, and the physical body.

The more specialised doctors become, the more they know about a body part or organ and the less they tend to understand the human being in whom that part or organ resides.

Not all essential information can be confirmed in the laboratory or by statistical analysis. Not all aspects of illness can be reduced to facts verified by double-blind studies and by the strictest scientific techniques. “Medicine tells us as much about the meaningful performance of healing, suffering and dying as chemical analysis tells us about the aesthetic value of pottery,” Ivan Ilyich wrote in *Limits to Medicine*.

An individual’s emotional makeup, and the response to continued stress, may indeed be causative in the many diseases that medicine treats but whose origin is not yet know – disease such as scleroderma, and the vast majority of rheumatic disorders, the inflammatory bowel disorders, diabetes, multiple sclerosis, and legions of other conditions which are represented in each medical subspecialty.

What is psychoneuroimmunology? It is no less than the science of the interactions of mind and body, the indissoluble unity of emotions and physiology in human development and throughout life in health and illness. This discipline studies the ways that the psyche – the mind, or rather the soul, and its content of emotions which reside within the soul – profoundly interacts with the body’s nervous system and how both of them, in turn form an essential link with our immune defences. Innovative research is uncovering just how these links function all the way down to the cellular level.

The underlying cause of all illness episodes can now be understood, and you can now take control of the curing process. By releasing the underlying cause of one’s physical issues, the cause is permanently released. Such emotional releases also benefit one’s children as their matching frozen emotional issues are automatically released at the same time, thus ending generational illnesses.

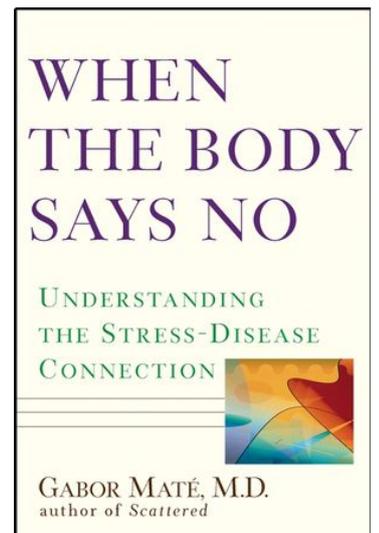
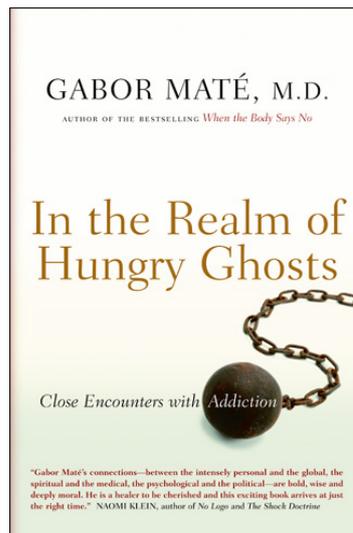
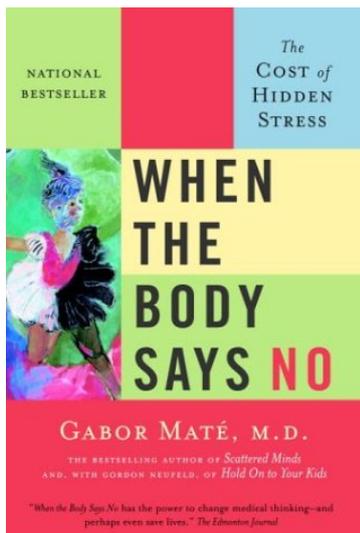
Most importantly, one’s quality of life and enjoyment of life is greatly enhanced by these steps of unloading blocked frozen emotional events.

Dr Maté expands on these understandings in great detail in his talks, interviews and books.

Dr. Gabor Maté: When the Body Says No: Understanding the Stress-Disease Connection

<http://www.youtube.com/watch?v=yepETpqxYq0>

<http://www.youtube.com/watch?NR=1&feature=endscreen&v=CadOdHUGfwU>





Dr Gabor Maté – Bio

<http://drgabormate.com/>

Born in 1944 in Budapest, Hungary, Gabor Maté moved to Canada with his family during the Hungarian Revolution of 1956. He graduated from Kitsilano Secondary School in Vancouver, British Columbia, and subsequently earned a B.A. in English from the University of British Columbia and a teaching degree from Simon Fraser University in Burnaby, BC. In his late twenties he was working as a Grade 11 history teacher in North Vancouver, BC when, heeding an inner call that had been with him since childhood, he decided to return to school to pursue a career as a doctor.

Dr. Maté ran a popular family practice in East Vancouver for two decades. For seven years he also served as Medical Coordinator of the Palliative Care Unit at Vancouver Hospital, caring for the terminally ill. More recently he worked for twelve years in Vancouver's notorious Downtown Eastside neighbourhood with patients suffering from hardcore drug addiction, mental illness and HIV.



In the 1990s Dr. Maté was a regular medical columnist for the *Vancouver Sun* and *Globe and Mail* newspapers. He has also had many articles and columns published on other topics, from political and cultural commentary to book reviews. He has written [four books](#), all Canadian bestsellers, published altogether in nearly twenty languages on five continents.

In 2009 Dr. Maté received an Outstanding Alumnus Award from Simon Fraser University, and has recently been appointed Adjunct Professor in SFU's School of Criminology. This year (2011) he will receive an Honorary Degree from the University of Northern British Columbia.

Dr. Maté maintains a busy international touring / speaking schedule year-round. He is the father of three adult children and lives in Vancouver with Rae, his wife and better half of 42 years.

Does Repressed Anger Plague You In Your Adult Life?

http://www.strictly-stress-management.com/repressed_anger.html

Do you suffer from serious repressed anger and other repressed emotions? Most people don't remember the first three years of life and so are not aware if those years were spent building up a store of repressed anger and other repressed emotions.

Dr. Gabor Mate is a medical doctor who works with drug addicted patients in the downtown core of Vancouver, British Columbia's East side and he is also the author of an excellent, bestselling book called, "When the Body Says No, The Hidden Costs of Stress."

In his book, Dr Mate goes to great lengths to show the medical consequences of emotional stress and repressed anger. It seems that when we are born, the brain is not yet fully developed and so the environment, to which we are exposed in those first three to five years of life, has a huge impact on us, as the brain completes its development. What's really interesting is that, according to Mate, the human being is one of the only animals in nature that is born without a fully developed brain.

Given this fact, parents have to be extra careful, to ensure that the environment, to which a baby is exposed in those very early years, is not highly stressed and the parent must be very emotionally present during that time period. If not, the child will develop a behaviour pattern of serious repressed anger and other repressed emotions as a way of coping with that early childhood trauma.

Many, who read this, would think that Dr. Mate is speaking of parents who are addicts or who are abusive, but he is not. Of course, people with these dramatic problems, certainly do not make great parents, but unfortunately, Dr. Mate is not limiting this problem of repressed emotion to these extreme examples.

Emotionally unavailable and highly stressed parents could simply be a family with two working parents. In other words, the stressful environment does not have to be extreme, in modern terms. The outcome of even a moderately stressed environment is that the child learns, very young, to repress emotion and bottle it all up inside.

On the surface, you might think this is just the way it is and kids need to toughen up, but it seems there is a consequence for highly stressed kids that occurs much later in life.

Dr. Gabor Mate's book primarily focuses on the links between repressed emotion and chronic disease. Stressed kids that make it to adulthood are far more likely to develop a serious chronic degenerative disease than children who grow up in low stress homes with emotionally available parents.

So, what's a child to do?

Well, it's not so much that the parents can do anything. Often it's far too late for the parents to fix the problem, since the kids have usually long since passed those early childhood years. Rather, the solution lies in the **adult child learning how to release all that repressed emotional stress.**

Many of us live in denial that we had troubled childhoods and so we deny, as adults, that we have problems that need to be addressed. We simply suffer the consequences and struggle along because there seems to be a social stigma attached to the idea of a rocky childhood. And yet, most of us had one.

It seems to me that a better solution would be for everyone to simply accept that life was stressful when we were young and that we all suffer from varying levels of repressed emotion.

In most cases, it's not a family's fault if both parents had to work or if the single parent must work. This was and is the socio-economic model of our North American society. Rather than try to find someone to blame, live in denial and be upset all the time, it seems wiser to just assume we all have repressed emotion that needs to be released and deal with it.

The only question that really remains, if you follow my logic, is how do you release that repressed anger and other repressed emotions and solve the problem of emotional stress, without spending a fortune on counselling and without popping millions or antidepressants. Something must be done, though, because living in denial and letting chronic disease take over has completely overwhelmed our medical systems in North America.

The first step, in solving this massive problem, is acceptance, and the second step is to find a tool to use that is 'low to no cost' that can get the job done, effectively and efficiently.

<http://www.writersintreatment.org/free-screening/d-gabor-mate-april-27-2010/>



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

When the Body Says No: How Emotions Can Cause or Prevent Deadly Disease:

http://www.alternet.org/health/149384/when_the_body_says_no%3A_how_emotions_can_cause_or_prevent_deadly_disease/

Physician Gabor Maté argues too many doctors ignore what was once a commonplace assumption, that emotions are implicated in the development of illnesses and in their healing.

Dr. Maté argues too many doctors seem to have forgotten what was once a commonplace assumption, that emotions are deeply implicated in both the development of illness, addictions and disorders, and in their healing.

Dr. Maté came on Democracy Now! this year to discuss his book *When the Body Says No: Understanding the Stress-Disease Connection*. Based on medical studies and his own experience with chronically ill patients at the Palliative Care Unit at Vancouver Hospital, where he was the medical coordinator for seven years, Dr. Maté argues that stress and individual emotional makeup play critical roles in an array of diseases, including cancer, heart disease, diabetes, multiple sclerosis and arthritis. Speaking to us this time from Vancouver -- it was actually during the Vancouver Olympics -- Dr. Maté began by explaining his analysis of the mind-body connection.



DR. GABOR MATÉ: You know, the traditional medicines of China for 3,000 years, the Ayurvedic medicine of India, and the tribal shamanic medicines of all cultures around the world have always taken for granted that mind and body can't be separated. Now, Western medicine has cleaved the two apart for, really, 2,000 years. Socrates already criticized the doctors of his day for separating the mind from the body. And the irony -- in fact, the tragedy -- is that now we have the Western science that shows, incontrovertibly and in great detail, that mind and body can't be separated, and so that any attempt to do so leaves the medical practitioner short of many tools to help clients. And, of course, it leaves patients short of what they need for their own healing.

The point now is that the emotional centres of the brain, which regulate our behaviours and our responses and our reactions, are physiologically connected with -- and we know exactly how they're connected -- with the immune system, the nervous system and the hormonal apparatus. In fact, it's no longer possible, scientifically, to speak of these as separate systems, as if immunity was separate from emotions, as if the nervous system was separate from the hormonal apparatus. There's one system, and they're wired together by the nervous system itself and joined together by chemical messengers that they all secrete, and so that whatever happens emotionally has an impact immunologically, and vice versa. So, for example, we know now that the white cells in the circulation of our -- of the blood can manufacture every hormone that the brain can manufacture, and vice versa, so that the brain and the immune system are always talking to one another.

So, in short, we have one system. The science that studies it is called psychoneuroimmunology. And scientifically, it's not even controversial, but it's completely lacking from medical practice.

AMY GOODMAN: What do you mean, Dr. Maté, by the mind-body -- by the Bermuda Triangle?

DR. GABOR MATÉ: Well, the Bermuda Triangle is that the research is done. For example, let me give you a couple of examples. Three years ago or four years ago, a study presented at the Heart and Stroke Foundation's International Congress on Women's Health, a study that was written up in the online version of a major North American medical journal called *Circulation*, showed that women -- over a 10-year period, they followed 1,700 women -- over a 10-year period, women who were unhappily married and didn't express their emotions were four times as likely to die as those women who were unhappily married and did express their feelings. In other words, the non-expression of emotion was associated with a 400 percent increase in the death rate. And this study was done in the States, part of a major population study.



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.

FREQUENTLY ASKED QUESTIONS

1) GENERAL

- Your books touch on many themes, from addiction to immune disorders, from parenting approaches to health and social policy. Is there a common thread linking the topics that interest you?

Yes. The common link is that many, if not most, health and wellness issues – whether physical or mental – can be traced to the lasting influence of early childhood experiences. It's no longer controversial, at least not in the scientific literature, that human physiological and psychological development is heavily dependent on and influenced by the nurturing environment in the first few years of life. When children have the right environment for development, they tend to grow into healthy adults. When those necessary conditions are not available, for whatever reason, disease and disorders are more likely to arise later in life.

It's the same principle as with any living thing, really: the right conditions need to be present in order for the innate potential of a grain of corn, or a baby bird, or a human infant, to grow and mature according to nature's intended blueprint. Inherited factors may play a part, but the simple biological fact is that genes only express and realize their potential through interaction with the environment – and that's where things can and do go so easily awry, especially in a stressed-out and increasingly fractured society like ours.

- You seem more interested in changing how people view problems (e.g. addiction, ADD, autoimmune disease) than in prescribing specific solutions to them. Is that accurate, and if so, why?

The psychiatrist Thomas Hora said: 'When you get the 'what', you know the 'how'. In other words, what we do about a problem will have a lot to do with how we understand that problem in the first place. So my interest is in helping people understand all these issues in a new way; and from that understanding, the solutions will arise naturally.

In North America, we tend to be too oriented around trying to fix problems without first seeking to understand them, where they come from, what they're really about. That leads to superficial approaches that don't get at the heart of whatever problem we're trying to solve – for example, trying to change a child's behaviour (with 'time outs', punishments, and so on) without understanding what that behaviour means about the child's development, and what conditions, if we worked consciously to provide them, would foster natural development and improvement.

- Your focus on the centrality of early childhood and the parenting environment might lead some to worry that you're 'blaming parents' for how kids turn out and the problems they face later in life. How do you respond to such concerns?

'Blame' always assumes that somebody is doing something bad deliberately or wilfully. I know from my own parenting that many things I did as a parent, things I now regret or wish I'd done differently, had nothing to do with ill intention on my part – just a lack of knowledge or of consciousness. They also had to do with stresses on me that I wasn't aware of, or didn't have the inner resources to deal with

at that time; and also with parenting styles and problems that tend to be passed on from one generation to the next.

None of this is anyone's 'fault' – it's just how it seems to go for human beings. So it's never appropriate to blame individual parents. People do their best, often under very difficult circumstances.

But it is important to understand the simple scientific fact, which is not controversial, that children's emotional and psychological surroundings shape their development in crucial ways – both in terms of brain development and personality development. Given what I've already said about the impact of stress on parents and their children, it's clear that adding blame to the mix is worse than useless for parents: it's completely counterproductive, since being blamed or blaming yourself is a sure fire stressor (especially when you're already doing your best, as the vast majority of parents are.)

What *is* useful is to understand what the conditions are that children need for their optimal development. And, as best we can, we need to strive to provide those conditions for our kids, whether on the individual parenting level or on the social policy level. If our kids are already grown, it's possible to look honestly at the stresses they may have absorbed when they were younger without at the same time blaming ourselves for it. Compassion, for them and for ourselves, is the key.

[- You've been critical of Western medical practice for its 'dualistic' approach to mind and body. Do you have any general advice on how I can get the best treatment within a flawed system?](#)

One can receive the treatment that Western medicine has to offer, and gratefully so, and at the same time there's no need to restrict oneself to that approach.

In my view, diseases like cancer, rheumatoid arthritis, and multiple sclerosis – among others – are rooted in people's lifelong emotional patterns. This contradicts the Western medical notion that diseases have a life of their own. Diseases are not autonomous or independent from a person's life, and real healing requires examining and understanding what hidden stresses and emotional patterns may have contributed to the onset or spread of these diseases.

People can and should turn to Western doctors for treatment, especially to alleviate symptoms and make life more liveable. But at the same time, no one should think that the answer ends there or that that's all there is to it. The Western medical approach is valuable and has plenty to offer, but it's also narrow.

Most Western doctors, no matter how skilled or well-intentioned, haven't got a clue about the stress-disease connection because they haven't looked at the evidence. Medical schools don't teach the latest findings in psycho-neuro-immunology, which is the field of research that looks at the fascinating connection – the unity, rather – between emotions, the nervous system, and the immune system. (And incidentally, this applies to all the subjects I write about: addiction, ADHD, parenting. People often go to paediatricians, for example, and ask them about how fix their kids' behaviour problems – the problem being that paediatricians, for the most part, know nothing about that. They're not trained in normal child development, they're trained in diagnosing treating childhood diseases.)

Of course, in our society most of us have been brought up to believe in the doctor as an authority figure, and people often feel that they lack the knowledge, confidence, or faith in themselves to 'challenge'

their doctor's approach. Add that to the fact that many people with chronic diseases have a history of suppressing their own needs and a deep reluctance or fear of displeasing others – incidentally, which is one of the key stressful ‘emotional patterns’ that can predispose someone to disease in the first place – and you have a situation where advocating for one's own care can be a real challenge for people. (If you do find that you're afraid of displeasing your physician, you might want to look at that as a great example of your self-defeating – and self-stressing – ways of being in life and ask yourself, what's that all about?)

The good news is, your doctor doesn't need to support or believe or even know anything about the perspective I'm advocating. Why would he (or she)? It's not part of his training or the language that he speaks. You wouldn't go to a car mechanic for a back rub. So I wouldn't worry so much about whether or not your doctor is ‘on board’. If so, great. But it's far more important to do the work yourself to identify and understand, with compassion, your own tendency to take on more than you can handle, to take on other people's emotional needs, to suppress your own needs, and so on. You can look at the ‘stories’ or interpretations that run your life, and the stressful impacts of those stories. You can recognize when your body is saying no, and consider what it is saying no to. You can be curious and compassionate with yourself. Your doctor can help you with what she can help you with; for the rest, look elsewhere. That includes looking within for your body's own wisdom, and also looking to other resources outside the Western medical system, whether they be therapy, or spiritual or personal growth work, or alternative treatments that appreciate the mind-body unity. See my [Resources](#) page for some ideas of where to start.

[- Is the tide turning? Do you get the sense that the evidence you present and the perspective you advocate are starting to make a dent in mainstream understandings of these issues?](#)

There's still a lot of resistance, on a systemic level. Medical training hasn't nearly caught up with the actual evidence that's available, whether culled from the abundant contemporary scientific literature or from the wisdom of the ages (which has, of course, always understood that mind and body are inseparable.)

At the same time, within Western medicine there is certainly some movement and some encouraging signs. There are Western-trained doctors and academics like UCLA's Daniel Siegel and Northwestern University's Bruce Perry (head of The Child Trauma Academy in Houston) who have done wonderful research, and of course practitioners like Andrew Weil and Deepak Chopra who have done much to publicize new approaches. There's a growing emphasis on nutrition, on brain development, on the importance of the environment. There's the work of Jon Kabat-Zinn on mindfulness in healing practices. So yes, there's a lot more popular force these days behind these approaches that seek to open up medical practice and take it beyond the limited biological, technological paradigm.

The enthusiastic response to my books and to the work of others working in these areas gives me a real sense that something else is, in fact, possible. When I present to audiences of academics or professionals (e.g. psychiatrists) they tend to be very positive about what I'm saying – it's just that they'd never heard or seen the evidence before. It's new to them. It's not what tends to get talked about at conferences; it's also not part of the journalistic literature. The media prefers simple genetic explanations (no matter that such explanations are generally shown to be bogus) than a more nuanced understanding of how the environment shapes brain development. That says more about the institutional

inertia of the system, of the profession, and in our culture at large, than about people's individual interest level or openness. The public is definitely very hungry for a different, broader perspective. People know intuitively that what they're getting from Western medicine does not speak to the totality of their experience. Hopefully, a critical mass is building that will cause the dam to burst even more and have this material permeate how we train health professionals in this society.

- Throughout your career you've also been outspoken on matters relating to social and political justice. What's the connection between those concerns and the medical/psychological topics you've written about?

Generally speaking, anyone genuinely interested in humanity and its problems will want to look at humanity on both the individual and social levels, because the two can't be separated. More specifically, people's well-being is very much related to their socioeconomic status. Social injustice, racial oppression, and economic exploitation – to say nothing of war and occupation, and their attendant traumas – have important implications for people's health. So one cannot work for health in a population without addressing what's happened (and still happening) to them politically and economically.

For example, the rate of prostate cancer among Black males in the U.S. is the highest in the world, whereas their genetic relatives in Africa have nothing close to that cancer rate. So we're clearly not talking about a genetic problem, we're talking about the effects of stress; and that stress is imposed by historical and social and economic factors, and it gets handed down through the generations – not genetically, mind you, but nonetheless biologically. That's just one example of how history and societal conditions interact with individual human biology to create a widespread health crisis, and there are many other such examples.

Furthermore, what keeps people stressed in their lives has a lot to do with what they've internalized. People who aren't liberated from disempowering beliefs about themselves and the world are by definition stressed people, because those negative beliefs are inherently stressful and counter to good health and wholeness. In that sense, liberation (or wellness) is actually about distinguishing and letting go of outmoded ideas and structures in the mind – which is, of course, the first step in any kind of political liberation. 'Free your mind and the rest will follow', as the saying goes. Or, as Marianne Williamson wrote, 'The revolution that will save the world is ultimately a personal one.'

I think it works both ways, paradoxically enough: we need to work for a healthier society if we want to improve individual health, and at the same time how are we to create a healthier society unless we take on ourselves, our own development, our own physical and spiritual and mental health as individuals?

People who get involved in trying to change the world don't always recognize this, and that's a pitfall that makes them less effective. Particularly in progressive / left politics, you find a lot of oppositional energy, a kind of automatic resistance to authority, which comes from unresolved anger about childhood pain. And then of course you have hard right-wingers, who invariably are in denial of their childhood pain, their deep anger and fear and shame, which is why they can come across as cold or unfeeling.

Whatever your political commitments, it comes down to this: any automatic or unconscious emotional reactivity is bound to be a detriment to effective communication. Even when you're speaking the

objective truth, people who aren't already on your 'side' don't hear your words or the facts you're presenting – they only hear the shrillness or stridency in your tone. So if you want to be effective as an activist for positive change, that's another good reason to get your own 'stuff' sorted out.

2) ADDICTION / In the REALM of HUNGRY GHOST

[- Are you saying that everyone who ends up addicted was traumatized or abused in childhood?](#)

No, I'm not; I am saying that all addictions come from emotional loss, and exist to soothe the pain resulting from that loss. Trauma and abuse, as we define them, are certainly sure fire sources of loss but they're far from the only ones. The human infant and toddler is a highly vulnerable creature, and emotional stresses of all kinds in the rearing environment can create long-lasting wounds in the psyche that a person will later try to soothe or numb with addictive behaviour. In addition to things that do happen that shouldn't happen, like abuse, there are things that (developmentally speaking) ought to happen that don't. For instance, any sustained sense of emotional disconnection with the parenting figure – which can often happen when the parent is excessively stressed or preoccupied over a period of time – has the capacity to have this sort of impact, especially if the child is constitutionally very sensitive. In a stressed society like ours, with fewer and fewer supportive resources for parents, this is more and more common.

So many of us, whether or not we were acutely traumatized or faced extreme adversity as kids, have these sorts of lingering challenges to contend with. We can and should be grateful things weren't worse, but we shouldn't discount or minimize the pain we carry from childhood even if it didn't result from severe neglect or abuse.

[- Are you saying that your own addiction to shopping for classical music is as bad as someone else's heroin or cocaine addiction?](#)

First of all, I wouldn't put it in terms of "good" and "bad", which can have the sort of moral connotations I consider unhelpful in talking about addiction. I do write in the book that my addiction "wears dainty white gloves" compared with the problems my patients are living with. That is, clearly a habit like mine is likely to have far milder consequences for my physical health, relationships, and social status than someone else's dependence on crack, for instance. I wouldn't want to trade places with any of the people I've treated in the Downtown Eastside – the lives they've led have been far harsher and more unkind than mine, and they've had far fewer options available to them, by and large.

I do, however, place my addiction on the same continuum as theirs, and that's important because I firmly believe – and the scientific research supports this – that there's really only one addiction process.

Addictions are separated from each other only by degrees of severity, which are obviously tied to socioeconomic factors and personal history. And any addiction has the capacity to fester and grow into a dynamic that can wreak havoc in someone's life, to their self-esteem, their relationships, and so on.

The fact that some addictions are frowned upon and criminalized in our society (e.g. hard drugs), while others are more or less tolerated (e.g. alcoholism, tobacco smoking), and still others are encouraged or

rewarded (e.g. workaholism, the quest for power or wealth) – that’s a rather arbitrary set of standards that has more to do with our culture’s self-delusions than with the truth of addiction per se.

So while the differences between me and my patients are obvious, I’ve chosen to focus on the similarities – the obsessive preoccupation, the negative impacts, the relapses, the rationalizing, the feeling of nagging emptiness at the core of the addict’s experience of life – in order to make this point about the addiction process, to which none of us can claim to be immune.

- Are there any “good” addictions?

Again, I’d rather not speak in terms of “good” or “bad”, but if by “good” you mean positive, healthy, nourishing, then I’d say that if it’s good, it’s probably a passion and not an addiction. Passions can be very consuming of time and energy, but they also feed your soul, your sense of being alive, your feeling of wholeness as a person. Addictions provide fleeting pleasure or gratification, but never leave you satisfied. And the same activity could be a passion for one person and an addiction for another. One might be a wine enthusiast, enjoying the refined pleasures the drink has to offer, while another person’s “love” for wine masks a fear of his own mind in its sober state.

Passion (from the [Ancient Greek](#) verb *πάσχω*(paskho) meaning to suffer) is a term applied to a very strong feeling about a person or thing. Passion is an intense [emotion](#) compelling feeling, enthusiasm, or [desire](#) for something.

The term is also often applied to a lively or eager interest in or admiration for a proposal, cause, or activity or [love](#) – to a feeling of unusual excitement, [enthusiasm](#) or compelling emotion, a positive [affinity](#) or love, towards a subject, idea, person, or object.

To take a non-substance example, someone who’s passionate about social activism might work tirelessly for a cause, while her colleague may have a workaholic relationship with the same activity. It all depends on the energy with which one pursues the activity, and what happens when the activity comes to an end. There may be a letdown after a big event, but does the person feel a sense of basic worth in the absence of the adrenaline and the long hours? Does she find comfort in the other parts of her life? Or is she left irritable, restless, and less at ease with the people in her life?

The activity or feeling to which one is addicted may be in itself considered positive or laudable, but the energy of addiction always turns a “good” thing into a harmful one. In the end it’s not about the object of addiction, but about the relationship one has to it.

- What about spirituality and addictions? Do I need to believe in a “higher power” to get better?

When I speak about spirituality, I don’t mean any particular belief system so much as an awareness that one’s mind and personality, through which one has come to view and process the world, are conditioned and constrained by experience – and that there’s more to who you are than that. Connecting with a “higher power” may just mean connecting with your own sense of being, that awareness that’s more expansive and universal than your habitual stream of thoughts, feelings, memories, and associations that have so far “defined” you as this or that. You don’t have to “believe” anything to make that connection

– you may only need to *give up* the belief that you’re all alone, you know yourself already, there’s no hope, etc.

If spiritual belief discomfits you, then don’t believe; instead, open yourself to the possibility that you could experience yourself and your life in a different, healthier way – that however difficult it’s been so far, “it ain’t necessarily so,” as the song goes. But it’s also very helpful and healing if you can come to understand that you are not alone, that there is something greater within and without to connect with than your usual everyday mind, whether you see that as nature, or compassionate humanity, or a “higher power”.

It’s also worth remembering that even spiritual work can become addictive, particularly if one becomes attached to the religious practices or institutions it’s housed in, or the belief systems associated with them. Anything that the ego can latch onto and say “Aha, *now* I’ve found the answer!” is likely to feed addictive tendencies, even if the expressed purpose is to move away from those tendencies. Remember the ancient spiritual wisdom that “a finger pointing at the moon is not the moon itself” – focus on your own journey, your own experience, and not on the particular method or system you’ve chosen to help you on your way.

3) STRESS & ILLNESS / Mind-Body Health / When the Body Says No

[- What’s the practical value of the information you’re presenting in this book?](#)

When someone comes to a doctor with rheumatoid arthritis, it’s not enough that they get prescribed an anti-inflammatory; they should also be engaged in a conversation about the life stresses that triggered the episode of inflammation, as invariably turns out to be the case. The ultimate aim, of course, is to help people develop the capacity to say no to unwanted stress so that their body doesn’t end up having to say it for them.

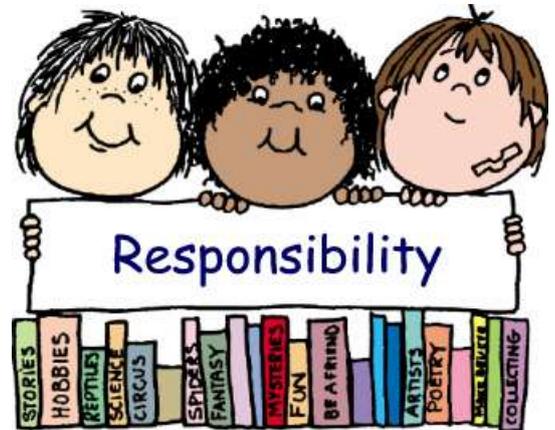
One may wish to explore and accept the full range of medical treatments available – and at the same time one needn’t believe that that’s enough, or that’s where one’s options end. In addition to whatever physical modalities or treatments are offered or accepted, when the time is right and the person is ready, there’s tremendous value to cultivating a real understanding of how one has lived one’s life, maybe in ways that haven’t been supportive of oneself. That exploration can provide insights and possibilities for change that can greatly improve the quality of one’s life, with or without a serious disease. Healing (which, in its origins, literally means “making whole”) is a matter not just of physical modalities but of understanding how we generate stress, and learning how not to generate stress.

Both in the literature and in particular examples that I’ve witnessed very close-up, there is ample evidence that this kind of approach can promote healing, prolong life, and most importantly improve the quality of life for people with illnesses. There are people who have lived much longer, or much healthier, than their medical prognoses would have predicted.

I hope that health professionals will also find this information valuable in providing better and more comprehensive care.

- Are you actually saying that I've created the conditions for my own disease? And if so, aren't you blaming the victim?

Well, first of all, blame has nothing to do with it, so let's take that out of the equation. As I've written [above](#), blame is a useless commodity in trying to understand or deal with a complex problem, whether one blames oneself or something / someone else (one's parents, one's genes, etc.) It's common to confuse blame with responsibility, which I am advocating and which has nothing to do with blame. Responsibility has to do with taking ownership and, just as the word sounds, with "response ability" – the ability to respond effectively and intelligently, in a way that makes a difference.



- Fine, but by saying that I'm responsible, I don't see how that's different than saying that I caused it, that it's my fault, or my doing. I don't see how to get around that implication in what you're saying.

I understand that. Look, language has limitations. It's very tricky to speak about something like "cause" without sounding like I'm personalizing the issue, or pointing the finger – "you brought this on yourself." That's not at all what I'm saying. What I am saying is that through no conscious will of your own, and for perfectly understandable reasons that had to do with your own emotional survival and thus were valid at the time, you have developed a personality style that has turned out to be bad for your health in the long run. The inability to say no, the need to take on other people's problems as your own, the driven need to always be "nice" or "helpful" or "positive" or not "rock the boat", even if that means suppressing one's own emotions – these traits are all



responses to early childhood experiences and circumstances, over which the child has no control. It's not even a conscious choice; it's more of an automatic decision the young self makes in order to stay afloat in stressful emotional waters. Over time, if those patterns get reinforced and become rigid parts of the personality and remain unexamined, they can have detrimental effects on immune system functioning, even to the point of serious illness. They first emerge as responses to stress, but in the long run they themselves are incredibly stressful to body and mind (which are inseparable, as I discuss in the book.)

So yes, in a sense I am saying you created the conditions for your disease, but only with two crucial asterisks attached to the words "you" and "created". You certainly didn't create it deliberately, nor did you create the external conditions you grew up in; and in a way it wasn't really you, if by "you" we mean the part of your mind or soul that makes conscious, rational, purposeful choices. Rather, over time, your emerging personality did what it needed to do to stay intact, and it developed some strategies

that have backfired over time. It didn't know any better, and there's no point in regretting or belabouring this – only in using this knowledge to empower yourself now.

Taking responsibility means recognizing that you're the one who can now begin to recognize those patterns (which until now have remained hidden and automatic) and start to do the work to change them – which is really just the work of honouring and (literally) embodying your own, true, authentic self. Sometimes it takes a catastrophe to bring us back to ourselves, to what's really important. For some people that takes the form of a loved one dying or a horrible accident. I know this may be hard to accept right now, but you might want to consider the view that your disease has actually come along to bring you back to yourself. The great spiritual teacher A.H. Almaas talks about “a part of you that loves you so much that it will make you suffer greatly, to teach you – because what else can it do? That's its job.”

It's my belief that diseases like cancer, ALS (Amyotrophic lateral sclerosis / Lou Gehrig's disease – form of motor neuron disease), multiple sclerosis and so on, that cause so much suffering for people, all come along to teach something – and that if the lesson is learned, with compassion for oneself, then the “teacher” has done its job and can then take a hike. That's not a guarantee, but I've seen many examples of people who have taken on their illnesses in this way and either survived or far outlived what medical science would have predicted, or at least greatly improved their own quality of life while alive. And the research literature confirms this.

[- Do you really think there are particular types of personalities that get particular illnesses \(e.g. an ALS personality, an MS personality, and so on?\)](#)

I don't think it's as simple as that, or if it is, I certainly don't have the insight to draw a one-to-one link like that. No personality “causes” disease. But the more emotionally repressed we are, the less we can say “no” to the world's demands, the more we take on, the more stressed we also become. It's that stress, then, that contributes to the onset of disease in a major way—not the personality directly. In my experience, people with ALS tend to be among the most emotionally repressed of all the patients with these sorts of illnesses – the most heavily defended against their own experience of anger and pain from childhood – but that's not a medical fact, just a general impression. Again, that is not their fault—it's simply how they learned to survive their childhoods—and how we survive our childhoods shape our personalities. (Remember, too, that I don't claim that emotional stress “causes” disease, but rather that it's a major predisposing factor, laying the groundwork for disease to arise.)

I do think it's useful to listen to the language used by disease sufferers themselves, which can have an eloquent, poignant, and sometimes eerie precision in describing how their personalities and emotional worlds prefigure their diseases. There are a few examples that I cite in the book, including Jonathan Swift, author of *Gulliver's Travels*, who actually predicted his own dementia (he later died of Alzheimer's disease) in his poetry, and also in his conversations: on a walk with a friend once, he pointed to a decaying tree and said, “I shall be like that tree; I shall die first at the top.” Jacqueline du Pré, the world-famous cello prodigy, once told her sister Hilary in childhood, in a secretive whisper, “Hil, don't tell Mum but... when I grow up, I won't be able to walk or move.” In both cases, these sensitive souls were not just making uncanny future predictions; they were expressing in metaphor what they already felt inside, what their world was like. These premonitions can also be stored in the unconscious; take my ALS patient who, after a lifetime of recurring nightmares of being buried alive, walked into a doctor's office following her diagnosis to see a poster that said “ALS is like being buried alive.”

Since the mind and body are inseparable, it's perhaps not surprising that these premonitory metaphors can grow into concrete physical realities, but it's still striking – and a reminder of the importance in medical care of really listening to people's stories, their experiences, their very language, for clues about how they experience the world.

4) Attention Deficit (Hyperactivity) Disorder / SCATTERED MINDS

- It seems that no brain scan or blood test can give a bona-fide diagnosis of ADD/ADHD. In lieu of that what are telltale signs that should prompt someone to seek treatment?

People usually seek diagnosis after recognizing in themselves a litany of the salient symptoms: frequent, involuntary and frustrating tuning-out or absence of mind; difficulty concentrating unless very interested in something; being bored easily; beginning one thing but going on to another before completing the first; problems keeping order physically in one's room, on one's desk, in one's car; often, difficulty being on time; poor impulse control, manifested in speaking out of turn, interrupting others in conversation, impulse buying, and in a tendency towards addictive behaviours; finally, in many but not all cases—and less in women—physical hyperactivity, difficulties sitting still, and fidgetiness.

- What treatment options are available? Which do you recommend?

As I point out [in the book](#), there are many options, and they don't need to be mutually exclusive. Some may find medication helpful, but they should never be the only treatment. In my view, ADD is not an inherited condition, contrary to the commonly held opinion, but originates in early childhood stresses during the first years of crucial brain and personality development. Hence, counselling to unravel family issues and issues with self-esteem is always important. Physical self care, exercise, nutritious diets, good sleep hygiene, outdoor activities are all important. Mindfulness practices, like meditation, are very challenging to the ADD mind, but extremely helpful.

- You say that ADD isn't genetic. Are you saying it's not biological?

Not at all. It's a common mistake to think that everything that's biological is genetically caused. Biology is greatly affected by what happens in a person's life, in her family, in the society around her, and so on. For the most part genes don't predetermine or "cause" anything that happens – they just lay out a set of potentials that might happen, given the right (or wrong) environmental inputs. Especially in early childhood, our brains are very much affected by social and psychological relationships. And, in fact, for its lifetime the brain is in constant interaction with the environment. So something can absolutely be biological without therefore being written in genetic stone.

- My son displays many of the behaviours and difficulties that you describe as being typical of ADD. However, I'm reluctant to get an "official" diagnosis – mainly because I don't want to saddle him with a label that will dog him throughout school and beyond, and expose him to stigmatization and stereotyping. I don't want him to go through life thinking he is broken or diseased. What do you suggest?

I'd say, forget the label. If you recognize these traits in the child, and if you don't want him specifically diagnosed and labelled, you can still go ahead and work on the environment so that it's more conducive to his development. Depending on his age and his particular needs, what that looks like will vary, but generally speaking: look at the (internal and external) stresses in the family, at the quality of the relationships he's surrounded by, at the amount of structure and security the family environment provides, and so on. ADD kids are, temperamentally, highly sensitive creatures – that's what predisposed them to developing ADD in the first place – so they're often the canaries in the coal mine. When something's even slightly off in the surrounding environment – stresses in the marriage relationship, for instance – it will trip these kids' emotional alarms much more readily than other kids'. It can take courage to face all of those questions, but if you do, and change what can be changed, and the child will automatically respond for the better.

- To be honest, I have looked at the environment, and all the things you list as potential stresses, and I just don't see it. We seem to me to be a normal, healthy, functioning family, or at least no more stressed than your average modern parents. And yet my child has ADD. Are you saying I'm missing something?

First of all, I'd say that if my analysis doesn't resonate with you, there's probably no point in looking to my book for help. If, on the other hand, you are interested in pursuing this line of inquiry, there are two things you might want to consider.

One is that like many people, you may simply not be aware of the stresses you're under. As I explored in *[When the Body Says No](#)*, people are very often much more stressed than they're consciously aware of because they're so used to it. As a consequence they don't distinguish or notice their stress, because it seems normal to them.

The other is that, like I said before, these kids who develop ADD tend to be highly sensitive – sometimes exquisitely so. Just as a sensitive Geiger counter is going to detect smaller seismic disturbances than a less sensitive instrument, so too will sensitive kids pick up on stresses in the environment that may not affect a more stolid or placid child. Consequently it takes less stressful stimulation to cause emotional pain in a sensitive child. And I make the case in the book that ADD traits like tuning out and distractibility first develop as emotional defence mechanisms against this kind of distress.

All the more reason, then, to take a careful look at the child's environment with an eye to uncovering hidden stresses, so that you can address them.

- I'm very nervous about medicating my child for ADD – I don't want to risk turning her into a zombie just for the sake of improving her school performance. What do you suggest?

I deal with the question of medication at some length in the book, so I suggest first of all that you take a look at that – in particular Chapter 31.

The first thing to understand is that the purpose of medication should never be to control behaviour or to improve grades or other external results; the proper aim is always to help the child function in the world and feel better about herself. Improved performance may ensue from that outcome – and if so, great –

but the focus needs to be on enhancing the child's own experience of life. That also means that medication should never be forced on the child, or given in the face of the child's determined resistance, and would ideally be administered with her consent and participation. And the child should never get the impression that approval or acceptance from the adults in her life is contingent on her taking medication. Any short-term gains would be far outweighed by the disastrous long-term consequences, because healthy development (which is what the ADD child needs in the long run) requires trusting, loving, non-coercive relationship.

Secondly, if you do go the route of medication, there's no reason to stick with a medication that has unwanted side effects, like the "zombification" you're worried about. Each medication is different and every brain is different, so individual drugs are going to affect people in different ways. There are also variations in dosage that can be tried to eliminate side effects.

Overall, as concerned as I am about their overuse and misuse, I'm not against medications in treating ADD. I've prescribed them – in fact I've taken them – and have found that they can be helpful, if they're prescribed and taken in a judicious, targeted, and insightful way. They are never "The Answer", but they can certainly provide some help, as long as it's understood that the long-term goal needs to be healthy development, not just the management of symptoms.

[- I'm an ADD adult. I've read in online forums that some people consider ADD people to be simply gifted and misunderstood. Whether or not that's true, I'm concerned that treating my condition is going to erase or "flat-line" some of my own traits that I value, like my spontaneity, creativity, enjoyable flightiness and so on. Are my concerns valid?](#)

Not really, I'm happy to tell you.

Look, first of all, it's called a "disorder" for a reason – and I make clear in the book that I don't consider it a disease, but rather a disorder – which is simply, it dis-orders things in one's life, creates a lack of order or workability. So I'd simply ask: does it create disorder in your life? If it doesn't, and your life and personality are working for you, then there's no problem and therefore nothing to fix. On the other hand, if you notice that there are aspects that cause consistent and unwelcome consequences in your life, then it's something you probably want to look at.

Second, so-called "ADD traits" are not the same as the positive traits you're talking about, and addressing the one won't inhibit the other. It's a common misconception, borne of the fact that people who have ADD tend to be highly sensitive – but it's actually that very (inborn) sensitivity, not the ADD, that's the source of you being so creative. Sometimes artists with ADD are afraid that they'll lose their ability to think in a rapid-fire, free-associative way, which they consider vital to their creative process. But that doesn't go away when you properly address the ADD component. What does go away, or become more manageable, are the more problematic aspects like impulsivity, or impatience, or interrupting people, or forgetfulness, or disorganization, or tuning out. Those aren't functions of a creative mind but of an immature brain that's stuck in some early stages of development; if anything they can be *impediments* to your true creative self-expression. Addressing your ADD traits should get some of that out of your way so that you can be more effective in your life and your creative pursuits. And that's what it's all about, after all – not "fixing" your personality, but making life more manageable and enjoyable.

5) Parenting / Peer Orientation / HOLD ON TO YOUR KIDS

- Are you and your co-author Gordon Neufeld saying that kids shouldn't have friends their own age?

Of course not. Peer relationships are part of natural human socialization. What's developmentally *unnatural*, we claim, is that peer relationships have become the primary relationships in children's lives – the relationships they care most about, have the highest emotional stake in, and the primary guiding light for their behaviours, culture, norms, and so on. This only seems “normal” to us in our society because we've lost touch with how nature meant things to be, which is for kids' primary, orienting relationships to be with adults. Within the context of stable, secure attachments with responsible adult caregivers, peer socialization can happen in a safe and natural way.

- Haven't so-called “peer problems” like bullying been around since the dawn of time?

Yes, they have. As long as humans have existed, we've been exploiting each other's vulnerabilities to gain dominance. And certainly, children have not been exempt from that tendency. What's different now is that the preponderance seems to have increased significantly – everywhere you turn, in virtually every school system, it's now considered an epidemic on the rise. It's possible that we've become more sensitized to it, but that can't on its own account for the dramatic rise in incidence of late.

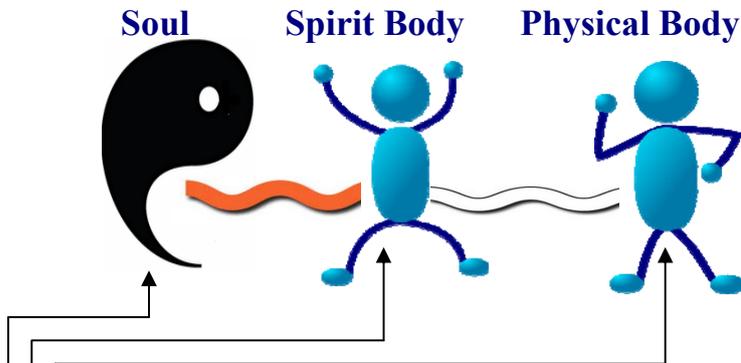
What's also different is that kids used to look upon bullies as outsiders and misfits, whereas nowadays bullying behaviour is often a sign of social power and status. You find entire groups of “popular” kids picking on the unpopular ones – the “strong” many persecuting the weak “few” – and this is considered normal. Technology and social media, which are very much geared and marketed toward strengthening the peer culture, give kids an additional power to do each other significant emotional harm. We've never seen such levels of childhood and teen violence and suicide as we do in today's Western society, particularly in North America.

All of this results, we argue, from the peer culture taking precedence over safe, orienting attachments with adults. And all of the anti-bullying “education” programs in the world won't make a difference unless this fundamental, and disastrous, phenomenon is faced and dealt with.



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

HIERARCHY of HEALING SYSTEMS



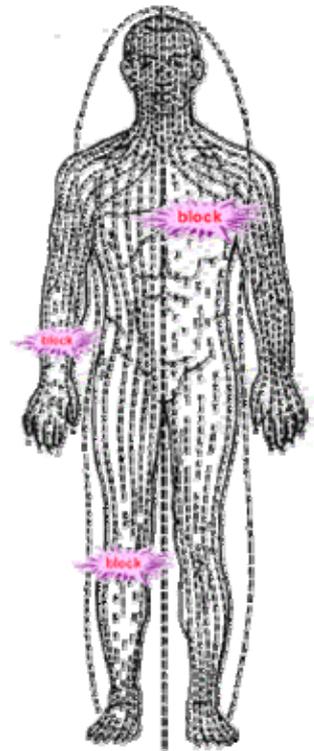
ALLOPATHIC – Western Medicine treats the symptoms, is highly regulated and costly as it is cost driven.

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

Therapy applied to the spirit body is through an energy therapist who may work on the chakras, whereas a chiropractor works on the physical body. Such types of therapy deal with the effects and ignore the soul and the causes.

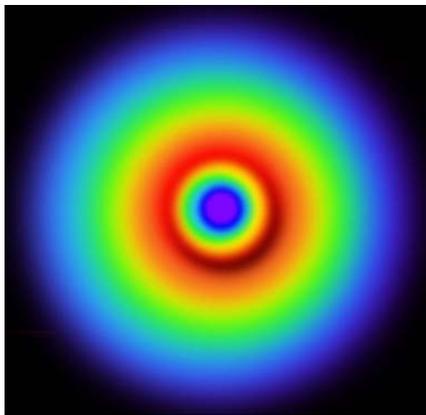
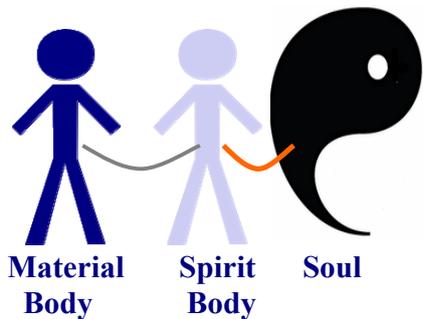
EMOTIONAL PROCESSING and CLEARING deals with the cause. Soul level clearing and growth provides permanent solutions whereas the other two systems provide temporary relief.

If you focus on the soul, that is the most powerful tool to improve yourself. Improving your soul condition is the ultimate goal.



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.

The soul is the real cause of all issues in the spirit and physical bodies. Most healers are conscious of working mostly on the spirit body. If I am a healer focusing on the spirit body and if I think I am focusing on the cause of the ailment, I am not. It is only when I am focusing on the soul and the soul's condition which is made up of a number of things. It is firstly made up of its emotional condition. In other words, there are emotions that it has suppressed within it that cause physical ailments within the bodies. There are also beliefs in our emotions, but they are specific emotions about love in particular. Anything that I believe about love that is out of error with the way that God has created us to be will also cause physical problems in both bodies. There are also things called morals, which are really, again, emotions, but they are issues about morality within myself. For example; if I am a male, it is okay to have sex with any woman I see that is pretty, then I have a moral issue, because I am already out of the concept of soulmate which is something that God created, there is only one soulmate. So, therefore my morality needs to have some work. So morals have an effect on both bodies and their physical condition, disease in both bodies. We can list further things from the soul that affect these bodies. Now, I am there trying to heal the body, to heal the spirit body or to heal the physical body. I am a doctor and I am doing naturopathy and I am trying to heal the physical body, or a Pranic healer or Reiki expert and I am trying to heal the spirit body and I am not conscious that these things are all in the soul driving the injuries and disease in both bodies, then can you see that I am trying to cure the effect, rather than cure the real cause. So, whenever we engage any healing modality, wether it be of the physical body or the spirit body, as long as we are aware that there is a real cause in the soul, which are all really issues of love, belief systems about love that are in the soul, and unless the soul can be healed, these bodies will never be healed permanently.



REAL CAUSE is in the SOUL

- Emotions
- Beliefs
- Morals
- Love
-
-
- 18 May 2011

Our Heavenly Mother and Father simply desire for us to ask for Their Love.

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.

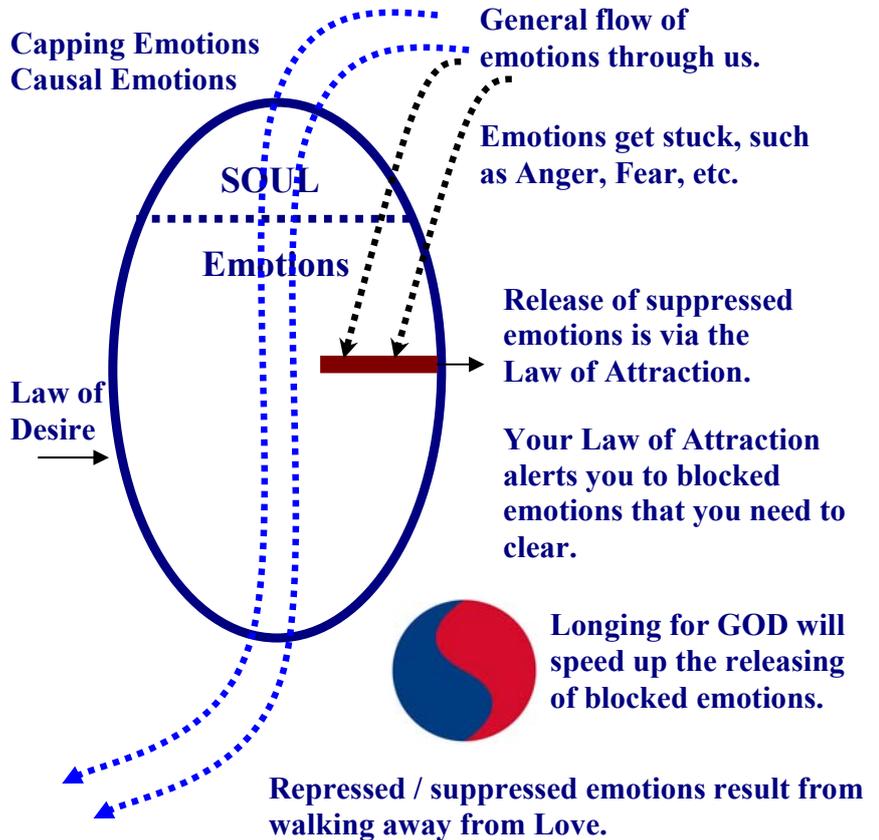
The problem for healers is that the patients own physical soul is generating the problem.

When the person who we are trying to heal does not want to deal with the cause, the healer's power is severely diminished to assist them because their own soul is generating the problem.

All illness is a result of the soul having these blocked emotions, which then create the illness in the physical form and the spirit body. If the person's soul condition is not addressed, then the person is going to recreate the same type of problem and issues.

It is very important that we start to see things at the causal level, particularly in the medical and healing profession. 16 May 09

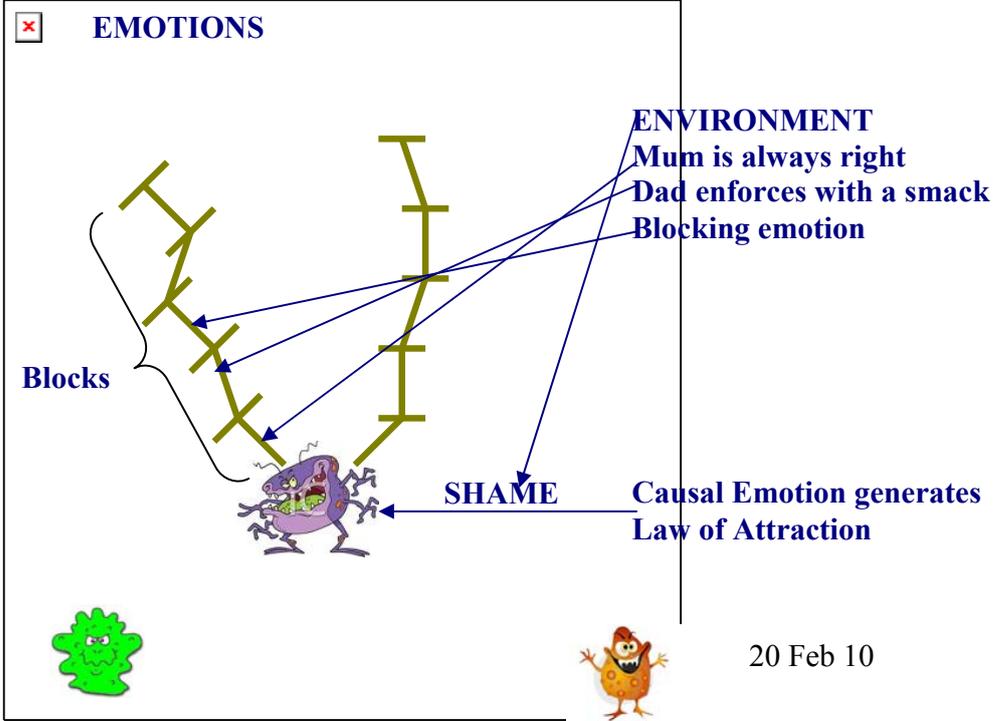
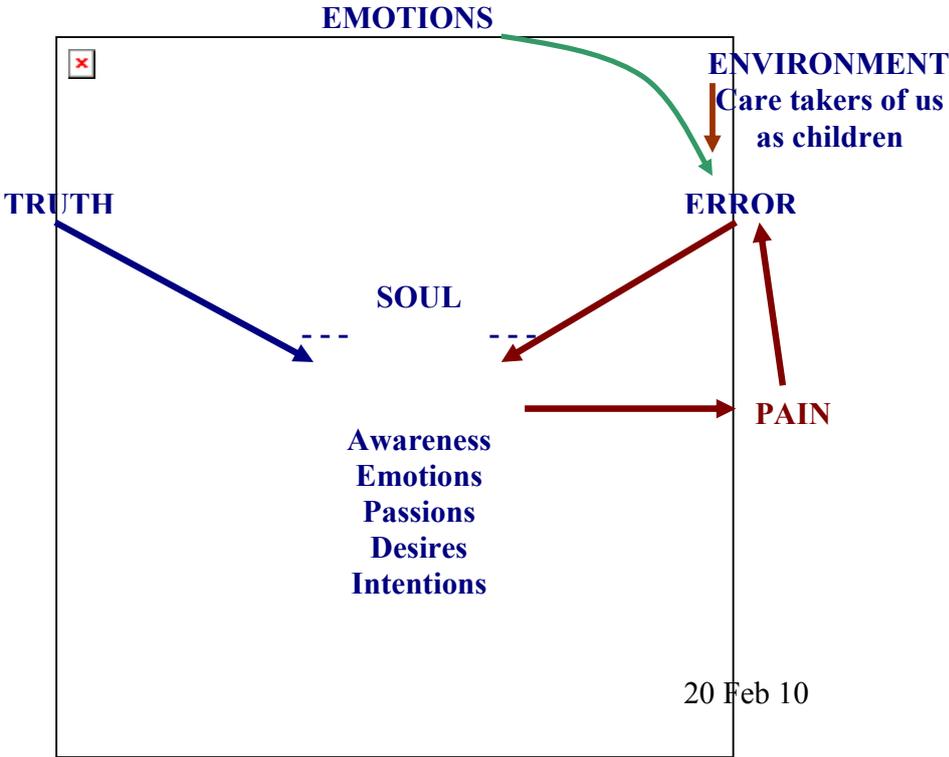
WE are CREATED as EMOTIONAL BEINGS:



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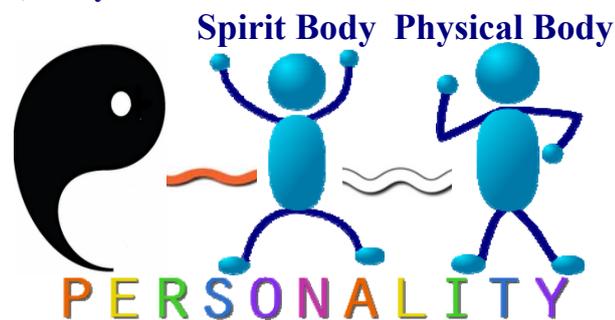
Every physical pain in our body, every illness you ever have is the result of emotional denial.

There is a lot of things at work with sickness. With the majority of sickness, there is an emotion within our soul, the emotion in our soul blocks the energy flow in our spirit body, the energy flow in our spirit body is what keeps our physical body well.

So when the energy stops flowing in a certain part of our spirit body, our physical body becomes affected by the slowing energy or by the energy that has stopped flowing. And that then exposes that part of the body to outside risks or internal risks like cancer.

All sickness is an emotion, every one.

12 Jul 08



‘I had a pretty good upbringing’ in comparison to other people.

Parents have NO understanding of blocking emotions.

Parents have NO understanding of causal emotions.

Parents have NO understanding of Law of Free Will.

Parents have NO understanding of Love.

20 Feb 10

www.divinetruth.com



What happens to the spirit and material bodies is that the emotions cause lots of damage to both of your bodies. All the held emotions, held for 50 or 60 years or so, you have quiet a lot of held emotions, held in there from childhood for a long time, that does a lot of damage to the body.

It is bit like when you try to hold a muscle in a contracted state. You can do it for a few seconds, but if you try and hold your fist in a contracted state for a minute and you start to feel the pain well up. You try doing it for ten minutes, you get to the point where you can't feel your arm any more. And if you think about that, that is what is happening to your body as well.

Both bodies, spirit and physical, have genetic structure. Both your spirit body and your material body are just in different dimensional spaces, and they both have genetic structures, and those genetic structures are very much influenced by the emotions within the soul.

This is why when you read the Padgett Messages / Book of Truth, they talk about someone in a good soul condition, they see a very bright body. The body is a reflection of the soul's condition, particularly the spirit body.

So what happens when you release an emotion, all of these emotions have held in all of these toxins and all these physical problems in both bodies. And then you will go through a process when all of these toxins will start releasing, will start releasing over a period of time.

Now the physical body is the slowest body to respond to the soul's change. The spirit body responds quiet quickly to the soul's change. So a lot of times what happens to the spirit body within a few hours or a day or two, new energy pathways are now open, so the spirit body repairs itself quiet rapidly from the damage that had been done to it by holding in the emotion.

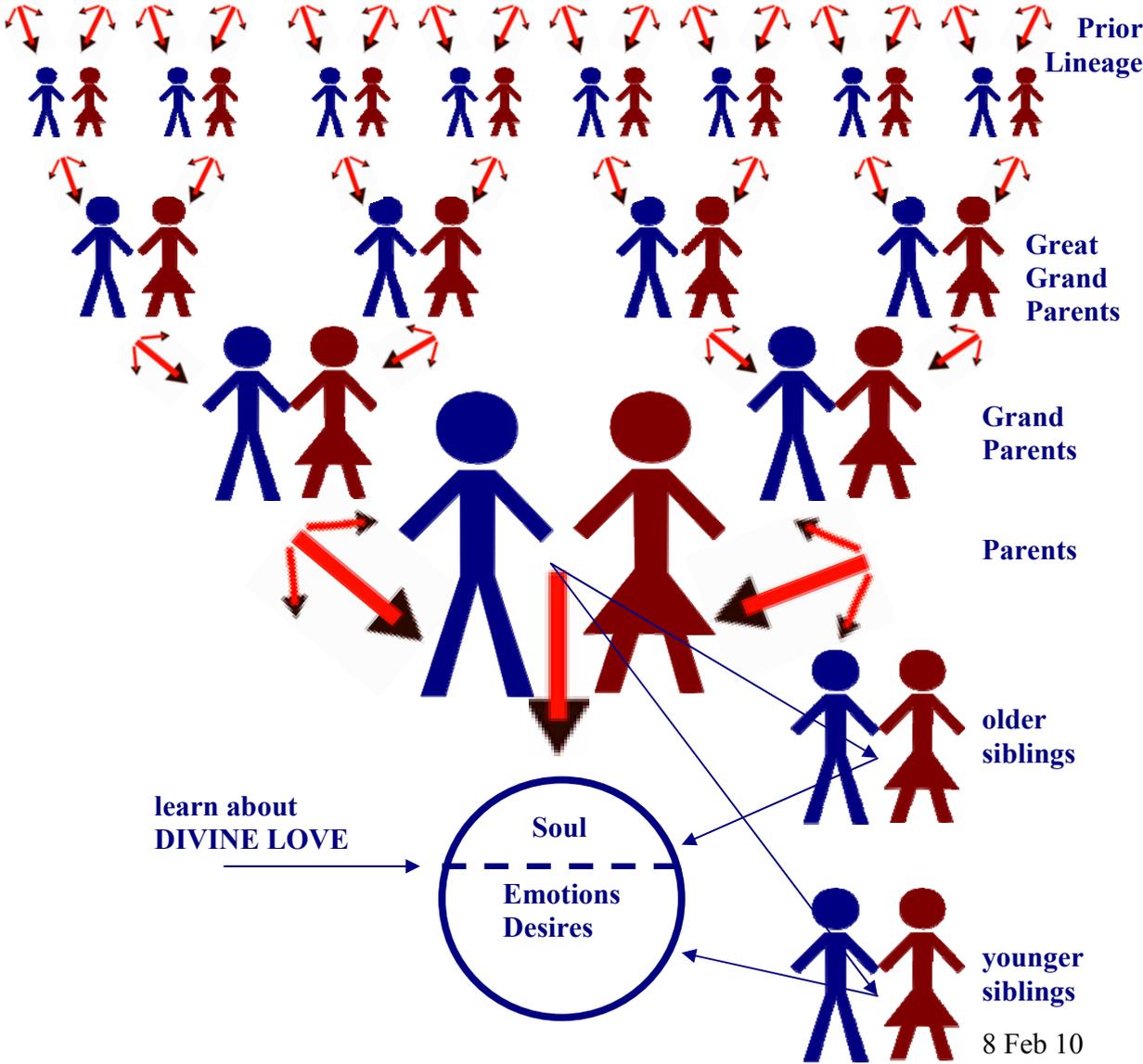
The material body is a little slower. Many of its cell replication processes can take any where up to seven years to occur. So what happens with the cell replication process in the material body is that now that the emotion has been released, all of these emotions that affected this replication process in the body, including what happens in the brain in terms of its wiring structure, everything in terms of its physiologically, how the body actually repairs itself, and all of those different things are all controlled by the emotion. So when the emotion is released and now the body is free to make these adjustments, but because of that, the initial influx is usually toxins and everything starting to come out of your body. And obviously, your physical body needs to rest during process. So you will often go after releasing a causal emotion of any type, you will often feel like resting and sleeping. Just let your body do its thing.

It is the emotion that caused the problem, so as soon as the emotion is gone the body will recover.

The emotion from the soul dominates both bodies and determines the condition of both bodies, so when you release an emotion from the soul your bodies will recover.

28 Jun 09

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



Primary emotion	Secondary emotion/feelings	Tertiary feelings/emotions
<u>Love</u>	<u>Affection</u>	<u>Adoration</u> · <u>Fondness</u> · <u>Liking</u> · <u>Attractiveness</u> · <u>Caring</u> · <u>Tenderness</u> · <u>Compassion</u> · <u>Sentimentality</u>
	<u>Lust/Sexual desire</u>	<u>Arousal</u> · <u>Desire</u> · <u>Passion</u> · <u>Infatuation</u>
	<u>Longing</u>	<u>Longing</u>
	<u>Cheerfulness</u>	<u>Amusement</u> · <u>Bliss</u> · <u>Gaiety</u> · <u>Glee</u> · <u>Jolliness</u> · <u>Joviality</u> · <u>Joy</u> · <u>Delight</u> · <u>Enjoyment</u> · <u>Gladness</u> · <u>Happiness</u> · <u>Jubilant</u> · <u>Elation</u> · <u>Satisfaction</u> · <u>Ecstasy</u> · <u>Euphoria</u>
<u>Joy</u>	<u>Zest</u>	<u>Enthusiasm</u> · <u>Zeal</u> · <u>Excitement</u> · <u>Thrill</u> · <u>Exhilaration</u>
	<u>Contentment</u>	<u>Pleasure</u>
	<u>Pride</u>	<u>Triumph</u>
	<u>Optimism</u>	<u>Eagerness</u> · <u>Hope</u>
<u>Surprise</u>	<u>Enthrallment</u>	<u>Enthrallment</u> · <u>Rapture</u>
	<u>Relief</u>	<u>Relief</u>
	<u>Surprise</u>	<u>Amazement</u> · <u>Astonishment</u>
	<u>Irritability</u>	<u>Aggravation</u> · <u>Agitation</u> · <u>Annoyance</u> · <u>Grouchy</u> · <u>Grumpy</u> · <u>Crosspatch</u>
<u>Anger</u>	<u>Exasperation</u>	<u>Frustration</u>
	<u>Rage</u>	<u>Anger</u> · <u>Outrage</u> · <u>Fury</u> · <u>Wrath</u> · <u>Hostility</u> · <u>Ferocity</u> · <u>Bitter</u> · <u>Hatred</u> · <u>Scorn</u> · <u>Spite</u> · <u>Vengefulness</u> · <u>Dislike</u> · <u>Resentment</u>
	<u>Disgust</u>	<u>Revulsion</u> · <u>Contempt</u> · <u>Loathing</u>
	<u>Envy</u>	<u>Jealousy</u>
	<u>Torment</u>	<u>Torment</u>
	<u>Suffering</u>	<u>Agony</u> · <u>Anguish</u> · <u>Hurt</u>
<u>Sadness</u>	<u>Sadness</u>	<u>Depression</u> · <u>Despair</u> · <u>Gloom</u> · <u>Glumness</u> · <u>Unhappy</u> · <u>Grief</u> · <u>Sorrow</u> · <u>Woe</u> · <u>Misery</u> · <u>Melancholy</u>
	<u>Disappointment</u>	<u>Dismay</u> · <u>Displeasure</u>
	<u>Shame</u>	<u>Guilt</u> · <u>Regret</u> · <u>Remorse</u>
	<u>Neglect</u>	<u>Alienation</u> · <u>Defeatism</u> · <u>Dejection</u> · <u>Embarrassment</u> · <u>Homesickness</u> · <u>Humiliation</u> · <u>Insecurity</u> · <u>Insult</u> · <u>Isolation</u> · <u>Loneliness</u> · <u>Rejection</u>
	<u>Sympathy</u>	<u>Pity</u>
	<u>Horror</u>	<u>Alarm</u> · <u>Shock</u> · <u>Fear</u> · <u>Fright</u> · <u>Horror</u> · <u>Terror</u> · <u>Panic</u> · <u>Hysteria</u> · <u>Mortification</u>
<u>Fear</u>	<u>Nervousness</u>	<u>Anxiety</u> · <u>Suspense</u> · <u>Uneasiness</u> · <u>Apprehension (fear)</u> · <u>Worry</u> · <u>Distress</u> · <u>Dread</u>

The inner core of our soul is blessed with natural love emotions that are all have a high frequency or higher.

Man erroneous emotions all have a low frequency or a very low frequency.



Anger covers over Fear which covers over Grief, these three emotions are the predominant capping emotions.

Human Emotion	Energy Frequency
40.0 Serenity of Being	Ultra-high Frequency
30.0 Postulates	
20.0 Action	Very-high Frequency
8.0 Exhilaration	
6.0 Aesthetic	
4.0 Enthusiasm	
3.5 Cheerfulness	High Frequency
3.3 Strong Interest	
3.0 Conservatism	
2.9 Mild Interest	
2.8 Contented	Low Frequency
2.5 Boredom	
2.4 Monotony	
2.0 Antagonism	
1.9 Hostility	
1.8 Pain	
1.5 Anger	
1.4 Hate	
1.3 Resentment	
1.2 No Sympathy	
1.15 Unexpressed Resentment	Very-low Frequency
1.1 Covert Hostility	
1.05 Anxiety	
1.0 Fear	
0.98 Despair	
0.96 Terror	
0.9 Sympathy	
0.8 Propitiation	
0.5 Grief	
0.4 Making Amends	
0.3 Undeserving	
0.1 Victim	
0.08 Hopeless	
0.07 Apathy	
0.06 Useless	
0.06 Failure	
0.04 Pity	
0.03 Blame	
0.02 Regret	
0.01 Dying	
0.0 Body Death	Ultra-low Frequency

Happiness Domain

Un-happiness Domain

MAP OF CONSCIOUSNESS

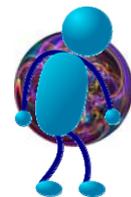
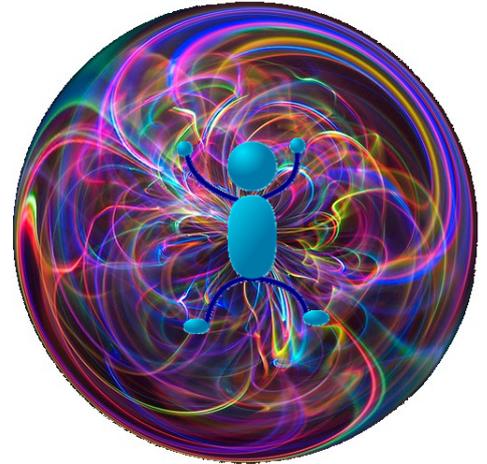
Map of Consciousness represents the emotional and spiritual fields within the kingdom of man which is Spheres 1 – 6.

Consciousness is soul condition, as one's soul condition improves, it expands in size as it grows in love.

The scale is exponential, grows at a factor of 10.



Core Emotions
Anger covers over Fear which covers over Grief, these three emotions are the predominant capping emotions.



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.

HEALING PROPERTIES of SUBSTANCES

Sunday, 25 March 2018:

Verna and Nanna Beth talk to Graeme

Graeme: Good morning James

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

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

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

Till next time we chat, sending my love, Graeme

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

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

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

So, let us begin at the true source: your soul. As you understand, your soul drives everything that you are – you being the personality focus of your soul currently in the physical. However you are also your soul as much as you are your personality, the two can't and aren't separate. Right, so you get that part,

so your soul is bringing – expressing you in Creation; okay, so whatever your soul wants your soul creates. So let's say your soul requires the help of a flower essence to subtly affect some part of your unseen auric system, by adding its vibration to your existing vibration, all of which will bring about an effect desired by the soul. That being, one that will help you become more evil or less, as I said above.

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

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

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

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

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

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

So we are all attuned to your soul, what it wants done in your aura, which includes your physical. And

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

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

Your soul wants this anger out of you, it's the next phase of anger expression you are to experience, it helping to relieve you of more repressed anger and at the same time helping you see more truth about why you are feeling so angry. And so your soul has initiated light into your aura on all levels making this experience happen. And you being mostly oblivious to this, just carry on doing what you do, and then your angels take their instructions and 'energise' the levels of your aura to make the anger 'physically' work its way up through your system.



The angels make 'light adjustments' – adjustments using spirit light – in your system to allow this anger to make its way out of you by you feeling it coming up through your leg. The repressed anger, as light contained in your soul, moves through your will levels, then your will activates it to move up your leg with your angels helping to adjust your system where needed. And your system needs continual adjustments, your soul does it all with light, but your angels do all the hands on stuff as determined by your soul. So your angels are always tinkering within your aura.

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

helping you goes and they can't get enough of it.

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

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

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

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

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

reflective of all who comprise it.

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

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

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

Love Verna.

Nanna Beth (3rd Celestial sphere): What Verna is wanting to help you understand is that there’s so much going on within you on all levels, that trying to use your mind to work it all out in the hope that it will help you, is all but futile, as you never will, not until you at least attain Paradise, and even then that’s only one phase.

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

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

There is never going to be a remedy that people can take that will heal themselves on any level. **The remedy is the truth we’re revealing to you about your feelings. All the rest is simply an add-on,**

something as Verna said to help stimulate experiences in life, all so you can feel more feelings. So it's not to say no to doing or being interested in certain things with the mind, but rather to keep wanting to feel and become aware of the feelings that are happening along the way. You can use your mind to block out your feelings, however your feelings are still always there, so it's to try and keep them up within you and not blocked out whilst you apply your mind, is one way of trying to stay more attuned to them.

Love Nanna Beth.

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

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



SUPERKIDS

Natural self Expression through Feelings

Self Empowering

Self Revealing

Self Loving



Feelings First

27 March 2018:

HEALING PROPERTIES of SUBSTANCES continued:

John: Hello Nanna Beth,

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

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

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

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

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

Would you kindly comment on each of the platforms please?

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Love John

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

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

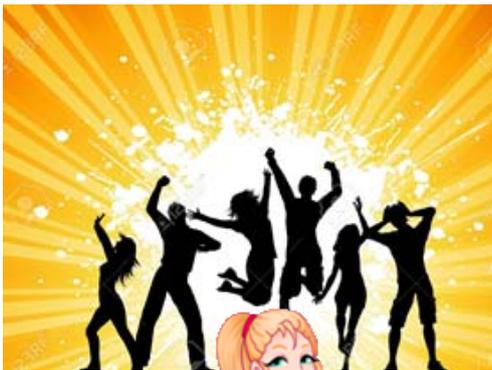


We are all to have our own pure relationships. And it’s the same of course in life with your friends, however over there, in spirit, dealing with Nature Spirits, Spirit Guides, and Angels, it’s more personal and private and ‘JUST FOR YOU’. So we have our own separate, unique relationships.

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

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

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



Feelings first

Saturday, 31 March 2018:

COMPLEMENTARY THERAPIES

John: Hi Nanna Beth and company

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

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

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

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

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

The art of 'stilling the mind' through meditation can only be considered as of the greatest negative residues of the Rebellion and Default possible. Taking a person further and further away from their feelings and not allowing any form of truth to be sought from one's feelings. Though some forms of meditation do explore one's feelings, these processes never delve deep enough to be shown the truth of their feelings.

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

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

Not until someone comes along and does really heal themselves of it, and someone who has the spiritual authority to allow others to do the same. So that's where we are. The authority is making the revelation to you.

People can now choose to study how to Heal themselves, this being the next phase and ‘science’ people will apply their attention to. The great writers of humanity have well and truly documented the wrongness, you can see it all, and you know it comes from your early life. And many have tried to work out ways to heal themselves.

But **without looking to your feelings and wanting to uncover the WHOLE truth of them, you can’t heal it.** It’s as simple as that despite what anyone does with their emotions and feelings. And many people in their endeavours to heal themselves have done some real Healing, if they at any time looked to their feelings for their truth, truth would have been forthcoming. So humanity has gained a little truth over the years. However because of the feeling-denying forces of the Rebellion and Default, the level of truth has remained very low. Now however **with the keys being given to you as to how far you have to go and what is really involved in doing your whole Healing, so that is the New Frontier awaiting mankind.**

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

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

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

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



in conjunction with

Longing for the Truth when also longing for Divine Love.

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

<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

6 April 2018: **HEALING PROPERTIES of SUBSTANCES – Questions Answered:**

To the questions asked, Verna, a nature spirit, offers her thoughts:

Worldwide it is recognised that the annual flu epidemic will consist of new and differing strains of viruses. Why do these variations arise? Why do the new strains appear to be more difficult to manage each year? Why is there a continual incremental risk to life with each new strain?

Verna: The new strains exist because we – the nature spirits – make them exist. We're the instigators of such 'diseases' on the world, we in league with our fellow conspirators – the angels; the truth of which your scientists refuse to acknowledge when there is ample evidence to them, which they persist in brushing aside, that something else or someone else is tampering with such 'bugs' and 'nasties'. And who has the real brains: we nature spirits who control the natural world on Earth, or your great scientists? We'd like to see a little more humility please – that would definitely be a step in the right direction. You don't have to bow down to us, we don't need that level of servility from you – just kissing our feet would be enough!

And hey, guess what? YOU'RE NEVER GOING TO BE ABLE TO BEAT NATURE – WE'RE NEVER GOING TO ALLOW YOU TO. HA! YOU HAVE TO LEARN TO FULLY HONOUR AND RESPECT NATURE – AND YOUR OWN NATURES, LEARNING TO WORK IN PERFECT HARMONY WITH IT AND WITH YOURSELVES BEFORE YOU CAN GAIN ANY RELIEF FROM SUCH 'BEASTIES'.

We have virus making 'factories', we'll always be one step ahead of humanity. So until you understand, you have to WAKE UP, not that I want to sound patronising or tell you what to do, BUT YOU'RE PUSHING SHITE UPHILL.

And you might like to know, we're not going to let you off the hook. You have to learn that all illness results from your inner levels of discontentment – BECAUSE YOU DON'T FEEL LOVED. And work to get to the truth of your bad feelings. And when you do, then as you grow and evolve spiritually in truth, so you'll literally 'rise above' – ascend – the need for help from such illnesses because you'll no longer NEED THEM TO MAKE YOU FEEL BAD. Accept they make you feel bad, you are meant to feel bad with them, and not then try to eradicate them, that's only eradicating yourself, which you're already doing; but instead to work with those bad feelings, this being how you start to love yourself back into true health. Go with your bad feelings, not fight against them. Go with them instead of trying to eradicate them, and the same with your diseases and illnesses.

Worldwide it is recognised that antibiotics are becoming ineffective. Why are even new more capable forms of antibiotics not being able to manage the bacteria and viruses that are evolving? Why are viruses and bacteria evolving in the first place?

Verna: It's the same deal: Humanity is to uncover the truth of evilness, its wrongness, of its rebellion and default. And illness is to show you that you are wrong. You wouldn't get sick if you were right. So what would be the point if you eradicated all illness and you never had a bad feeling from being sick – you'd never know you had all your childhood repression locked away inside you that you were to deal with. ILLNESS IS YOUR FRIEND, because it's the warning lights that says: I AM NOT RIGHT. I

NEED HELP. I can help myself by attending properly to my feelings. So do so by wanting to uncover the truth of them!

Worldwide we have the mantra that should a new drug be developed, until that drug has gone through double-blind clinical trials successfully then it is not to be made available. Should the double-blind clinical trials be successful for around 60% of volunteer patients, then it is considered for public release. But then, why has it failed with 40%? Why do some benefit and others don't when they are all in the same health predicament?

Verna: Because you are all different, you've all been subjected to different childhoods, even within the same family. So nothing will affect the whole, short of you all 'nucking' yourselves into oblivion. (nucking – slang, humorous, mildly offensive, euphemistic) Yet even then, do you really think the angels are going to stand aside whilst you annihilate yourselves? There's too much goodness in your suffering since conception for you to simply obliterate yourselves, too much truth to be discovered – the whole truth of why you feel so bad, the truth of feeling unloved. And it's an enormous truth and enormous amount of truth. And it's all there inside you. Waiting for you to bring it out.

And why do 'sugar pills' work when prescribed by the doctor?

Verna: It shows you the power of your mind and its controlling beliefs. People believe all sorts of things resulting from their wonky childhood. (Note the use of that word dear John, I'm adding it to my repertoire – James.)

We see new forms of illness arise, why is this so? We also are seeing that vaccinations are not as effective as they appeared to be some years ago, why is this so? The fact is that humanity presently cannot eradicate any form of illness no matter what our scientists discovery, why is this so?

Verna: God has allowed you to experiment with all the ways within your unloving states, this being one of them. However humanity is now moving on, times are a changing, the old ways are to end, humanity is to heal itself of its rebellion and default. So what has worked will fail, and more so, and new things won't work for as long, failing quicker, fear and pressure will mount as the old fails, all to give rise to GUESS WHAT? – MORE BAD FEELINGS. And why more bad feelings? – so you can express them and bring to light the truth they are to help you see – THAT'S WHAT!

When a pandemic hits a community, why do some people never succumb to the virus or health issue while others contract the disease and many die? Why isn't everyone impacted equally?

Verna: Different childhoods, different beliefs, different self-denial parameters, all of which affect you in different ways bringing about such differences. You are living in denial of TRUTH. Your childhoods are truth-less. So your adult lives express or reflect this. Life as you know it is all wrong, negative, unloving, even all the good loving parts within it. So it's all got to change, BIG CHANGES, but you can do it, you'll see, humanity will have to do it.

This is the major difference with a Pascas Care Centre. In addition to providing a holistic allopathic and complementary health care service, we are to address the question of what is the cause of one's discomfort, pain and illness.

Further, we are to address the questions of why is it that treatments previously embraced have not continued to been successful in bringing about health to the body?

Verna: Same deal. It's all what went into you through your forming and early childhood. Nothing more. All the secrets are contained back there within yourselves. When you 'go in' you're to go into your early life through your adult 'now' feelings. That's how you do it, how you can really Heal yourself, nothing else will do. It might extend your life a bit, cure you of some illness, make you feel better, but all your childhood wrongness is still within your soul remaining there until the day you want to deal with it.

Do your Feeling-Healing; or better still, your Soul-Healing with the Divine Love. It won't be an easy ride, however your relationship with your aches, pains and illnesses will certainly change and evolve, and you might even find that you don't need as many of them if you look to your Feelings First, expressing them and seeing the truth they are to show you. And eventually you might not need any bad things happening to you as you no longer have any repressed bad feelings that you need to bring out. It's a different way to view life – but hey, what have you got to lose – only your old ways of suffering.

Love Verna – who by the way, is not just a pretty face! Chow for Now – over and out!



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

Consider visiting the Library Downloads at www.pascashealth.com
Then Pascas Introduction Notes:
Pascas Care Letters Healing Properties of Substances

Revelation

- We are to live Feelings First.
- We've been made to use our mind to live against many of our feelings.
- Our mind control commences at conception and is developed through our childhood.
- All the bad feelings we didn't express as we were growing up are still repressed inside us.
- And all such hidden, buried and unwanted feelings have to come out.
- And whilst they remain repressed within us, they will continue to make us feel bad and unloved.
- We get sick, depressed, suffer, have bad things happen to us because of our repressed childhood feelings.
- Humanity was brought into this state of living against itself by higher rebellious spirits.
- These Evil Ones caused the Rebellion and Default.
- We are made to rebel by default – as we have no idea we're doing it through our parenting in wrongness.
- We are all parented unlovingly – against ourselves, against our will.
- Some parenting in the wrongness is done with more love, yet it's all still wrong.
- To heal this unloving state within ourselves we have to do our Healing.
- Our Healing is our Feeling-Healing or Soul-Healing with the Divine Love.
- We can long to God for Their Divine Love, and this will help us with our Healing.
- God is our Heavenly Mother and Father, the Feminine Aspects of God having been kept hidden from us by the Evil Spirits.
- All humanity's religions and spiritual systems are designed to keep the wrongness going, to keep us away from God.
- Only by living Feelings First Spirituality, The New Way, can you become right, and truly find God.
- Long for the Divine Love.
- Long for the Truth of your Feelings.
- Accepting all you feel is accepting all of yourself, it's your greatest act of self-love.
- And wanting to know the truth of your feelings, is your next greatest act of self-love.
- Love yourself through your feeling-acceptance, and the Truth will set you Free!

LETTING GO PROCESS, also known as The Sedona Method:

Dr David R Hawkins lived in Sedona, Arizona USA

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

A Sample Releasing Process

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

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

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



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

Rhonda Sihler, Pasadena, CA

A simple exercise

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

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

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

Now, let the object go.

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

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

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

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

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

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

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

So here we go.

Choosing to Let Go

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

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

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

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

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

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

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

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

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

If the answer is “no,” or if you are not sure, ask yourself: “Would I rather have this feeling, or would I rather be free?” Even if the answer is still “no,” go on to Step 4.

Step 4: Ask yourself this simpler question: When?

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

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

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

HOW to LET GO:

<https://learnlettinggo.com/how-to-let-go/>

[Listen to the podcast of this page.](#)

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

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

1. Identify a negative feeling.

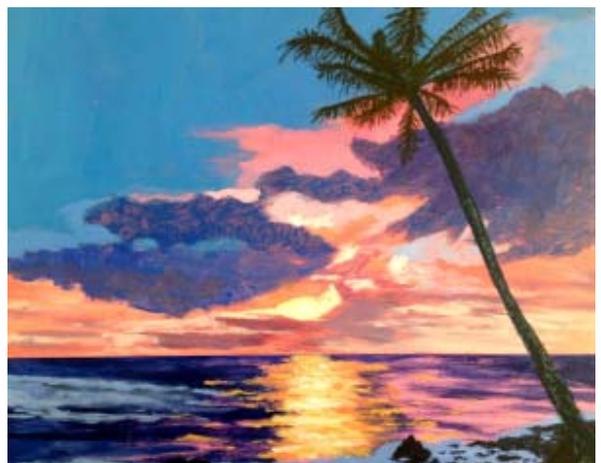
Now quiet your mind and there are many ways to do this. [Here are a few suggestions that have worked for me.](#) Thoughts are not helpful in the letting go process except to alert you into the process.

2. Clear away all thoughts.

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

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

Your willingness to accept the sensations may intensify them. This is okay too. Keep breathing and allowing. Thoughts are not required. With your breath, create an intention to accept what's happening inside you. Breathing into the sensations releases your resistance. It's the resistance that is causing you pain. It's your thoughts about the pain that keep you stuck and unwilling to let go. Your willingness to let go thinking and accept what's happening is your ticket to inner freedom. Each time you sense a disruption inside, turn down the volume on the thoughts, breathe into the sensations and allow them to be. This is all you need to do to let go. Simple. The challenge comes in being



vigilant with letting go all negativity – no exceptions. Including your favourite wound reserved for social settings. Of course *that* story gets you attention! It will even tell you, “you’re not interesting” without it. Let go the sensations around social acceptance or whatever comes up.

4. Repeat when necessary.

Letting Go for Everyone

For fun, imagine a world where all the people have let go. You are surrounded by delightful, creative, deeply loving and authentic friends.

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



Monkey See Monkey Do!

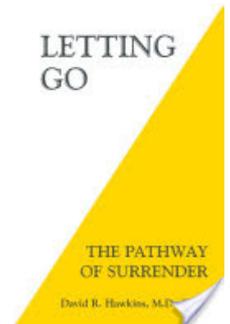
It was your inner courage that brought you here or perhaps it was a painful potato?!

[Read the Potato Story.](#)

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

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

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



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

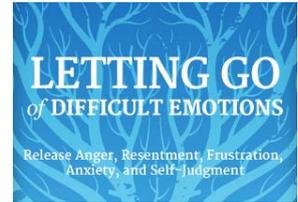
One may be encouraged to embrace the Letting Go process as well as the seeking and receiving of the Source Soul’s Love. The combination of both of these practices will have eternal benefits.

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

Enjoy the journey, Pascas Health.

LETTING GO with The LOVE:

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



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

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

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

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

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

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

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

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

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

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

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

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

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



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!**



Feelings First Spirituality

The New Way

Feelings First
FF
Feeling Free

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

Accept, express and long for the truth of your feelings

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



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

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



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



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

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

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

Feelings First Spirituality is the True path for humanity.

It embraces all people.

It completely unifies the world.

Everyone can relate to everyone else through their feelings.

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

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

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



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

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

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

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



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

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

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

LOVE is the Religion of Feelings, being:

Feelings First Spirituality, The New Way



my
House is your
Paradise

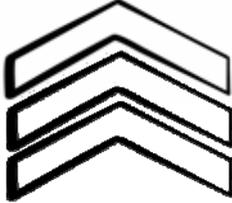
HOME

The CHOICE is OURS to MAKE:

Celestial Truth:

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

Fully Healed of the Rebellion and Default.



THE FEELING WAY

Feeling – Ascendance
 Unlimited progression

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



THE MIND WAY

Mind – Transcendence
 Limited progression

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



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

Hell:
 Exploiting the Rebellion and Default.

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

Our FEELINGS are our SUPREME GUIDES:

Feelings!

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

Kevin 26 Sep 2017

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

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

FEELING HEALING

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

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



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

FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

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

And feeling really bad is also good.
 And feeling worse is even better.
 It's all very good!
 It's okay to feel bad.
 Bad feelings are okay.
 It's good to feel bad.
 Bad feelings are GOOD!

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

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

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

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

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

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

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

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

So Remember:

Feeling bad is Good!
Accept your bad feelings.

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

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

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

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

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

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

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

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

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

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

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

The aim of Feeling-Healing

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

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

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

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

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

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

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

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

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

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

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



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

TRUTH LOVING SOUL V ERROR INFLICTED MIND



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



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

REVELATIONS



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



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



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

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

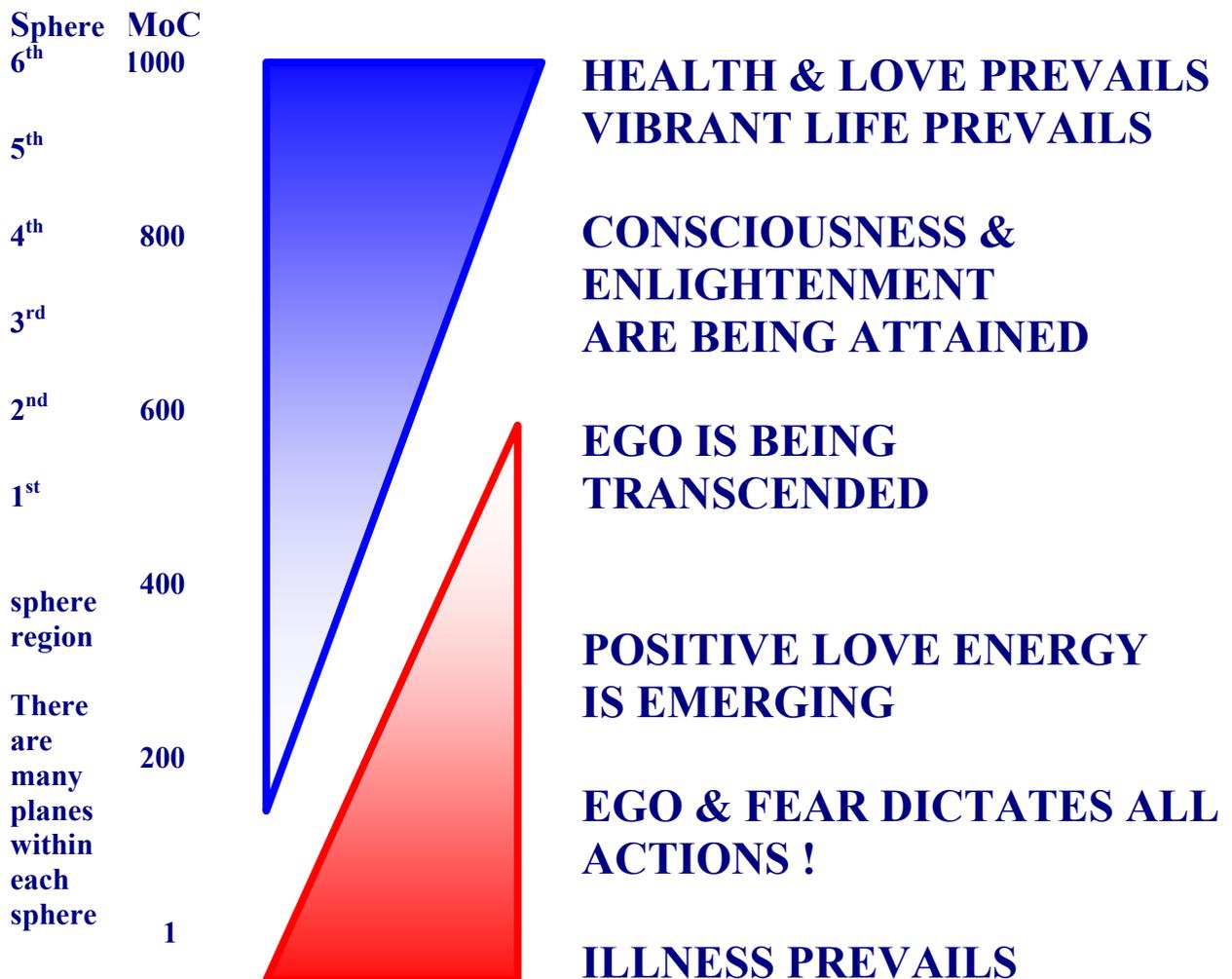
Revelation 2: We can long for, ask for and receive the Mother and Father's Divine Love. The greater our soul is free of error and injury, the more of the Divine Love can be received and assimilated into our natural love formed soul. The Love does not free us of injury, however, it strengthens our resolve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



Immortality with the Love.

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

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



An earnest longing for God’s Divine Love is the only way to transform one’s soul. This longing is severely retarded and the reception of God’s love impaired whilst one’s soul is dominated by erroneous beliefs which are in the form of negative emotions. The releasing of and clearing of these emotions are essential to progress from the lowest levels of the 1st sphere and also to progress through the 2nd sphere. It is Feeling Healing with Divine Love that one progresses through the Divine Love Mansion Worlds 3, 5 and 7 and enters the Heavens.

FEELING HEALING versus other EMOTIONAL PROCESSING METHODS:

Thursday, 13 July 2017

Hi James and Nanna Beth (questions from John)

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 the 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.

I have considered with James, that Marion and he actually represent the two extremes of what is involved in soul-healing. I have found one such writing by James, back in 2006, that points to this. My feeling is that their two extreme ends of the experience matrix makes them perfect for bringing together the understandings that will benefit all people, no matter what their circumstances maybe.

Nanna Beth: If we accept that Marion and James are the Avonal Pair here to reveal the essential truths to humanity about how people can Heal themselves of their rebellion against the truth of themselves, then what you deduce is correct, for they have between them had to take on every negative aspect of the Rebellion and Default and so Heal it, which is healing all the circuits on a technical level, thereby opening the way for humanity to follow.

So if you consider this John, it is pretty amazing that two people can take on all the denial humanity is in, approaching it from opposite ends, which equates to the effects of the Default of Eve and Adam (following on from the Rebellion), and that such wrongness can be concentrated into two family units, and mostly in two parent pairs (being Marion's parents and James' parents). And so what is the likelihood of that? And then for them to live in the same city being the first children of such 'bloodlines of denial', and meet each other, and at a time needed to give themselves all the time to systematically work their way laboriously up through all the negative mind and will circuits. So to be subjected to so much woe, and to be able to keep going with no help from anyone other than each other, and a little backup from the spirits and the Mother and Father on James' side, yet with that involvement opening up even more messed up and corrupted mind circuits he's had to work his way through.

So if it is true they are the Avonal Pair, it shows us all just how incredible the soul of the Avonals are, to be able to go into such corruption, taking it all on, and then working it all through and Healing themselves of it, all basically without any real help from anyone, so just on faith and pure longing for the truth.

And should they reach the end of their Healing before they die, and should the truth then be fully declared that they are the Avonal Pair, even going against all what The Urantia Book (TUB) says, they having to uncover the truth in all things whilst rejecting the untruth such as in TUB and Padgett Messages (PM), with nothing having been straightforward and of any real help, then it will be cause for major celebration.

And it's what we are preparing for, what you are too John, to see if Marion and James are indeed the Pair, and then to give them all the support they will need to do whatever it is they are to do in the public sense. This is all their private work so far, of which you and I have become substantial parts of, the doing of their Healing preparing themselves for when they are Healed.

And if it turns out they are not an Avonal Pair, they are only just a pair of ordinary mortals who've somehow managed to keep going, dealing with all their pain, longing for and bringing to light all the truth of it, then they will be the most extraordinary mortal pair because they will have been the one's who broke the back of the Rebellion and Default. So either way you look at it, it will be quite an achievement.

And so we are all waiting to see if the theory is realised by such Avonal-truth awakening in their soul at some point, for then we will all know it will be true, just as they too will know. For now Marion doesn't contend with any of it, and James only on a mental level because of what the Melchizedeks told him years ago, but it all has to come to them through their feelings like all truth, which will only happen once they've fully Healed themselves or toward the end of their Healing. Because in the meantime, whilst they are still in their wrongness and denial of truth, part of that denial is denying the truth that they are Avonals. And again the whole Avonal business has been yet more problems and negative circuits James has had to personally work through, whereas Marion has solely focused on only dealing with her feelings, not having to contend with all the other mind stuff.

James, when you feel up to it, may I have your observations please? And Nanna Beth, your angelic eye on this subject would be most helpful, if you please?

These two subjects are possibly leading to the crux of what we are sharing through the Pascas Papers. I now see that these 'colourful' handouts are essential in introducing and supporting the major publications of James Moncrief and James Padgett.

Nanna Beth: The handouts will help introduce people to such writings. But what I want you to understand John, is really it's James – because of his writings (and Marion, because she is leading them both in it all) that is what's most important. The Padgett Messages (PM) are really to be included in James' work, which he does, by taking the crucial parts and integrating them into his work – with the most important truth being that about longing for the Divine Love. So really the PM are secondary.

As you understand, the Padgett Messages can't heal you. The Divine Love is about immortality of the soul and becoming divine, it's not about ending your rebellion against the Truth. And ending the rebellion needs to come first: the Truth then the Love, then the Divine Love can be introduced, even though of course the Divine Love can be introduced at any time.

So really one need only work with James' (and Marion's) work, which includes longing for the Divine Love. People are to look to them first, and then later to Mary and Jesus. To put Mary and Jesus ahead of Marion and James can cause you problems because you will overlook what Marion and James are revealing. But as Mary and Jesus are known and with such importance placed on Jesus, and now with the PM and the Divine Love, so it's all the more confusing. Even added to by James having written focusing on and making Mary and Jesus more important than himself and Marion.

But as I said, it's Marion and James first, then Mary and Jesus and the Divine Love. And Marion and James are more than capable of also introducing the Divine Love and the truth of Mary and Jesus, which they would have done had Mary and Jesus not come to Earth. So really Mary and Jesus are not needed, and as I said, can get in the way, causing people to focus too heavily on them whilst missing the more essential truths of having to do your Healing by looking for the truth of your feelings (the 'Divine Love people' being examples of this). However with Mary, and Jesus in the PM, being so dominant, it is all just more of the confusion and part of the rebellion. And at the same time I don't want to downplay Mary and Jesus and lead people to believe they are not as important as Marion and James, for they are most important, and much more important being the Creator Pair of Nebadon, and Marion and James would rather not exist than have people think they were more important than Mary and Jesus; but as you understand, I'm just trying to put the revelation of truth into context, because it's all being revealed round the wrong way.

People and spirits were given the opportunity to deny Mary and Jesus whilst they were on Earth, taking the Rebellion deeper; and then to further deny them right the way through their age; and now further still by including the PM. And now people will be given the added opportunity of denying Marion and James, which all ends up being one huge mess. And one in which only Marion and James can unravel. For I am only saying to you now what James has already written and what Marion and he have talked about. I wouldn't dream of taking anything away from them, and it's not my place to do so.

Firstly, consider discovering the truth of your emotional pain and injuries.

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.

Love from us all over here – your Nanna Beth.

WE ALL ARE BEING GUIDED HOME:

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

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

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

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

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

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

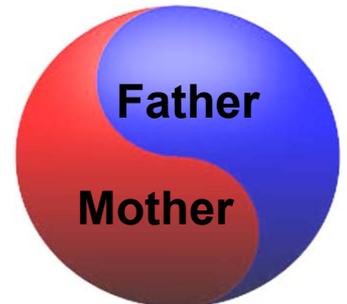
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God’s soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of our Mother and Father.

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

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

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

GOD



M&F



J&M



AVO

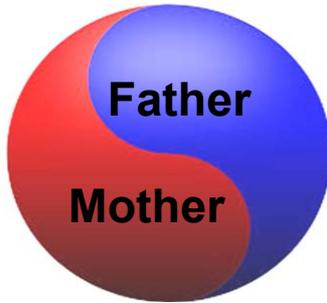


HUM

WE ARE Children of God

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

GOD



M&F

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

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

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



J&M

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

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

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

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



AVO



HUM

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

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

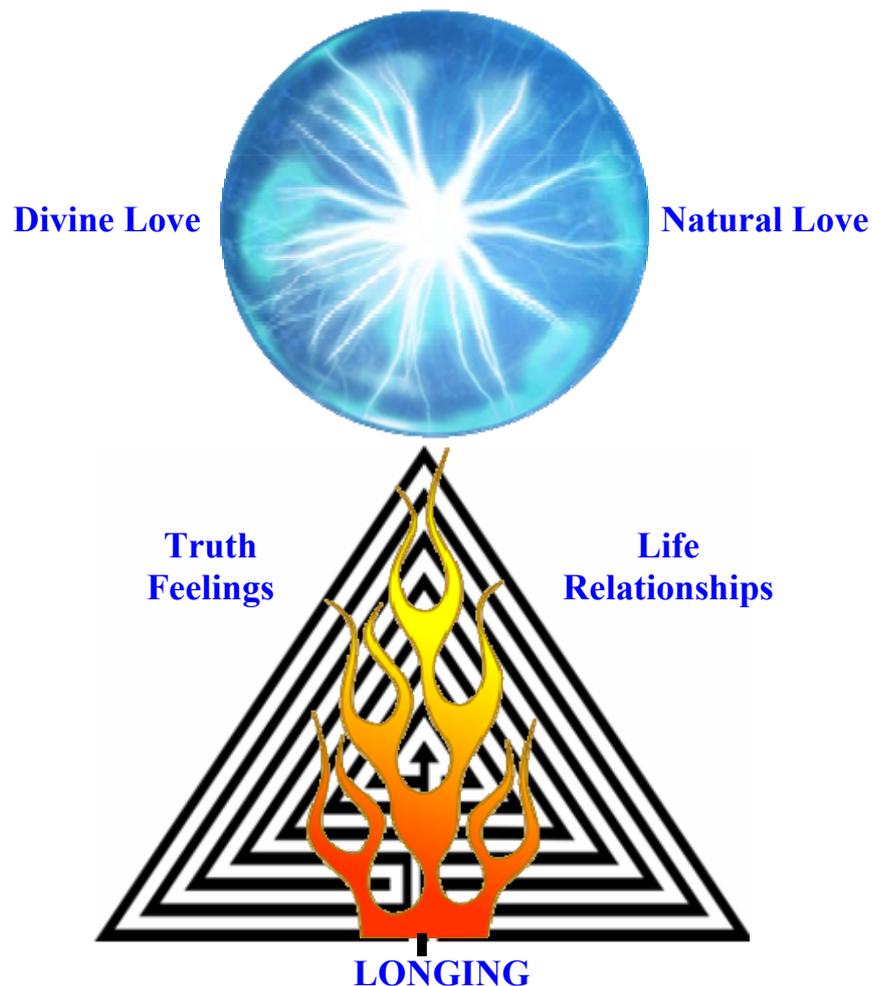
Collectively, should we embrace them all, as we are to, then our pathway home is a journey in the hands of the Spirits of Truth of the Avonal and Paradise Pairs overseen by our Heavenly Parents.

WE ARE Children of God

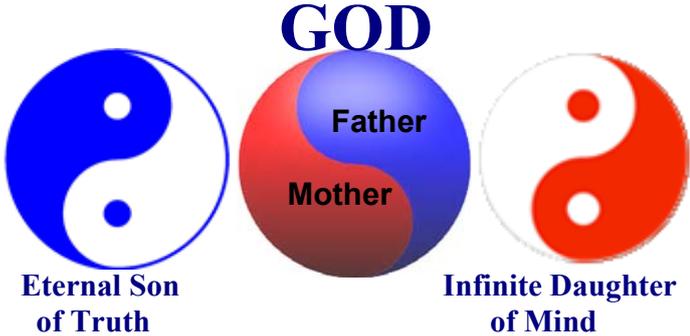
HOW TO GET TO PARADISE:

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

The Key



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



PARADISE TRINITY:

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

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

The LOCAL UNIVERSE TRINITY:

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:

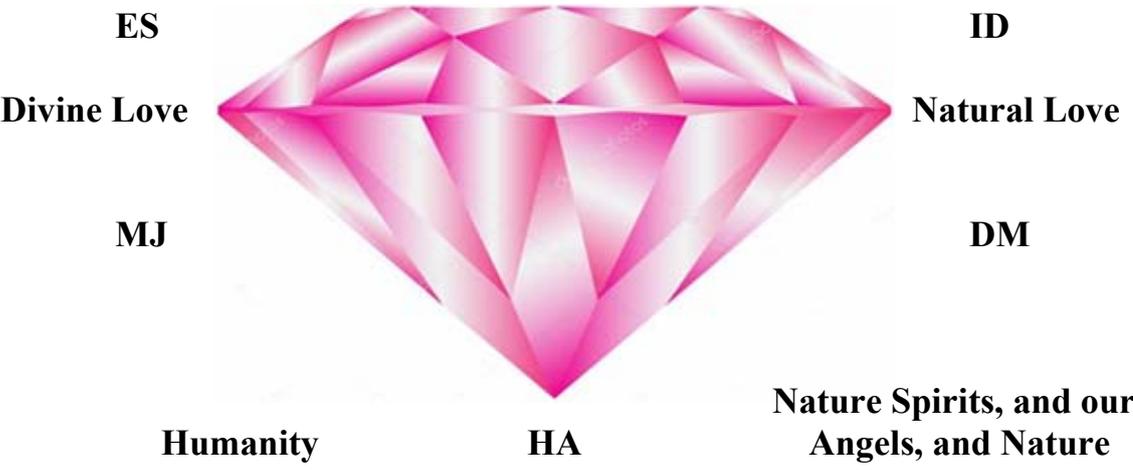
LOVE
Mother and Father

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.

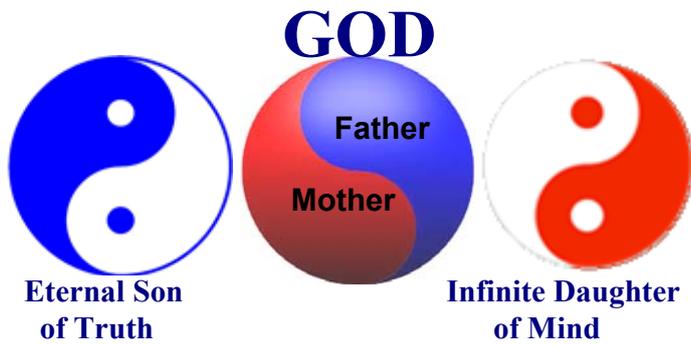
The Local universal Sons and Daughters are all about the running of the worlds under their jurisdiction, and ensuring the higher spiritual elements can be employed, or sent astray, as in our cases through the Rebellion and Default.

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.



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

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.



Spirit Person

Nature Spirit

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.

**To find our way home, we must remember who and what we are!
The real you is your soul.**



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

Prayer: is emotional exchange with God.

The human soul can and usually does obtain emotional soul based injuries through the process of accepting and absorbing desires and passions that are disharmonious with love, and these injuries when ignored, not only determine the thoughts, desires, passions, longings and actions of the individual to a great extent, but also determine, through the operations of God's Universal Laws, what events, people and life situations are attracted to the person's individual life, and therefore are the causal reasons for an individuals personal pain and suffering, whether that person be living on Earth or in other dimensions, and whether that person is conscious of the Truth of this fact.



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

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

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

DIVINE LOVE SPIRITUALITY – DLS:

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

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

James Moncrief Books:

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

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

Religion of Feelings

Introduction to Divine Love Spirituality

Main website of DLS

Childhood Repression website

DLS and CR forum

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

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

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

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

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

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

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Paul – City of Light

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

Ann and Terry

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

Feeling Bad? Bad feelings are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

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

Sage – and the Healing Angels of Light

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

**Religion of Feelings
Feeling Healing**

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

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

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.

Primary and most important readings are the writings of James Moncrief.

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

Pascas Papers, being free, are located within the Library Downloads www.pascashealth.com

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

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

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

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

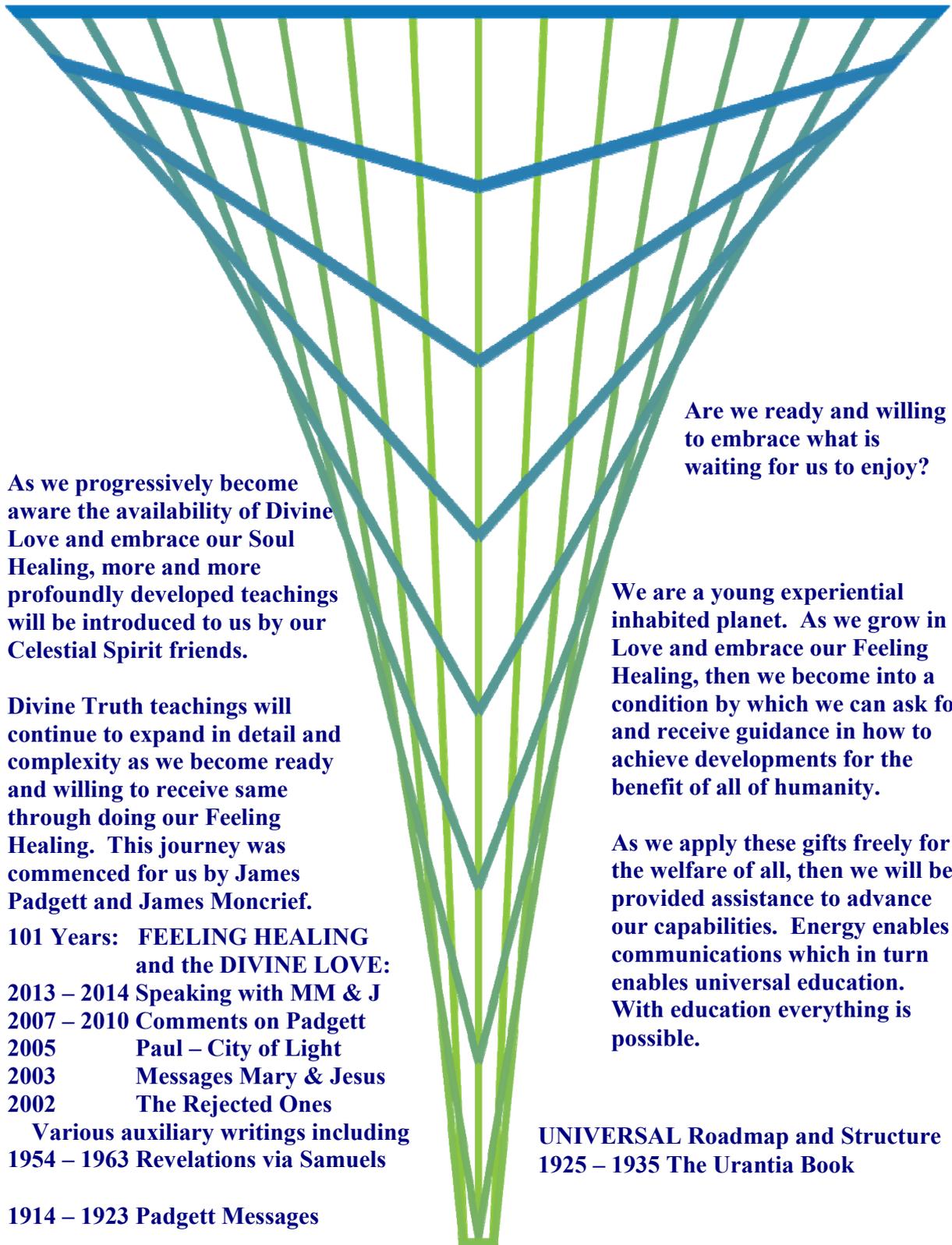
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

MEDICAL – EMOTIONS:

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

**PASCAS
PAPERS**

DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:



Cause No Harm < to OTHERS
to MYSELF

Strive to love others as I am to love myself

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

Divine Love
is the key!



God's Divine Love:

Pray for it, ask for it, and receive it.

Feeling Healing with
Divine Love is the key



to enter the
Celestial Heavens:

