

# PASCAS CARE IMMUNE SYSTEM BOOST

## Foods to Boost

## Your Immune System



**“Peace And Spirit Creating Alternative Solutions”**

**PASCAS FOUNDATION (Aust) Ltd  
ABN 23 133 271 593**

**Queensland, Australia**

**Em: [info@pascasworldcare.com](mailto:info@pascasworldcare.com)**

**Em: [info@pascashealth.com](mailto:info@pascashealth.com)**

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

**[www.pascasworldcare.com](http://www.pascasworldcare.com) [www.pascashealth.com](http://www.pascashealth.com)**

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

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

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

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

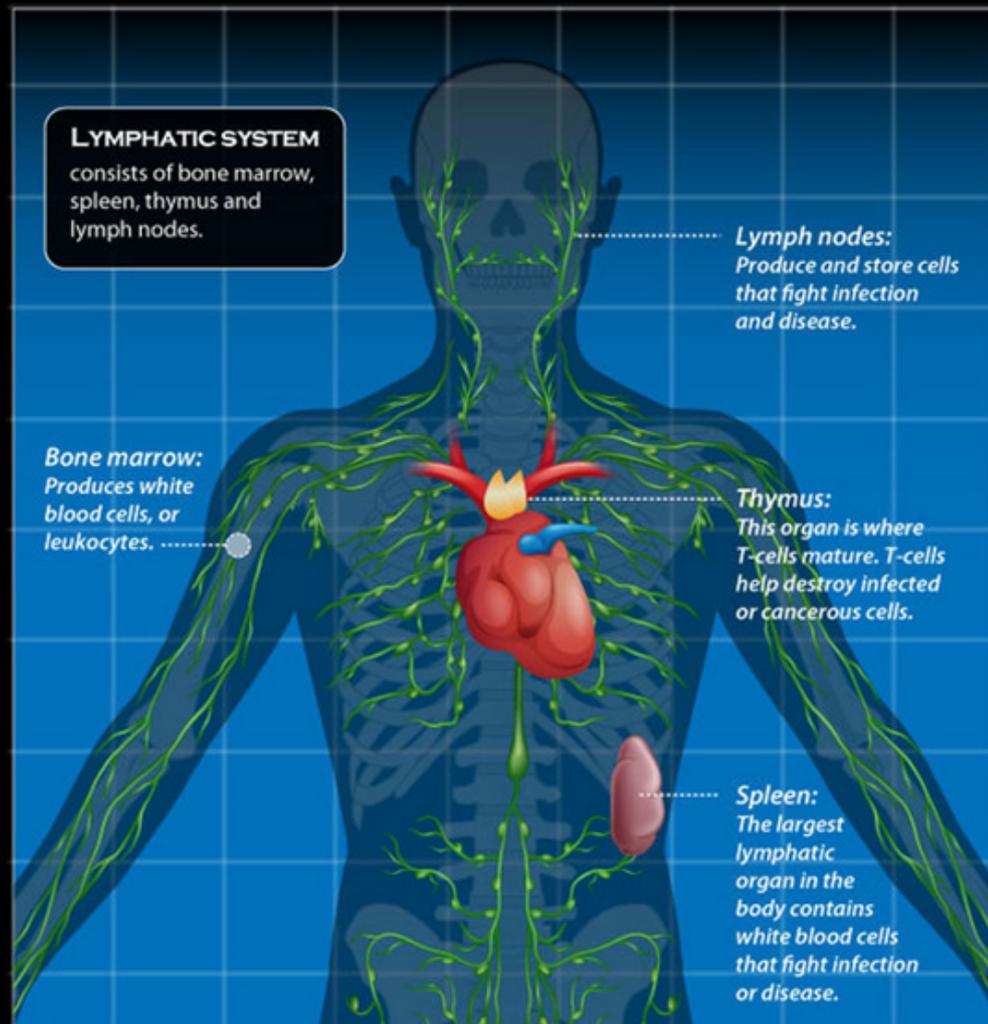
Living Feelings First, *John.*



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

# IMMUNE SYSTEM

The immune system protects the body against disease or other potentially damaging foreign bodies. When functioning properly, the immune system identifies and attacks a variety of threats, including viruses, bacteria and parasites, while distinguishing them from the body's own healthy tissue.

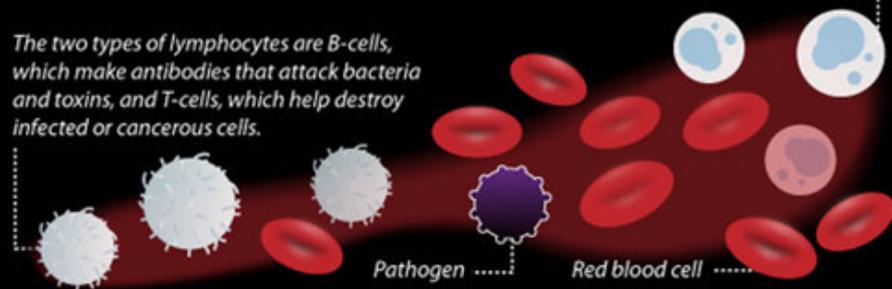


## LYMPHOCYTES AND LEUKOCYTES

These small white blood cells play a large role in defending the body against disease.

The two types of lymphocytes are B-cells, which make antibodies that attack bacteria and toxins, and T-cells, which help destroy infected or cancerous cells.

Leukocytes are white blood cells that identify and eliminate pathogens.



## **PASCAS CARE – IMMUNE SYSTEM BOOST:**

Paramount to physical recovery and ongoing health is one's need to embrace one's immune system and support it in its duties of repelling issues that effect the body's harmony and health. With every health care program, one is best to embrace a regime of boosting one's immune system. The immune system is what brings about long term health. As strange as it may sound, the western allopathic medical system, in its treatment programs, further deplete the capacity of one's immune system from protecting the physical body. It is as though the immune system is ignored.

Any health recovery program and any long term health maintenance program are best focused upon boosting one's immune system. This is best achieved when it is viewed as complementary to all other initiatives being provided by all health carers. Ask that your nutritionist liaises with your doctors. Your endeavours to boost your immune system will greatly improve the objectives and potentials of any health management program.

The Goals of Pascas WorldCare are marked by our desire to:

**Treat the cause rather than the symptoms; this is the focus of Pascas Care.**

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

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

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

**Yes, a child who is free of fear is free of illness.**

In our endeavours, it is our desire to canvas the world and explore initiatives that lead to a healthy and vibrant life. In this we are to explore the realisations of health carers who have revealed to the world the possibilities of bringing about health, for the many of whom are frequently considered to be beyond recovery.

Complementary therapies have prevailed for eons and yet modern medicine ignores these many and varied practices from the past and even those modern initiatives that are employed by many to bring an end to an illness episode and to proceed to full health.

### **What the Immune System Does**

The immune (pronounced: ih-MYOON) system, which is made up of special cells, proteins, tissues, and organs, defends people against germs and microorganisms every day. In most cases, the immune system does a great job of keeping people healthy and preventing infections. But sometimes, problems with the immune system can lead to illness and infection.



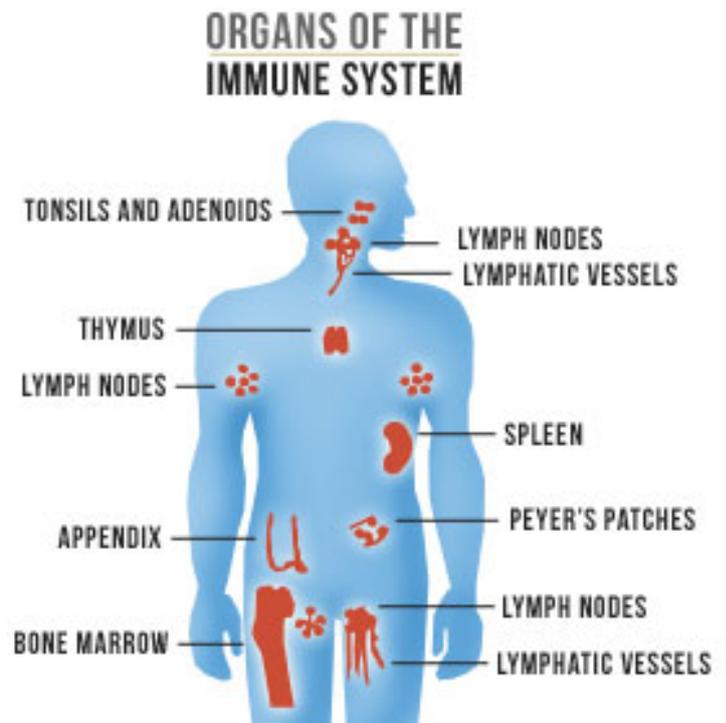
The immune system is the body's defence against infectious organisms and other invaders. Through a series of steps called the **immune response**, the immune system attacks organisms and substances that invade our systems and cause disease. The immune system is made up of a network of cells, tissues, and organs that work together to protect the body.

## About Cells

The cells that are part of this defence system include white blood cells, also called **leukocytes** (pronounced: LOO-kuh-sytes). They come in two basic types (more on these below), which combine to seek out and destroy the organisms or substances that cause disease.

Leukocytes are produced and stored in many locations throughout the body, including the thymus, spleen, and bone marrow. For this reason, they are called the **lymphoid** (pronounced: LIM-foyd) organs. There are also clumps of lymphoid tissue throughout the body, primarily in the form of lymph nodes that house the leukocytes.

The leukocytes circulate through the body between the organs and nodes by means of the **lymphatic** (pronounced: lim-FAT-ik) **vessels**. (You can think of the lymphatic vessels as a type of highway between the rest stops that are the lymphoid organs and lymph nodes.) Leukocytes can also circulate through the blood vessels. In this way, the immune system works in a coordinated manner to monitor the body for germs or substances that might cause problems.



There are two basic types of leukocytes:

1. The **phagocytes** (pronounced: FAH-guh-sytes) are cells that chew up invading organisms.
2. The **lymphocytes** (pronounced: LIM-fuh-sytes) are cells that allow the body to remember and recognize previous invaders and help the body destroy them.

A number of different cells are considered phagocytes. The most common type is the **neutrophil** (pronounced: NOO-truh-fil), which primarily fights bacteria. So when doctors are worried about a bacterial infection, sometimes they order a blood test to see if a patient has an increased number of neutrophils triggered by the infection. Other types of phagocytes have their own job to make sure that the body responds appropriately to a specific type of invader.

There are two kinds of lymphocytes: the **B lymphocytes** and the **T lymphocytes**. Lymphocytes start out in the bone marrow and either stay and mature there to become B cells or leave for the thymus gland, where they mature to become T cells.

B lymphocytes and T lymphocytes have separate jobs to do: B lymphocytes are like the body's military intelligence system, seeking out their targets and sending defences to lock onto them. T cells are like the soldiers, destroying the invaders that the intelligence system has identified. Here's how it works.

A foreign substance that invades the body is called an **antigen** (pronounced: AN-tih-jun). When an antigen is detected, several types of cells work together to recognize and respond to it. These cells trigger the B lymphocytes to produce **antibodies** (pronounced: AN-tye-bah-deez). Antibodies are specialized proteins that lock onto specific antigens. Antibodies and antigens fit together like a key and a lock.

Once the B lymphocytes recognize specific antigens, they develop a memory for the antigen and will produce antibodies the next time the antigen enters a person's body. That's why if someone gets sick with a certain disease, like chickenpox, that person typically doesn't get sick from it again.

This is also why we use immunizations to prevent certain diseases. The immunization introduces the body to the antigen in a way that doesn't make a person sick, but it does allow the body to produce antibodies that will then protect that person from future attack by the germ or substance that produces that particular disease.

Although antibodies can recognize an antigen and lock onto it, they are not capable of destroying it without help. That is the job of the T cells. The T cells are part of the system that destroys antigens that have been tagged by antibodies or cells that have been infected or somehow changed. (There are actually T cells that are called "killer cells.") T cells are also involved in helping signal other cells (like phagocytes) to do their jobs.

Antibodies can also neutralize toxins (poisonous or damaging substances) produced by different organisms. Lastly, antibodies can activate a group of proteins called **complement** that are also part of the immune system. Complement assists in killing bacteria, viruses, or infected cells.

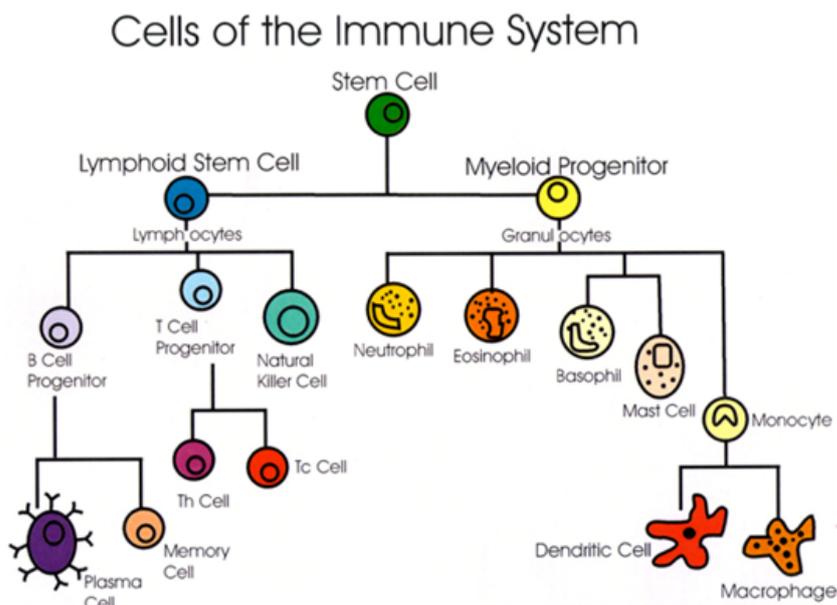
All of these specialized cells and parts of the immune system offer the body protection against disease. This protection is called immunity.

## Immunity

Humans have three types of immunity — innate, adaptive, and passive:

### Innate Immunity

Everyone is born with innate (or natural) immunity, a type of general protection that humans have. Many of the germs that affect other species don't harm us. For example, the viruses that cause



leukaemia in cats or distemper in dogs don't affect humans. Innate immunity works both ways because some viruses that make humans ill — such as the virus that causes HIV/AIDS — don't make cats or dogs sick either.

Innate immunity also includes the external barriers of the body, like the skin and mucous membranes (like those that line the nose, throat, and gastrointestinal tract), which are our first line of defence in preventing diseases from entering the body. If this outer defensive wall is broken (like if you get a cut), the skin attempts to heal the break quickly and special immune cells on the skin attack invading germs.

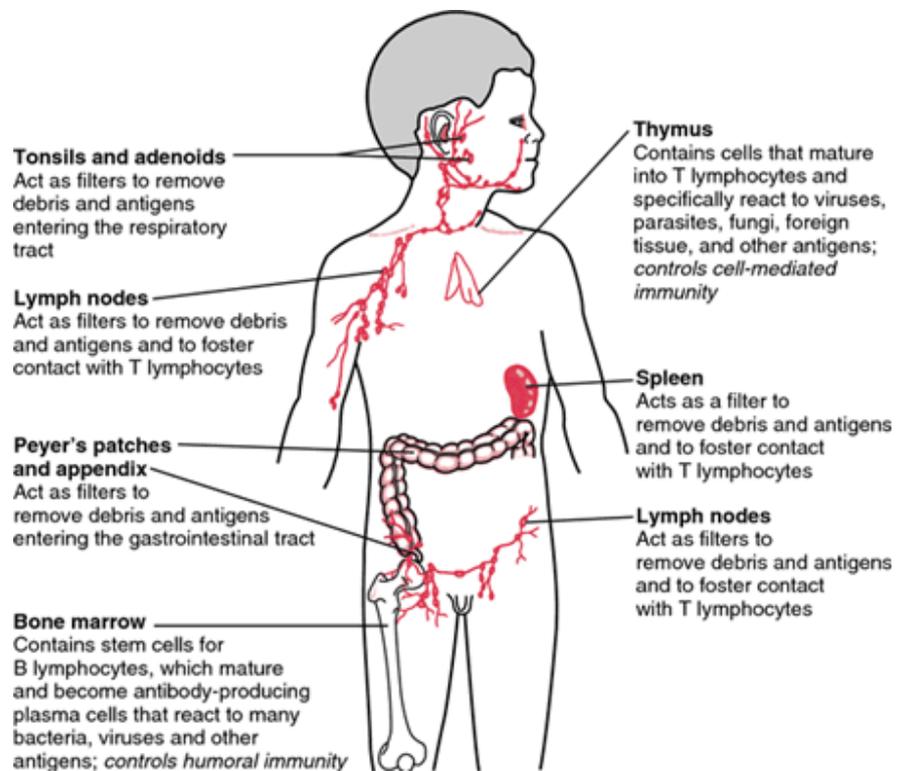
## Adaptive Immunity

We also have a second kind of protection called adaptive (or active) immunity. This type of immunity develops throughout our lives. Adaptive immunity involves the lymphocytes (as in the process described above) and develops as children and adults are exposed to diseases or immunized against diseases through vaccination.

## Passive Immunity

Passive immunity is "borrowed" from another source and it lasts for a short time. For example, antibodies in a mother's breast milk provide an infant with temporary immunity to diseases that the mother has been exposed to. This can help protect the infant against infection during the early years of childhood.

Everyone's immune system is different. Some people never seem to get infections, whereas others seem to be sick all the time. As people get older, they usually become immune to more germs as the immune system comes into contact with more and more of them. That's why adults and teens tend to get fewer colds than kids — their bodies have learned to recognize and immediately attack many of the viruses that cause colds.



## Things That Can Go Wrong With the Immune System

Disorders of the immune system can be broken down into four main categories:

1. Immunodeficiency disorders (primary or acquired).
2. Autoimmune disorders (in which the body's own immune system attacks its own tissue as foreign matter).
3. Allergic disorders (in which the immune system overreacts in response to an antigen).
4. Cancers of the immune system.

## Immunodeficiency Disorders

Immunodeficiencies (pronounced: ih-myoon-o-dih-FIH-shun-seez) happen when a part of the immune system is not present or is not working properly.

Sometimes a person is born with an immunodeficiency — these are called primary immunodeficiencies. (Although primary immunodeficiencies are conditions that a person is born with, symptoms of the disorder sometimes may not show up until later in life.)

Immunodeficiencies also can be acquired through infection or produced by drugs. These are sometimes called secondary immunodeficiencies.

Immunodeficiencies can affect B lymphocytes, T lymphocytes, or phagocytes. The most common immunodeficiency disorder is **IgA deficiency**, in which the body doesn't produce enough of the antibody IgA, an immunoglobulin found primarily in the saliva and other body fluids that help guard the entrances to the body. People with IgA deficiency tend to have allergies or get more colds and other respiratory infections, but the condition is usually not severe.

Acquired (or secondary) immunodeficiencies usually develop after a person has a disease, although they can also be the result of malnutrition, burns, or other medical problems. Certain medicines also can cause problems with the functioning of the immune system.

Acquired (secondary) immunodeficiencies include:

- **HIV (human immunodeficiency virus) infection and AIDS (acquired immunodeficiency syndrome).** This disease slowly and steadily destroys the immune system. It is caused by HIV, a virus which wipes out certain types of lymphocytes called T-helper cells. Without T-helper cells, the immune system is unable to defend the body against normally harmless organisms, which can cause life-threatening infections in people who have AIDS.

Newborns can get HIV infection from their mothers while in the uterus, during the birth process, or during breastfeeding. Teens and adults can get HIV infection by having unprotected sexual intercourse with an infected person or from sharing contaminated needles for drugs, steroids, or tattoos.

- **Immunodeficiencies caused by medications.** Some medicines suppress the immune system. One of the drawbacks of chemotherapy treatment for cancer, for example, is that it not only attacks cancer cells, but other fast-growing, healthy cells, including those found in the bone marrow and other parts of the immune system.

In addition, people with autoimmune disorders or who have had organ transplants may need to take immunosuppressant medications. These medicines can also reduce the immune system's ability to fight infections and can cause secondary immunodeficiency.

## Autoimmune Disorders

In autoimmune disorders, the immune system mistakenly attacks the body's healthy organs and tissues as though they were foreign invaders.

Some autoimmune diseases include:

- **Lupus** is a chronic disease marked by muscle and joint pain and inflammation. The abnormal immune response may also involve attacks on the kidneys and other organs.
- **Juvenile idiopathic arthritis** is a disease in which the body's immune system acts as though certain body parts such as the joints of the knee, hand, and foot are foreign tissue and attacks them.
- **Scleroderma** is a chronic autoimmune disease that can lead to inflammation and damage of the skin, joints, and internal organs.
- **Ankylosing spondylitis** is a disease that involves inflammation of the spine and joints, causing stiffness and pain.
- **Juvenile dermatomyositis** is a disorder marked by inflammation and damage of the skin and muscles.

## Allergic Disorders

Allergic disorders happen when the immune system overreacts when exposed to antigens in the environment. The substances that provoke such attacks are called allergens. The immune response can cause symptoms such as swelling, watery eyes, and sneezing, and even a life-threatening reaction called anaphylaxis. Taking medications called antihistamines can relieve most symptoms.

Allergic disorders include:

- **Asthma**, a respiratory disorder that can cause breathing problems, frequently involves an allergic response by the lungs. If the lungs are oversensitive to certain allergens (like pollen, moulds, animal dander, or dust mites), it can trigger breathing tubes in the lungs to become narrowed and swollen, leading to reduced airflow and making it hard for a teen to breathe.
- **Eczema** is an itchy rash also known as atopic dermatitis. Although atopic dermatitis is not necessarily caused by an allergic reaction, it more often happens in kids and teens who have allergies, hay fever, or asthma or who have a family history of these conditions.

**Allergies** of several types can happen in teens. Environmental allergies (to dust mites, for example), seasonal allergies (such as hay fever), drug allergies (reactions to specific medications or drugs), food allergies (such as to nuts), and allergies to toxins (bee stings, for example) are the common conditions people usually refer to as **Cancers of the Immune System**

Cancer happens when cells grow out of control. This can also happen with the cells of the immune system. Leukemia, which involves abnormal overgrowth of leukocytes, is the most common childhood cancer. Lymphoma involves the lymphoid tissues and is also one of the more common childhood cancers. With current medications most cases of both types of cancer in kids and teens are curable.

Although immune system disorders usually can't be prevented, you can help your immune system stay stronger and fight illnesses by staying informed about your condition and working closely with the doctor.

And if you're lucky enough to be healthy, you can help your immune system keep you that way by washing your hands often to avoid infection, eating right, getting plenty of exercise, and getting regular medical checkups.

Reviewed by: [Yamini Durani, MD](#)

<http://kidshealth.org/en/teens/immune.html>

## Boost Your Immune System Naturally



Tired of always being sick? Here are eight ways to boost your immune system to live a healthier life.

1. Eat nutrient dense foods
2. Supplement with necessary vitamins
3. Exercise regularly
4. Limit sugar consumption
5. Prioritize sleep
6. Reduce negative stress
7. Use herbs for the immune system
8. Be happy!

# Fresh is Best!

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.

## Immune System: Diseases, Disorders & Function

By Kim Ann Zimmermann, Live Science Contributor | March 11, 2016

The role of the immune system — a collection of structures and processes within the body — is to protect against disease or other potentially damaging foreign bodies. When functioning properly, the immune system identifies a variety of threats, including viruses, bacteria and parasites, and distinguishes them from the body's own healthy tissue, according to [Merck Manuals](#).

### The major components of the immune system include:

**Lymph nodes:** Small, bean-shaped structures that produce and store cells that fight infection and disease and are part of the lymphatic system — which consists of bone marrow, spleen, thymus and lymph nodes, according to "A Practical Guide To Clinical Medicine" from the [University of California San Diego](#) (UCSD). Lymph nodes also contain lymph, the clear fluid that carries those cells to different parts of the body. When the body is fighting infection, lymph nodes can become enlarged and feel sore.

**Spleen:** The largest lymphatic organ in the body, which is on your left side, under your ribs and above your stomach, contains white blood cells that fight infection or disease. According to the [National Institutes of Health](#) (NIH), the spleen also helps control the amount of blood in the body and disposes of old or damaged blood cells.

**Bone marrow:** The yellow tissue in the centre of the bones produces white blood cells. This spongy tissue inside some bones, such as the hip and thigh bones, contains immature cells, called stem cells, according to the NIH. Stem cells, especially [embryonic stem cells](#), which are derived from eggs fertilized in vitro (outside of the body), are prized for their flexibility in being able to morph into any human cell.

**Lymphocytes:** These small white blood cells play a large role in defending the body against disease, according to the [Mayo Clinic](#). The two types of lymphocytes are B-cells, which make antibodies that attack bacteria and toxins, and T-cells, which help destroy infected or cancerous cells. Killer T-cells are a subgroup of T-cells that kill cells that are infected with viruses and other pathogens or are otherwise damaged. Helper T-cells help determine which immune responses the body makes to a particular pathogen.

**Thymus:** This small organ is where T-cells mature. This often-overlooked part of the immune system, which is situated beneath the breastbone (and is shaped like a thyme leaf, hence the name), can trigger or maintain the production of antibodies that can result in muscle weakness, the Mayo Clinic said. Interestingly, the thymus is somewhat large in infants, grows until puberty, then starts to slowly shrink and become replaced by fat with age, according to the National Institute of Neurological Disorders and Stroke.

**Leukocytes:** These disease-fighting white blood cells identify and eliminate pathogens and are the second arm of the innate immune system. A high white blood cell count is referred to as leukocytosis, according to the Mayo Clinic. The innate leukocytes include phagocytes (macrophages, neutrophils and dendritic cells), mast cells, eosinophils and basophils.

### Diseases of the immune system

If immune system-related diseases are defined very broadly, then allergic diseases such as allergic rhinitis, asthma, and eczema are very common. However, these actually represent a hyper-response to

external allergens, according to Dr. Matthew Lau, chief, department of allergy and immunology at [Kaiser Permanente Hawaii](#). Asthma and allergies also involve the immune system. A normally harmless material, such as grass pollen, food particles, mould or pet dander, is mistaken for a severe threat and attacked.

Other dysregulation of the immune system includes autoimmune diseases such as lupus and rheumatoid arthritis. "Finally, some less common disease related to deficient immune system conditions are antibody deficiencies and cell mediated conditions that may show up congenitally," Lau told Live Science.

Disorders of the immune system can result in autoimmune diseases, inflammatory diseases and cancer, according to the NIH.

Immunodeficiency occurs when the immune system is not as strong as normal, resulting in recurring and life-threatening infections, according to the University of Rochester Medical Center. In humans, immunodeficiency can either be the result of a genetic disease such as severe combined immunodeficiency, acquired conditions such as HIV/AIDS, or through the use of immunosuppressive medication.

On the opposite end of the spectrum, autoimmunity results from a hyperactive immune system attacking normal tissues as if they were foreign bodies, according to the University of Rochester Medical Center. Common autoimmune diseases include Hashimoto's thyroiditis, rheumatoid arthritis, diabetes mellitus type 1 and systemic lupus erythematosus. Another disease considered to be an autoimmune disorder is myasthenia gravis (pronounced my-us-THEE-nee-uh GRAY-vis).

### **Diagnosing diseases of the immune system**

Even though symptoms of immune diseases vary, fever and fatigue are common signs that the immune system is not functioning properly, the Mayo Clinic noted.

Most of the time, immune deficiencies are diagnosed with blood tests that either measure the level of immune elements or their functional activity, Lau said.

Allergic conditions may be evaluated using either blood tests or allergy skin testing to identify what allergens trigger symptoms.

### **How are immune deficiency diseases commonly treated?**

In overactive or autoimmune conditions, medications that reduce the immune response, such as corticosteroids or other immune suppressive agents, can be very helpful. "In some immune deficiency conditions, the treatment may be replacement of missing or deficiency elements," Lau said. "This may be infusions of antibodies to fight infections."

Treatment may also include monoclonal antibodies, Lau said. A monoclonal antibody is a type of protein made in a lab that can bind to substances in the body. They can be used to regulate parts of the immune response that are causing inflammation, Lau said. According to the National Cancer Institute, monoclonal antibodies are being used to treat cancer. They can carry drugs, toxins or radioactive substances directly to cancer cells.

### **Who treats the immune system?**

An allergist / immunologist is a physician specially trained to diagnose, treat and manage allergies, asthma and immunologic disorders, including primary immunodeficiency disorders, according to the [American College of Asthma, Allergy and Immunology](#) (ACAAI). These conditions range from common to extremely rare, spanning all ages and encompassing various organ systems.

To become an allergist / immunologist, physicians must undergo three years of training in internal medicine or paediatrics after completing medical school and graduating with a medical degree, according to the ACAAI. They must also pass the exam of either the American Board of Internal Medicine (ABIM) or the American Board of Paediatrics (ABP), or similar.

Internists and paediatricians must undergo a two-year fellowship in an allergy / immunology training program to become an allergist / immunologist, the ACAAI said.

### **Some milestones in the history of immunology**

**1718:** Lady Mary Wortley Montagu, the wife of the British ambassador to Constantinople, observed the positive effects of variolation — the deliberate infection with the smallpox disease — on the native population and had the technique performed on her own children.

**1796:** Edward Jenner was the first to demonstrate the smallpox vaccine.

**1840:** Jakob Henle put forth the first modern proposal of the germ theory of disease.

**1857-1870:** The role of microbes in fermentation was confirmed by Louis Pasteur.

**1880-1881:** The theory that bacterial virulence could be used as vaccines was developed. Pasteur put this theory into practice by experimenting with chicken cholera and anthrax vaccines. On May 5, 1881, Pasteur vaccinated 24 sheep, one goat, and six cows with five drops of live attenuated anthrax bacillus.

**1885:** Joseph Meister, 9 years old, was injected with the attenuated rabies vaccine by Pasteur after being bitten by a rabid dog. He is the first known human to survive rabies.

**1886:** American microbiologist Theobald Smith demonstrated that heat-killed cultures of chicken cholera bacillus were effective in protecting against cholera.

**1903:** Maurice Arthus described the localizing allergic reaction that is now known as the Arthus response.

**1949:** John Enders, Thomas Weller and Frederick Robbins experimented with the growth of polio virus in tissue culture, neutralization with immune sera, and demonstration of attenuation of neurovirulence with repetitive passage.

**1951:** Vaccine against yellow fever was developed.

**1983:** HIV (human immunodeficiency virus) was discovered by French virologist Luc Montagnier.

**1986:** Hepatitis B vaccine was produced by genetic engineering.

**2005:** Ian Frazer developed the human papillomavirus vaccine.



## Immune System Boosting Food



**Eat** the Colors of the **Rainbow**

**NOW to PROCEED to bring about HEALTH to ALL of the BODIES:**

The Iroquoian speaking native people including the Nottoway Tribe who live in the Virginia-North Carolina coastal plain of USA hold that:

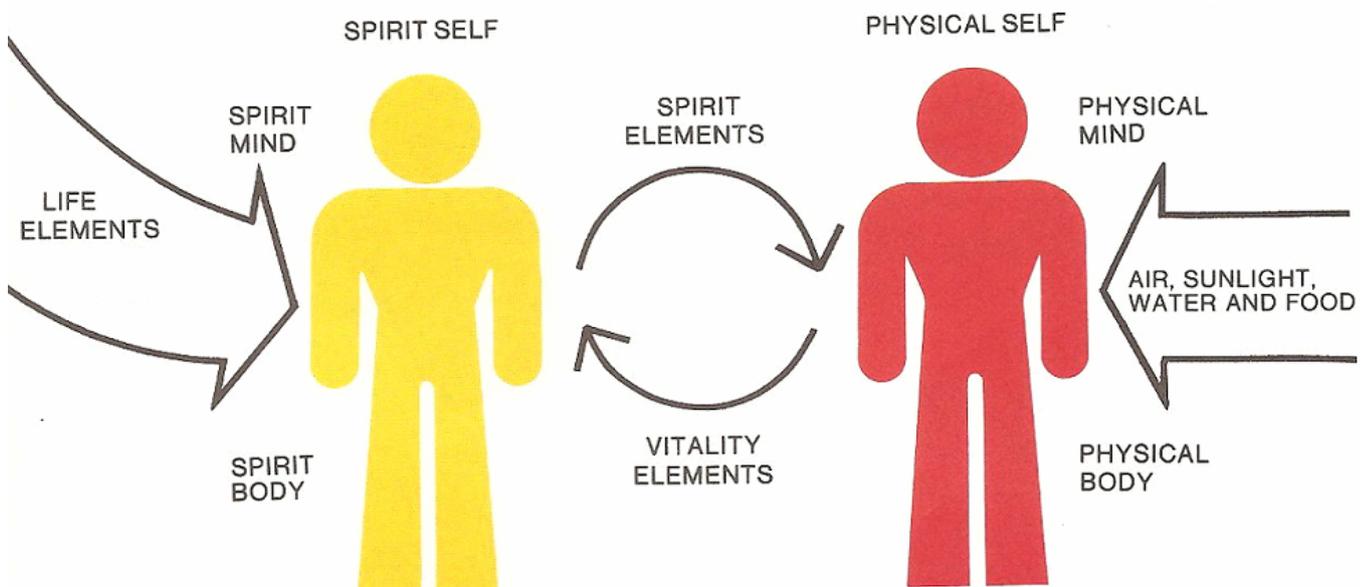
Spiritual exercises work if you work them.  
 Natural food diets work if you stick to them.  
 Physical exercises work if you do them.

**There are many hundreds, if not thousands of ways that we can engage that will bring about health to our bodies, even when professional health carers may consider that no help or recovery may be possible.**

Millions upon millions have recovered from terminal illness and continue to do so. What is clear from the following topics is that the steps and way of life practices that one can adopt to bring about a return to health of all the bodies is literally free of commercial cost!

The Truth About Cancer series by Ty Bollinger clearly outlines that boosting one's immune system is of such importance that when one considers any recovery program, the focus upon boosting the immune system is a critical foundation stone to recovery and permanent health of the physical body. Supporting one's immune system is a critical and most important aspect of any recovery program.

Not only are these steps a benefit to everyone who considers them today, but the benefits are eternal.

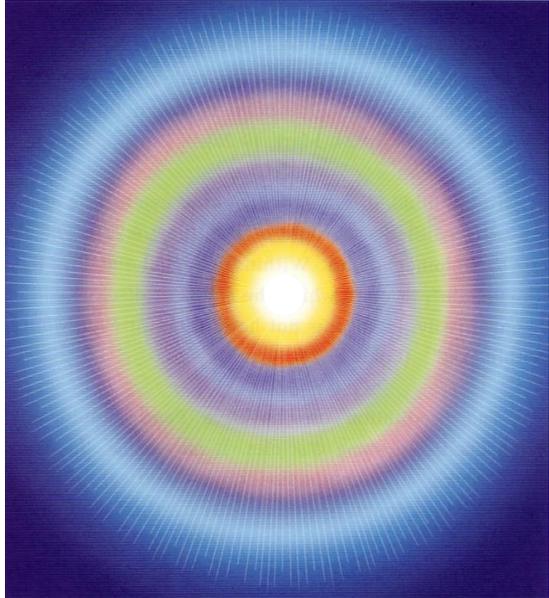


**By living true to ourselves, true to our feelings, we are living true to God. It's that simple.**

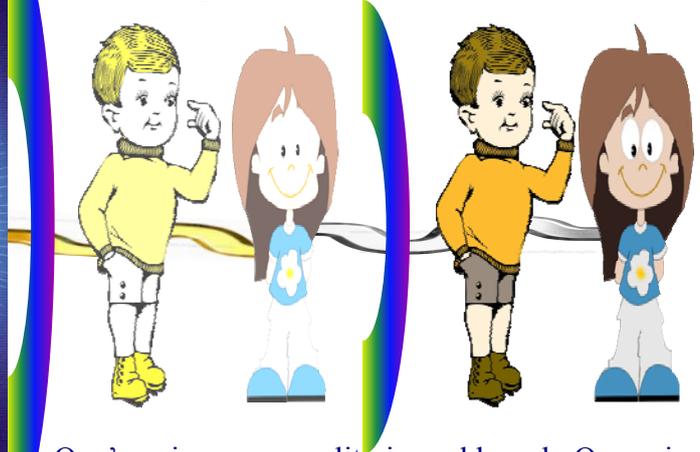
**DIMENSIONS of ONE’S EXISTENCE:**

Our SOUL IS NOT ENSOULD IN OUR SPIRIT BODY. Our soul exists existentially in a whole different level or plane or place or dimension of being – ‘soul land’. It doesn’t exist in Creation, it’s not experiential like Creation is. The soul, all souls, help create their part of Creation by expressing their personalities into Creation, and then by having their personalities do things (further create) in Creation.

SOUL exists existentially



Our Physical Body and our Spirit Body are of Creation, being linked together by cords of light as are the two spirit bodies, male and female, to the one Soul.



One’s unique personality is soul based. Our unique soul expresses its unique personality through the two spirit bodies and physical bodies expressing both the male and female aspects.

**P E R S O N A L I T Y**



**Our soul is the centre of our personality.  
We are children of our Heavenly Parents.  
Our soul manifests a male and female personality - it is a duplex!**

## **IMMUNE SYSTEM BOOSTERS:**

Immune system boosters are essential to maintaining vibrant health. Your immunity system keeps you healthy and strong. It can prevent acute viral and bacterial infections like a cold or a flu as well as play an important role in long term health by preventing chronic diseases.

People who have a damaged immune system, may have frequent colds and flu, chronic infections that don't heal, seasonal allergies, frequent boils, frequent herpes virus outbreaks, numerous food allergies or intolerances, and cancer. It amazes how often people assume that seasonal allergies or frequent upper respiratory viruses like a cold are normal. It's not! These can be the beginning symptoms of a damaged immune system and they should be taken care of from a holistic standpoint with immune system boosters.

“How can I boost my immune system?” The good news is there is lots you can do to boost immune system naturally. The difficult news is there is a lot of things you need to do for boosting your immune system naturally.

Research is now showing that the majority of our immune system lies within our gut! Having chronic digestive problems such as constipation, diarrhoea, indigestion, and dyspepsia could all lead to immune system diseases.

It can't be said enough that eating good food leads to good health and is one of the best immune system boosters. But what is good food?

Instead of giving a diet dogma about what is the right food to eat, consider how to recognize when foods are working for you and when they aren't. Do you feel hungry all the time? Do you often get bloated? Do you have chronic constipation or diarrhoea? Then it's quite possible that you aren't eating the right foods for you.

One manifestation of this is what is called Leaky Gut Syndrome. The intestinal walls not only absorb nutrients from food but also act as a barrier to keep food particles out of the blood stream. If the intestinal villi become damaged (through food intolerance, excessive alcohol, medication, antibiotics, etc.) then food particles can move into the blood stream. This can set off an immune response and is thought by many to be the cause of some autoimmune diseases.

We all know that exercise is an important part of our health so it's no surprise that it also plays an important role in our immune system health. In fact, study after study shows that regular and moderate exercise prevents upper respiratory infections and perhaps even cancer.

One explanation for this is that exercise increases your circulation, which aids your lymphatic system in removing cellular debris and other metabolic wastes from your body. This increased circulation means that an immune system cell is quicker to attack invading pathogens and clear them from the body.

Vitamin D3 is being heralded as the nutritional breakthrough of the 21st century and is probably one of the best immune system boosters. We now know that the majority of modern people are very deficient in vitamin D3. We also know that vitamin D3 plays an extremely important role in many of our systemic functions and notably in our immunity system. Vitamin D3 is made when our skin comes in contact with direct sunlight. For those of us in the northern latitudes this is only possible during late

spring to early fall. Unless we are able to add extraordinary amounts of liver to our diets, supplementation is often necessary.

Vitamin C is an important immune system booster. It can be easily obtained through a whole foods diet that is rich in fresh fruits and vegetables. Raw red bell peppers, brussel sprouts and kale all contain impressive amounts of vitamin C.

Sugar is our culture's favourite white powder. Receiving our dose of this favourite drug is often the highlight of a social gathering, whether it be birthdays, weddings, most holiday celebrations or even the dessert following each meal.

Excessive sugar consumption creates a cacophony of problems, including nutrient malabsorption, insulin resistance, systemic inflammation and cardiac disease. High levels of sugar also provide fertile breeding grounds for cancer proliferation.

Whether high sugar consumption directly effects the immunity system or simply overwhelms your body with systemic inflammation that then leads to a damaged immune system is unknown. What is definitely clear is that high sugar consumption does not lead to good health.

So, you ask, what is high sugar consumption? We don't really know. It's amazing to think that there has not been any major studies on the quantity of sugar consumption. Less is best and sugar should only be eaten in very small quantities (a teaspoon or less) and not every day. By the way, whether it is honey, brown rice sweetener, cane sugar, beet sugar or high fructose corn syrup – it's all harmful in large quantities!

If you are consistently not getting enough sleep, please examine your life to figure out how this can be changed. Sleep is crucial to our healing process and is one of the greatest natural immune system boosters. Long term sleep debt can lead to a host of serious diseases and even general malaise.

Poor sleep can rear its ugly head in many different ways. If you sleep many hours each night but wake up feeling unrested then seek help to get this issue figured out. If you have trouble falling asleep or wake up in the night unable to get back to sleep, then seek help to get this figured out. There is no excuse for chronic sleep deprivations as this is one of the core needs of your body to function in a healthy manner.

Stress is a major factor in many people's lives. Of course we all have stress in our lives at some point. And some stress isn't necessarily a bad thing. But if you have excessive stress in your life you probably know it. A constant low grade level of stress, with no recuperation time, slowly degrades our entire well-being. Extreme stress over even a short period of time can also effect the health of the immunity system.

Herbs can have a profound effect on boosting your immune system. Some herbs can do this in the short term to help you avoid an acute illness or infection. Such herbs are called immuno-stimulators and they often work by temporarily increasing phagocytosis (one of the important immune system functions). These herbs include Echinacea, spilantes and chillies.

Some herbs, like elderberries, are exceptionally high in flavonoids which prevent pathogens from reproducing. This can help shorten the duration of a cold or flu.

Immunomodulating herbs are deeply nourishing and building tonic herbs that, when taken over time,

restore health to a weakened immune system. Astragalus, reishi and codonopsis are some of the favourite herbs for the immune system.

Stop the presses! Scientists have now proven that our emotions effect our health. This new field of study is called pschoneuroimmunology or PNI.

PNI studies the relationship between your psychology and the immune system and nervous system.

Admittedly it is a little funny that science is just catching on to this phenomenon. When dwelling in the depths of emotional despair or stressed beyond one's abilities we know our health suffers! Even still, this is a pretty fascinating area of study.

Feeling good plays an important role as one of the immune system boosters. Taking tons of vitamin D3, eating a healthy diet and taking herbs as immune system boosters can only take you so far if you aren't also addressing one's emotional well-being.

### Summary

There are many ways of how to boost immune system. Rather than seeking one magic silver bullet to miraculously solve your overall immune system health, consider it like a pie chart. Each slice of the pie can be represented by important immune system boosters such as restful sleep, exercise, healthy diet, immunomodulating herbs, sunlight, etc. Even one missing pie piece can affect the entire system.

Holistic health is often the health of a thousand choices and immune system health is no exception!

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



# Food

## Basic Dietary Considerations:

Here are some of the dietary “rules of thumb” we spoke of earlier:

1. Eat foods that are as pure as possible and in as natural a state as possible (mostly raw and organic or biodynamic ).
2. Balance your intake of acid and alkaline forming foods to 80% alkaline to 20% acid.
3. Don't mix fruits and vegetables.
4. Don't mix sweets and starches.
5. Minimize how many different foods you eat at one meal (try to keep it at three or a little more).
6. As much as possible eat foods grown locally.
7. Eat only when you are really hungry.
8. Chew very well.
9. Drink pure water.
10. Relax. Don't eat when you're tense or upset.
11. Eat about two-thirds of what would normally make you full. An excess of nutritional elements in the system becomes toxic.

As you review the following energy calibrations you will note that the more numerous the processing steps in bringing your food to your table, the further the energy and nutritional value is depleted.

It goes something like this:

		MOC calibration
Obtained absolutely fresh	energy level could be, say:	500
Cutting it up or grinding it	process lowers energy level by 100	therefore now 400
Cooking process	lightly stirred fried is best – baking is too long	300
So let's put it in a container and freeze it	drop another 100 points	200

Note: The Map of Consciousness (MOC) scale is based on the common log of 10. A 1 point varies is a 10 fold variance. 10 points is 10,000,000,000 times increase or decrease in energy. The above reductions are mind boggling drops in energy at each step in the processing chain.

At 200, this food is now so extensively diminished in nutrition and value it is no longer life enhancing!

Any food that is not life enhancing (under 200) is stored within the body and the body has to work to eliminate it, thus overworking the body and loading the storage system up within the body.

Machine processed food is devoid of love and is so thoroughly processed that it is seldom life enhancing.

Truth vs Falsehood P.94 by Dr David R Hawkins

**Fresh is Best!**

## Pascas Care – Energy Level of Food

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

<http://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/NUTRITION/Pascas%20Care%20Energy%20Level%20of%20Food.pdf>

The energy level of various food groups as per the Map of Consciousness 1 – 1,000 calibrations.

At 200 and above, the item becomes positive. Any calibration below 200 is negative or anti-life:

Cookies made for Family	520	
<b>Green Juice = Raw Power</b>	<b>510</b>	
Home cooked sea fish with salad	410	
Home roasted free range chicken with salad	410	
<b>Raw Food = Raw Power food blessed</b>	<b>365</b>	<b>(overall menu)</b>
Roadside Farm Stands	355	
<b>Raw Food = Raw Power – Byron Bay</b>	<b>350</b>	<b>(overall menu)</b>
Herbalife (products)	340	
Campbell's Soup (product)	325	
Uncle Ben's Rice (product)	315	
Quaker Oats	305	
Tea, Green	300	
Home Roast Lamb & Vegetables	250	
Vegetarianism	205	
Food, Blessed Homemade	215	
Food, Homemade	209 +	
Food, Commercial	207	
Food, Blessed Machine-made	207	
Food	200	
Food, Commercial Cat	192 – 202	
Food, Commercial Machine-made	188 – 200	
McDonalds, KFC, Hungry Jacks	175	
Taco Bell Fast Food	165	
Public Hospital Meals	165	
Cocaine	7	
Heroin, Methamphetamines	6	

A significant finding is the calibrated difference between blessed and unblessed food. Machine –made bread from a local supermarket calibrates at 188, but when blessed, it goes up over 200. Bread from the same supermarket but from the bakery department calibrates initially at 203, and again shows a rise if it is blessed. If food is homemade, it rises from its original 200 to 209, and if blessed, it rises up to 215. This is a unique demonstration analogous to the Heisenberg principle in that the introduction of human spiritual consciousness and intention alter the field. It also gives evidence that prayer itself is more than just wishful thinking.

Avoid processed pre-packaged food as frequently as you can. Step away from any product that has sugar as an ingredient.

# RAW FOOD MEALS:



**Udo Erasmus CHOICE FOOD PYRAMID:  
People with Degenerative Conditions**

**SUPPLEMENTS:**  
Digestive Enzymes,  
Probiotics, Antioxidants,  
Fibre, Phytonutrients,  
Minerals, Vitamins.

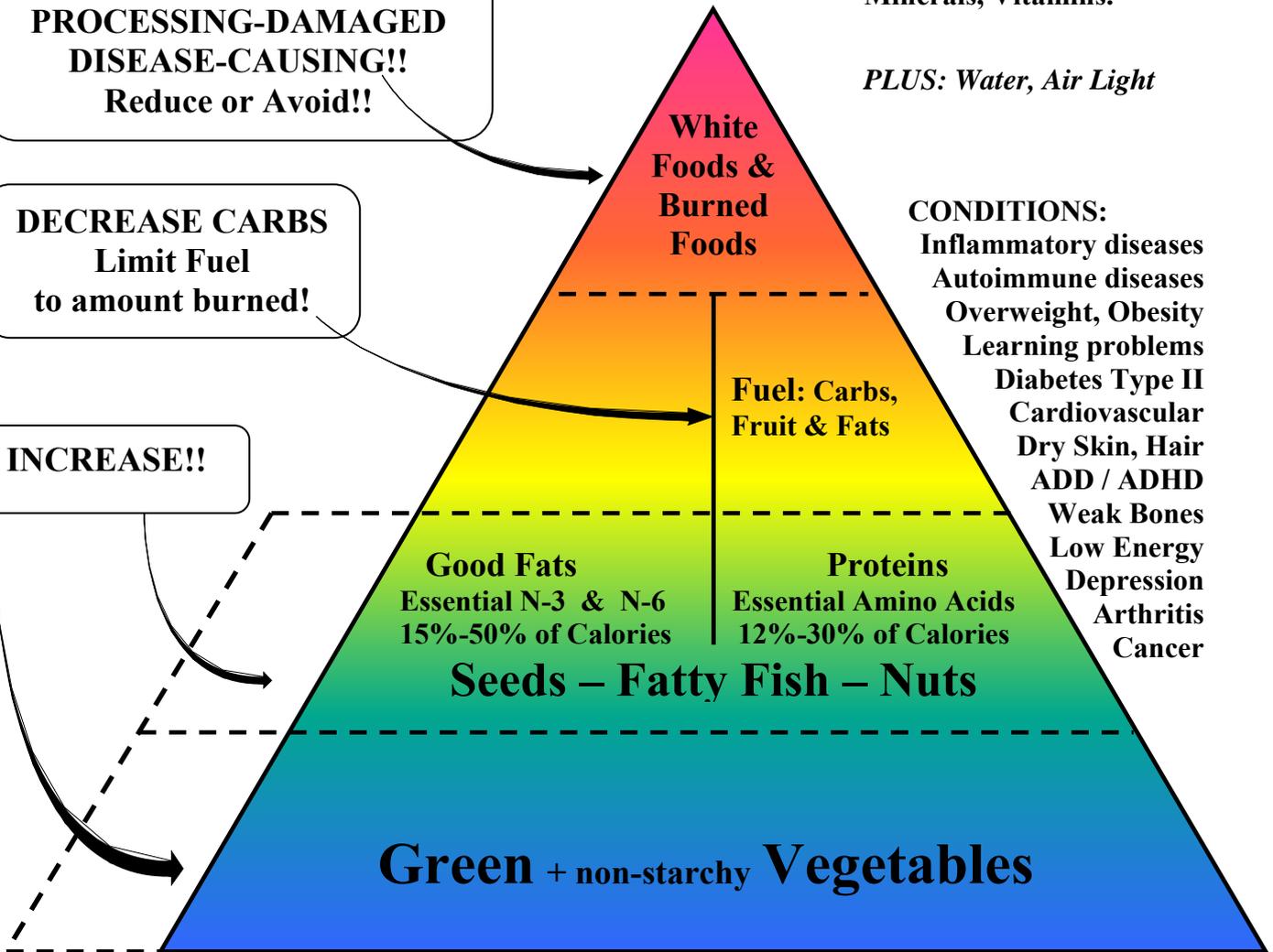
*PLUS: Water, Air Light*

**NUTRIENT – DEFICIENT  
PROCESSING-DAMAGED  
DISEASE-CAUSING!!  
Reduce or Avoid!!**

**DECREASE CARBS  
Limit Fuel  
to amount burned!**

**INCREASE!!**

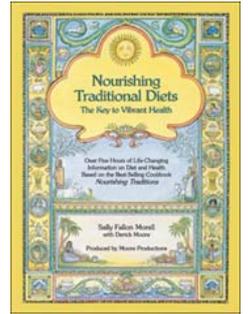
**CONDITIONS:**  
Inflammatory diseases  
Autoimmune diseases  
Overweight, Obesity  
Learning problems  
Diabetes Type II  
Cardiovascular  
Dry Skin, Hair  
ADD / ADHD  
Weak Bones  
Low Energy  
Depression  
Arthritis  
Cancer



Udo's Choice Food Pyramid for Sick People increases two food categories – Green Vegetables, and Good Fats.

Fuel Foods in typical diets include commercial carbohydrates (bread, baked goods, etc) and processed fats (margarines, shortenings, fried foods), which contribute to the majority of chronic disease conditions in our society. Therefore, the FUEL category should be reduced. Fruits should also be reduced because they contribute to overweight if not burned. Avoid "white foods" and foods rendered toxic by processing or overheating!

**Nourishing Traditions : The Cookbook That Challenges Politically Correct Nutrition and the Diet Dictocrats** By Sally Fallon and Mary G. Enig, PhD



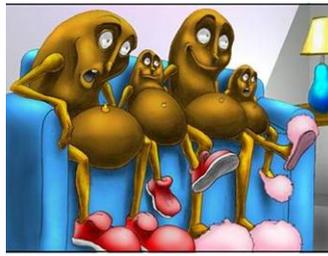
pH4		pH7		pH10
Strong Acids	Mild Acids	Mild Alkaline		Strong Alkaline
 White Bread	 Meat/Fish	 Fruits		 Asparagus
 Alcohol	 Legumes	 Vegetables		 Cayenne Pepper
 Colas/Sodas	 Nuts	 Avocados		 Melons
 Sugar	 Dairy	 Almonds		 Kelp



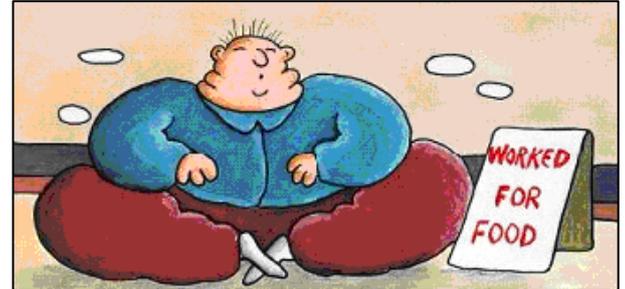
**Eat** the Colors of the **Rainbow**



oops!

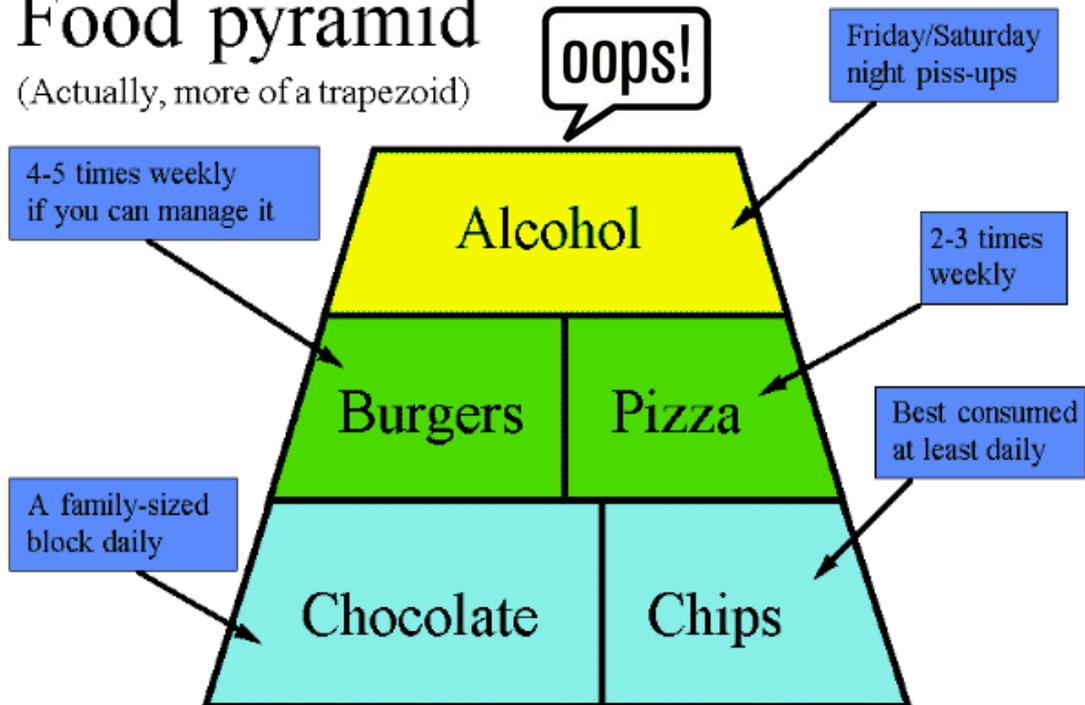


oops!



## Food pyramid

(Actually, more of a trapezoid)



# Supplements for Immune System Support

The idea of boosting your immunity is enticing, but the ability to do so has proved elusive for several reasons. The immune system is precisely that — a system, not a single entity. To function well, it requires balance and harmony. There is still much that researchers don't know about the intricacies and interconnectedness of the immune response.

The reason why cancer issues develop is the breaking down of the immune system. Further, chemotherapy and radiation therapy significantly impact upon the immune system. To counter the issues of such treatment programs, one's immune system requires significant support and a supplements program is key to this support.

Seek professional guidance as to what supplement programs are to be used to support the immune system.

Minerals your body needs include:

- Calcium
- Chromium
- Copper
- Iodine
- Iron
- Manganese
- Magnesium
- Potassium
- Selenium
- Sodium
- Zinc

Vitamins your body needs include:

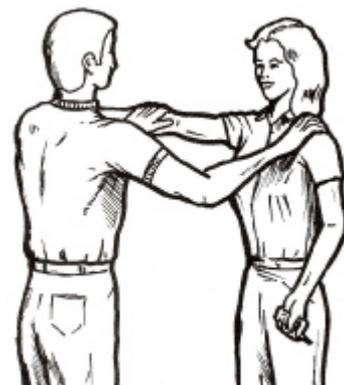
- |                           |                    |
|---------------------------|--------------------|
| • Vitamin A               | • Vitamin D        |
| • Thiamin                 | • Vitamin E        |
| • Riboflavin              | • Vitamin K        |
| • Niacin                  | • Folic acid       |
| • Vitamin B <sub>6</sub>  | • Pantothenic acid |
| • Vitamin B <sub>12</sub> | • Biotin           |
| • Vitamin C               |                    |

Vitamins, minerals, and other nutrients that are antioxidants include:

- Vitamin E
- Vitamin A and carotenoids. These are substances that give fruits and vegetables an orange or yellow colour, such as beta-carotene and lycopene; carotenoids allow the body to make vitamin A.
- Vitamin C
- Selenium
- Other plant chemicals, such as flavonoids, which are found in berries, broccoli, tea, and dark chocolate

This is an important consideration to be supported by expert guidance.

Note: **Kinesiology muscle testing** can be employed to assist in discerning what is beneficial and what is not specifically for you. Further, calibration in line with the Map of Consciousness (MoC) table can further discern what option is potentially the best for you.



## Detoxification and The Healing Crisis

If you have lived your life eating a regular western diet with processed un-natural foods and chemicals, it is likely that when first changing to a living food diet or even just by introducing green juices or more oxygen your body will go through a healing crisis.

A healing crisis is in effect when the body is in the process of eliminating toxins. Reactions may be mild or they may be severe. One should expect this and work toward it. The body's inherent desire is perfect health and we have the ability to earn our way back to that state. To do so, the body must go through an elimination process called the healing crisis.

A healing crisis results when all body systems work in concert to eliminate waste products and set the stage for regeneration. Old tissues are replaced with new, and stored toxins are eliminated. A cleansing, purifying process is underway and stored wastes are more easily removed. Sometimes there is pain of greater intensity than the lower level of chronic problem gives, but it is usually of short duration.



The crisis will usually bring about past conditions in reverse order to the original problem. People often forget the diseases or injuries they have had in the past, but are usually reminded during a healing crisis. Reactions may include skin eruptions, nausea, headache, sleepiness, fatigue, diarrhoea, a cold, ear infections, boils, or any other way the body uses to eliminate toxins. The crisis usually lasts three days, but if the energy of the patient is low, it may last for a week or more.

The body needs juices, and especially water, preferably ozonated, to help carry off the toxins. Clay is also helpful, taken orally. This is a time for rest – mental as well as physical rest.

One crisis is not always enough for a complete cure. The person in a chronic state, who has gone through many disease processes in life, must go through these processes again. Often the crisis will come after one feels his very best, setting the stage for the action. Most people feel an energy boost the first few days. Then toxins are dumped into the blood stream for elimination by way of the liver, kidneys, spleen, skin, bladder and colon. Listen to your body and go as slowly as your body needs to so that your cleansing is gradual and comfortable.

With a more serious condition there may be many small crises to go through before the final one is possible. Everything must be considered and given its proper place in the build-up to a healing crisis. One should expect it and work towards it. Then the goal of optimum health can be achieved.

Without proper guidance someone who is experiencing a healing crisis may think that living foods and juices do not agree with them and that they were better off on their old diet. It can therefore be very beneficial and reassuring to go through a healing crisis with someone who has already experienced the process themselves.

Detoxification is essential in this pathway to recovery.

# Detox and Body Cleanse

Pascas Care – Body Cleanse

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

Benefits of detoxing the body:

<http://bembu.com/detox-benefits>

## 1. Boosts Your Energy

Many detox program followers report feeling more energetic. This would make sense because while you're detoxing you're stopping the influx of the things that caused you to need a detox in the first place. By cutting out the sugar, caffeine, trans fat, saturated fat, and replacing them with fresh fruits and vegetables, you'll be getting a natural energy boost, one that comes without a resultant crash. It's vital to stay well hydrated while on any detox program, and that can also be a source of increased energy if you typically don't get enough water throughout the day.

## 2. Rids the Body of Any Excess Waste

The biggest thing that detoxing helps with is allowing the body to rid itself of any excess waste it's been storing. Most detox programs are designed to stimulate the body to purge itself, helping the liver do its thing as well as the kidneys and colon. Cleansing the colon is an important part of the detoxing process because those toxins need to exit the body, and a backed up colon can cause them to be reintroduced into the body, rather than exiting as planned. Sticking with fruits and vegetables even after the detox program is completed is a good way to keep things moving.

## 3. Helps with Weight Loss

It's easy to see how a detox diet would cause you to lose weight in the short term, but a healthier way to look at it would be to establish long-term eating habits, and rid yourself of unhealthy habits. Many times it is the drastic reduction in calories and rapid weight loss that is focused on, especially in the media. But these short-term results won't last if you don't make it a point to replace bad foods with good, and use your newfound energy to exercise more and be more active overall.

## 4. Stronger Immune System

When you detox the body you free up your organs to function the way they should. This helps to give your immune system a boost since you'll be able to absorb nutrients better, including Vitamin C. Many of the herbs you take while on a detox will help the lymphatic system, which plays a big role in keeping you healthy and firing on all cylinders. Many detox programs also focus on light exercises which help to circulate lymph fluid through the body and helps it to drain, strengthening your immune system in the process.

## 5. Improved Skin

Your skin is your largest organ, so it only makes sense that it would show positive results from a detox program. One way to [help your detoxing efforts](#) is to take a sauna to help the body sweat out additional toxins. You can expect clearer, smoother skin at the end of your detox plan. It's also been reported that detoxing can help with acne, although the condition may worsen before it gets better as the toxins are released. You may find that your skin itches or gets patchy before clearing up, but this is part of the process and is a sign that you're on the right track with your program.

## 6. Better Breath

Follow a detox program that includes a colon cleanse because those toxins need to be released from the body. It's been theorized that one contributor to bad breath is a backed up colon. When you are able to clear it out and get your digestive system functioning well again, you may find that your breath improves. Be aware that your breath may actually worsen during the detoxing process, but when it's finished it will be better. This is natural, and occurs as toxins are released from the body.

## 7. Promotes Healthy Changes

It's hard to change a long-standing habit, and a detox program – no matter how long – is one way to put a wedge between your old ways and your new ones. If you have addictions to sugar, caffeine, fried, or crunchy foods you can use a detox program to help you kill those cravings. Often if you just try to quit eating those foods or drinking those beverages you'll have limited success, and go back to your old ways. But if you cleanse the body and replace those foods with healthier choices, you can retrain yourself and be more likely to stick to your new habits.

## 8. Clearer Thinking

A good detox program will pay some attention to your state of mind during the cleanse. The use of meditation is often recommended as a way to get back in touch with your body during this time of purging and cleansing of toxins. Detox followers often say that they lose that sense of fogginess, and are able to think more clearly during a detox than when not on it. It makes sense, since many of the sugar-filled and fat-filled foods that surround us each day will cause us to feel lethargic and can factor heavily in the quality of our thinking.

## 9. Healthier Hair

By the time you can see your hair, it's already considered dead, as all of its growth occurs within the hair follicle. This is why it's important to keep your body functioning at its full potential through a regular detoxing strategy. When your hair is able to grow uninhibited by internal toxins you'll see and feel the difference in your hair. In many instances hair gets shinier, and feels softer to the touch. Detoxing isn't enough to stop male pattern baldness, but many report that their hair grows more quickly, a sign of healthier hair.

## 10. Lighter Feeling

One of the reported benefits of detoxing is a feeling of being lighter. There are several reasons why this would be the case, especially if you'll be doing a colon cleanse as part of the program. When you stop eating foods that weigh you down, and replace them with [fresh organic fruits and vegetables](#), a lighter feeling is bound to occur. It's also important not to overeat while detoxing, which will yield a lighter feeling as well, and will give you the energy you've been missing.

## 11. Anti-Aging Benefits

The constant barrage of toxins that the body has to deal with is one contributing factor to the aging process. By reducing the amount of free radical damage done to the body, you're going to see not only short term benefits, but also long term benefits in an increased longevity. When you finish your detox program, it's very important not to go right back to the lifestyle that was causing the toxicity. Sticking

to an improved diet and getting daily activity are great ways to make sure that you feel good each moment of your life.

## 12. Improved Sense of Wellbeing

When you detox, you feel good, and when you feel good, good things happen. Detoxing is often used strategically to lose weight or to start a new diet plan, but really there's no better reason than just to feel better. When you set the stage for wellbeing, you are going to improve all areas of your life, and you should see better relationships, better productivity at work, and a newfound or renewed zest for life.

Kindly consider guidance and observation be provided to you by a Health Carer when determining the options for detoxification of the body and for monitoring throughout any detox program.

### **Episode 6: The NOCEBO Effect, Healing Vaccines, Advanced Detoxing and Going Inside a German Cancer Clinic**

<http://www.cancertutor.com/ttac-global-quest-nocebo-effect-vaccines-detoxing-german-cancer-clinic/>

**Dr. Daniel Nuzum**, D.O., N.M.D. and **Dr. Edward F. Group III**, D.C., N.P. explains the proper order to detoxify your body to get it ready to heal itself:

Detox Step 1 – **Cleanse the Colon** – Psyllium Husk, [Royal Tea](#)

Detox Step 2 – **Cleanse the Kidney** –

<http://www.globalhealingcenter.com/natural-health/5-kidney-cleansing-drinks/>

Detox Step 3 – **Cleanse the Liver** – Parsley, Asparagus, Oils, Juicing (recipe from Cherie Calbom)

Detox Step 4 – **Cleanse the Lymph Nodes** –

Detox Step 5 – **Parasite Cleanse** – 6 week cleanse, black walnut hull, [wormwood](#), etc.

[Dr Rashid Buttar](#) explains in detail his 5 step program he follows in his clinic:

- Step 1. **Detoxification**
- Step 2. **Physiological Optimization**
- Step 3. **Immune Modulation**
- Step 4. **Target Acquisition** – teach the body how to identify cancer cells properly
- Step 5. **Maintenance** – living the life on a daily basis, the most difficult.

Step 4 employs AARSOTA – autogenous antigen reception specific oncogenic target acquisition.

**Feelings first**

**LIVE FEELINGS FIRST**

**FEELINGS FIRST For Kids**

## The Gerson Therapy

<http://gerson.org/gerpress/the-gerson-therapy/>  
<http://gerson.org/gerpress/>  
<http://www.hope4cancer.com/>

The Gerson® Therapy is a natural treatment that activates the body's extraordinary ability to heal itself through an organic, plant-based diet, raw juices, coffee enemas and natural supplements.

With its whole-body approach to healing, the Gerson Therapy naturally reactivates your body's magnificent ability to heal itself – with no damaging side effects. This a powerful, natural treatment boosts the body's own immune system to heal cancer, arthritis, heart disease, allergies, and many other degenerative diseases. Dr. Max Gerson developed the Gerson Therapy in the 1930s, initially as a treatment for his own debilitating migraines, and eventually as a treatment for degenerative diseases such as skin tuberculosis, diabetes and, most famously, cancer.

The Gerson Therapy's all-encompassing nature sets it apart from most other treatment methods. The Gerson Therapy effectively treats a wide range of different ailments because it restores the body's incredible ability to heal itself. Rather than treating only the symptoms of a particular disease, the Gerson Therapy treats the causes of most degenerative diseases: toxicity and nutritional deficiency.

An abundance of nutrients from copious amounts of fresh, organic juices are consumed every day, providing your body with a super-dose of enzymes, minerals and nutrients. These substances then break down diseased tissue in the body, while coffee enemas aid in eliminating toxins from the liver.

Throughout our lives our bodies are being filled with a variety of carcinogens and toxic pollutants. These toxins reach us through the air we breathe, the food we eat, the medicines we take and the water we drink. The Gerson Therapy's intensive detoxification regimen eliminates these toxins from the body, so that true healing can begin.

### ***How the Gerson Therapy Works***

The Gerson Therapy regenerates the body to health, supporting each important metabolic requirement by flooding the body with nutrients from about 15- 20 pounds of **organically-grown** fruits and vegetables daily. Most is used to make fresh raw juice, up to one glass every hour, up to 13 times per day. Raw and cooked solid foods are generously consumed. Oxygenation is usually more than doubled, as oxygen deficiency in the blood contributes to many degenerative diseases. The metabolism is also stimulated through the addition of thyroid, potassium and other supplements, and by avoiding heavy animal fats, excess protein, sodium and other toxins.

Degenerative diseases render the body increasingly unable to excrete waste materials adequately, commonly resulting in liver and kidney failure. The Gerson Therapy uses intensive detoxification to eliminate wastes, regenerate the liver, reactivate the immune system and restore the body's essential defences – enzyme, mineral and hormone systems. With generous, high-quality nutrition, increased oxygen availability, detoxification, and improved metabolism, the cells – and the body – can regenerate, become healthy and prevent future illness.

## **Manuela Malaguti-Boyle ND Integrative Medicine Practitioner**

Nutritional & Herbal Medicine Cancer Specialist

<http://www.cliniciansolutions.com/>

It has long been established that significant health improvement can be accomplished by addressing a person's **unique** needs and biochemical individuality. This process can be accomplished by carefully identifying underlying physiological dysfunctions with cutting-edge assessment tools and individualised Complementary Medicine treatments. One size does not fit all 220 cancer types.

Have you just been diagnosed with cancer? Are you undergoing treatment (chemotherapy, radiation therapy, hormonal therapy)?



The **INSPIRED CANCER CARE PROGRAM** consists of seven steps:

- **Individualized** specific anti-cancer, anti-metastatic selected diets aimed at reducing the capacity of cancer to produce energy and thus induce either death of the cancer cells or reduce the rate of progression i.e. Gerson-style; Ketogenic; etc..
- **Nutritional** dose-dependent supplementation – to be checked and reassessed every two weeks. inclusive of melatonin and nutrients aiding at creating an hormonal blockade.
- **Specific** herbal extract formula – to be checked and reassessed every two weeks and comprising of dose- dependent anti-inflammatory, adaptogenic and immunomodulatory herbal blends, with the best of Western, Ayurvedic and TCM medicinal herbs. Immunotherapy at its best!
- **Pancreatic** enzyme therapy.
- **Infusion** of Vitamin C and alpha lipoic acid and/or glutathione under medial supervision.
- **Relaxation** and mind visualization, yoga, meditation, art and music therapy. Oncology massage.
- **Elimination** of toxins through a comprehensive detoxification program and lifestyle modifications (liver, colon, lymphatic).
- **Diet** and lifestyle modifications: “make your cancer be your coach!” This is an ongoing maintenance program for a happy and healthy life free of disease. CTC at end of program.

My role is to identify the underlying causes responsible for your disease and apply effective interventions with individualized natural medicines protocols and lifestyle changes. To achieve this goal, I have reviewed thousands of research articles and extracted the most current and relevant information for you and your family. I work cooperatively with Oncologists, Radiation Oncologists, Surgeons and other Health Care Practitioners (TCM, acupuncturists, psychologists, osteopaths, massage therapists, nurses). At all times, drugs / herbs / nutrients interactions are carefully analysed.

I use natural, non-toxic therapies that support the whole person and stimulate the immune system. My therapies are evaluated for their level evidence on both burden of risk and efficacy, and are given at doses and times that will not negatively impact conventional treatment.

Mobile +61 478 289 534      Mobile    0478 289 534      Em: [info@manuelaboyle.com.au](mailto:info@manuelaboyle.com.au)

See Manuela by private appointment at the **Cassia Clinic**, 14 Cassia Drive, Varsity Lakes, Gold Coast, Queensland, Australia. Bs: +61 7 5522 0505

Special private appointments are arranged with European base patients at the **Malaguti Lamarche Clinic**, via Giovanni Boccaccio 20, Milano, Italy. Bs: 39 2 2 4399 5102

or via **Skype, phone** or a **combination** depending on your location and schedule.

## The Seven MAJOR PRINCIPALS + One for “LIFE”

In order to regain and maintain health and vitality one must follow these basic principles of mental / physical hygiene.

### 1. **Air:**

Pure, clean, rich in negative ions.

Proper deep, abdominal breathing. 8-10 breaths slow and focused every morning and evening.

### **Lymphasizing:**

Using a gentle bounce, (feet do not leave the mini trampoline)

Practice deep breathing – breath out, for 8 consecutive breaths, on the down strokes without breathing in, and breathe in for 4 consecutive breaths, on the down strokes without breathing out.

**Maintenance-** 20 minutes requirement per day. Health challenges, start gradually 2 to 5 minutes per day working up to an hour per day (15 minutes 4 times a day)

### 2. **Water (2 – 2½ litres):**

Pure, Fresh, filtered, distilled or rainwater micronised, alkaline and rich in negative ions.

### 3. **Balanced Nutrition:**

Fresh fruit and vegetables, complex carbohydrates, essential amino acids, essential fatty acids, minerals and vitamins. Balanced eating programme.

### 4. **Physical Exercise:**

Movement (walking, swimming, exercise on mini trampoline), stretching, aerobics, weights.

### 5. **Rest:**

Recreation, meditation, relaxation and sleep.

### 6. **Sunlight:**

1-2 minutes in the first hour of dawn, direct on the “rods” and “cones” of the retina of the eye.

Later in the day the sun can shine direct on the closed eyelids and “solar plexus” of the abdomen for 10-15 minutes.

### 7. **Positive Mental Attitude:**

Love, contentment, happiness, laughter.

Smell the roses!

BLISS!

+

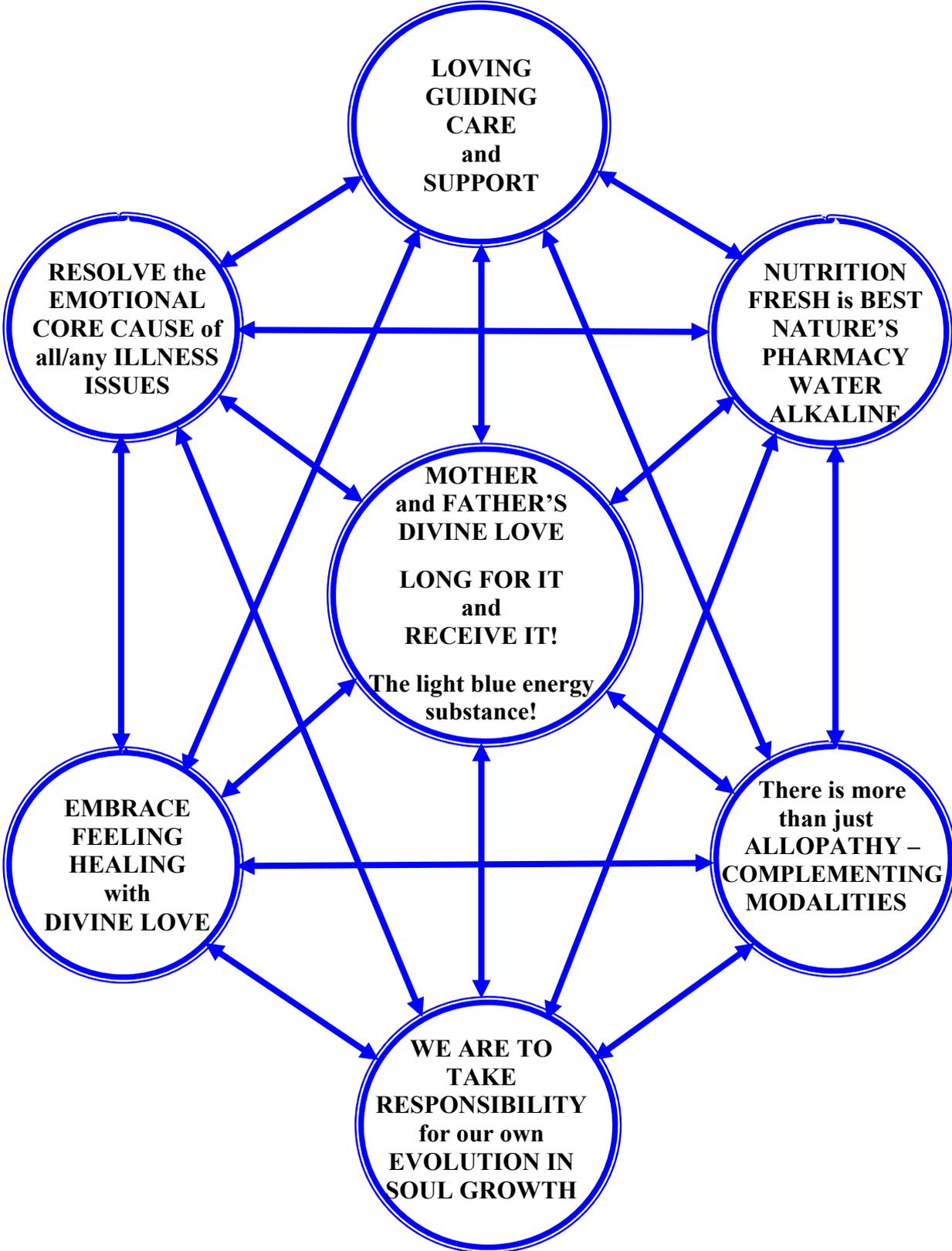
### 8. **And the most important of all:**

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

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

# HEALTH and HEALING

EVERYTHING is INTERCONNECTED!



**WORRY or No WORRIES:****No Worries!**

All your worries, and by this I mean your causes of worry, may be taken from your conscious self if you will only seek for and obtain, which you certainly can do, this Love of the Mother and Father. It is astonishing how efficacious it is to cause the worries and troubles to disappear. They, as you may know, are very largely a matter of the mind and while in a certain sense they are real, yet the mind or its condition is the real cause of the realization of the worries.

And consider for a moment the fact that the indulging in these worries does not in one particular remove the material causes of the worry, and does not in any manner bring relief from the troubles. No matter how much you may allow your mind to dwell on these things, and how intensely you may worry, the cause, the material cause, remains. You may say, and it is natural to do so, that it is easy enough to advise that you should not let these inconvenient things cause you to worry, but when you come to the practical experience and are the sufferer from these conditions, it is not so easy to throw aside the effect of the troubles on the mind. Well, there is much truth in that, but notwithstanding, this Love that I tell you of, when living in the soul, will make even that effort easy to accomplish.

The philosophy of the phenomenon, if you may call it such, is that this Love is of such real substantial essence that it takes control of the mind and eliminates the consciousness of the reality of the causes of the worry. Now I do not want to be understood as intending to convey the idea that these material causes are not real, for I am not a Christian Scientist to that extent, but what I do mean is, that notwithstanding the real existence of these causes, the effects of this Love, and the faith that accompanies it, upon the mind which is the real cause of the worry is such that forgetfulness of these causes of worry takes the place of the constant indulging in the thoughts of their existence, and the unhappy consequence that must flow from them. The cause itself is not removed but the consciousness of their existence, for the time being, is dissipated, and to the mind that is thus influenced by the Love, these causes are, as if they were not. Of course, they are existing and facing you to some extent, but it will come to you that they are not so overwhelming and insurmountable as they would appear were this Love absent from the soul and its influence from the mind. And in addition to this, love and faith creates a confidence in the power of the Father and His willingness to help, that engenders courage, which enables the possessor of this confidence to overcome these causes of worry that he would not otherwise be able to do.



What I have said may be called the philosophy of the workings of this Love in its effective destruction of worry. But the great fact is that the Mother and Father does, as a truth, help the one who is in the condition of being possessed with this Love. Their Love is real and Their help is real, and the effect is to make the causes named things of unreality so far as the happiness of the object of this help is concerned. And as a truth, shown by the experience of mortals, a very large proportion of the worries and troubles that harass and cause so much unhappiness to mortals is a thing of the imagination and never realized.



Ann Rollins – Celestial Spirit

9 January 1917

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

## **DIVINE LOVE HARMONY:**

**Immortal harmony:**

**Transformation of the soul is a beautiful harmonious gradual awakening.**



**In a gradual way with the Divine Love and Feeling Healing, as changes in the soul and spirit body occur, these changes will result in the personality slowly accepting the source of these changes as being the Soul God and with the independent will, one can have complete acceptance of our Heavenly Parents, Mother and Father, God.**

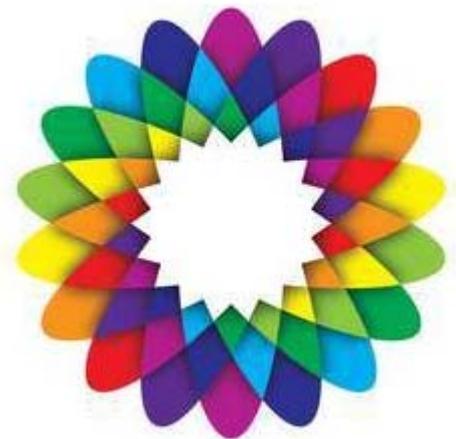
**People have loved God and felt loved by God and they have in deed received the Divine Love without ever knowing the truthful identity of this Love insofar as the truths relating with its causality in the human soul and affect upon the spirit-mind.**

**Part of the nature of the Divine Love in our souls is that it activates our spirit body systems and soul so that the nature of God is seen and experienced in the living and this places us in touch with the many Spirit attributes that extend from God and have their existence in God, such as our Indwelling Spirit. God no longer remains inactive to us; inert, inanimate, or an unknown but rather a Soul of living energy whose energy in the harmonies of Love and Spirit, is personified as love that we experience. If I can convey the essence about the nature of Divine Love it is that in its energy, exists the harmony and potential so that one can see the potential that this Love brings to bridge the gap of separation between the individual and God by the harmonies of soulfully living.**

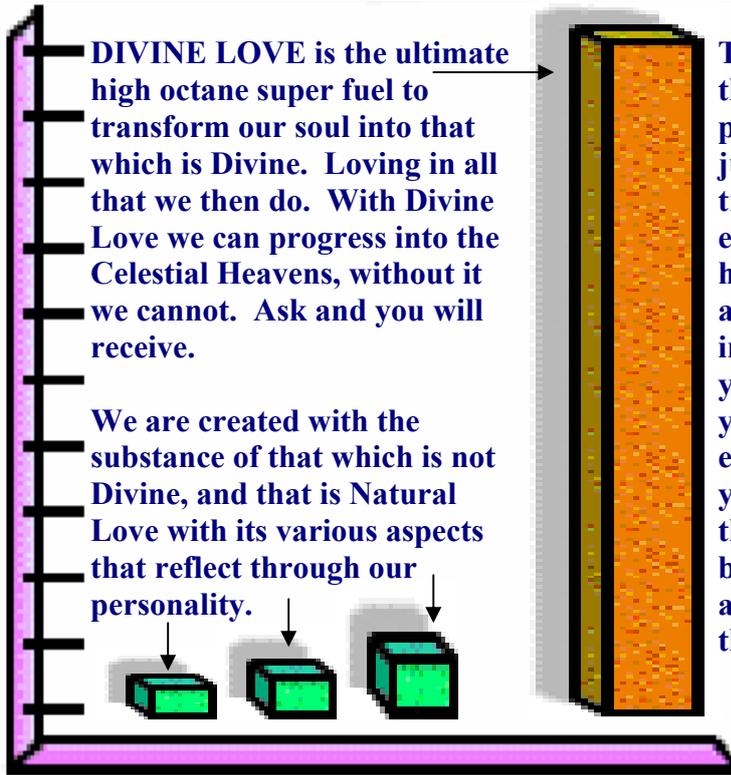
**The Divine Love completes the form of the human being.**

**In essence, one need only direct their soul and the heart of their soul to our Heavenly Parents, the Soul being God, and in this faith one can experience the Love by humbly asking for this Love. This is all that is needed and the touchstone upon the Love's approachable nature.**

**The Love is never harmful or given by God that results in a caused effect of disharmony in the individual. The diversity of human individuality is a great characteristic of human nature and as with experience, one needs experience to ascertain a truth about a certain thing. Experiencing the Love provides a substantiated knowing from which a more objective reasoning follows and a maturity happens.**



**DIVINE LOVE being AVAILABLE is our SALVATION:**



**DIVINE LOVE is the ultimate high octane super fuel to transform our soul into that which is Divine. Loving in all that we then do. With Divine Love we can progress into the Celestial Heavens, without it we cannot. Ask and you will receive.**

**We are created with the substance of that which is not Divine, and that is Natural Love with its various aspects that reflect through our personality.**

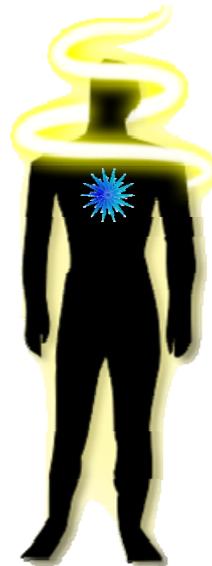
**The Divine Love is far more powerful than the natural love. If I would have to put a number on how much stronger, just so you can understand what I'm trying to say, I would say 10 or maybe even 100 times. Of course this is purely hypothetical because natural love is only a derivative of Divine Love so it is almost impossible to compare them this way. If you ask for the Divine Love to enter your soul it will be 10 or 100 times more efficient, 10 or 100 times stronger than if you would let the natural love flow through your soul. So it will help to break down "the wall" you've created around your soul 10 or 100 times faster than the natural love would do.**

**John (Apostle) 19 January 2015**

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



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



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



**FEELING HEALING with the SUBSTANCE of The LOVE brings about PHYSICAL HEALTH:**

December 5, 2003

<http://new-birth.net/contemporary-messages/messages-sorted-year/messages-2003/millions-of-souls-millions-of-paths-ks-5-dec-2003/>

"When you know that you are souls with a spiritual body and a physical body, and that these two bodies reflect the condition of your soul, then how can there be any question about which part of your being is the most important?"

**"If you want to be well and healthy, happy and strong, then you must see that it is important for you to get your souls into the highest and best condition possible."**

Apostle Peter

In the same way we will go about achieving our very personal and valued goals so will we go about creating harmony within our communities and peace worldwide.

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

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

Judas – August 19<sup>th</sup>, 2001

**Divine Love is the Great Gift that God desires to give to the heart-soul that asks, yearns and seeks for It. It is unconditional Love *conditionally* given that requires no preparation. It is conditional only because Divine Love cannot and will not be given to any person without that person first asking and yearning for It.**

**We Inherit our Emotional Errors from the Environment around us during Childhood:**

We are to build but one temple. The Temple of the Living God is the blending of the greater (Divine Love) with the lesser (natural love) through which the lesser becomes one with the greater. The impurity was caused by the separation of the lesser from the greater. The purity is caused by their union, so that no longer is there a greater and a lesser but just the one good, whole, pure air of at-onement. When you let the Love of the Father pour through you to all things, nothing fears you and no harm can befall you. It is separation from the Source Soul, Father, which has caused sin / error, sickness, poverty, and death. It is union with the Creator, Father that causes one to become a whole Being or to become conscious of being whole.

Life and Teaching of the Masters of the Far East Vol I by Baird T Spalding.

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

## **UNDERSTANDING the CAUSE of an ILLNESS EPISODE:**

### **Disease-Prone Beliefs**

P.216 Letting Go by Dr David R Hawkins

To ascertain our own disease proneness, 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 my 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?

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 to 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?

In summary, the way to change our bodies is to change our thoughts and feelings. We must let go of negative thoughts and belief systems and shed the stress of negative emotions that give them energy. We have to cancel the negative programming that comes from the world, as well as our own belief systems.

This may appear to be an overwhelming endeavour at the present moment, however, it is the greatest gift that you can consider for yourself and your physical well being. Our words of support herein will introduce you to the simpleness of resolving these issues and enable you to become aware of the greatest gift in the universe that is little known to humanity at this time.

The learning of one core truth can unravel stress inducing patterns. “What is held in mind tends to manifest” – including unconscious beliefs. Further, what the mind perceives is achieved. Ask yourself, do you really want to be well again?

Stress arises from within as a response to unloving and negative stimulus. The stressor actually is the pressure of the suppressed and repressed emotional energies, which are a reflection of elements of low-level consciousness. Thus, it is the content of our consciousness that has to be changed to eliminate and prevent stress. The commonly prescribed treatments for stress are similar to the treatments in the field of medicine. They try to fix the damage done by the dis-ease we have, rather than cure the internal cause of the disease.

Without a change of consciousness, there is no real reduction of stress. Only the consequences are ameliorated by typically available therapies. All of the many after-the-fact techniques and treatments do help and often alleviate a given condition and bring some relief, but they leave the basis of the problem untouched. One can follow all of the techniques and yet remain the same stress-prone person. The conscious use of the mechanism of surrender is more effective in addressing chronic stress-related illness. Illnesses begin to heal spontaneously because the underlying emotional cause has been removed, and further treatments often become unnecessary.

Surrender at great depth is complete when a person has let go of needing or wanting a physical healing to occur. 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*.

## Basic Principles

P.295 Letting Go by Dr David Hawkins

Basic working concepts:

- 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. Our mind is within our spirit body, the spirit body is the template for the physical body.
- What is held in mind tends to express itself through the body. The mind is the source of all illness.
- The body is not the real self; it is like a puppet controlled by the mind. Errors of belief are held within the mind and emotional injuries are also mind based.
- Beliefs that are unconscious can manifest as illness, even though there is no memory of the underlying beliefs / injuries / errors.
- 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).
- Thoughts are caused by suppressed and 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 to 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.
- 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 (soul which is connected by cords of light to one’s spirit body) 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 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.
- 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 it 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” programs. 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.

**HOW EMOTIONS EMERGE AS AN ILLNESS:** Healing and Recovery P53 by Dr David R Hawkins

Every time someone goes below level 200 (Courage), we find upon testing that their energy system is imbalanced. Characteristically, most people will ‘blow out’ one particular acupuncture meridian rather than another.

For example, every time they have negative thoughts or feelings consequent to a negative belief system, they may impair the heart meridian. As the years go by, every time they have a resentment, go into self-pity, or criticise someone else, it disrupts the energy and flows down the heart meridian. This depletes the life energy of the heart, and the continual repetition begins to alter its physiology in very delicate ways. It begins to express itself through irregularities in the autonomic nervous system, which operates in the functioning of the body organs.

As a result, there begins an impairment of the physiology of the heart itself, including the lining of the arteries. As the years go by, the habitual disruption of the heart meridian brings impairment on the physical level, which is an expression of what has been held in mind. That is the basic premise – the body expresses what is held in mind, not vice versa. The body expresses a person’s habitual way of thinking.

The mechanics of negativity short-circuit the acupuncture system and the autonomic nervous system. This in turn alters and impairs the sensitive electrical and chemical processes that are going on in the cells, resulting in pathological changes within the anatomy and dysfunction that results in a coronary attack, heart disease, or heart failure. The heart failure comes about partly as a result of years of negative mental attitudes. The mind would like to blame it on cholesterol, stress, one’s lifestyle, genetics, what goes on in the family, and so on. These are all merely explanations, excuses, and rationalisation to try to make intelligible that which is not clearly defined.

When looking at the exact mechanics, we see that what we hold in mind begins to manifest on the physical plane because it is the mind that has the power. The mind is within one’s spirit body.

One of the difficulties to overcome in self-healing is the willingness to accept the great power of the mind. We cannot let a negative thought go unchallenged.

Disease is an expression of one’s attitude and habitual way of looking at things.

The specifics of healing a particular illness consist of (1) letting go of resisting the sensory experience of it, (2) no longer putting names or labels on it, and (3) using no words at all. Welcome experiencing what you are experiencing in a very radical way at the same time (4) cancel the thought form and belief system, and (5) choose the energy field of Love, which heals.

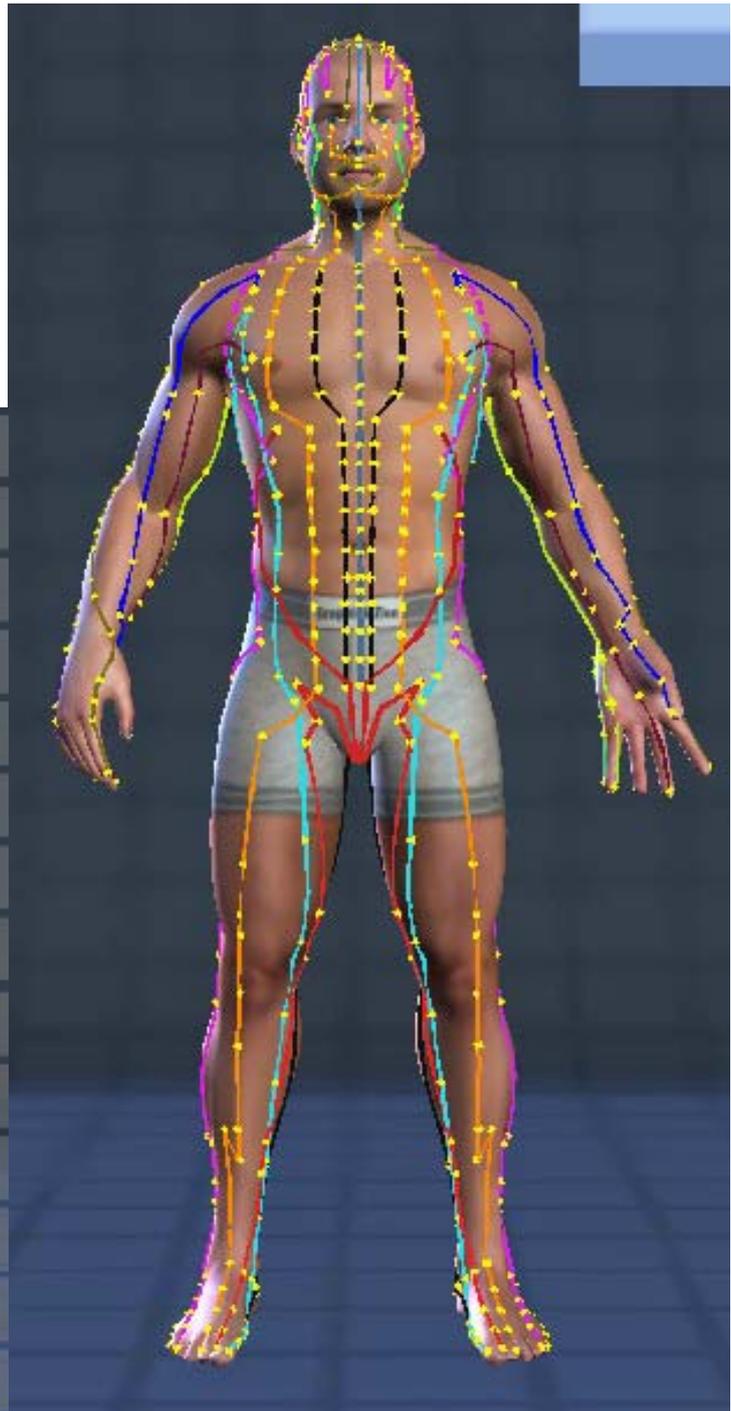
To put oneself in an energy field of 540 is to automatically heal oneself. A loving thought then heals, and a negative thought creates illness.

How do we pick up the negative belief systems? We pick them up through television and well-intentioned people. Their intention is to prevent these illnesses in us by educating us about them. Instead, we find that the mind is now programmed to accept a specific belief system. Unconscious guilt then comes up and utilises that belief system, which causes an impairment of energy flowing through the energy fields that run down through the twelve meridians of the acupuncture energy system.

### The MERIDIANS:

Have a negative emotion lodge its disruptive slowly vibrating energy field in the region of a meridian then you will have a physical health issue with the physical organ that is fed by that meridian even though that meridian is within your spirit body.

	Lung
	Large Intestine
	Stomach
	Spleen
	Heart
	Small Intestine
	Bladder
	Kidney
	Pericardium
	Triple Burner
	Gall Bladder
	Liver
	Governing Vessel (Du Mai)
	Conception Vessel (Ren Mai)



### DIVINE LOVE progressively brings about HEALTH of the PHYSICAL BODY:

The way the Divine Love works in a mortal soul is so practical that it takes us some time to see this truth. One's natural love is slowly perfected by the presence of the Divine Love in one's soul. As more and more of the Divine Love is asked for and received, progressively, more and more of one's man-made erroneous beliefs and emotional errors are resolved and dissolved by the light blue energy substance. As these injuries progressively leave the spirit body, then the health of the physical body steadily returns. As these injuries are permanently removed then a re-occurrence of the illness is impossible. A permanent recovery is then achievable.

## ENERGY DETERMINANTS – Relationship between Body, Mind and Soul:

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

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

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

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

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

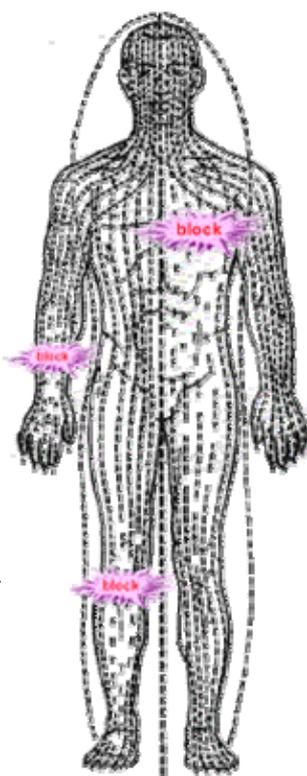
It is the energy level of love that steadily brings about a release from erroneous and harmful man-made emotions and beliefs. The energy level of love calibrates at 500 and higher. One's soul is connected by cords of light to one's spirit body. One's soul is the home of one's personality, natural intelligence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

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

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

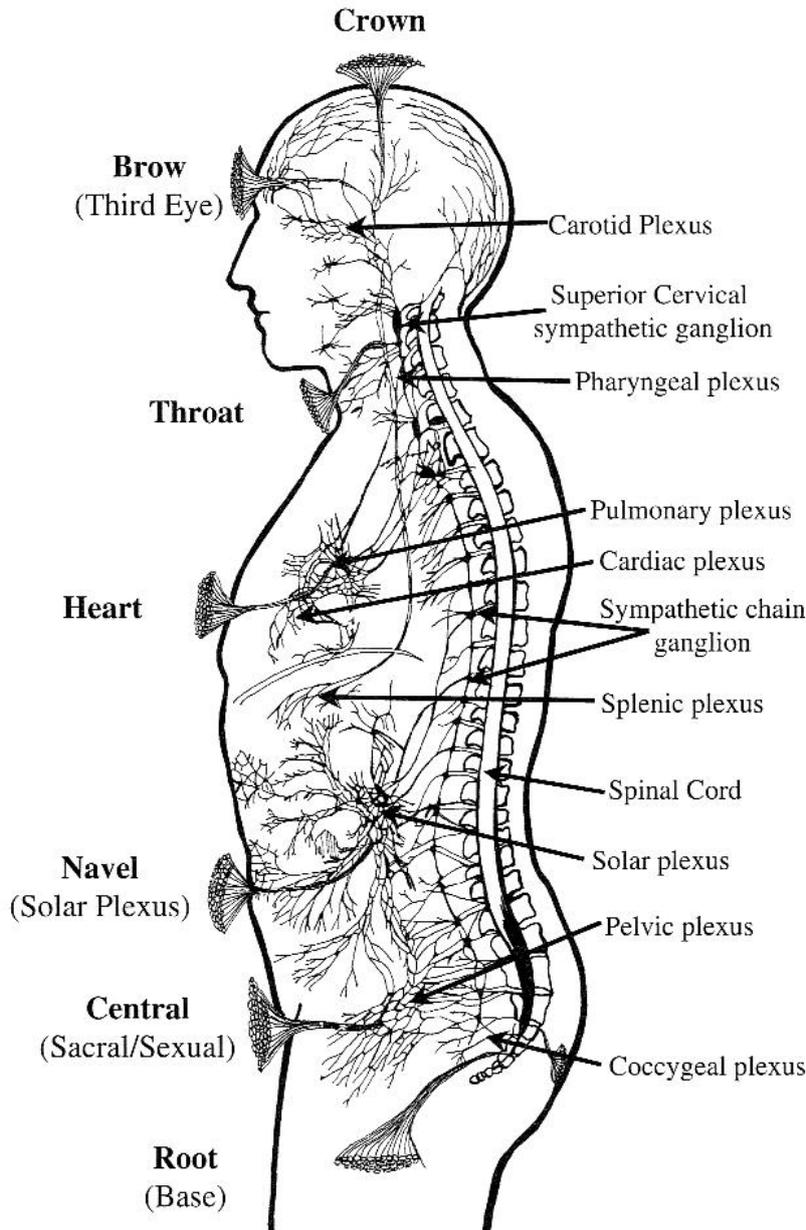
Crown	600	7 <sup>th</sup> chakra
Third Eye	525	6 <sup>th</sup> chakra
Throat	350	5 <sup>th</sup> chakra
Heart	505	4 <sup>th</sup> chakra
Solar Plexus	275	3 <sup>rd</sup> chakra
Sacral or Spleen	275	2 <sup>nd</sup> chakra
Base or Root Chakra	200	1 <sup>st</sup> chakra

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

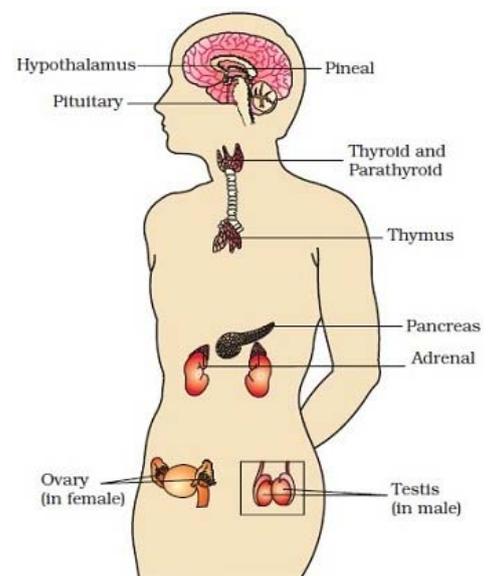
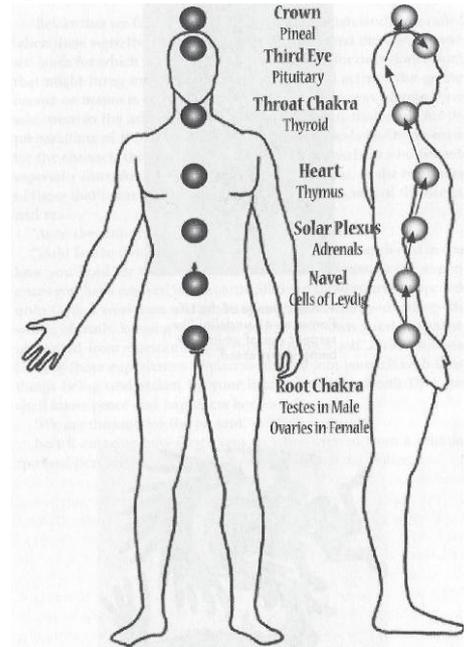


**INTERCONNECTION of BODIES:**

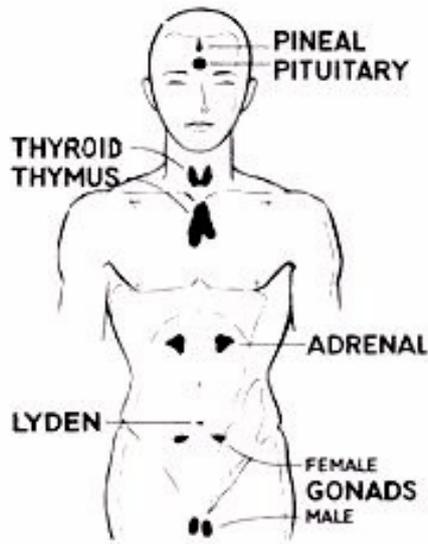
The spirit body is the template of the physical body. Once the spirit body is created at conception, one's pre-existing soul becomes connected to the spirit body, within the heart region. Energy flows into the chakras, main chakras are depicted here, such energy then flows through the meridians that run the full length of one's body in various channels. It is due to emotional injuries and errors of belief that flows of energy may become blocked. The main meridian interconnects with the main chakras. When one is sensitive to the inflowing of Divine Love, one may enjoy a warmth around the heart region and /or the third eye which then may reach around the cranium encapsulating the pituitary gland / crown chakra.



*Chakra and Nerve Plexuses Locations. Each of the major chakras is associated with a major nerve plexus within the body.*



According to Edgar Cayce, Eastern mysticism, and NDE studies, the human body is a receiver of cosmic energy (like a radio) for which we are able to connect with [spiritual realms in the afterlife](#) as well as with physical people. This "receiver" aspect of the human body is made up of a system of endocrine glands within our body (see chart on the left) which are points of contact to an associated system of spiritual energy centres (called "[chakras](#)" in the East) which are collectively called the "subtle" or "[astral body](#)" (or simply the "spirit body").



The spirit body is the "vehicle" by which people have [near-death experiences](#), [out-of-body experiences](#), and [lucid dreams](#), for example. One's soul is permanently connected by cords of light to the spirit body. Near-death experiencers, such as Cayce and [Mellen-Thomas Benedict](#), have described how with the silver cord, which corresponds to the spinal cord, how one's spirit body may temporarily leave the physical body with this cord extending out from one's head, or from the chest area, or from the navel area of the abdomen. From the head, it may extend from the forehead, back or top regions. From the top it is from the soft area of the skull that can clearly with babies.

The spirit body is also the energetic form of the physical body. The spiritual centres of the spirit body are points of contact where the physical, emotional, and spiritual aspects of the body come together. Each spiritual centre associated with an endocrine gland is also a point of contact to a particular energy transference. The [pituitary gland](#) – the "master" gland of the body – is associated with the "[third eye](#)" chakra in Eastern religions and is the point of contact connecting our physical body to loving energy sources, namely natural love and Divine Love.

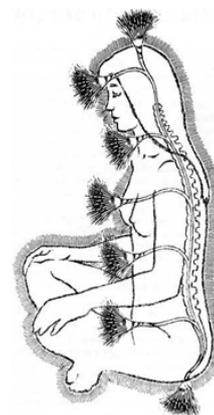
The seven major endocrine glands, which secrete hormones directly into the bloodstream to keep the body running optimally, are also a physical portion of the seven spiritual centres or chakras (spinning wheels) that effect major changes in our vibrations and consciousness. The central nervous system, so vital to living in the three dimensional world, is also a portion of the Kundalini pathway, which can raise our vibrations and help us perceive beyond three dimensions. Spiritual centres are both energy vortexes that generate movement as they are stimulated (as a spinning wheel) and enlightenment complexes that unfold as they grow (as an opening lotus). These centres correlate with the endocrine glandular system in the body. Seven are important to us, however, there are twelve.

Like the caduceus, there are three pathways in the body. Two are an interwoven double helix often represented by double serpents. The third is a single path, beginning in the lower pelvic area and travelling directly up the body to the top of the head. These two pathways correspond to the body's two nervous systems: the Sushumna to the central nervous system, with its spinal column and the brain, and Ida and Pinala to the deeper autonomic nervous system, with its woven nerves that begin in the lower torso and ascend to the brain. These three pathways act as one. The energy flows through them simultaneously.



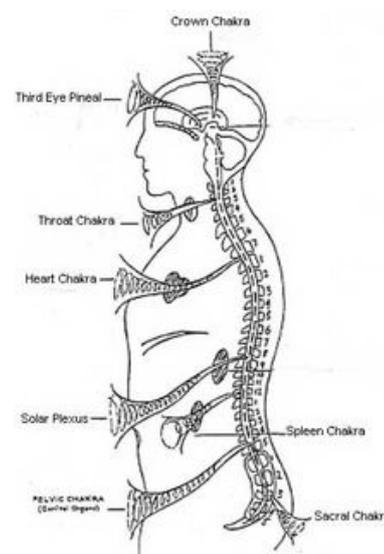
The endocrine glands along this pathway are these (in order from lowest to highest): gonads (male testes and female ovaries); cells of Leydig (named after the doctor who discovered them), located in and above the gonads; adrenals (located on top of the kidneys); thymus (located in upper chest); thyroid (in the throat); pineal (near the centre of the brain at the top of the spinal fluid canal); and pituitary (just above the back of the roof of the mouth, behind the bridge of the nose, tucked under the frontal lobe). These

are the corresponding chakras: the root, navel, solar plexus, heart, throat, crown and brow (third eye). The energy flows along a path that is like a question mark (?), not like an exclamation mark (!). The energy flows up the body to the base of the brain, then over to the centre of the brain and the crown of the head, and then on to the forehead and the great frontal lobe of the brain, where the third eye is located. This is also how it is symbolised in ancient Hinduism, the Kundalini pathway is symbolised by a cobra in the striking position, not straight up. In mystical Egyptian and Mayan art, it is a winged serpent in the striking position.



Many experiencing receiving Divine Love do so through the third eye and flowing then to the centre of the brain and then downwards.

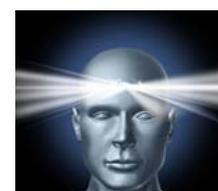
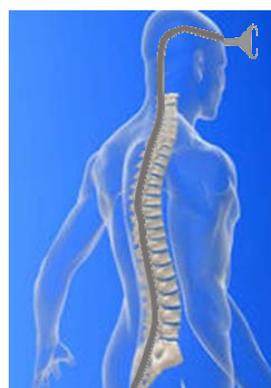
Each spiritual energy centre corresponds to one of the [seven notes on a musical scale](#): C, D, E, F, G, A, B. Each spiritual centre also corresponds to a colour on the [light spectrum](#) of which there are seven: red, orange, yellow, green, blue, indigo, violet (or white). The positive and negative "vibes" a person is outwardly exposed to in life can influence the inward functioning of the endocrine glands and their corresponding spiritual centre. The dominant vibration – positive or negative – within a person's body reflects which spiritual centre is dominant within a person's life. It is the dominant vibration of a person's life – body and spirit – which determines the level of the corresponding afterlife realm they have attained. Certain yoga meditation techniques (such as chanting mantras) have been used in the East to raise the quality of the spiritual energy vibration to help heal the body and spirit (one's mind is within the spirit body). Divine Love is the optimum pathway.



Thus, the breaking of the connection between the spirit body and the physical body is fatal to the physical body. When the silver cord is disconnected from the physical body, there is never any recovery of the physical body. It is the disconnection of the silver cord that brings about death of one's physical body. Life of the personality then continues in a different form, life continues with the soul continuing to remain imbedded within one's spirit body. The real you is your soul.

### **The Silver Cord:**

**The silver cord of light is the energy conduit for the natural love and divine love energies as they are received through the chakras, particularly the third eye chakra. The energies flow in both directions following the spinal cord column.**



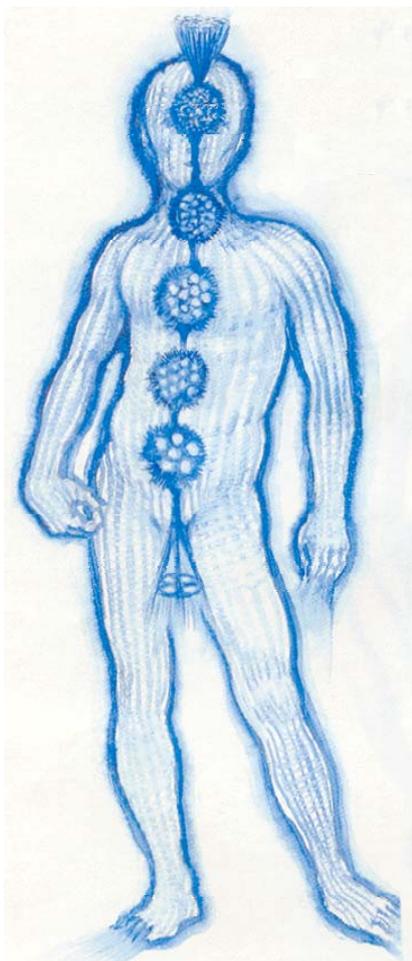
**Divine Love is received through the third eye or heart chakras generally.**

## HEALTHY MERIDIAN or OBSTRUCTED MERIDIAN:

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

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

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

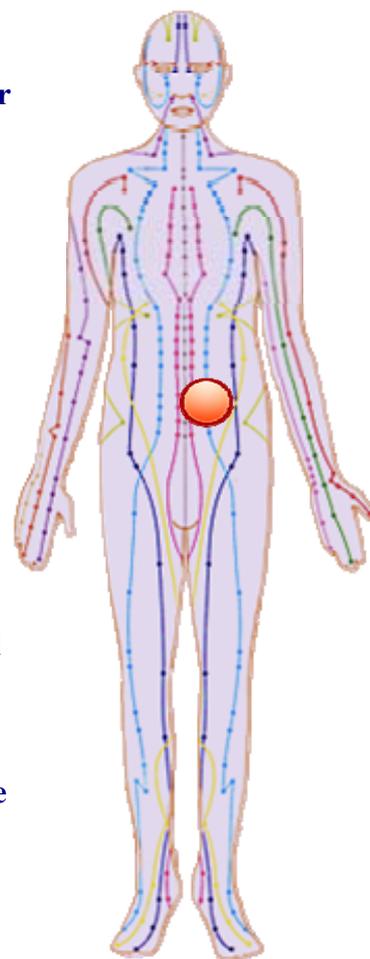


Allopathic / western medicine treats the symptoms, however the cause remains held in the bodies resulting in a further or similar health issue or a reoccurrence.

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

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

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



## **HOW DOES the COMPLEXITY of DIET FIT IN WITH OUR HEALING?**

Our Healing, which is healing our untrue state, comes first – then our diet. Our Healing is the focus, understanding that as we're dysfunctional on all levels by being unloving to ourselves because of our childhood, then really it's irrelevant what we eat because of the thousands of layers and levels within us that are in denial. This is also explaining why it's so different for each of us. Because we've all had such different upbringings, resulting in different levels of repressed feelings within us. Broadly we can generalise, if we eat too much of this it will have this negative effect on us, however that's not on everyone, with some people eating and doing all the wrong things with seemingly no detrimental effects.

It is our inner that drives the outer. So our inner state, which is hugely complex, drives what foods we are drawn to. And we can try and control our diet using our mind, just as we can try and control any part of ourselves using our mind, however that only adds yet more complications to the already complicated mess.

So we are to focus on ourselves by attending properly to our feelings doing our Healing. And as we progress in our Healing, so our diet will change. And we might go this way and that, all of which brings up yet more bad feelings, all so we can embrace and express and seek the truth of them. With what we eat in the end being taken care of solely by our feelings – we will feel good about what we eat and when we eat it and how much we eat of it, it eventually giving us no further bad feelings, once we've completed our Healing.

So whilst doing our Healing, we can use our mind to look at the effects certain foods have on us so far as what science can determine; we can look at how that food is grown, how its prepared and so on; we can look at every aspect of it, yet all whilst still fully attending to our feelings. And so what one person will want to eat, how much and when, another person might not feel the same way about; even with people possibly going against all the suggested principles of 'what's best for you' worked out scientifically as humanity progresses in its wrongness, and showing no detrimental effects whatsoever.

So you can say, right, no more wheat, no more processed sugar... and see how that makes you feel, looking to the truth of those feelings. And you can say, oh but I can't be bothered going to all the trouble preparing such alternative food, and the added expense, and what am I going to do without bread – how will I survive when bread has always been my main comfort food? All more bad feelings to work with.

And you can say, all right, only raw vegetables, eggs and a bit of cheese, and start the new regime, only to reject it three days later because the chewed vegetables get caught in your throat making you cough and annoying the shit out of you. More bad feelings to accept, express and seek the truth of.

So as with anything through our Healing, we can look to our mind for its control, and try things we determine by it believing they will be helpful to us, all so long as we also keep paying attention to all the bad feelings (and good ones of course) that come up. And the feelings will be stronger, so we'll end up going against what our mind says, provided we want to give up our mind control and live a truly feeling-led life. All of which overall will have an effect upon us and our diet and every other aspect of our life. All initially, whilst we're doing our Healing, to show us the whole truth of our wrongness. And then once Healed, to live being true.

And then as your Healing progresses and you reclaim your will, so it starts working positively and lovingly for you rather than unloving and negatively against you. And suddenly you might feel and know: right, no more red meat, or no more milk, or no more of that dried fruit, or no more of that

vegetable, or no more of that chocolate, or even more of that different chocolate and more of those vegetables. And you know it's right for you.

We can either keep living being told by our minds what is the best way for us to live, what are the best foods for us and so on; or we can stop and pay complete attention to our feelings, wanting and allowing them to show us the way we are to be. And by doing our Feeling-Healing we are doing this, all of which is healing all that's wrong within us and preventing us from simply naturally doing it as we should have done had we been allowed to grow up lovingly and without any unloving interference.

So we can try and wrestle it all out with our minds; or, we can look to our feelings instead.

Note from James Moncrief Saturday 13 January 2018

**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.**

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

**Feelings first**

**LIVE FEELINGS FIRST**

**FEELINGS FIRST For Kids**

## 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 works. 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 (3<sup>rd</sup> 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.

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 mind's 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, 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.



**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 ourself, 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](mailto: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 be 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](http://www.pascashealth.com)

Then Pascas Introduction Notes:

**Pascas Care Letters Healing Properties of Substances**

# Avonal 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!

## **MODERN MEDICINE IGNORES OUR SUBTLE BODIES:**

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

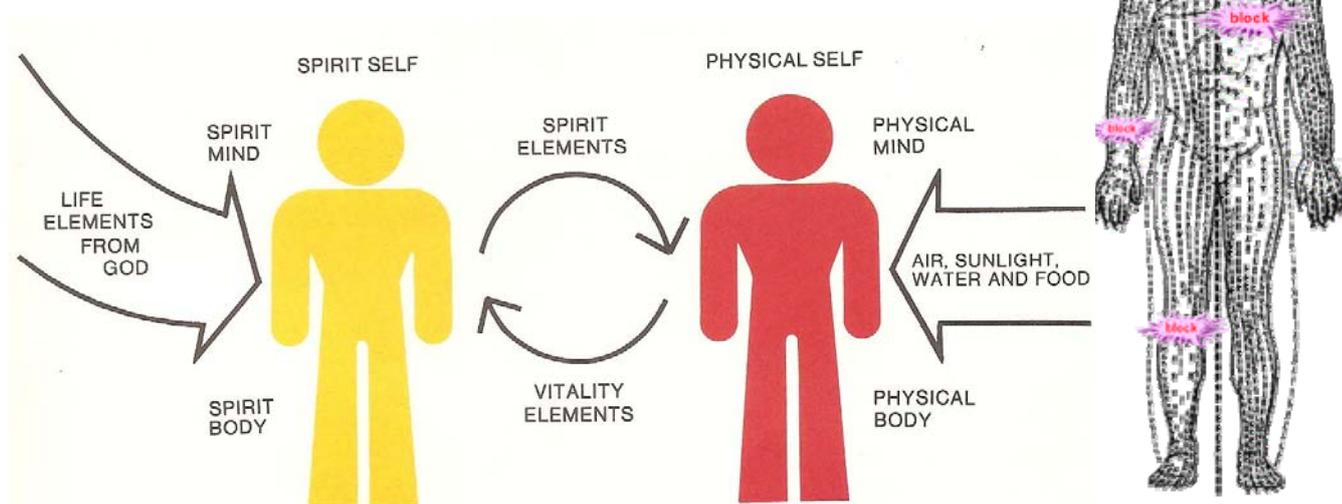
The auric field, that some can see, is the template for our physical body. Childhood Repression brings about energy flow blockages, being stuck and frozen emotional injuries, which then retard the flow of energies within our physical bodies. Modern medicine ignores this reality. The result is that treatments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

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

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

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

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



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

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

# FEELING HEALING + SOUL HEALING

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

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

You CAN'T find the truth of yourself, or anything else, through and with only your mind. You HAVE to engage and look to your feelings. And so if you choose to allow your feelings to 'Show You the Way', then the truth will come as you express them.

So to do our Soul-Healing consists of these steps, all of which are ongoing until it's done:

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

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

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

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

To do our feeling-healing we need to become:

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

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

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

So it sounds simple.

So I repeat:

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

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

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

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



**in conjunction with**

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

## Prayers to our Mother and Father

From 'Religion of Feelings' by James Moncrief

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

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

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

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

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

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

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

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

### Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

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

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

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

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

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

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

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

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

**LOVE**  
is  
**Feelings First Spirituality, The New Way**

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

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

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

**Living the New Way of Feelings First Spirituality**

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

*And to do this you need to do your Healing*

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

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

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

## **Feelings First Spirituality The New Way**

<b>By living true to ourselves, true to our feelings, we are living true to God. It's that simple.</b>
--

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

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

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

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

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



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

## **FEELING** TRUTH

It's the Truth that we are seeking. It's the End Point.

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

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

Notes from 'Feeling Healing' by James Moncrief

*Heartfelt* **TRUTH**

# Feelings First Spirituality

## The New Way

**Feelings First**  
**FF**  
**Feeling Free**

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

Accept, express and long for the truth of your feelings

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



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

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



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



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

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

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

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



Everyone can relate to everyone else through their feelings.  
And we can all live the truth that comes from our feelings, all sharing the same truths as we express and have the same feelings.  
No one need be left out; no one is more special than anyone else – we are all united in Truth through our feelings.  
So with and through our truth we live our lives, therefore without the need of any man-made mind-laws, rules and restrictions that limit self-expression as inspired by our feelings.

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

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

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

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



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

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

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

**LOVE is the Religion of Feelings, being:**

**Feelings First Spirituality, The New Way**



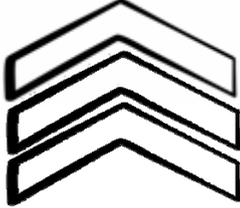
my  
**House** is your  
**Paradise**  

**HOME**

## The CHOICE is OURS to MAKE:

### Celestial Truth:

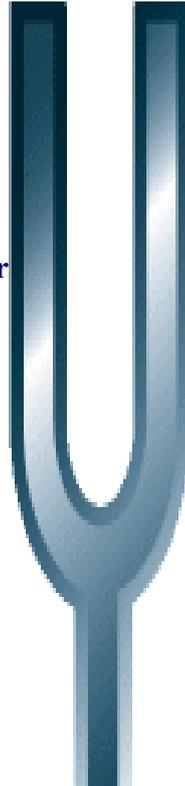
Truly all-loving;  
 Living true to oneself;  
 Mind supporting Feelings;  
 Living with the Divine Love;  
 Fully Healed of the Rebellion and Default.



### 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.



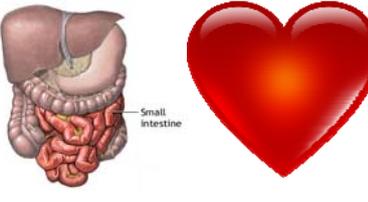
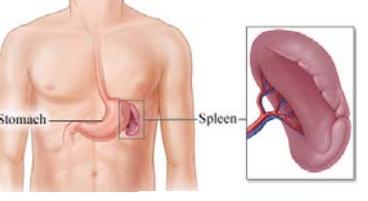
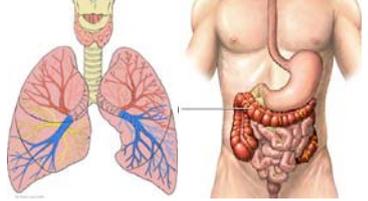
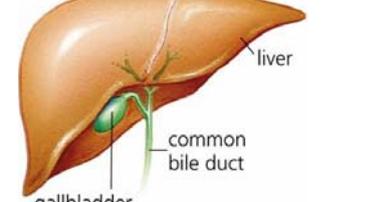
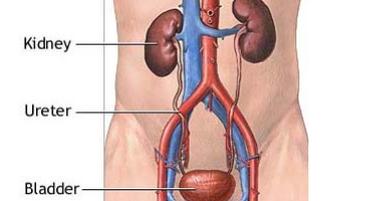
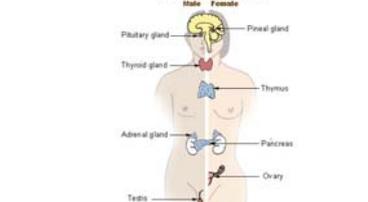
All religions, New Age, agnostic,  
 atheists, no spiritual interest,  
 Living the Rebellion and Default.

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.

**EMOTIONS affect SPECIFIC ORGANS:**

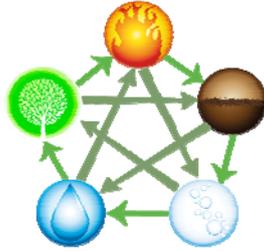
Emotional injuries and held errors have specific energy signatures and vibrations. So does each part of our physical body. Errors held within one's mind affect the flow of energies through one's spirit body, the spirit body is the template of the physical body. The resulting energy flow constrictions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

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

# BODY CODE™ CHART

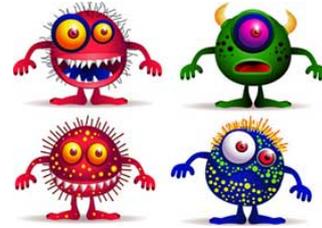
## Energies

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



## Pathogens

- Parasites
- Fungal
- Bacterial
- Viral
- Mould



## Toxicity

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



# Body Code System

## Structural

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



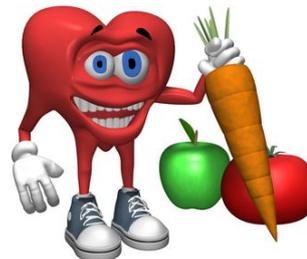
## Circuitry

- Organs
- Glands
- Chakras
- Disconnections
- Meridians



## Nutritional

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



**EMOTION CODE and BODY CODE:**

Kinesiology muscle testing is utilised to bring about an understanding of precisely what emotional issue or issues that need to be addressed and removed. In the same way, kinesiology muscle testing is utilised throughout the Body Code process.

Dr Bradley Nelson developed the Emotion Code and Body Code. Practitioners are available worldwide for support, typically via Skype. <http://www.drbradleynelson.com/find-a-practitioner/>

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

## Library Downloads – Pascas Papers

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

Pascas Care – Kinesiology Testing

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

Pascas Care – Emotion Code

FH & DL

Pascas Care – Emotion Code – Circuitry Vol I

Pascas Care – Emotion Code – Circuitry Vol II

Pascas Care – Emotion Code – Energetic Imbalances

Pascas Care – Emotion Code – Nutritional Imbalances

Pascas Care – Emotion Code – Pathogens

Pascas Care – Emotion Code – Structural Imbalances

Pascas Care – Emotion Code – Toxicity

Pascas Care – Healing Code

Pascas Care – Healing Code Practice

Pascas Care – Cancer of the Breast and Emotions

FH & DL

Pascas Care – Cause & Development of all Illness

FH & DL

Pascas Care – Clearing Emotions, Why?

FH & DL

Pascas Care – Consciousness and Emotions

FH & DL

Pascas Care – Emotions

FH & DL

Pascas Care – Emotions and Health

FH & DL

Pascas Care – Emotions determine Genes

FH & DL

Pascas Care – Feeling vs Emotion

FH & DL

Pascas Care – How Illness Manifests

FH & DL

Pascas Care – Our Emotions & Physical Health

FH & DL

Pascas Care – The Truth About Cancer

FH & DL

Pascas Care – The Truth About Cancer – Complementary Modalities

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Pascas Care – The Truth About Cancer – Exploring Pathways

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Pascas Care – When the Body Says No

FH & DL

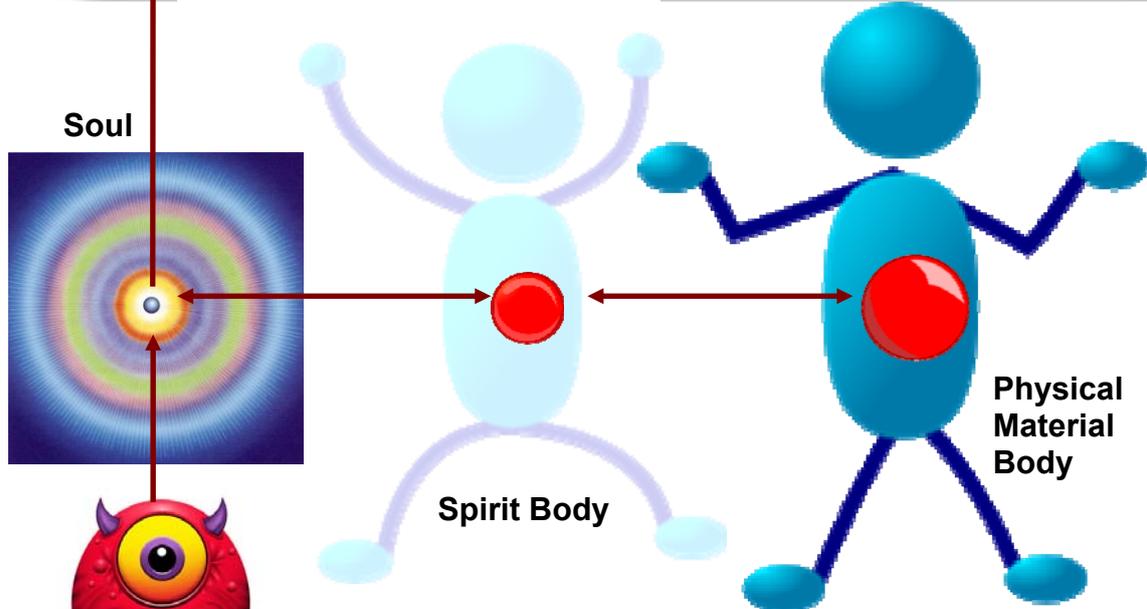
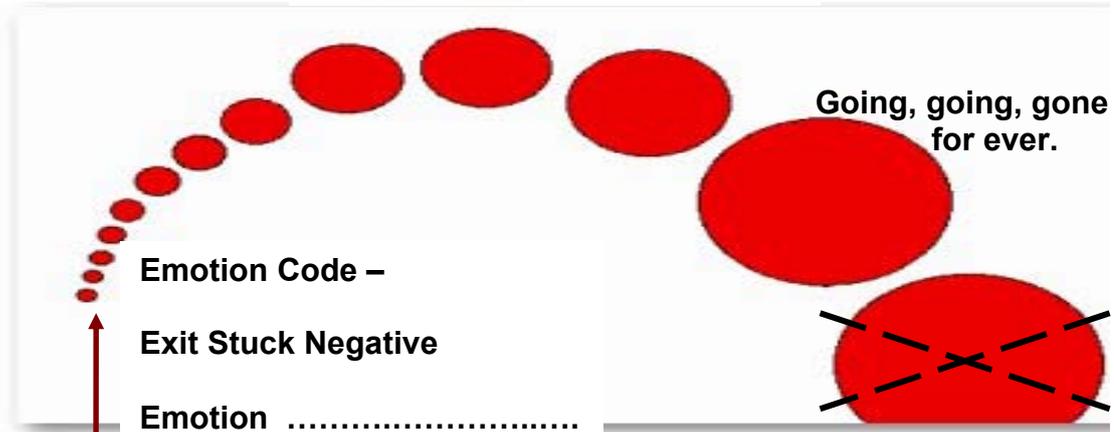
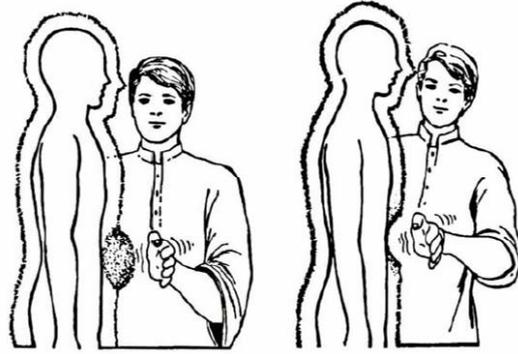
Pascas Care – When the Body Says No – Emotions

FH & DL

The Emotion Code and the Body Code have been developed by Dr Bradley Nelson.

<http://www.healerslibrary.com/what-is-the-emotion-code/>

A global network of practitioners typically working via the Skype facility are available.

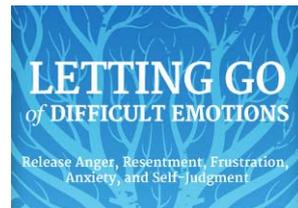


**Negative Emotion** encrusts soul and becomes stuck. Its lodging emerges in the spirit body and then creates pain and illness in the same region within the physical body. Feeling and releasing the negative emotion brings the soul, spirit body, and physical body back into order and health.

While we remain self reliant, that is, reliant upon our natural love, the underlying emotional injury is likely to re-emerge. It is only by the asking for and receiving of the light golden blue energy, Divine Love, that a permanent removal of the injury is achieved. It is the Love energy that dissolves the underlying cause being the emotional error or injury.

## **LETTING GO with The LOVE:**

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



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

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

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

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

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

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

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

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

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

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

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

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

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



## **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.

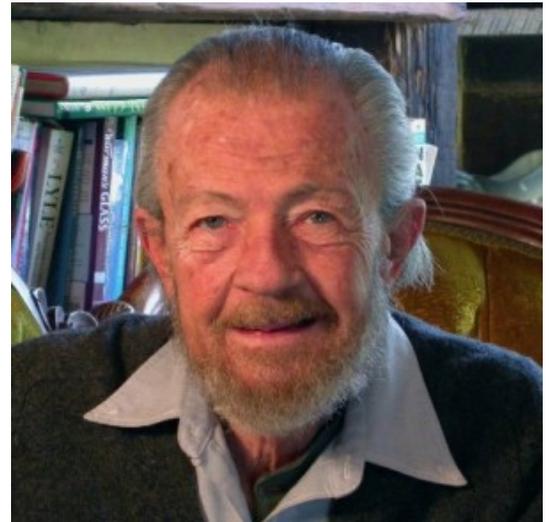
- Ignore thoughts. They are merely endless rationalisations of inner feelings.
- No matter what is going on in life, keep the steadfast intention to surrender negative feelings as they arise.
- Make a decision that freedom is more desirable than having a negative feeling.
- Choose to surrender negative 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.

# LIVE FEELINGS FIRST

**Dr DAVID R HAWKINS:**

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



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

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

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

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

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

Everything is interconnected.

**MUSINGS by JOHN:**

Thursday, 28 September, 2017

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

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

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

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

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

Cheers John

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

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

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

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

And to bolster my flagging ego, I would tune into those people on Earth who were still thinking well of me, yourself John being one such person. And here again, by doing this, I gave myself a rude shock having to face the fact and realise that few people truly understood what I was teaching, taking my work and corrupting it for their own gain. And believe it or not, I never thought such a thing would happen. So, who of my 'earthly followers' was staying true to what I taught – who actually got it?

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

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

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

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

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

Yours respectfully,  
Dr. David Hawkins

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

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

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

I (Sam) bought 'Letting Go – the pathway of Surrender' by Dr Hawkins and I was very up with all of his feeling work but then felt the change in me with the mind dominant aspect of Dr Hawkins work, it was that I wasn't drawn to and felt myself draw back from it but now he can go on from what he already knows, go further into the feeling aspect of what he discovered and I am sure he will get so much support in that from the Divine Love spirits that are guided to help him. Isn't that just so wonderful John, to have that help, like you have in Kevin and Kathaleen.

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



**CONCLUSION:**

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

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

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

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

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

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

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

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

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

**in conjunction with**

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

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

**HEALTH with or without the LOVE:**

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

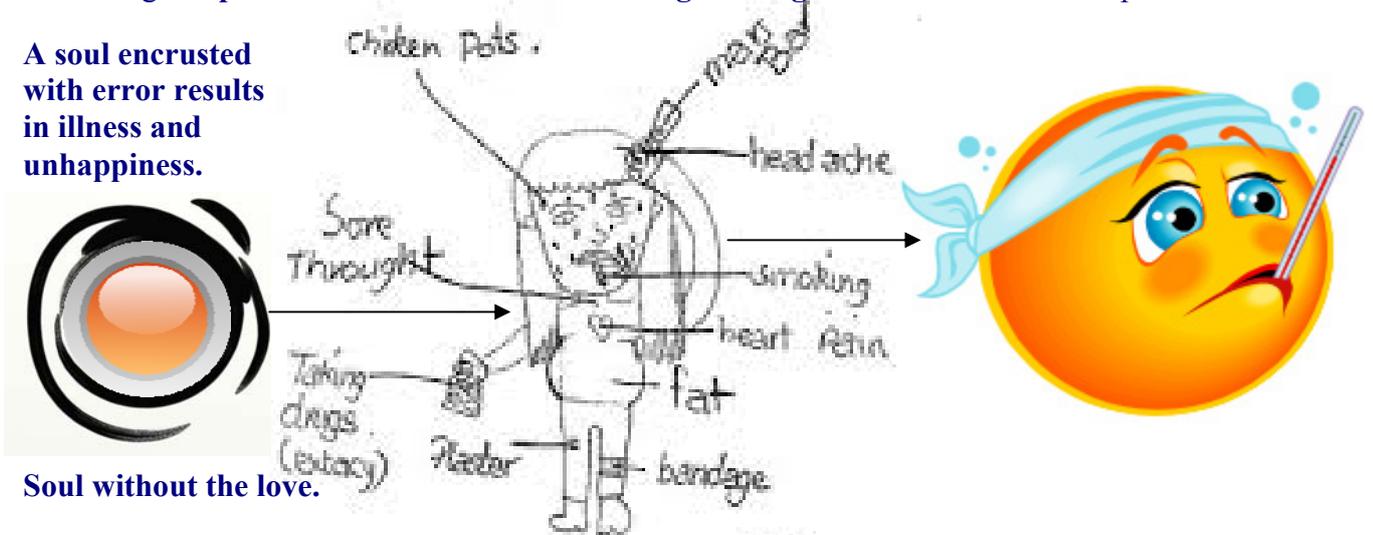
The Master, because he experienced the New Birth soul condition as a mortal, his physical nature was directly affected, so it would be accurate to say that because of this, his nutritional needs were somewhat different from other mortals.

Throughout his ministry (when the New Birth soul condition was his), he was actually in perfect physical health, and this was apparent through a sense of well-being that actually manifested on a physical level as well as a spiritual one. Aman 24 January 2007

The influence of sinful emotions and thoughts and actions upon the soul is such that the spiritual emotions and aspirations of man becomes dormant, and as though not existing, and the soul itself is encrusted with evil.

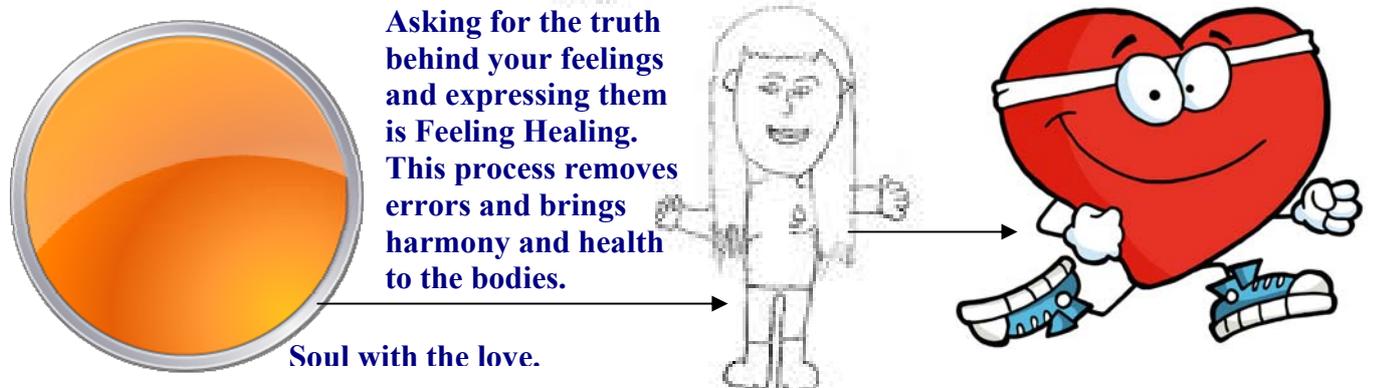
Through prayer, thoughts and soul longings, the spiritual nature in man can be developed so as to dominate the personality, and he will act in accord with the feelings and emotions of his soul. The evolution of man from the natural being to the purified soul and, if he so desires it, to the state of the divine angel is possible with the Love and Feeling Healing. Jesus 8 September 1955

**A soul encrusted with error results in illness and unhappiness.**



**Soul without the love.**

**Asking for the truth behind your feelings and expressing them is Feeling Healing. This process removes errors and brings harmony and health to the bodies.**



**Soul with the love.**

**DIVINE LOVE PERFECTS ONE’S NATURAL LOVE.**

The light blue energy substance of Divine Love is 10 to 100 times more robust than natural love. As the asked for Divine Love blends with the natural love, the Divine Love perfects the natural love whilst slowly removing man-made injuries and emotions encrusted around the soul.

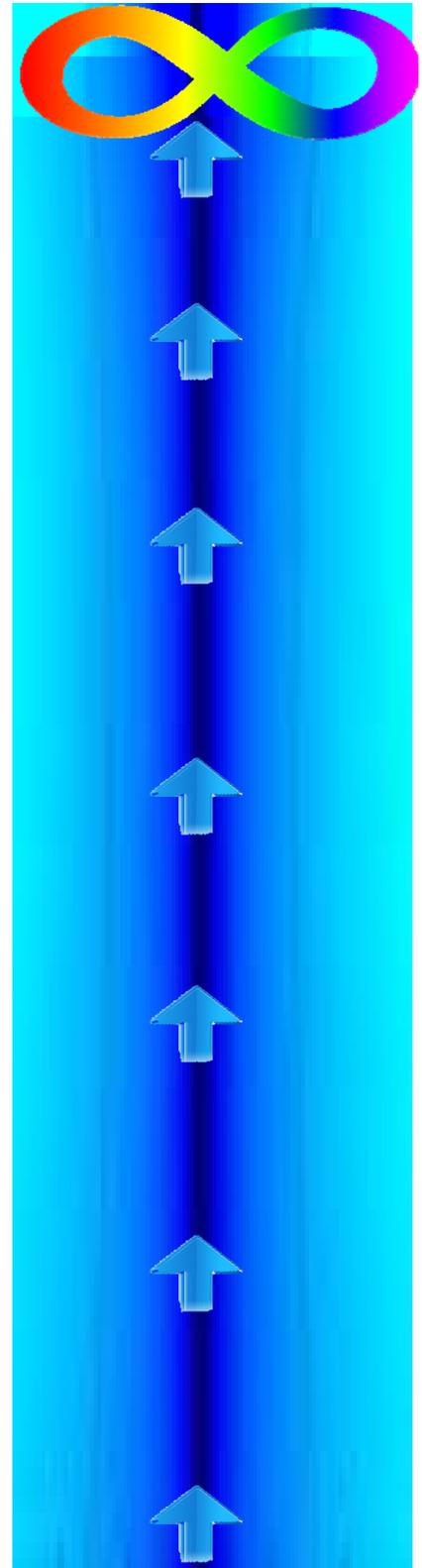
**SPHERE**  **MAP OF CONSCIOUSNESS**

10	Level	Log
9	At-onement Transition &	
8		1080
7		
6	ENLIGHTENMENT	700-1000
5	PEACE	600
4	JOY	540
3	LOVE	500
2	REASON	400
1	ACCEPTANCE	350
	WILLINGNESS	310
	NEUTRALITY	250
	COURAGE	200
	PRIDE	175
Spheres of Disharmony = Hells	ANGER	150
	DESIRE	125
	FEAR	100
	GRIEF	75
	APATHY	50
	GUILT	30
	SHAME	20

Man with natural love alone cannot progress beyond the 6<sup>th</sup> Sphere.

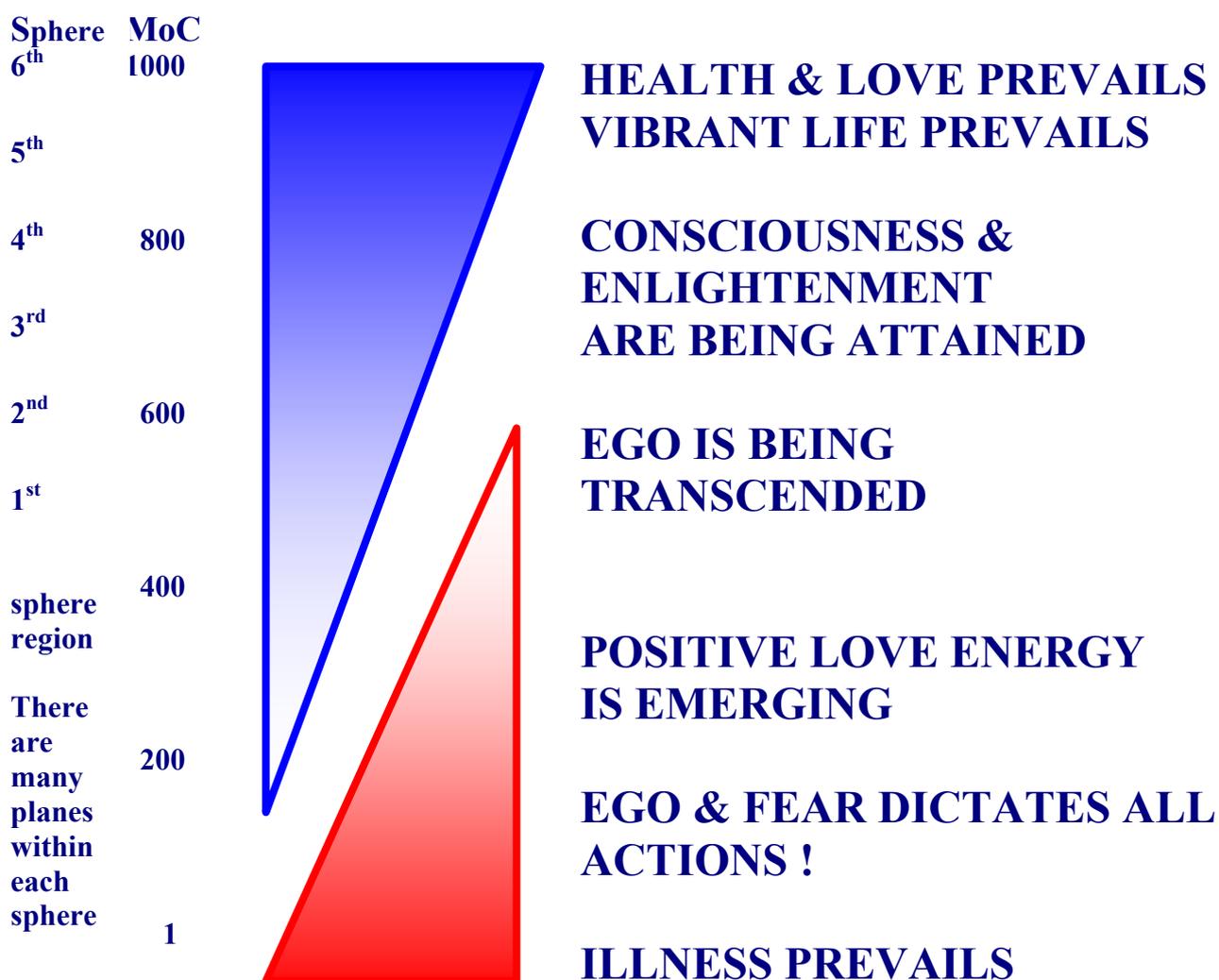


Emotional injuries degrade one’s soul condition.



## “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.



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.

### **CLEARING AWAY ERRORS of BELIEF and UNLOVING WAYS of LIVING:**

As we progress from early childhood, we begin to recognise the array of errors in the way we live and treat others and also the false beliefs that need investigation and review. In the past, we depended upon one's own perseverance and stamina to step away from unloving character traits, only to relapse. Recidivism is our human nature, we just keep relapsing to old ways. By embracing the substance of the Father's Love, the Divine Love, as we step away from held erroneous ways of humanness and false beliefs; it is the Love being infused within one's soul that inhibits a return to released emotional errors and ways. The two processes of growth in love complement each other. We need to lead the way by feeling and rejecting injurious ways of living whilst embracing the energy of the Love to grow one's soul in the Love, thus removing any potential for relapsing back to past patterns.

#### **HARMONY within the SOUL = HARMONY within the PHYSICAL BODY:**

**Emotional injuries, erroneous beliefs, harmful intentions are all damages encrusted upon one's soul. Such injuries are to the spirit body which the soul is connected to.**

**Such man made errors degrade the pristine soul and such damages impact upon one's spirit body which in turn emerge as discomforts, then pains, then as illnesses within the physical body.**

**Medical assistance and treatment may alleviate the illness / pain however the cause remains.**

**Until we endeavour to remove the errors and injuries, the propensity for the illness remains.**

**Love energy from the Father is the only substance that alleviates and progressively removes errors and injuries, and this Love energy is the only substance that permanently brings about harmony and health for our soul which subsequently brings about health to our spirit body and physical body.**

**Earnestly pray for, ask for, and receive the Love from the Father, such Love will always be provided to those who ask for same – always!**

**“Dear Creator, fill my soul with your great Essence, your Love Divine and I will walk this Path as your child, ever seeking to come closer to you, ever seeking to receive this wondrous Gift, ever seeking to open my eyes and my ears and my mind of the soul so that I may know truly and wondrously who You are, who I am and the wonderment that is your creation, Beloved Father. I am ready. I am willing. I have a deep desire to know, I have a deep desire within my soul to love and I want to love, Father, in all the ways that I am capable of and to be your channel of Love in this world, to bring the Light of your Love into this world, to be in this wondrous flow and harmony, to know this great joy, profound and deep, holy and joyous. Father, I am with you. Be with me within my soul. Be with me now”.**

Keea 16 May 2016

## **WE ARRIVE DETUNED!**

Our souls are a divine creation of our Heavenly Mother and Father. They could not be any other way! And are designed (such as how it has been for us) to begin incarnation in a Natural love condition reflecting the Natural love state of our world.

And we have also been provided with the opportunity to experience what is being ‘evil’, to live denying our Natural love, as seen through the denial of many of our feelings. So we here on planet Earth live on a world that has Rebelled (and then also Defaulted), of which there are only 37 within the local universe of Nebadon, consisting of 3.8 million physical worlds under the regency of Mary Magdalene and Jesus – the spiritual parents of truth of all of Nebadon! And we assassinated Jesus, and completely denied Mary not allowing her to have her say about the truth.

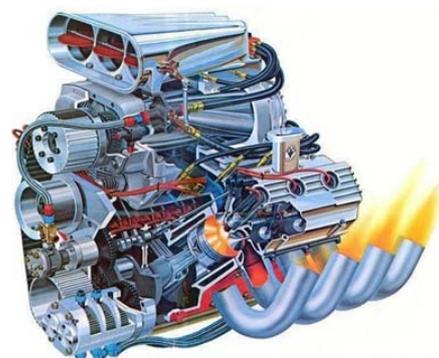
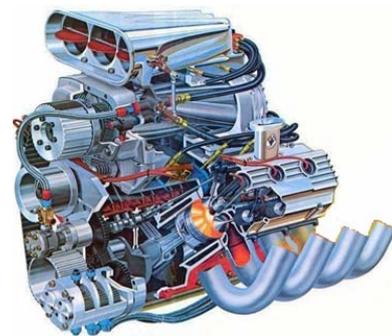
As a consequence, we are ‘detuned’ from our Natural love state and divine origin. You could say we arrived with all parts functional, however, in our untrue, dysfunctional and distorted state, we’re badly in need of a severe service, tune up or a complete reconditioning. Our goal being to bring our true self to the fore by doing our Feeling Healing, and then to progress beyond our Natural love state by further advancing our soul condition through the process of Soul Healing and receiving our Parents’ Divine Love – becoming divine.

In our feeling- and truth-denying untrue Natural love state, we have been made to use our minds to dominate our feelings, becoming more like that of mind-based creatures of nature than of human souls of truth and feelings. And this is the wrong way for us to develop. So to step beyond this limitation, we are to live true to our feelings. Our heartfelt feelings being the guiding lights to our evolution and growth of truth.

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 and can be found through our feelings – our soul based feelings.

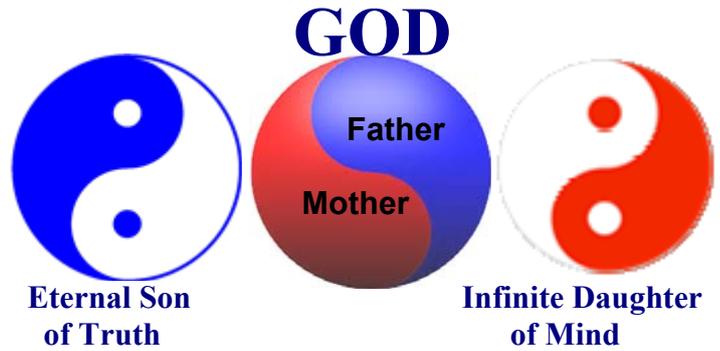
By living true to our self, true to our feelings, we are living true to God. It’s that simple.

Thus we are detuned once our incarnation begins. However, the way is now open for us to bring about our full divinity. To completely Heal all that’s wrong within us on a Natural love level. To embrace and then transform that Natural love into a divine state through partaking of our Heavenly Parents’ Divine Love. All the while attuning ourselves to divine perfection and enjoying the fullness of our divinity and love, as we ascend in truth on our journey all the way to Paradise – the home of our Heavenly Parents.



**WE were DIVINE, and**  
**WE are to BECOME DIVINE AGAIN:**

Our personality, our soul, our real self, are all creations of our Heavenly Parents. We, our real selves, are not creations of our physical parents. Within our original status, we were of Divine nature.



Our physical parents, from our conception, endeavour to mould us into being ‘little me’s’, that is, replicas of themselves, imposing their beliefs and personality traits upon each of us. They crush our individuality and free will. They destroy our personality, our true self. They inflict upon each of us their ways, all of which are of a result of the Rebellion and Default of many, many generations ago. They drive us into believing and subsequently becoming dependant upon our minds. This is not the way for us to express our true selves and evolve along the path towards our true parents, our Heavenly Mother and Father. We are to embrace the Eternal Son of Truth, not the Infinite Daughter of Mind.



No, we are not in the image of our physical parents. Though we may look like them, and act like them because they have dramatically and successfully crushed our true personality, we are each very unique and independent of our parents and all other family members. When we begin to progress along the path of engaging with our soul based feelings and seek for the Truth of our feelings, we will become free of our parents’ impositions and suppression.



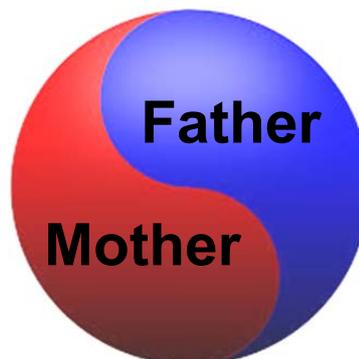
Upon starting our physical life experience on Earth, our divinely created soul begins to express us as one of our soul’s two personalities in Natural love. However because of Earth being in Rebellion, so we are parented into a rebellious and anti truth and anti love state of mind control over our feelings and true self.



Natural love is good, just ‘less’ or different to Divine Love. And it’s that in our rebellious state, we’re rebelling against Natural love, and Divine Love by not taking Jesus and Mary up on their offer and allowing the Divine Love to transform our soul, as we perfect our Natural love by doing our Healing.

By living true to our self, true to our feelings, we are living true to God. It’s that simple. The revealing of the Feeling Healing process is the commencement of our ability to begin the Great U-Turn and go the right way. Should we then also embrace our Heavenly Parents’ Divine Love, we can also commence our Soul Healing and a returning to that of being divine – this is our destiny.



**CREATED in THEIR IMAGE:****GOD**

James: Mary, what does ‘we being created in the image of God’ really mean?

Mary M: It means that our Mother and Father used Themselves as the model or template if you like, upon which to bring us into being, those of us who have existential souls with the potential of expressing their two personalities in Creation.

And although our souls are divine, as in being divinely created, still whilst we start our personality expression in Natural love, so we need the Divine Love to come into our soul and bring it into the levels of Celestial divinity.

Natural love, so basically the whole of Creation, is of the image of God, and we being divinely created souls can be part of God’s Divinity becoming divine ourselves. So through your Healing, James, you become progressively divine by partaking of the Divine Love and healing yourself into perfection – your true self. And by the time you’ve completed your Healing, your soul is of the Divine Love level of Celestial truth, and your personality is an expression of that level of truth, it all being ‘confirmed’ and cemented – fused – into place upon the direct soul-union with your Indwelling Spirit. Then you are of the essence of God, true and perfect to the level of the first Celestial sphere, the first sphere of true divinity.

Mary Magdalene communicating with James 20 November 2017



**WE ALL ARE BEING GUIDED HOME:**

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

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

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

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

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

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

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

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

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

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



**M&F**



**J&M**



**AVO**

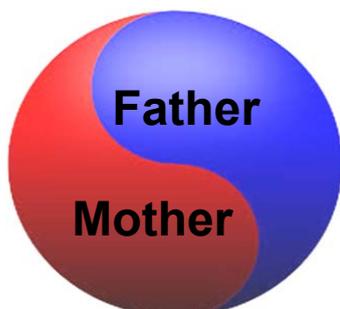


**HUM**



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

**GOD**



**M&F**

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

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

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



**J&M**

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

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

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



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

**AVO**



**HUM**

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

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

**WE ARE Children of God**

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.

## HOW TO GET TO PARADISE:

Long for the Divine Love

Long for the Truth

Long for the truth of your feelings

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

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

Want to end your falseness and being untrue

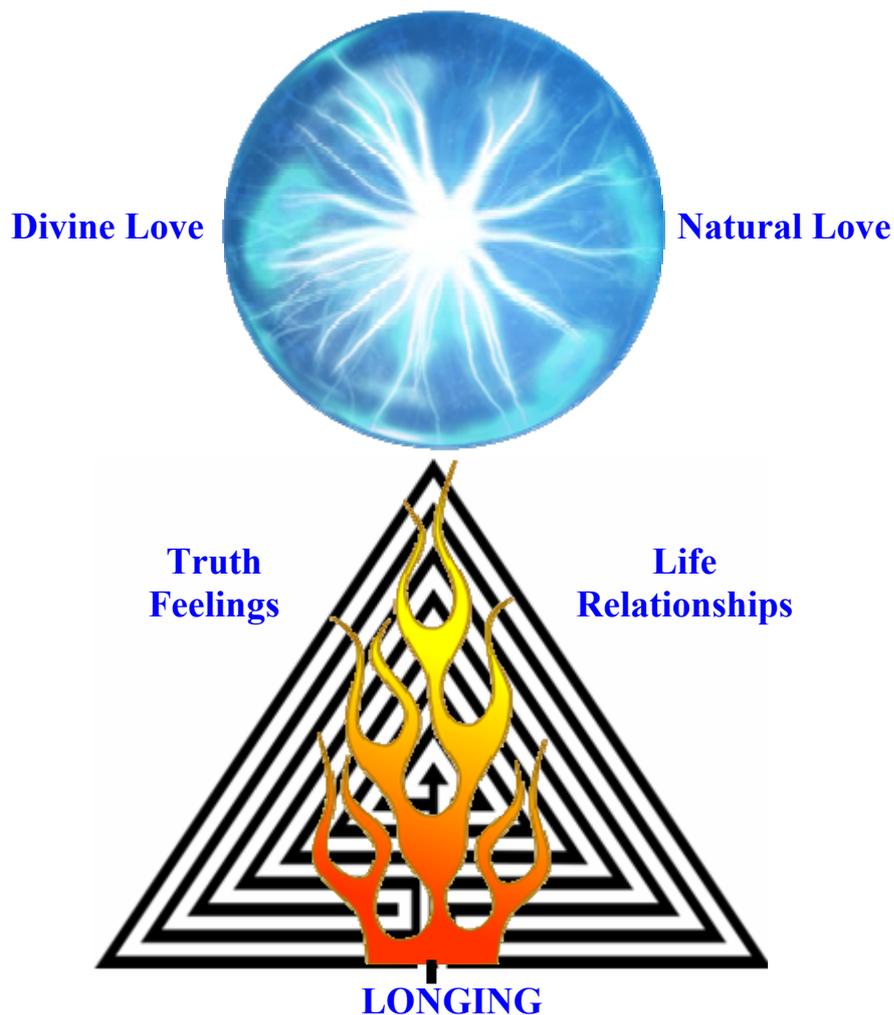
Want to understand the truth of your early life

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

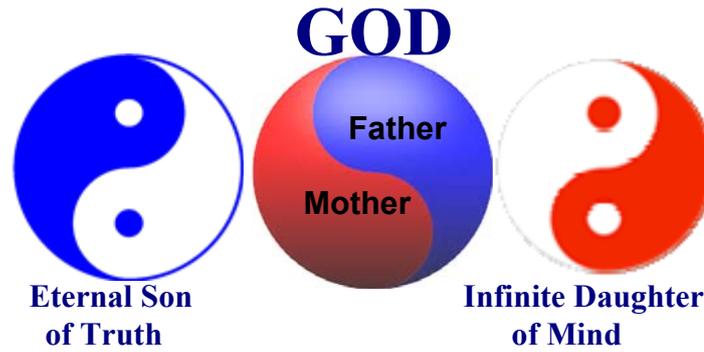
Want and long to know the whole truth of yourself

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

## The Key



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



**PARADISE TRINITY:**

1. **Our MOTHER and FATHER (God) (MF) – Divine Love**  
SOUL (God) – One SOUL that is expressing its two PERSONALITIES, our Heavenly Mother and Heavenly Father (Soulmates)
  2. **ETERNAL SON (ES) – Divine Truth**
  3. **INFINITE DAUGHTER (ID) – Divine Mind**
- Then: The Second and Third Persons of the Paradise Trinity (ES and ID) are stepped down to the local universe trinity (Mary and Jesus, Divine Minister (DM), and her Holy Spirit.

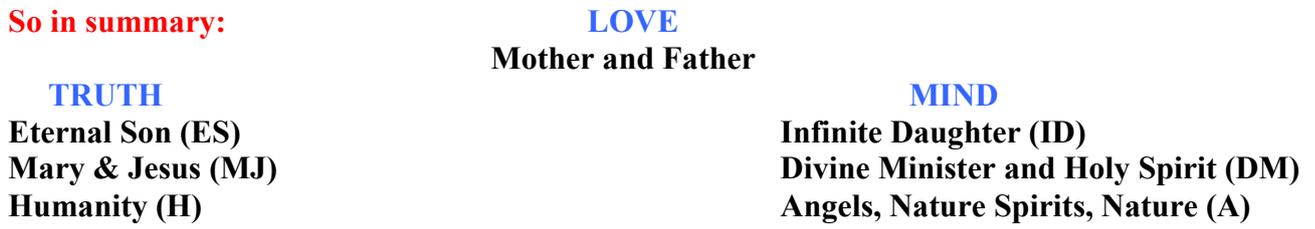
**The LOCAL UNIVERSE TRINITY:**

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

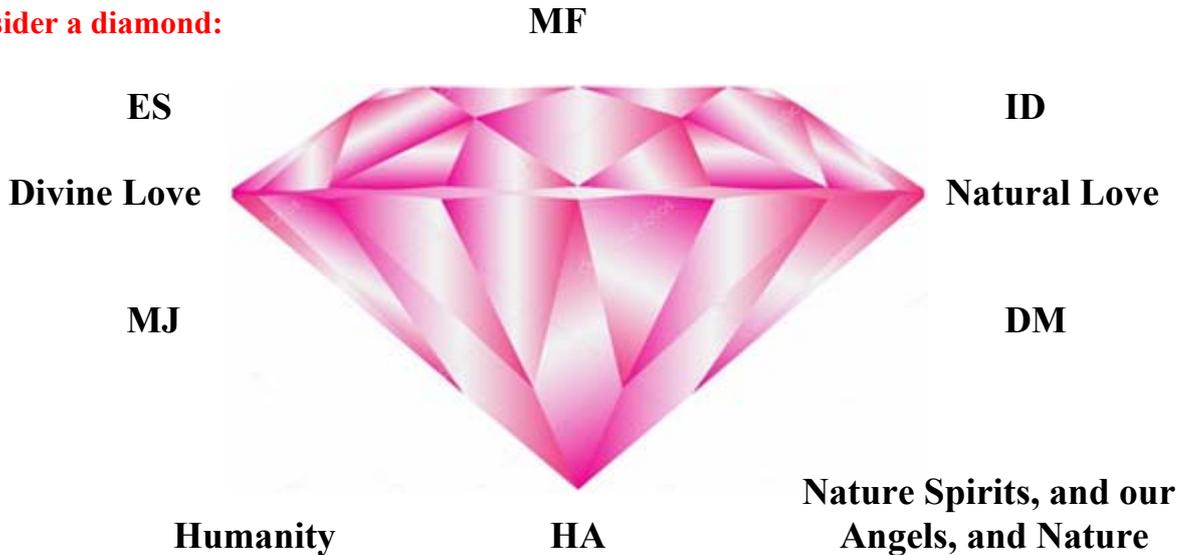
**PLANETS that engage in REBELLION:**

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

**So in summary:**



**Consider a diamond:**



# Mother and Father Heavenly Parents

Creator Son & Daughter  
Jesus and Mary

Avonals  
as soulmate pairs

Trinity Teachers  
as soulmate pairs

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

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

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

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

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

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

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

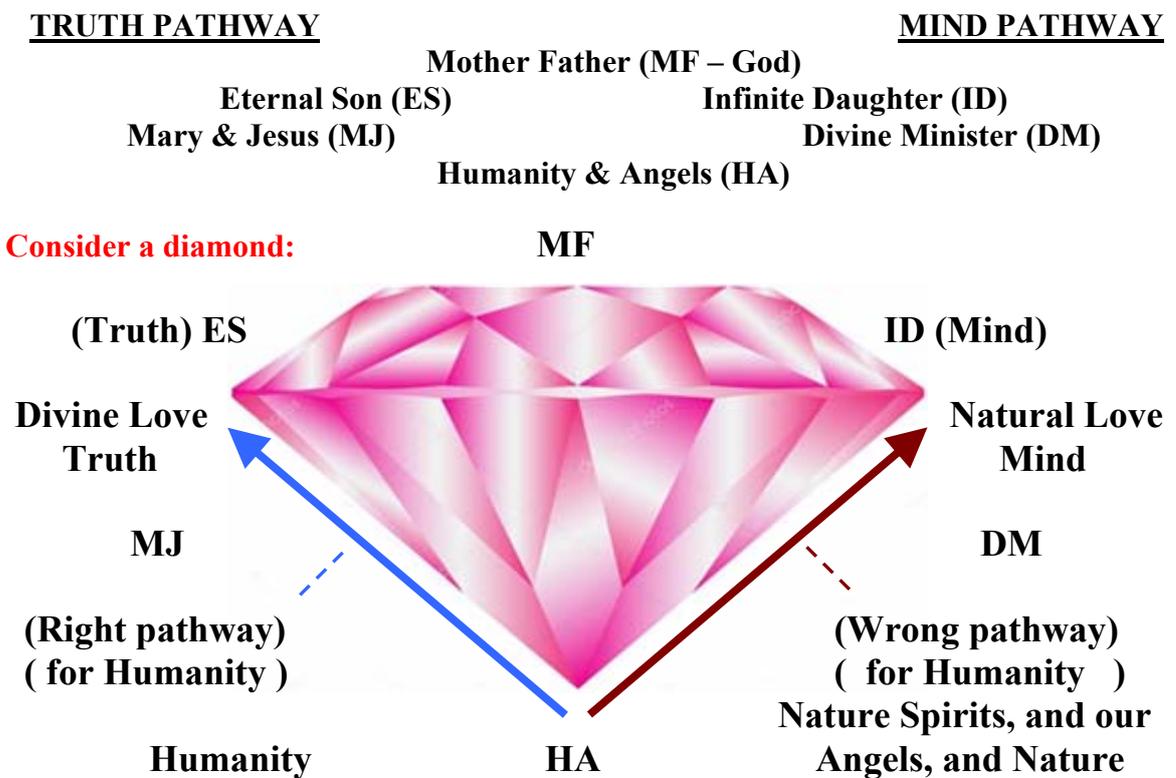
Lanonandeks – Melchizedeks (and others, such as Life Carriers and Eve and Adam).

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

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

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

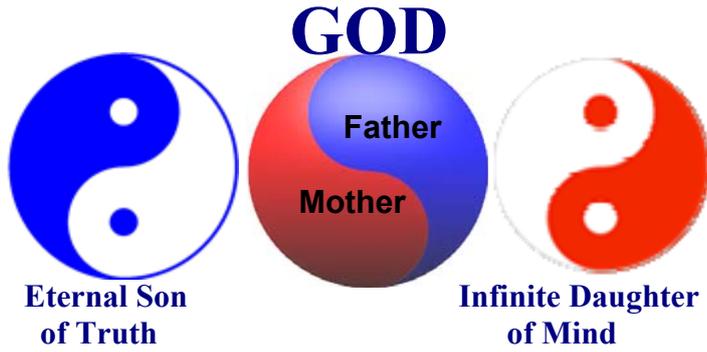
Live true to your feelings, and you ARE living true, not only to your own soul, but also true to God’s soul. So doing your Healing by honouring all your feelings, IS living the will of God. And being fully Healed, IS living even more truly the Will of your Mother and Father.



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

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

**CREATION of SOUL and SPIRIT:**



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

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



**Feeling Pathway**

**Mind Pathway**



**Soulmate Pair**



**Angel**



**Spirit Person**



**Nature Spirit**



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

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

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

A nature spirit is an angel in waiting.

**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 personal Angelic pair continues with us to Paradise, and then even possibly being with us throughout eternity.*



**Feelings first**

**TRY the EXPERIMENT!**

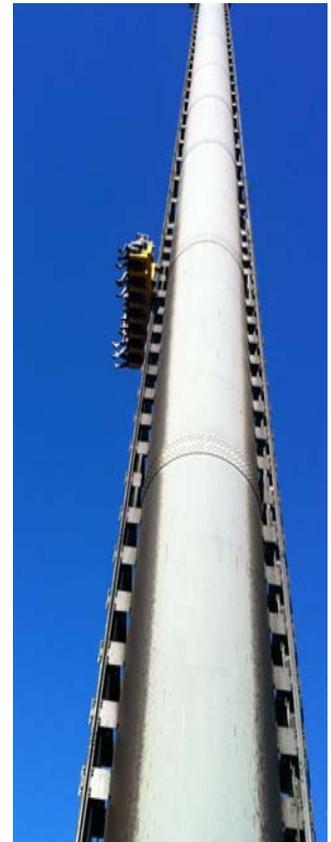
It is the Mother / Father's great gift of Divine Love that will catapult one's growth in love and beauty along the way to achieving the goals of peace and harmony that we all strive for. It is this light golden blue energy substance of our Heavenly Parents' Love that brings about the completeness of one's being.



Once it is understood that all our Heavenly Parents desires from us is that we long for and earnestly ask to receive their Love, then we are on the pathway of growth, exponentially. As we ask for, long for, and receive the Divine Love substance, then our soul development will have been irreversibly begun. Each little drop of the Divine Love received into one's soul prompts one a little to dislodge emotional injuries and belief errors that we may have accumulated on our life's journey. Each inflowing of the Love brings about a progression in one's soul condition.



At first, it will be only a minor step forward, but once we are pointed in the right direction there is no stepping back. As we long for more and more of the love, our progression picks up momentum. At first it may appear nominal, however, after months or a year or so, one will look back in time and be amazed at growth through Feeling Healing that has been achieved, the harmony that has come into one's life is amazing.



From time to time, we might step away from engaging with the Love, however, we do not slide back. The Love energy is always self reinvigorating, that is, it continually renews itself, and we never lose any of the Love substance once we have received it.

As we continue to embrace Feeling Healing, our growth rate gathers momentum. Growth becomes exponential. Goals to infinity are ours!



This is the great teaching that was given to us 2,000 years ago that was lost to humanity. Now it is being made known again, once embraced, never to be lost ever again. The Mother and Father's great Love is available to ALL should we so ask for it.

### EXPERIENCING RECEIVING DIVINE LOVE:

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

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

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

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

#### **The Voice of Divine Love**

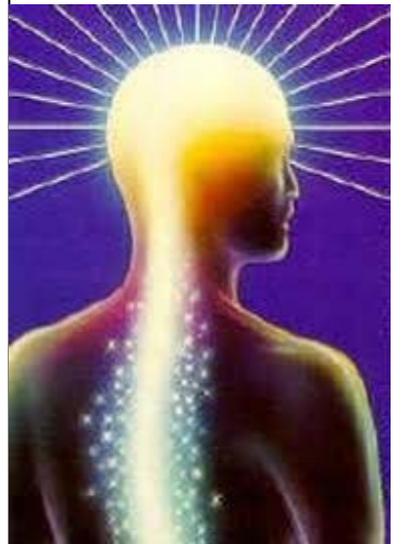
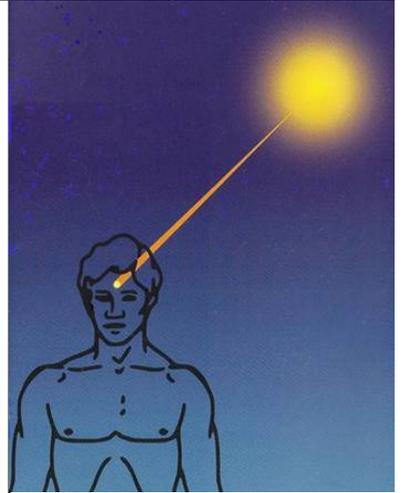
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As the receiving of the Love is always assured when longed for and asked for, the experience of receiving may become apparent by the occurrence of a warming embrace in the region of the third eye chakra, or with some, around the heart chakra region.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

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

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

MoC 1,500



**The BEAUTIFUL MIRACLE:**

5 Oct 2012

The Divine Universe

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

*Jesus of the Celestial Heaven*

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

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

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



GEMS for ALL PEOPLE of all AGES to EMBRACE:

The GOLDEN AGE!

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

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

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

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

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

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

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

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

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

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

“True Soul God, I am here, I am aware of your Love. Please hear my aspiration for your Love and as I approach you from my soul, I can feel your Love in the way that you are loving my soul.”

“Please Mother and Father, may I receive Your LOVE.”



Maybe we could simply long for and ask:

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



**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.**

**Our salvation IS by embracing Feeling Healing with the Divine Love.**

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

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

**“Every day is a day of devotion.”**

**Follow your heart, follow your love and do that in loving action, your inner love leads in your asking the Soul of God to receive a little of the Love to strengthen one's resolve to heal.**

**“I love you Father.” “Let the Divine Love proclaim its energy into my soul.”**

**“Mother – Father, I desire your Love and I am loving you.”**

**“Soul God, I love you and I love receiving and experiencing your Divine Love.”**

**“True Soul God, I am here, I am aware of your Love. Please hear my aspiration for your Love and as I approach you from my soul, I can feel your Love in the way that you are loving my soul.”**

**Try it; give the Feeling Healing and Love a go! If you want to shine, receive the Love.**

**One can simply receive the Love without following any religious or spiritual teaching taught by man!**

**Emotional errors and injuries cause encrustment around the soul, the soul is never damaged however, the encrustments retard love energy flow to and from the soul. Feeling Healing melts such injuries.**

### **Three Great Truths:**

- **God is Soul, being our Heavenly Mother and Father;**
- **that each individual soul is a duplex – both male and female;**
- **and Feeling Healing with Divine Love is the pathway to Paradise.**



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

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

Available generally from:

[www.lulu.com](http://www.lulu.com)

[www.amazon.com](http://www.amazon.com)

[www.bookdepository.com](http://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                      | 44    |
|                                                                     |                        | This group being pages of | 3,043 |

**Religion of Feelings**

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

**Introduction to Divine Love Spirituality**

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

**Main website of DLS**

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

**Childhood Repression website**

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

**DLS and CR forum**

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

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

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

It is suggested for one to consider reading as follows:

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

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

**Paul – City of Light**

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

**Ann and Terry**

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

**Feeling Bad? Bad Feelings are GOOD**

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

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

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

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

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

**Religion of Feelings  
Feeling Healing**

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

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

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

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

**in conjunction with**

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

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

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

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

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

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

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

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

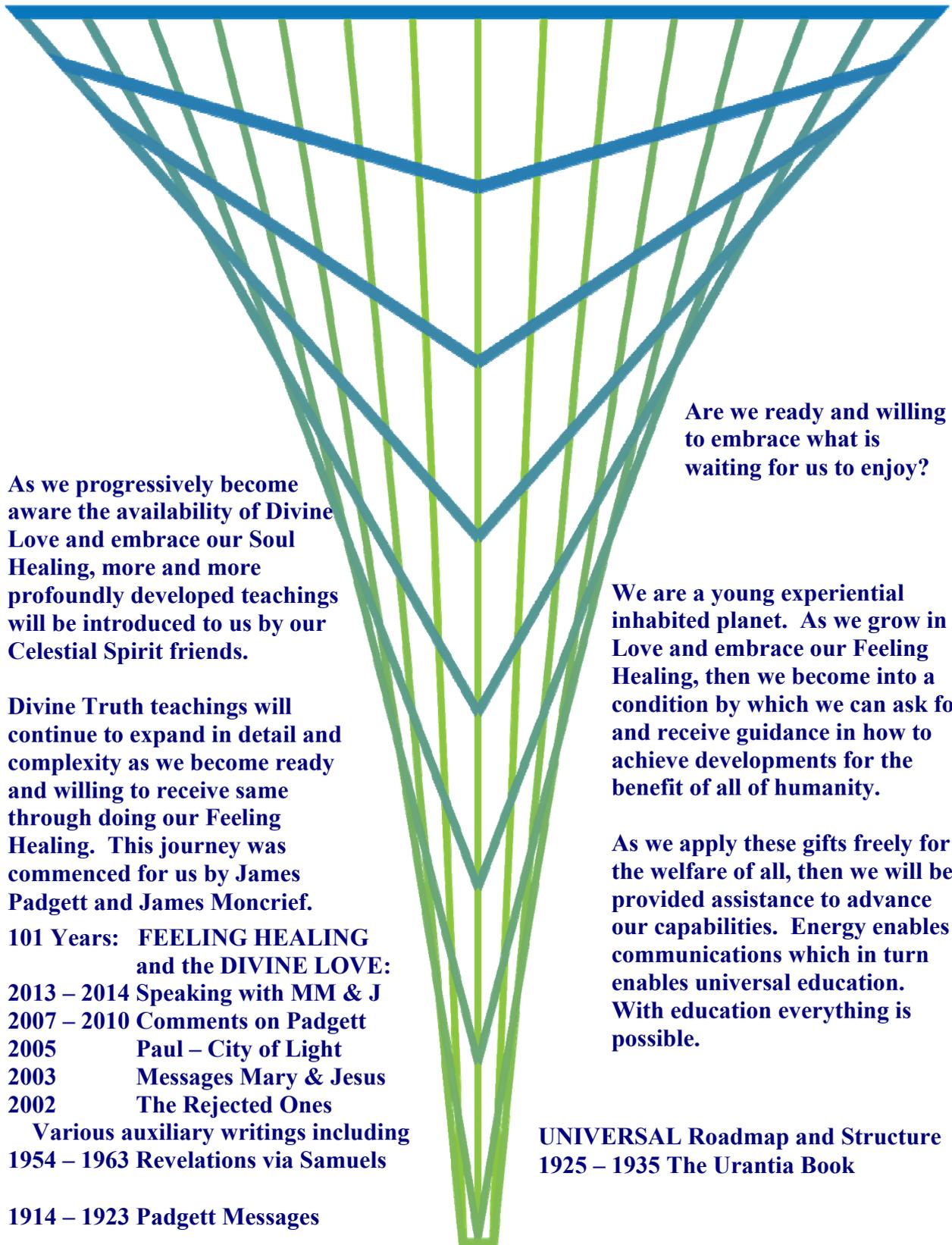
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women’s Liberation and Mother

**MEDICAL – EMOTIONS:**

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

**PASCAS  
PAPERS**

**DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:**



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

Strive to love others as I am to love myself

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

Divine Love  
is the key!



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

Feeling Healing with  
Divine Love is the key



to enter the  
Celestial Heavens:

