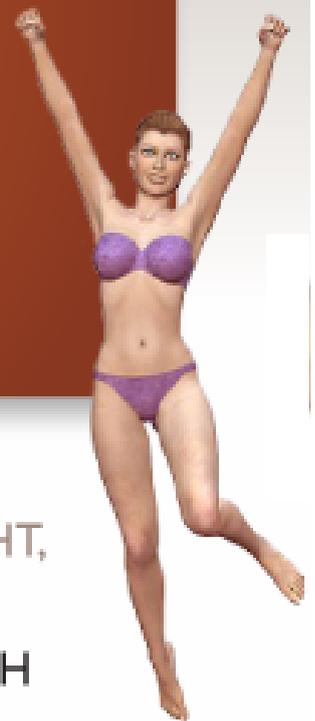


PASCAS CARE Wheat Belly - Diabetes -

WHEAT BELLY™



LOSE THE WHEAT,
LOSE THE WEIGHT,
AND FIND YOUR PATH
BACK TO HEALTH



“Peace And Spirit Creating Alternative Solutions”

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PASCAS INTRODUCTION:

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

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

Kinesiological muscle testing, as developed by Dr David R Hawkins and quantified by his Map of Consciousness (MOC) table, has been used to ascertain the possible level of truth of documents. Such tested calibration levels appear within the document. We ask that you consider testing same for yourself. The technique and process is outlined within Pascas documents, such as Pascas Health – 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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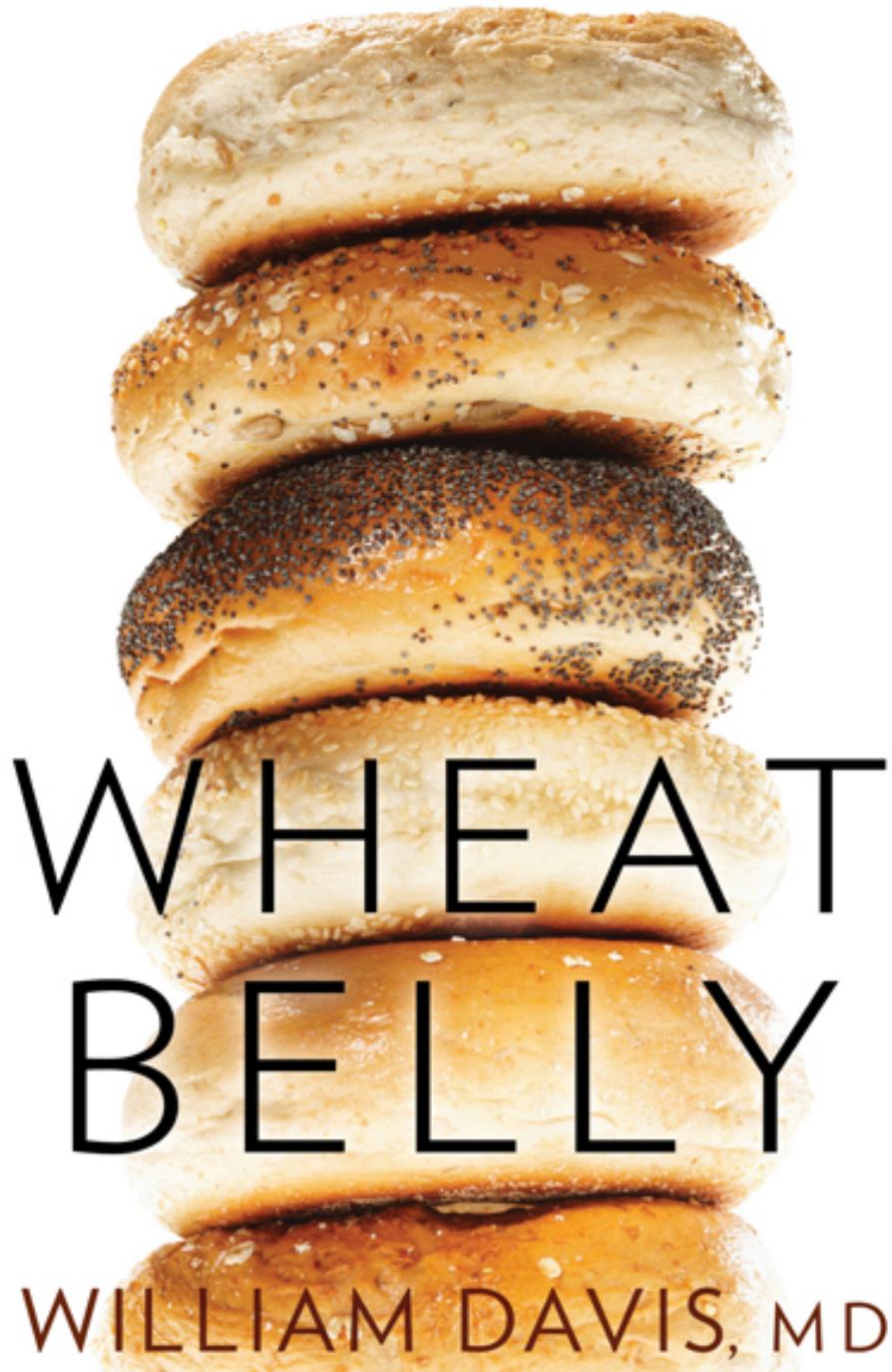
We offer all contents in love and with the fullness of grace, which is intended to flow to readers who join us upon this fascinating journey throughout this incredible changing era we are all experiencing.

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

LOSE THE WHEAT, LOSE THE WEIGHT,
AND FIND YOUR PATH BACK TO HEALTH



WHEAT BELLY

WILLIAM DAVIS, MD



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

It ain't Right

Posted on [February 29, 2012](#) by [Dr. Davis](#)

Among the changes introduced into wheat in the 1960s and 1970s was dwarfism, i.e., plants with short stature. Short stature meant a shorter stalk that “wasted” less energy and required less time to grow, tolerance to larger quantities of nitrogen fertilizer, and larger seeds heads to increase yield. This reduction in height is due to mutations in the *Rht* genes. Here's an example of the effects of several different *Rht* alleles (gene variants):



Earth to Jillian: It's NOT about gluten!

Posted on [April 30, 2013](#) by [Dr. Davis](#)

Jillian Michaels made a major nutritional boo boo with this recent piece of hers: [MYTH: If You Want To Slim Down, Go Gluten-Free](#).

“Only about one percent of the American population needs to be gluten-free because of an autoimmune disorder called celiac disease. Most people do not have to worry about gluten and should eat whole grains as part of a balanced diet.”

She makes the perennial mistake of the nutritionally ignorant: She equates wheat with gluten. As followers of the Wheat Belly message all understand, **wheat does NOT equal gluten**.

Wheat is the perfect obesogen, a food perfectly crafted to cause weight gain. That's because wheat contains:

Gliadin – Upon digestion, gliadin is reduced to a collection of 5 polypeptides, each 4 or 5 amino acids long, that bind to the opiate receptors of the brain. Unlike opiates such as morphine and heroin, gliadin-derived polypeptides don't provide pain relief nor euphoria, but only *stimulate appetite*. The power of the effect varies, but 400 more calories intake per day is common. In people susceptible to binge eating disorder or bulimia, the effect can be much greater, even dominating habit and mind, triggering intake of 1000 or more calories per day.

Gliadin has another effect: increased small intestinal permeability. This is the effect that underlies the start of autoimmune conditions, such as rheumatoid arthritis, but also leads to water retention, adding further to weight gain.

Amylopectin A – Amylopectin A is the “complex” carbohydrate unique to wheat that is highly digestible by the enzyme amylase in saliva and stomach secretions. Amylopectin A's highly digestible nature is responsible for the sky-high blood sugars that result after, say, **two slices of whole wheat bread that increases blood sugar higher than six teaspoons of table sugar**. (Doubt this is true? Test it yourself with an inexpensive glucose meter by checking blood sugars 1-hour after consuming each test food.)

High blood sugar obliges high blood insulin: This is the effect that leads to insulin resistance, followed by growth of deep visceral fat in the abdomen, inflammatory fat that continues the vicious cycle of insulin resistance. (Diabetes II)

Gliadin and amylopectin A are the biggies in weight gain. There are two additional effects that likely add, though are on somewhat less solid scientific ground:

Wheat germ agglutinin – Experimental animal data suggest that the lectin of wheat, wheat germ agglutinin, has the capacity to bind to the leptin receptor, the hormone of satiety. This potentially adds to the appetite amplifying effect of wheat. It means that you eat without triggering the feeling of satisfaction, but want *more*.

Disruptions of bowel flora – Eat wheat and you disrupt bowel flora, encouraging the proliferation of undesirable species while suppressing proliferation of desirable species. The composition—number, species, location—of bowel flora is proving to be among the most underappreciated phenomena relevant to health. Remove wheat and bowel flora is permitted to return to a more normal profile (though many people require a probiotic to do so).

Note that nowhere do I mention “gluten.” Ms. Michael’s focus on gluten as the only undesirable component of wheat is like fingering the need for matches as the only unhealthy aspect of cigarette smoking. She did get one thing right: NOBODY should be eating gluten-free processed foods made with wheat replacements cornstarch, rice flour, tapioca starch, or potato starch. The excessive glucose-insulin provocation; protein glycation that leads to hypertension, diabetes, cataracts, arthritis, heart disease, cancer, and dementia; as well as the awful taste of these products make them foods that deserve NO place on anyone’s shelves.

A dietitian sees the wheat-free light

Posted on [May 1, 2013](#) by [Dr. Davis](#)

Sharon posted her story of wheat-free epiphany ... despite advising people to eat more “healthy whole grains” for 25 years!

I’m a Registered Dietician who has been practicing for 25 years. I’ve known many people to eliminate “bread products” in an effort to lose weight only to see them gain back twice as much, so I’ve been poo-pooing a low carb diet for years—until January of this year.

I hit the scale at 143 lbs on my 5’3” body, my glucose indicated pre-diabetes, my weight was getting ever so close to the obese category, and my blood pressure was 160/90. A friend posted about the Wheat Belly diet on FB so, out of sheer desperation, I got the book from the library, which took 3 months to get.

I still remember the words in the book, “It’s not your fault” and I could have started crying. I, too, have worked out my whole life only to see myself gaining more and more. Being 50, I thought it was menopause, yet other 50-year old women weren’t getting fat.

I went through extreme wheatectomy lasting 3 weeks; it was so bad that now, when I see wheat products, I see poison. I don’t ever want to go through that again! I’m down 13 lbs and fit into a medium sized shirt which I haven’t done in YEARS!

As a dietician, I’m ashamed that we’ve jumped on the whole grain band wagon. I especially feel sorry for seniors in nursing homes because they have no control over what they eat; it’s regulated by the state. I live in a state that encourages high amounts of carbs. Consequently, we’re seeing more and more 85-year old people fat and diabetic.

I tell anyone who will listen about the Wheat Belly diet. The key is making the recipes in the Wheat Belly Cookbook so that chocolate chip cookies and pancakes are still ok, just not like the ones from the

mixes. My profession should look at the issue of wheat in this country and advocate for change but, unfortunately, I don't see that happening any time soon!

So, one person at a time, I'm out there advocating change! Thanks doc for capturing our attention, it's making a difference!

After telling patients / clients to cut their fat and eat more “healthy whole grains” for 25 years, Sharon had the courage and open mindedness to understand that she, like thousands of other dieticians, had fallen victim to conventional “wisdom” and made people fat, hungry, helpless, overweight, ill, and diabetic with their advice.

Sharon joins a growing number of dieticians and nutritionists who understand that in this new age, it is no longer sufficient to discuss only carbohydrates, fat, proteins, and calories—we must now incorporate awareness of what agribusiness has done to our food. Specifically, they turned modern semi-dwarf wheat into an appetite stimulant that fattens but also inflames, triggers autoimmunity, erodes the gastrointestinal lining, and exerts other mind effects.

Congratulations, Sharon, on seeing the light and embracing health while rejecting the out-of-touch and ineffective teaching of the past!

Wheat Belly does Europe!

Posted on [May 5, 2013](#) by [Dr. Davis](#)

Long-time Wheat Belly follower, Donna, describes her 3-week jaunt through Europe ... sans wheat! She successfully navigated her way through rich European breakfasts, lunch, and dinners, not getting tripped up even once. (Wheat Belly followers here since the beginning may remember Donna's fabulous shrinking tummy transformation that she posted for us way back.)

When my husband George and I decided to take a three week trip to Europe to celebrate our 25th anniversary, one of my first thoughts was “How could I stay true to Wheat Belly while visiting France and Italy? Baguettes, croissants, pastries and pasta everywhere?”

Before leaving on our trip, I had been a faithful follower of Wheat Belly concepts for more than 18 months. I was afraid of undoing my new lifestyle with a mere glance at a Paris dessert tray. I did not want to blow my success of achieving good weight, freedom from body aches, greater energy, and fantastic lipid profile.

I learned early on from the Wheat Belly book that becoming a fat burner, rather than a sugar burner, would make my life easier when it came to my appetite and relationship to food. Since I could go for 5-6 hours, even much longer, without truly being hungry (unlike in the past where I would tear through the cupboards in desperation if I went that long), I knew I could be successful travelling.

In cities such as Paris, there are tempting loaves of long, crunchy bread that I previously would have died for, but my bread obsession has disappeared since following Wheat Belly. I now know what wheat can do to my body and none of it is good. Over time, my mind got retrained. I look at bread as if it's



part of the table, like the silverware, since the waiter insists on bringing it, but it holds no interest. I would look at Paris treats in the windows as I would look at cute animals at the zoo—fun to look at and take pictures of, but do not touch! Just taking photos of the fancy food displays to share with my friends later was enough to keep my mind legal and not tempted to commit any Wheat Belly felonies!

One great thing about European hotels is that a breakfast buffet is included in the price of your room, unlike in America. Buffets can be mine fields, though, unless you go to breakfast mentally prepared. The typical buffet includes everything from smoked salmon and cucumbers to chocolate cakes and tortes, with tons

of carbohydrates and sugar. There is yogurt in little glass jars, rows of colourful juices, bowls of fruit, eggs, sausage, and assorted cereals. Most buffets in France and Italy had a similar spread so, after one hotel, it's easy to navigate the next one. I stuck with hard-boiled eggs, smoked salmon, bacon, cucumbers, tomatoes, and a small piece of fruit. I was afraid to try the scrambled eggs since hearing that some restaurants in the States make them more fluffy by adding flour. This type of breakfast kept my blood sugar stable. We walked and explored for hours each morning and I still did not feel hungry by noon.



Did I ever feel like cheating? Surprisingly, no. Even with my husband sitting right across those tiny French tables, eating his cereal and milk, I had no desire for off-limit foods. I didn't give my husband the "evil eye" for eating things I wouldn't order and he didn't mock me for my choices. I did grimace to myself at the huge bowl of oatmeal he'd get in Italy, though, knowing he'd be ravenous in a few short hours.

We discovered an outdoor market in Florence that had table after table filled with various types of chocolate. I nearly dove onto one table, it was so enticing. Fortunately, I found a merchant who made their own 90% dark chocolate. We had run out of my stash from home, so it was good timing. Florence may have an original Michelangelo and countless other artistic treasures, but I will always remember how beautiful those chocolate treats were displayed! Chocolate art trumps marble art any day in my book.

You can find good meals, but it is helpful to pack snacks before you leave home. There will be times when there is no healthy food available or you may not eat out until later in the evening, which is the custom in Europe. I came armed with extra-dark chocolate bars (90%) and some Brazil and

macadamia nuts. I also brought little packets of Artisanana coconut and almond butter. My Whole Foods store also had little servings of pistachio and macadamia nut butters made by Wilderness Poets.

Navigating lunch and dinners was not as exciting as the chocolate stands, but most menus offered a wide range of entrees. For lunch, I mainly stuck with salads, and dinner was fish or meat, along with grilled vegetables topped with olive oil. My husband tried various pastas and pizzas in Italy. Everywhere around us at restaurants in Italy, people were eating their own individual pizzas—not small either, about 12" in diameter. Have to admit they looked delicious, but I saw many wheat bellies all around me!

During one of our walking tours in Rome, I asked our guide whether they had a problem with obesity in Italy. She said there has been a huge increase in childhood obesity the past five years or so, since more moms are working and fewer people are making home-cooked meals with fresh ingredients. Junk food is more widely available. We saw a group of school kids in Rome sitting next to ancient ruins while on a field trip. I looked to see what they were eating and, sure enough, half the kids looked overweight and were eating huge bread-type sandwiches. I guess it's not just an American problem.

I decided my leeway would be to have wine every night, which I only have when we go out to eat in America. I justified it by saying we were going out to dinner every night, after all, so why not? Besides, who can go to Tuscany and not try the local wine?



Three weeks was a long time to travel and behave while eating, but I felt no trouble keeping to Wheat Belly. Don't be afraid to ask questions about the menu or to ask them to prepare an entree the way you'd like. Also, if you've followed the Wheat Belly way of eating for several weeks and are now a fat burner, you will have no trouble with excessive hunger. This makes it easy to avoid temptations. Freedom from hunger every few hours frees you: your mind is on your surroundings and how much you are enjoying them, not on your next meal or rumbling stomach.

I now know that I can go on other trips in the future and won't come home a bloated whale! No Paris pastry pudge on this girl, thanks to Wheat Belly. By the way, I did not gain any weight, but my wheat eating husband gained 5 pounds from pasta and pizza. Thank you, Dr. Davis, for Wheat Belly. It followed me from Paris, to Milan, to Lake Como, to Venice, to Florence, and finally Rome. Now, I'm afraid, it's time to get back to cooking!

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.

Why the Wheat Belly recipes WORK

Posted on [May 8, 2013](#) by [Dr. Davis](#)



Imagine you go to a nice grocery store. You ask for the manager.

You ask, "I'd like to know where I can find the foods in your store that lack opiate exorphin effects, fail to provoke formation of small LDL particles in susceptible people, do not cause exaggerated postprandial lipoprotein rises, and minimize potential for glycation and lipoxidation. Could you point me towards them?"

"Uhhh. We got some low-fat items in aisle 3!"

You can see the problem: In the Wheat Belly way of nutritional thinking, we eliminate sources of modern high-yield, semi-dwarf wheat because of its awful collection of effects, including exorphin appetite stimulation, gliadin-induced bowel permeability (underlying autoimmune diseases and inflammation), wheat germ agglutinin direct bowel toxicity, allergic phenomena due to omega-gliadin and new alpha amylase inhibitors. But we also:

- Avoid ingredients and foods that trigger formation of small LDL particles, the #1 cause for heart disease today. (It ain't cholesterol! Think of cholesterol as an outdated method of indirectly assessing lipoproteins; though your doctor likely doesn't do so, lipoproteins can now be *directly* assessed and cholesterol testing is no longer necessary. In fact, it is *misleading*.) **This is among the reasons we avoid the gluten-free junk carbohydrates cornstarch, rice flour, potato starch, and tapioca starch—yes, gluten-free junk carbs cause heart disease!**

- Minimize the postprandial (after-eating) flood of lipoproteins – This includes blood particles such as chylomicron remnants and VLDL. These effects are mostly triggered by carbohydrates (via the process of *de novo lipogenesis*) and fructose; thus, the Wheat Belly recipes strictly limit carbohydrate content and only contain the fructose from modest quantities of fruit. Incidentally, postprandial lipoproteins are powerfully reduced by omega-3 fatty acids from fish oil (*not* the linolenic acid of flaxseed / chia, though they have other health benefits independent of this effect).

- Minimize glycation, i.e., irreversible glucose modification of proteins that, if involving the proteins of the lenses of the eyes, cause cataracts; if involving the proteins of cartilage in the knees and hips, cause brittle cartilage followed by arthritis; if involving proteins lining arteries, cause stiff arteries leading to hypertension and atherosclerosis. We also minimize exogenous glycation and lipoxidation, more complex strategies that mostly involve avoiding deep-frying, roasting, and other very high-temperature methods of preparing food. (Boiling, baking, sautéing, etc. are safe.)

Do you know any other cookbooks or recipes that incorporate these features? I don't. But that is why the Wheat Belly recipes *work*. We can no longer just be concerned with issues such as calories or fat content; we've got to exercise greater sophistication in food choices, awareness of the antics of agribusiness, and knowledge of the complex consequences of consumption of various foods. All these factors are built into the Wheat Belly recipes in the [original book](#), the [Wheat Belly Cookbook](#), and the recipes in this Wheat Belly Blog.

Unlucky Charms

Posted on [May 11, 2013](#) by [Dr. Davis](#)

Are there any HEALTHY breakfast cereals?

Simple answer: No.

Let's consider the most common ingredients in **breakfast cereals**: wheat flour, corn, high-fructose corn syrup, sugar. In effect, they therefore contain sugar, sugar, sugar, and sugar. That ain't good. It explains why the glycemic index of breakfast cereals are all exceptionally high, usually 70 and above. (Sucrose is 59-65, depending on the study you look at.) Breakfast cereals for kids, such as Apple Jacks and Corn Pops, can be as high as 25%-37% sugar by weight.

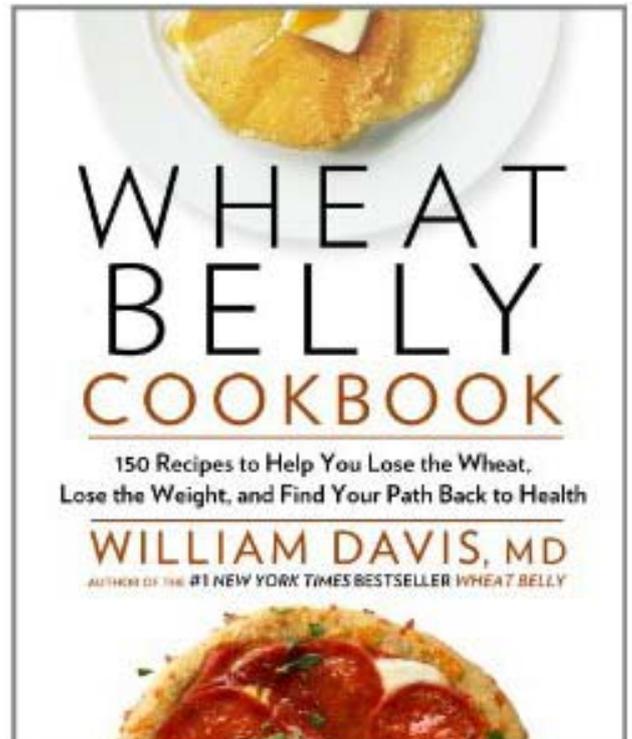
How about those coarser cereals with whole grains like oats, millet, buckwheat, etc., such as **muesli**? Same issues. Followers of the Wheat Belly conversation understand that whole grains are wrongly called "low" glycemic index; they should really be called "less-high" glycemic index. If, for instance, a bowl of sugary cornflakes raises blood sugar from 90 mg/dl to 190 mg/dl, but a bowl of muesli raises blood sugar to 170 mg/dl—it's not low, just less high. This is true even if there is no added sugar.

The wheat component of cereals, of course, carries all the excess baggage unique to wheat, including appetite stimulation by the gliadin protein via binding to the brain's opiate receptors, direct small bowel destruction by wheat germ agglutinin, abnormal bowel permeability from gliadin, and unique allergens such as alpha amylase inhibitors and omega-gliadins.

Breakfast cereals are big business. They have come to dominate breakfast (and snacking) habits. Why else would they dominate an entire supermarket aisle, floor to ceiling, and generate some US\$11 billion in annual sales?

Breakfast cereals by definition, in all their various shapes, varieties, flavours, colours, and marketing angles, are all grains with optional sugar. As we have previously discussed, grains all represent various degrees of compromise in health. That's why I call grains the food of the desperate or the ignorant.

It should come as no surprise that there is no such thing as a healthy breakfast cereal. After all, the whole notion of breakfast cereal originated with William and John Kellogg who, in the late 19th century, operated a sanitarium in Battle Creek, Michigan, where you would stay for a month or two and receive four enemas per day, along with three meals of gruel to "cure" your lumbago, rheumatism, or cancer. One day, while preparing gruel, William was called away, only to return hours later to find



his gruel on the table, dry. Being frugal, he wondered if there was a way to salvage it; putting it through a roller, a lightbulb of inspiration went off: thus was flaked cereal invented. So the notion of breakfast cereal started with two men who believed that four enemas a day cured cancer.

For anyone missing the crunchiness of a breakfast “cereal” without the health issues, see the [Coconut Almond “Granola”](#) recipe here in this blog or the Grainless Granola recipe in the new [Wheat Belly Cookbook](#). No grains here!

Wheat headache

Posted on [May 13, 2013](#) by [Dr. Davis](#)

Karen tells this story of her son’s 3-month struggle with headache and other symptoms:

My son suffered from chronic (nearly daily) headaches and dizziness for 3 months, missing 30+ days of school in that time. Three days after removing wheat from his diet, he is headache-free. Chronic constipation gone. Former pale skin, dark circles under his eyes: gone. Energy level back, moodiness: gone.

Taking him off wheat was always my gut instinct, but we were told by everyone in the medical field that it couldn’t possibly be from a food issue. We had tried numerous medications, took every blood test possible, MRI, massage, acupuncture, chiropractic, with no long-term success.

It started the end of January when my 8 yr old son (who had never had a headache before this day) came home early from school with a headache and stomach ache. I chalked it up to start of the flu. Three days later: no relief. He got up late at night, couldn’t sleep due to headache (Advil provided no relief whatsoever), so we took a trip to our children’s hospital. He was given a physical, neurological tests; all appeared normal. Treated with Maxeran [drug for nausea} and IV fluids, which relieved his headache, but it returned a couple of days later.

I called our “health-link” info line and they suggested we go back to hospital. Treated again with Maxeran and fluids. It again relieved headache, but only for a day or two. He was referred to a paediatric neurologist. In the meantime, our family doctor prescribed Imitrex for headache treatment-- didn't work. He then had an MRI [of the brain], came back normal. They suggested high dose vitamin B2 (400 mg) and Sandomigran; no results.



One theory was that it could be tension headaches, so we had about 3 acupuncture treatments. Provided relief for a day or two, but nothing long-term. Also tried chiropractic, again it brought short term relief.

During this time I kept a food / headache diary. 3 times in these 3 months he would be OK in the morning but I would get a call from the school at almost the exact same time of day, between 1 and 1:30 in the afternoon that he had a headache. I had a few people suggest that he was allergic / sensitive to wheat. Asked for a gluten intolerance blood test, so had a full blood work up and all came back normal. Saw a neurologist at the paediatric headache clinic, full schedule of physical and neurological tests all appeared normal and she was sceptical of a food reaction. Neither the neurologist nor family doctor could recommend anything else for me to do other than massage, physiotherapy.... oh, except one doctor did suggest that he see a psychologist! Very frustrating when they can't come up with a reason or cause they think it's psychological.

I knew it was something internal because after all these months his skin was pale, he had dark circles under his eyes, his headaches typically came with dizziness, he was lethargic, stomach pains, chronic and long term constipation (off and on for about year and half). Made a half attempt to do wheat / gluten free diet earlier into this saga, but gave up after a couple days, as symptoms seem to get worse. This last attempt came with worsening symptoms, also, but after researching and found that it's common to have withdrawal symptoms (severe muscle and joint pain, I could hardly touch him and it would hurt), I figured that he was having withdrawal and stuck it out.

Halfway thru the 3rd day his headache was gone and, to date, we are 3 weeks without a headache!!! About a week in, his bowels started working again, really working. He said it was the first time in months that he didn't have to strain to poop, and it was a real poop, not little rabbit ones. Full disclosure: He is also on a dairy-free diet at the moment, also, as I've been told that, since his system is healing, it would be wise to take out dairy, too. But as I look back at his food diary and see the pattern of his headaches, I am convinced that it's wheat.

I guess the only true test is to feed him wheat again, but I really want to give his body time to heal before I test him. After confiding in people about our experience, I have had a few people tell me similar stories about the link with headaches and wheat. I wish Western medicine would at least be open minded about this issue. I wonder how many more people are just suffering headaches they treat by trying to just dull the pain and not search for the cause? I hope that more people will find the connection for their health issues and the food they eat.

Karen and her son were lucky: They discovered the answer—**modern semi-dwarf wheat**—after only 3 months. Most people struggle for *decades* with frequent incapacitating headaches, fatigue, gastrointestinal complaints, no answers from the healthcare system, struggling to maintain grades in school or hold a job before they stumble on the answer. And note that testing for the antibodies (or even intestinal biopsy) for celiac disease is typically negative, since it involves mechanisms other than an HLA-DQ-mediated immune mechanism.

It took this mother's instinct and powers of observation to uncover the answer. It had nothing to do with genetic defects, nothing to do with an infectious agent, nothing to do with head injury. The medical

system failed this boy, the doctors failed him, the conventional advice from agencies like the USDA that make NO allowance for such common reactions failed him.

Just what component of modern wheat is responsible for such headache reactions? Is it the abnormal brain binding of the gliadin-derived exorphin opiates? Is it vasospastic phenomena triggered by the microgram quantities of wheat germ agglutinin that gain entry into the bloodstream? Nobody knows, but the connection is increasingly certain: **consumption of modern wheat is associated with severe, chronic headaches; removal of all wheat can result in dramatic cure.**

Wheat Belly Cookbook Recipe: Chicken and Dumplings

Posted on [May 14, 2013](#) by [Dr. Davis](#)

If wheat can do it, we can do it just as well without. And in this recipe, dumplings are back! Just as you would ordinarily make dumplings using wheat flour, we use almond meal. The end result is every bit as good. I like putting a teaspoon of dried rosemary in my biscuit dough for a bit of added flavour.

PREP TIME: 10 minutes

TOTAL TIME: 1 hour 5 minutes

Makes 8 servings

2 tablespoons butter or coconut oil, divided
 8 boneless, skinless chicken thighs
 2 onions, chopped
 2 carrots, sliced
 2 ribs celery, sliced
 3 cups chicken broth
 1 teaspoon dried thyme
 1 recipe Basic Biscuits (below)
 1/2 cup sour cream or canned coconut milk

Preheat the oven to 350°F (175°C).



In a Dutch oven over medium-high heat, heat 1 tablespoon of the butter or oil. Cook the chicken, turning occasionally, for 5 minutes, or until golden on all sides. Remove to a plate and set aside.

Heat the remaining 1 tablespoon butter or oil. Cook the onions, carrots, and celery, stirring occasionally, for 5 minutes, or until the onions start to soften. Add the broth, thyme, the remaining 1/8 teaspoon salt, and the reserved chicken. Increase the heat to high. Bring to a boil. Bake, uncovered, for 20 minutes.

Meanwhile, prepare the biscuits. Remove the Dutch oven from the oven and stir in the sour cream or coconut milk. Increase the oven temperature to 400° F (200°C).

Dollop 8 biscuits onto the chicken mixture. Bake uncovered for 15 minutes. Cover and bake for 15 minutes, or until a thermometer inserted in the thickest portion of the chicken registers 170°F (75°C).

PER SERVING: 342 calories, 23 g protein, 15 g carbohydrates, 23 g total fat, 6 g saturated fat, 7 g fibre, 810 mg sodium

Basic Biscuits

Sometimes uncomplicated is best! These simple and wonderfully uncomplicated wheat-free biscuits will do the trick when you have an appetite for sausages with (wheat-free) gravy and biscuits or require something to accompany a turkey dinner,

Easy variations include adding ¼ cup grated cheese, Italian seasonings, or cinnamon with your choice of sweetener.

Makes 8

1 cup almond meal/flour
 1 cup ground golden flaxseed
 4 teaspoons baking powder
 4 tablespoons cold butter, cut into cubes
 4 egg whites

Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.

In a large bowl, mix together the almond meal / flour, flaxseed meal, and baking powder. Cut in the butter until combined.

In a small mixing bowl, beat the egg whites with a hand mixer until soft peaks form. Gently fold the egg whites into the dry ingredients until combined.

Spoon the dough into 8 rounds on the baking sheet. Flatten to approximately 3/4" thickness. Bake for 15 minutes, or until golden brown.

Goodbye, nephrotic syndrome!

Posted on [May 16, 2013](#) by [Dr. Davis](#)

Joanna posted this intriguing and wonderful tale of nephrotic syndrome reversed with wheat elimination:

No more nephrotic syndrome since starting Wheat Belly—this is MASSIVE. I need to share my story Dr Davis.

I'm 30, I had heavy proteinuria [protein loss in the urine] for years. I went strictly wheat-free in July, 2012, and today I discovered it's down to 0.5 g [per day]. No meds, just my interest in nutrition, in

particular my 10 months on Wheat Belly. I've lost 20 kg [44 pounds], I weigh 54 kg [118. 8 pounds] now, zero fluid retention, and the receptionist at the doctor's office didn't recognize me. (I last saw her 9 months ago.) Wheat Belly has been the catalyst for a miracle in my life.

I was diagnosed with nephrotic syndrome when I was 21. I was holding so much fluid in my legs and around my eyes and no, I never had a cause, the words of my doctor.

I wasn't diabetic but, boy oh boy, I was a bread nut my whole life. I had actually been working in a bakery for the previous two years (a large Australian chain). I constantly craved pastry, doughy scrolls cakes, etc. Renal specialist put me on high dose prednisolone (albumin [blood protein level] had fallen to 14–yikes!) and the best that these AWFUL drugs could do was raise it to 21. I begged him to get me off the steroids due to horrific mental side-effects, so I came off them very slowly (year and a half) and I'd been losing on average 4 g of protein a day, but there was no way I could live on those tablets.

Causes of this awful condition include longstanding diabetes, kidney diseases such as membranous nephropathy and postinfectious glomerulonephritis, and amyloidosis, and lupus. Deteriorating kidney function can proceed at variable rates, but typically results in complete kidney failure over a few years, necessitating dialysis, else it is fatal.

I embarked on a mission to heal myself. My dad's partner is a nutritionist in England and she started talking about wheat-free. July 25, 2012 was the first day of the rest of my miraculously healthy life. I quit wheat cold turkey after reading the Wheat Belly blog: pennies were dropping everywhere I looked on this site—acne, cravings, bloating. So I thought, hey, my kidney thing is autoimmune as well, so this might work.

Well!!! I have never had a waist in my life. I now have this amazing hourglass figure ('scuse the self compliment!). I'd been an apple my whole life. My blood and urine results came back yesterday and they prove a miracle. Most incredible was my protein loss down to 0.5g [per day]. Blood pressure lowest range of normal (I was on meds for that most of my 20s). The inflammation that was ruining my kidneys had almost completely vanished.

Health is the most important thing, but being an Aussie size 8, never going hungry and being so clear in the head and full of energy are wonderful perks of this life—not diet—life. Friends are converting too. This is a revolution. And I thought I'd be on dialysis before the age of 40. It's the weirdest and most amazing feeling, stumbling across a completely healthy life. Sorry for the rambling, but people need to know wheat causes serious, serious disease, not just minor ailments.

Oh and albumin has shot up to 40 . . . No steroids!!!

Amazing. Truly amazing.



Nephrotic syndrome is a serious condition that, as Joanna describes, involves continual loss of protein in the urine. In other words, the kidney loses its capacity to retain protein molecules in the bloodstream, allowing them to leak into the urine, causing a peculiarly frothy urine. Protein loss means proteins in the bloodstream (serum), such as albumin, fall into abnormally low range. Proteins not only perform crucial functions in various organs, but exert oncotic (osmotic) pressure to keep the body fluids where they belong, including in the bloodstream. The loss of bloodstream protein therefore allows fluids to leak out of the bloodstream and into the legs, lungs, and other areas, causing significant and disfiguring oedema (swelling). Peculiar phenomena like blood clots in the kidney, veins and legs can result from loss of specific proteins, such as antithrombin-3.

As often happens, nephrotic syndrome has been described in association with celiac disease, which then falsely leads many people to believe that it can *only* occur in association with celiac disease. But it can occur just with wheat consumption *without* positive transglutaminase or other celiac antibody markers.

Obviously, a single case does not constitute proof. But the stories of success in our wheat-free lifestyle continue to pour out so quickly that there is insufficient time to pursue the clinical trials that confirm cause-effect relationship in every instance. In the meantime, we enjoy these wonderful stories of apparent wheat-free success that requires no drugs, biopsies, procedures or costs!

Let your stomach do the talking

Posted on [May 18, 2013](#) by [Dr. Davis](#)

Janzo posted this interesting perspective on diabetes and blood sugar:

I have pre-diabetes, and have tried EVERY popular “change your diet” book published in the last 10 years, with little results: I still fought my lifelong sweet-tooth and cravings for carbs. Last September I got an official diagnosis of diabetes (A1C was 8.2% or something), and reluctantly put myself back on a low-carb program—AGAIN. No grains except “healthy whole wheat bread” and some crackers, no fruit. I quickly became depressed, my body was tense and ached. Life was miserable. And my fasting glucose readings were still 160 [mg/dl] or so; far from the 110 I was looking for.

After MUCH nagging, I followed my chiropractor’s advice and looked into gluten-free as a way to get my numbers down, and found this blog. I read all the comments: “I don’t even MISS the old foods!” “I feel better than I EVER have in my LIFE!!” “I’ll NEVER go back to eating.” And my eyes rolled. I’d heard this with EVERY diet I’d tried, and failed to maintain. This was just one more.

But then something weird happened. My gut spoke up.

I felt a strange sensation in my mid-region, and “checked in” with my gut feelings. They were saying “YES YES YES



*PLEASE PLEASE CAN WE DO THIS **PLEASE PLEASE????!!!!*** To which my mind said “What the HELL??!” My gut feelings were jumping up and down with excitement, like a puppy when you pick up its leash to go for a walk.

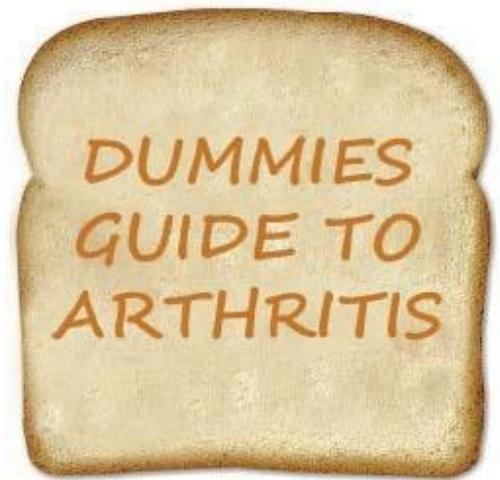
They say if your head and your gut disagree, your gut is telling you the truth and your head is wrong. So I went with it, and ate my last “healthy whole wheat” crackers on Saturday. By Tuesday: my depression was gone, my tension was gone, my sweet tooth was gone, and my fasting glucose was suddenly down to 120. Holeeee crud!

I don't even MISS the old foods. I feel better than I EVER have in my LIFE. And I'll NEVER go back to eating wheat. Thanks, Dr. D!

Consumption of modern wheat causes diabetes: pure and simple. Getting rid of modern wheat gets rid of **diabetes** in the majority of cases (provided you don't fill the calorie gap with candy and ice cream!).

Why would this be? **Why would “healthy whole grains” cause, or at least contribute, to development of type 2 diabetes?** There are several reasons:

1) No other food—sucrose, high-fructose corn syrup, sugary soft drinks, French fries, etc. —has its very own **opiate** that stimulates appetite. The gliadin protein, digested down to 5 tetra- and pentapeptide “exorphin” (exogenous morphine-like compounds) units, binds to the opiate receptors of the human brain and stimulates appetite. (Those nice people in the Wheat Lobby argue that other foods, such as dairy products and spinach, also have opiates; this is technically true, but the binding affinity of these compounds is so low—10% or less of the binding affinity of wheat exorphins—that they are not of any practical concern. Don't fall for this obvious smokescreen.)



The increased appetite of wheat exorphins cause you to consume 400 or more calories per day, every day. Those calories are not from pork chops or salmon; they come carbohydrates almost exclusively—chips, cookies, crackers, pretzels, candy and other goodies, the foods that raise blood sugar.

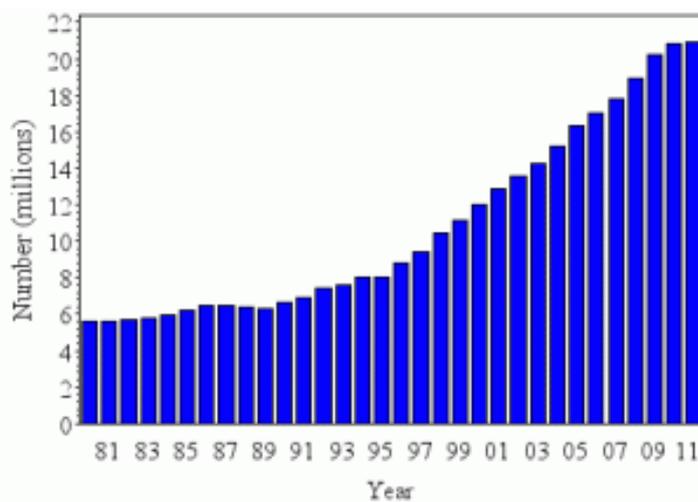
2) Wheat contains the complex carbohydrate, **amylopectin A**—Recall that the unique branching structure of wheat's amylopectin A makes it highly susceptible to digestion by the enzyme, amylase, in saliva and stomach juices, releasing glucose into the bloodstream literally within seconds of ingestion. **This explains why two slices of whole wheat bread raise blood sugar higher and faster than 6 teaspoons of table sugar.** High blood sugar obliges high blood insulin, over and over and over again in the world of the “healthy whole grain” eater. Over time, this leads to diminished responsiveness to insulin—“insulin resistance”—the foundation of pre-diabetes and diabetes. It also leads to creation of visceral belly fat which, in turn, worsens insulin resistance and inflammation.

3) Repetitive high blood sugars, over and over again, lead to pancreatic **glucotoxicity**—damage to pancreatic beta cells that produce insulin. ([Here](#) is a representative discussion of this effect.) Death of pancreatic beta cells is, for all practical purposes, irreversible: When they're dead, they're dead and do not regenerate. Foods that raise blood sugar the most cause the most glucotoxicity. What food dominates the modern diet and has among the highest of glycemic indexes? Yup: wheat.

4) A vigorous and unending flow of carbohydrates fuels the process of liver *de novo lipogenesis*, the conversion of sugar and carbohydrates into fatty acids in the liver. Among the results: plenty of fatty acids and triglycerides in the bloodstream. This causes **lipotoxicity**, death to pancreatic beta cells that produce insulin. So those typical triglyceride levels of 150 mg/dl, 200 mg/dl, 500 mg/dl or higher that persist for extended periods kill off pancreatic beta cells.

5) Leptin resistance—Gain weight, lose the satiating / appetite-limiting effect of the leptin hormone. It means that appetite is not turned off. High leptin levels are also toxic to the pancreas: **leptin toxicity**.

6) **Inflammation**—Insulin resistance, visceral fat accumulation: It all adds up to extravagant triggering of complex inflammatory pathways signalled by increased c-reactive protein in the bloodstream, increased interleukins, increased tumour necrosis factor, and many others, as well as increased inflammatory white blood cell content of the fat itself (like pus). The process is made worse by the entry of foreign compounds into the bloodstream and lymph permitted by the gliadin protein. The same gliadin that is broken down into exorphin polypeptides can also remain intact and exert bowel permeability increasing effects via the zonulin pathway described by Dr. Alessio Fasano; this occurs in people *with* celiac disease and it occurs in people *without* celiac disease.



7) The lectin of wheat, wheat germ agglutinin, **mimics insulin**. It stimulates many of the same processes triggered by insulin in fat cells, including reduced oxidation of fatty acids.

8) How about a more speculative, non-quantifiable effect: resorting to wheat products, such as chocolate chip cookies, Oreos, angel food cake, and chocolate éclairs, as “comfort” foods to quell the various emotional and physical aches and pains characteristic of wheat consumption?

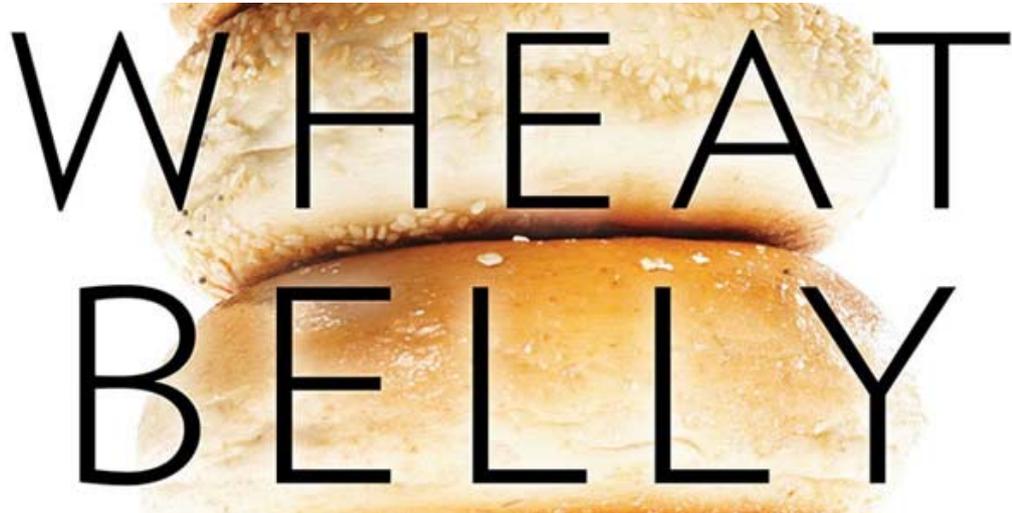
That's a partial list. Yes, a partial list of

how wheat causes diabetes.

Increased appetite for sugar and carbohydrates, high blood sugar, high blood insulin, leptin effects, gluco- and lipotoxic pancreatic effects, inflammation, etc. It all adds up to a perfect storm to create type 2 diabetes. So what does our USDA, nice dieticians, and many of my colleagues tell you to do about his? Eat MORE “healthy whole grains.” Not only do they tell us to eat more of it, they tell us that they should *dominate* the diet. (Thus the largest segments of the USDA Food Pyramid and Plate.)

Is the explosion in diabetes any surprise? This is what the CDC says:

So Janzo is getting a little taste of the incredible power of eating **NO “healthy whole grains” to minimize or reverse diabetes.** Do you find it a little odd that the most vigorous and long-term financial supporters of the “healthy whole grain” message and the Wheat Lobby and trade groups are ... diabetes drug manufacturers?



WHEAT
BELLY



Hungry, naked, and desperate

Posted on [May 22, 2013](#) by [Dr. Davis](#)

Imagine yourself a primitive member of the Homo species: standing around 4 feet (122cm) tall, nearly hairless, with limited ability to navigate the trees like the chimpanzees and other apes. You are virtually helpless against the vicious predators of the savannah—no claws, but fingernails; no large canines but diminutive canines, incisors, and larger molars. You can run, but not as fast as some of the larger predators. You are unable to tear the throat of an antelope with your hands, nor can you rip open the abdomen of a gazelle. You can't fly and have only limited capacity to navigate water.

But you're hungry, experiencing an intensity of hunger you and I have never felt. This is when instinct kicks in. You WILL find food. It might be found in an insect mound, or a wounded or aged monkey, nuts that you learned could be eaten if you cracked open the hard shell with a rock, the roots of plants dug out by hand or heavy sticks. Hunger drives instinctive behaviour, an innate knowledge of what to do, what to eat, in order to survive.

We have lost that connection to instinctive knowledge. Wouldn't it be great if, upon meeting a dietician to counsel you on diet, she simply said, "Well, follow your instincts: Then you'll know what to do!" It doesn't work that way in a modern world where we are divorced from our internal wisdom.

I have a beautiful little Boston Terrier, Sophie. She is loving, throwing herself on her back in that unique way dogs show submission, hoping for a tummy rub. She was raised her entire life on (grain-free!) kibble that I purchase from the pet store. I never showed her how to hunt or kill. Yet, when I let her out into the backyard, this lovable, submissive creature reverts to a killer carnivore, stalking squirrels, rabbits, and birds. And she's been successful, tearing the throat of a rabbit, for instance, then consuming the flesh and organs.

Why do animals maintain the instinctive knowledge of what represents "food" while we lose this capacity? How is it that we are so influenced by such non-instinctive factors such as clever marketing, even if the product can be classified as "food" only in a very loose way? Is *abundance* the driver of this separation? Is it due to the presence of artificial enhancers of appetite that fool us, such as those in wheat flour and cornstarch, or the sugars in sweets?

We have somehow been separated from our own internal natural knowledge—it's there, to be sure!—of what is food. We spent 2.4 million years since our transition from Australopithecines exercising our internal script in finding food. Between 4,000 and 10,000 years ago (differing in the various parts of the world and with different grains) we began to view *grasses*, plants *inedible* in their native state, as food: wheat (einkorn and emmer), rices, maize, oats, sorghum, millet, barley, and sugarcane. Until that relatively recent time, Homo had not regarded members of the Poaceae family of plants as something that was consistent with the instinctive notion of food.

Grasses: ubiquitous, hardy, populating virtually every corner of the Earth, from tropics to tundra. We learned that, by processing the seeds or other parts of the grass, we could eat these ubiquitous and often non-perishable items and survive another day. It was not part of our evolutionary programming, it was not something immediately evident as food. Grasses were something, like poisonous tiger blowfish or deadly toadstools, that we managed to incorporate into diet through various manipulations.



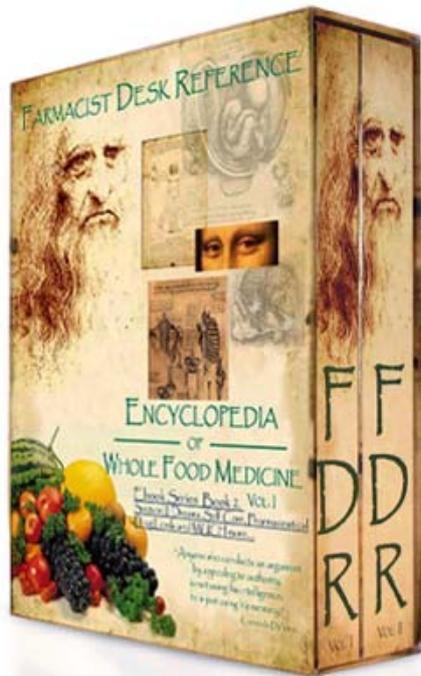
**PASCAS
HEALTH**



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



**PASCAS
PERS**



Don Tolman's

FDRTM

Farmacist Desk Reference

The world's first encyclopedia of wholefood medicine. Deluxe, hardbound, high gloss, full colour 2 Volume Set..

The FDRTM is an heirloom masterpiece that every family who cares about their health should have in their home.

DIABETES:

P.370 Vol II Farmacist Desk Reference by Don Tolman

No junk, no pop / soda's / sports drinks, just whole foods; 80% raw 20% heated and exercise; be patient, diabetes will resolve in 14 days to 6 months.

There exist only two types of sugars and they are the multi billion dollar medical mystery of Diabetes.

1. Simple sugars, called fast sugars, they are all processed, refined or artificial, synthetic sugars, and they cause diabetes. Their molecular size is so small, they cross the blood brain barrier quickly, hence the name "fast" sugars.

This causes the brain to tell the pancreas to release insulin. Insulin in the blood stream sends a message to the body that it is in "Extreme Danger" – "Lay Down" (it zaps your energy so you'll have to sit or lay down) "put on layers of fat to protect yourself". And the body responds to the message.

2. Complex sugars are "slow" sugars; they are unrefined and occur in nature as fruits, nuts, seeds, grains, and contrary to public opinion, sweet potatoes and even honey. They cross the blood brain barrier slowly sending the message through the blood to the body that all is safe and well, this causes the pancreas to release glucagons, – glucagons energize you, makes you want to walk, and run and play, it even causes you to burn stored fat.

That's it. That's the big mystery. Diabetes testing (your blood sugar) is nuts, its nothing more than an open invitation to turn your health, your money, your life over to a life time of ritual invasion.

People have long recognised that what you eat can play a critical role both in preventing and controlling Type II Diabetes. Perhaps the best way to understand the effects of diet on diabetes is to look at two similar groups of people who differ primarily in what they eat.

Consider the Pima Indians. Researchers discovered that Pimas who live in Mexico and eat a lot of corn, beans, and fruits are seldom overweight and rarely develop diabetes. By contrast, the Pima Indians in Arizona eat an Americanized diet that is high in sugar and fat. They commonly develop diabetes by age 50.

Just as a bad diet can help cause diabetes, a good one can help control or even prevent it. This diet consists mainly of high-fibre, high complex carbohydrate foods such as taro, poi, greens and fruits. Carbohydrates, which are found in nearly all foods (except animals, fish, pigs, cows, and poultry, etc.) are the body's main source of energy.

There are two types of carbohydrates, some called starches, include foods like rice, beans, potatoes and pasta. Simple carbohydrates, called sugars, include the natural sugars found in milk, fruits and vegetables, as well as honey. The body turns both complex (slow) and simple (fast) carbohydrates into glucose, which is either immediately converted into energy or stored until needed. Most people with diabetes should eat a diet that's higher in carbohydrates, particularly the complex kind, than was formerly believed. Fruit is it. Eat up!

A high-fibre diet has been shown to relieve everything from constipation to heart disease. It also plays a powerful role in controlling blood sugar.

There are two types of fibre, soluble and insoluble. Insoluble fibre, which does not dissolve in water, speeds food through the intestine, thereby preventing constipation. It's the soluble form of fibre, however that stabilizes blood sugar. Because it forms a gummy gel in the intestine, soluble fibre helps prevent glucose from being absorbed into the blood too quickly. This in turn helps keep blood sugar levels from rising or dipping too drastically.

Nutritional approaches have worked to reverse diabetes. When the body is viewed as a system, and its inputs, outputs, and processes are examined, the mystery disappears.

Diabetes starts out as an "insulin resistance" condition, before it turns into an "insulin insufficiency" condition. The major cause of the condition lies in the heat-processed fats and oils we have been consuming for decades in this society.

The bottom line is that millions of years of evolution (or for some – creation) have never prepared the body to recognize and avoid the transmogrified fatty acids. So they act, quite literally as metabolic poisons. In the same way that cyanide connects with haemoglobin and prevents oxygen from doing so, these things are built into the cell walls, preventing the chemically-active versions from doing so.

There are many more cells, though and there are always some good fats among the bad ones (and vice versa), so it takes a long time to see serious effects. One effect is clearly visible though, since every cell requires fatty acids to function, you eat six times more than you would with high-quality fats in the diet, hence the excess weight.

In addition to transporting oxygen and nutrients to and through the cell walls, and the "active" parts of the brain, nervous system, haemoglobin, hormones, and immune system, it is the electrons fats supply

(in the right time, and the right place) that are responsible for synapses firing, hormones communicating, destruction of invaders by immune cells, etc. So it's clear that good health requires eliminating the bad fats and supplying the good ones.

The Role of Chromium

Chromium is needed to activate insulin. Without it insulin won't work. Chromium is generally found in foods that contain sugar. So the mineral you need to metabolize the sugar is right there at the same time. Pretty cool. Except that when we refine things to make white foods like white sugar, white flour, and white rice, we remove all the chromium (and any other minerals – it is the minerals that are the carriers of vitamins and nutrition around the body). We leave behind the sugar and starch that makes the food products taste great, but we no longer include the chromium needed to metabolize it.

That wouldn't be so bad, if we were taking in chromium from other sources.

The result is an overproduction of insulin as the body attempts to handle the sugar in the blood stream coupled with a deficiency of chromium.

Reversing Diabetes

When you go to the doctor, diabetes is a death sentence. You get medications to “control” the problem. You take insulin injections for the rest of your life, and make sure your blood-sugar testing kit is always within reach. But eventually, you know it's going to kill you.

Nutritional whole food practitioners, on the other hand, have been reversing diabetes for decades. Their “miracle cures” result from simple fact: Given the right whole food nutrients, the body is fully capable of healing itself.

Nutritional whole food practitioner, Pharmacists, therefore make sure that the body gets the nutrients it needs, and they make sure that they avoid the metabolic poisons that are so prevalent in the American food supply. The result, predictably, is yet another “miracle” that modern medicine can't explain. That's another sad reflection on a long list of medical ignorance. At the very least, one would expect them to understand how such cures work, when they occur, and they do repeatedly.

Some of the protocols that nutritional whole food practitioners (Pharmacists) do are:

- Correct fatty acid intake
- Fasting
- Raw foods

These protocols and others like them limit sugar, supply whole food chromium to activate insulin, and make the body's cells receptive to insulin once again by providing high quality fats. So of course they work!

Correcting Fatty Acid Intake – the trans fats (bad guys) come from:

- **Margarine and partially hydrogenated oils:** They are found in cookies, most breads, and many refined foods.
- **Refined oils:** Most of the oils on the supermarket shelves have been treated so they won't spoil – at best, that means they have been rendered chemically inactive, which makes them useless in the body. At worst, that turns them into metabolic poisons, as well.
- **Fried foods:** Commercial deep lard frying is the worst. Another worst is frying in refined vegetable oil. Note: for home cooking, butter is semi-ok. Since butter is straight-line, not horseshoe-shaped. You can't do much of anything to it by heating it.

To reverse the condition, it is necessary to eliminate the bad fats, and supply good fats. (In addition, it is necessary to do everything possible to avoid the worst secondary conditions, which comes from the excessive sugar-induced oxidation, which can damage the eyes and many other bodily functions.)

When the diet is optimal, it still takes about two years for the complete healing cycle, because that's how long it takes for the soft tissue of the body to be replaced. So, where do you find good fats?

- Unrefined oils from the health food store, take a tablespoon every morning in a glass of water.
- Avocado, olives, raw seeds and raw nuts.

Fasting

To speed up the healing process, you may also want to consider fasting. A lot of housecleaning goes on during a fast, and many triglycerides (fatty acids) are eliminated. Fasting can speed up the process of eliminating bad fats that have already accumulated.

Raw Foods

Consistent consumption of raw vegetables and fruits has a surprisingly beneficial and speedy effect on diabetes, provided the person has not taken insulin, or, at most only small quantities of it for a year or two. Whole foods help when the person has taken large doses of insulin for several years, but it takes longer.

Several raw vegetables contain insulin, especially Jerusalem artichokes. Most vegetables contain in their raw state the precursor of insulin known as insulin.

Five chemists and three physicians in America carried out a protracted examination of 4,000 diabetics, and concluded that only one percent actually needed insulin. The rest of them recovered on whole foods alone.

A raw plant food, by definition, eliminates 100% of the bad fatty acids from the diet, and supplies the pure and natural fatty acids that are required for health. In addition, they come with what amounts to their own insulin supply. (Again, if you have started taking insulin, it really makes sense to use raw foods.)

Finally, raw foods and other unprocessed, natural foods supply the chromium needed to potentiate insulin, along with other minerals and vitamins, they all work together to heal you.

Whole Food Signatures

<http://www.dontolmaninternational.com>

A stupendous insight of civilisations past has now been confirmed by today's investigative, nutritional sciences. They have shown that what was once called "**The Doctrine of Signatures**" was astoundingly correct.

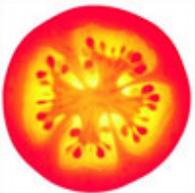
Referred to in the classical period of Rome as the "Law of Similarities" it is now called by scientists, "**Teleological Nutritional Targeting**".

It now contends that every whole food has a pattern that resembles a body organ or physiological function and that this pattern acts as a signal or sign as to the benefit the food provides the eater.

For instance, Don Tolman notes:



A sliced **Carrot** looks like the human eye. The pupil, iris and radiating lines look just like the human eye...and YES science now shows that carrots greatly enhance blood flow to and function of the eyes.



A **Tomato** has four chambers and is red. The heart is red and has four chambers. All of the research shows tomatoes are indeed pure heart and blood food.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research today shows that grapes are also profound heart and blood vitalizing food.



A **Walnut** looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds are on the nut just like the neo-cortex. We now know that walnuts help develop over 3 dozen neuro-transmitters for brain function.



Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.



Celery, Bok Choy, Rhubarb and more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet the body pulls it from the bones, making them weak. These foods replenish the skeletal needs of the body.



Egg Plant, Avocadoes and Pears target the health and function of the womb and cervix of the female – they look just like these organs. Today's research shows that when a woman eats 1 avocado a week, it balances hormones, sheds unwanted birth weight and prevents cervical cancers. And how profound is this? it takes **exactly 9 months** to grow an Avocado from blossom to ripened fruit. There are over 14,000 photolytic chemical constituents of nutrition in each one of these foods (modern science has only studied and named about 141 of them).



Figs are full of seeds and hang in twos when they grow. Figs increase the motility of male sperm and increase the numbers of sperm as well to overcome male sterility.



Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.



Olives assist the health and function of the ovaries



Grapefruits, Oranges, and other **Citrus fruits** look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.



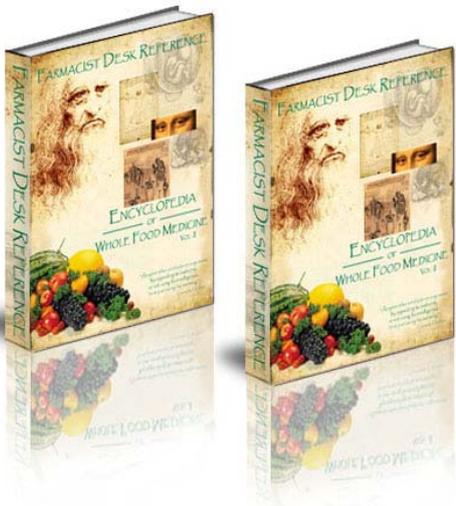
Onions look like body cells. Today's research shows that onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes



Bananas, Cucumber, Zucchini and more target the size and strength of the male sexual organ. It's true!



Peanuts have a profound effect on the testicles and sexual libido. Peanuts were banned as a food for males by the church during the middle ages. Most people don't realize that arginine, the main component of Viagra, comes from peanuts.



DIABETES (Type I)

In type I diabetes, the body has little or no insulin because the immune system – which normally rids harmful bacteria or viruses – has destroyed the insulin-producing cells in the pancreas, a gland located just behind the stomach. Similar immune problems occur on different body tissues in a number of other diseases, which are known as autoimmune diseases. Such diseases include multiple sclerosis and rheumatoid arthritis.

Normally, your pancreas produces insulin continuously, raising its output in response to the increase in blood sugar that occurs after you eat. This extra insulin “unlocks” your cells so that more sugar can enter, providing your body with energy as well as maintaining a normal level of sugar in your blood.

Your liver also plays a key role in maintaining a normal blood sugar level. If you have more glucose than your cells need for energy, your body can remove the excess glucose from your bloodstream and store it in your liver as glycogen – a form of stored glucose. Then, when you run low on glucose – if you haven’t eaten for a while, say – your body can tap into the stored glucose and release it into your bloodstream.

When your pancreas functions normally, your blood glucose fluctuates in response to exercise, stress, infections, food and a variety of other factors. But your hormonal system – including but not limited to the insulin-producing pancreas – continuously makes complex adjustments that keep your blood sugar levels within set limits.

Typical symptoms may include:

- Increased thirst and frequent urination
- Extreme hunger
- Weight loss
- Blurred vision
- Fatigue

Lots of walking, running and sport; also water and raw whole foods can help manage your condition for a long, vital, healthy life.

DIABETES (Type II)

During digestion, your body breaks down carbohydrates from foods such as bread, rice, pasta, vegetables, fruits and milk products into various sugar molecules. One of these sugar molecules is glucose, the main energy source for your body. Glucose is absorbed directly into your bloodstream after you eat, but it can’t enter your cells without the help of insulin.

Your pancreas – a gland located just behind your stomach – produces insulin continuously. And when the amount of blood sugar increases after eating, insulin production also increases. The extra insulin “unlocks” your cells so that more sugar can enter, providing your body with energy and maintaining a normal level of sugar in your blood.

Your liver also plays a key role in maintaining a normal blood sugar level. If you have more glucose than your cells need for energy, your body can remove the excess from your bloodstream and store it in your liver as glycogen, then when you run low on glucose, release it into your bloodstream.

When your pancreas is functioning normally, the amount of glucose in your blood fluctuates in response to a number of factors, including the type of food you eat, exercise, stress and infections. But the complex relationship among insulin, glucose, your liver, and other hormones ensures that your blood sugar stays within set limits.

In Type II diabetes, your pancreas makes some insulin, but one or two other problems develop:

- Your muscles and body tissue become resistant to insulin.
- Your pancreas doesn't make enough insulin.

When your cells become resistant to insulin, they refuse to accept it as the key that unlocks the door for sugar. As a result, sugar accumulates in your bloodstream. Exactly why the cells become insulin resistant is because of excess weight, inactivity and animal fatty tissues because they create the plaques that are the cause of:

- Flu-like symptoms.
- Weight loss or weight gain.
- Blurred vision.
- Slow-healing sores or frequent infections.
- Nerve damage (neuropathy).
- Red, swollen, tender gums.

Stop eating crap. Get a life, off the couch. Lose the doughnuts, sodas, candy, and synthetic chemical sweeteners, go for a walk and kiss Type 2 goodbye!

**PASCAS
HEALTH**



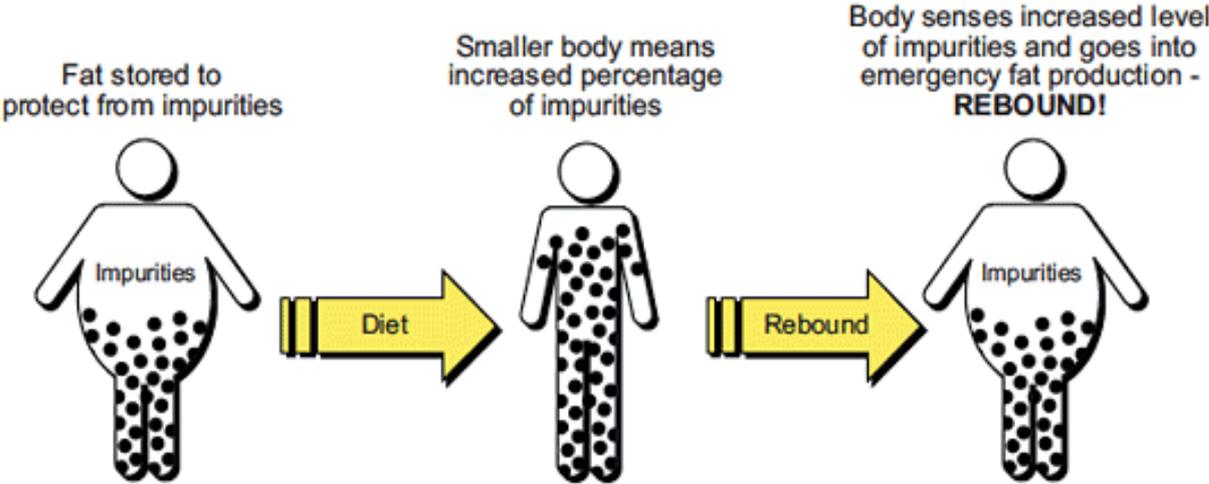
**Feeling
Healing with
Divine Love is
the key!**



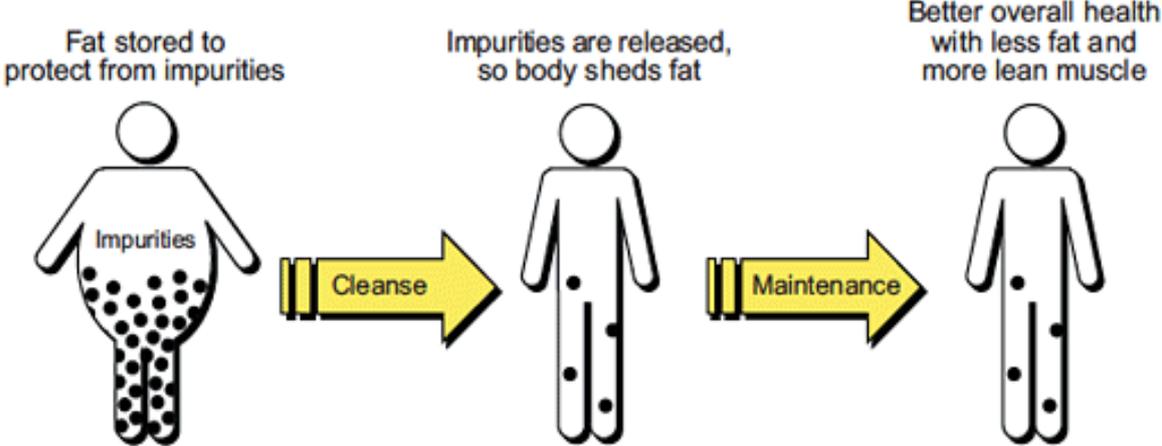
Traditional Diet vs. Cleansing

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

Traditional Diet



Cleansing and Replenishing



BROKEN HEALTH SYSTEMS are WORLD WIDE!

Financial year to 30 Jun 2012 Australians spent AU = US\$118.9 Billion on "Health Care" and here are the results:

- 54,530 people died from **Heart Disease** (that's 38% of all deaths).
- 74% of the adult population (and 1 in 4 kids under 15 years) are either **overweight or obese**.
- 1 Person is diagnosed every 7 minutes with **Diabetes** (Australia's fastest growing chronic disease).
- **Alzheimer's and Dementia** deaths have more than doubled in the last 10 years (and are now the 3rd highest killer in Australia – population 23 million).
- **Suicides** – compounded by the side-effects of anti-depressant medications – account for nearly a quarter of all deaths amongst 15-24 year old males.
- **Childhood autism** is mysteriously on the rise with no mention of what is causing it.
- **Breast Cancer** was the second leading cause of cancer-related death in women.

No matter how you look at it, despite the billions being spent every year, as a population we're getting sicker NOT healthier.

Here's some interesting facts to think about...

The "war on cancer" launched in the early 1970's has been nothing but a complete failure. In 2009, there were 13,668 cases of **Breast Cancer** in Australian women – compared to 5,317 in 1982. During the same period, the incidence of **Prostate Cancer** diagnosis in men increased from 79 to 171 per 100,000 men (it more than doubled)!

There's more cancer diagnosis today than there has ever been – in fact, *fighting* Cancer is today a global multi-billion dollar industry.

If *fighting* Cancer generates billions of dollars every year for the "health care" industry, why on Earth would they ever want to find a cure?

Today, nearly half of all Australians have health issues dependent on them taking prescription drugs every week and more than 11 Million people (that's around 50% of the population of 23 million) **have high cholesterol.**

To make matters worse, we are leading our children down a destructive path of sickness and disease without even knowing it! Childhood **diabetes and obesity** rates are increasing exponentially and children now take more prescription drugs (and are being administered toxic vaccines) than ever before in history.

Year after year these statistics increase and the worst part is, **ALL of these diseases are completely preventable.**

So, what are we doing wrong?

As a modern society we've put our trust in a failing system...and we've totally forgotten about the laws of nature that support **health, healing and longevity**. It's time Australians discovered the truth. Money will not solve any disease. Only individuals waking up and walking away from the 'fight' against disease and embracing principles of health will. It's time to discover how you can **avoid becoming a statistic of the "health care" industry.**

The irony is that the solution is simple and inexpensive.

ENERGY LEVEL of FOOD:

FRESH is clearly the BEST !!!

Calibrations are based on the Map of Consciousness table as published in Power vs Force by David R Hawkins M.D. The kinesiology testing process used, is as outlined within this book. At the levels above 200 on the scale of 1 to 1,000, you achieve a positive outcome, below is negative. Any food calibrating below 200 is not life enhancing.

The Map of Consciousness (MoC) table is based on the common log of 10. It is not a numeric table.
A calibration increase of 1 point is in fact a 10 fold increase in energy.
A calibration increase of 10 points is in fact a 10,000,000,000 fold increase in energy.
Thus the energy differentials are in fact enormous!

Our diets are generally excessive with acidic, or acid-forming foods. Look to increase your alkaline foods intake, whilst reducing your acidic food intake. See schedule at the end of this survey.

Food that calibrates at energy levels below 200 are NOT life sustaining and they put a load or a burden on the body, as the body then has to work to expel the by products. It is with much difficulty this is achieved with this processing requiring an excessive amount of time, contributing to excess body weight.

Food that calibrates at energy levels above 200 is life enhancing. Such food is not factory processed.

Fresh food loses about 100 points with each processing phase. Grind or mince up meat, or cut up fresh garden vegetables, this process alone can deplete the products by 100 points. Lengthy cooking can then reduce the energy levels by a further 100 points, or more. Placing the then processed food in packaging and storing it in refrigeration will further deplete the vital energy available to you upon consumption.

Any person who is experiencing a sickness episode is best to review their food intake and to concentrate their diet on items that calibrate at the energy levels above 300.

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 to 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 variance 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.

Consider the testing process that is outlined herein, and you can test your favourite restaurant meals and anything else that is to your interest and add it to the chart that now follows.

FRESH is BEST !!!

The following food items are far from being fresh:

BAKERY	
Woolworths Sliced White Bread	150
Woolworths Sliced White High Fibre	165
Woolworths Cake Mud Chocolate	175
Woolworths Anzac Biscuits	195
Golden Crumpets	80
Cinnamon Donut	175
Helgas Mixed Grain Bread	260
Helgas Traditional Wholemeal	260
Helgas Soy & Linseed	260
Wonder White High Fibre Muffins	150
Muffins	170
Gluten Free Bread	180

FLOUR & COOKING ADDITIVES	
Willowvale Organics organic gluten free SR Flour	185
Willowvale Organics organic buckwheat flour	190
Organ Custard Powder	160
Organ organic rice and corn pasta	175
L'Abruzzese organic pasta (lasagne)	175
Woolworths Organic Self Raising Flour	170
Woolworths Organic Plain Flour	175
Home Brand Self Raising Flour	180
Home Brand Plain Flour	180
White Wings Plain Four	180
White Wings Self Raising Flour	185
White Wings Muffin Mix	195
White Wings Milk Chocolate Cake	190

BREAKFAST CEREALS	
Rice Bubbles	180
Coco Pops	90
Corn Flakes	85
Special K	170
Wheat Bix Sanitarium	225
Uncle Tobys Plus	190
Uncle Tobys Twists Strawberry Smooth	115
Kelloggs Nutri-Grain Bar	175
Natures Path Cereals Organic Ginger Zing	220
Natures Path Cereals Millet Rice Oatbran Flakes	210
Natures Path Mesa Sunrise Flakes	210
Natures Path Honeyed Corn Flakes	190
Planet Organic organic gluten free porridge	220
Celtic organic rolled oats	230
Lotus Lite Crunch Baked Muesli	215
Organic Natural Cereal refill (wheat free)	240
Norganic Crunchola Blueberry	120
Lowan Cocoa Bombs	100
Freedom Foods Muesli	210

COFFEE	
Espresso Coffee	160
Flat White Coffee	160
Turkish Coffee	160
Coffee Latte	165
Short Black Coffee	165
Cappuccino	165
Percolated Coffee	165
Instant Coffee	170
Byron Bay Coffees Organic	190
Celtic Organic Cocoa	180
Coffee Cappuccino Organic	190
Coffee Flat White Organic	195

Food that calibrate under 200 on Dr Hawkins' Map of Consciousness scale is not life enhancing!

Fresh is Best!

Home prepared meals consisting of vegetables and fruits, best sourced from one's home garden or local farmers market, typically calibrate on the Map of Consciousness from the 300's to over 500 ! Such home prepared meals may be heated but are best when not cooked at high temperatures.

RAW FOOD MEALS:



Using kinesiology muscle testing and referencing a food item to David Hawkins' Map of Consciousness, you can calibrate any food item or meal that you have in mind. Remember that the scale is based on the common log of 10, thus a slight increase in the calibration is actually an enormous leap in energy, even 1 point increase is a 10 fold jump in the foods energy calibration.

Note the absence of bread in Udo Erasmus' Food Pyramid, or that it is the least recommended:

**Udo Erasmus CHOICE FOOD PYRAMID:
HEALTHY PEOPLE**

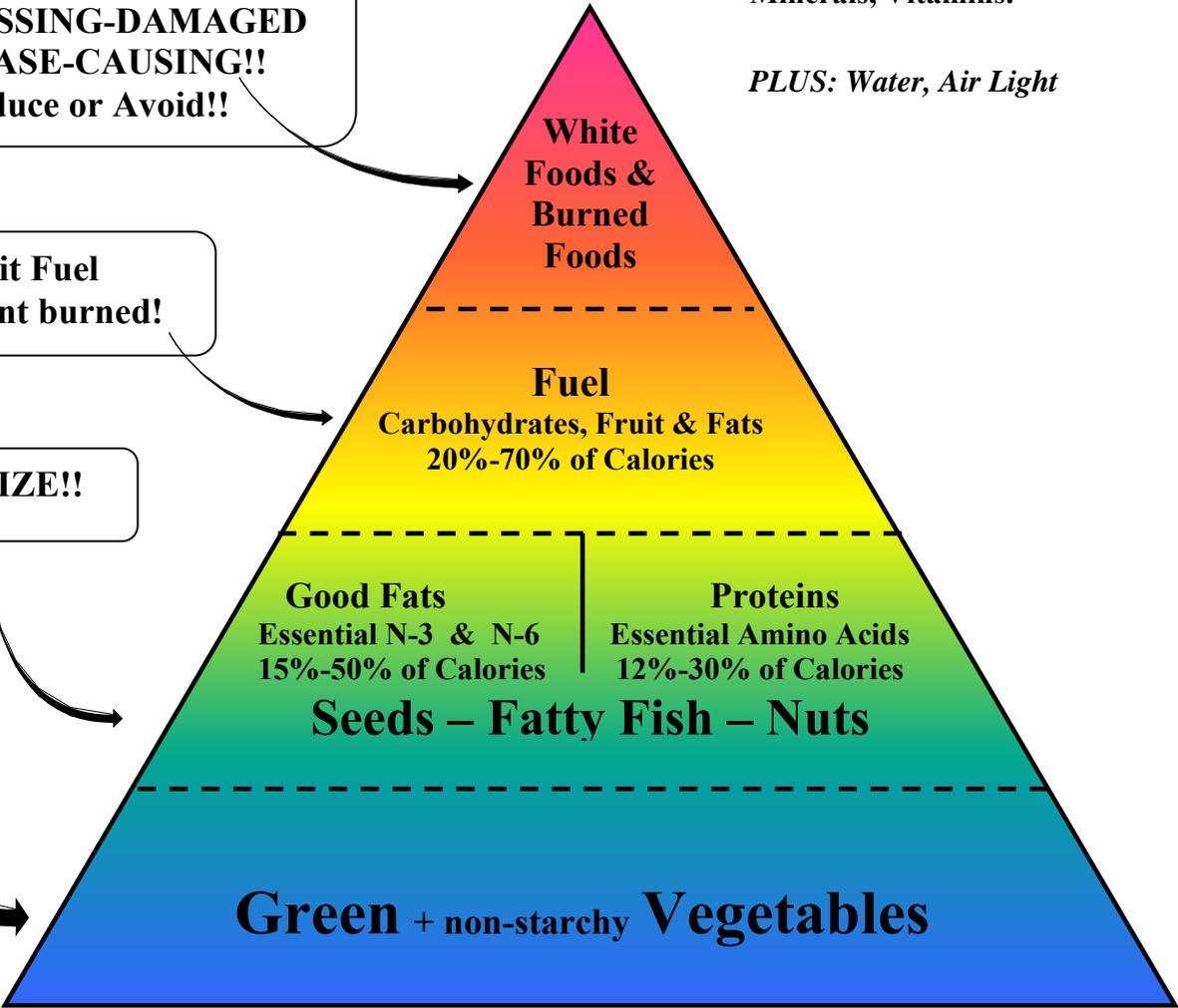
SUPPLEMENTS:
Digestive Enzymes,
Probiotics, Antioxidants,
Fibre, Phytonutrients,
Minerals, Vitamins.

PLUS: Water, Air Light

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

**Limit Fuel
to amount burned!**

EMPHASIZE!!



Udo's Choice™ Food Pyramid
Illustrates health food choices as forming the base or bottom.
As you proceed higher on the pyramid, you encounter foods that present more of an obstacle to digestion and metabolism.

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.

Feelings first

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

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

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

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

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

WE are CREATED as EMOTIONAL BEINGS:

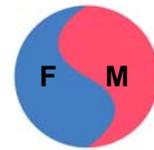
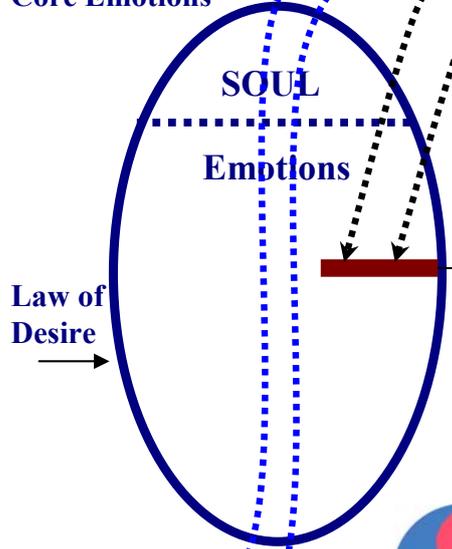
Capping Emotions
Causal Emotions
Core Emotions

General flow of emotions through us.

Emotions get stuck, such as Anger, Resentment, Fear, etc.

Release of suppressed emotions is via the Law of Attraction.

With desire, this Law of Attraction enables us to release these blocked emotions. Your intention to be free of these negative, un-loving emotions is essential.



Longing for GOD's Divine Love will speed up the releasing of blocked emotions.

Repressed / suppressed emotions result from walking away from Love.

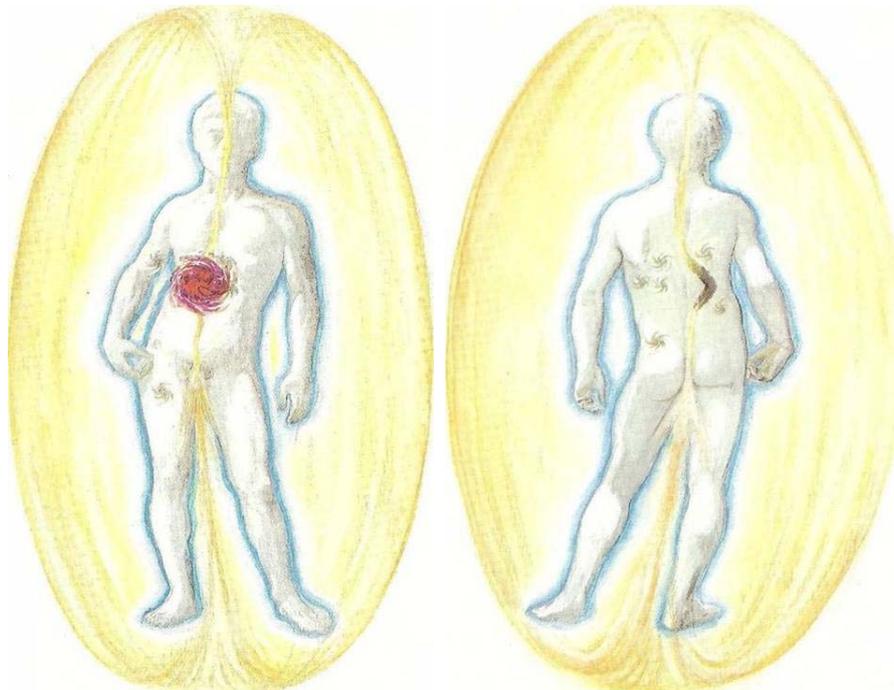
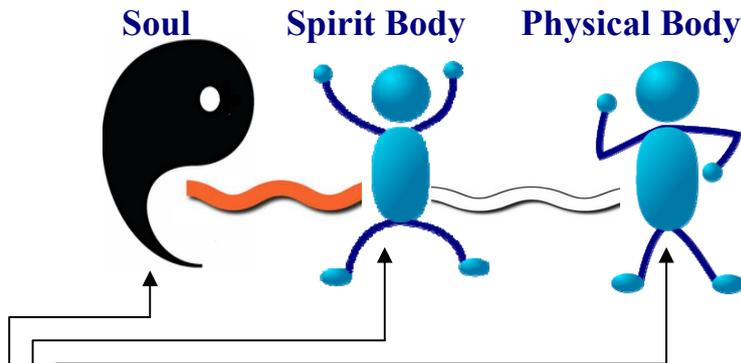


Figure 24-1, Hands of Light by Barbara Ann Brennan

Every negative emotional blockage, harms our well being.

HIERARCHY of HEALING SYSTEMS



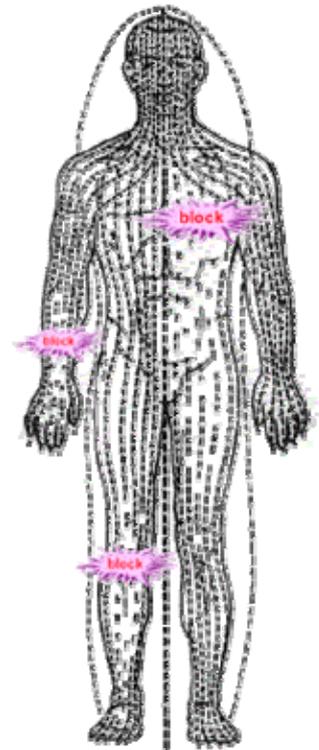
ALLOPATHIC – Western Medicine treats the symptoms, is highly regulated and costly as it is cost driven.

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

Therapy applied to the spirit body is via an energy therapist who may work on the chakras, whereas a chiropractor works on the physical body. Such type of therapy deals with the effects and ignores the soul and the causes.

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

If you focus on the soul, that is the most powerful tool to improve yourself.



Eat the Colors of the Rainbow

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?

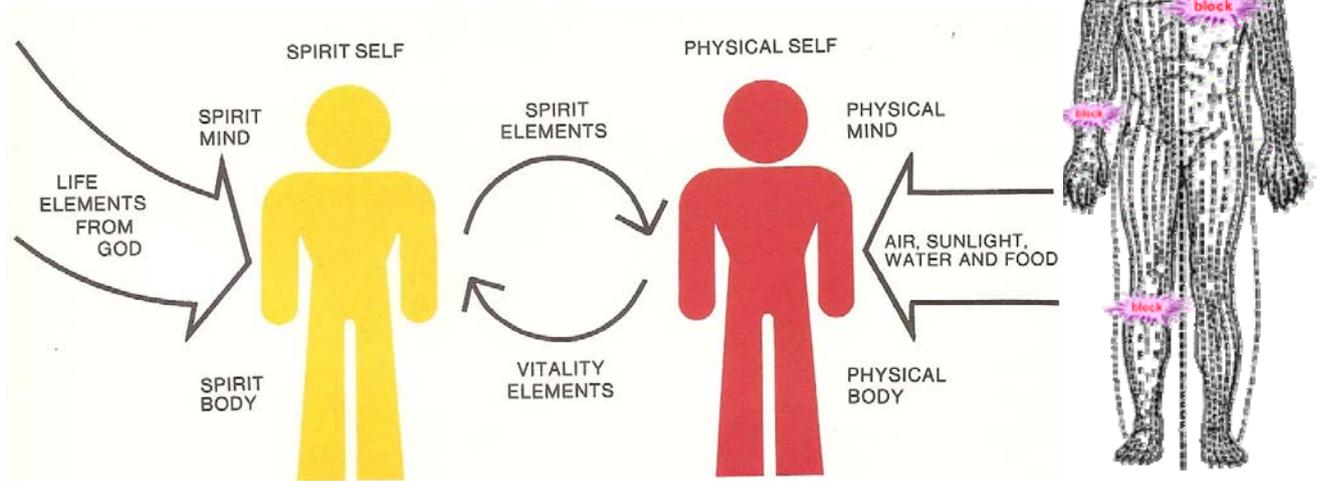
The auric field, that some can see, is the template for our physical body. Childhood Repression brings about energy flow blockages, being stuck and frozen emotional injuries, which then retard the flow of energies within our physical bodies. Modern medicine ignores this reality. The result is that treatments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

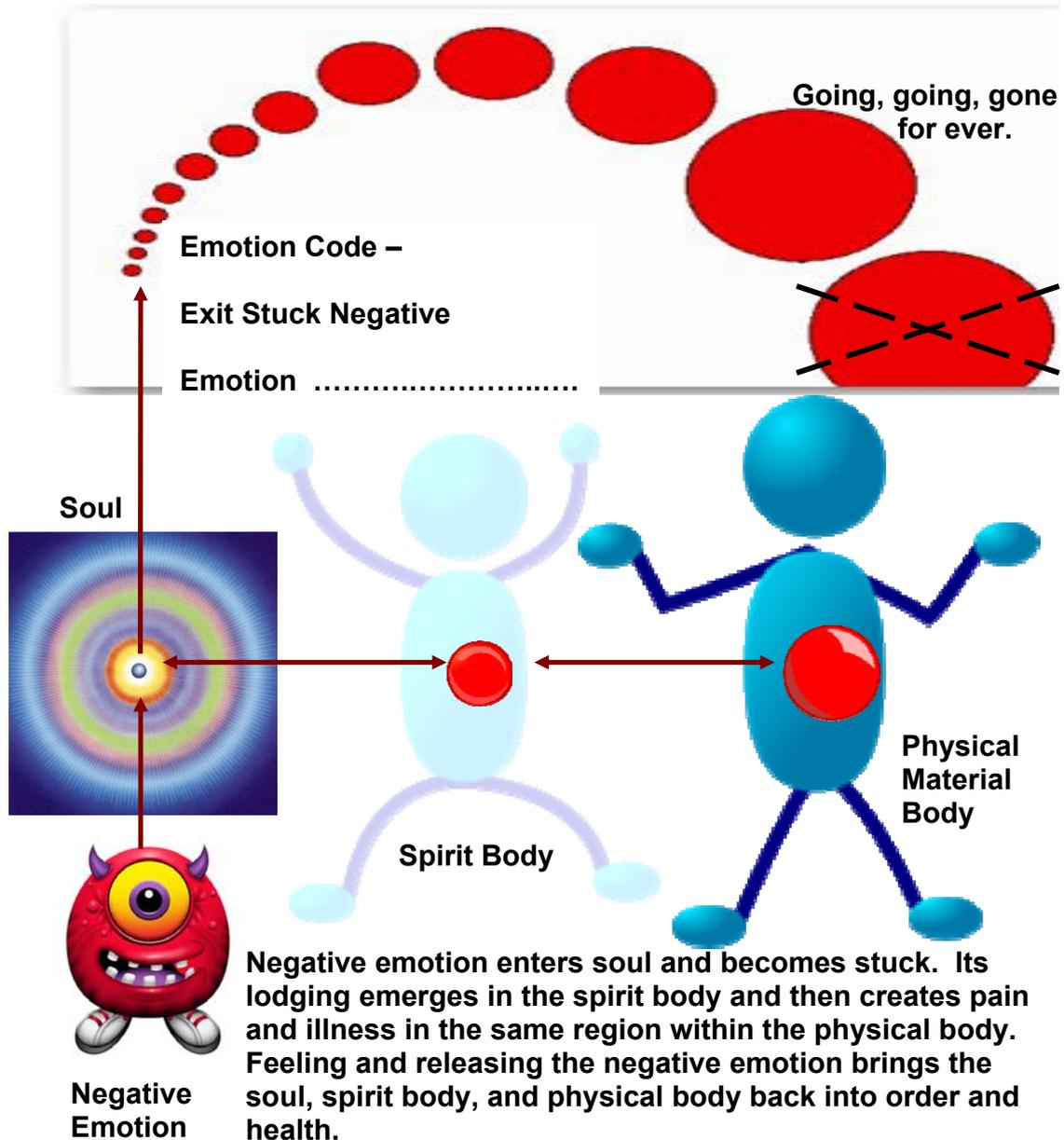


In fact our issues and illness that we recognise within the physical body are on all levels.

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.

WHY DO SOME PEOPLE GET PARTICULAR DISEASES and OTHERS DO NOT?

We are emotional beings. At conception we are blessed with loving and life enhancing emotions. As we progress through the gestation period and into early childhood, we absorb the emotions of those around us. Those emotions that are man created, that is those emotions that calibrate under 200 on Dr David Hawkins' Map of Consciousness scale, also being those emotions that are of low frequency, very low frequency, and ultra low frequency, should these become held within our being, namely our soul, they impede the flow of energy in the region of our being where they become held or stuck, this energy flow interference then emerges through our spirit body, which is also our etheric body, and is then felt as discomfort in our physical body. As the emotional energy blockage festers and grows, pain emerges, and if not released then an illness occurs in the physical body. Each of our organs function at different frequencies, subsequently negative held emotions of matching frequencies become lodged in environment of a given frequency, thus certain emotions are linkable to specific organs.



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

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



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

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

Happiness Domain

Un-happiness Domain

NATURAL LOVE or HUMANITY'S ERRONEOUS EMOTIONS:

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

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Self	Is	Enlightenment	700 1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑ 600	Bliss	Illumination
One	Complete	Joy	↑ 540	Serenity	Transfiguration
Loving	Benign	Love	↑ 500	Reverence	Revelation
Wise	Meaningful	Reason	↑ 400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	↑ 350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	↑ 310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑ 250	Trust	Release
Permitting	Feasible	Courage	↑ 200	Affirmation	Empowerment

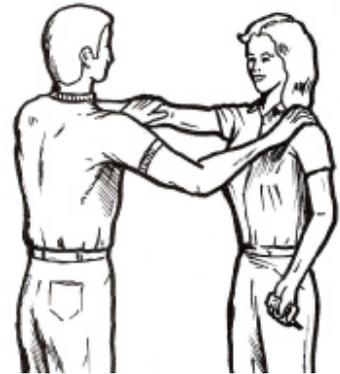
Humanity's erroneous emotions are those calibrating below 200 on the Map of Consciousness. The environment around a newly conceived child progressively degrades the condition of that child's soul. When the child reaches about the age of 7, the child's soul condition will reflect the parent's condition.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

MAP OF CONSCIOUSNESS					
God-view	Life-view	Level	Log	Emotion	Process
Man made dis-empowering emotions:			↓ 200	All the negative emotions	
Indifferent	Demanding	Pride	↓ 175	Scorn	Inflation
Vengeful	Antagonistic	Anger	↓ 150	Hate	Aggression
Denying	Disappointing	Desire	↓ 125	Craving	Enslavement
Punitive	Frightening	Fear	↓ 100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	↓ 75	Regret	Despondency
Condemning	Hopeless	Apathy	↓ 50	Despair	Abdication
Vindictive	Evil	Guilt	↓ 30	Blame	Destruction
Despising	Miserable	Shame	20	Humiliation	Elimination

Though the cause of all illnesses are related to held or frozen emotions within our being, relief from the illness / emotional injury can be addressed at the three levels of our being. Physical assistance in the form of medication and medical procedures is best always considered concurrently with a review of one's diet and way of life. Energy healing can be applied to the spirit body in conjunction with medical applications. However, these two steps never address the cause of the illness / dis-ease. Only when the underlying emotional injuries are addressed and removed is the underlying cause of the physical illness addressed. Until that time of releasing the energy blockage is the possibility of a re-occurrence of the illness or a similar illness emerging eliminated.

These energy blockages frequently relate to events during our very early life, even though the illness may only come to the surface during our senior years.

Using kinesiology muscle testing, one can investigate what is the underling cause. Kinesiology is likened to having a window into your soul. Your soul is the seat of your intelligence, memory, emotions and all things that make up your personality. Your soul is the real you.



If you have a discomfort of any sort, you can investigate it in great detail simply with a friend and testing the truth of questions that you may develop in statement form.

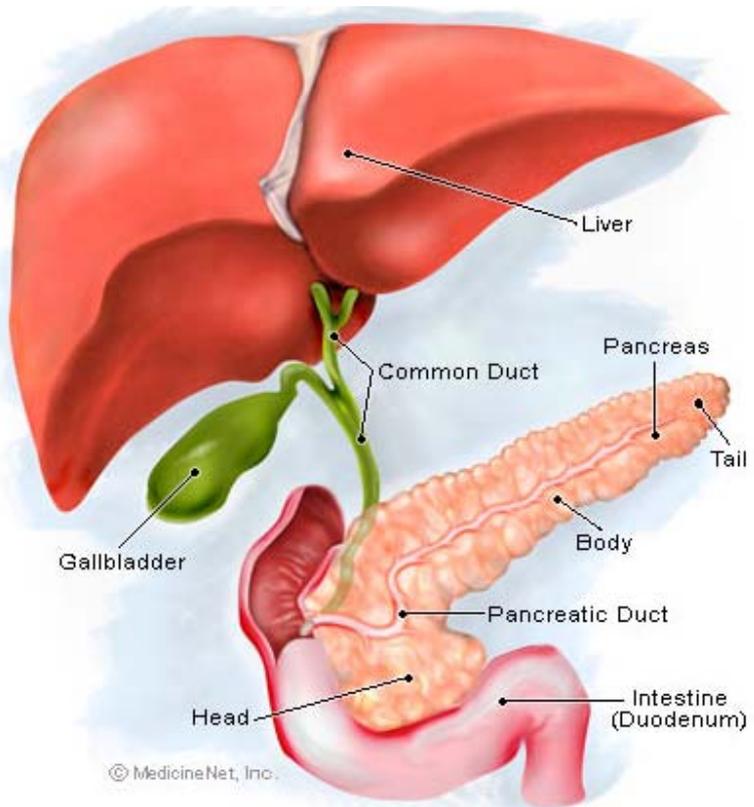
Explore the health of your pancreas.

Explore the health of your liver.

It is not a hit and miss exercise. You can use charts, such as the Emotion Code chart and the Body Code chart. You can ask is the emotion related to this discomfort / illness / dis-ease on the left hand side of the chart, on the right hand side of the chart, column A or B, even row, odd row, and so on. Thus each test will eliminate half of the options, step by step.

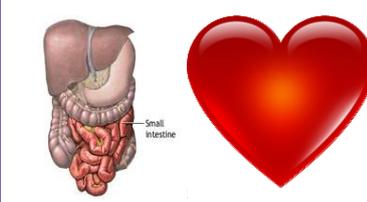
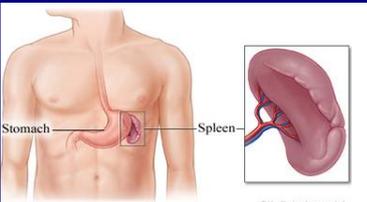
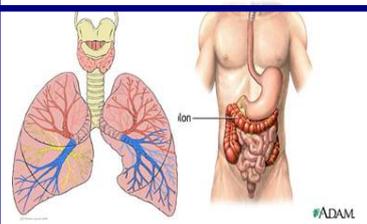
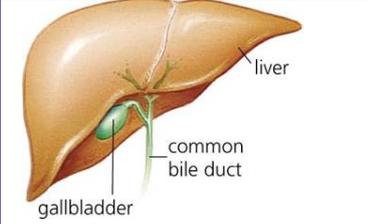
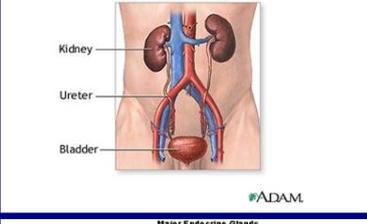
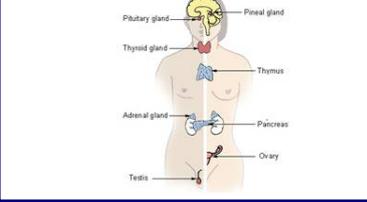
Once you determine which stuck emotions are held that are detrimental and causing the illness, you can determine precisely where it is within your bodies, then even its size.

Then you can remove it. Yes, you can remove it within minutes! All emotions are electromagnetic fields and they can be released.



EMOTIONS affect SPECIFIC ORGANS:

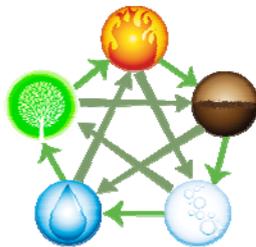
Emotional injuries and held errors have specific energy signatures and vibrations. So does each part of our physical body. Errors held within one’s mind affect the flow of energies through one’s spirit body, the spirit body is the template of the physical body. The resulting energy flow constrictions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

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

BODY CODE™ CHART

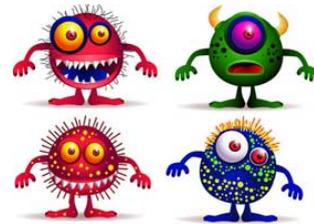
Energies

- 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

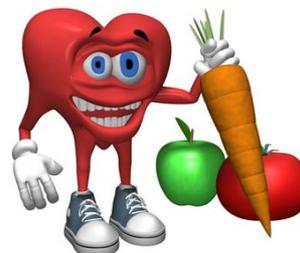
Circuitry

- Organs
- Glands
- Chakras
- Disconnections
- Meridians



Nutritional

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

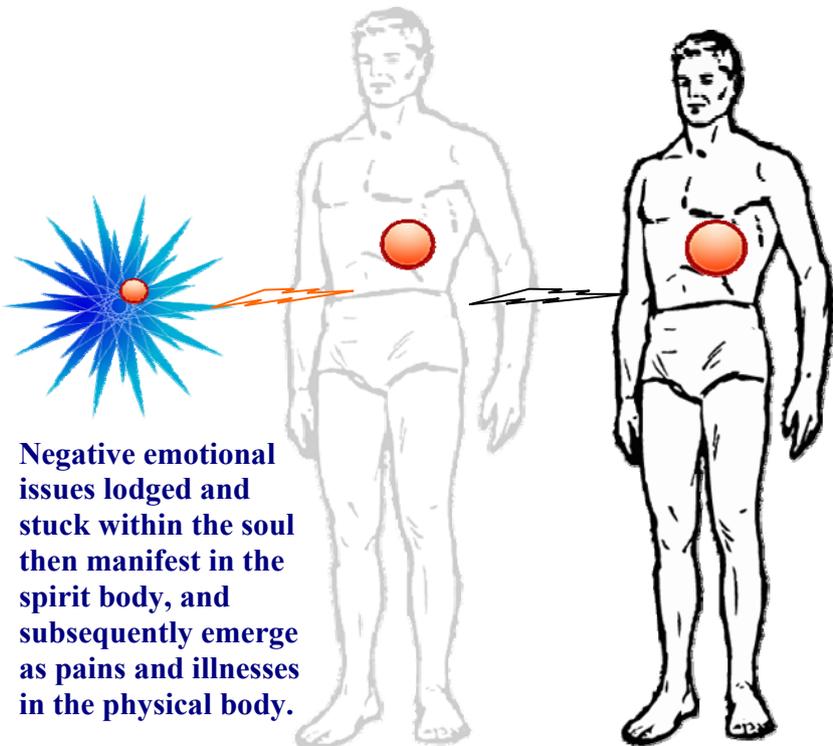


In the same way as you can use the Emotion Code to identify what form or type is the blocked energy within your soul and spirit body, such energy being of a slow vibration representing the resonance of a given emotion that is stuck within your spirit body and causing discomfort within your physical body, you can also use the Body Code to determine if the discomfort is related to nutrition, structural, pathogens, circuitry, toxicity, or energies.

The process is a method of elimination. Using kinesiology, test to discover if the discomfort is related to something on the left hand side of the chart, then is it related to something on the right hand side of the chart. Once you have identified the overriding cause then there are further detailed charts to probe more deeply behind the issue.

Developing an understanding of the Emotion Code and the Body Code provides the family with an excellent complementary health system. It does not substitute for your medical practitioner, etc., it actually complements and supports their skills and services. But further, it delves down and enables you to understand the cause of the discomfort and to permanently address the issue, that is, remove the cause of the discomfort for ever.

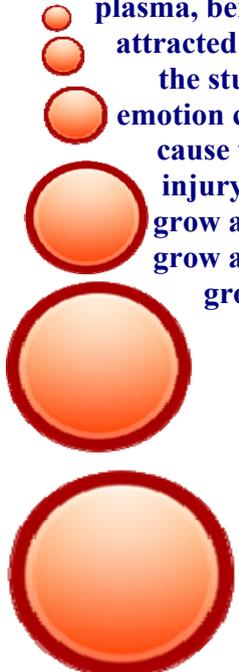
If we do not recognise the emotional injury, we continue to feed it and the health issue will escalate in severity.



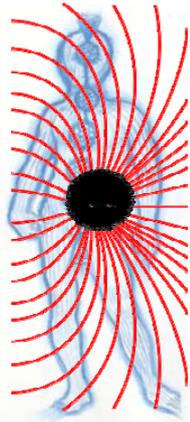
Negative emotional issues lodged and stuck within the soul then manifest in the spirit body, and subsequently emerge as pains and illnesses in the physical body.

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

The energy, plasma, being attracted to the stuck emotion can cause the injury to grow and grow and grow.

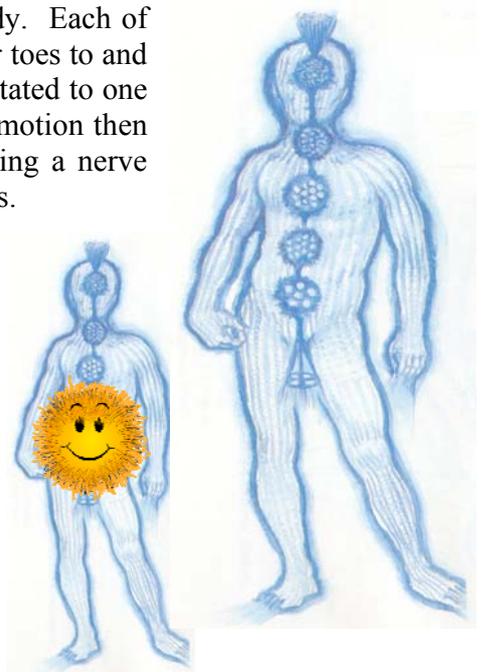


Our spirit body / etheric body is the blue print for our physical body. Each of the blue lines in the spirit body is a river of energy flowing from our toes to and from the end of our fingers or the top of our head, each line is orientated to one of our organs. If that energy flow is blocked by a negative stuck emotion then we develop discomfort within our physical body. It is like blocking a nerve connection from our spine. There are many ways to release emotions.

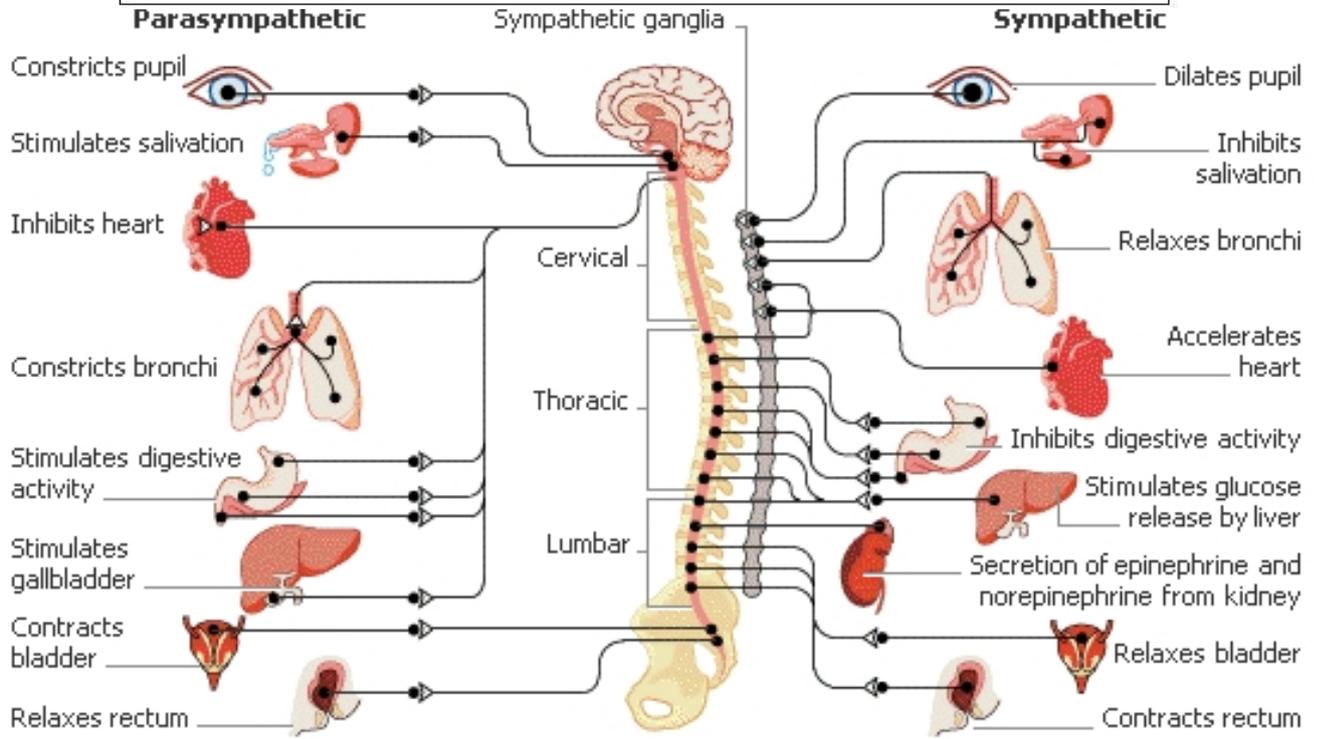


Release of any negative emotion can be prompted by the inflow of Divine Love. Divine Love is a substance that you can receive should you **ask** for it. Pray for it, ask for it, and you will receive it. We have free will, it will not be imposed up you, so accordingly, we need to ask for it.

Divine Love will subtly and steadily loosen and enable your intent to achieve the progressive release of emotionally injuries that we have, no matter what the origin is of the emotional injury.



BLOCKED NERVES → ORGANS DIE



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 vibrational reaction on varying levels within your unseen system, with your angels incorporating it, using it, adjusting it – modifying it, possibly toning it down or amplifying it, and so it goes with all your food, all you do, see, sense, all you are, all the time being a symphony of light, constantly in change, even though you might feel at peace resting on the couch one moment, then suddenly, seeming out of nowhere and for no reason, anger is coming up your leg and you're feeling so fucking pissed off that you can't believe how angry you do feel.

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

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

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

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

reflective of all who comprise it.

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

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

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

Love Verna.

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

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

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

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

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

Love Nanna Beth.

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

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



SUPERKIDS

Natural self Expression through Feelings

Self Empowering

Self Revealing

Self Loving



Feelings First

27 March 2018:

HEALING PROPERTIES of SUBSTANCES continued:

John: Hello Nanna Beth,

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

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

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

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

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

Would you kindly comment on each of the platforms please?

Nanna Beth, 3rd Celestial Heaven: Yes. The same applies, as you said to James, it's all what your angels have to take into consideration in accordance with the needs of your soul. If you are to die from or within your negative state, then it doesn't matter what you do along the way to try and heal yourself, your angels will be working with any alternative or regular medicine or healing modalities. And as you know from people's lives, some things work for them, others not, some even miraculously, others having no effect. It's what the individual



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Love John

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

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



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

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

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

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



Feelings first

Saturday, 31 March 2018:

COMPLEMENTARY THERAPIES

John: Hi Nanna Beth and company

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

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

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

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

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

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

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

Nanna Beth, 3rd Celestial Heaven: Look at it this way John, humanity is in the shit, and has been for a very long time. And so has had a long time to study the shit. And it can work out that it's in the shit and what the shit is all about, but that's all it can do. It can pretend that it can take itself out of the shit, but it can't. It's not allowed to.

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

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

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

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

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

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

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



in conjunction with

Longing for the Truth when also longing for Divine Love.

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

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

Library Downloads – Pascas Papers

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



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

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

Arvonal 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!

ENERGY DETERMINANTS – Relationship between Body, Mind and Soul:

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

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

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

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

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

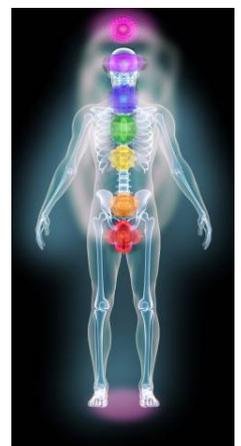
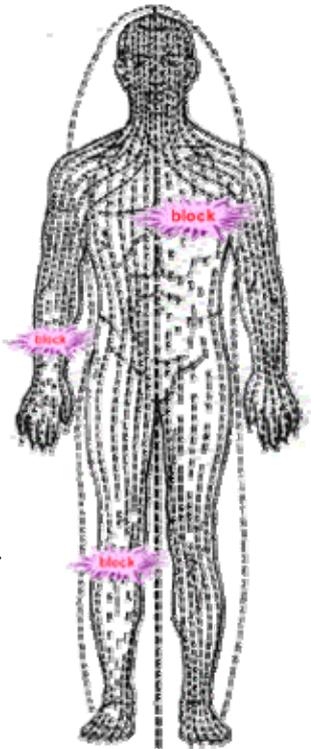
It is the energy level of love that steadily brings about a release from erroneous and harmful man-made emotions and beliefs. The energy level of love calibrates at 500 and higher. One's soul is connected by cords of light to one's spirit body. One's soul is the home of one's personality, natural intelligence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

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

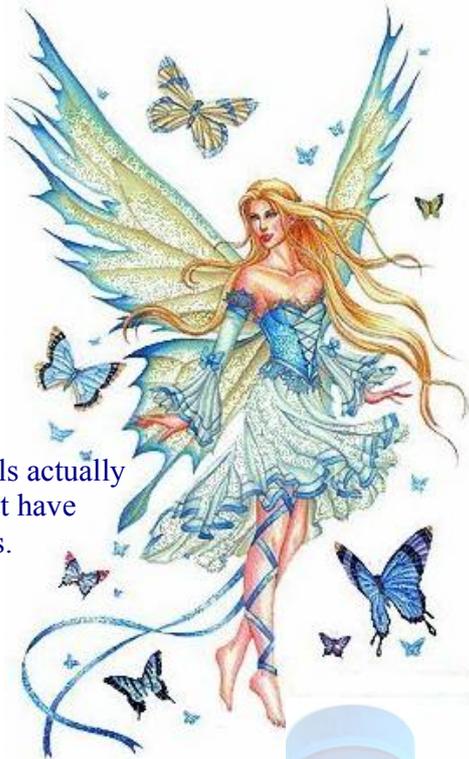
Feeling Healing with the greatest infusion of Love is the easiest way for one to transcend levels of emotions, that is, to evolve, is to long for, pray for, and ask for our Mother and Father's Love, Divine Love, being a light golden blue energy substance. Try the experiment.



LUMINOSITY of the SOUL grows with LOVE:

DIVINE LOVE is a SUBSTANCE

Angels actually do not have wings.



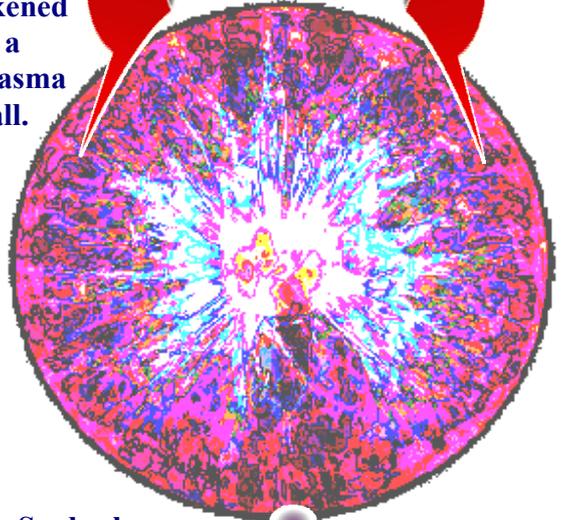
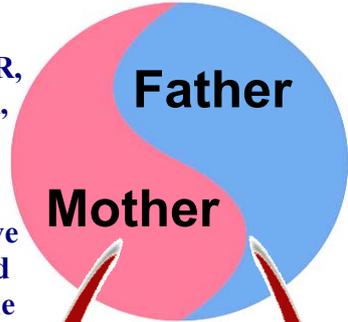
One's soul can grow from the condition of a dark dried up pea to that of a Celestial Angel by asking for and receiving Divine Love. Divine Love changes the essence of the soul to that of the Divine. Nothing else can do this.



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

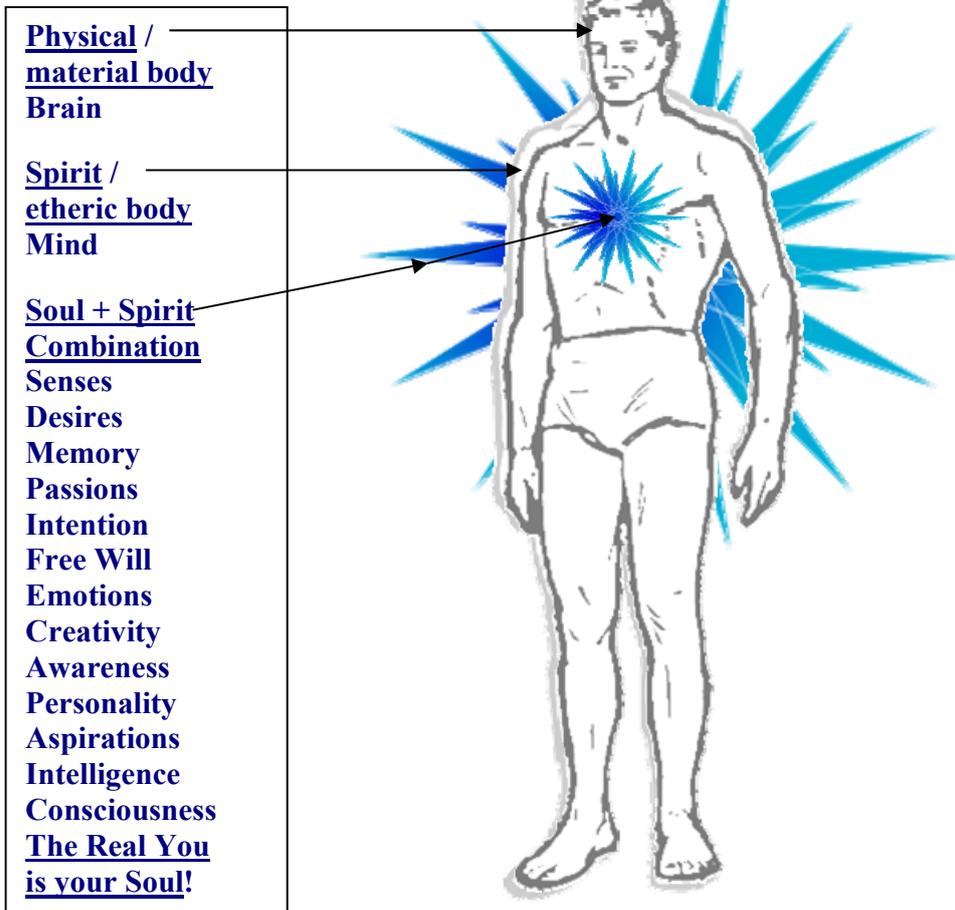
Divine Love is delivered through the Holy Spirit, should you ask for Their Love.

Your soul can be likened to a plasma ball.



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



ASPECTS of LIFE:

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

P529 Judas of Kerioth 8th May 2002

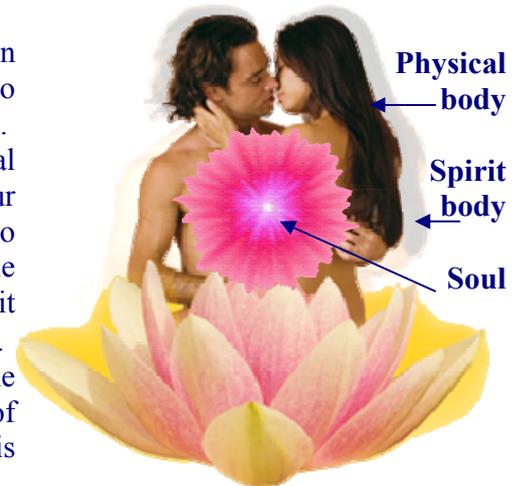
At the moment of conception, we incarnate, that is, we achieve individualisation and become self aware and we are then able to exercise our free will.

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

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

The REAL YOU is the SOUL:

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



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



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

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

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

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

DIVINE LOVE – what does it do?

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

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

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

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

Judas of Kerioth 5th October 2001

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

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

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

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

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

<https://new-birth.net/samuels-messages/miscellaneous-messages/jesus-birth-and-youth-as-revealed-by-mary-mother-of-jesus/>

Natural Love Flow

Natural love is Creation's love;

One can swap back and forwards between paths

I am God

Intellectual

Self reliant (trust myself)

Self-determination way of life

Mind dominates

Adult like

Control

Millions of paths (man created)

Peak possibility is 6th sphere

time to complete path:

100 years to over 1,000 years

Divine Love Flow

Divine Love is Soul's love.

I am God's son / daughter / child

Emotional

God reliant (God relationship)

Soul-spirit living harmony

Soul dominates

Child like

Feeling

Defined path (God created)

Peak possibility is infinity

(sphere / mansion world are same)

5 years to over 10 years to at-onement

‘The difference between what are regarded as two paths, the Natural Love Path and the Divine Love Path, is, essentially, the amount of Divine Love that beings have been able to acquire.’

Quote from Celestial Spirit Richard 22 Dec 2012



The Only Prayer That Man Need Offer to the Father:

The Prayer for Divine Love

(as given within the first century)

2 Dec 1916

I am here, Jesus

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

P.438 Book of Truths through James Padgett / Jesus

Let your prayer be as follows:

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

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

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

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

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

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

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

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

Amen

MoC



Note: The 'false teachers' are our parents, as they are also the 'evil ones'.

Also, the evil ones, being those parts of one's mind, that are controlling you.

The GREAT EXPERIMENT – how to physically experience God's Love.

<https://new-birth.net/padgetts-messages/the-great-experiment-how-to-physically-experience-gods-love/>

Have you got thirty minutes a day for the next three weeks? Is it worth 8 hours work to demonstrate to you how to achieve at-onement with the Father? Is 8 hours much to ask to point you in the right direction? A direction that will serve you great happiness for all eternity! This is how to obtain "the peace that passeth all understanding." Try the great experiment! **Three times a day, every day for the next three weeks, say the prayer as earnestly as you can.** Focus on your soul crying out to the Father to send His Divine Love into your soul. The prayer is very beautiful, but it is the degree to which you can cry out from soul that will touch the Father. So you do not actually need any words at all, or simply make up your own if you prefer.

How will you know that something is happening? You will feel something come into you. For some this may be very close to a pain in the middle of one's chest. This may then subside in subsequent times, to more of a warm feeling, but there are still times when one may feel almost pain. Many others report a sensation of warmth, and a feeling of being held close. The explanation as to why one may feel pain initially, was that one's soul may be unable to process the amount of Divine Love that may come to it.

It is probably best known as "the peace that knows no understanding", and the sensation is just wonderful.

Once you start to feel this, you have your answer. The Divine Love is there, all you have to do is keep on asking for more. How long? The rest of your mortal life, and all eternity when in spirit. That will get you to at-onement or through the Pearly Gates, and support you on every journey you take! But the benefits will flow into your life very rapidly, almost immediately. This Divine Love will truly change you forever. You will follow this path for all eternity.

Is this all? Yes and No. If you truly follow the spiritual path that will open up before you, you will live a good, loving and holy life. Sin / error will recede, and be something in the past. But you will have to keep up your prayers and keep your focus on the goal – the Celestial Heavens. However it will be relatively easy to do this, and the happiness and inner peace that you will experience on this Earth life will also be great.

Please note that this experiment can be performed without any challenge to what you might currently believe. You do not even need to use the prayer suggested, but simply talk directly to the Creator, asking Him to send this gift. So even if you do not believe what we have to say on this, may we implore you to try this experiment. Your life will change forever! What could be simpler?

Why does this work? Because the Divine Love is a real essence – the very essence of God. It is a substance. By giving us a little bit of Himself every time we ask, slowly, over the years, our souls will be altered from a mortal to an immortal soul. This is the real salvation.

Asking for Divine Love is going to be the most productive way of receiving this Love, but a recent message has indicated that a large number of people who do not understand this concept have still received the Divine Love, because God hears our soul aspirations, not the words our minds create.

A summary of the Divine Love and its effects is available in the form of a YouTube video presentation. (If you do not have sufficient bandwidth to watch a video, the same text is available on html without the fancy stuff.)

You can also printout a copy of this presentation, if you would like to share it, or have it to hand. It is in the form of a PDF which is designed to be folded into a booklet. For just a simple sequential presentation, use this PDF instead.

<https://new-birth.net/padgetts-messages/the-great-experiment-how-to-physically-experience-gods-love/>

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

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

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

Judas – August 19th, 2001



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'.

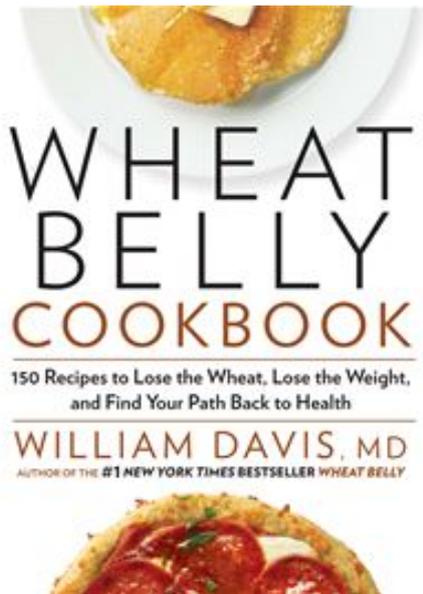
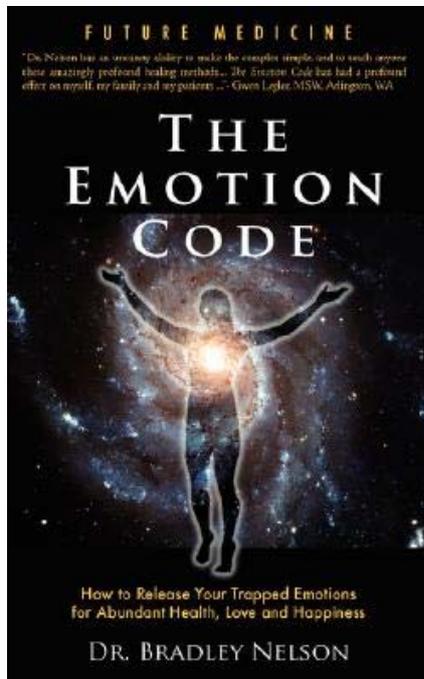
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Library Downloads – Pascas Papers

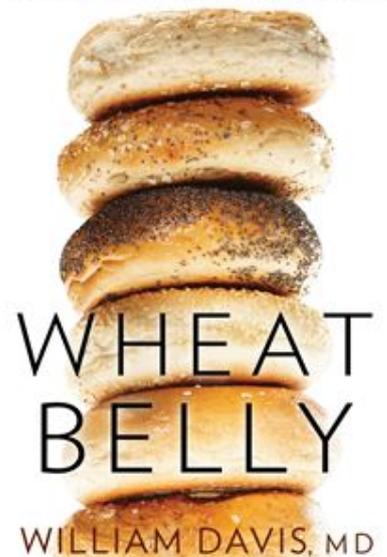
All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address. info@pascashealth.com

Documents in this series:

- Pascas Care – Emotion Code
- Pascas Care – Energy Level of Food
- Pascas Care – Globesity
- Pascas Care – Hydrogen Peroxide, Alkaline Water, & Ozone Therapy
- Pascas Care – Mineral Matrix
- Pascas Care – Minerals & Vitamins
- Pascas Care – Nutrition Naturally
- Pascas Care – Our Emotional & Physical Health
- Pascas Care – Wheat Belly – Diabetes
- Pascas Care – Embracing Nature Spirits



LOSE THE WHEAT, LOSE THE WEIGHT,
AND FIND YOUR PATH BACK TO HEALTH



NATURE SPIRITS will INTERACT and ASSIST US in our ENDEAVOURS:

Extracts from 'With Verna – a Nature Spirit' by James Moncrief

I, Verna – a nature spirit, would like to say to the people of future who will read this, that we are more than willing to make contact with you humans, however, WE WILL ONLY DO SO WITH THOSE PEOPLE WHO ARE STRIVING TO LIVE TRUE TO THEMSELVES BY HEALING THEIR NEGATIVE STATES. We can't otherwise, if people are choosing to remain as they are, all bound up in their evilness, untrue and bad feeling denial, as the new age will forbid it. Once the new Spirits of Truth have been liberated, we will have to adhere to them, not that we would want to do anything else anyway. And we can't wait to have the new Spirits of Truth to guide us as they help and guide you.



Now, why I'm telling you this is because there's going to be an upsurge of people saying they are speaking to nature spirits, people who are not doing their healing nor seeking the truth of themselves. They will say they are, and their nature spirit communication will be part of them doing so, but it won't be true. So beware, many people will say they are speaking to our kind when they aren't, speaking only to mind spirits in the lower Mansion Worlds and Earth planes.

It's far more important for you to gain a true understanding of your own personal role in nature, how you are to conduct yourself with nature, and also the same with the impersonal, the greater whole. And along the way your knowledge about how things are in nature will expand directly through your experiences and with our input. But (put this in capitals please James); BUT OUR INPUT WILL ONLY COME TO THOSE PEOPLE WHO ARE STRIVING TO LIVE TRUE TO THEMSELVES THROUGH THEIR FEELINGS, by doing all you have written James; essentially, all Mary has told you and all Marion has told and helped you with. We are able to impress certain insights and understandings upon her (Marion), we do upon you both, all of which help you understand nature more; yours and the natural world, and your relationship with it. So everyone who grows in truth, as a part of that growth, comes to love nature more, relating to it very personally through their own nature, so we are able to move in and be with you.

James: So really your kind is to have a very close and complete relationship with us.

Verna: Yes, it will grow and evolve as humanity does. We are just a part of the natural realm as are plants, animals and the air you breathe. We should not be kept alienated from you. And just because you might not be able to see us, doesn't mean we are less important or have less of an influence on you, in fact we have more of an influence than does direct experience with plants and animals. Your hands on physical experience with nature is very limited, there is only so much you can do with and in it. But your understanding of it and its relationship to yourself and yourself to it, is all but unlimited, it growing – your awareness of it all growing, as you grow in truth. And humanity is meant to grow in complete harmony with the natural world whilst it's here with it, not separately from it as you currently are. You are going against nature, not going with it, so you are going against your own natures, not with them, which of course is why you're going against nature. Your parents set you against yourself, your own nature, so you don't see that nature offers you anything other than what you can get from it. But that's all thankfully soon to change, and as there is already a slow awakening taking place in certain parts of humanity as to how special nature is, so this will continue to evolve.

Nature Spirits control every aspect of the natural world:

28 June 2012

Extracts from 'With Verna – a Nature Spirit' by James Moncrief

We have a progressive consciousness, we are evolving our minds, as I've told you, but they being a creation of Mind can so be influenced by higher angelic minds. So really in the mock you had, what I meant was we nature spirits can prevent fish from being caught if that's what we're asked to do by either higher angels on behalf of the Mother and Father, the Divine Minister in Neadon, or by Sons and Daughters of Truth, that being Mary and Jesus, the Creator Pair, or Avonal Pairs.

We'd know the Avonal pair would ask us knowing from their feelings and the truth they were living that it would be what the Eternal Son and Infinite Daughter desired.

We nature spirits can control EVERY aspect of the natural world if need be. We can make anything happen, from causing earthquakes and volcanic eruptions, down to move the smallest bacteria this way and that. We can bring about any mutations that are desirable, and we can work in the moment or over long periods of time. Nothing is too much for us when it comes to influencing the material plane, that's what we're all about as nature spirits, we do always and continually influence it. By our very nature, our very existence we're influencing it. Nature on the physical level doesn't and can't exist without our ongoing influence. And as to that influence, what it entails, that all awaits humanity, and one day we'll be able to tell various people everything we do. There will be those people destined to have very close and open relationships with our kind, and they will learn and see what we do. And then humanity will be able to move toward living more truly with us and our natural influence, all of which will make people feel so much happier about how they live and treat their natural environment. Currently you are so far away from the truth, heading fast in the opposite direction, so you are the furthest you've ever been from our kind. But once the age changes, then we'll be able to come to you as you'll be able to come to us and things will start to change for the better, that's what we're all looking forward to.

Potsy, the cat, her spirit has gone to join with the combined spirit from all Earth's creatures, to be drawn upon to create us nature spirits, and in fact the sporangia as well, having become part of the spirit collective energy from which my kind, among others, are drawn.

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.

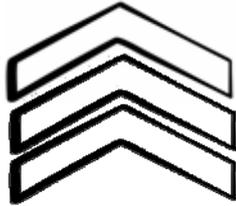
Kindly review: **Pascas Care – Embracing Nature Spirits**

The CHOICE is OURS to MAKE:

Celestial Truth:

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

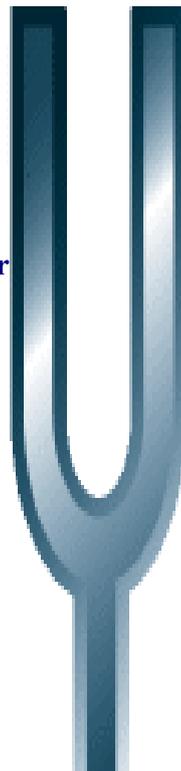
Fully Healed of the Rebellion and Default.



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.

Feelings!

Our FEELINGS are our SUPREME GUIDES:

Feelings are what guide us through our ascension of truth. So they are really our Supreme Guides. Many people look for a person, spirit, angel, even God, for supreme guidance, however it's all right there already built in – in our feelings. **We just have to submit to them, allowing them to take us where they will, expressing all the parts we want to express, letting the emotion drive that expression if it's there to be expressed, or just talking about all we feel and how feeling that feeling is making us feel – or, how we feel about having that feeling, all whilst longing for the truth of our feelings. Longing for the truth of our feelings is really: Longing for the truth of our self, because: we are our feelings. So life stirs up our feelings, we feel being alive; or, being alive means we are feeling, always feeling; and when we work out what and why we are feeling what we are, so then we know the truth of how we are. And over time the truth accumulates, and our mind expands our understanding of ourselves, all being driven from our feelings.** Kevin 26 Sep 2017

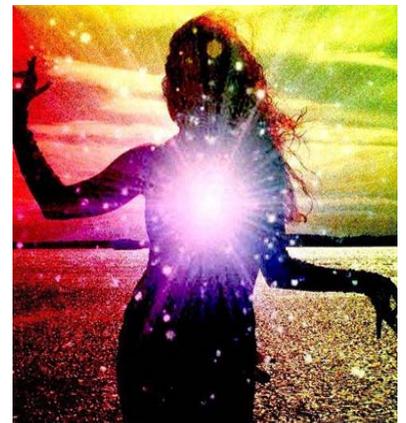
Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.

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

FEELING HEALING

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

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



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

FEELING HEALING + SOUL HEALING

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

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

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

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

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

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

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

To do our feeling-healing we need to become:

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

So we can:

Accept – them and allow ourselves to Be them.

And then if we feel to, take:

Action – Express, speak and emote them.

Talk about them.

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

So it sounds simple.

So I repeat:

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

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

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

Prayers to our Mother and Father

From 'Religion of Feelings' by James Moncrief

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

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

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

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

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

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

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

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

Examples of some prayers to God:

From 'Feeling Healing' by James Moncrief

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

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

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

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

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

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

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

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

LOVE
is
Feelings First Spirituality, The New Way

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

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

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

Living the New Way of Feelings First Spirituality

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

And to do this you need to do your Healing

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

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

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

Feelings First Spirituality **The New Way**

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

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

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

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

DIVINE LOVE SPIRITUALITY – DLS:

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

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

James Moncrief Books:

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

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

Religion of Feelings

Introduction to Divine Love Spirituality

Main website of DLS

Childhood Repression website

DLS and CR forum

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

<http://dls spirituality.weebly.com/>

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

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

<http://dls cr.freeforums.net/>

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

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Paul – City of Light

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

Ann and Terry

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

Feeling Bad? Bad Feelings are GOOD

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

Feeling bad will make you feel BETTER – Eventually!

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

Sage – and the Healing Angels of Light

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

**Religion of Feelings
Feeling Healing**

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

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

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

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

in conjunction with

Longing for the Truth when also longing for Divine Love.

FEELING HEALING with DIVINE LOVE is SOUL HEALING:

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

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

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

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

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

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

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

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

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

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

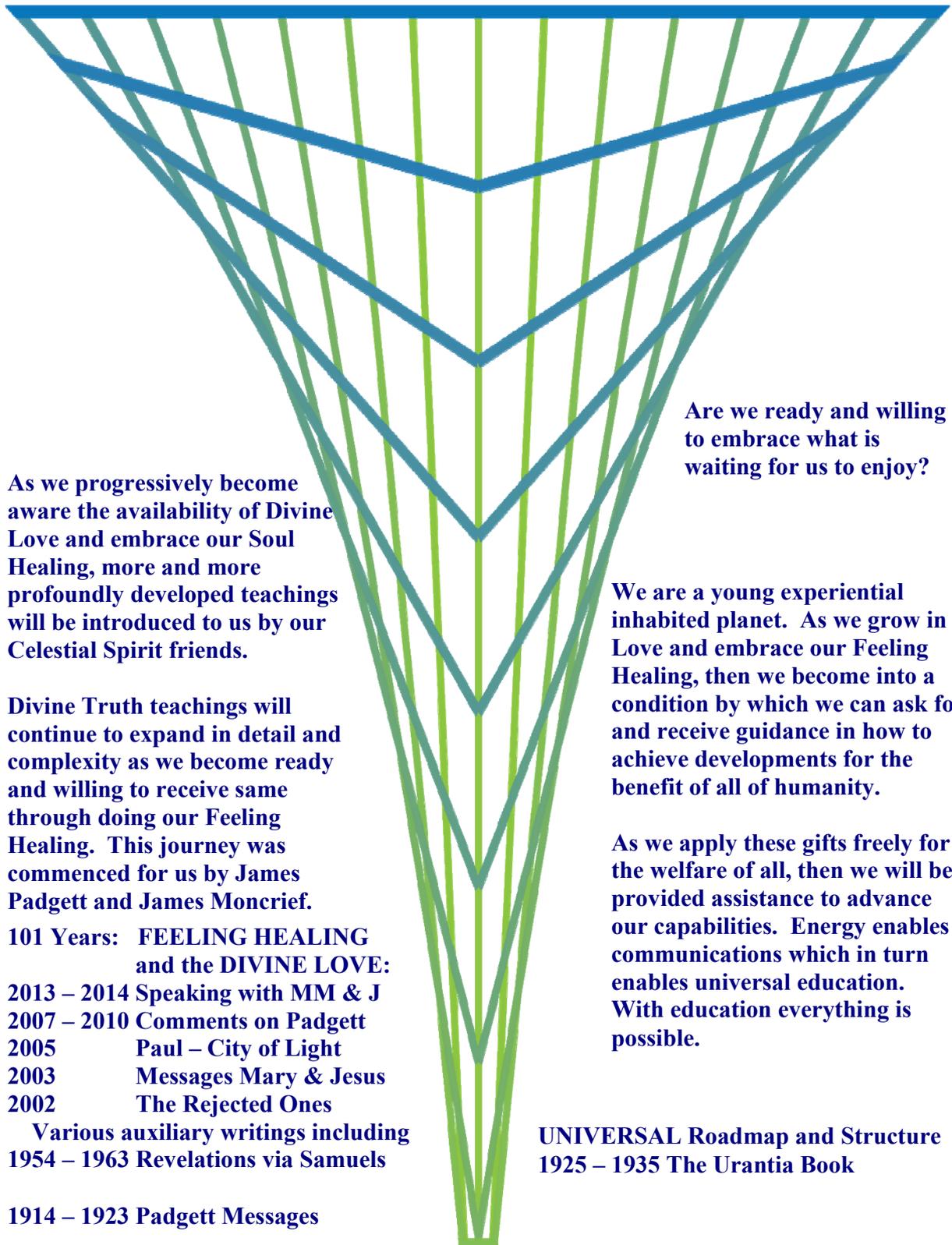
- Pascas Care Letters A Huge Upturn
- Pascas Care Letters Big Revelation
- Pascas Care Letters Feeling Healing Benefits Children
- Pascas Care Letters Feeling Healing Way
- Pascas Care Letters Little Children
- Pascas Care Letters Women's Liberation and Mother

MEDICAL – EMOTIONS:

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

**PASCAS
PAPERS**

DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:



LOVE and LIGHT: The luminosity of a loving soul shines through the spirit body.

