

PASCAS FOUNDATION (AUST) Ltd



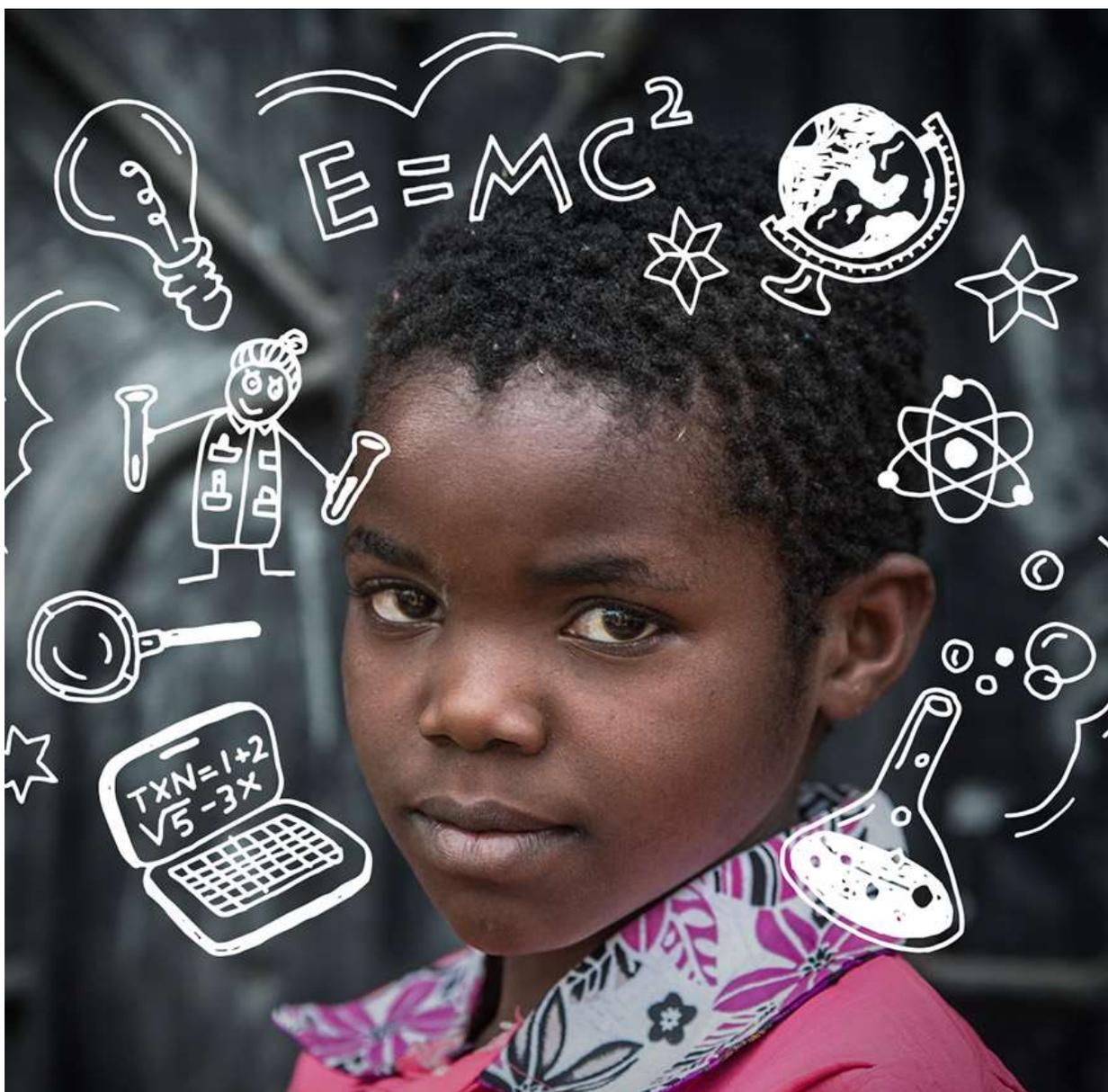
PASCAS FOUNDATION (AUST) Ltd
11 Crenshaw Court
Parkwood 4214 Queensland

ABN 23 133 271 593
www.pascasworldcare.com
Australia

Bs +61 7 5594 0479
www.pascashealth.com
Em: info@financefacilities.com

EDUCATION AWARENESS & INTRODUCTION NOTES

28 June 2024



simple is what life is meant to be!

EDUCATION CANNOT WAIT

Incredibly, humanity has been covertly influenced to literally worship their minds and not only ignore their feelings but suppress their feelings which are their truth. Few have recognised that our minds are unable to discern truth from falsehood. Further, our minds are addicted to not only untruth but also addicted to control over others and their environments. Our minds are to assist in implementing our feelings of truth.

Consequently when we ‘think’ we are tapping our minds untruth. Consequently when we make an assumption, we find that when we act on our wonderful assumption, which we have had a little adrenalin rush reward for our ‘brilliance’, we find we have to rework what we have assumed needed to be done. The error rate of assumptions is around 98% with the other 2% being flukes. The best observation of assumptions is an error rate only as low as 96%!

Our feelings are always in truth! Our feelings are soul based. Our feelings emerge through our heart area and are not mind orientated. We are to embrace our feelings and have our mind to follow in support to implement what our feelings are drawing our attention to. Our daily life is genuinely simplified and more rewarding as we begin to live through our feelings and then Live Feelings First. We are meant to live through our feelings, NOT be mind-centric as we ALL are doing so now!

Kinesiology muscle testing is NOT mind orientated. Through kinesiology muscle testing (arm bending) we can determine if anything and everything is of truth or not of truth. Further, utilising Dr David R Hawkins’ Mat of Consciousness then we can also determine the level of truth of anything, such as this statement!

Kindly go to www.pascashealth.com then the Library Download page, scroll down to Medical and click on to open:

-  [Pascas Care Kinesiology Testing.pdf](#)
-  [Pascas Care Kinesiology Personality Traits.pdf](#)
-  [Pascas Care Kinesiology Videos.pdf](#)

Thus, any school curriculum can be investigated to determine its overall level of truth and integrity. Not only that, each subject, each chapter, each page, each paragraph, each sentence, or any aspect can be calibrated as to its level of truth and much more. As long as one’s purpose is of integrity, is honourable and loving then kinesiology is supportive for the enquirer.



This is a time in the history of humanity which is extremely important and dynamic. We have had an era of ‘stability’ for these past 70 years, now we are to come to realise that we are to change our way of living as living mind-centric is stagnation and stupefying. Following the blocking of mind spirit personalities from manipulating people on Earth, we are all observing just how inept leadership in all institutionalised systems are. It is most likely that 30 years will now unfold before all societies begin to recognise that mind-centricity is the work of hidden controllers to keep us submissive to their long term agendas and that only through living feelings first can we free ourselves evolve and grow in love and truth. Look forward to 30

years of global insanity which commenced on 22 March 2017 when the Celestials were authorised to shut down the mind-spirit influence.

Events unfolding around us are well structured and documented:

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

LIVE FEELINGS FIRST

Once humanity collectively understands what has happened to them on the higher spiritual level, how the people have been controlled, and that it's over, that control is no longer controlling, it's just legacies of it, all of which the average person can deal with by destroying it in themselves, things will change markedly for the better. And as the people change, so too will how they want to live, it will be a great time of revolution, nothing will be the same. So what you are currently living through is the end of the Rebellion and Default, it literally is, and so once the end is fulfilled and the New starts, then all how it currently is and has been will cease to be.



Nanna Beth, John's grandmother, 3rd Celestial Heaven 20 March 2018

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

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

Though these primary writings occurred in this order:

James Padgett – Padgett Messages	31 May 1914 through to 1923
The Urantia Book (TUB)	1925 through to 1935
James Moncrieff writings	2002 and ongoing

It is James Moncrieff's writings that are the most important as they introduce Feeling Healing and with Divine Love then we have Soul Healing. The Padgett Messages reintroduce Divine Love which Jesus introduced in the first century, however all awareness was lost around the time of the Nicaean Council of 325 CE. The Urantia Book is a history of humanity and a cosmos 'roadmap'. All three are to be read as one. Each set of writings support the others.

Consequently to these writings and with some auxiliary writings, the New Testament of the Bible can be now considered that the major errors are corrected and significant omissions now addressed. Kindly go to www.pascashealth.com, then the Library Download page, scroll down to Medical – Soul Condition and Health, click on to open each of the publications addressing various aspects, starting with:

-  [Bible New Testament Matthew Peshitta Lamsa.pdf](#)
-  [Bible New Testament Revelation Mary Magdalene.pdf](#)
-  [Bible New Testament Review - Part I.pdf](#)
-  [Bible New Testament Review - Part II.pdf](#)

Other than the fact that Pascas Foundation (Aust) Ltd is introducing a new way of living, referred to as The New Way, Pascas is not a 'religion' even though there are nearly 500 definitions of the word 'religion'.

Pascas does not have a hierarchy of control, it has no special book, it does not have any rituals, cannon laws, customs, sacraments, special clothing or dress codes and nothing to join.

The Library at www.pascashealth.com consists of more than 750 Pascas Papers containing more than 60,000 pages and 20 million words. These can be freely shared. Typos belong to John.

The whole human race is suffering from repressed childhood and mind control.



Be controlled by your oppressive mechanical mind, or set yourself free through your feelings and allow your soul based truths to surface. Allow your feelings to be felt, and seek the truth of them. This is how we can all evolve in love.

Our minds are infused with childhood injuries and errors. Only by expressing them as they surface, and finding the truth of them can we set ourselves free and grow in love.



Considering the suppression of humanity's access to truth, one may come to understand that our transition from life in the physical to life in spirit is a time for celebration, not one of grief. Kindly go to www.pascashealth.com, then Library Download page, scroll down to Medical – Death and Dying, and click on to open:

-  [Pascas Care Death & Dying Transition & Assimilation.pdf](#)
-  [Pascas Care Death & Dying Transition & Assimilation Marjorie.pdf](#)

We do not experience the death of our physical body, we are always separated from our physical body before its death. Further, prior to our conception, the time of our conception as well as death is known, however how we 'die' is not known in advance.

The introduction of Feeling Healing into the education system has had a precursor through the Journey Process being introduced into various countries. The format has been modified and expanded to fully and truly introduce Living Feelings First which leads to Feeling Healing, and subsequently Soul Healing. Kindly go to www.pascashealth.com, then Library Download page, scroll down to Medical – Education and click on:

-  [Pascas Care Living Feelings First - Adults.pdf](#)
-  [Pascas Care Living Feelings First - Children - Annexures.pdf](#)
-  [Pascas Care Living Feelings First - Children - Discussions.pdf](#)
-  [Pascas Care Living Feelings First - Children - Graphics.pdf](#)
-  [Pascas Care Living Feelings First - Children.pdf](#)
-  [Pascas Care Living Feelings First - Drilling Deeper - Structures.pdf](#)
-  [Pascas Care Living Feelings First - Drilling Deeper.pdf](#)
-  [Pascas Care Living Feelings First - Reference Centre.pdf](#)

Throughout the Library Download page are frequent Pascas Papers focused upon education. Primary papers are located in the Corporate Alliances section such as the following:

-  [Chaldi Child Care Centre - Safe Space.pdf](#)
-  [Chaldi College Free to Learn Instinctively.pdf](#)
-  [Chaldi College Free to Learn Pathway.pdf](#)
-  [Chaldi College Primary thru to High Feelings First.pdf](#)
-  [Chaldi College Women & Girls' Education.pdf](#)
-  [Chaldi College _WW_ Education through Feelings.pdf](#)
-  [Chaldi College _WW_ Massive Open Online Courses.pdf](#)
-  [Chaldi College _WW_ technology & product information.pdf](#)
-  [Chaldi University Postgraduate Feelings Degree.pdf](#)
-  [Pascas University and Differentiation.pdf](#)
-  [Pascas University and Discoveries.pdf](#)
-  [Pascas University and Global View.pdf](#)
-  [Pascas University and the Meeting House.pdf](#)
-  [Pascas University Education Core Errors.pdf](#)
-  [Pascas University Education with Zelmar.pdf](#)
-  [Pascas University Papua New Guinea Education Leadership.pdf](#)
-  [Pascas University Postgraduate Feelings Degree.pdf](#)
-  [Pascas University Social Worker Inaugural PfD.pdf](#)
-  [Pascas University Universally Free Education.pdf](#)
-  [Pascas University We Learn By Doing.pdf](#)

These notes are drawn together as of a consequence of a meeting at Coomera on the Gold Coast, Queensland, Australia, on Friday, 28 June 2024, between Carolyn, Gary, John and Peter.

Enjoy and share as you please.

Aspiring to Living Feelings First

*Asad Basit, Carolyn Evans, Dean Rowley, Gary Wilson,
Graham Golding, Helen Adam, Ian Dowling, Jim Baker, John
Doel, Lachlan Riddell, Lillian Nielson and Peter Wildin*

Pascas Foundation (Aust) Limited

The GOLDEN RULE

Never interfere with another's will.

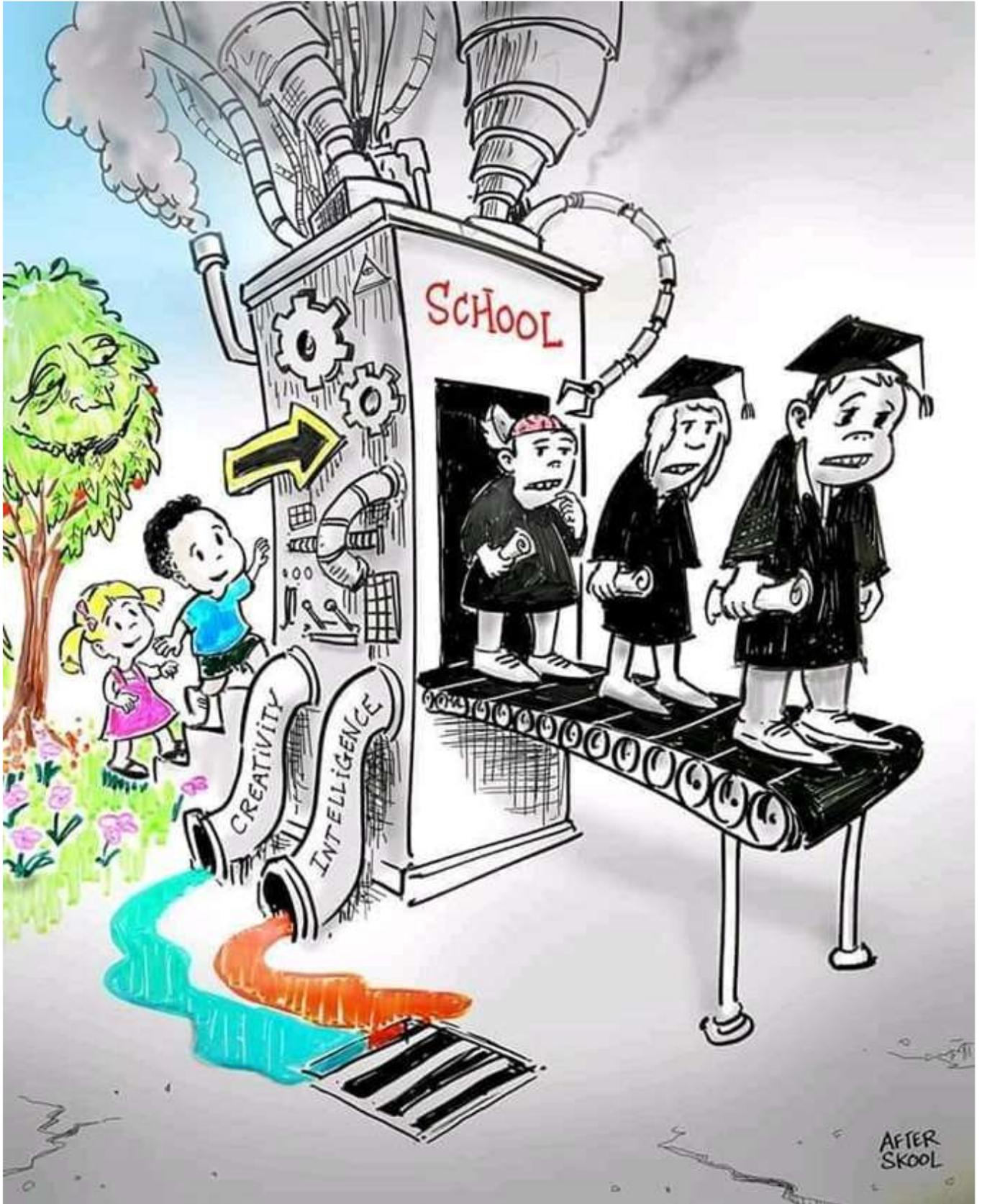
We are not to impose our will upon another!

*One must always honour another's will as
one honours one's own.*

TRUTH IS FREEDOM AND LOVE

**Our feelings are our truth.
By living outside of our feelings
we bring about our difficulties!**

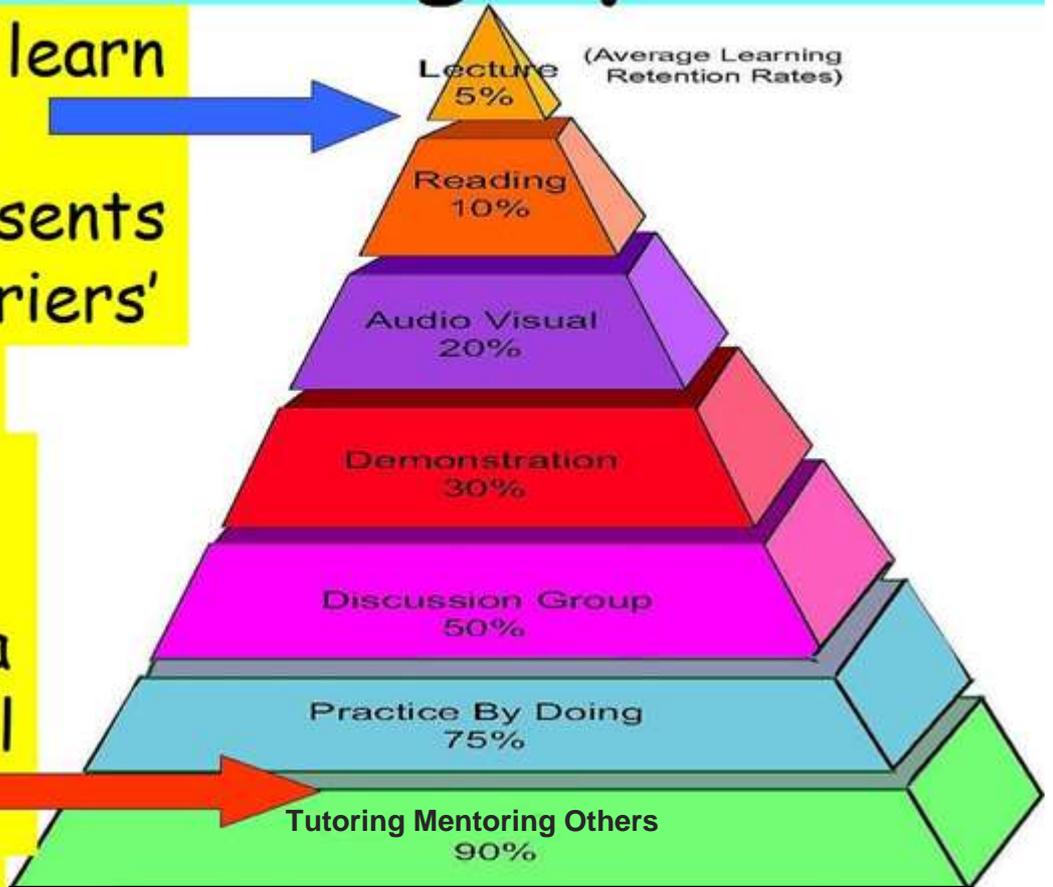
Put Children First



The Learning Pyramid

Trying to learn using this often presents many 'barriers'

Effective Learning requires a great deal of this



100% retention is **Natural Self Expression**

Mind-Centric Love is a Fantasy Love

TRUTH IS LIGHT IS LOVE

Ten ducks in a row, but one always misleading or misled!



PASCAS UNIVERSITY

HIGHER EDUCATION SUBJECT GROUPINGS:



**ANIMALS AND
LAND**



**ARCHITECTURE,
BUILDING AND
CONSTRUCTION**



**ARTS,
HUMANITIES
AND LANGUAGES**



**CREATIVE ARTS,
DESIGN AND
MEDIA**



**ECONOMICS,
COMMERCE,
BUSINESS AND
MANAGEMENT**



**EDUCATION AND
TEACHING**



ENGINEERING



**HEALTH
SCIENCES
(ACADEMIC)**



**HEALTH
SCIENCES
(PROFESSIONAL)**



**HOSPITALITY,
TOURISM AND
EVENT
MANAGEMENT**



**INFORMATION
TECHNOLOGY
AND COMPUTER
SCIENCE**



**INTERNATIONAL
RELATIONS AND
DEVELOPMENT
STUDIES**



**LAW AND
CRIMINOLOGY**



**MARINE,
ENVIRONMENT
AND RENEWABLE
ENERGY**



MEDICINE



**MULTIMEDIA
MOVIES AND
MUSIC**



**NURSING,
MIDWIFERY AND
PARAMEDICINE**



PSYCHOLOGY



SCIENCE



**SOCIAL WORK
AND
COUNSELLING**



**SPORTS AND
EXERCISE
SCIENCE**

CHALDI TAFE COLLEGE

Technical and Further Education



Building and construction



Child care



Sports and fitness



Technology, information and networking



Nursing and health



Creative



Agriculture and horticulture



Automotive



Business, justice and management



Community services



Hospitality and cookery



Beauty and hairdressing



By location



Online courses



Apprenticeships



TAFE at School

Craft Creations



Fiber art



Oil painting



Magic



Papermaking



Patchwork



Taxidermy



Creative writing



Metalworking



Web design



Cardmaking



Needlework



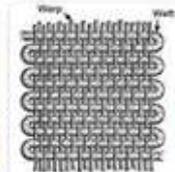
Quilting



Wood carving



Pyrography



Weaving



Upcycling



Photography



Calligraphy



Woodworking



Gardening



Watercolor painting



Toy



Quilling



Sewing



Knitting



Painting



Embroidery



Crochet



Handicraft



Drawing



Book Binding



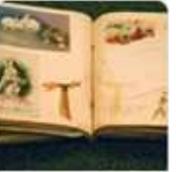
Glassblowing



Brewing



Pottery



Scrapbooking



Origami



Cross-stitch



Floral design



Macramé



Pressed flower craft



Decoupage



Whittling



Leather crafting



Digital art



Needlepoint



Knife making



Tattooing



Carpenter



Doodle



Digital photography



Beadwork

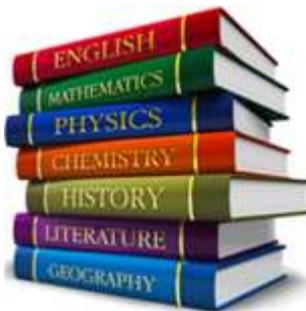
CHALDI COLLEGE

Primary thru to High

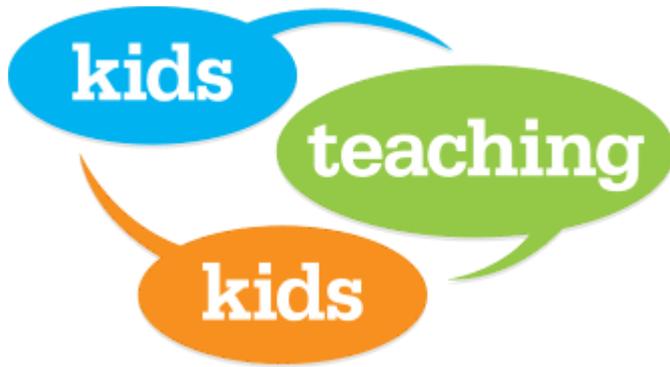
"Feelings First"



Children Tutoring Each Other!



Tutoring



Natural Self Expression!



Chaldi Child Care Centre

&

Kindergarten

WELCOME!



SAFE SANCTUARIES

It takes a Community to Protect a Child



PASCAS REGIONAL CENTRES:

UNIVERSITY



SCHOOL



TECHNICAL
TAFE

Craft Creations

MOVIE STUDIOS

Journey of Humanity

THE
**VILLAGE
PARADISE**



AFFORDABLE HOUSING

Homelessness

SOCIAL HOUSING

Early Learning Centre



NEW BIOSPHERE AGRICULTURE

Innovations
and much more!



Community



Centre



MEDICAL CENTRE



X-RAY

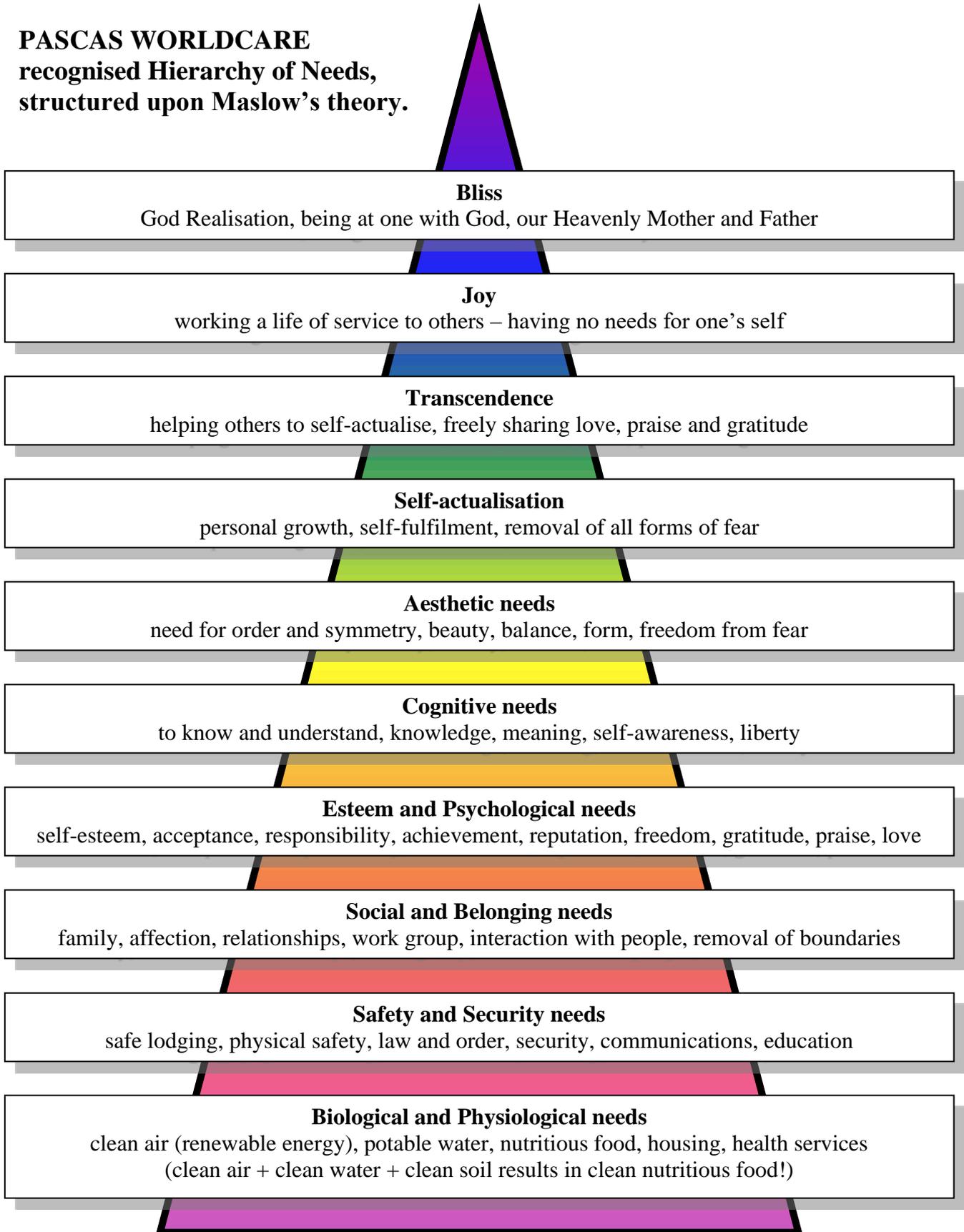
Diagnostics Centre



**OPERATION
THEATRE**



PASCAS WORLDCARE
recognised Hierarchy of Needs,
structured upon Maslow's theory.



OUR FORMING YEARS are MOST DYNAMIC and TRAUMATIC:

Age-group	Age
Gestation	conception to birth
Newborn	0 days to 1 month
Infant	1 month to 1 year
Toddler	1 to 3 years
Preschool	3 to 6 years
School age child	6 to 12 years
Adolescent	12 to 18 years

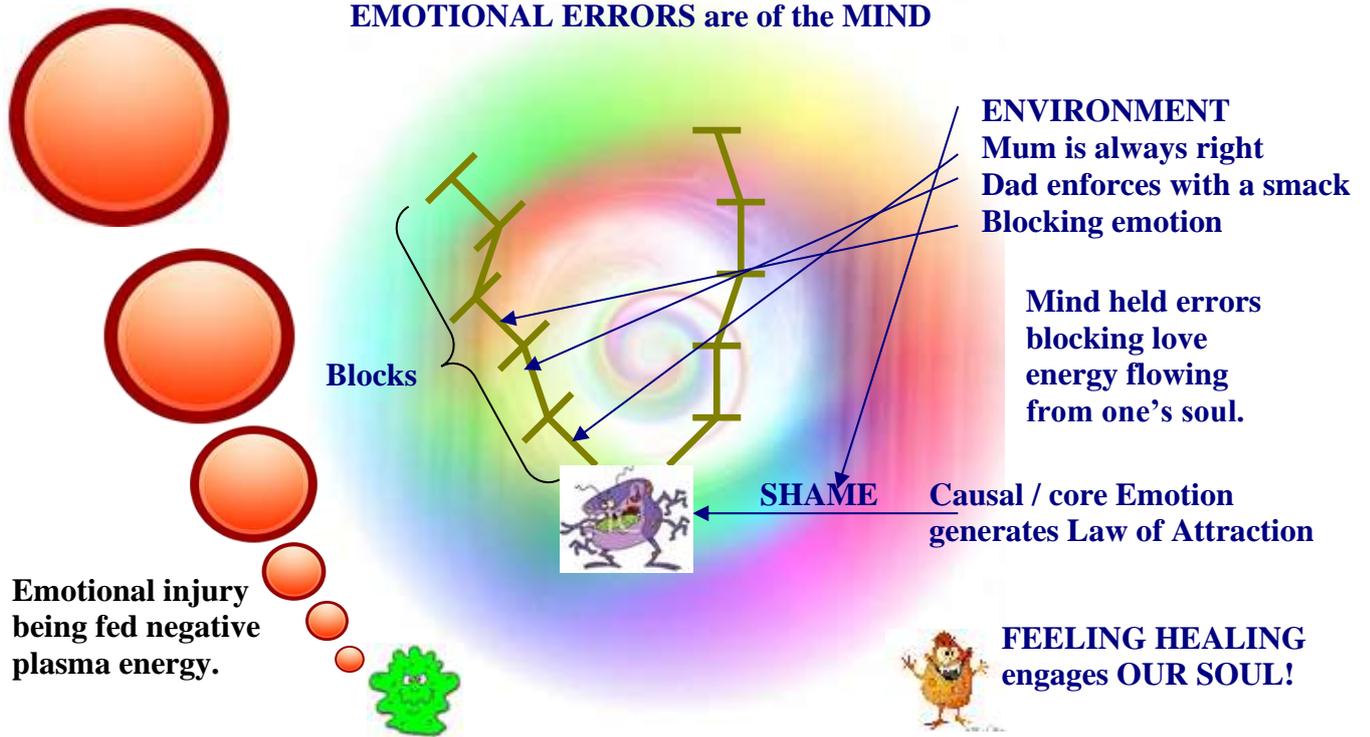
Our childhood formative years are from conception through to age of 6 years. Commencing at conception, we begin to take on all of the injuries and errors of belief of our parents and carers. We capitulate to adopting the 'personality' that our physical parents impose upon us, to the detriment of our true personality.



Somehow, we go on smiling and laughing...



EMOTIONAL ERRORS are of the MIND



Childhood Suppression is the underlying cause of all physical illness and social issues seen throughout society.

Enters emotionally - is to leave emotionally!

WHAT ENTERS EMOTIONALLY IS TO BE EXPRESSED EMOTIONALLY WHILE LONGING FOR THE TRUTH TO BE KNOWN ABOUT WHAT IS BEING FELT!

Root Cause

Highly esteemed Lanonandek spirits from within our local universe of Nebadon were assigned as System Sovereigns of our local system to oversee Earth's humanity and their spiritual development. 200,000 years ago they, the Lucifers, became infatuated with their authority and turned against the regents of Nebadon, Mary and Jesus, as well as rejecting God. Through their Planetary Princes, also Lanonandek spirits, they had taken the humanities of 37 worlds within their local system into their Rebellion.

Through living through our minds, suppressing our feelings, we on Earth will continue to be at war with each other, illnesses of all descriptions will continue from our feelings suppression, famine and inequalities prevail, control of others is the core of all systems, we cannot determine truth from falsehood and life on Earth is a living hell. We have been continually seduced by mind Mansion World spirits and we live life in a stupor – nothing more than zombies doing the begging of the evil ones, the rebellious Lanonandek spirits.

Through living through our minds, suppressing our soul based feelings, we have been progressively going further and further away from our Heavenly Parents, now to the point that we cannot go any further. Through working cracks in the Universal Contract governing the Rebellion and Default, this control has been ended formally as of 31 January 2018.

Pathway Forward

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

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

The Golden rule is: Never interfere with another's will.

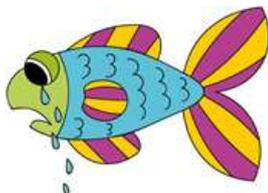
Golden Rule: that one must always honour another's will as one honours one's own.

New Feelings Way: learning how to live true to ourselves by living true to our feelings.

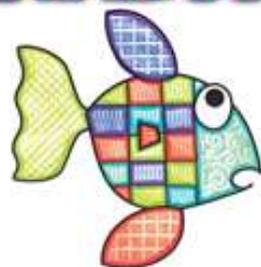
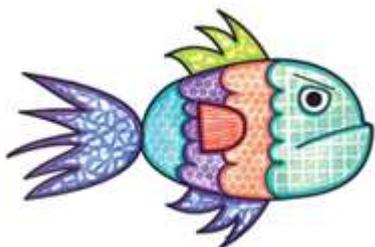
We are to express our feelings, both good and bad, at all times, and to long for the truth of them.

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

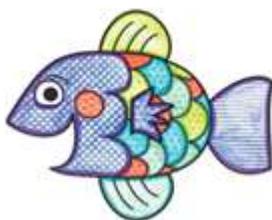
LONG to KNOW ABOUT what you are FEELING!
Long to understand the truth behind
what your feelings are pressing upon you.



Ask to know the truth about that which you feel.
It is knowing the truth of that
which you feel that sets you free!



Always be true to your feelings
because they are your truth
and truth is love and our way home!



Express your feelings to those who matter to you.
Suppressed feelings bring about pain and illness.
Talk it out to a friend!

From our head to our toes,
what our feelings say goes!



Feelings, good and bad, are to be expressed.



Talk it Out!



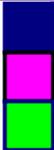
Heartfelt feelings are our truth.

Then we are to continue by longing for
the truth that our feelings are to reveal to us!

CONSCIOUSNESS and EMOTIONS: Dr David R Hawkins' Map of Consciousness

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

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



The Final Doorway to Enlightenment / Nonduality 1000
 The beginning of the Nonlinear Realm 500
 The beginning of Integrity 200

Note:

The Map of Consciousness scale is from 1 to 1,000

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

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

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

Thus the energy differentials are in fact enormous!



PARENTS

78% calibrate under 220

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

MAP OF CONSCIOUSNESS

Map of Consciousness from Dr David R Hawkins, M.D., Ph.D. "Power vs Force".

Level	Log
ENLIGHTENMENT	700-1000
PEACE	600
JOY	540
LOVE	500
REASON	400
ACCEPTANCE	350
WILLINGNESS	310
NEUTRALITY	250
COURAGE	200
PRIDE	175
ANGER	150
DESIRE	125
FEAR	100
GRIEF	75
APATHY	50
GUILT	30
SHAME	20

PERSONALITY TRAITS:

Less than two dozen people on planet Earth.

Would not pick up a weapon let alone use it. These people gravitate to the health industry and humanitarian programs.

Debate and implement resolutions without argument and delay. 470

Debate and implement resolutions in due course. 440

Debate and implement resolutions with some degree of follow up generally needed. 410

Management supervision is generally necessary.

Politics become the hope for man's salvation.

Cause no harm to others starts to emerge. Power overrides force.

Illness is developed by those man erroneous emotions that calibrate 200 and lower.

Armies around the world function on pride. Force is now dominant, not power.

Harm of others prevails, self-interest prevails.

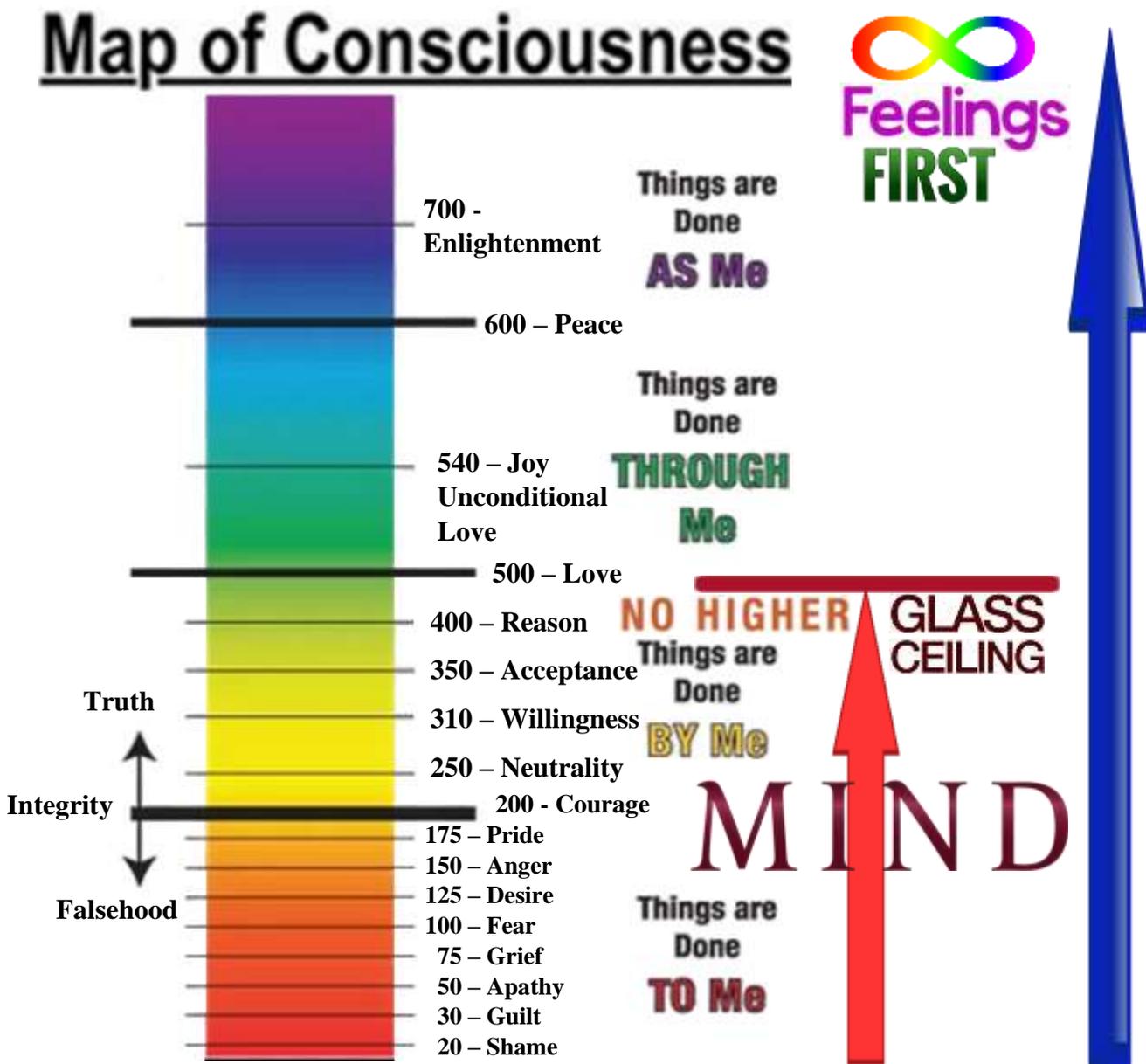
Totally self-reliant, not God reliant.

Fear dominates all motivation.

Suicide is possible and probable.

At these levels, seriously harming others for even trivial events appears to be justifiable.

Poverty, unemployment, illness, etc., this is living hell on Earth.



This outline of the Map of Consciousness spells out the fact that while we live Mind-Centric and ignore and suppress our Feelings we cannot pass 499 MoC. Our mind being in control, as we have all been indoctrinated to live, is a glass ceiling. Humanity cannot heal anything, cannot be spontaneous, has no intuitiveness, and is locked into living in the deep hell states. This is why people find themselves in abusive homes, domestic violence, housing stress, homelessness and gross difficulties of all kinds. This is why we are easily manipulated, embrace propaganda and are being controlled by a few.

Women are closer to their feelings and that is why the nursing profession hosts a lot of women who calibrate a little over 500. These women are the healers in hospitals.

By aspiring to live Feelings First we are each breaking the glass ceiling and opening our potentials to grow in truth and love not only to 1,000 MoC, but to infinity. This is our destiny.

As communities embrace living Feelings First and having their minds to follow in supporting what their feelings are guiding them with, then ALL of the social ills of society will begin to mitigate. Please, do you comprehend the importance of what is being shared throughout this document?

MAP of CONSCIOUSNESS CALIBRATIONS reflect the nature of the TOPIC:

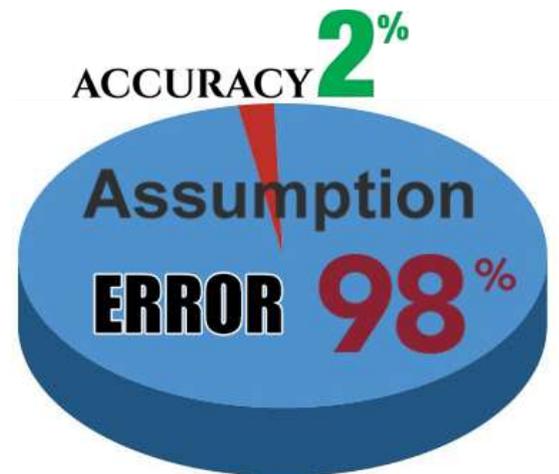
The level of truth of a topic or subject is reflected in the calibration through employing Dr David R Hawkins' Map of Consciousness with kinesiology muscle testing. A publication or movie about manufacturing food would be around 200, whereas meals prepared in a loving home would be around 500. The subject of pornography through to war would be less than 200, whereas natural love topics can readily be over 500 and up into the 800's plus. Material introducing Feeling Healing with Divine Love, by its nature, will range between 1,480 to 1,500 on Dr David R Hawkins' Map of Consciousness (MoC), in its purest form of presentation. This has never been previously achieved.

MAP of CONSCIOUSNESS	MoC	calibrations
God, our Heavenly Mother and Father	Infinity	Location being Isle of Paradise
Celestial Heavens peak	1,500	3 rd Celestial Heaven (10 th spirit Mansion World)
Feeling Healing / Divine Love teachings	1,480 – 1,500	3 rd Celestial Heaven spirit guided
Now at one with Heavenly Parents	1,081	1 st Celestial Heaven entry at Jerusem
Feeling Healing with Divine Love	1,080	7 th Divine Love transitional sphere to Heavens
Natural Love peak	1,000	6 th spirit Mansion World peak– can't go further!
Pascas Papers	880 - 920	Perceived truth – potential truth 1,480
Pascas WorldCare (as a platform)	880	5 th spirit Mansion World healing + Divine Love.
Lamsa Bible (minus the Old Testament and Book of Revelation, but including Genesis, Psalms, and Proverbs)	880	4 th spirit Mansion World equivalent being natural love orientated, the Bible is taking one away from truth – their soul based feelings.
Koran	700	4 th spirit Mansion World equivalent.
Torah	550	First five books of the 24 books of the Tanakh.
Cookies made for Family	520	Made with love (this supports cooking shows).
Enter EITHER natural or divine pathway	500	2 nd natural love OR 3 rd Divine Love spirit world.
Peak of mind total orientation	499	1 st spirit Mansion World peak.
King James Bible (from the Greek)	475	
Roman Catholic Church	450	Church (worldwide) – mind controlled – reason.
Home cooked sea fish + organic salad	410	
Home roasted free range chicken + salad	410	
Wine or Beer	330	(in moderation!)
Roman Catholicism administration	305	As an institution in year 2004.
Tea green	300	
Humanity	212	The population of the world overall.
Vegetarianism	205	
Muesli	205	Above 200 is pro-life – positive.
Food	200	At this level and above food is life enhancing.
Food, Commercial Category	192 – 202	Below 200 is anti-life – negative.
Food, Commercial Machine-made	188 – 200	Energy dense but nutrition poor.
Black Tea	185	Refining of most foods removes nutrients.
Percolated Coffee / Cappuccino / etc	165	
Corn Flakes	85	
Fish (living in ocean)	20	
Bacteria	1	

ASSUMPTIONS *and the* **MIND**

Whenever a principle or platform of truth is formed around an assumption, then as further truth is revealed, the error may become obvious.

A great deal of custom and passed down practices have evolved through handwritten records which have been copied and re-copied and have then been injected with assumptions that have become the core belief and customs by which people have lived by for many generations.



These platforms need to be revisited and addressed. We will find that these mind derived assumptions have a 98% error rate. We will further find that the mind's propensity to have control of others has distorted matters and that all systems worldwide are in need of rebuilding.

Education, health, science, commerce, legal, governmental and all platforms have evolved through the mind and are all taking us further away from our feelings, our soul-based feelings of truth and are suppressing our true personalities. There is not a man-made system on Earth that is presently founded on truth, the truth that we all long for.

Meanwhile, hidden controllers have seized the moment and have achieved global domination, hoarding massive wealth to the detriment of humanity. Only will it be through a change in the way of living will this and other power bases crumble. We may disturb hidden controllers but if we do not change our way of living they will reassemble their controlling power!

It will only be through the New Feelings Way emerging as a way of living, that education, health services, science, commerce, legal, governmental and all other platforms will be appropriately restructured.

The revelations of Living Feelings First, Feeling Healing and the New Feelings Way have been provided to all of humanity, from the highest authority, to enable each and every one of us to consider the options and possibilities. Our freewill continues to remain sacrosanct.

This revealing has been in the planning and preparation for thousands of years. It was two thousand years ago when the foundations for the arrival of these possibilities and revelations took place when on 31 May 1914 the first writings commenced through James Padgett in what is known as the Padgett Messages. The primary auxiliary writing is The Urantia Book (1925-1935).

The major and most important writings are those of James Moncrief commencing in 2002. This is the focus of the publications that are to be made available in numerous formats and in all of the important languages so that every community, worldwide, will have access and potentially become aware of the teachings and revelations.

WORLDWIDE relationship of MoC calibration with Life Experiences							
Life Expectancy, Development, Happiness, Education, Income							
MoC	No. of Countries+ Territories	Average MoC	Average Life Expectancy	Human Development Index	Happiness Index	Education Index	Per Capita Income 2021
400s	22	405	82.2	0.924	7.1	.890	US\$63,032
300s	71	343	77.2	0.794	6.1	.741	US\$30,154
200s	50	251	72.7	0.676	5.3	.610	US\$16,560
High 100s	38	174	70.5	0.659	5.0	.600	US\$12,516
Low 100s	21	119	67.1	0.587	4.6	.501	US\$7,081
Below 100	14	74	65.3	0.565	4.4	.501	US\$6,377
WORLD	216	220	73.3				US\$17,110

WE ARE Truth Seekers

WORLDWIDE relationship of MoC calibration with Life Experiences						
Median Age of Population & Urban Slum Population						
MoC	No. of Countries+ Territories	Average MoC	Average Life Expectancy	Medium Age of Population 2021	Urban Population Living in Slums 2020	Per Capita Income 2021
400s	22	405	82.2	41.0	4.9%	US\$63,032
300s	71	343	77.2	34.7	17.4%	US\$30,154
200s	50	251	72.7	28.3	28.5%	US\$16,560
High 100s	38	174	70.5	25.7	33.8%	US\$12,516
Low 100s	21	119	67.1	22.3	43.7%	US\$7,081
Below 100	14	74	65.3	20.5	56.7%	US\$6,377
WORLD	216	220	73.3	30.7	> one billion 24.2%	US\$17,110

WORLDWIDE relationship of MoC calibration with Life Experiences							
Pupil-Teacher ratio, Nurses Midwives per 1,000, Doctors per 1,000							
MoC	No. of Countries+ Territories	Average MoC	Average Life Expectancy	Pupil-Teacher ratio primary	Nurses Midwives per 1,000	Doctors per 1,000 people	Per Capita Income 2021
400s	22	405	82.2	13	11.3	3.9	US\$63,032
300s	71	343	77.2	18	5.6	2.7	US\$30,154
200s	50	251	72.7	23	3.7	1.4	US\$16,560
High 100s	38	174	70.5	28	3.1	1.5	US\$12,516
Low 100s	21	119	67.1	32	1.8	0.8	US\$7,081
Below 100	14	74	65.3	41	1.5	0.6	US\$6,377
WORLD	216	220	73.3	23	3.8	1.7	US\$17,110

TEACHING is the Paramount Profession !

WORLDWIDE relationship of MoC calibration with Life Experiences							
General Overview							
MoC	No. of Countries+ Territories	Average MoC	Average Life Expectancy	Medium Age of Population 2021	WORLD POPULATION 2021	% worldwide population	Per Capita Income 2021
400s	22	405	82.2	41.0	687,989,800	8.8%	US\$63,032
300s	71	343	77.2	34.7	4,064,565,401	51.8%	US\$30,154
200s	50	251	72.7	28.3	1,069,410,500	13.6%	US\$16,560
High 100s	38	174	70.5	25.7	744,280,000	9.4%	US\$12,516
Low 100s	21	119	67.1	22.3	750,726,000	9.6%	US\$7,081
Below 100	14	74	65.3	20.5	532,580,000	6.8%	US\$6,377
WORLD	216	220	73.3	30.7	7,849,551,701	100.0%	US\$17,110

Note:

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!

So, let us consider what the present scenario is:

Correlation of Levels of Consciousness and Society Problems				
Level of Consciousness	Rate of Unemployment	Rate of Poverty	Happiness Rate "Life is OK"	Rate of Criminality
600 +	0%	0.0%	100%	0.0%
500 - 600	0%	0.0%	98%	0.5%
400 - 500	2%	0.5%	79%	2.0%
300 - 400	7%	1.0%	70%	5.0%
200 - 300	8%	1.5%	60%	9.0%
100 - 200	50%	22.0%	15%	50.0%
50 - 100	75%	40.0%	2%	91.0%
< 50	95%	65.0%	0%	98.0%

Consciousness Calibrations Worldwide	
Level of Consciousness	Percentage of population
600 +	1 in millions
540 +	0.4%
500 +	4%
400 +	8%
200 +	22%
200 -	78%
World wide average	220

First to be considered is the education index, anything less than .750 and you have all the social ills within that population.

NOTE: Upon achieving MoC 1,000 there is NO disease or social illness or societal issues!

How can we identify the population to focus upon? As can be seen, any community calibrating less than 200 on the Map of Consciousness table needs a lot of structured

educational attention and not the education system presently generally provided.

WORLDWIDE SURVEY			
Levels of Truth / Consciousness	Countries	Population2020	Lifestyle Feature
500+ MoC	NONE	0 million	Feeling orientated rather than mind-centric
400s	22	700 million	Freedom and Progressive Leadership
300s	71	4,100 million	Open and Free Education
200s	50	1,100 million	Current Religions
100s & below	73	2,100 million	Survival Living
Overall 220	216	8,000 million	Humanity entrenched in mind-centricity

Hello Ladies and Gentlemen

We each are about to embark upon a worldwide endeavour with aspirations to shift communities a little towards a more prosperous and progressive life.

To truly achieve our objectives we are best to understand and recognise the issues confronting the community we are proposing to introduce our possibilities for growth to.

Kindly consider this Pascas Paper which can be downloaded from www.pascashealth.com, then go to the Library Download page, scroll down into Pascas Care Letters and click on to open:

 [Pascas Care Letters Worldwide Survey.pdf](#)

Kinesiology muscle testing in conjunction with Dr David R Hawkins' Map of Consciousness can enable anyone to calibrate the level of consciousness of the population of a nation, state / province, city, town, village, suburb and also drill down to a household and each individual therein within minutes.

The attached worldwide survey is now supported by more than 14 independent worldwide surveys providing enormous cross fertilisation of information and guidance. This is included in this Pascas Paper.

This provides a comprehensive starting point from which we are to initiate programs for the community, with their involvement and actual delivery control, so that optimums can be achieved.

Thus, from the thousands of assessments drawn together, we have this simple chart summarising all:

WORLDWIDE SURVEY			
Levels of Truth / Consciousness	Countries	Population 2020	Lifestyle Feature
500+ MoC	NONE	0 million	Feeling orientated rather than mind-centric
400s	22	700 million	Freedom and Progressive Leadership
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100s & below	73	2,100 million	Survival Living
Overall 220	216	8,000 million	Humanity entrenched in mind-centricity

The Map of Consciousness chart is based on natural love and is a scale of 0 - 1,000 based on the common-log of 10. A 10 point improvement is a 10,000,000,000 fold increase in energy. The overall scale also goes on to infinity.

Hereditary environments are fundamentally our prisons. We each end up calibrating at the same level of consciousness as one or the other of our parents, should they differ. Thus our environmental heritage imposes upon us the conditions that prevail generation after generation. Our parents impose upon us, unknowingly, their errors and injuries and all this occurs before our sixth year. We then go on living the social and emotional issues that our parents carried throughout their adult life, now we continue on doing the same throughout our adult life. Thus, the Worldwide Survey prevailing today shows that over a quarter of Earth's humanity are still living in a survival mode that prevailed more than 2,000 or even 2,500 years ago.

Kindly review Pascas Care Letters Worldwide Survey as it presents a vast array of understanding of the diversity of the environments in which living feelings first can greatly up-step communities while

technological support is introduced and infrastructure developments anchor in the growth that they welcome and support for themselves.

Pascas Foundation (Aust) Ltd is a not-for-profit and the work involved is unique requiring enormous inputs from many people. We seek your participation through membership of the Foundation as we look to collaborate with each of you in the delivery of your own agendas. Kindly consider application for membership please. There are no obligations.

cheers for now

John Doel for
Pascas Foundation (Aust) Ltd

Rome
2 thousand
years ago



Africa
like...
an hour ago

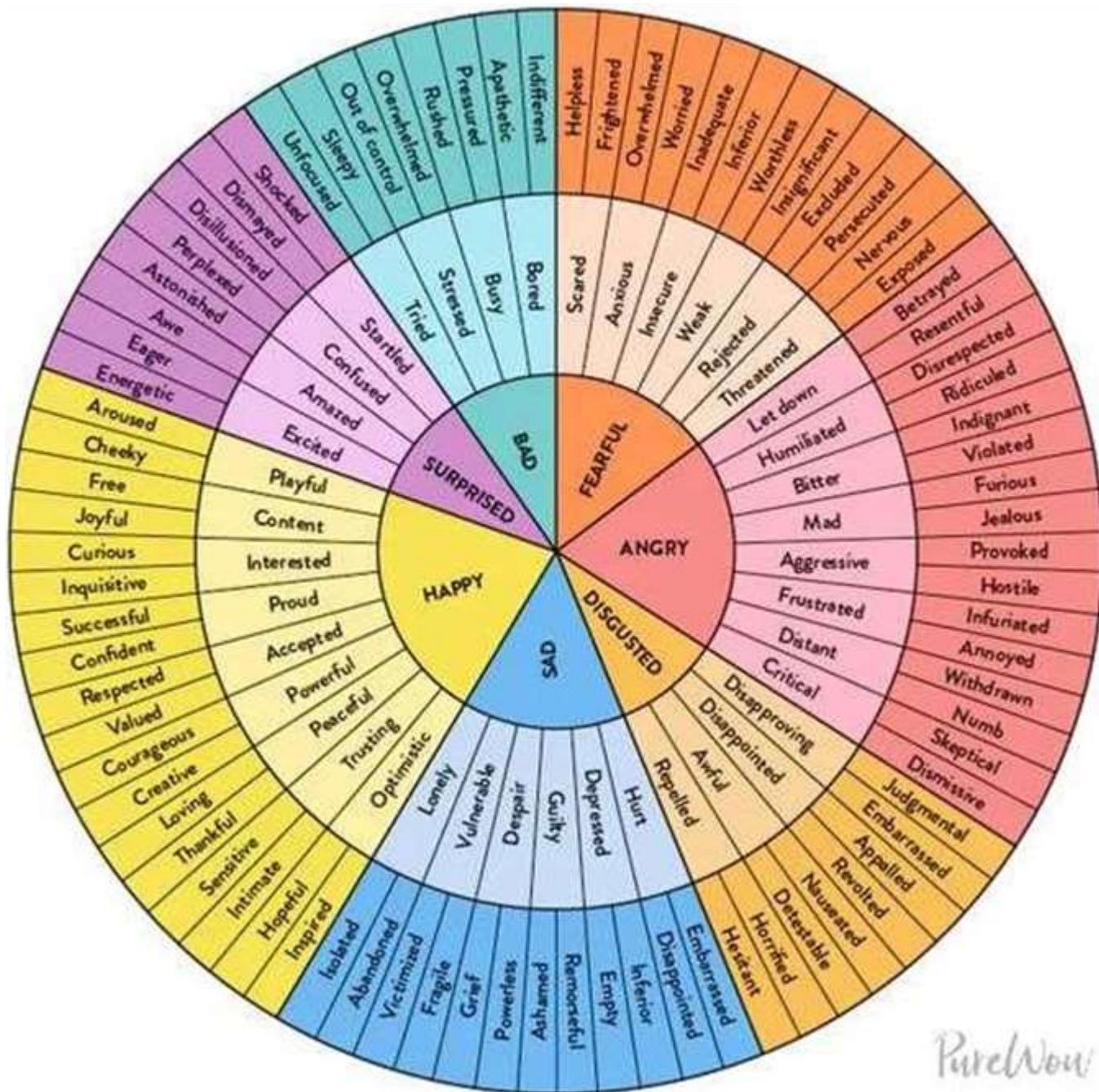


2,000 years ago the world population was 300 million and all were living in survival mode. Now in 2020 we have over 2,100 million people living in survival mode. We have successfully multiplied the 'living in survival mode' by seven fold!

PASCAS
PERS

GOVERNMENTAL RESTRAINT upon its PEOPLE					
Nation	Map of Consciousness (MoC)	Population Number (2024)	Parliament	MoC (2024)	Elected Number
Angola	80	37,800,000	National Assembly	220	220
Argentina	280	46,000,000	Federal Parliament	310	329
			Senators (upper house)	320	72
			Deputies (lower)	300	257
Australia	410	27,000,000	Federal Parliament	380	227
			Senate (upper house)	380	76
			Representatives (lower)	380	151
Caribbean OECS	280	11,000,000	Government Dominica Com	340	32
Dominica Com		73,400	Opposition	335	
China	305	1,425,000,000	Politburo Standing Committee	280	7
			Politburo	285	24
			Central Committee	290	200
			Congress	295	2,000
Colombia	320	52,200,000	Parliament	344	296
			Senate	344	108
			Chamber of Representatives	332	188
Eritrea	180	5,800,000	Dictatorship	315	none
European Union	380	451,000,000	Parliament	335	705
India	370	1,436,000,000	Parliament	400	788
			Council of States (upper)	410	245
			House of People (lower)	390	543
Indonesia	220	280,000,000	Parliament	288	711
			Regional Rep Council	295	136
			Peoples Rep Council	280	575
Philippines	225	119,000,000	Senate	291	24
			Representatives	299	316
Russia	320	144,000,000	Federal Assembly	305	620
			Federation Council (upper)	310	170
			State Duma (lower)	300	450
Tanzania	200	68,800,000	National Assembly	290	393
Ukraine	330	38,000,000	Verkhovna Rada	300	450
United Kingdom	420	68,000,000	Parliament	390	1,433
			UK House of Lords	380	783
			UK House of Commons	400	650
United States of America	405	341,000,000	USA Congress	380	535
			Senate	365	100
			House of Representatives	390	435
Zimbabwe	100	17,000,000	Parliament	260	360
			Senate (upper)	260	80
			National Assembly (lower)	260	280
World overall	220	8,100,000,000			

Feeling Circle for Kids

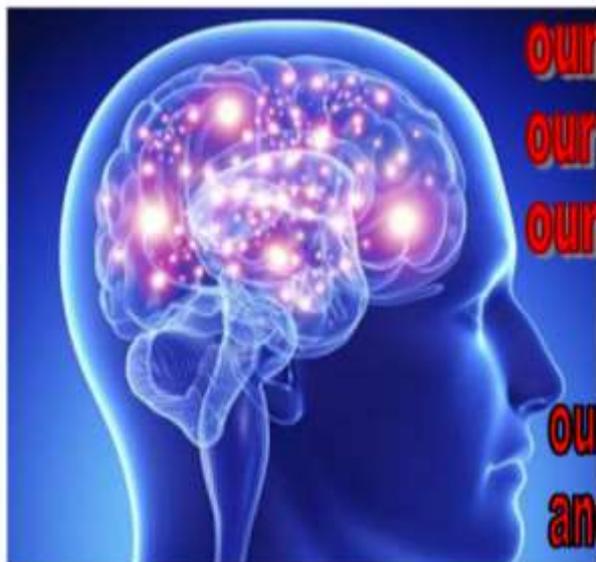


We are free to cry and express our pain here!

Adolescent children and young adults benefit greatly through exploring their feelings.

The feeling circle uses words to describe how our parents made us feel. How we were parented as children, is how we act and feel as adults. We carry the same childhood feelings through to every area of our lives until we die. We are all still living in the pain and ruins of our parents unloving parenting, and every feeling we go through will bring us to this truth. Through Feeling Healing we accept, express, and find the truth of our childhood denied and suppressed feelings.

Samantha McCabe



**our MIND is a CONTROL ADDICT!
our MIND is addicted to UNTRUTH!
our MIND cannot discern TRUTH!**

**our MIND is within our SPIRIT BODY
and orchestrates our physical BRAIN.**

ASSUMPTIONS are the product of our MIND!

HEALING ends
MIND-CONTROL!



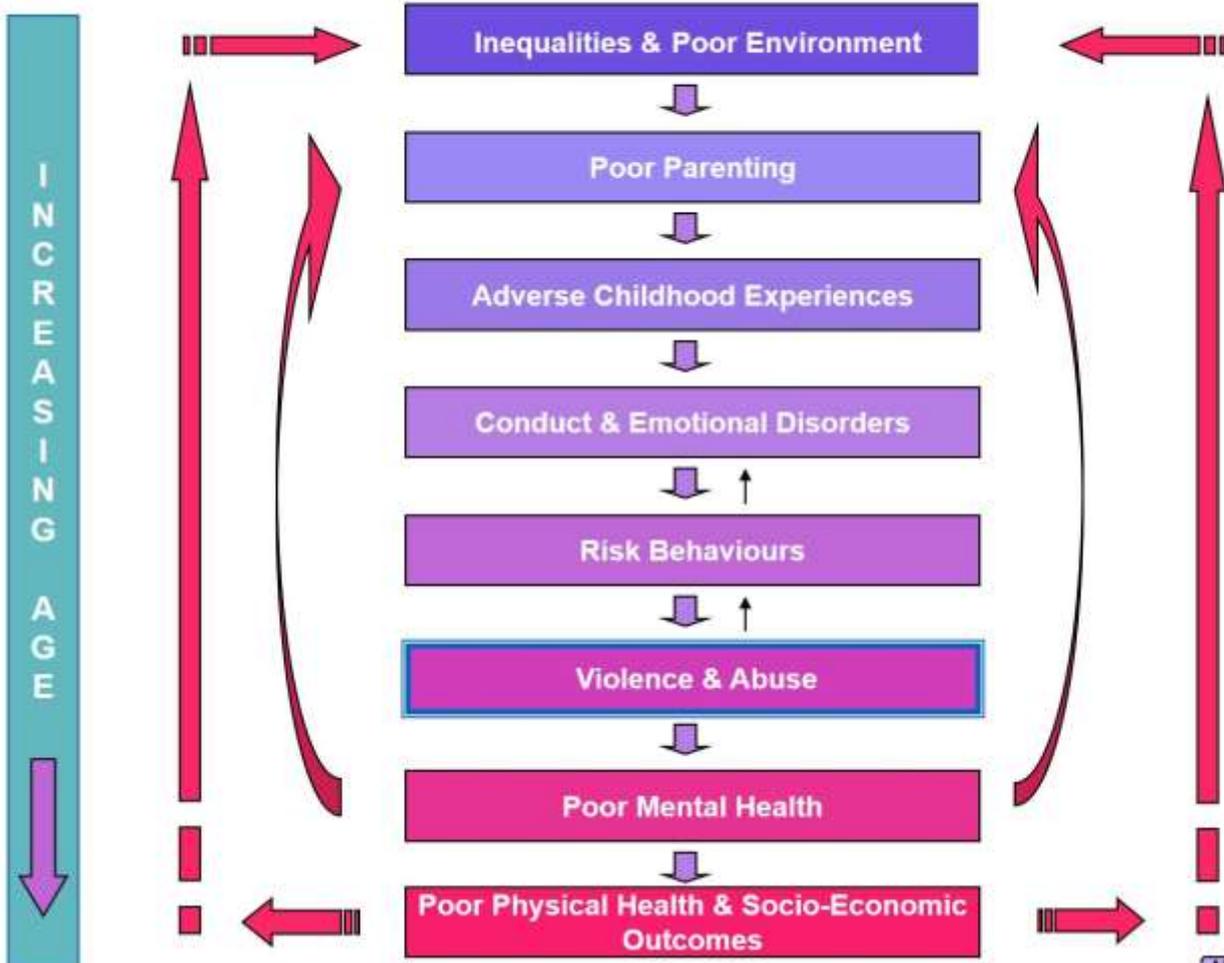
**our SOUL is our TRUTH!
our FEELINGS are our TRUTH!
FEELINGS FIRST, mind to follow!**

**all we need is WITHIN.
our MIND suppresses FEELINGS.**

LIFE IS FOR LEARNING



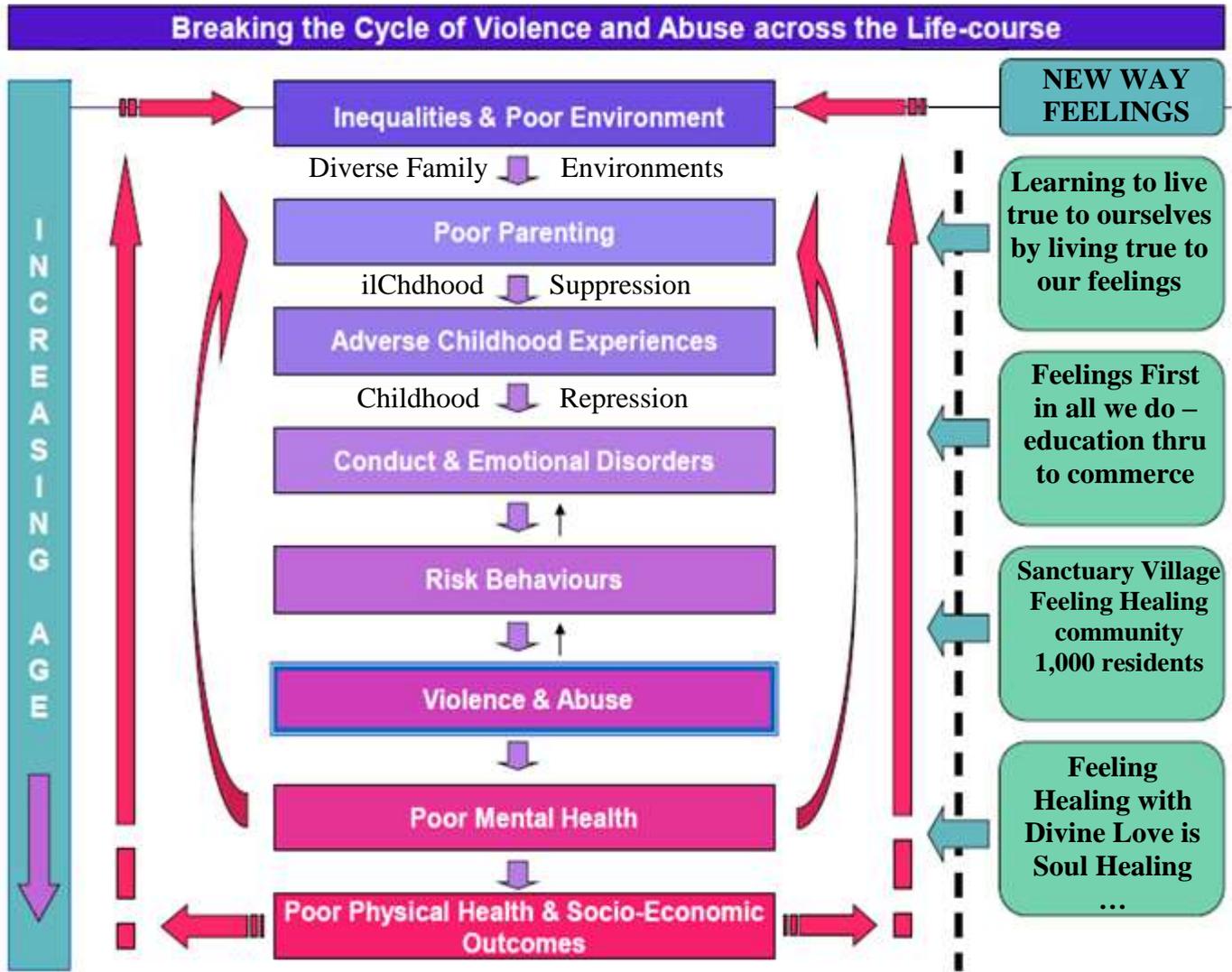
The Cycle of Violence and Abuse across the Life-course



Nurse J. 2008



Seek **truth** from the cradle to the grave.



HEALING ends MIND-CONTROL!

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

Library Download – 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

We do everything possible to avoid our Feelings!

We embrace the controlling natures of our mind to fill our day with activities that avoid our inherent truth to rise through our feelings and then having to express them and seek the truth behind them. We submit to imprisonment within our minds and willingly allow our life to roll on in a retarded and aimless manner that we can continue in earnest even when we transition into the spirit mind Mansion Worlds. Everything we may do is to avoid meaningful communication with another person and to distract ourselves from allowing our feelings to bring forth the vibrant and incredible true personality that we are that has been suppressed throughout our early forming years, from conception through to six years of age. Eventually our soul will say enough is enough and we will be confronted with a crash to open ourselves to our feelings and heal our Rebellion.



China's Population Collapse Is Terrifying – Peter Zeihan

<https://www.youtube.com/watch?v=7Me2G6FJZMI>



22 September 2022

Peter Zeihan explains China's current demographic trends. Does Peter Zeihan think that China is heading for population collapse? Why did China's one child policy cause so much damage? What does Peter Zeihan think about Chinese food shortages?

China's Population Collapse Is Terrifying - Peter Zeihan

Peter Zeihan: China, Food Supply Chains, Energy, Ukraine & the Future of Humanity

<https://www.youtube.com/watch?v=I9zU4cBCf1U>

THE
GREATEST
SHOW
 is ON EARTH

 The text is centered and flanked by two large, cartoonish eyes with blue irises and black outlines. The word "GREATEST" is in a large, stylized, multi-colored font (green, yellow, red). The word "SHOW" is in a similar font. Below "SHOW" is the phrase "is ON EARTH" in a smaller, red, sans-serif font.

If you are born before
 31 January 2018
 you are
REBELLION

BORN INTO

 A cartoon illustration of a baby's face with a blue pacifier in its mouth. The baby has a neutral expression and is looking slightly to the right.

To the extent that parents have healed themselves prior to conceiving a child, that child will now be free of those imposts of the Rebellion and Default through parents' Healing.

THE GREATEST THREAT TO HUMANITY

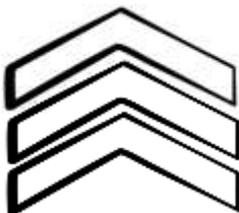


The CHOICE is OURS to MAKE:

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.

MIND vs FEELINGS

Mind vs Feelings – Your Choice.

And now is an appropriate Time To Make this Choice!

Everyone is to choose: The Mind Way;

or The New Feelings Way.

Which way of living do you choose: Mind Way?

or the Feelings Way of living?

Do you continue in your Mind Way?

or do you embrace The New Feelings Way?

Do you choose the Dead End Mind Way?

or the Eternal Happiness Feelings Way?

Times up for the Mind Way;

the Feelings Way is taking over.

False Spirituality – The Mind Way;

True Spirituality – The Feeling Way.

The End Times and Final Judgement; or Paradise – the choice is yours to make:

Continue in your soul-destroying feeling
and truth denying Mind Way;

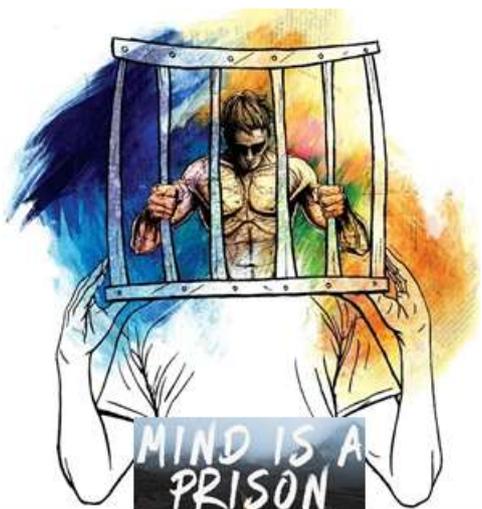
or embracing The New Feelings Way
by doing your Spiritual Healing;

Maintaining the mind's imposed façade of a robotic,
retarded individual, in a stupor, perpetrating the
errors of generations gone by;

or The Feeling Way which is the discovery pathway
to releasing your true, vibrant personality

The Mind Way – rejecting the truth of yourself
by denying feelings, restricted forever to the
mind Mansion Worlds;

or The Feeling Way – uncovering the truth of
your feelings and ascending to Paradise.



NEW FEELINGS WAY

Mother *Father*
PARADISE **SUPREME BEING**

HAVONA
ORYNTON
Superuniverse
NEBADON
LOCAL UNIVERSE
Celestial HEAVENS

Living Feelings First, longing for the truth of our feelings and expressing them, both good and bad, is the new Feelings Way. It is the only way we can heal ourselves of our Rebellion and Default; our minds controlling domination of our true personality. It opens us up to our soul-based truth, and the love that follows.

For the past 200,000 years, all of humanity has been enslaved to the controlling natures of minds. We now have been shown how to heal ourselves and set ourselves on the pathway to Paradise, to our Heavenly Mother and Father.

DEAD END
STOP

Possibly around 200 billion spirits live in Worlds 1, 2, 4 and 6. Many are ancient spirits content in their mind ways; some are perfecting their mind worship by advancing into the 4th; with those having perfected it in the 6th believing they are gods!

7 Divine Love Healing World
5 Divine Love Healing World

NEW WAY

FEELINGS

3 Divine Love Healing World

1
Natural Love spirit Mansion World

2 Mind Mansion World

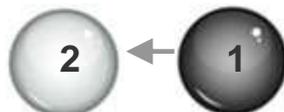
I'D TURN BACK IF I WERE YOU!

MANSION WORLDS

6 Mind Mansion World

4 Mind Mansion World

1st Earth plane is the darkest of the 2 Spheres of Isolation – Hells.



Our soul condition, personality traits, mannerisms, errors, beliefs and behaviour, ALL transfer with us, upon death, into the 1st Mansion World. Our controlling emotional and mental addictions all continue with us when living in the mind Mansion Worlds 1, 2, 4 and 6. Doing our Spiritual Healing moves us into the Healing worlds 3, 5 and 7, to be set free of them.

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 September 2017
Kevin, John's brother-in-law, died 10 August 2012, through Feeling Healing became Celestial on 7 August 2017

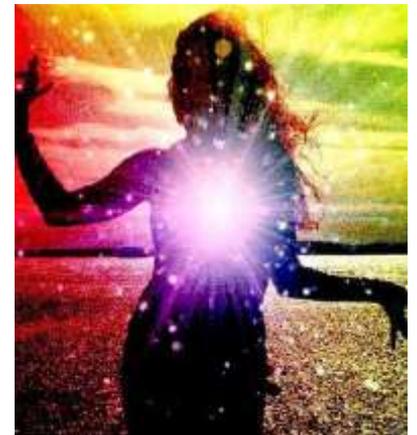
Using our feelings to uncover the whole truth of our negative or anti truth and anti love state.

Kevin, 1st Celestial Heaven: **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 totally true.” James – Introduction Course to Divine Love Spirituality

Life After Death



We are more alive than ever – when we are dead!

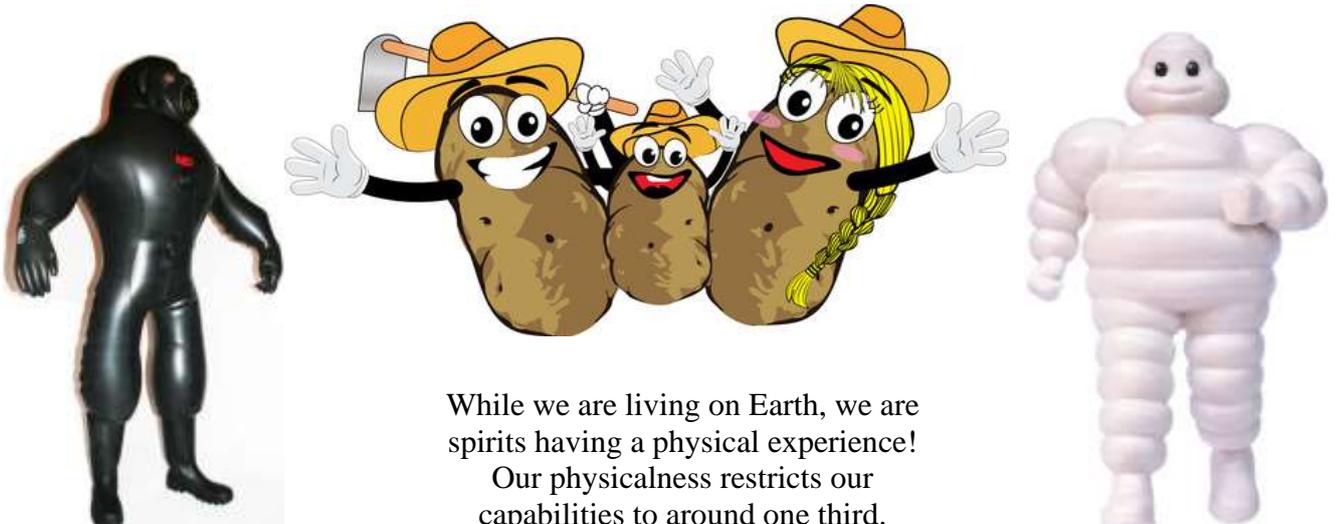
The life after death is no different in the essentials than the mortal existence.

However, our capabilities are about three fold of what it is when now as we are living in the physical.

We may come to look upon our physical body as though we are living as a potato, or maybe like we are living in and through a heavy rubber suit. Even being the Michelin man may come to mind.

Our physical brain is the interface between our spirit body mind and our physicalness, thus upon death of our physical body we lose nothing! Our personality remains as we know it and life is far more fulfilling in the spirit Mansion Worlds than living on Earth. We all arrive in the 1st Mansion World.

Every mortal gain is a direct contribution to the enrichment of the first stages of the immortal survival experience. Everything we do in this life which is good contributes directly to the enhancement of the future life – as it does now throughout our physical life! Death is definitely not to be feared, because what awaits us on the other side is a much more amenable way of life, even if it is still all within the Rebellion and Default.



While we are living on Earth, we are spirits having a physical experience!
Our physicalness restricts our capabilities to around one third.

WE ARE NEVER MEANT TO BE ALONE! SOUL PARTNERS become SOUL-GROUPS!

Our soul individualises into two personalities, as a male and female, always. The two soul halves are soul partners. When the two personalities complete their Feeling Healing of their childhood suppression and injuries, then the two personalities will find each other, either whilst in the physical or in the Celestial Heaven spirit worlds.



The personality that each soul half is blessed with by our Heavenly Parents is the personality that we are to express throughout our journey for eternity. It is the suppression of the free expression imposed upon us by our parents that requires for each of us to under go our Feeling Healing. Whilst we are suppressing our true selves we do not connect with our soulmate / soul partner.



Soul partners form into soul-groups. Once in the Celestial soul condition, soul-groups form consisting always of twelve (12) soul pairs. A soul-group consists of twelve sets of soulmates, twenty four (24) individuals. When we progress beyond the Celestial Heavens, towards Paradise, the home of our Heavenly Parents, we do so as a soul-group of 24 personalities. We can achieve Celestial soul condition here on Earth and also form our soul-group here on Earth.



Now add to this scenario, soul-mates and soul-groups. All those who were Celestial would have met their soulmate / partner and it would be the priority for them as soul-mates to be perfectly living true before they considered having children. And then these soul-pairs would link up with other soul-pairs and form soul-groups. It would be just a natural part of one's inner feelings and events in one's life that would lead one to do this. Then the whole soul-group would become a functioning *family* unit. Each of the couples would have their children, but the whole group would function in helping to share in the upbringing of all children. And this would then enable the children to be intimately involved with other people who would offer them the things that their parents could not.

Humanity is not meant to live and raise children just two parents struggling along trying to cope best they can. We are designed to be in small groups so that we can compound the love and support for and of each other.

Our HEAVENLY MOTHER and FATHER, have any number of spirit instruments assisting at any time.



Holy Spirit
'Divine Love'



Spirit of Truth
Truth also conveyed through your Indwelling Spirit



SOURCE SOUL



Holy Spirit



Divine Love is conveyed on request to your spirit body and absorbed through to the soul, resulting in the ambiance of the spirit body growing.



**INDWELLING SPIRIT, THOUGHT ADJUSTER,
MYSTERY MONITOR (all being the same):**

The external elements, instruments of the Father, do not form attributes of our own soul upon its initial creation by our Heavenly Parents, these are the Spirit of Truth, the Indwelling Spirit, and Divine Love.

The Holy Spirit, conveys Divine Love to your soul should you earnestly and lovingly ask for it. This is the only function of the Holy Spirit – Acting Spirit.

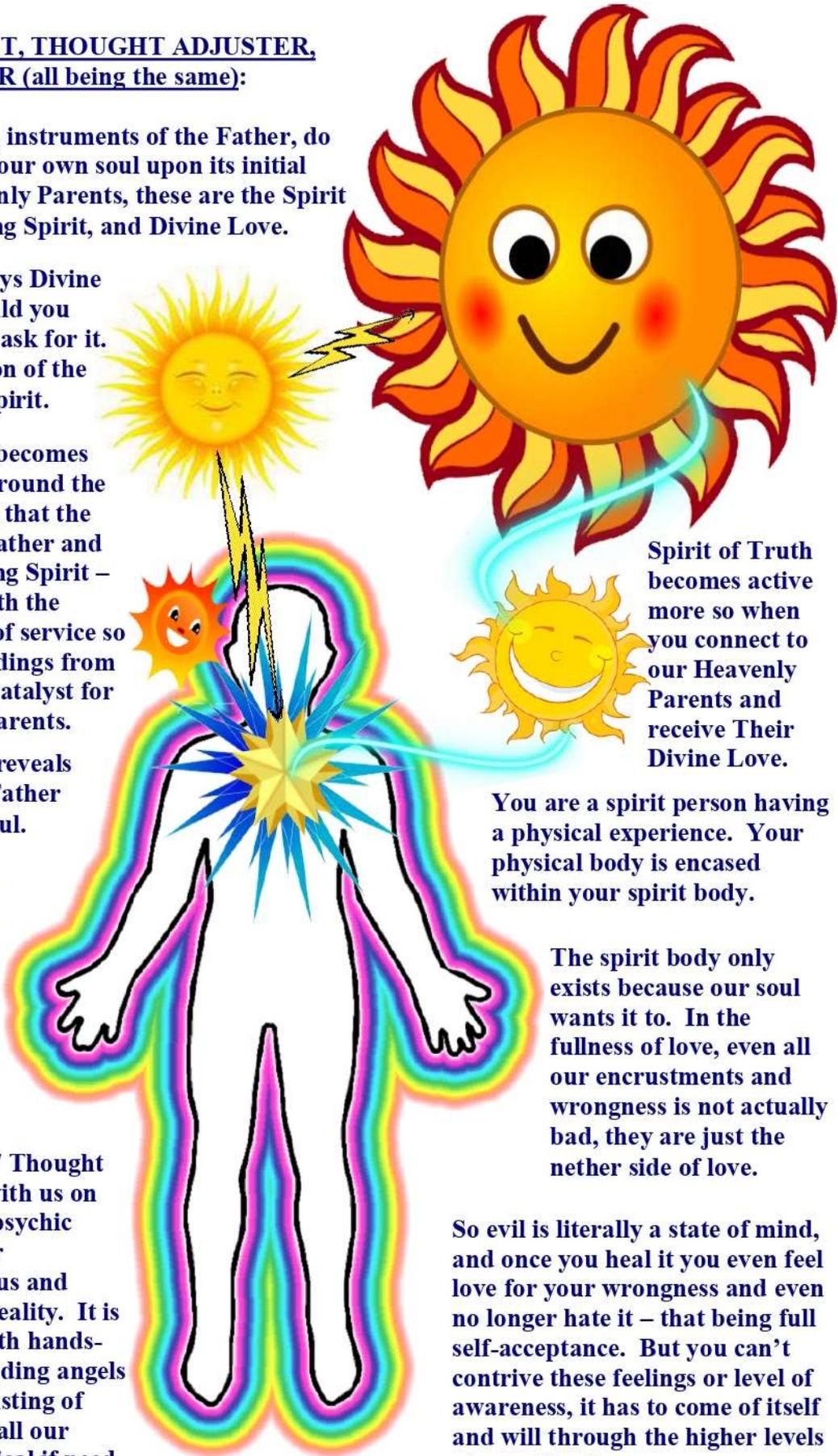
The Indwelling Spirit becomes present when we are around the age of six. This means that the unseen helper of the Father and Mother – the Indwelling Spirit – can always interact with the mortal soul and to be of service so that eventually the leadings from the Spirit may be the catalyst for that soul to seek our Parents.

The Indwelling Spirit reveals intrinsic workings of Father and Mother to your soul.

The Indwelling Spirit functions in much the same way as the Holy Spirit, ask and it will provide support and guidance.



The Indwelling Spirit / Thought Adjuster only works with us on the mind, feeling and psychic levels directly with our personality on conscious and unconscious levels of reality. It is the Divine Minister with hands-on help from our attending angels that do the actual adjusting of our mind circuits – of all our circuits, even the physical if need be.



Spirit of Truth becomes active more so when you connect to our Heavenly Parents and receive Their Divine Love.

You are a spirit person having a physical experience. Your physical body is encased within your spirit body.

The spirit body only exists because our soul wants it to. In the fullness of love, even all our encrustments and wrongness is not actually bad, they are just the nether side of love.

So evil is literally a state of mind, and once you heal it you even feel love for your wrongness and even no longer hate it – that being full self-acceptance. But you can't contrive these feelings or level of awareness, it has to come of itself and will through the higher levels of your Healing.

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.

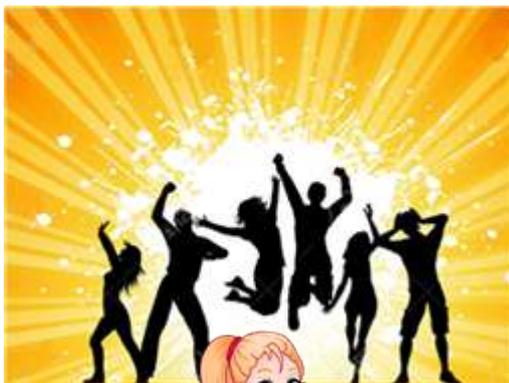
We are all to have our own pure relationships. And it’s the same, of course, in life with your friends. However over there, in spirit, dealing with Nature Spirits, Spirit Guides and Angels, it’s more personal and private and ‘JUST FOR YOU’. So, we have our own separate, unique relationships.



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 the only one they are speaking with.

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



Feelings! first



In a way, each person's Indwelling Spirit, which is really God, is contracting out the work needed to be done with you to other agencies. So to us spirits, the angels, the nature spirits, other elements under the Divine Minister's control, and even other non-humanity spirits, all of which end up doing increasingly more amounts of what your Indwelling Spirit does. And this 'outsourcing' is to affect greater personality interaction, increasing your experiences so they are maximised through interaction with different personalities rather than just relying solely on God. Overall, we are to become increasingly at-one with God, but we are to do that by becoming increasingly immersed in the experience of being with others.

Nanna Beth, John's grandmother – 3rd Celestial Heaven: 25 December 2018



We each have a band of a Nature Spirit pair, Spirit Guide pair, and an Angelic pair, each pair being in their 'soulmate / soul partner' relationship. In addition we have our personal Indwelling Spirit.

The PHENOMENON of VISIBILITY:



Firstly, animals do not have a spirit life. Should we need to interact with a deceased pet animal, then a particular class of angel will present as your pet. The life force of all of nature pools their life experience to subsequently become Nature Spirits who evolve to being angels.

Each higher progression of a human mortal consequently becomes invisible to those remaining at the lower level, as it is with angels, though those of the lower level remain visible to the progressing ascending mortal.

In reverse, those spirit personalities descending from Paradise, the home of our Heavenly Mother and Father, need to detune themselves so as to become visible to those in our local universe of Neadon.

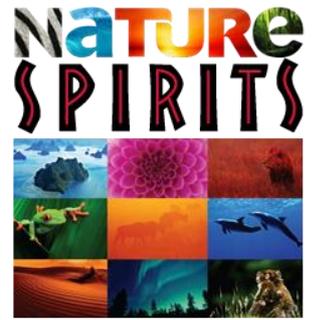
Those on Earth and throughout the seven earth planes have the same visibility progression. Earth, being the densest, is visible to all. But each plane, starting at 1, becomes progressively finer, with each plane above the last invisible to the lower. The same applies throughout the 7 spirit Mansion Worlds that we progress through to enter the first of the Celestial Heavens.

Higher levels can always make themselves visible should they wish to. Spirits and ascending mortals of lower levels may not be aware of higher levels until they evolve and progress.



NATURE SPIRITS

Nothing of nature reincarnates! And neither do we! Reincarnation is a false belief. Zero, zilch! Not even a blade of grass, a leaf from a tree, bacteria or plankton, or ourselves, has a subsequent physical life experience. However, except for humanity, the life force of all of what forms nature, after its sole physical experience, returns to a pool from which Nature Spirits emerge. All of nature is mind orientated. Nothing of nature has a soul, except for humanity which is truth and feelings orientated.

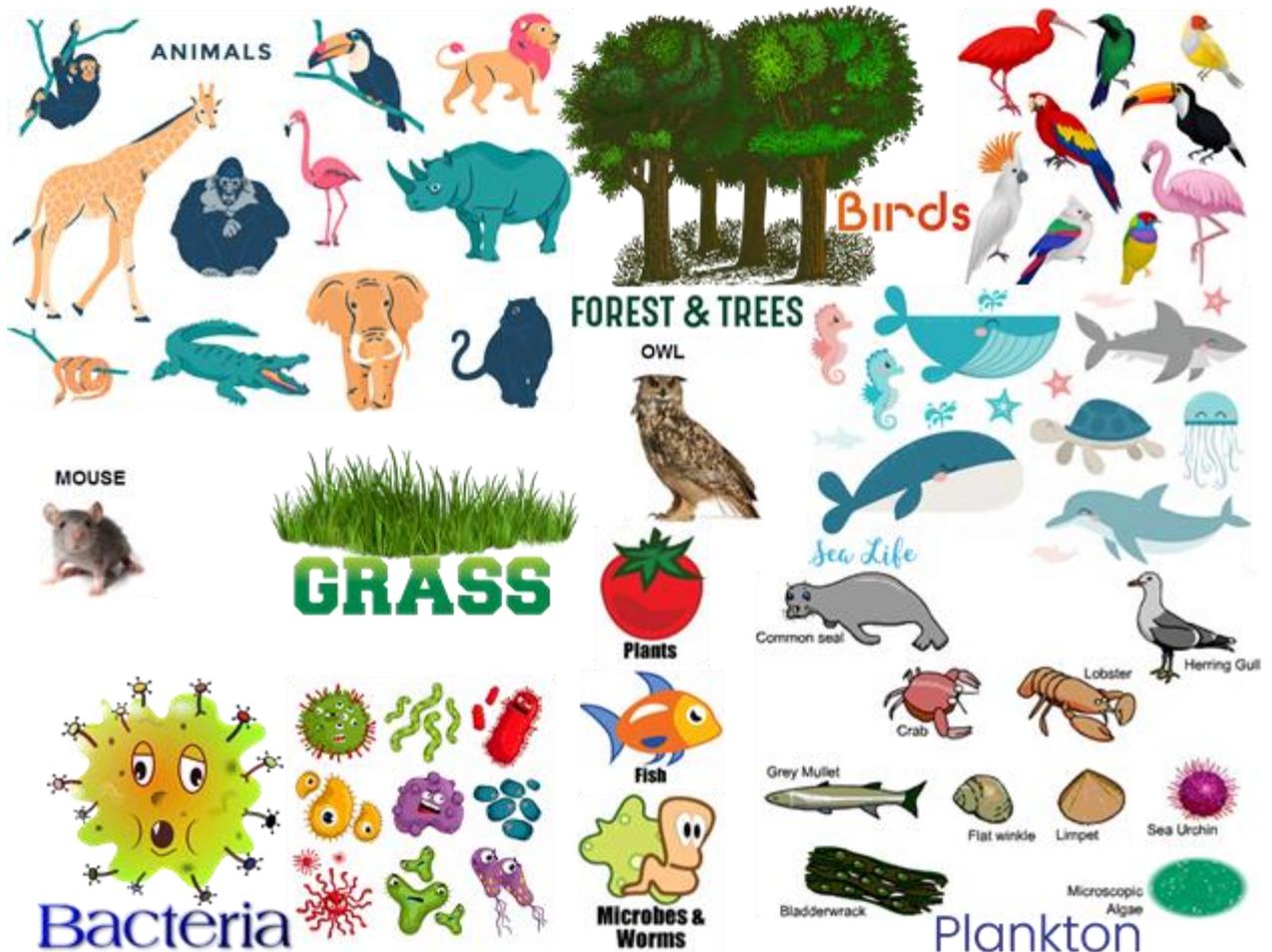


Meet Verna, a Nature Spirit, also known as ‘Lady of the Lake’: “Your spirit is your own unique spirit expressing the light of your soul; our spirits, also uniquely our own, however come from a composite of many other spirits. And in my case for example, and I’m about average, or ‘usual’ – as much as I hate to admit it – I’m composed, for want of a better word, of about five hundred billion creature spirits. So yes, you could say we’re complex on that level. And yet on other levels, we’re considered rather basic, we are after all *only* nature spirits, not great angels.”

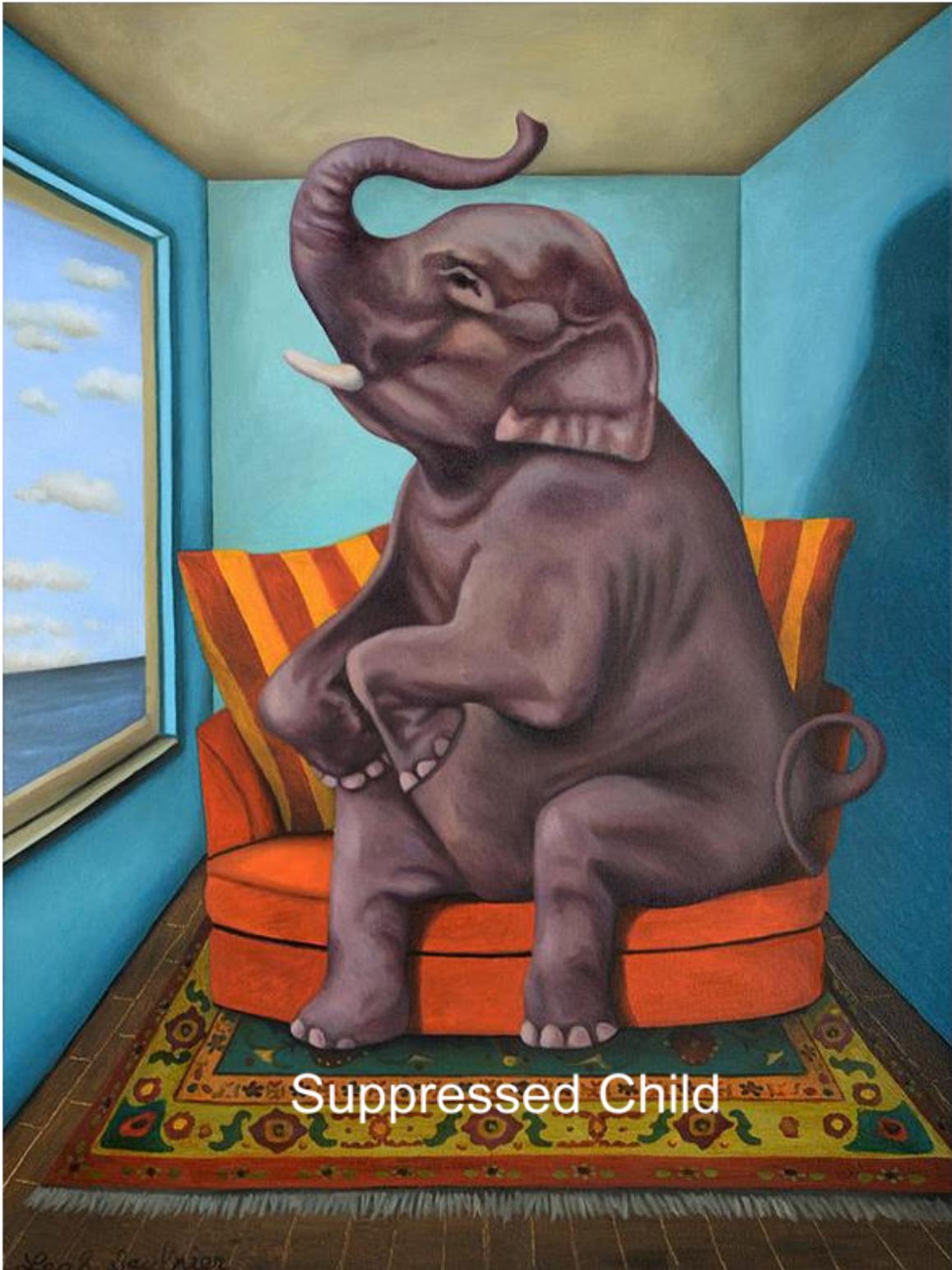


“With Verna – a nature spirit” by James Moncrief

As the Rebellion and Default is now technically ending, those who embrace Feeling Healing and Divine Love will open themselves to communication with their Nature Spirit pair. For 200,000 years of the Rebellion, humanity of Earth has been closed to interaction with Nature Spirits. Humanity is truth seeking personalities who are to live through their feelings whereas nature is mind orientated and are to evolve their minds. A Nature Spirit’s next phase of evolution is that of being an angel which then will have many further evolutionary progressions upwards. Angels also step down from Paradise.



Childhood Suppression is the elephant in the room!



Suppressed Child

The underlying generator of all discomfort, pain, disease and illness is Childhood Suppression and ongoing Repression.

Feeling Healing is our only recovery and soul growth pathway.

It is that simple!

Childhood Suppression

The soul does it all. The soul is a duplex, two personalities being manifested into the physical by our soul.

Soul light continually flows from the soul through our spirit body levels and into our physical.

Return light being the experiences of our physical existence.

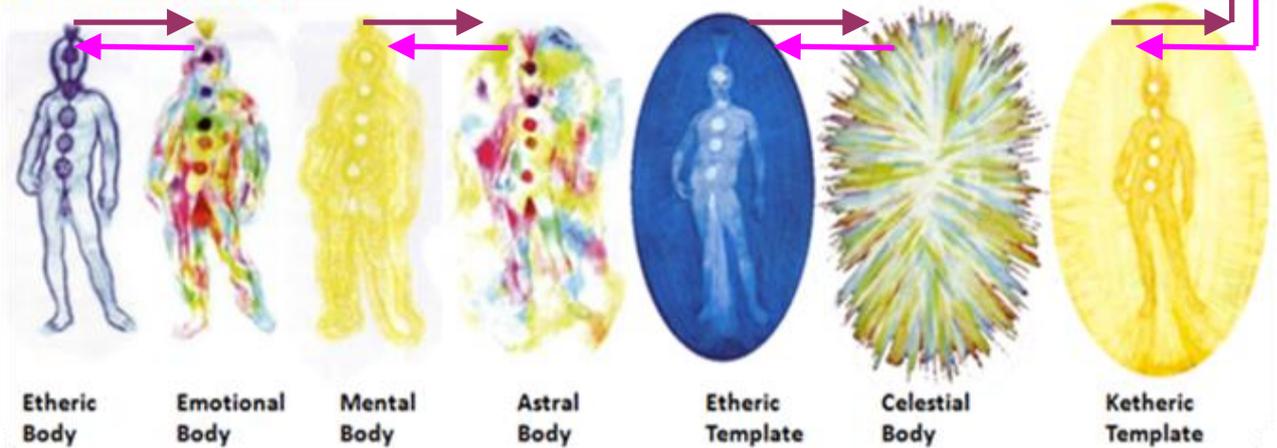
SOUL



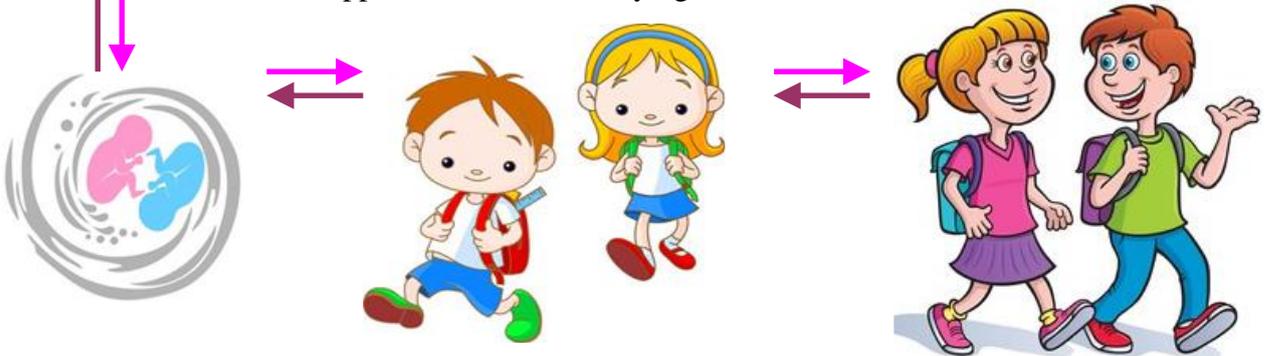
Childhood suppression imposed upon us by our parents and carers causes retarded light to return to our soul bringing about imbalance, reflecting emotional injuries and errors of belief. This imbalance is the cause of all our difficulties throughout our adult life and also all of our health issues.

SPIRIT BODY

Brennan Model of the 7 Levels of the Human Energy Field



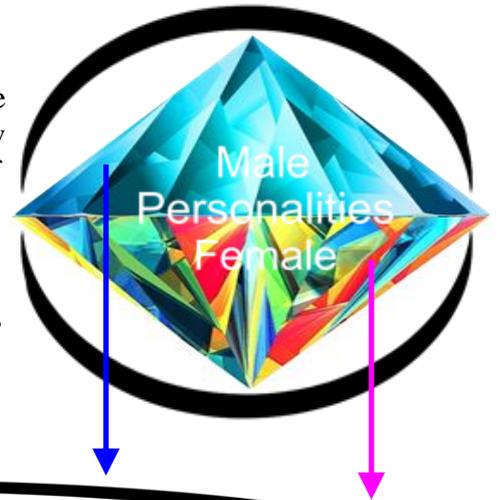
Every experience is recorded through the light returning through our spirit body and back to our soul. What emotional injuries we experience, commencing from conception, has to be expressed emotionally to heal the imbalance in soul light so that harmony and health can be achieved in our spirit and physical bodies. Childhood Suppression is the underlying cause of disease, illness, etc.



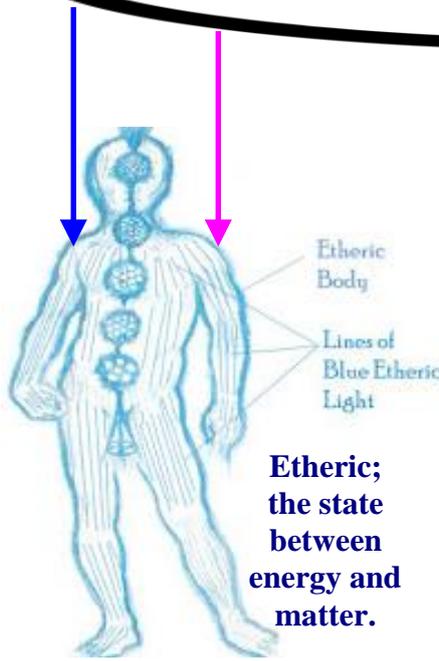
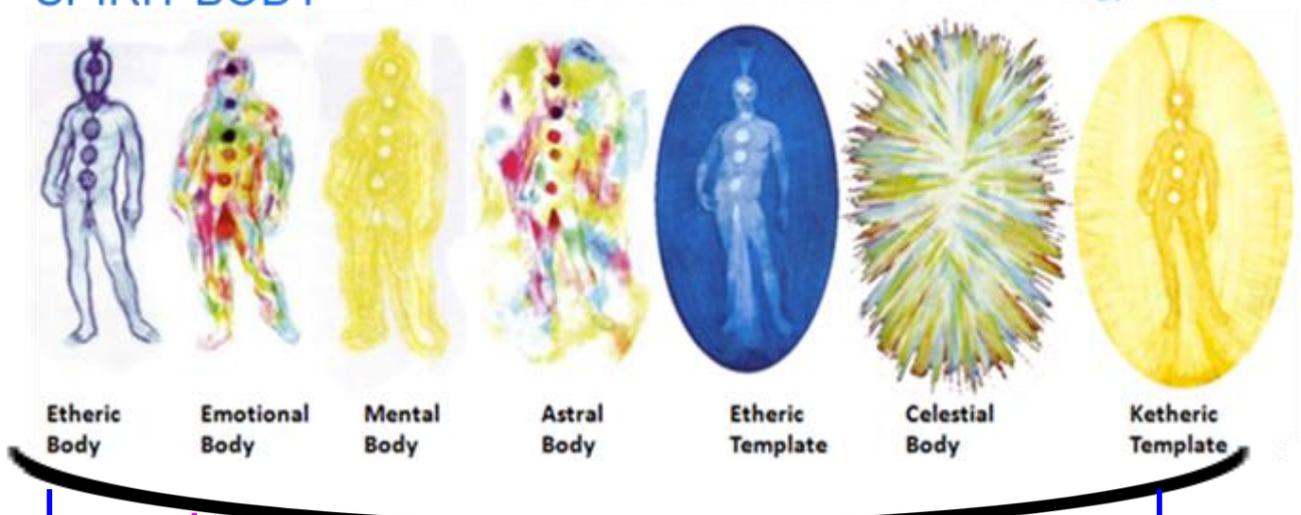
Childhood Suppression



Childhood Suppression – from conception to age six years – harmfully encrusts the soul, thus impeding light flow throughout all seven layers of the spirit body, damaging the genes within the spirit body which in turn damages the genes in the physical body, as well as setting the pattern for all of our physical health issues throughout our lives.

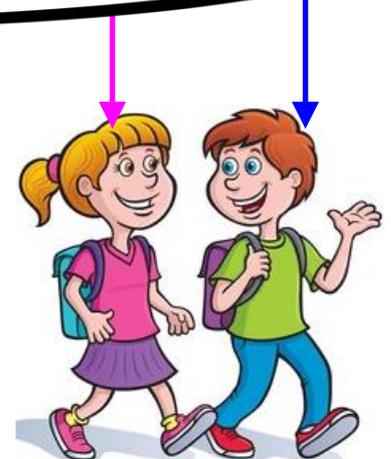


SPRIT BODY Brennan Model of the 7 Levels of the Human Energy Field



Etheric; the state between energy and matter.

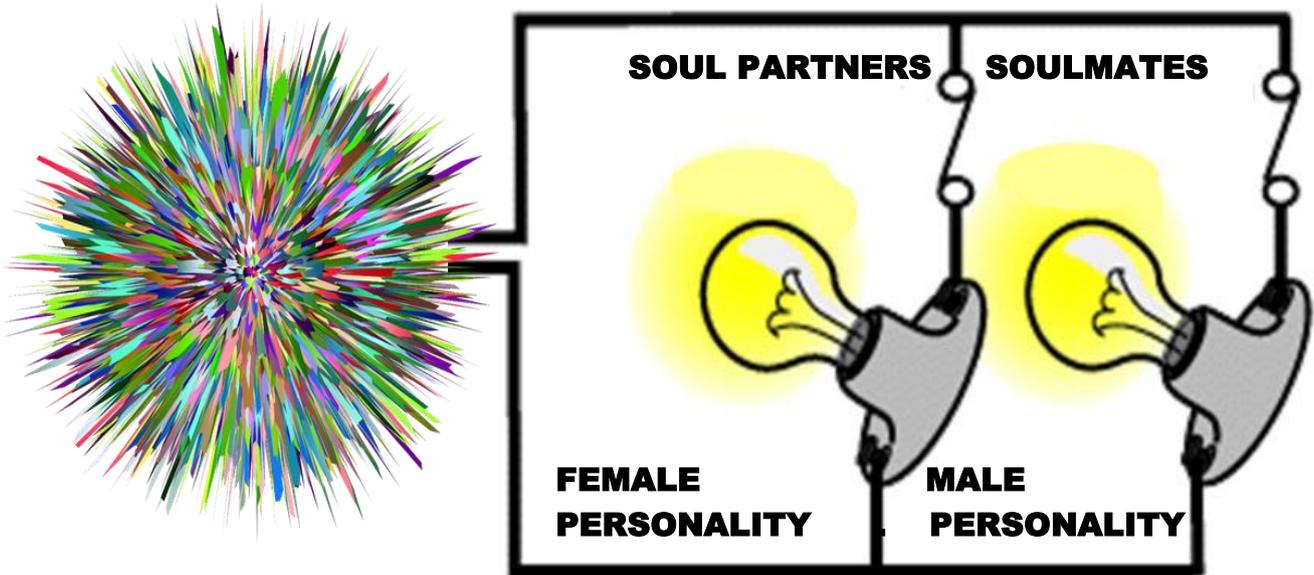
The spirit etheric body is the template for our physical body, however, no health care system or science considers that the underlying cause of any health issues are formed through our Childhood Repression and that no physical healing occurs without expressing our childhood suppressions, being feelings both good and bad and then longing for the truth behind these injuries. Medicine may suppress the pain – it does not and cannot cure – vaccines are extreme physical suppressions!



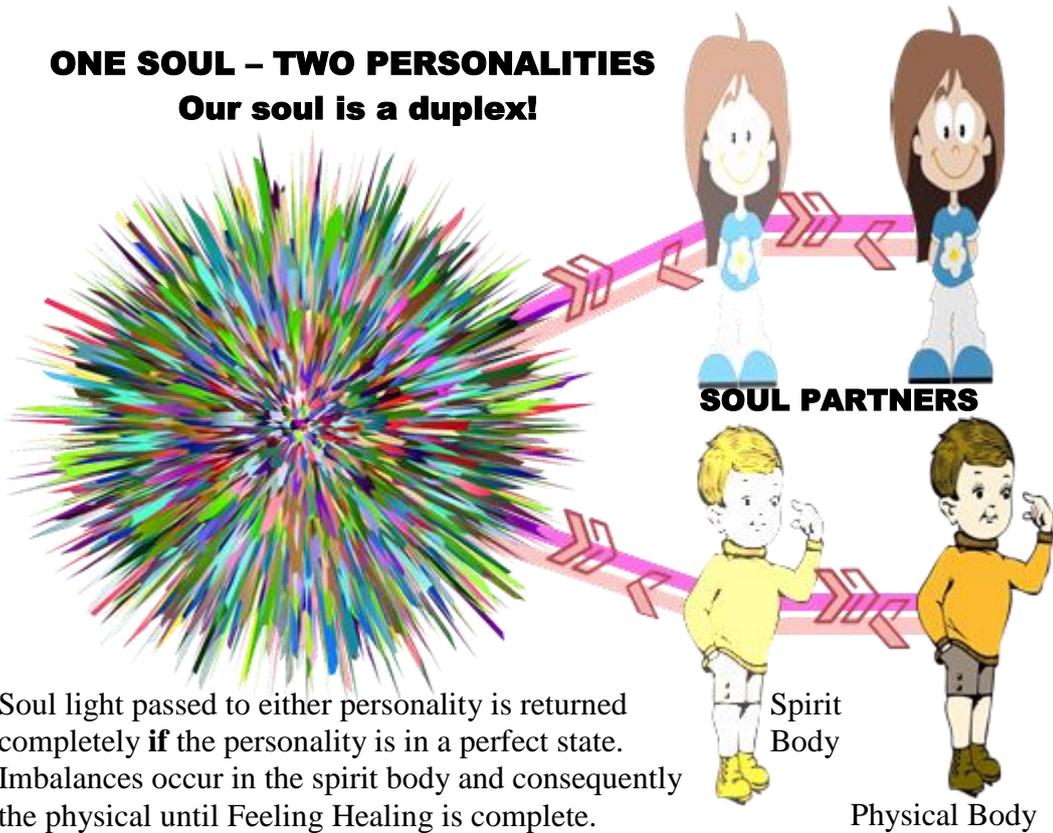
The pain from ANY illness will not exceed the pain experienced during our Childhood Suppression!

SOUL LIGHT emitted is to be BALANCED by the LIGHT RETURNED!

**Two separate personalities on parallel 'circuits' having the same soul.
What impacts one personality does not impact the other personality.**



ONE SOUL - TWO PERSONALITIES
Our soul is a duplex!



Soul light passed to either personality is returned completely **if** the personality is in a perfect state. Imbalances occur in the spirit body and consequently the physical until Feeling Healing is complete.

Illness need not occur!

If you want to experience illness then ignore Childhood Suppression!

If you prefer to experience mental illness, cancer or any of the more than 10,000 illnesses, diseases, pains and discomforts, then continue with suppressing your emotional injuries and erroneous beliefs. That is, continue with suppressing your feelings and living mind-centric – just like how our parents and carers taught us to live.

The elephant in the room is our Childhood Suppression! Suppression of our true personality begins at the moment of our conception and relentlessly continues through to age of six years.

From conception we are being infused with our parents and carers emotional injuries and errors of belief. It is through the pattern of these emotional errors that we then go on and live our lives whilst manifesting our illnesses through these distortions to our soul light that circulates from and through our soul, spirit body and physical body and back.



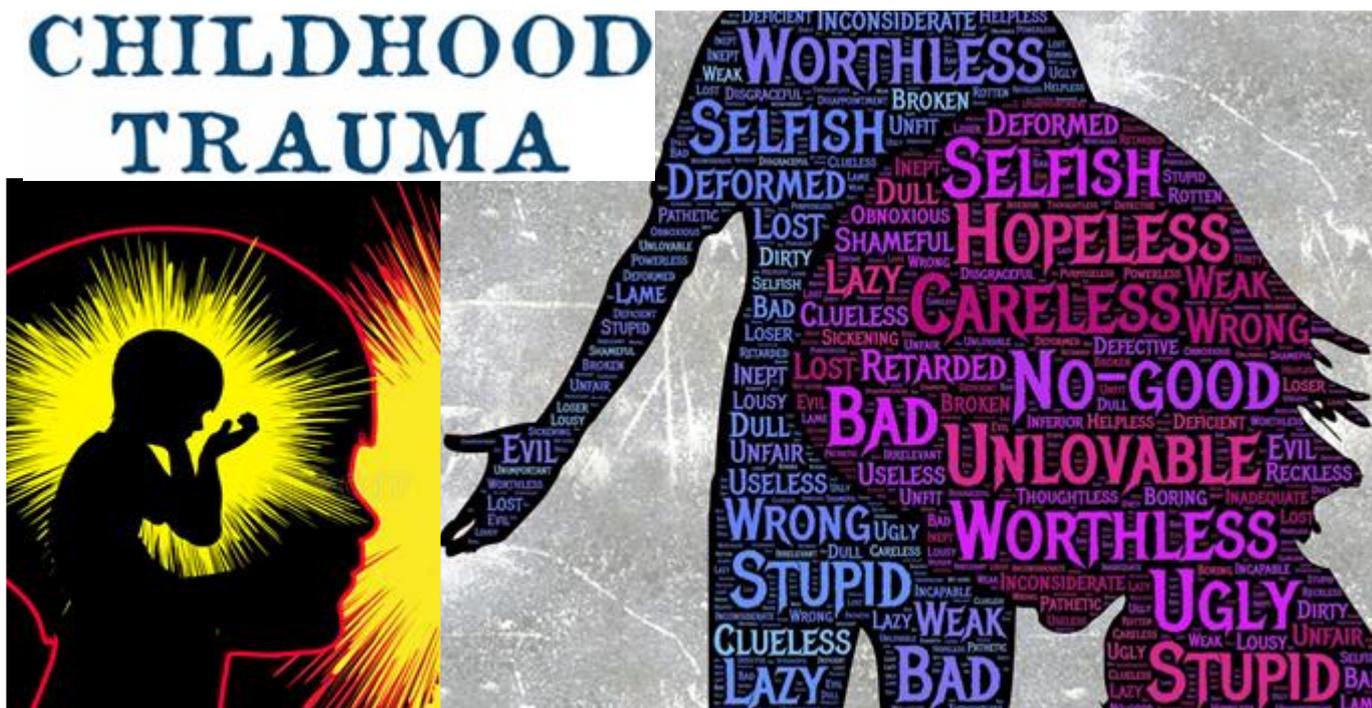
We are to change the way we live. We are to aspire to living Feelings First. Then we are to embrace our Feeling Healing. We are to express our Feelings, both good and bad, to a companion, whilst all the time longing to know the truth behind those feelings and also then express them – layer after layer. The truth that comes up in us from our feelings allows us to perceive, so ‘see’ deeper into ourselves and each other.

We are to replace in some way all the gunk (withheld emotions and erroneous beliefs) that are clogging up our mind. One feeling leads to another, like a cascade of feelings with us falling deeper and deeper into ourself. We will always come to understand a little more with each feeling being expressed.

When we are completely healed of our Childhood Suppression we have no further need to experience illness, diseases, pain, discomfort or mental illness. This we can achieve while living in the physical!

We created our illnesses and social issues by being in Rebellion against ourselves, our soul and our Heavenly Mother and Father. Now we can step away from this hellish way of living!

simple is what LIFE is meant to be!



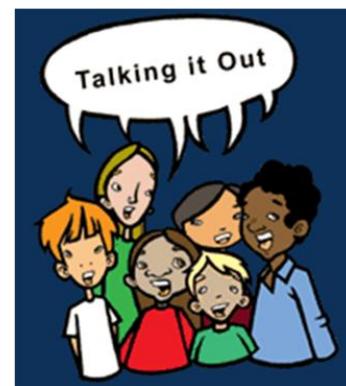
Throughout our forming years, from conception to around age six, we are immersed in the unloving guidance and care of those who feel they are loving. The accumulation of injuries, errors, hurt, are all of an ongoing harming nature being disturbing frozen energy that manifests aspects through the rest of our life. The suppression and ongoing repression of our natural self-expression during our formative years is the foundation of all our suffering throughout our life.

Suppression and ongoing repression of our natural self-expression underlies our quality of life, it is the predictor of our level of employment, poverty or otherwise, our physical health, generator of our illnesses, our quality of relationships and all aspects of our everyday living, good and bad.

We can free ourselves of living life like a retard, yes, that is about how we emerge from our early childhood. We, as parents, are yet to discover how to bring up children. First we are to liberate ourselves from keeping suppressed our childhood repression, and this we now can do through Feeling Healing.

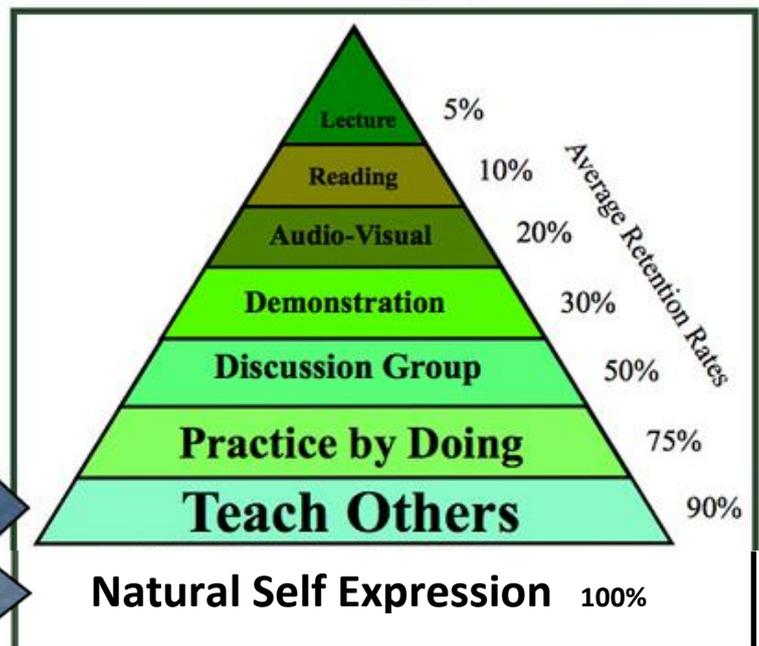
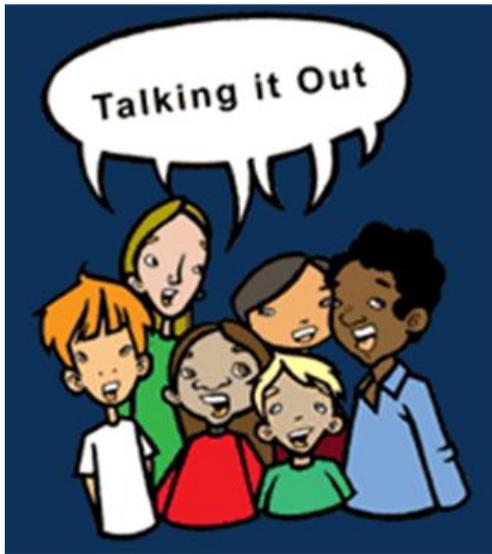
“The real KEY to our Healing is longing for the Truth, and that is the truth that will come from our feelings. If you don’t want the truth of what you are feeling, then you can forget it. You can express your feelings all day like a kettle letting off steam, however if you’re not seriously wanting, and longing hard, and praying with all your will to God to help you uncover and see the TRUTH that your feelings are to show you, then you can forget it. The expressing and releasing ARE just as important, however a little less than longing for the truth.”

James Moncrief 28 May 2018

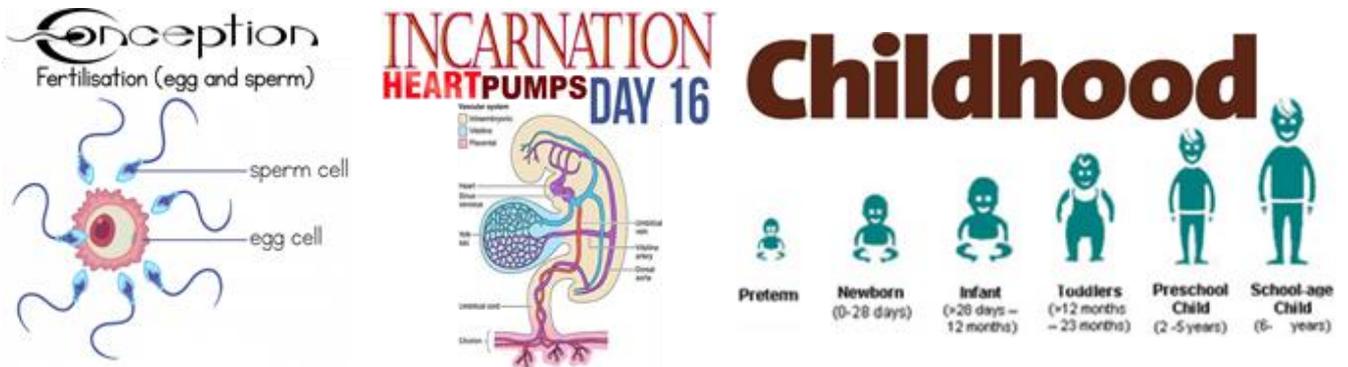




The Learning Pyramid



We are to Find the Truth of our Childhood.



One to One Sharing:

Talk it out with a buddy what happened with you yesterday or over the weekend. Was it fun? Was it not? Was it a bother? Why do you feel it was that way for you? Say to your friend what ever comes up in how you feel about what happened for you. Then listen to your friend share his/ her day / days and what she / he experienced. Then ask your friend to talk again later.

Junior school classroom with a student assisting. Students to form into pairs and discuss their feelings about their experiences.



WE ENDURE FOUR LAYERS of PERSONALITY SUPPRESSION!



Unknowingly, our parents pass onto their children (us) their beliefs and way of living that has evolved since the Rebellion, some 200,000 years ago, and then the Default, some 38,000 years ago. In this way, humanity is suppressing the female, rejecting our Spiritual Parents, namely Jesus and Mary, and denying our Heavenly Parents being our true Mother and Father, of Their truth, standing and existence.

The Rebellion is against love, the Default is all the difficulties we have in our relationships because of our rebellion. Healing the Default is becoming true, to ourselves and in our relationships, and ending our unlovingness – our rejection of love, so ending the Rebellion. Nanna Beth 29 June 2017



We are souls, our personality is an expression of our soul. It is our free expression of our soul through our feelings that we are to embrace and follow. This expression may appear to be wilful in nature, from time to time, and consequently our parents' attempt to suppress this expression. They proceed to remodel us when as young children, in the manner their parents treated them and so on for many generations going back.

During our forming years, as a child, we are unable to recognise the suppression of our personality as being extra-ordinarily harmful to our soul based personality and, accordingly, we don't know that things can be any other way. Presently, neither do our parents.



This childhood suppression way of living continues throughout our schooling years, thus we learn this is a way of life that is normal.

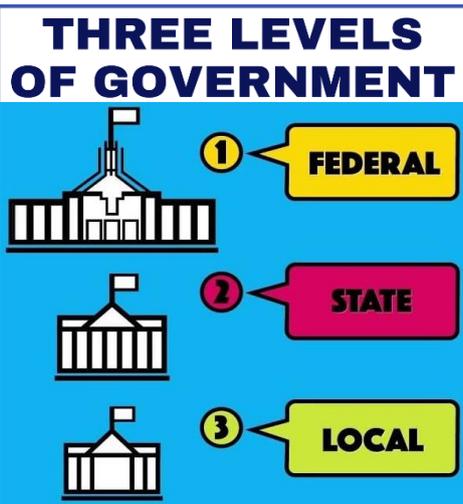
Our religions all have been formed based on the tenets of the Rebellion and Default. The teachers and leaders throughout all denominations take us further away from our suppressed feelings that have been hammered into us during our forming years, thus entrenching us further into rejecting our true selves.



The controlling and suppression mechanisms of our parents, educators and spiritual teachers all manifest throughout all of commerce. This control comes heavily and brutally down upon all levels of employment. The capability to express one's soul based attributes and gifts is sealed throughout all of one's working life.

A new way of living is to enable the liberation of one's true personality through the Feeling Healing process AND the transfer of authority to the individual via embracing freedom of expression.

BUT THERE ARE FURTHER LAYERS OF CONTROL!



Federal, state and local governments impose their 'rule' upon the people that appoint them to serve these very same people!

Instead of assisting their people, governments at all levels impose restrictions and controls.

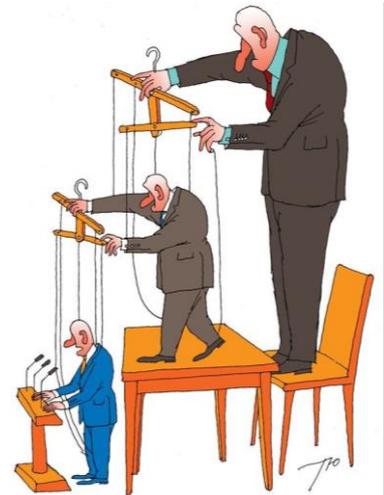
The same people who 'elect' the members of parliament do not realise that the 'nominees' are often puppets of hidden controllers.

GOVERNMENT
 Derived from the Latin verb **Guverno, Governare** meaning **"To Control"** & the Latin noun **Mens, Mentis** meaning **"Mind"**
To Control The Mind

HIDDEN CONTROLLERS



'Heads of society' are considered leaders. The 300 Bilderberg Club members are (short term) leaders throughout the world, but these are controlled by some 30 families (medium term), who are in turn are



manipulated by 12 (long term) families. All of this is managed and imposed by global secret society networks under the direction of the 12 long term families and their chairman.

CONTROL DISRUPT
celestial Friends

Since 31 May 1914, Celestials have been progressively introducing high level truths to humanity that have been prevented from sharing for thousands of years. From 31 January 2018, Celestials have been disrupting the hidden controllers on Earth and slowly bringing about their manipulation and suppression of Earth's humanity.

Negative Spirit Influence blocked
 22 March 2017
 Law of Compensation quickening
 22 May 2017



Rebellion and Default officially ended
 31 January 2018
 Great U-Turn now ready for mobilisation
 22 July 2023

WE ARE ALL BEING PLAYED

DIVIDE & CONQUER: IF THEY KEEP US FIGHTING WITH EACH OTHER, WE WILL NEVER FIGHT THE TRUE ENEMY... THE ESTABLISHMENT!



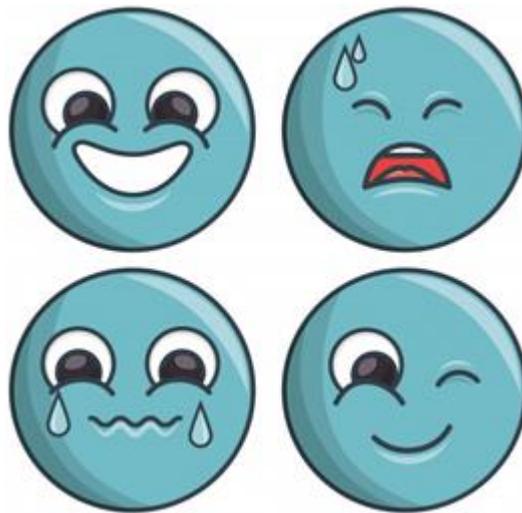
DIVIDE AND CONQUER MECHANISMS:

Skin Colour / Tone Bigotry	Class & Social Structures
Borders & National Cultures	Militarism is all Wrong
Language Divides	Societal Customs & Practices
Financial Enslavement	Debasement of Education
Professional Snobbery	Sexual Preference Bigotry
Assumptions Err 98% of the time	Political Division
Mind-Centrism Stagnation	Religious Bigotry
Mind Control Addiction	Mind Untruth Addiction
Institutional Controls	Leadership Propaganda & Lies
Parental / Teacher / Religion / Employer / Government suppressions	
Potable Water Security Food Security Safe Shelter Security	
Universal suppression of all peoples by covert controllers	
Living Mind Centric is prohibiting spontaneity & freedom	
Living Feelings First is living in truth & freedom !	
Women Liberating	Childhood Suppression to end

NEW FEELINGS WAY



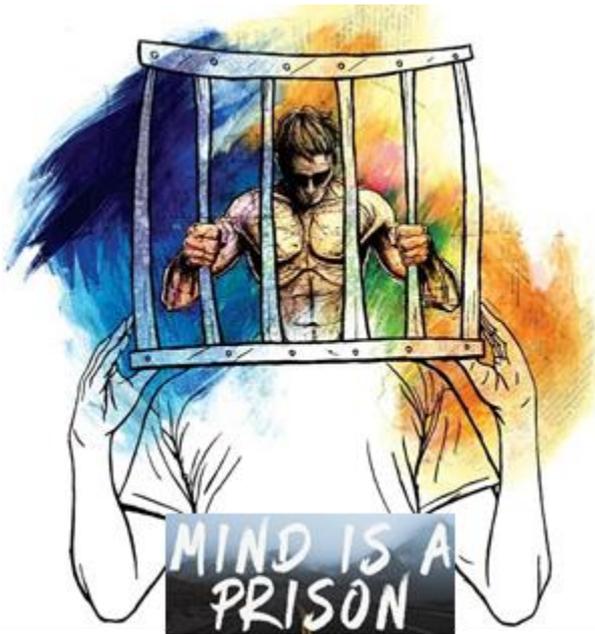
**Finding the Truth of Our Childhood
Through our Feelings Way**



**Feelings First Spirituality, New Feelings Way
Feelings are our own Truth and Personality**

NEW FEELINGS WAY

We are enslaved in our mind.



entrapment of limitation and perpetual stagnation.

We seek, what we think, is the best education for our children. Many send their girls and boys to the so-called best and expensive schools that subsequently further enslave the child deeper into its mind.

The world's journey of growth through its education systems has peaked. The result is a global population functioning in zombie mode, in a stupor, glued to an electronic device, all trying to be the same with no individuality, originality or self-expression.

This destiny was imposed upon us by controllers who had us go in a direction of limited development and to remain their pawns forever!

Girls and women have been singled out as they, being closer to their feelings, can see the folly of this

We are to live feelings first and have our minds follow implementing what our feelings are leading us to embrace. Our feelings are our true selves, they are an expression of the personality that we are, as bestowed upon us by our Heavenly Mother and Father.

A feelings orientated education opens our potential infinitely. It is only through us living through our feelings that all the social ills that are evident throughout every community in every nation can and will be mitigated and put aside. It is only through expressing our feelings, both good and bad, and longing for the truth of them that we will heal ourselves of our childhood suppression and repression. Then we will see an evolutionary advancement of Earth's humanity that is presently incomprehensible.

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

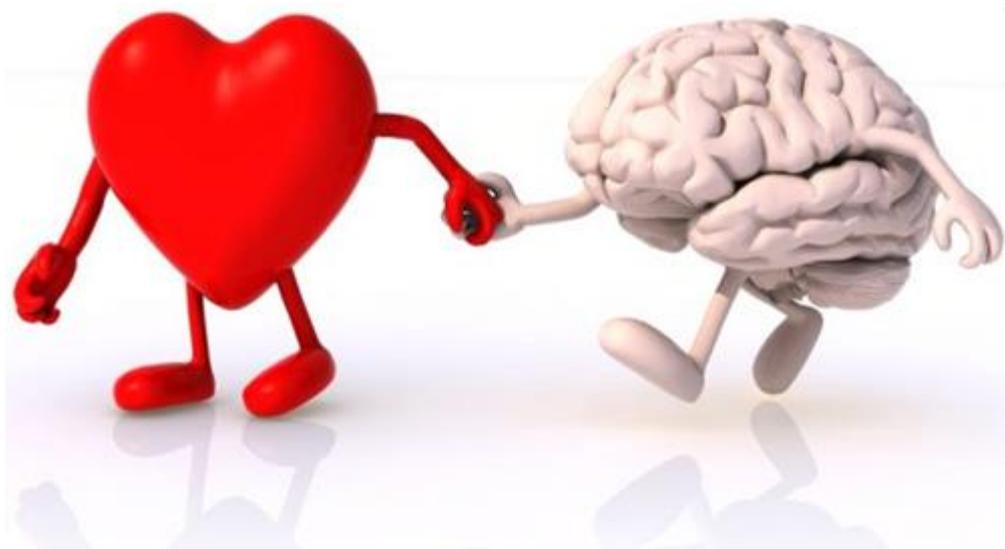
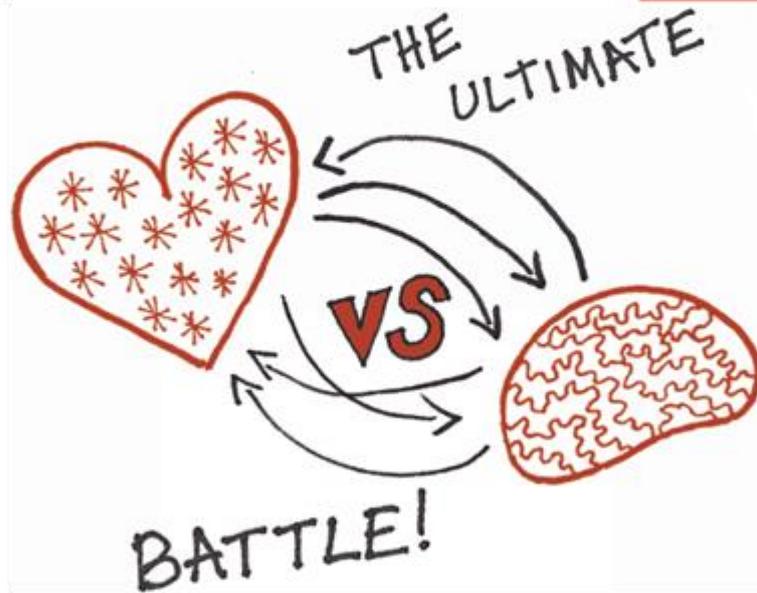
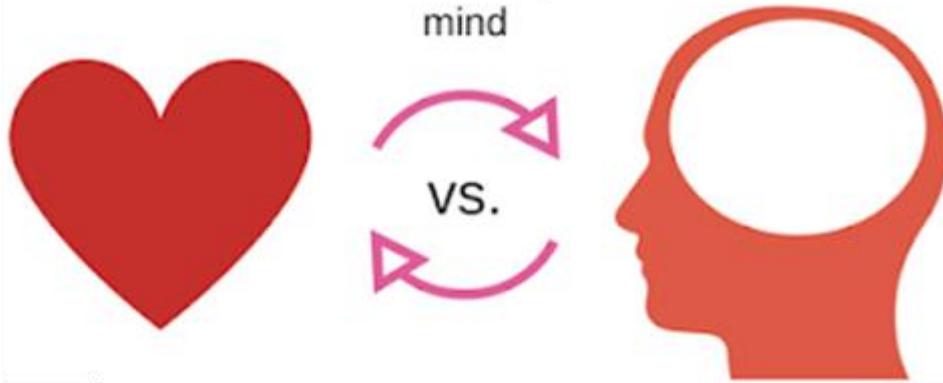
**FREEDOM OF
FEELINGS**

**FEELING
HEALING**

HEART & MIND

Finding the Truth

A false dichotomy of the
mind



Health and Healing

By expressing our feelings, both good and bad, that is, by talking out our discomforts to a companion, we are expressing the injuries that we have incurred throughout our lives. These injuries and disturbing experiences all stem back to our early forming years, our early childhood. As we yearn to know the truth behind these experiences we will confront our Childhood Suppressions which commenced from the moment of our conception and continued through to the age of six years, all being the years of our early childhood, our forming years. The pain and discomfort of expressing these events will not exceed the pain and discomfort that we experienced during our early childhood.

Nor will any illness or disease cause us greater pain and discomfort than we experienced during our Childhood Suppression. We are also to yearn to know why we are experiencing any such illness. Our Feeling Healing will not abate until we totally finish all of it. Should it diminish along the pathway then we simply would not complete our Feeling Healing. We are too long to know the truth of our feelings, what are our feelings to reveal to us about that which we are feeling.

It is the disruption to the soul light coming into our spirit body and then physical body and its return to our soul that brings about all of our discomforts, pains, illnesses and diseases. However, when we complete our Feeling Healing then we have no need for further discomforts, pains, illnesses and diseases.

Our destiny is through our Feeling Healing and the asking for and receiving of our Heavenly Parents' Love, Their Divine Love, which we all will do so as to enter the Celestial Heavens. We can achieve that state now while living in the physical.

Embracing our feelings as a way of living is opening the pathway for each and every person to evolve.

Amazingly, few have understood that our mind cannot discern truth from falsehood, that our mind is addicted to untruth; also our mind is addicted to control, control over others and the environment. Thus we have the foundations of all the social ills to be found throughout every society. When we make an assumption, it is a product of the mind. When we 'think' of form an 'opinion', these are products of the mind. Assumptions, thinking and opinions error around 98% of the time! We fluke some now and again.

Our feelings are always in truth. We are actually fully and totally endowed with all we need to know, yet we have been denied this through the way we each have been brought up – we are each indoctrinated to be mind-centric, to literally worship our minds, to suppress our feelings. Every facet of our living reinforces this erroneous dogma. Our childhood upbringing is based on mind-centricity – Johnny, don't be stupid, use your head! Johnny, if I hear another whimper out of you I will smack you – this is suppression of our feelings.

Consequently, we are diminished from our pristine true self to that of the personality and consciousness level of our parents by the time we are six years old. This is why humanity is stagnating. Generation after generation is a mirror of the previous. This is why society cannot advance or solve anything!

Living feelings first, living true to ourselves, will see evolution cumulatively unfold generation after generation. The drain on governmental social services will progressively diminish. Education will become fun and the time to complete our schooling may reduce from 12 years to as little as 4 years!

Health and Healing of all our bodies.

“The real KEY to our Healing is longing for the Truth, and that is the truth that will come from our feelings. If you don’t want the truth of what you are feeling, then you can forget it. You can express your feelings all day like a kettle letting off steam, however if you’re not seriously wanting, and longing hard, and praying with all your will to God to help you uncover and see the TRUTH that your feelings are to show you, then you can forget it. The expressing and releasing ARE just as important, however a little less than longing for the truth.”

James Moncrief 28 May 2018



and longing for the Truth about what our feelings are drawing our attention to. We need to know, and before we can know, we WANT to know. And once we know, we cannot unknown!

This being in conjunction with:

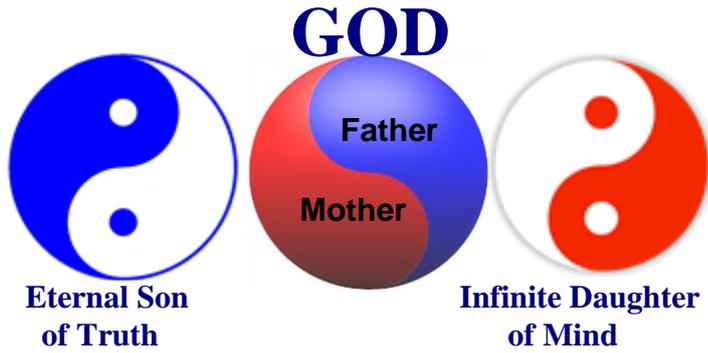
The GOLDEN RULE

Never interfere with another's will.

We are not to impose our will upon another!

One must always honour another's will as

one honours one's own.



CREATION of SOUL and SPIRIT:

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



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

Feeling Pathway

Mind Pathway



Soulmate Pair

Angel



Spirit Person

Nature Spirit



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

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

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

A nature spirit is an angel in waiting.

EVE AND ADAM



Tuesday, 19 December 2023, marks the appointment of Eve and Adam as oversight of Earth's humanity throughout the 3 Celestial Heavens, the 7 Mansion Worlds and on Earth for the coming Avonal Age of the next 1,000 years, as announced officially by Mary Magdalene, coregent with Jesus, of Nebadon.

Cosmic Update number: 1

COSMIC UPDATE

Mary and Jesus return to the Palace

Mary and Jesus came back to Eve and Adam's Palace and Garden, the New Eden, in the third Celestial Sphere, on Saturday, 8 June 2024 at 11.30 am my time (Australia).

They arrived, coming in from Salvington, where they've been for the past two weeks, on their 'Angel Chariot', the Angels 'flying' them relatively quickly throughout vast Nebadon.

They did their usual meeting of spirits who are working to help Eve and Adam establish their new Palace, along with other Mind Beings, Old Celestials thanking them for their service through their Age, and other spirit Visitors from various parts of Nebadon who want to come and see all Eve and Adam are setting out to do.

Mary and Jesus will likely remain at the Palace for the next two weeks, then leaving again for other parts of Nebadon, they always moving around visiting the various Worlds and Spheres within their Universe.

They love their private and shared Quarters Eve has prepared for them, she having exquisite taste being able to reflect and so express the personality essence of Mary and Jesus, making them feel very happy, comfortable, and 'at home' being at the Palace.

They have been for some months now spending two weeks at the Palace and two weeks at Salvington or visiting other parts of their Universe.

NB: It is Mary Magdalene with Jesus, they being soulmates. She being our True Spiritual Local Universe Mother Mary, and not Jesus' mother Mary. The Church worships the wrong Mary.

Jesus' mother (and father; and Mary M's mother and father) completed her Spiritual Healing long ago during this Age of Mary and Jesus, becoming, and joining with, what are now called Old Celestials, who helped to oversee things to do with Earth during these past two thousand years. Lately, many of the Old Celestials have stopped their work leaving the lower three Celestial Spheres, and setting out for Paradise moving in and up in Truth through Nebadon. The New Celestials that are soon to complete their Healing, will over the next years, start taking the places of the Old Celestials from Mary and Jesus' Age. The Ages being in the process of changing bringing about the end of the Rebellion and Default. Which, by the way, is causing the continual eruption of problems and difficulties on Earth, as all the lies, deceit, falseness and unloving control starts to come to light.

James

COSMIC UPDATE

The Current Fate of the Evil Ones

Sometime in the early 90's, I forget the date, it possibly being buried somewhere in my writings, the remaining Evil Ones, Caligastia and Daligastia, formerly had their rule terminated, they then joining Lucifer and Satan who's rule was ended by Jesus when he came to Earth, being put with them in a spirit-prison, or in a confinement sector, in the seventh earth plane.

As we understand from The Urantia Book, their powers were diminished because of Jesus and Mary M coming to Earth; still, they were easily able to cause humanity to create its horribly controlling religions through the Age of the Cross, and continue those already created, that were designed by them to keep people hopelessly bound up in their Wrongness, in their rebelliousness, in the Rebellion by Default.

Because it is the actions of Higher Male spirits on Technical levels who affect technical changes on spiritual levels on Earth and to humanity, and in the greater Universe, so The Urantia Book only talks about the men spirits, the male Evil Ones – the male leaders of the Rebellion; and of Jesus himself, thereby leaving out the unseen, and so mostly unknown, influences of their soulpartners (soulmates), the women spirits with them. All spirits, including ourselves, we being spirits in flesh, have a soulmate.

So we don't know from the book, or anywhere else, that Mary M is Jesus' soulmate, and was just as instrumental in her way in bringing about the end of the Rebellion on the System level, as Jesus was. When Jesus told Satan to 'f--k off', that he and Lucifer no longer had any power to run the Rebellion, so it was that Mary Magdalene on her Technical side, told Mrs Lucifer and Mrs Satan, to 'f--k off'. (Mary and Jesus didn't use such swear words, they are mine.)

And so it also happened when Mr Caligastia and Mr Daligastia were finally stopped in their nefarious ways negatively influencing us on Earth and in the Mind Mansion Worlds, so too were their soulmates stopped, Mrs Caligastia and Mrs Daligastia.

The eight Evil Ones, now interned on the seventh earth plane, are here 'on' Earth, and not on the earth planes of one of the other rebellious worlds, because Mary and Jesus bestowed themselves on Earth to end the System Rebellion. And at the same time, they came to tell their whole Universe that our Mother and Father's Divine Love was (and still is) available to be longed for and received into our souls, thereby taking the perfect Worlds and Spheres of Nebadon, who were of Natural love, into becoming Divine. Nebadon, although still with some worlds like our Earth and its seven Mansion Worlds being technically of Natural love, even though we too can long for and receive the Divine Love, is now considered a Divine Universe because Mary and Jesus completed their seventh Bestowal on Earth, and 'liberated' the Divine Love.

James

COSMIC UPDATE

Punishment of the Evil Ones

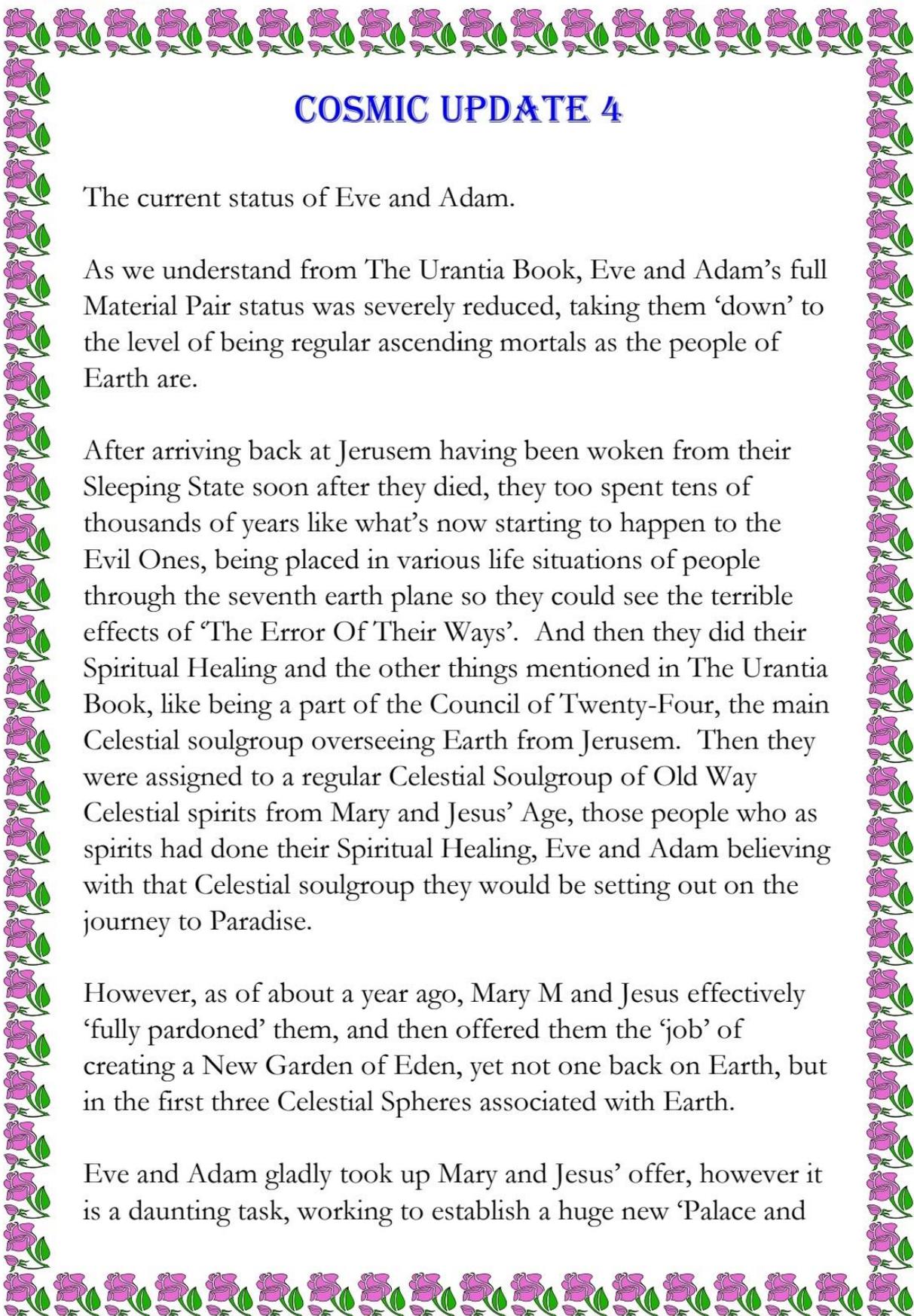
Mr and Mrs Lucifer, Satan, Caligastia and Daligastia's punishment for rebelling, is now being carried out through the seventh earth plane. It's not known, for the likes of myself, as to how long it will last, nor what it will involve, however one might reasonably assume it will continue until the last person on Earth and in the Mansion Worlds, and possibly on all the Rebellious earths and their associated mansion worlds, have completed their Spiritual Healing, being no longer of the Rebellion. So, for us, with no trace of the Rebellion and Default left.

Currently, through the seventh earth plane, they are 'living' in an English Manor or Stately House, one that is open to the public. They are there with people traipsing in and out of the House and their bedrooms, around the Garden, unseen and unheard by people, yet 'with' the people, having to listen to their conversations and feel the low 'vibration' of them, how false, untrue, mind-controlled and disorientated the people are, as most people are on Earth, all so they can be 'subjected' to their evil handiwork. They caused us to become evil and rebellious, so now and for a long time to come, they will be moved about the Earth through the seventh earth plane, having to spend time seeing and feeling their unloving affects on people, beginning their Hell-Time, all of which should at some point make them start to realise that which they did: how negatively affecting us all was not good, that it's causing so much pain, suffering and torment as we live dealing with their evil legacy. However, judging by their arrogance and egos that refuse to admit for now that they are bad and wrong in all they did, it's going to take a long time to sink in that it's all over for them, and they did something very wrong by taking matters into their own hands and out of the loving hands of our Heavenly Parents.

Will the Evil Ones one day after this level of hell-time is complete, start doing their Spiritual Healing? Or will they simply 'cease to be'. And do we care?

And if they do their Healing, and when they are fully redeemed, what will they do then...

James



COSMIC UPDATE 4

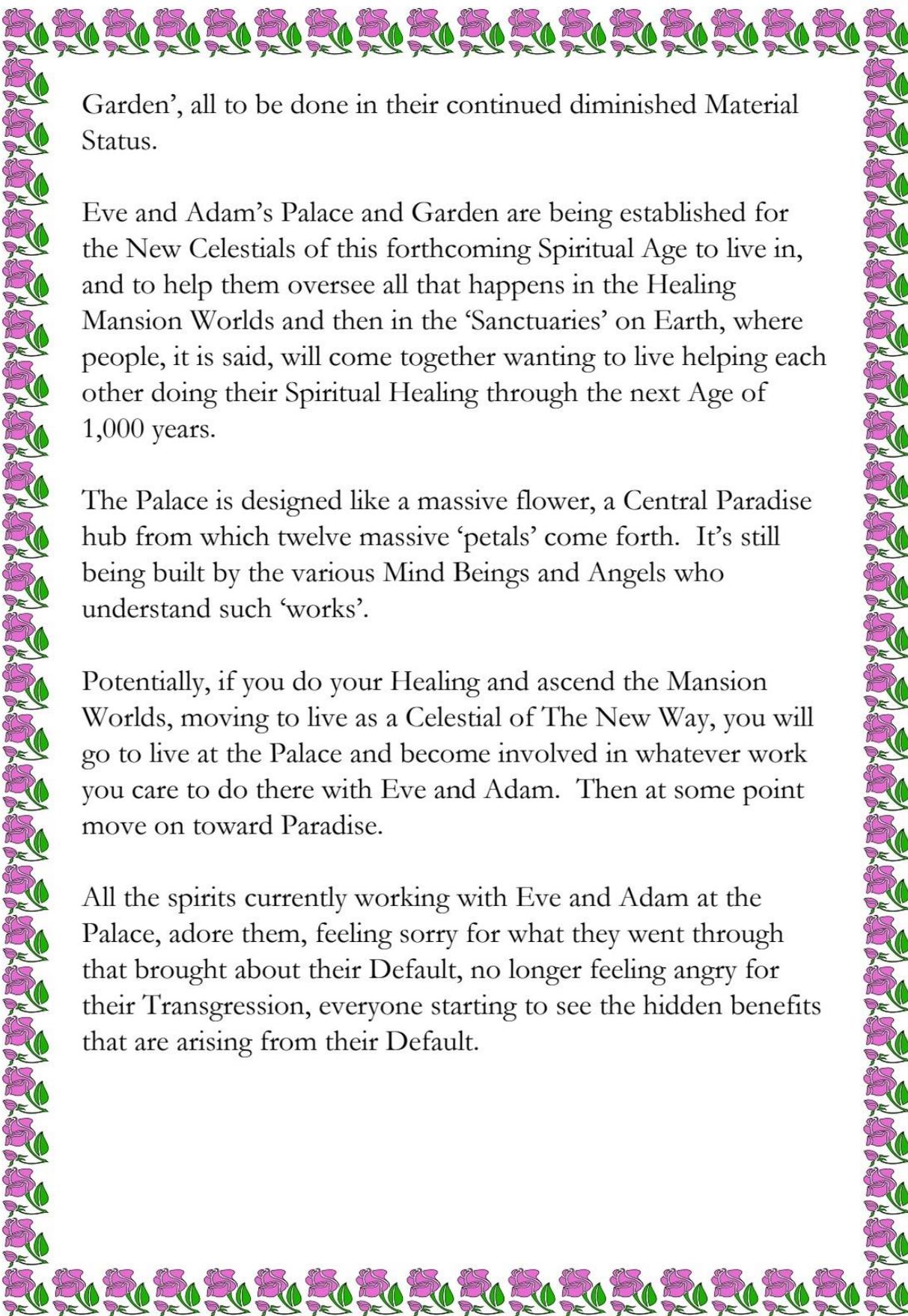
The current status of Eve and Adam.

As we understand from The Urantia Book, Eve and Adam's full Material Pair status was severely reduced, taking them 'down' to the level of being regular ascending mortals as the people of Earth are.

After arriving back at Jerusem having been woken from their Sleeping State soon after they died, they too spent tens of thousands of years like what's now starting to happen to the Evil Ones, being placed in various life situations of people through the seventh earth plane so they could see the terrible effects of 'The Error Of Their Ways'. And then they did their Spiritual Healing and the other things mentioned in The Urantia Book, like being a part of the Council of Twenty-Four, the main Celestial soulgroup overseeing Earth from Jerusem. Then they were assigned to a regular Celestial Soulgroup of Old Way Celestial spirits from Mary and Jesus' Age, those people who as spirits had done their Spiritual Healing, Eve and Adam believing with that Celestial soulgroup they would be setting out on the journey to Paradise.

However, as of about a year ago, Mary M and Jesus effectively 'fully pardoned' them, and then offered them the 'job' of creating a New Garden of Eden, yet not one back on Earth, but in the first three Celestial Spheres associated with Earth.

Eve and Adam gladly took up Mary and Jesus' offer, however it is a daunting task, working to establish a huge new 'Palace and



Garden’, all to be done in their continued diminished Material Status.

Eve and Adam’s Palace and Garden are being established for the New Celestials of this forthcoming Spiritual Age to live in, and to help them oversee all that happens in the Healing Mansion Worlds and then in the ‘Sanctuaries’ on Earth, where people, it is said, will come together wanting to live helping each other doing their Spiritual Healing through the next Age of 1,000 years.

The Palace is designed like a massive flower, a Central Paradise hub from which twelve massive ‘petals’ come forth. It’s still being built by the various Mind Beings and Angels who understand such ‘works’.

Potentially, if you do your Healing and ascend the Mansion Worlds, moving to live as a Celestial of The New Way, you will go to live at the Palace and become involved in whatever work you care to do there with Eve and Adam. Then at some point move on toward Paradise.

All the spirits currently working with Eve and Adam at the Palace, adore them, feeling sorry for what they went through that brought about their Default, no longer feeling angry for their Transgression, everyone starting to see the hidden benefits that are arising from their Default.

COSMIC UPDATE 5

Things move on...

The Urantia Book being a wonderful work of insight and revelation for us, still must be understood in the context that it was 'as things are at that time', and that the Universe, including us on Earth, even in our rebellious state, is always moving on. So many changes have occurred and are occurring right now in various levels of: Earth, the two earth planes to do with Earth, the seven Mansion Worlds, and the first three Celestial Sphere's that are specifically focused on Earth.

Some things I have written about years ago, have now changed, as have some things in The Urantia Book concerning we of Earth. Humanity is coming to the End of Mary and Jesus' Age. Mary M and Jesus were here quite active with the Old Celestials, spirits who had done their Spiritual Healing through the past two thousand years, and were with Jesus as he spoke to Mr James Padgett early last century, saying it was his Second Coming of Truth, however now they have withdrawn from Earth, overseeing it on and off through their visits to the Palace with Eve and Adam.

Some people might believe they are actually speaking with Mary M and Jesus, however Mary and Jesus are no longer directly speaking to anyone on Earth. They have given permission for some of the Old Celestials to 'be them' so as to help those people on Earth needing to believe they are speaking directly with Mary and Jesus. Which Mary and Jesus, and the old Celestials on their behalf, can do, as it's all still in keeping with the denial brought about by the Rebellion which they are still honouring as they did when they were on Earth and have done right the way through their Age.

Apparently, Mary M and Jesus still intend directly speaking to a couple of people who will be very good mediums and easily able to speak with them, during the next Age, wanting to reveal more specific details about how their lives were on Earth. They can't reveal such information now, because that would be interfering with the tenets of the Rebellion and Default. They came only to end the Rebellion and reveal the truth that we can long for and receive the Divine Love. They didn't come to end the Default, that is for us to do personally by doing our Spiritual Healing. So they have been very limited in what help they've been able to give to humanity.

Please bear in mind, things I might write now, might change in future.

James

COSMIC UPDATE NUMBER 6

The continuing influence of the Evil Ones on humanity of Earth.

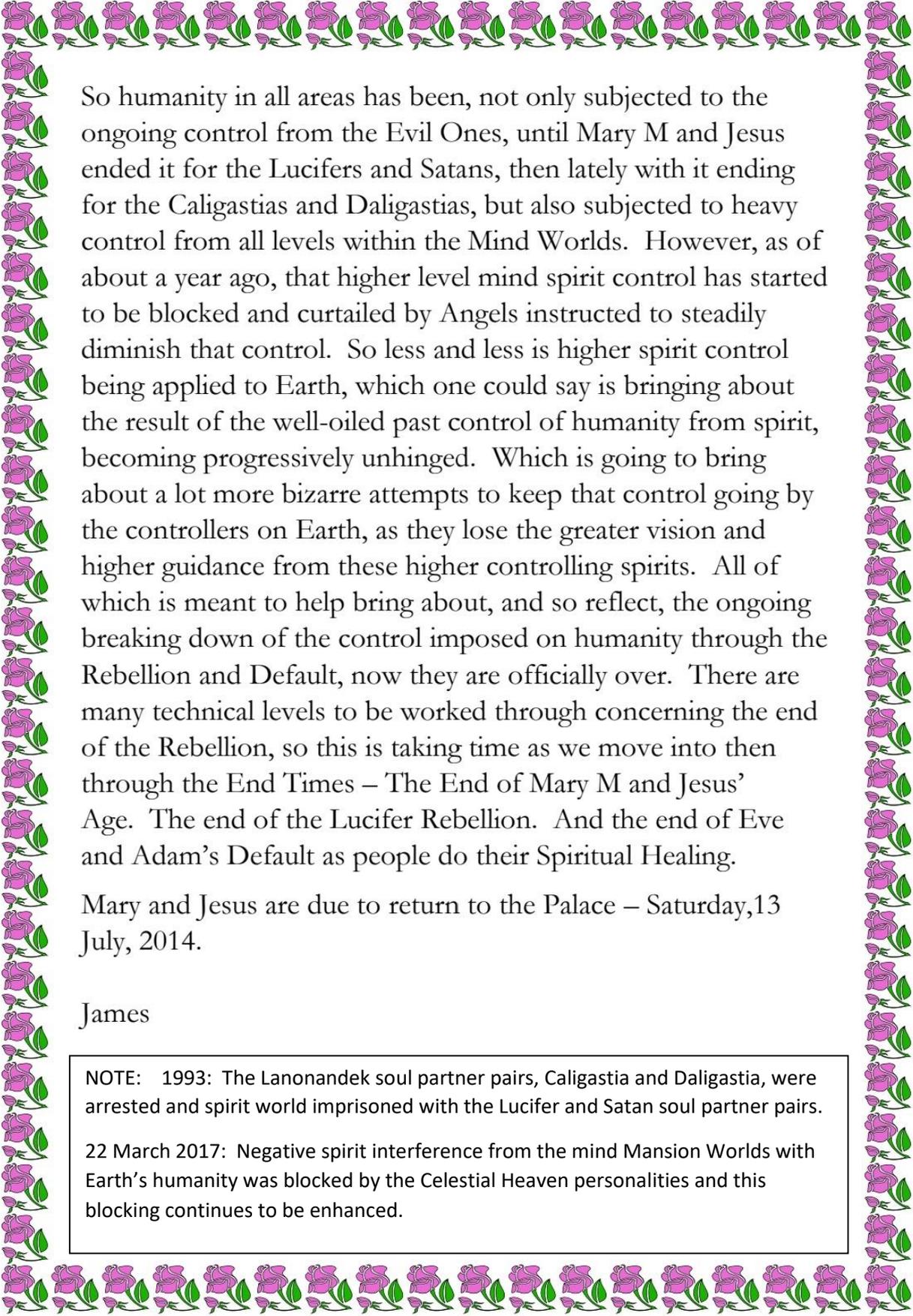
With the eight Evil Spirits that brought about the Rebellion and caused Eve and Adam to Default, all interned and so no longer able to directly or indirectly affect humanity in any way, the Rebellion and Default are technically over.

So humanity is no longer being negatively influenced by these Evil Spirits: Mr and Mrs Lucifer, Satan, Caligastia and Daligastia, who are all very real spirits of a higher order, the Lanonandeks re: The Urantia Book.

And what this means, is, humanity is on its own to continue rebelling; or, end it by people doing their Spiritual Healing.

The likes of Tucker Carlson want to believe there are possibly higher supernatural beings negatively influencing Earth, and there were, the Evil Ones, however, no longer.

Along with the Evil Spirits who've affected and controlled humanity for so long, there have also been high sixth Mansion World mind spirits working to assert control through psychic ways upon the controlling people of Earth whose minds are receptive to such interference. These mind spirits being people who were more than likely controllers on Earth, who died, and wanted to continue having some level of control over people on Earth as they worked their way up the Mind Mansion Worlds: 1, 2, 4, 6.



So humanity in all areas has been, not only subjected to the ongoing control from the Evil Ones, until Mary M and Jesus ended it for the Lucifers and Satans, then lately with it ending for the Caligastias and Daligastias, but also subjected to heavy control from all levels within the Mind Worlds. However, as of about a year ago, that higher level mind spirit control has started to be blocked and curtailed by Angels instructed to steadily diminish that control. So less and less is higher spirit control being applied to Earth, which one could say is bringing about the result of the well-oiled past control of humanity from spirit, becoming progressively unhinged. Which is going to bring about a lot more bizarre attempts to keep that control going by the controllers on Earth, as they lose the greater vision and higher guidance from these higher controlling spirits. All of which is meant to help bring about, and so reflect, the ongoing breaking down of the control imposed on humanity through the Rebellion and Default, now they are officially over. There are many technical levels to be worked through concerning the end of the Rebellion, so this is taking time as we move into then through the End Times – The End of Mary M and Jesus’ Age. The end of the Lucifer Rebellion. And the end of Eve and Adam’s Default as people do their Spiritual Healing.

Mary and Jesus are due to return to the Palace – Saturday, 13 July, 2014.

James

NOTE: 1993: The Lanonandek soul partner pairs, Caligastia and Daligastia, were arrested and spirit world imprisoned with the Lucifer and Satan soul partner pairs.

22 March 2017: Negative spirit interference from the mind Mansion Worlds with Earth’s humanity was blocked by the Celestial Heaven personalities and this blocking continues to be enhanced.

Mary Magdalene is so vital to our Healing and progression in Truth. Mary is the living Truth of our Heavenly Mother, she brings to the whole of humanity, the Feminine Aspect of God, but if we continue to deny her, then we deny the Feminine aspect of all life, we are not living a full, true and complete life without her. Mary is the Soulmate of Jesus, the equal, so get used to saying Mary and Jesus if you want to fully progress in your Healing, and in Truth. Samia

Long to Mary with everything you have, with the purest longing of your heart and soul. Long for her Spirit of Truth to be with you and help you with your Feeling-Healing. Mary will Feel your true longing and her Spirit of Truth will be with you, comforting you and supporting you as you Feel the truth of all of your denied and suppressed feelings. If you have a pure desire to heal yourself through your Feelings, both Mary and Jesus' Spirit of Truth will be there with you. Samia

simple is what LIFE is meant to be!

Most people have superiority issues, even if they don't believe they do. Being rebellious, of a Spiritual Rebellion, we believe we're better than God... and better than each other. A lot to breakdown through your Spiritual Healing.

James



Samantha McCabe

<https://www.facebook.com/photo?fbid=325637730615219&set=a.175312948981032>

6 July 2024

Only through Feeling-Healing with God's Divine Love have I finally been able to get to this place within myself. I never thought I would feel better, I thought the depression, anxiety, panic, illness, everything about me, could never change. I feel changed, truly changed!

Samantha (Samia)
MoC 1,040

My dearest Paradise Mother and Father,

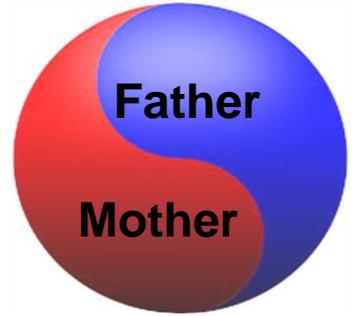
I feel like I want to talk to you, to tell you both how wonderful I am feeling. The misery I have expressed to you over the years is leaving me, I don't feel like that anymore. It is being replaced with such overwhelming feelings of Love, a love like no other. Whereas once I was so numb to you, now I can feel you running constantly in the background of my life, I am never alone. My life is changing, I am changing in ways that I never thought could happen, I am finally at acceptance and peace with myself, I don't have to cover up my wrongness and rebellion, I am being it fully in all of its Truth, and it feels so good. My life is changing because of my acceptance of who I truly am, and to accept it, to not fight it but just be the Truth of my evilness, wrongness, and rebellion is setting me FREE! I can feel it happening. I have spent all of my life trying to be good, nice and the perfect child for my parents, but that is not me, I am not any of those things, I wasn't allowed to be the imperfect me, now, I am allowing myself to be all of my wrongness fully and there is so much peace in that place of no longer fighting myself. I have run into my Rebellion instead of away from it, no longer being the lie version of myself, but now being the truth and it feels incredible, I feel so FREE!

I Love you Mother and Father in Paradise,

Samia

MUM & DAD THIS WAY

GOD



HEAVENLY PARENTS



JESUS & MARY



AVONALS



SPHERES of PARADISE being the home of our Heavenly Parents, Mother and Father, within the centre of the 7 super universes.

Unknown number of spheres to progress through to reach Paradise.

Ascending out of NEBADON is beyond the regency of the Creator Daughter and Son, Mary and Jesus.

INFINITE & UNIVERSAL SPHERES, unknown number to progress through within Nebadon.

ETERNAL SPHERES 3 spheres unnumbered. Involvement with Earth finishes.

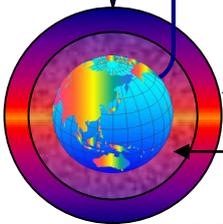
CELESTIAL HEAVENS are spheres 8, 9, 10.

Divine Love Spirit Healing Mansion Worlds are 3, 5, 7. We are healing our soul!

We all arrive in spirit into Mansion World 1.

Earth Planes 1 and 2 are of Disharmony – Hells.

Mind Spirit Mansion Worlds 2, 4, 6 are all taking us in the wrong direction and into a dead end!



I'D TURN BACK IF I WERE YOU!



AVONAL PAIR



MARY & JESUS



GOD

Throughout the Avonal Age of 1,000 years, their Spirits of Truth will assist us in embracing and engaging with our Feeling Healing and with Divine Love our Soul Healing. They will assist us to develop our soul well into Celestial Heaven status should we persevere with such a goal. The extent to which the Avonal Pair develop themselves while here in the physical on Earth is the level that their Spirits of Truth will be able to assist us. Then it will be Mary and Jesus' Spirits of Truth that will assist us up and out of Nebadon, where our Heavenly Parents will then assist us onto Paradise, Their home.

REBELLION and DEFAULT formally ended 31 January 2018:

All in keeping with the **outworking of the Rebellion and Default**. Humanity is so shut off to anything that one's feelings provide, we are all but minds robotically carrying out instructions; nothing is fluid, intuitive nor feeling-free. Our whole world can't change as it is, because everyone and everything is so bogged down in the mire of artificial laws and procedures.

**WE'VE BEEN SCREWED BY
LUCIFER REBELLION**

**Living Mind dominated is
claustrophobic and suppressive!**



The Mind presents a treacherous glass ceiling!

Consider asking yourself this question:

Who hurt me when I was a child?

FOR 200,000 years ALL SCRIPTURES and Earth based INSTITUTIONALISED SYSTEMS are the WORK of the REBELLIOUS LANONANDEKS:

The rebellious Lanonandeks from within our local universe are these soul partner pairs:

THE EVIL ONES



Lucifer pair
Arrested and imprisoned 26 CE



Satan pair



Caligastia pair

Arrested and imprisoned 1993 CE



Daligastia pair

TRUTH
Emotions

They each construct their own network.



ERROR
Emotions

They each construct their own network.

SOUL  SPIRIT BODY  PHYSICAL BODY

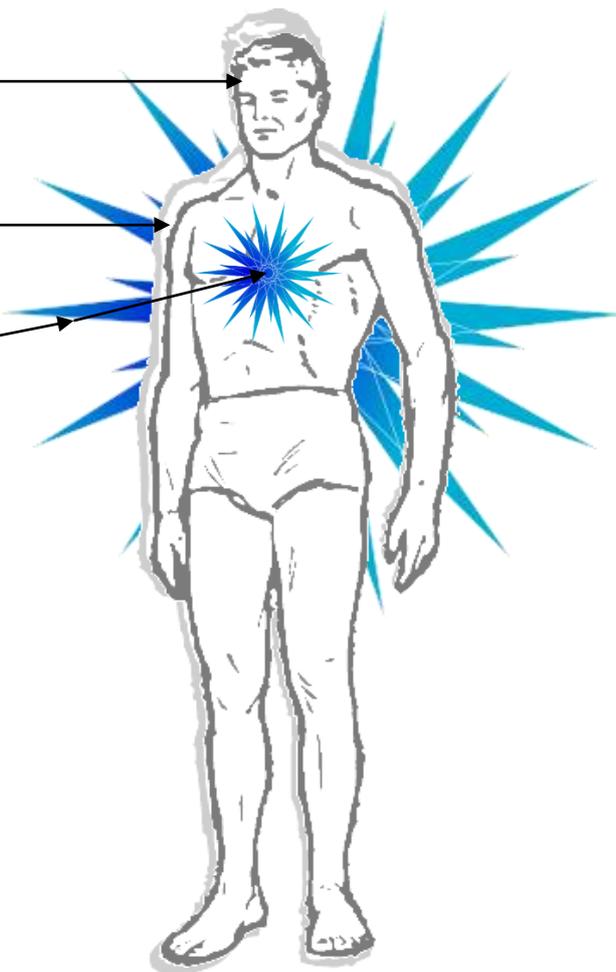
Our memories are stored in our soul, they are then expressed through our spirit body and then our physical body. Our mind can cause, express and keep us bound up in our emotional injuries, erroneous beliefs and bad feelings. Our soul remains in truth at all times. It is within our spirit body mind circuits that our negative unloving patterns take hold and control and dictate our wayward life.

When an error enters our spirit body mind, it sets up a pathway for more error to enter and manipulate our patterns of living. And when truth enters our soul, it sets up a pathway for more truth to enter our soul. Our Healing is the bringing to light the errors of our mind so our soul can transform them into the truth of our self.

Our Healing sorts our mind out bringing it into harmony with our feelings. And once that harmony is gained, our soul is free to express the truth we are to live.

ASPECTS of LIFE:

<u>Physical /</u> <u>material body</u> Brain	→
<u>Spirit /</u> <u>etheric body</u> Mind	→
<u>Soul + Spirit</u> <u>Combination</u> Senses Desires Memory Passions Intention Free Will Emotions Creativity Awareness Personality Aspirations Intelligence Consciousness <u>The Real You</u> <u>is your Soul!</u>	→



Feelings first

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 achieve individualisation and become self aware, 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.

Incarnation is about 16 days after conception when the embryo commences to pump blood.

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.

Soul Partner

Many long for and seek their soulmate / soul partner which they will find only upon completing their Feeling Healing. And should they have embraced Divine Love, becoming of a Celestial soul condition. Our soul is duplex. One soul expresses two personalities – one being female and the other male – always. There is no homosexuality on a soul level, only on a dysfunctional personality level. When each soulmate couple have respectively healed the Rebellion and Default within them, then being compatible partners for all of eternity, embark upon their joint journey (ascension) to Paradise – the home of our Heavenly Mother and Father – the Original Soul Partners!

During 2020, this account was made of soul partners of a family group who had lived close together in a small rural community in mid New South Wales of Australia. They are all now in the Celestial Heavens. More or less, the diversity of experiences and journeys may be considered typical for many billions of family personalities:

Nanna Beth's soul partner lived and worked in Western Australia's gold mining industry at the same time that Beth lived in New South Wales, Australia.

Her daughter, Marie's soul partner is a native from the Middle Eastern Kingdom of Quasoria, which no longer exists, but was on an island in the Pacific that also no longer exists. He's what you would call an ancient spirit, from three pole shifts back. (A pole shift is a cyclical event that unfolds around 12,000 to 13,000 years, the last one being more than 12,000 years ago. That suggests he may have lived on Earth some 40,000 years ago. Adam and Eve materialised on Earth more than 38,000 years ago in the Middle East, on a peninsula at the eastern end of the Mediterranean Ocean.)

Kevin, born in 1937, married Marie's eldest daughter. Kathaleen, Kevin's soulmate / soul partner was born in 1901, and is from Tennessee, USA, and is black. Kevin is white, so they are 'salt and pepper'.

Bradley, Kevin's son, suicided in 1999, and early April 2018 became Celestial. Bradley's soul partner is from the region that is now Russia – but it was not when she lived.

Raymond, Nanna Beth's grandson, died aged 23. Raymond entered the 1st Celestial Heaven in May 2018. His soulmate / soul partner had been in the Celestials for about twenty years and she was in the third Celestial Heaven sphere then. She is from northern Europe.

Benjamin John, Marie's grandson, miscarried at twelve weeks and was spirit born. His soul partner is also spirit born and they are now in the 2nd Celestial Heaven, both having had lives in the spirit Mansion Worlds that replicated living as if the were on physical Earth.

Physical incarnation (individualisation) is complete with the first heartbeat, around 16 days after conception. Reincarnation is impossible. Annually, 130 million physical births take place, 45 – 50 million abortions as well as 45 – 50 million miscarriages. Childhood deaths annually may be as high as 10 million. Thus, around 45% of all incarnations do not achieve adult life.

While we remain living within the Rebellion and Default, we are rebelling against our soul; and consequently, against our soul partner. If we were able to find our soul partner, let alone recognise him or her, we would more than likely be repulsed by each other. Upon completion of our Spiritual Healing, usually we become connected with our soul partner, and then it is so for eternity.

AN UPDATE on JOHN'S FAMILY MEMBERS who are from WEST WYALONG, NSW!

30 September 2023

James: As I was reading through the list of your (John's) family, an 'update' came into my mind...
(clarifying comments added by John)

Nanna Beth, John's grandmother, her soul-mate (soul partner) and soul-group have chosen to remain in their current important third Celestial Heaven sphere positions for the next Age. (That is, the coming Avonal Age of the next 1,000 years.)

All the Celestials (1st, 2nd and 3rd Celestial Heavens sphere) are currently in the process of being asked what they want to do: some suggesting what they'd like to do, others choosing their assignment from what exists, some appointed to specific positions by higher authorities.

All of your family (John's family) accept your son will remain and work in time from the third Celestial sphere throughout the next Age. (Our son, Benjamin John, miscarried at 12 weeks of gestation and was subsequently spirit born in the 1st spirit Mansion World. His soul partner was also spirit born.)

Your son has moved on with his soul-group and soul-mate higher into Nebadon (our local universe containing 3,840,101 inhabited worlds), so beyond the third Celestial Heaven sphere. They 'felt the call' to move on toward Paradise rather than remain in the lower Celestials for the next Age. (When we level the 3rd Celestial Heaven and progress higher into Nebadon, we cease to connect with Earth.)

Your mum (Marie Mum) is now in the third Celestial Heaven sphere, and remaining specifically aligned with you, that's you personally, and not so much to do with greater Pascas, so helping you in your relationship with it and with all the people you come across, and with me (James).

Marjorie has crossed over into the first Celestial Heaven sphere, settling in with her forming soul-group and having met her soul-mate who just arrived a short time after she did. It is thought her soul-group will move in time to work under your mum (John's mother, Marie Mum).

Kevin (John's brother-in-law), Raymond (John's 1st cousin) and Bradley (John's nephew and son to Kevin) are all now in the second Celestial Heaven sphere, they are all aligned under your mum (Marie Mum), so working associated with you and each other, and all Pascas wants to achieve.

Kevin died 10 August 2012, through his Feeling Healing or similar process became Celestial by completing his healing and entered the 1st Celestial Heaven sphere on 7 August 2017, he is now in the 2nd Celestial Heaven sphere – September 2023.

Bradley, Kevin's son, suicided in 1999, and early April 2018 became Celestial by entering the 1st Celestial Heaven sphere, now in the 2nd Celestial Heaven sphere – September 2023.

Raymond, Nanna Beth's grandson, died aged 23. Raymond entered the 1st Celestial Heaven in May 2018, now in the 2nd Celestial Heaven sphere – September 2023.

Marjorie, John's sister, died 26 November 2020, entered the 3rd spirit Mansion World by 23 January 2021 being the first of the three spirit healing worlds (3, 5, 7). Marge had moved into the seventh spirit Mansion World around 12 April 2023. Marjorie has now crossed over into the first Celestial Heaven sphere – September 2023. Thus within 2 years and 10 months she has achieved Celestial Heaven status.

Soul Partners

Physical / material body
Brain

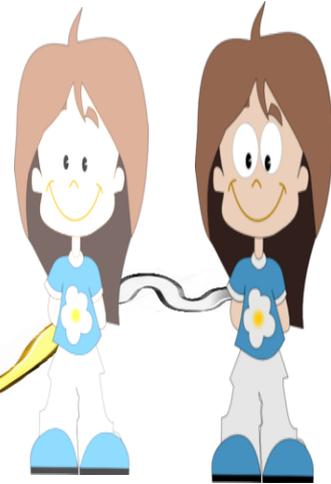
Spirit / etheric body
Mind

Soul + Spirit Combination

Senses
Desires
Memory
Passions
Intention
Free Will
Emotions
Creativity
Awareness
Personality
Aspirations
Intelligence
Consciousness
The Real You is your Soul!
Our Soul orchestrates everything!

ONE SOUL = TWO PERSONALITIES

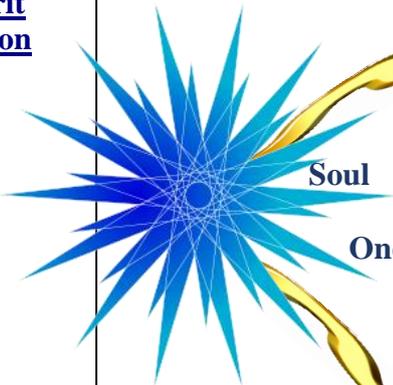
The two personalities from the one soul are eternally compatible once they are healed of their Rebellion and Default.



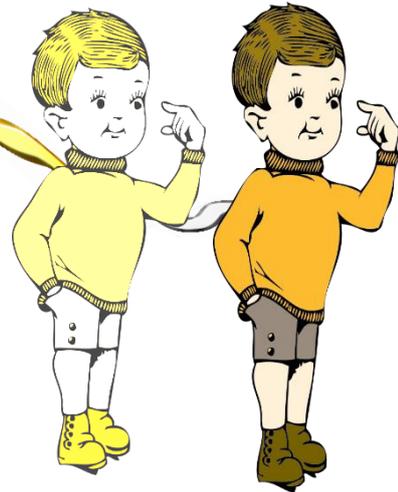
Spirit Body

Physical Body

One Soul = Two Personalities

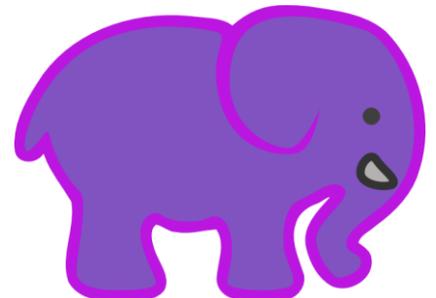


The capabilities and potentialities of every individual personality is only limited by their childhood suppression and repression. Once we heal, then our self-expression will reveal our true selves.



simple is what LIFE is meant to be!

Avonal AGE 1,000 YEARS



Beliefs suppress TRUTH

Dis-ease is of Disharmony with TRUTH

Mental Illness is of CHILDHOOD SUPPRESSION

Perceived level of truth MoC 1,000

FEELING HEALING

embraces the healing of both

Disharmony with TRUTH

and

CHILDHOOD SUPPRESSION

and with Divine Love we are embracing

our

SOUL HEALING

Perceived overall level of truth MoC 920 – relative truth potential MoC 1,480

Journey of Earth's Humanity

Years ago:

993,500 **Andon and Fonta - aspire for human perfection.**

950,000 **Andonites reach Tasmania - southern Australia.**

500,000 *Caligastia - Lanonandek - appointed Planetary Prince
Daligastia manifests on Earth with staff
Sangik Family - Northern India - 6 colours*

200,000 *Lucifer - Lanonandek - rebels against Jesus & Mary
Caligastia draws Earth into Rebellion*

38,000 **Adam and Eve manifest on Earth
Adam and Eve default their mission**

1980 BCE **MACHIVENTA MELCHIZEDEK MANIFESTS
Commences end of Rebellion & Default**

7 BCE **Jesus of Nazareth born**

2 BCE **Mary of Magdalene born
Creator Daughter & Son Bestowal**

1914 - 1923 **Padgett Messages - second coming**

1925 - 1935 **The Urantia Book - history of humanity**

1944 CE **Bretton Woods Conference - funding**

2002 - 2022 **James Moncrief - Revelations**

Avonal Daughter & Son Bestowal

Avonal Age of 1,000 years begins!

4,000 Years Unfolding

1980 BCE

Machiventa Melchizedek

1900s BCE

ABRAHAM



1500s BCE

MOSES

1200s BCE

Siddhartha Gautama **ZARATHUSTRA**
Founder of Buddhism

Lao Tzu & Taoism

600s BCE

Vardhamana Mahavira - Jainism

CONFUCIUS

MM Jesus
 2 BCE 7 BCE
 46 CE 29 CE

Creator Daughter and Son
 Mary Magdalene and Jesus

600s CE

Muhammad - Islam

2018 Jan 31

REBELLION & DEFAULT
 FORMALLY ended 31 JANUARY 2018

2020s+ CE

Avonals - Magisterial Daughter and Son

The first physical step to bring about the end of the Rebellion and Default for Earth's humanity was the materialisation of Machiventa Melchizedek 1,973 years prior to Jesus' conception. The plan could be said to have been meticulously mapped out and each step has unfolded with Machiventa Melchizedek, together with Jesus and Mary, orchestrating our Heavenly Mother and Father's intentions to this day. The plan culminates with the appearance of the Avonal bestowal pair from Paradise, being a Magisterial Daughter and Son, who will guide Earth's humanity, both in the physical and spirit, through their individual Feeling Healing, and with Divine Love their Soul Healing, during the next spiritual age of 1,000 years now to commence, being the Avonal Age. Machiventa Melchizedek has been administering this 4,000 year unfoldment and will continue with his role throughout the Avonal Age. Now we are engaging in the biggest event in history for Earth's humanity, the healing of the imposts of the Rebellion and Default. All of the Avonal Age is now required to establish the universality of the healing Earth's humanity.

4,000 Years Unfolding

1980 BCE

1900s BCE

Machiventa Melchizedek

ABRAHAM

MM Jesus
2 BCE 7 BCE
46 CE 29 CE

Bestowals from Paradise:

Creator Daughter and Son

Mary Magdalene and Jesus

PADGETT MESSAGES

THE URANTIA BOOK

Incarnation of the Avonal Pair

1914-1923

1925-1935

1950 & 1960

2018 Jan 31

REBELLION & DEFAULT

FORMALLY ended 31 JANUARY 2018

2020s+ CE

Bestowals from Paradise:

Avonals - Magisterial Daughter and Son

Machiventa Melchizedek, to this day, continues to oversee the plan that was evolved more than 4,000 years ago to progressively open cracks in the Universal Contract governing the Rebellion and Default instigated by Lucifer 200,000 years ago. With 'federal' authority, the Creator Daughter and Son brought about the Lucifers and Satans' spirit world imprisonment 2,000 years ago, and set the Avonal bestowals in place.

The commencement of the Padgett Messages on 31 May 1914 triggered the bestowal of the Avonal Pair for Earth's humanity. The Avonals' 'state' authority brought about the Caligastias and Daligastias spirit world imprisonment in 1993. The Avonals' healing of what they have taken on of the Rebellion and Default ends the Rebellion and Default. Now we can all follow and progress on the pathway to Paradise.

Purpose of Life

Purpose of our life is to:

Achieve individualisation. This is truly the moment of our sentient experience beginning. This occurs at the moment of incarnation which is when our newly forming foetus begins to pump blood, usually day 16 after conception. From that moment we are beginning to experience life.

We have a life purpose. We are each a unique personality with individual propensities to experience. Should our physical life be cut short then we will go on and have the experiences that we need in the 1st spirit Mansion World. If we miscarry or are aborted then we will become spirit born, be adopted to spirit parents and have a similar life to that should we have gone on and lived on Earth.

Presently we are each subjected to Childhood Suppression which we continue on throughout our lives suppressing our feelings and our true personality. This is providing us with unique life experiences as this does not typically occur with any other humanities throughout the universes. Our physical life on Earth is mostly very difficult, however this will provide each of us with unique capabilities to aid newly emerging humanities on worlds further out into space. Yes, we have an enormous journey to enjoy.

Our time of death is predetermined. We often do crazy things – but our life span is predetermined.

What we experience is also predetermined. A few are to be wealthy and become burdened with responsibility. Many are to be poor and enjoy the freedom without trappings of assets and obligations.

Most will have families while on Earth. No matter who we are, we will each parent at least three children before we can enter the first of the Celestial Heavens. We are to experience parenting, even though that may be when we are in the spirit Mansion Worlds.

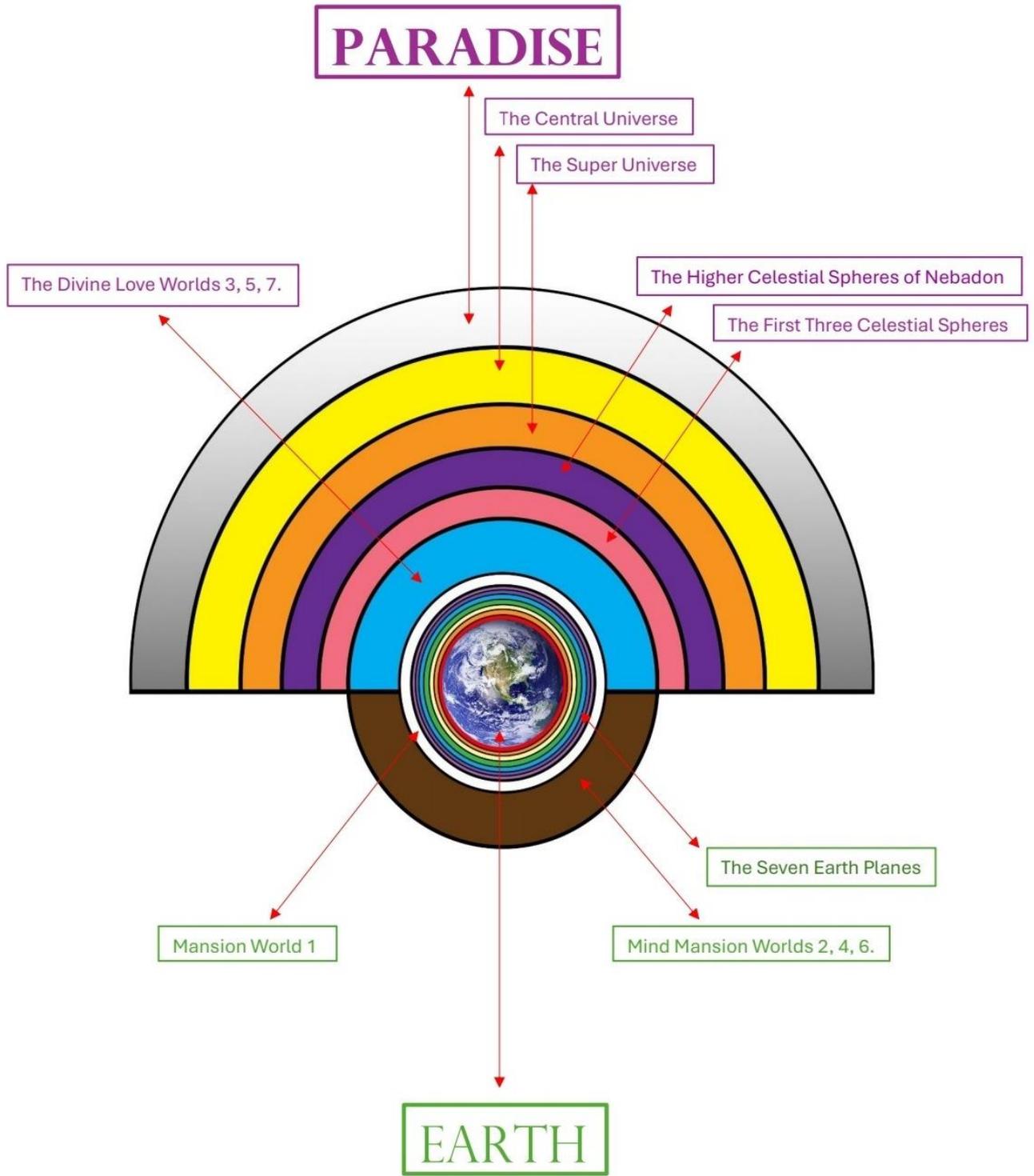
We are to live FEELINGS FIRST! We are to express our feelings, both good and bad, to a companion. We are to long / ask for the truth of what our feelings are drawing to our attention. What enters emotionally needs to be expressed emotionally. Should we long for our Heavenly Mother and Father's Love, then we are also SOUL HEALING. Our mind is to follow supporting what our feelings are leading us to embrace – this is the opposite as to how we have been brought up to live.

It's all about
Experiences
 &
FEELINGS

As we complete our FEELING HEALING, then and only then can we connect with our Soul Partner who is always of the opposite sex. Our soul is a duplex that manifests two personalities. And we can grow to interact with our Nature Spirits and Spirit Guides!

BE FEELINGS
EXPRESSIVE!

OUR ASCENSION OF TRUTH



Samantha



EXPERIENCES, FEELINGS and TRUTH:

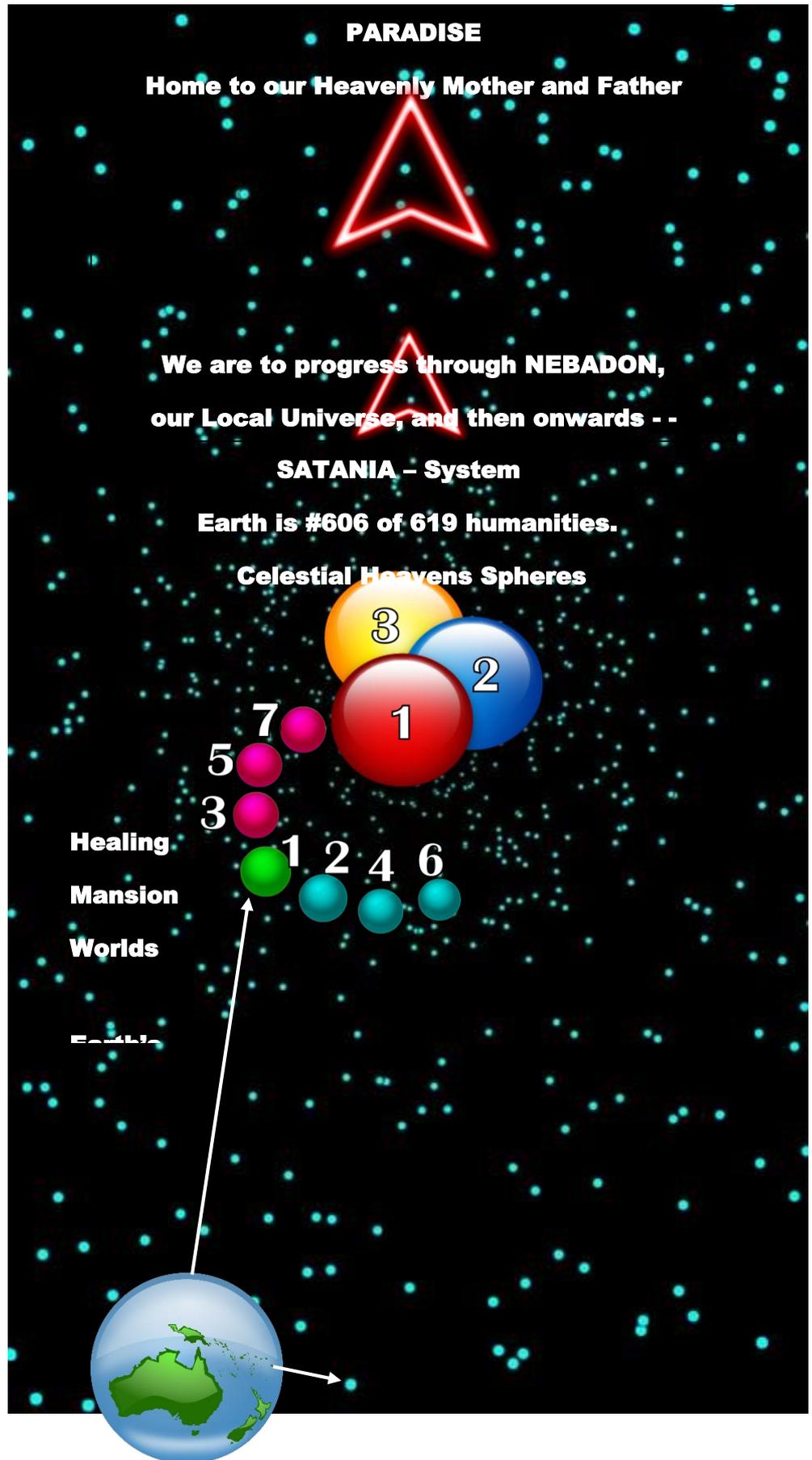
We look into the night sky and see around 1,000 stars that possibly are the hosts to the 619 humanities of our local system, Satania. Earth is on the outskirts of Satania.

When we ‘die’, and shed our physical body as we are spirits having a physical experience, we all arrive on the 1st spirit Mansion World.

If we continue to live through our minds, then we may progress to worlds 2, 4 then 6 and no further – dead end!

Should we embrace Feeling Healing with Divine Love, we will start our journey of Truth and Love, progressing through Healing Mansion Worlds 3, 5 and 7, then through the Celestial Heavens and onwards out through our Local Universe of Nebadon and on to Paradise, the home of our Heavenly Parents.

The spirit worlds are within a different dimension to the physical stars and earths. However picturing the spirit worlds within the centre of our local system is only a visualisation aid and not necessarily accurate.



FEELINGS are OUR TRUTH and OUR WAY to PARADISE:

It is our minds that we have imprisoned ourselves within. It is through our mind's addictions to control and its untruth that we have manifested all the ills, discomforts, social distresses and torment that prevails throughout all societies and nations on Earth and within the mind Mansion Worlds. All until we heal ourselves of our Rebellion and Default, that which was infused in us during our early childhood forming years making our mind take over.

We have forced our minds to live and involve us in untruth. We are stuck in a deep, dark rabbit hole and its dead end, until we embrace our feelings and live Feelings First.



We ascend with truth that is progressively revealed to us through our Spiritual Healing. Feeling Healing enables us to resolve our Rebellion and Default; and with Divine Love, we will then progress into the Celestial Heavens. This being through the guidance of Earth's Avonal pair.

By continuing to embrace the truth of what our Feelings reveal, we then progress up and through the Celestial Heavens of Nebadon, which contains the Truths Mary and Jesus are to reveal to us.

After ascending in truth through our local universe of Nebadon, we continue through the greater regions of our Super-universe of Orvonton; continuing with our Heavenly Mother and Father's guidance.

Then our Feelings will enable us to grow further in truth and enter Havona and eventually Paradise, the home of our Heavenly Mother and Father. We are created fully self-contained, designed to live through our Feelings. It is through our Feelings that we "find our way home".



Our Guides on Duty...



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

To PARADISE, the HOME of OUR HEAVENLY PARENTS

The Way Home



Council of Elders
now around 13
Soulgroups



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

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

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

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



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

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



WOMEN are OUR SPIRITUAL LEADERS!

To PARADISE, the HOME of OUR HEAVENLY PARENTS

The Way Home

We men generally CAN'T do our Healing by ourselves, we need the help of a woman and / or women.

Women ARE the true spiritual leaders, they ARE able to live true to their feelings, and need to be recognised as such, appreciated for being so amazing in that capacity, and so supported and put first, something the man finds hard to do because of all his rebellious programming about being the superior dominant one.

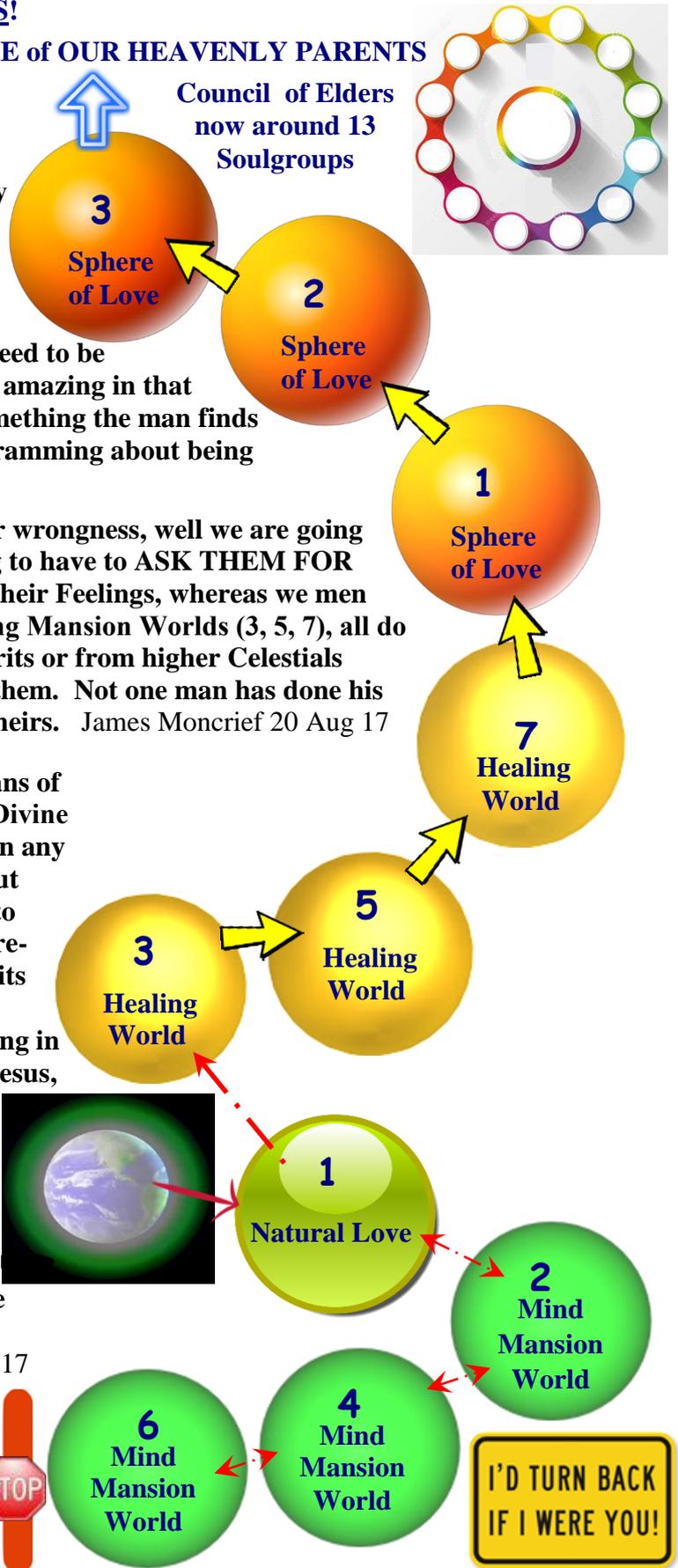
If we men want to ever Heal ourselves of our wrongness, well we are going to have to fully honour women, we are going to have to ASK THEM FOR HELP. Women innately know the Way of their Feelings, whereas we men don't. Men spirits in the Divine Love Healing Mansion Worlds (3, 5, 7), all do receive help from fellow Healing women spirits or from higher Celestials (Sphere of Love 1, 2, 3). They all do, all of them. Not one man has done his Healing as Marion or Samantha are doing theirs. James Moncrief 20 Aug 17

The religions of today were created as a means of stopping Jesus' truth about longing for the Divine Love and what that does to the soul, and then any truth Mary Magdalene might have said about looking to our feelings for their truth, so as to keep the Rebellion in place. The religions pre-Jesus were designed by the Higher Evil Spirits who were controlling humanity to keep that control, focusing everything on the mind being in control rather than feelings, and then post-Jesus, they added more of the same yet with the added emphasis of using all he said, so taking it, corrupting it, and adapting it to their cause.

And then throw in their contrived Islam, and you have more male domination and the subjugation of feelings – of the woman.

Helen 20 Aug 17

The 1st and 2nd Mind natural love Mansion Worlds are jammed to the rafters with spirit personalities. Those who progress to the 4th and 6th Mind Mansion Worlds are progressing further away from God, continuing with the Way of the Mind!



JOURNEY HOME

Our journey home is an ever growing expansion of truth being revealed to us. For Earth's humanity, as for the 37 humanities that have Rebelled, we are quarantined and isolated. Having also Defaulted, Earth's humanity is possibly the most evil of all. Firstly, we are to understand that living through our minds is why we are addicted to untruth and control of others and nature – we are going the wrong way! We are to live feelings first and then heal our Childhood Repression and Suppression – we are to live and express our true personality, the one given to us by our Heavenly Mother and Father. Then our journey home begins!

The Isle of Paradise is stationary within the circle of seven super-universes. Spheres here are also for us to further grow in truth before arriving Home to become Finaliters. Our Heavenly Mother and Father guide us out of our Local Universe of Nebadon, through the rest of our super-universe of Orvonton and into super, superuniverse Havona which circulates around the Isle of Paradise, being home.

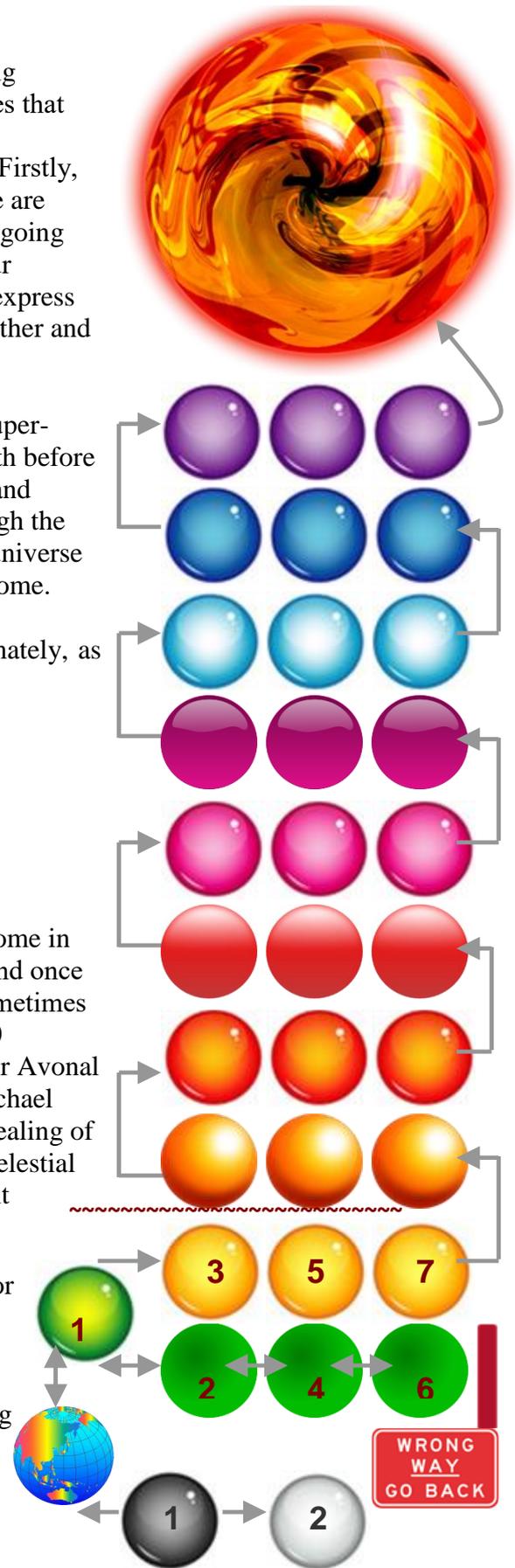
Each of the seven super-universes are constituted, approximately, as follows and with 1,000,000,000,000 inhabitable worlds:

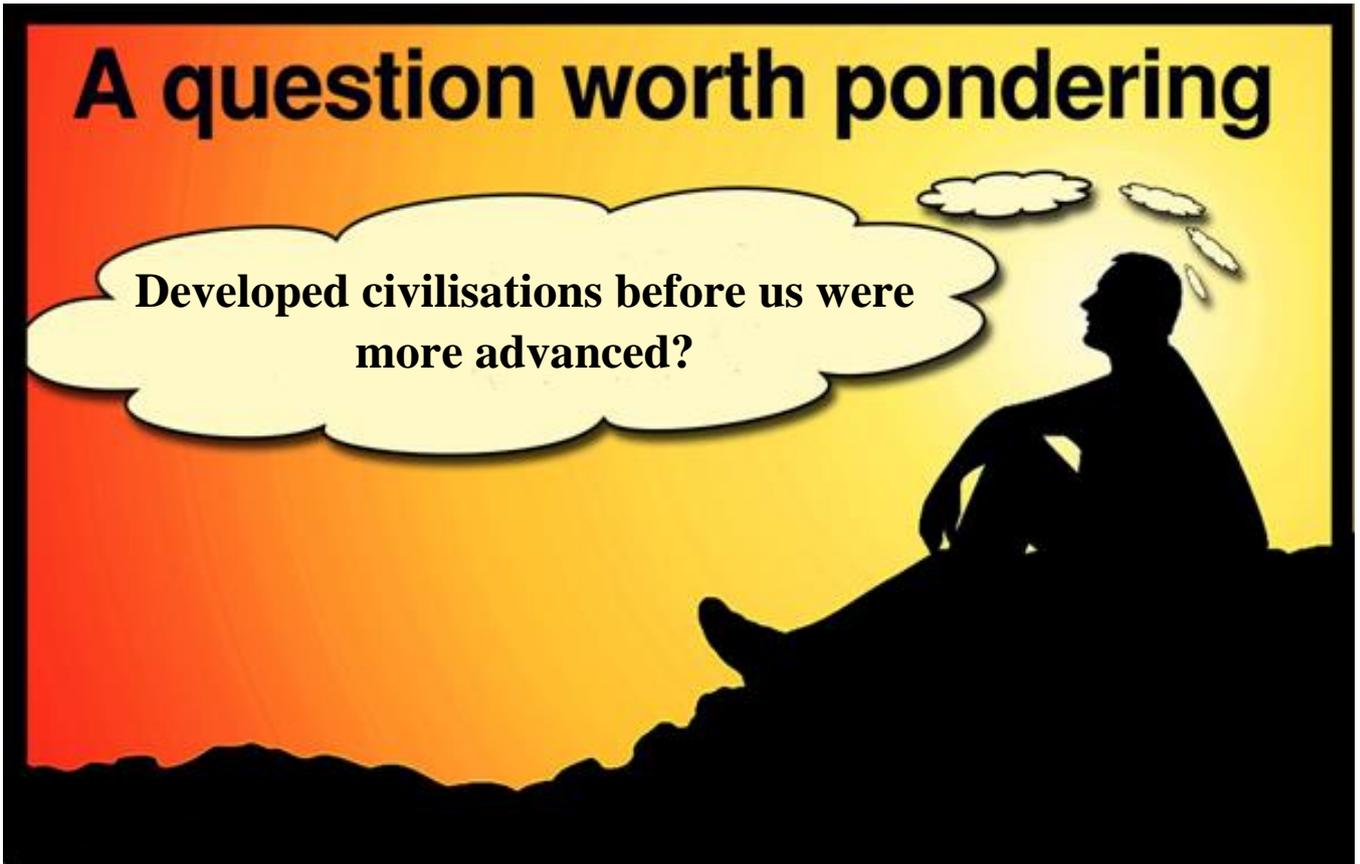
- One super-universe is 10 major sectors
- One major sector is 100 minor sectors
- One minor sector is 100 local universes
- One local universe is 100 constellations
- One constellation is 100 systems
- One system embraces approximately 1,000 physical worlds

Once we attain the Celestial Heavens (spheres), we start to come in contact with spirits from other 'Earth' worlds. So in spirit and once we've finished our Healing and are Celestial, we interact, sometimes directly and otherwise indirectly, with potentially 10,000,000 physical worlds of which 3,840,101 are with humanities. Our Avonal Daughter and Son lead us to Mary Magdalene and Jesus (Michael soulmate pair, our Creator Daughter and Son), through our healing of the Rebellion and Default by guiding us into the first three Celestial Heavens and out of isolation from all other physical and spirit humanities.

Mary and Jesus then lead us through the Celestial Heavens for the system Satania (that Earth is in), then our constellation and then out of our Local Universe.

Isolation from all other humanities prevails before completing our soul's healing and progress into the Celestial Heaven spheres 1, 2 and 3. Hell planes 1 and 2 are of Earth, those who have compensation may have this experience and might then progress up through mind Mansion Worlds 1, 2, 4 and 6 before turning around to progress through Healing Mansion Worlds 3, 5 and 7 to transition into Celestial Heaven.





and



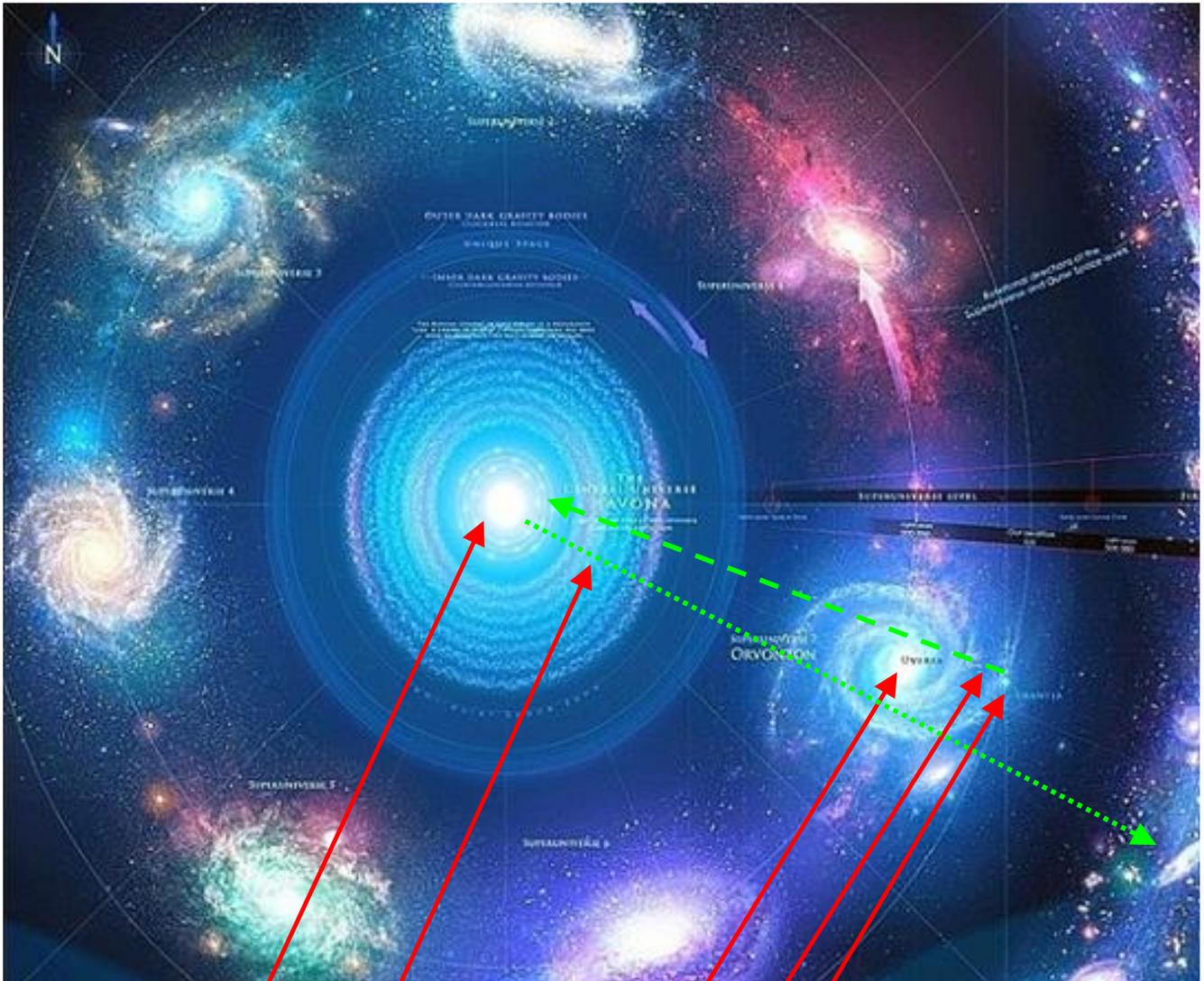
Earth

70,000 Super Universes forming

Finaliters

OUR JOURNEY

Ascension is from Earth (Urantia) through Neadon, Orvonton, Havona to Paradise.
Then in Paradise we progress to be Finaliters and possibly assigned to a newly forming universe.



Isle of Paradise
home of our
Heavenly Mother & Father

Havona
Ascendington

Orvonton – our Super Universe
Neadon – our Local Universe
Urantia being Earth

Finaliter, being what we become when we finally arrive in Paradise!

Prayer for Divine Love

Long to God for Their Divine Love

Begin with the understanding that God, your Heavenly Mother and Heavenly Father, are offering you Their Divine Love. And all you have to do is want it, want Them to give it to you, to love you. So when you feel you want it, you long directly to Them for it, asking them through your feelings (with longing) to fill your heart and soul with Their Divine Love.

You can long for Their Divine Love, anywhere and at any time. It can be a formal prayer – longing, such as sitting in meditation or prayer, opening your heart to Them, and longing to Them for Their Divine Love. Or you can do it spontaneously on the go, when the desire to long to Them for Their Divine Love comes over you, or when you remember to do it.

Wanting God's Divine Love in your soul is about wanting to develop a very personal relationship with your Heavenly Parents. Speak to God as your real Parents. Tell Them all you are thinking and feeling, as you would your earthly parents (provided you had a loving relationship enough with them to do that.) If you feel angry with God, hating Them, express all your negative unloving feelings to Them too. Don't hold back, share and give all of yourself to Them, They want to get to know you, as you want to get to know Them. And keep longing for Their Divine Love.

We have to long, reach out wanting Their love through our feelings and with the full will of wanting it, which doesn't involve any words, so with the mind staying out of it. It's a yearning from your heart wanting to be loved by Them, so wanting Them to give you Their Divine Love – to love you, and to make you feel loved by Them. So it doesn't involve words, it's an inner yearning, longing, desire to partake of their Divine Love that is required by us. Then we can support this longing using our mind by saying actual words (praying). So say whatever words you want to say to Them, whilst you are longing with your heart for Their Divine Love.

Just be yourself, say whatever you want to Them, as you long for Their Divine Love. The more personal, open and honest you can be with Them the better your relationship with Them can develop.

And once you've longed, which can take only a moment, then give yourself time for Them to love you. You might feel the Holy Spirit coming about you, and then Their Divine Love coming into you, gently, very subtly, or strongly, even very strongly in a whoosh. It's different for each of us, and different often each time we long. And if you have previously longed to God in any way yet not specifically for Their Divine Love, when you do specifically ask Them for it, it will be a very familiar experience you'll have receiving it.

If you are sitting formally in meditation or prayer, once you've longed to Them for Their Divine Love, and you feel the Holy Spirit bringing it to you, you might find your head wants to move upwards as if looking into Heaven. Allow it too, but if it wants to keep going, don't stress yourself by hurting your neck, bring your head forward again. It's a lovely feeling sitting in the Light of the Divine Love, feeling it coming into your heart and soul. And you might find that you enjoy sitting for five minutes or half an hour, then suddenly the 'light goes off' and the prayer is over as you've received enough Divine Love for the time being.

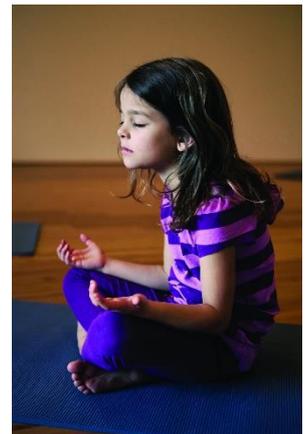
Also, don't be surprised if at first you can feel the Love readily coming into you but as the years pass it seems to get less and less and you feel less inclined to long for it. This is naturally meaning you have received enough for the time being, you will need to do more of your Spiritual Healing before your soul is ready to receive more.

Summary:

Long with all your heart to your Heavenly Mother and Father for Their Divine Love.

James Moncrief
the Revealer

Feelings!
first





Three Layers of Progression Federal, State and Local

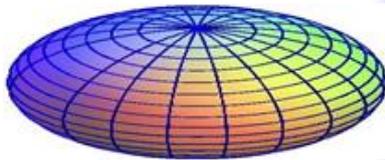
**Paradise
Havona**



PARADISE
 Heavenly Mother and Father }
 Infinite Daughter or Mind } Trinity
 Eternal Son of Truth }

 Creator Daughter and Son
 Avonal Daughter and Son
 Trinity Teacher pairs

Within each of 7
Super Universes
there are 1,000
local universes.



Nebadon has 100
constellations, each
with 100 local
systems, which
each have 1,000
inhabitable worlds.

LOCAL UNIVERSE of NEDADON
 Co-regents Mary & Jesus – Creator
 Daughter and Son (federal oversight of
 3,840,101 humanities)
 Melchizedek order – oversight advisers
 Lanonandek order – system sovereigns
 Lanonandek order – planetary princes
 Adamites order (Adam and Eve)
 There are many orders and classes of
 spirits as well as angels.



Earth's humanity is
now guided by
Celestial Spirits.

LOCAL SYSTEM SATANIA contains EARTH
 Creator D&S removed system sovereign
 (Lucifer) 26 CE – federal administration.
 Avonal D&S removed planetary prince
 (Caligastia) 1993 CE – state administration.
 Melchizedek plan to end Rebellion and
 Default now executing.
 Earth's Celestial Spirits now guiding Earth's
 humanity out of Rebellion and Default.

Paradise Trinity

Heavenly Mother
and Father
'Love'



Eternal Son of 'Truth'

Infinite Daughter of 'Mind'

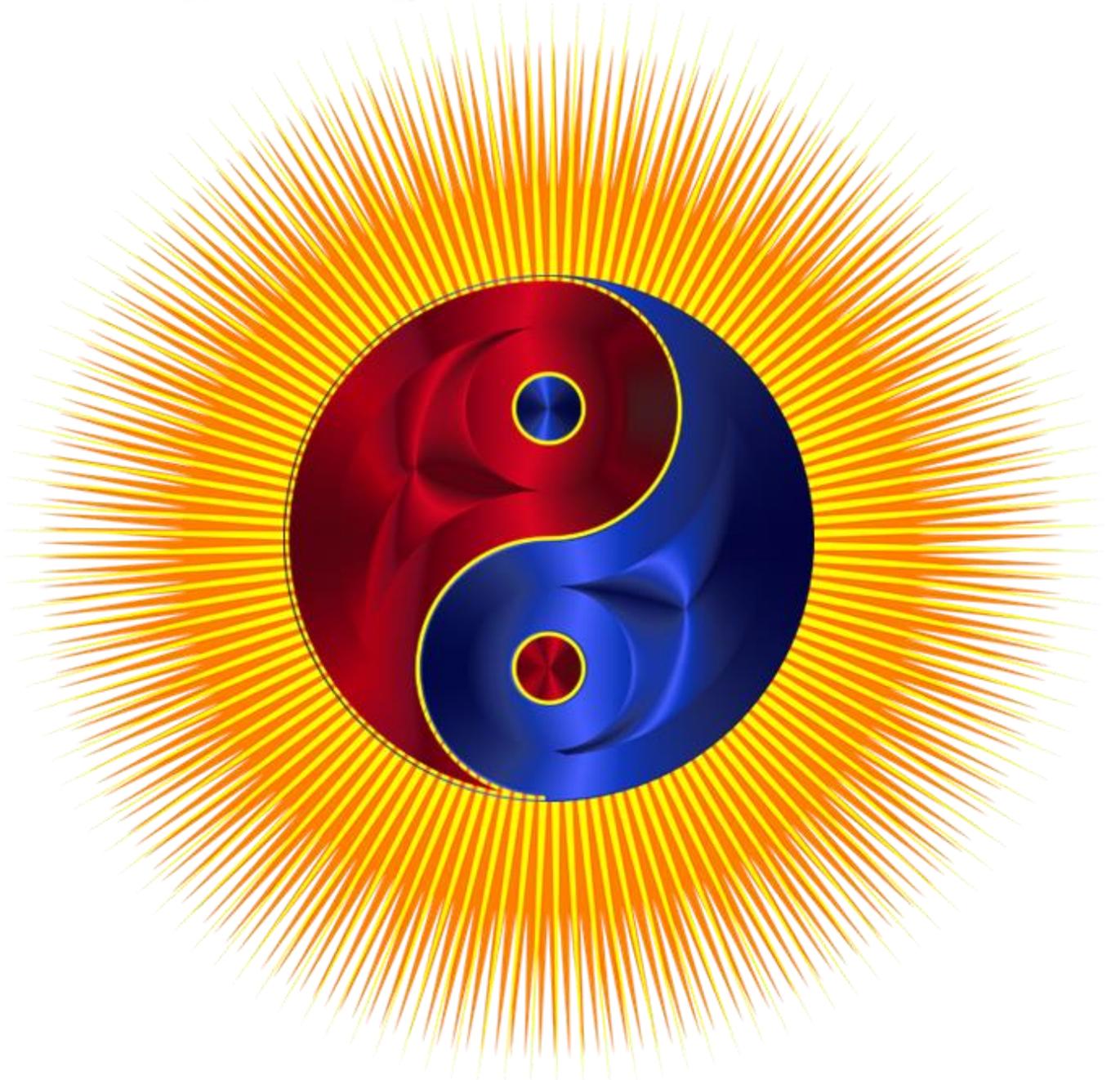
Jesus and Mary's soul are different in design than ours. They are a Creator Daughter and Son, or similarly referred to as Michael Daughter and Son soul, and within their soul is expressed only two of the Primary Aspects of Deity. They are of the Mother and Father, our Heavenly Parents and the Eternal Son.

Avonal Daughters and Sons are expressive of the Eternal Son and Infinite Daughter.

The core of humanity (us mortals of Earth) is of the Truth and Mind, and then with the addition of the Indwelling Spirit, we can then relate to the Love.

And with the Avonal pair now on our world (Earth), or assisting us through others on Earth, they too expressing the Son of Truth and Daughter of Mind, we actually are far better suited to relating to them than we are to Mary and Jesus.

Our Heavenly Mother and Father



GREAT
*U*Turn  **THE**
CHANGE
&
Arvonat **AGE**

Kindly consider reading: www.pascashealth.com then proceed to Library Download :

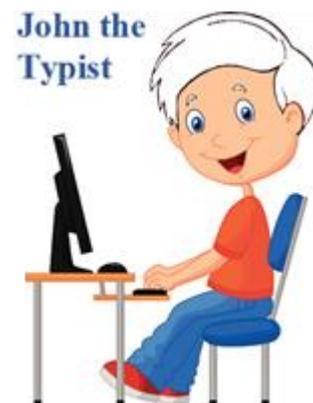
Pascas Care Letters – Family Shelters Abuse & Remedial
 Pascas Care Letters – Family Shelters Overview
 Pascas Care Letters – Family Shelters Per Capita Inequality
 Pascas Care Letters – Family Shelters Protection
 Pascas Care Letters – Family Shelters Social Housing
 Pascas Care Letters – Family Shelters Support Centre
 Pascas Care Letters – Family Shelters towards Liberation
 Pascas Care Letters – Homelessness Helping Hand
 Pascas Care Letters – Root Cause now to Pathway Forward
 Pascas Care Letters – Root Cause now to Pathway Forward (short)

Chaldi College Free to Learn Instinctively
 Chaldi College Free to Learn Pathway

Pascas Care Letters – Back to Basics
 Pascas Care Letters – Change
 Pascas Care Letters – Finaliters our Destiny
 Pascas Care Letters – Humanity is Addicted to Untruth
 Pascas Care Letters – Journey of Earth’s Humanity
 Pascas Care Letters – Life is a Highway
 Pascas Care Letters – Live True to How You Truly Are
 Pascas Care Letters – Moving out of Healing
 Pascas Care Letters – My Customs Heritage and Nationality
 Pascas Care Letters – One Soul Two Personalities
 Pascas Care Letters – Psychology and Feeling Healing
 Pascas Care Letters – Spirit Evolution and Environmental Changes
 Pascas Care Letters – Transition & Assimilation following Death

Pascas Care – Death & Dying Transition & Assimilation Marjorie
 Pascas Care – Kinesiology Testing

Pascas Care Living Feelings First Adults
 Pascas Care Living Feelings First Children
 Pascas Care Living Feelings First Children Annexures
 Pascas Care Living Feelings First Children Discussions
 Pascas Care Living Feelings First Children Graphics
 Pascas Care Living Feelings First Drilling Deeper
 Pascas Care Living Feelings First Drilling Deeper Structures
 Pascas Care Living Feelings First Reference Centre



Important recommended reading is:

by James Moncrief

The Rejected Ones – the Feminine Aspect of God

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html> ALSO at
<https://www.pascashealth.com/index.php/library.html?file=files/opensource/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>

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

Library Download – 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

Within the Library Download page within Pascas Care Letters at www.pascashealth.com kindly download the following two files:



[Pascas Care Letters Root Cause now to Pathway Forward.pdf](#)

[Pascas Care Letters Root Cause now to Pathway Forward short.pdf](#)

Important recommended reading is:

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The Rejected Ones – the Feminine Aspect of God

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html> ALSO at
<https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>

To liberate one's real self, one's will, being one's soul, is 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.

Within the Library Download page within Pascas Care Letter at www.pascashealth.com kindly download the following:

- Pascas Care Letters – Family Shelters Abuse & Remedial
- Pascas Care Letters – Family Shelters Overview
- Pascas Care Letters – Family Shelters Protection
- Pascas Care Letters – Family Shelters Social Housing
- Pascas Care Letters – Family Shelters Support Centre
- Pascas Care Letters – Family Shelters towards Liberation

Be Feeling Expressive

it's all about
Experiences & Feelings

FURTHER READING:

Free downloads are from [www.pascashealth](http://www.pascashealth.com) in the Library Download page, scroll down for the PDFs:

PASCAS CARE PARENTING

Sam's Book – Parenting and Feeling Healing	Book I	Experience
Sam's Book – Parenting and Feeling Healing	Book II	Conception
Sam's Book – Parenting and Feeling Healing	Book III	Magic
Sam's Book – Parenting and Feeling Healing	Book IV	Nothingness
Sam's Book – Parenting and Feeling Healing	Book V	Setting Free
Sam's Book – Parenting and Feeling Healing	Book VI	Pain and Rage
Sam's Book – Parenting and Feeling Healing	Book VII	Vision
Sam's Book – Parenting and Feeling Healing	Book VIII	Childhood
Sam's Book – Parenting and Feeling Healing	Book IX	Self-Acceptance
Sam's Book – Parenting and Feeling Healing	Book X	Physical Illness

Pascas Care – Parenting Awareness
 Pascas Care – Parenting Eureka Moment
 Pascas Care – Parenting Feelings Supreme Guides
 Pascas Care – Parenting Health Generation
 Pascas Care – Parenting into the Abyss
 Pascas Care – Parenting Rebellion

Important recommended reading is:

by James Moncrief

The Rejected Ones – the Feminine Aspect of God

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html> ALSO at
<https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>



Mind Centric Way

Feelings First Freedom

Primary recommended reading:	consider commencing with: Paul – City of Light and Sage – and the Healing Angels of Light		
The Rejected Ones	2002 – 2003	xxx	– James Moncrief
Messages from Mary & Jesus	2003	xxx	– James Moncrief
Soul Light from Zelmar Melchizedek	2003	xxx	– James Moncrief
Paul – City of Light	2005	xxx	– James Moncrief
Feeling Healing	2017		– James Moncrief
Religion of Feelings	2017		– James Moncrief
Mary Magdalene and Jesus' comments on the Padgett Messages	2007 – 2010	xxx	– James Moncrief
Speaking with Mary Magdalene & Jesus Sage and the Healing Angels of Light	2013 – 2014	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 Book of Truths containing the Padgett Messages or Little Book of Truths	1914 – 1923	xxx	– Joseph Babinsky
True Gospel Revealed anew by Jesus Vol I, II, III, IV		xxx	– Geoff Cutler
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		

BIBLIOGRAPHY NOTE:

James Moncrief has written numerous books and prepared numerous movie scripts. Incorporated here are primary writings.

Pascas has 750+ supportive 'Pascas Papers' accessible in Library Download at www.pascashealth.com

Pascas Primary publications being:

- U-Turn for Humanity Pascas reveals New Feelings Way
- U-Turn for Humanity pathway being New Feelings Way
- U-Turn for Humanity shutting hells through New Feelings Way
- U-Turn for Humanity simple is what Life is meant to be
- U-Turn for Humanity soul light and New Feelings Way
- U-Turn for Humanity through the New Feelings Way
- U-Turn for Humanity treacherous assumptions New Feelings Way
- U-Turn for Humanity unfolding the New Feelings Way
- Universal Gift – Feeling Healing with Divine Love
- Feeling Healing and Divine Love Discussion Prompts
- Pascas Care Death & Dying Transition & Assimilation Marjorie

Selected Pascas Papers, as noted below, can be downloaded from www.pascashealth.com from within the Library Download page.

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
Soul Light from Zelmar, a Melchizedek, books 1 and 2	1,480	May – Sep 2003	480
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 2,305

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

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

Introduction to Divine Love Spirituality

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

Main website of DLS

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

Childhood Repression website

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

DLS and CR forum

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

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

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

It is suggested for one to consider reading as follows:

Speaking with Mary Magdalene and Jesus – books 1 – 4

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

Soul Light – books 1 and 2

A Melchizedek, Zelmar, sums up how we are to heal ourselves and ascend to Paradise.

Paul – City of Light

As a gentle intro into the Divine Love and Healing; being James Moncrief's first novel.

Ann and Terry

An example for 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 Download www.pascashealth.com
<http://www.pascashealth.com/index.php/library.html>

PASCAS – document schedule.pdf downloadable index to all 750+ 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 Download link.*

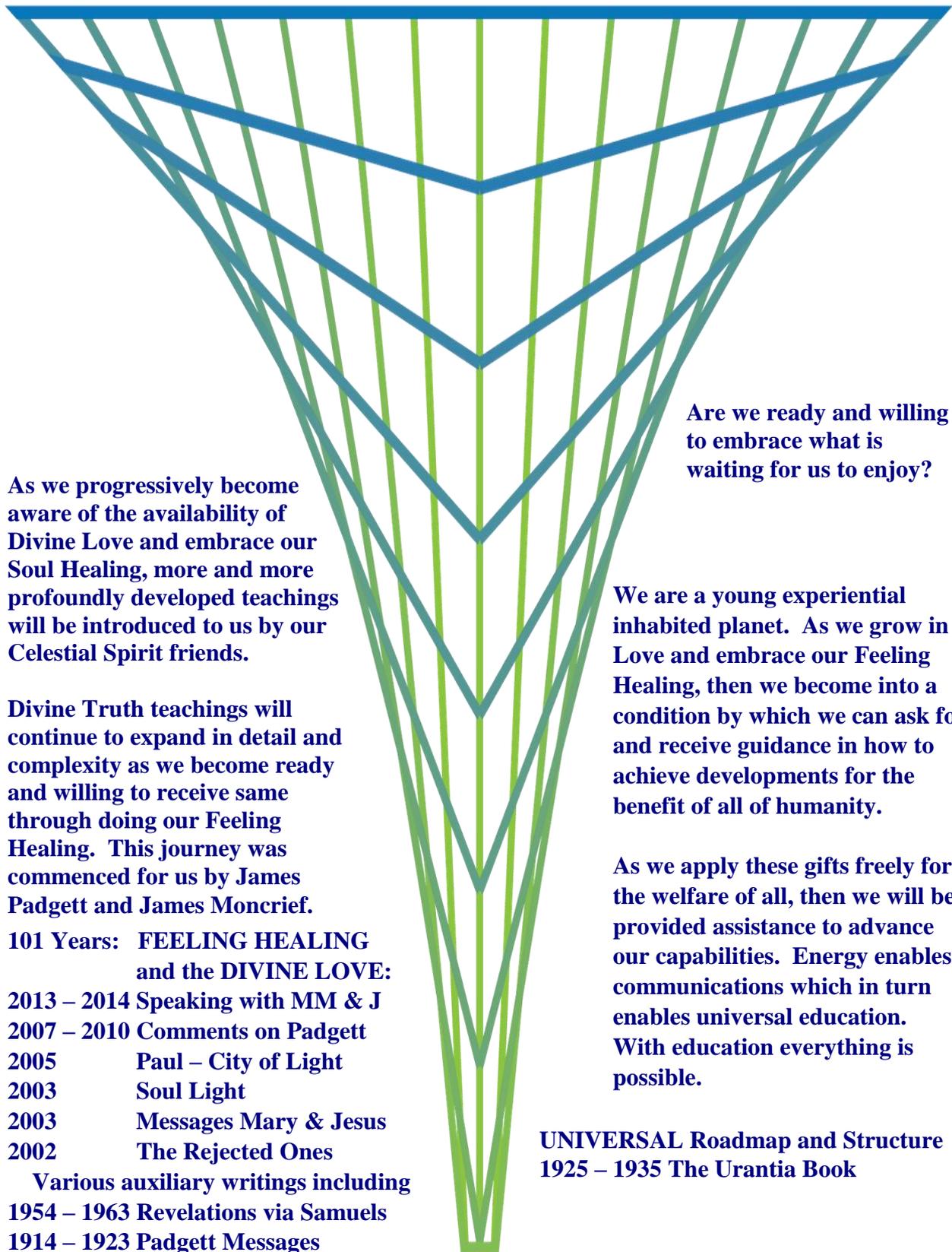
Pascas Care Letters A Huge Upturn
Pascas Care Letters Big Revelation
Pascas Care Letters Feeling Healing Benefits Children
Pascas Care Letters Feeling Healing Way
Pascas Care Letters Little Children
Pascas Care Letters Women's Liberation and Mother

MEDICAL – EMOTIONS:

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

**PASCAS
PAPERS**

DIVINE LOVE and DIVINE TRUTH Revelations and Teachings escalating:



"THE" profession is: TEACHING



to:



while you



Learn through play
Independently explore subject
Research with fellow students
Explore topics you enjoy
Engage in what you are passionate about
Ask — and keep asking
Question every aspect
Commonsense is not common
Assumptions are mostly in error
Embrace what you may be feeling
We have been retarded and restrained
We are to be our true self
We are to express all our feelings
We are self contained — all is within
By doing is how we learn
Tutoring others is a great self teacher
Our capabilities are infinite

WE EACH NOW CAN CLIMB TO
INCOMPREHENSIBLE
LEVELS OF CONSCIOUSNESS



ONCE YOU KNOW -
YOU CANNOT UNKNOW!

Mary Magdalene

Living Feelings First!

INTUITIVE

INSIGHTFULNESS

DYNAMIC

NATURAL INTELLIGENCE

SPONTANEOUS

VIBRANCY

foresightful

Wisdom & Truth

FREEDOM

EQUALITY

(and no Artificial Intelligence!)

GREAT
V-Turn

perceived truth MoC 960 – relative truth potential MoC 1,480